

# DM Family and School Services

Fall 2005



Andrew loves to play. However, he doesn't like it when it's time for day care. He refuses to stop watching TV or playing with his blocks when his mom asks him to get dressed. At these times, he screams and throws himself down on the floor. At night, he refuses to go to bed alone, throwing a temper tantrum until either Mom or Dad give up, or falls asleep in his bed while he plays with toys. His parents can't even remember the last time they had a chance to relax together without interruption. Through a combination of family therapy, strategies from the Incredible Years parenting series and Dina Dinosaur social skills group, Andrew's parents were able to restore peace in their home. They were pleased to hear that the day care staff noticed changes in Andrew's behaviour too.

We are a group of dedicated professionals with many years of experience working within the clinical, community and school setting. Over the last decade we have had the privilege to work with many families and youth who have been experiencing times of difficulty – both within the home and school settings, individually and in groups.

Every now and then we all need an opportunity to reflect, recharge, and rethink our next move. Sometimes it helps to talk to someone you can trust. At DM you will find confidential services provided by recognized and experienced professionals.

Julie comes home day after day sad. So sad that she can barely hold back her tears until the door is closed. As usual, the first thing she says is “no one wants to be my friend”. As her parents hold her close, she relates heartbreaking tales of exclusion and humiliation. Nothing breaks your heart like the pain of your child. But, as angry as her parents are – they don't know what to say or do to really make a difference. How many times can they tell her “not to worry, she'll make new friends”? Julie's parents came to DM for family therapy. They found a way to help Julie. With the right support and guidance, Julie started to make new friends.



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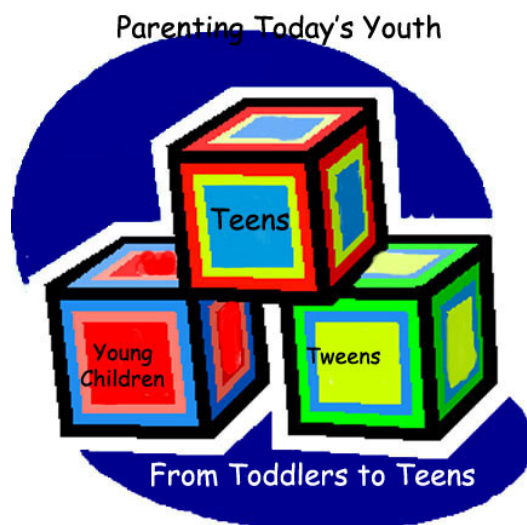


Chelsea does not care what her parents think - Not one little bit. There was a time when she could not wait to share with them what went on in school that day. Now,

when asked to do a chore, Chelsea rolls her eyes or mumbles "whatever". If she asks for a sleepover, her parents cringe. If they ask where she's going she will accuse them of not trusting her, and if they don't they will be up all night wondering if she is safe. So, they read all the books with all the catchy titles but they don't know how to make Chelsea **care**. Thankfully they found DM's Parenting with Love and Limits group. Together with Chelsea, they came for 6 weeks. Through a combination of structure and nurturance, they found a way to re-establish their authority and restore their loving relationship with Chelsea.



At school, Mark's teachers say that he might have "attentional problems". He wanders around the class, and in general seems to have ants in his pants. Yesterday his teacher called to say that he is always interrupting others, never waits his turn, and hurt another child while racing to be first on the computer. At home, his parents are equally concerned. They know what it's like to get him to do his homework. Sometimes they dread even the idea. It's not fun for anyone in the family - even the dog runs away to hide. Fortunately, Mark's parents came to DM for family therapy. They understand that it will be a long road ahead for the entire family; the difference is that now they feel hopeful. With their new perspective and strategies, they have begun to see change. Now they are working together with Mark - and it feels great!



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