

Meet our therapists



Liezel Ambalina

MSW, RSW

Liezel has a passion for empowering youth to find healthy perceptions of themselves by utilizing hands-on and creative approaches and therapeutic modalities.



Melissa Beaudry

MA, Marriage & Family Couns.

Melissa has a passion for drawing out potential in youth by incorporating fun, laughter and playfulness into sessions, and making it easier to address difficult topics. She uses an integrative approach with Narrative, CBT, DBT and MI modalities.



Raul Dimaculangan

MSW, RSW

Raul has extensive experience with youth and families. He specializes in helping deal with anger management, grief and loss, low self-esteem, parenting issues, and family conflict. Raul is also fluent in Tagalog.



Andrea Moore-Melville

M.Ed.

Andrea believes in the resiliency of all youth, and the benefit of a strength-based approach. Through trauma-informed care and a commitment to a positive therapeutic relationship, she is able to help guide clients along a path of wellness.



Shirin Riahi

Masters of Counselling Psychology

Shirin uses a strength-based approach to discover and utilize every client's unique assets and abilities. The goal is to help clients develop and strengthen their coping strategies, build healthy relationships, and gain emotional health and life balance.

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.

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

Knowles Centre Inc.
MOVING FORWARD Program
2065 Henderson Highway
Winnipeg, Manitoba
R2G 1P7

Phone: (204) 339-1951, Ext. 152
Fax: (204) 334-4173
Email: lhershfield@knowlescentre.org
Web: www.knowlescentre.org



Knowles CENTRE



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 current and 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 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. 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

MOVING FORWARD
is an approved
provider with
JORDAN'S PRINCIPLE