

THERAPEUTIC SERVICES OFFERED

- Type of Services:
 - 1) Groups: *Art Therapy, Art Therapy on the Theme of Sexual Abuse, Discussion, Drama Therapy, Music Therapy, Relaxation Therapy and Zen Art Therapy;*
 - 2) Individual: Diverse Modalities (*Art Therapy, Counseling, Drama Therapy, etc.*).

Goals of the therapy: To assist a person to better equip him or herself in order to resolve their difficulties, better face their situation, avoid hospitalisation, as well as build autonomy and self-esteem.

Note: No referral is required. All services (Evaluation Interview, participation, and visit to the Centre) are by appointment only.
- Languages: English or French.
- Schedule: Monday to Friday. The schedule and diversity of services are offered according to the human and financial resources available. A member of the Centre's team will be able to inform you of the availabilities when you make your service request.
- Frequency: Weekly - Duration: 2 hours for groups and 1 hour for individual sessions.
- Duration of Service: Regular Season: Begins in the Fall (September, October or November) and concludes at the end of Spring of the following year (April, May or June).
 - Groups: Run for approximately 6 to 9 months, except for the *long-term* groups that are offered throughout the year.
 - Individual Sessions: A maximum of 20 consecutive sessions are offered.

The group and individual services offered by students are of a variable duration according to the practicum agreement and the availability of the student, or according to the student employment program.
- Cost: The services are free. However, a membership card for an annual fee of \$10 is required at the moment of integration into a service.

CRITERIA FOR PARTICIPATION

- Adults must be between 18 and 65 years of age inclusively;
- Be living with psychological and emotional difficulties associated to a specific problem (ex.: isolation, life transitions, abuse, loss, psychiatric malaise, etc.);
- Reside in the South-West region of Montreal (*Dorval, Lachine, LaSalle, Saint-Henri, Pointe Saint-Charles, Verdun, Ville Émard and Côte Saint-Paul*) **or** on the territory of Greater Montreal and neighboring boroughs. Services are offered in priority to individuals living in the South-West region of Montreal, in an approximate proportion of **80%**;
- Demonstrate a capacity for, or an openness to work on developing the following:

<ul style="list-style-type: none"> • Motivation • Commitment • Introspection and insight • Listening skills • Sharing of ideas and emotions • Sharing of therapeutic space with others 	<ul style="list-style-type: none"> • Receiving verbal and non-verbal feedback • Autonomy • Tolerance of uncomfortable emotions and/or situations • Establishing a trusting relationship with a mental health professional and others.
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Access to the Centre: *Our facilities are not wheel chair accessible.*

HOW TO MAKE A REQUEST FOR A SERVICE

The person who is interested in participating in the Centre's services must:

- Make the request him or herself:
 - By Internet - www.expressionlasalletherapies.ca: 1. By consulting the list of the services offered, in the section "*Our Therapies*", in order to select waiting list preferences (maximum 2); 2. By completing the registration form on line in the section "*Contact Us*"; or
 - By telephone: Calling the Centre at (514) 368-3736: 1. To obtain information; 2. To communicate waiting list preferences (maximum 2).
- Complete a questionnaire with a Clinical Worker of the Centre by telephone, in order to determine whether the services at the Centre are appropriate for his or her needs and to discuss waiting list choices. The telephone Intake takes approximately 30 minutes to complete.