



SEPTEMBER 2019

STEPPING STONES

— counselling group —

FALL NEWSLETTER



LETTER FROM THE CLINIC COORDINATOR

by *Deanne Leung*

Hello Families & Community Members,

Fall is just around the corner, and our amazing team has been busy creating a wide variety of groups, workshops, and programs to meet our community's needs. Our long-awaited Canine Connections program will be making Animal-Assisted Therapy more accessible for all. Our Social Groups for all ages will help your child to build confidence as they head back to class. Our Parent Groups will give parents a space to discuss topics that are of concern to you. We understand that back-to-school time can be overwhelming, and that is why our team is with your family every step of the way! We look forward to connecting with you soon.



Deanne & Murphy



Don't forget to Like us on Facebook and follow us on Instagram! Search "Stepping Stones Counselling Group" to find our Facebook page or follow @steppingstonescounselling on Instagram.

**Phone: 250-763-7414
info@steppingstonesokanagan.ca
www.steppingstonesokanagan.ca
1893 Ethel St Kelowna BC V1Y 2Z3**

SOCIAL SKILLS GROUPS

Girls Group

Ages: 8-10

Wednesdays 5:15pm – 6:30pm

This group provides the opportunity for girls to grow a healthier sense of self-esteem and a stronger sense of self! It's a ton of fun bundled into a positive, caring & safe environment where girls can develop friendships and connect with other peers while participating in fun recreational and social activities such as crafts, yoga, lego, board games, and self-esteem building.

For more information please contact Cheryl Scaife at cheryl@steppingstonesokanagan.ca

Super Flexible Skills Boys Groups

Ages: 6-8

Thursdays 4:00pm – 5:00pm

Ages 8-10

Saturdays 11:00am – 12:00pm

Participants will develop skills related to whole body listening, self regulation, flexible thinking, observation skills, perspective taking, body awareness and communication skills.

For more information please contact Cheryl Scaife at cheryl@steppingstonesokanagan.ca of your wish.

Boys Social and Leisure Skills Group (Preteen)

Ages: 9-12

Saturdays 1:00pm – 2:15pm

Skills taught include communication and self-regulation. Activities include board games, lego, and group outings.

For more information please contact Cheryl Scaife at cheryl@steppingstonesokanagan.ca

Teen Boys Group

Ages: 13-16

Saturdays 2:30pm – 4:30pm

Skills taught include communication and self-regulation. Activities include board games, group outings, social communication, and story creation.

For more information please contact Cheryl Scaife at cheryl@steppingstonesokanagan.ca



IMPROV GROUP

Ages 10-13

Learning improv can help kids on stage and in life. Through group games and improv exercises, members of the group will learn and develop skills such as listening, accepting, problem-solving, and emotional expression that will help build their confidence and social skills.

For more info, contact

carley@steppingstonesokanagan.ca

GENTLE CONNECTIONS GRIEF GROUP

Ages 7+

Date: TBD

A grief group for kids and teens that have lost a parent. Join us for a morning of connections.

Our therapy dogs, along with their handlers, will provide a space for grief sharing and explorations.

Activities and snacks will be provided. This group will be facilitated by

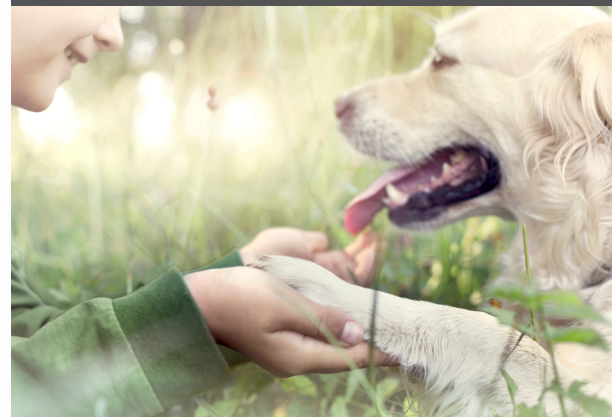
Deanne Leung, M.Ed, RCC and Samantha Levin, BKin, Canine Therapy Handler and Educator.

\$50.00 plus GST per participant.

If fees present a hardship and prevent a child or teen from attending, please discuss options with us.

Contact

info@steppingstonesokanagan.ca to register.



FOR PARENTS

In It Together Parent Support Group

This group meets once monthly, on a Monday 7:00pm-8:15pm.

Free, or by voluntary donation to the Kelowna Child Advocacy Centre.

Join with other caregivers to learn about a variety of topics and join in discussion. Topics will include: therapy dogs, grief and loss, sibling conflict and blended families, self care for parents and relationship-rescue, aggression in teens and preteens, EMDR for kids. Contact verity@steppingstonesokanagan.ca for more info.

Connected Parenting: Building a Nurturing Relationship with Your Child

October 19th, 10:00am to 12:00pm

An interactive group for parents and caregivers who are dealing with everyday parenting dynamics and issues.

