



How can a Children's Centre Social Worker help me as a parent/legal guardian?

At Niagara Children's Centre, Social Workers are here to support the entire family, and that most often means working directly with parents / caregivers. We listen, provide practical and emotional support, and can help problem solve some of life's challenges that may come with having a child aged 0 -18 with a physical, developmental, or communicative disability. Our Social Workers can support parents/legal guardians in the following ways:

- Talking about how you and your family are coping with your child's needs, including short term-counselling related to your child's delays/disabilities
 - Helping you manage stress, overwhelm, anxiety or sadness that you may experience from initial identification of delay/disabilities, after a diagnosis and as your child grows and changes
- Connecting you to additional services and supports in and outside the Centre that your child and family could benefit from
 - Helping you to understand the service system and what options are available to you
- Assisting with disability-based funding applications and paperwork
- Assisting and supporting transition processes (e.g. transition to school and adulthood etc.)

How can a Children's Centre Social Worker help youth (age 12+)?

- Having conversations with youth about the impact of their disability on their well-being, relationships, and participation at home, school, and in the community
 - Helping youth to identify, plan, and follow through with activities and connections with others that enhance their quality of life
- Supporting youth through transition processes (e.g. to high school, to adulthood or other significant life changes)

Connect with a Social Worker

Call our Intake Coordinators or speak to your child/youth's therapist(s).

Intake: 905-688-1890, ext. 110
Email: info@niagarachildrenscentre.com

Social Work Services

Youth and Family Handout



What are my choices for Social Work services?

Social Work services are optional. Different types of Social Work services are available. You can move between types of Social Work services as your needs change over time. You can change your type of Social Work services by speaking with your therapist(s), your Social Worker, or our Intake Coordinators.

Types of Social Work services:

Group Social Work services

Service takes place in groups led by Social Workers. Parents/legal guardians are invited to register for Family Education and Support Groups. Youth are invited to attend Open Registration groups. Virtual options are available.

Family Education and Support Group Examples:

- Parent Talk Support Group (child care available) and Self-Care Walk and Talk Group
- Monthly Paperwork Parties
- Workshops: Financial Supports ("Money Matters"), Community Resources, Future Planning, Self Care, etc.

Join our events: View and register Family Education and Support Groups and Youth Open Registration Groups.



Short-Term Social Work services for Specific Needs

You will meet with a Social Worker for a small number of sessions related to funding applications, community service referrals, new diagnosis paperwork, or to talk through any delay or disability-related challenges. Ask your therapist(s) to meet with a Social Worker or you call our Intake Coordinators at ext. 905-688-1890 ext. 110.

Ongoing Social Work Support

There may be periods when you need a higher level of supports, and we are here to help. We will make a schedule of appointments over a longer period of time or commit to regularly staying in contact as we work together to meet your needs. Ask your therapist(s) to meet with a Social Worker or you call our Intake Coordinators at ext. 905-688-1890 ext. 110.

Looking for support from another parent/guardian with similar experiences? Learn more about our Family Mentor Program & Online Parent/Caregiver Support Group.



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