

Recreation Activities

Knowles Centre's recreation programmer organizes 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 Indigenous clients, the Centre offers activities and healing ceremonies on site and in the community. These services are provided by elders, artists, drummers and dancers from the community.



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, counselling, and sexual abuse treatment plus a range of support services to young people from Manitoba.

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

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.

We offer five group care treatment homes, including two on-site, and three in nearby neighborhoods. All the homes provide a safe place for young people who are working towards a better way of life.

The program is able to support clients who may exhibit a range of behaviours that threaten their well-being, including:

- School problems
- Running away
- Substance use
- Legal problems
- Mental health issues
- Self-regulation difficulties

Clients are also supported in the development of personal wellness, healthy relationships, as well as important life skills.

Caring Team Approach

Each client has a treatment team including a therapist, a unit supervisor, and youth care workers. The team not only develops and provides the individual treatment, but also determines the treatment milieu most suitable for the home.

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

- Individual, family and/or group therapy
- Incentive programs
- Education services
- Recreation opportunities
- Spiritual/cultural activities
- Psychiatric consultation through Manitoba Adolescent Treatment Centre (MATC)

Upon discharge from the Group Care Treatment Program, clients and their families may opt to maintain the positive and trusted relationship with the client's therapeutic counsellor. We know that continuing sessions with the same therapist is often very beneficial to young people. (Please refer to our Moving Forward brochure for more information.)

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. 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 take part in the Culinary Arts program where they can earn school credits and prepare for future employment.

Alternatively, clients in Group Care may attend a public school in the community.

Client Groups

Treatment staff develop and run group programs throughout the year based on the needs of our clients. The group program may focus on issues such as anger management, substance abuse, coping and self-regulation, personal safety, etc.

StreetReach Program Partner

Knowles Centre is a partner in the Province of Manitoba's StreetReach Program. We work corroboratively with other organizations to respond to children and youth identified at high risk of being victimized through sex exploitation.

Referrals

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