Topics will include:

- o Why the parent-child relationship is so important.
 - o How to build a secure sense of connection with your child.
 - o How to effectively deal with challenging behaviours including how to help your child manage big feelings.
- These topics will be addressed using the most recent neuropsychological and attachment research and findings from leaders in the field of developmental psychology. A light snack will be provided along with tea and water.

To register, call Rhiannan at 250-575-2101 or email rhiannan@steppingstonesokanagan.ca.

LGBT+ Parent Group

Coming soon! This series will be a place for parents /caregivers who are supporting LGBT+ youth to learn and share.

For more info, please contact erin@steppingstonesokanagan.ca.



OPEN ART STUDIO

Drop in with your family, friends or by yourself to create art in a space held by an art therapist. Use this time to bond, create and have fun while creating art. A variety of art materials will be provided. The studio is open to everyone and no art experience is required. We ask that parents remain with their children at all times.

September 14

October 26

November 23

Drop in between 12:00pm-3:00pm

Cost: \$5 per person

At our new second location:

#150 - 1815 Kirscher Rd Kelowna

These groups are facilitated by Amy Van Dongen, Art Therapist, DKATI, B.F.A. For more information, or to register, please contact Amy at 250-826-5430 or email amyv@steppingstonesokanagan.ca.

LGBT+ RESOURCE GROUP

Coming soon!

Ages 13+

Connect and learn tips & tools around LGBTQ+ terminology, emotional regulation & coping tools, adaptive clothing, communication with family/community, voice modification, medical information, dating and more! Please contact Erin at erin@steppingstonesokanagan.ca for more information.

TEEN NIGHTS

Ages 14+

Mondays 6:30-8:15 PM

Teen Nights offer a unique opportunity for your teen to build friendships, and belong to a group just for them. All activities are centered around: social learning, building confidence, independence, and communication skills. A variety of social skills and physical activities, outdoor education, and community outings will be offered. Typical activities chosen are game nights, laser tag, movies, challenge nights, etc.

To register, contact Erin at erin@steppingstonesokanagan.ca.

TEEN GIRLS GROUP

Ages 16-19 (+/-)

Thursday Nights

This group will focus on self esteem and self confidence, interpersonal relationships, body positivity, conflict resolution, etc. Integrating animal-assisted therapy within the group will be a highlight for the group. For more info, please contact alisha@steppingstonesokanagan.ca

LGBT+ PARENT GROUP

Coming soon!

This series will be a place for parents /caregivers who are supporting LGBT+ youth to learn and share.

For more info, please contact erin@steppingstonesokanagan.ca.



PRETEEN GROUP

Ages 10-13

Mondays 4:30pm-6:00pm

This group provides a safe and accepting setting for preteens to develop social skills.

Participants will select weekly activities, which may include board games, art, therapy dogs, outings (e.g. hikes, laser tag, Scandia)

For more info, contact verity@steppingstonesokanagan.ca

YOUNG ADULT GROUP

Coming Soon!

This group is for young adults age 18+ with an ASD diagnosis. Participants will determine the focus of the group, be it social, skills building, or a combination. For more info, please contact verity@steppingstonesokanagan.ca

NEW TEAM MEMBERS

We are excited to welcome the following new members to the Stepping Stones team:

Rhiannan Van Horne, MSW

Rhiannan has been working with individuals, families, and communities for nearly 10 years in various capacities and is trained in Theraplay, Circle of Security, and various positive parenting modalities. She incorporates expressive therapies using play, art, and sand, in conjunction with traditional forms of talk therapy.

Jody Spreckley, MC, CCC

Jody has been working as a counsellor with children, youth, and their families since 2014. Jody also uses EMDR (Eye Movement Desensitization and Reprocessing) therapy and somatic (body-based) therapy to work with people who have experienced abuse, trauma, addictive behaviours, and challenges in attachment relationships.

Samantha Levin BKin, APDT Professional Member

Samantha has been working in therapeutic rehabilitation for more than 10 years. She is also a member of the Association of Professional Dog Trainers (International) and has been working with canines for more than 5 years and practicing Animal Assisted Therapy for the last 4 years. Sam will work in conjunction with your therapist and is able to offer opportunities for children to develop social-emotional skills and awareness, practice activities of daily living.

CANINE CONNECTIONS PROGRAM

Canine Connections was borne from our love of our animals and a desire to share the benefits of what we do every day with our four-pawed partners. The mission of Canine Connections is to make Animal Assisted Therapy accessible to the community through:

- Facilitation of programs for a variety of populations and needs
- Education – what is a therapy dog?
- Partnership with local agencies
- Professional in services and presentations
- Animal advocacy – health and well being
- Consulting – families and professionals
- Training – from puppy to placement

Our long-term goals include:

- Working with stakeholders and government toward legislation of therapy dogs
- Training of therapy dogs to assist in Child Advocacy Cases
- Program accreditation and education of Canine Connection facilitators
- Access to a court/facility dogs

