

## Recreation Activities

Knowles Centre recreation programmers organize various activities for our clients that promote fun, fitness and learning. As well, the daily activities provide a welcome change of pace from school and counseling sessions while still supporting clients' treatment plans and encouraging the development of positive peer relationships.

Knowles Centre owns and operates a camp in Whiteshell Provincial Park where clients can spend one or two weeks each year. Activities offered during the summer include swimming, canoeing, wilderness travel, mountain biking, hiking, fishing, and nature education and appreciation. Other activities may be available to clients in the fall or winter.

## Spiritual/Cultural Growth

Knowles Centre supports client's participation in religious, spiritual and cultural activities of their choice in the community.

To meet the spiritual and cultural needs of First Nation clients, the Centre offers Aboriginal awareness activities and healing ceremonies on site and in the community. These services are provided by the First Nations Cultural Coordinator as well as elders, artists, drummers and dancers from the community. For further information, please refer to the Biimautaziwin Program brochure.



## About Knowles Centre Inc.

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 group care treatment, treatment foster care, independent living, day treatment and sexual abuse treatment programs plus a range of support services to young people from Manitoba and other communities throughout Canada.

We offer a range of therapeutic and skills-based programs that help young people and their families to address 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.

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For more information on the Group Care Treatment Program (GCTP) at Knowles Centre, contact us at:

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**KNOWLES CENTRE INC.**

Helping Individuals Find Their Path:  
Yesterday, Today and Tomorrow

**Group Care  
Treatment Program**

## Services We Provide

The Group Care Treatment Program at Knowles Centre serves young people ages 12 to 17 from Manitoba and Northwestern Ontario. Typically, their lives have been affected by neglect, emotional, physical and/or sexual abuse, the impacts of intergenerational trauma and racism, and feelings of hopelessness, which often contribute to behavioural and emotional difficulties.

Clients may be referred to the program through the Provincial Placement Desk, Province of Manitoba. Federally funded child and family services agencies and/or out-of-province agencies refer clients directly to the Centre.

Two semi-secure, on-site units (one for boys and one for girls) provide a safe place for clients who are at-risk of running or exhibit other behaviours that threaten their well-being (e.g. school problems, legal problems, alcohol and drug abuse).

As well, Knowles Centre operates community treatment units separately for boys and girls in

nearby neighbourhoods. Clients in these units develop community living skills and use community resources and facilities.

Each unit has a treatment team including a therapist, a unit supervisor, and youth care workers. The two on-site units also have a recreation programmer. These teams not only develop and provide the individual treatment, but also determine the treatment milieu most suitable for the unit.

An individualized treatment plan is tailored to the specific needs of each client and includes:

- Individual, family and/or group therapy
- Behaviour management programs
- Education services
- Recreation opportunities
- Spiritual/cultural activities

Clients who begin their stay in one of the secure, on-site units may move to one of the community treatment units before their discharge from Knowles Centre. Clients also may be admitted directly to one of the community units.

## Educational Services

The education component is offered through the River East Transcona School Division. John G. Stewart School is located on the grounds of Knowles Centre, which can accommodate alternate entry dates for our clients. In addition to the specialized programming provided at a lower student-teacher ratio, students participate in gym, creative arts, and computer classes. As well, clients may move to the Culinary Arts program, where they can earn school credits and prepare for future employment. Clients may also take vocational training at a public school on a part-time basis. Alternatively, clients in Group Care may attend a public school in the community. The objective of both programs is for the client to earn educational credits.

## Outreach Program

The primary role of the outreach worker is to find and attempt to return clients who are “on the run” from the Centre. The outreach worker networks with the client’s family, the referring worker, child and family services night duty, street workers, mall security and police. We hope to ensure the client’s safety and provide a clear message that we care.

## Client Groups

Treatment staff develop and run group programs throughout the year based on the needs and current clients in care. The group program may focus on issues such as anger management, substance abuse, personal safety, etc.

