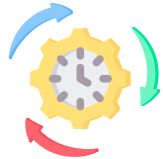




LET'S TALK ABOUT PARTICIPATING IN COUNSELLING & THERAPY AT RCC: THE FAQs

Building a strong foundation for your child's well-being is a collective effort, much like building a house. We provide the tools and blueprint for success, but it's essential that everyone – parents/caregivers, children and our team – actively engages, using all the materials and following the necessary steps. Just as building a house requires consistent work, your child's progress needs regular engagement. Attend each session, practice the skills provided, and you will see positive change unfold over time.



How does consistent treatment participation help?

Attending treatment sessions as agreed upon with your worker, including when and how often, is important, as is practicing the skills you and your child learns in session at home.

Missing sessions with your worker can mean that your child's treatment may not work as well as it should or that you or your child may not see the positive changes that you are both hoping for.

It's also important to understand that much of your child's "treatment" will occur at home and in the community. If your child comes regularly and you both practice the skills your child is learning at home, you will see the positive changes over time.

"Kids do well if they can... if they can't something is getting in the way. We need to figure out what so we can help."

Thinkkids.org

REMEMBER

Treatment takes time and small steps can make big changes!

The staff at the Regional Children's Centre are there to support you and your family. If you have any problems getting to treatment or any doubts or concerns about any aspect of treatment, please talk to your worker about the best ways we can help you and your family.



Do you have worries or concerns about attending treatment sessions regularly?

Treatment sessions may seem demanding, or you or your child may be asked to practice some things in ways that don't feel natural to you or your child at first. Maybe you feel that asking for help means that you are unable to be the parent you need to be for your child. These kinds of worries are common. Talk to your worker about you or your child's concerns and what you are looking for as a family – they are there to help you along the way!

Here are some tips to help you stay consistent with attending treatment:

- ✓ Sign up for appointment reminders from the Regional Children's Centre.
- ✓ Arrange childcare for siblings as early as possible to ensure you can attend treatment sessions with your child.
- ✓ Create your own reminder system in your phone or calendar.
- ✓ Talk to your worker about ways to be flexible and organize your child's appointments around your schedule (we will try our best to accommodate your request).
- ✓ Develop a plan with your worker to help overcome any challenges or barriers you feel may interfere with attending your child's appointment times.