

## Child & Youth Care Counseling Service - Halton Region

This service is provided to families in Halton Region who are experiencing behavioural difficulties with one or more of their children. Child and/or adolescent behavioural problems are typically an indication that the child is not growing and developing in a positive and healthy manner.



Behavioural problems are a result of physical, emotional, social, psychological, developmental, and/or familial difficulties that are not being resolved in a way that allows the child to function at their potential.

The Bartimaeus Counseling Service provides a child and youth work practitioner who is trained in understanding child and adolescent problems. Through discussion and exploration, using a competency-based model of intervention, the service will allow all family members to discuss the problems they are facing, look at the choices and alternatives that they have in addressing the problem areas, and support them in their choices until a strategy is chosen that produces positive results.

Counseling sessions can include all family members or different configurations of family members, including direct one-to-one for the child/adolescent identified as having the difficulties. Parent sessions are also provided when indicated. Sessions are provided at Bartimaeus' Plains Road offices.

The Counseling Service aims to address problem areas directly and to help families move toward solutions as quickly as possible. Sessions are typically one and a half hours in length and positive changes should be experienced within three to four sessions. Significant mental health problems of individual family members may require referral to individual mental health therapists, to further assist the family in the direction of position.

The fee per session is \$125.00 plus GST.