

# PARENTS ROLE

You are a key part of your child's counselling journey. You may be asked to participate in sessions, reinforce strategies at home or provide feedback of how things are going.

You will be asked to sign a consent for your child or youth to start counselling.

The first session will include a discussion about what counselling involves, signing consent, and setting collaborative goals.

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Registered Provisional Psychologist

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## CONTACT US



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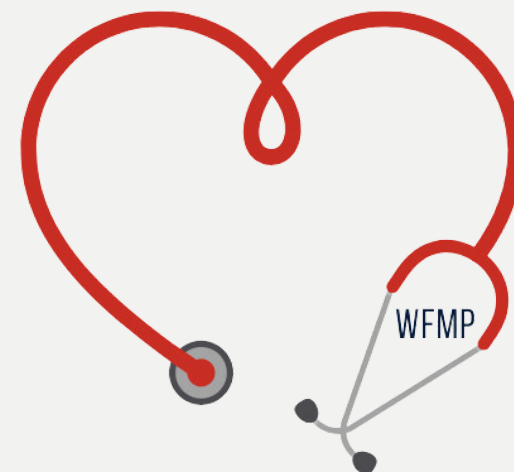
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www.wfmp.ca

# WFMP

CHILD & YOUTH  
MENTAL HEALTH  
COUNSELLING



**WETASKIWIN**  
FAMILY MEDICAL PRACTICE

**Please note that as of May 1, 2026  
any missed appointments  
will require a new referral from  
your doctor**

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# WHY COUNSELLING?

Life can be challenging, even for children. Counselling offers a safe and supportive space where children and youth express their thoughts and feelings, learn coping skills and develop resilience.

**\*NO CHARGE\***

## SIGNS YOUR CHILD MIGHT BENEFIT FROM COUNSELLING:

- Frequent feelings of sadness, anxiety or anger.
- Difficulty coping with changes.
- Struggling at school or with friendships.
- Behaviour changes like withdrawing or acting out.
- Trouble sleeping or changes in eating habits.



## WHAT HAPPENS IN A COUNSELLING SESSION?

**COUNSELLING FOR CHILDREN OFTEN LOOKS DIFFERENT THAN FOR ADULTS. SESSIONS MIGHT INCLUDE:**

- ✓ Talking about feelings
- ✓ Play therapy techniques
- ✓ Art and creative activities
- ✓ Learning relaxation techniques

### How Counselling Helps:

- Emotional Support
- Coping Skills
- Improving Relationships
- Building Confidence

MENTAL  
HEALTH