

CHILDREN & YOUTH COUNSELLING PROGRAM



Cowichan Women Against Violence Society

Providing one-on-one and group confidential counselling services free of charge for Children & Youth ages 4-18 who experience troubles at home, school, or socially.

Common Trauma Responses by Children

- Increased sleep disturbances and/or nightmares
- Increased level of anxiousness and worry
- Increased expressions of anger/or aggression
- Sudden change of behaviour at school or home
- Increased fear/lack of safety levels
- Increased feelings of responsibility for parents or siblings

Call our office at 250.748.7000 Ext. 104 to be connected to a counsellor



Ministry of
Justice

Counselling for Different Needs

CWAV Society's Children & Youth Counselling (CYC) program includes both group and individual sessions. **Individual** counselling is for children who may benefit from one-to-one counselling or those who are not ready for group. CWAVS also offers several **youth and family groups** that are designed to explore how witnessing violence affects us, how experiencing violence impacts the ability to parent, how violence changes the way we feel about ourselves, how we talk about feelings influences how we parent, how to set healthy boundaries for ourselves and our children, how parents and children can cope with stress and family change, and how to create healthy relationships in an environment where finding identity in the digital sphere is harder than ever. Please take an **"Educational and Group Programs"** rack card to learn more about our group programs.

How Counselling Can Help

- Builds a positive, safe, and trusting relationship
- Provides a safe place to talk
- Toys and art to help children communicate feelings
- Helps children know they are not alone or responsible for family issues
- Builds understanding of life and family experiences
- Builds problem-solving and coping skills
- Teaches personal safety
- Helps children explore healthy ways to express anger, hurt, and sadness



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