

## Meet our therapists



**Veronica Dunn**  
MSW, RSW

Through considerable education and experience, Veronica helps advocate and empower individuals and families in their day to day lives. Certified in EMDR, CBT, and many other therapeutic methods, offering support and healing for each individual is her focus. By creating a safe and respectful environment, her main specialties lie in trauma response and overall wellness.



**Guido Faralli**  
M.Ed., CCC

Guido is a compassionate and empathic therapist with many years of experience in helping youth, and their families, who are struggling with mental health issues. His therapeutic approach is to meet the needs as presented by the client, knowing there is hope and healing in spite of life's circumstances.



**Karen Schiltroth**  
M.Sc. Mental Health Social Work,  
R.S.W.

Karen is a registered social worker with more than 20 years' experience supporting caregivers in Canada and the United Kingdom. Karen has a passion for supporting children's emotional, behavioural, mental health well-being, and building school engagement.

Sessions utilize evidence-based techniques to help young people and their families to identify their strengths and develop coping strategies that will help them thrive. These include CBT, DBT, EMDR, Family Systems Therapy, Narrative Therapy, Play Therapy, and Solution-Focused Brief Therapy.

## About Knowles Centre

Knowles Centre is a community-based, non-profit social service agency for children, adolescents and young adults facing difficult times in their lives. It began as a home for boys in 1907, and today provides co-ed treatment healing homes, treatment foster care, independent living, day treatment, sexual abuse treatment, and therapeutic counselling programs, plus a range of support services to young people from Manitoba.

Our range of therapeutic and skills-based programs help young people and their families to address current and past struggles, to develop healthier relationships and ways of life, and to reach their full potential in the future.

Knowles Centre is a registered, non-profit, charitable organization and is governed by an elected Board of Directors. Knowles Centre is accredited by the Council on Accreditation.

For more information on the MOVING FORWARD Program at Knowles Centre, contact Lauren at:

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MOVING FORWARD Program  
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## MOVING FORWARD

**A therapeutic counselling program  
for young people and their families  
and/or caregivers**

## WE CAN HELP

MOVING FORWARD is a community-based therapeutic counselling program. The program is open to young people ages 12 to 21 who are dealing with mental health challenges, as well as emotional or behavioural issues arising from current and past experiences.

MOVING FORWARD can also work with the families and/or caregivers of young people registered in the program.

We are committed to addressing YOUR needs. Our therapists work with youth and their families and/or caregivers to identify strengths and concerns. With this approach, we can help to develop some realistic strategies that lead to a path to wellness.

## TALK TO US ABOUT...

**Grief & Loss** • **SKILL BUILDING**  
**Substance Abuse** • **Anxiety**  
**CULTURAL SENSITIVITY** • **FASD**  
**Self-Harm** • **School Problems**  
**RESPECT** • **Boundary Issues**  
**Suicidal Ideation** • **IDENTITY**  
**EMOTIONAL REGULATION**  
**Depression** • **IMPULSE CONTROL**  
**Poor Social Skills** • **ADHD**  
**TRUST** • **Attachment Disorders**  
**STRENGTH-BASED TREATMENT**  
**Past Abuse or Neglect** • **Exploitation**  
**HEALTHY RELATIONSHIPS**  
**Intergenerational Trauma** • **HOPE**  
**MINDFULNESS** • **Peer Pressure**  
**Delinquent Behaviours** • **Aggression**  
**Running Behaviours** • **MOTIVATION**  
**Other Mental Health Concerns**

*Life can be hard and a better future can seem beyond reach.*

*Moving forward to healing and hope is possible with support.*

Young people face an unprecedented number of challenges in their lives everyday: home, school, peers, technology, health, worries about the past, and planning for the future. Sometimes it can feel like too much!

We know families and caregivers do their best to help, but it isn't always enough.

Knowles Centre therapists have specialized training and significant experience working with young people and their families facing difficulties. All hold masters degrees in counselling, psychology or social work and can offer a variety of therapeutic approaches. Plus, we can arrange access for clients to see a consulting psychiatrist, if appropriate.

All therapists adhere to their respective code of professional standards, and follow Knowles Centre's confidentiality policies.



## HERE FOR YOU

Flexible appointment times are available Monday to Friday.

Sessions are held at Knowles Centre's scenic campus at 2065 Henderson Highway, Winnipeg. Ample free parking is available.

Other locations (including phone and virtual) may be accommodated with special arrangements.

## REFERRALS

MOVING FORWARD is a fee-for-service program. We are pleased to take referrals from CFS agencies, victim services agencies, and other organizations who work with young people dealing with adversities.

As well, families with extended health benefit plans or health spending accounts may be eligible to receive a portion of the counselling fee reimbursed.

Sorry, we are unable to provide services on a sliding scale or at a discounted rate at this time.

**MOVING FORWARD**  
is an approved  
provider with  
**JORDAN'S PRINCIPLE**

**VISIT US AT:**  
[knowlescentre.org/moving\\_forward](https://knowlescentre.org/moving_forward)