

Main Street Community Services is an incorporated not for profit agency and registered charity working in partnership with other distinguished community organizations such as Main Street Medical Centre to provide comprehensive social and health services. We are committed to the vision of empowering children, youth, individuals, families and communities to achieve whole health, social well being and community collectiveness.

Programs Offered:

- *Individual and Family Counselling*
- *Respite Residence*
- *Mentoring for Children and Youth*
- *Social Skills Enrichment Training*
- *Parenting Support Programs*
- *Anger Management Training*
- *Teen Talk*
- *Teen Esteem*
- *Problem Solving Skills Training*
- *Stress Management*
- *Behaviour Management*
- *Developmental Respite*
- *Social Skills Day Camp*
- *Developmental Playgroup*



Main Street Community Services

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*Achieving is
Believing*

Programs

Individual and Family Counselling

Counselling is provided to individuals and families experiencing personal, social or familial difficulties. Through a research-based approach, the primary focus is on improving the quality of an individual's or family's functioning and life satisfaction. This service may involve enhancing established coping skills, learning new ones, or even coaching an individual through difficult times.

Social Skills Enrichment Training

This program is offered to children ages 4-14. In small interactive group sessions, children will learn many essential pro-social skills such as understanding and expressing feelings, conflict resolution and problem solving. Using a pro-active and cognitive-behavioural approach to learning, the sessions will enable children to build self confidence and develop satisfying relationships by enhancing skill proficiency in areas that foster social competency.

Problem Solving Skills Training

Through the use of instructional lessons and activities, participants are taught a variety of self-directed procedures targeted at increasing their reflectiveness, problem identification and evaluation of potential solutions. Young people as well as adults are continually faced with conflict, stress, and difficult choices. Therefore, the ability to problem solve is a necessary skill.

Stress Management

The anxiety/stress management program provides education about stress and how to reduce and manage it more effectively. Using an interactive process, involving practical exercises and the development of personal relaxation strategies, group participants will be able to develop a personal action plan to more effectively deal with daily hassles and other typical modern stressors.

Anger Management

Anger control training is a group based skills development program that combines the cognitive and behavioural elements of direct therapy. This program provides specific training so that participants effectively reduce both anger arousal and thus aggressive behaviour. This program is available for both children and adults.

Mentoring

Research has proven that mentoring can improve the quality of a child's life through building self-confidence and positive self-esteem. Our innovative mentoring program provides opportunities for skill development and healthy relationship building with a highly qualified, trained and experienced mentor. Mentors are specifically chosen to meet their unique needs. They act as role models, advocates, friends or someone simply to talk to, either one-to-one or in a group setting. The mentoring program also allows parents and care givers a chance to watch their children and youth build and learn skills geared towards healthy relationship building, personal development, school-based skills and other essential skills needed throughout life.

Interpersonal Communication Skills Training

Improve personal and/or professional relationships by actively participating in group discussions and exercises designed to develop effective verbal, listening and nonverbal skills. Enhance the impact and outcome of your communication through active listening and by learning various simple yet effective strategies that result in better comprehension and improved confidence.

Teen Talk

Teen Talk is a group mediated program lead by a qualified clinician. Youth between the ages of 15-17 will have opportunities to meet with other youth and discuss topics and issues that they face in their everyday adolescent lives. Topics may include: Stress and Coping, Self Esteem, Depression, Teen Dating, Peer Pressure and much more.

Developmental Respite

Overnight

This service provides parents of special needs children the opportunity for some needed rest and relaxation. In a safe and nurturing home environment located in friendly neighbourhood, this program focuses on identifying the child's individual needs and strengths. In a highly structured, supportive and predictable environment, children will have opportunities to develop qualitative play skills and daily living skills by enhancing communication, socialization and decreasing challenging behaviours. Services are offered 24 hours per day and seven days per week, including daily, weekends and weekly.

Group Mentoring

This program provides children and youth an opportunity to focus upon healthy relationship building, personal development, school-based skills and other essential skills needed throughout life. In small interactive group sessions, children will learn many essential pro-social skills such as understanding and expressing feelings, conflict resolution and problem solving. Using a pro-active and cognitive behavioural approach to learning, the sessions will enable children to build self confidence and develop satisfying relationships by enhancing skill proficiency in areas that foster social competency. Groups are facilitated by a highly trained and qualified mentor. Children are grouped chronologically and developmentally. For ages 5-15.

Developmental Respite

After School and Evening Program

This service provides parents of special needs children the opportunity for some needed rest and relaxation. This program focuses on identifying the child's individual needs and strengths. In a highly structured, supportive and predictable environment, children will have opportunities to develop qualitative play skills and daily living skills by enhancing communication, socialization and decreasing challenging behaviours. Services will be provided on site and are available from 2:30-8:30PM, Monday to Thursday and 2:30-6:00 on Friday.

After School Social Skills Program

Main Street Community Services is now offering an after school program for children who could benefit from social skill enrichment. In a fun, safe and therapeutic environment where their individuality and uniqueness is respected and nurtured, children will have the opportunity to develop satisfying interpersonal relationships by enhancing skill proficiency in a variety of areas that foster social competency. Each child and youth will be provided opportunities for sports, recreation, arts and crafts, relaxation, yoga, martial arts, and much more. Services will be provided on site and are available from 2:00-6:00PM, Monday to Friday.

Developmental Playgroups

This program is designed for children ages 2.5-5 years of age with developmental, communication and or social difficulties. In a supportive environment, children will have the opportunity to develop qualitative play skills by enhancing communication, socialization and decreasing challenging behaviours.