

MEET OUR THERAPISTS



Sheila Jenson, B.S. M.A.

Meet Sheila, a dedicated therapist with experience across ages. Her personalized treatment plans and supportive sessions

help clients openly discuss challenges and achieve personal goals.

**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. She has a passion for supporting children's emotional and behavioural well being, mental health and building school engagement.



**Raul Dimaculangan,
MSW, RSW**

Raul has over 20 years of experience counselling youths and families from diverse backgrounds.

He uses a strengths-based, solution-focused approach to help with anger management, family issues, depression, anxiety, grief, loneliness, and more.

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 healing homes, treatment foster care, independent living, day treatment, sexual abuse treatment, and therapeutic counselling programs, plus a range of auxiliary 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.



MOVING FORWARD

COUNSELLING FOR YOUTH

CONTACT US



(204) 339-1955



www.knowlescentre.org



lhershfield@knowlescentre.org



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 living with mental health challenges, as well as emotional or behavioural issues arising from current and past experiences.

MOVING FORWARD can also work with 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.

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

**Life can be hard, and 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.

**MOVING FORWARD IS AN
APPROVED PROVIDER
WITH JORDAN'S
PRINCIPAL AND NIHB**

● ● ●

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 with ample free parking 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 and other organizations who work with young people dealing with adversities.

Families can also self refer. If you have extended health benefit plans or health spending accounts you 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.