

Prior to completing the FRC Client Intake Form, please read this Client Information Sheet to help you better understand if FRC has programs and services that can assist you.

## ADULT PROGRAMS

### **Community Counselling Program (CC)**

Provides short term counselling for individuals, couples, & families. The Community Counselling program offers up to nine (9) counselling sessions for each client. There is a fee for this program based on the client's financial situation.

### **Post-Partum Depression Program (PPD)**

Offers counselling services to women who are experiencing anxiety and/or depression in the two years after the birth of a child. Services include individual support, a peer support group, and support for families. There is a fee for the individual support part of this program based on the client's financial situation.

### **Sexual Abuse Recovery for Men Program (SAM)**

Individual counselling for men who are recovering from recent or historical sexual abuse. There is a fee for this program that is based on the client's financial situation.

### **Sexual Abuse Recovery for Women Program (WVW)**

Individual counselling for women living in Vernon who are recovering from recent or historical sexual abuse. Women in the Armstrong/Enderby area are asked to access the Women's Counselling Armstrong/Enderby program – 250-546-6744

## CHILD & FAMILY PROGRAMS

### **Family Support Worker Program (FSW)**

Offers support to parents with children who are experiencing mental health concerns (i.e. anxiety/anger, grief and loss) or issues related to transitions. Individual counselling is available for youth ages 13-18 years. Services also include the Parenting Through Emotion program, a 3 session group, that provides parenting information and support.

### **Healthy Families Programs (HF)**

A variety of Parent and Tot programs that provide information and support for parents/caregivers and play time for children – Little Owl Family Circle, Natural Connections, Playful Art, The Family Basket, Postpartum Peer Support Group, Parenting Isn't Easy. See our website for more information on these programs.

### **Sexual Intervention Abuse Program (SAIP)**

Counselling for children and youth who have been sexually abused or who are exhibiting inappropriate sexual behaviors. Family education and support is also provided.

### **Therapeutic Counselling Program (TCP)**

Individual and group counselling for children and youth with psychiatric disorders. The TCP program is only for clients who have been directly referred to FRC by Vernon Child and Youth Mental Health Ministry.

## EXTENDED HEALTH BENEFITS

If you have Extended Health Benefits that include counselling, you may be able offset the service fee in some of our programs, or use those benefits to access private counselling. Please check with your benefit company.

FRC also offers a number of psycho-educational groups. Upcoming group information is posted on our website.

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### Services we refer out:

#### **Grief & Loss:**

Hospice House – 250-503-1800  
New Hope – 250-545-6004

#### **Addictions & Substance Abuse:**

IHA Mental Health – 250-549-5737

#### **Domestic Violence or Abuse (women):**

Vernon Program – 250-558-0334

#### **Adult Complex Mental Health Disorders:**

IHA Mental Health – 250-549-5737

#### **Child & Youth Complex Mental Health Disorders:**

Child & Youth Mental Health – 250-558-2775

#### **Children Who Witness Abuse Counselling:**

Vernon – 250-558-3850 ext. 201; Armstrong – 250-546-6744

#### **Children & Parenting Groups:**

NOYFSS – 250-545-3572

#### **Family Members of an individual with Mental Illness:**

Mental Illness Family Support – 250-260-3233