

## Sarnia-Lambton OHT – Social Media Partner Profile



### Family Counselling Centre

Number of employees = 53

Operating since 1955

Specialization – Family Counselling Centre (FCC) is a not-for-profit, community-based agency that provides a variety of professional counselling, community support, and coordination services to the residents of Sarnia-Lambton

#### Accomplishments & Goals

Since April 2022, the staff and volunteers of Family Counselling Centre have assisted almost 2,200 clients through a wide range of counselling and community support services. We have responded to 13 Critical Incidents to date, providing onsite and remote support for people involved, and completed over 30,000 outbound calls through our Tel-Check program.

#### Services & Supports

In March 2022, the Postpartum Support Groups were restarted in partnership with Lambton Public Health and St. Clair Child and Youth Services. To date, we have concluded two (2) groups with a third scheduled in mid to late January 2023. Specialized counselling focusing on postpartum depression and anxiety is available under this program.

The Partner Assault Response (PAR) group program is for men and women who have been convicted of abusing their partner and referred through the court system. This program is designed to help individuals stop the abuse and accept responsibility for their actions by focusing on alternative methods for dealing with anger, frustration and stress, effective ways to express feelings, and

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develop broader view of male/female roles. In the fall of 2022, we have concluded four (4) groups with the next group scheduled for January 2023.

Parents Putting Kids First (PPKF) is a three-week group for parents going through separation and/or divorce. The group focuses on impacts of ongoing parental conflict on children, strategies for parents to cooperatively raise children post-separation/divorce, and what parents need to know from a legal perspective presented by a local lawyer. The last group was offered November 2022 with the next group planned for the spring of 2023.

Launched as of November 2022 in partnership with Age-Friendly Sarnia-Lambton, trained volunteers through the local distress line are providing phone support to residents of Sarnia and Lambton County to navigate and provide available resources, services, and supports in the community.

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FCC excels to work in collaboration with community partners to assist, educate, and strengthen the Sarnia-Lambton community to create a strong and supportive community. FCC believes it is essential to maximize community resources through collaboration with fellow community organizations.

Sarnia-Lambton residents benefit through direct supports and are provided the opportunity to reach their greatest potential and personal fulfillment. This is delivered to residents through the removal of barriers and ability to access services and supports in the community regardless of their economic status, age, gender, ability, or system of beliefs and values.

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