

# Renew Supervision Services

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SERVICE GUIDE  
(WINTER 2022)

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RENEW SUPERVISION  
SERVICES  
[WWW.RENEWSUPERVISION.COM](http://WWW.RENEWSUPERVISION.COM)

# Greetings!



Renew Supervision Services is owned and operated by a caring team of professionals in the social services and legal fields.

The company was created to support the parent-child bond for families in high conflict relationships or when issues of parent-child contact problems, family conflict, mental health or substance abuse concerns are present.

Our goal, therefore, is to help parents responsibly move from supervised to unsupervised Parenting Time visits by offering resources that address the underlining reasons for the imposed or recommended supervised visitation order.

# Service Summary

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# Our Team

**Joyann Oliver**

CO-DIRECTOR

**Derek Woodruff**

CO-DIRECTOR

**Melissa Emon**

INTAKE COORDINATOR

**Techenia Archer**

SERVICE SUPPORT COORDINATOR

**Nadia Petraroja**

CHILD AND FAMILY THERAPIST

**Linda Gervais**

CHILD AND FAMILY THERAPIST

**Teresa Riccitelli**

CHILD AND FAMILY THERAPIST

**Lisa Loeffen**

CHILD AND FAMILY THERAPIST

**Parenting Time Supervisors**

IN-HOME, COMMUNITY, VIRTUAL, OVERNIGHTS

# PARENTING TIME

## NEW: Overnight Supervision



Supervised Parenting Time is designed to facilitate safe access between a child and a non-resident parent. Renew believes that Parenting Time is an opportunity for non-resident parents to demonstrate their ability to successfully parent their child and, with time or additional supports, transition from supervised to unsupervised access.

Parenting Time occurs within the home, community, or online through phone or virtual platforms.

**NEW: Overnight Parenting Time**  
To support parents with overnight Parenting Time requests, Renew is now offering nighttime supervision services. The Parenting Time Supervisor will remain in the home throughout the night to ensure safe parent-child interactions.

# Nadia Petraroja, BEd, MSW, RSW

Child and Family Therapist



Nadia is a Registered Social Worker and educator with more than 20 years of clinical counselling experience. Nadia counsels parents experiencing separation or divorce; involved in family court; in high-conflict relationships; dealing with custody issues; parental alienation or have children involved in supervised parenting time programs.

Nadia also works with children, adolescents, and adults experiencing anxiety, depression, anger, eating disorders, relationship challenges, communication issues, parenting struggles, family transitions, loss, and life changes.

Nadia connects with her clients to identify achievable goals resulting in lasting change. She is passionate in her belief in the resiliency of the human condition and how the identification of one's inner strengths can lead to a healthier and more fulfilling life.

## Treatment Orientation

A client-centred, strength-based, and mindfulness approach using Cognitive Behavioural Therapy, Narrative Therapy, Dialectical Behaviour Therapy, Solution Focused Brief Therapy, and mindfulness techniques to relieve stress, anxiety, and improve mood.

## Qualifications:

Years in Practice: 21 Years

Licence: Ontario / 807821

School: University of Toronto

# Linda Gervais , MSW, RSW

Child and Family Therapist



I am a clinical therapist and a registered social worker. I have over 25 years of experience working with children, families, and individuals as an agent of support and guidance. I draw from a variety of methods to create a tailored approach for each individual and situation. As a therapist and social worker, I am warm, open, encouraging, and direct. I consider myself an active therapist, combining experience, education, creativity, and sense of humor with a down-to-earth, realistic approach to counseling.

Amongst my areas of expertise are child welfare, high-conflict marriage, parent-child conflict, divorce, separation, post-separation contact, parent alienation, grief, substance abuse, child abuse, anxiety, depression, anger and stress management. I combine a traditional complementary methodology and holistic style to offer services tailored to each client. I bring a culturally sensitive approach into my therapeutic space. I am committed to assisting each individual build on their existing strengths and support their goals through a safe and non-judgmental environment. My goal is to help children, families, and individuals reach their highest potential and to help families live more harmonious and happier lives.

## **Treatment Orientation**

Under the umbrella of family-systems approach, modalities used in treatment may include play therapy, CBT, DBT, reunification therapy, and mindfulness-based interventions. Therapy is from a strengths-based approach, anti-oppressive and trauma-informed lens while working with children, youth, adults, and families.

## **Languages Spoken:**

English and French

## **Qualifications:**

Years of Practice: 5 years

License: Ontario/ 834112

School: Wilfrid Laurier University

# Teresa Riccitelli, MSW, RSW

## Child and Family Therapist



I am a clinical therapist and a registered social worker. I specialize in working with children and their families experiencing post separation parent-child contact problems, parent-child conflict, child welfare involvement, domestic violence, relationship issues, anxiety and depression.

I strongly believe that the relationship between a client and therapist is the key factor in supporting change and as a result, I always make it a priority to provide safe spaces for individuals to share their stories so that we can together create a supportive plan that will assist them in overcoming their challenges.

### **Treatment Orientation:**

I use a range of therapeutic modalities such as Cognitive Behavioural Therapy, Emotion Focused Therapy, Dialectical Behaviour Therapy, and Solution Focused Brief Therapy.

