

Goals of Family Voices

To develop family connections which empower all family members.

To model a safe, non-judgemental environment where families learn skills.

To recognize abuse, work through it and grow fully into thriving families.

To share openly the needs, fears and joys of all family members voices.



Counselling Process

Family members young and old practicing effective communication .

Individuals overcoming abuse and reconnecting in more fulfilling ways in their families.

Multiple generations sorting out cross generational abuse issues.

Linking with other Ann Davis services to meet family needs.

Family Counselling Services

Are offered at:

Ann Davis Services
9046 Young Road
Chilliwack, BC V2P 4R6



Ann Davis Transition Society

Programs funded in part by
BC Gaming Commission
&
Chilliwack Bingo

We welcome your inquiries.

For more information
Please call:

Ann Davis Transition Society

Phone: 604-792-2760

FAMILY

VOICES

**Parent
Voices**

**Kid
Voices**

**Other
Voices**

**Grandparent
Voices**

Family Voices

Changes the voice of abuse



Ann Davis Transition Society

OUTCOMES OF FAMILY VOICE COUNSELLING

Communication skills which enhance family decision—making and sharing conflict and grief resolutions.

Problem solving skills.

Development of thriving interdependent families.

Permission to express needs to each other appropriately.



IF you agree with these outcomes for our local families, send a tax deductible donation to the Society office. Your donation is most appreciated.

HOW CAN FAMILY VOICES HELP OVERCOME ABUSE?

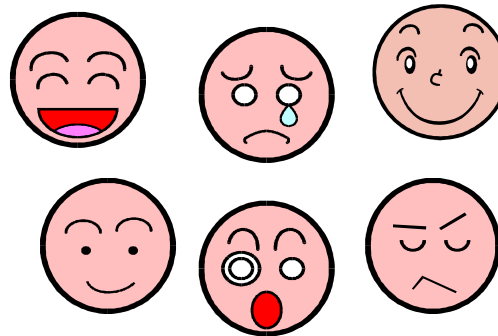
Accepting what has happened in the past as a step towards exploring future healthy possibilities

Providing support to family members as abuse is overcome

Changing family interactions from abusing ones to thriving ones

Learning to share and appreciate feelings, thoughts and actions

Teaching "good enough" coping and development skills to all family members



Which of these faces do you notice most often in your family?

IF they are faces which concern you, please do the quiz on the next page.

WOULD YOUR FAMILY BENEFIT FROM FAMILY VOICE SESSIONS?

Tick each point which applies to your family

- At least one family member suffers from physical, sexual and emotional abuse
- Fear and panic in one or more members of the family happens eg. fear a parent will leave, fear of being hit, or fear of being molested
- Our family is in a transition seen as impossible eg. separation, divorce, member in jail or psychiatric ward
- Lots of shouting, name calling happens in our home
- One or more of members feels unloved or neglected
- Some members of our family fear threats or punishments
- Visitations between family homes cause difficulties for one or more family members
- Addiction of a family member causes hardship in this family
- Dynamics of blended families are too challenging for one or more members
- Children or adults have one or more of the following sleep problems:
 - * frequent nightmares
 - * sleep walking
 - * bed wetting
 - * unable to fall asleep
 - * awake long periods
- Only "perfect" is good enough in this family

NOTE: If you ticked any of the above, please phone and ask for an **INTAKE INTERVIEW** to determine if our service can accommodate your needs in Family Voices therapy.