

## Meet our therapists

### Liesel Ambalina, MSW, RSW



Liesel has a diverse professional background that includes front line work with at-risk youth and facilitating group counselling. She has a passion for working with adolescents and empowering them to find

healthy perceptions of themselves by utilizing hands-on and creative approaches. Liesel uses various therapeutic modalities, including Solution Focused Therapy and Dialectical Behavioral Therapy (DBT) which encourages mindfulness.

### Raul Dimaculangan, MSW, RSW



Raul has extensive experience with youth and families. He previously worked at the Manitoba Adolescent Treatment Centre, Mount Carmel Clinic, and The Men's Resource Centre. He utilizes various therapeutic

modalities including Solution Focused Therapy, Narrative Family Therapy, and Cognitive Behavioural Therapy (CBT), which focuses on how thoughts and feelings affect actions. He specializes in helping others deal with anger management, grief and loss, low self-esteem, parenting issues, and family conflict. Raul is also fluent in Tagalog (Filipino dialect).

## 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 treatment group care, 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 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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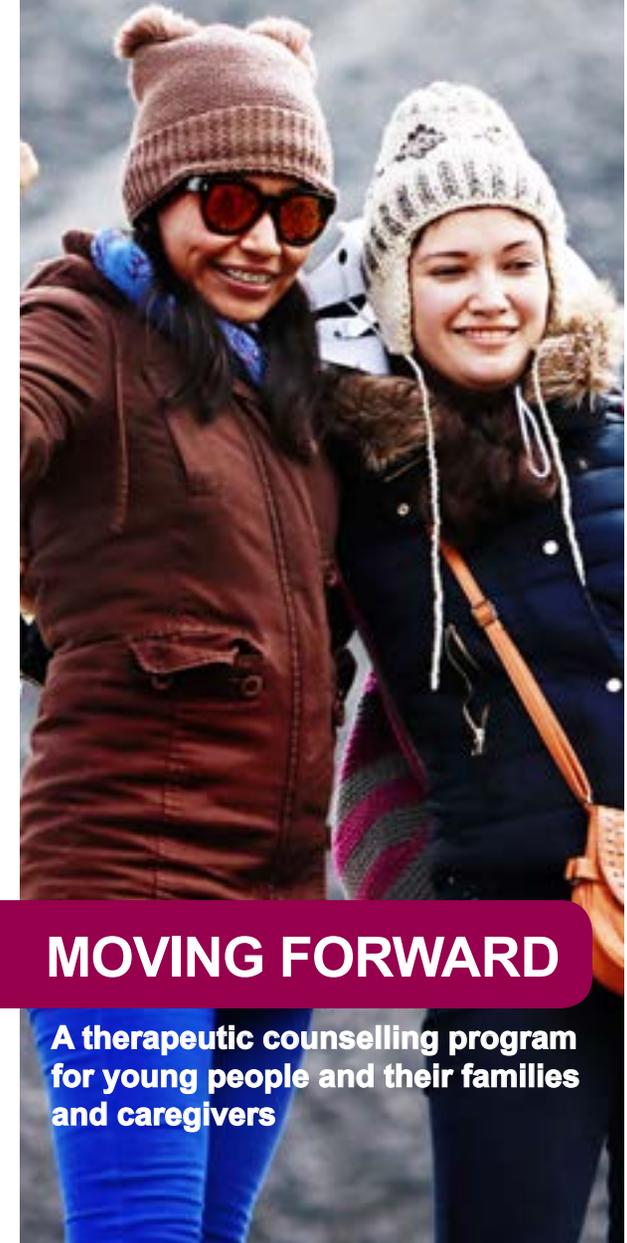
For more information on the MOVING FORWARD Program at Knowles Centre, contact us at:

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KNOWLES CENTRE INC.



## MOVING FORWARD

**A therapeutic counselling program  
for young people and their families  
and 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 past experiences.

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

We are committed to addressing YOUR needs. Our therapists work with youth and their families 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 of 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 counselling locations 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. We would be pleased to help you confirm your coverage prior to your first session.

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

**VISIT US AT:**

[knowlescentre.org/moving\\_forward](https://knowlescentre.org/moving_forward)