

The **JANEWAY FAMILY CENTRE**

The Janeway family centre offers a coordinated and comprehensive counselling and therapy service for children, adolescents, parents and families in the area of mental health and wellness. Our age range is from infancy to eighteen years. We also provide education, training and consultation in the area of child and adolescent mental health.

Therapy normally lasts for 4-6 sessions, and then clients and their families practice skills on their own, sometimes returning for further sessions if needed.

This process is repeated until therapeutic goals have been met or if another service is needed to help clients reach their therapeutic goals.

Parent sessions are offered to provide goal setting and intervention planning, as well as for clinicians to "coach" or build on parental capacity to help their children directly, since they have daily contact with and control around children's schedules and tend to be involved closely with homework and skills practice.

Our team consists of clinical social workers, clinical psychologists, and youth outreach workers.

Services

- Bravehearts: a two session therapeutic program designed to facilitate recovery by strengthening existing coping skills
- Early Interventions
- Focus Family Consultations
- Clinic Day: for current clients that have reached their therapeutic goals;
 - but need to check in to focus on a particular issue
 - would like to talk to someone about exploring making changes,
 - have completed therapy or group, but still need an occasional booster session
- Groups

CHILDREN / ADOLESCENT

It's Okay (separation /divorce) age 7 – 12

- Cool Kids (anxiety) age 8 – 12
- Between Tweens (positive psychotherapy empowerment group for girls) age 12-13
- Between Teens (empowerment for girls) age 14 – 17

PARENTING

- Raising Families (age 2 – 12)
- Soul Guardians (internal referrals only)
- Parenting Your Adolescent (age 12+)
- ADHD information (3 sessions)
- Parenting Young Children (age 2 - 12)
- Parenting your Anxious Child
- Father's Network (dads' group)
- Concurrent Parenting Sessions for:
 - ✓ **It's Okay**
 - ✓ **Cool Kids**

using the Eastern Health Mental Health & Addictions referral form.

Canada, A1A 1E5
Tel: (709) 777-2011 / 2024

August 2019

Central Intake welcomes inquiries and consults on issues and services for children and adolescents.



All referrals to the Janeway Family Centre are received by:

Central Intake
4th Floor Southcott Hall
100 Forest Road,
St. John's, NL. A1A 1E5
Tel: 777-2200
Fax # 777-2211

Self referrals are welcomed.

Physicians and other professionals wishing to refer can fax a referral to **Central Intake**

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8th Floor Southcott Hall
100 Forest Road
St. John's, NL,