### **Qualifications:**

Years in Practice: 20 Years

Licence: Ontario / 327189

School: University of Toronto

# Lisa Loeffen , MSW, RSW

## Child and Family Therapist



I have had the privilege over my 20+ years of supporting a diverse clientele ranging the lifespan. I have done this across settings in the developmental sector (child and adult), the school system (primary, junior, intermediate and high school), mental health, child welfare, rehabilitation services, community social services and health care settings. My experiences include supporting through a holistic approach, families, caregivers and individuals presenting with:

- behavioural challenges;
- integration and adjustment challenges;
- mental wellness concerns;
- family conflict, separation or divorce concerns;
- parent-child contact problems
- bereavement due to loss or life changing events;
- new physical and mental health diagnoses

### **Treatment Orientation:**

I use a range of therapeutic modalities including a trauma informed care lens, solution-focused, mindfulness, collaborative problem solving and play approaches to support each individual where they are at on their journey and in guiding them to where they aim to be. Each therapeutic alliance is built through person-centered planning with a strength based, person-centered approach, to offer a non-judgmental, culturally secure and anti-oppressive alliance that will promote an environment favourable to meeting an individual's goals or a family system's goals.

### **Languages Spoken:**

English and French

### **Qualifications:**

Years of Practice: 20 years

License: Ontario/ 811396

School: Laurentian University

# REUNIFICATION THERAPY



Reunification Therapy, also called Reintegration or Reconciliation Therapy, is a form of family therapy intended to improve the current difficulties within the family, including those related to parent-child contact problems, parenting and co-parenting.

Reunification Therapy is multi-faceted in that it requires the participation of all family members in various combinations (e.g., individual sessions with the child and each parent, parent-child sessions, co-parenting sessions, and whole family sessions

## Goals of Reunification Therapy:

- restoring, developing or facilitating adequate parenting and co-parenting functioning and skills;
- assisting parents to resolve relevant parent-child conflicts;
- developing family communication skills and effective approaches to problem solving;
- assisting parents to fully understand their child(ren)'s needs for healthy relationships with both parents and the negative repercussions for the child(ren) of a severed or compromised relationship with a parent in their young lives and as adults;
- restoring or facilitating contact between the child and the resisted/rejected parent
- assisting the parents and child(ren) to identify and separate each child's needs and views from each parent's needs and views;
- working with each family member to establish more appropriate parent-parent and parent-child roles and boundaries;
- correcting child(ren)'s distortions and providing more realistic perceptions reflecting the child's actual experience with both parents;
- assisting the child(ren) to differentiate self from others, and to be able to exercise age-appropriate autonomy; and,
- assisting parents to distinguish valid concerns from overly negative, critical, and generalized views relating to the other parent.

Reunification Therapy is not intended to determine IF it is in the child's best interests to have contact with a resisted or rejected parent. Rather, in consenting to Reunification Therapy both parents must agree, or the court must order, that it is in the child's best interests to have contact with the resisted or rejected parent irrespective of the reason for the parent-child contact problem, be it justified, unjustified or a combination of both.

# ANGER MANAGEMENT THERAPY

## A FAMILY INTERVENTION



Anger is not an isolated problem. It impacts the entire family. Yet, the parent with the anger episodes is often the only one who receives treatment, while the other parent and children are left with unresolved and often unexpressed emotions. To help the family unit have a voice and heal, Renew offers anger management using a family therapy model that extends participation to the children and other parent. It is important to note, this is not an intimate partner violence intervention, but rather a therapeutic approach to treating anger that has not led to a physical altercation

### Treatment:

Renew's approach to anger management therapy utilizes interventions consistent with cognitive behavioural and solution-focused therapies, and a restorative justice model. The reciprocal relationship between feelings, thinking, and behaviour are fundamental; changing one often changes the other. Similarly, with family therapy sessions, joint meetings are scheduled with family members in various combinations so that the offending parent can hear and understand the impact of their anger on the family; and, that those impacted can have a safe space to share their voice.

During counselling, the therapist may identify underlying contributing factors to the client's anger that may require additional treatment. In such cases, the therapist may recommend additional forms of treatment that may run concurrently with the anger management therapy.

### Expectations:

Anger management does not provide a quick fix. Please keep in mind that steps forward coupled with a step or two backwards often characterizes good and sustainable change. This should be expected as a normal part of the process and provides an opportunity to learn from and correct mistakes

# COUNSELLING



## CHILD & ADOLESCENT THERAPY

Helping children and teens build resilience and cope with sadness, anger, stress, self-esteem, family conflict, sexual abuse, family violence, stress, and worry.

## ADULT THERAPY

Supporting parents as they juggle daily responsibilities while coping with trauma, anxiety, depression, abuse, anger, family violence, and the stresses of court, supervised visitations, co-parenting, parent-child relationships, and family conflict.

## FAMILY THERAPY

Equipping parents and children to better understand and communicate with one another and to move toward family healing.

# PARENTING COURSE

## FOR HIGH CONFLICT RELATIONSHIPS



This course is ideal for parents (single or couple) who are navigating the stressors of raising healthy children in the midst of parental or family conflicts, financial hardship, or CAS involvement.

### SUMMARY

#### Healthy Growing Families:

- Attachment, Bonding, Parenting Styles
- Child Development and Milestones
- Injury Prevention and Creating Safe & Healthy Homes

#### Creating Daily Routines:

- Preparing Healthy Meals and Snacks on a Budget
- Bedtime Routines

#### High-Conflict Relationships:

- Protecting Your Child
- Managing Emotions
- Children as “Pawns” in Adult Conflicts

#### Mental Health & Raising Children with Exceptionalities:

- Care Plans and Parenting Strategies for Parents with Mental Health
- Supporting Children with Physical Ailments, Developmental Delays and Exceptionalities

*\*The course is one-on-one and tailored to the specific needs of the client.*