

Renew Supervision Services

SERVICE GUIDE
(FALL/WINTER): 2021

Joyann Oliver

CO-DIRECTOR

RENEW SUPERVISION SERVICES

joyann@renewsupervision.com

(416) 220-4212



RENEW SUPERVISION
SERVICES
WWW.RENEWSUPERVISION.COM

Greetings!



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

The company was created to support the parent-child bond when issues of post-separation parental conflict, custody, substance abuse, mental health, and legal matters are present.

Our services help clients explore parental reunification, parenting styles, and address family violence, mental health, addiction, and safe parent-child access.

Engaged participation will help parents foster productive co-parenting relationships throughout the separation and divorce process, as well as pro-social relationships with children and family.

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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

James Vickers
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 in Toronto and Ottawa. The Parenting Time Supervisor will remain in the home, awake and vigilant throughout the night to ensure safe parent-child interactions.

Parenting Time Resources

Visitation Activity Plan

As part of our commitment to ensure Parenting Time visits are off to a strong start, during our intake process, all non-resident parents participate in a complimentary consultation with a Registered Early Childhood Educator (RECE) to create a visitation plan for their online or in-person visits.

Based on parental knowledge and information gathered from the intake forms about the children, engaging and playful age-appropriate activities that promote healthy parent-child bonding will be incorporated into an individualized Visitation Activity Plan. Ongoing support will also be available to help address emerging or foreseeable Parenting Time challenges.



Parenting Time Support Group

Parenting Time visits are often stressful for both the primary resident and non-resident parents. To support both, Renew hosts a weekly online support group exclusively for clients: one for resident parents and one for non-resident parents.

This is a 10-week support group with a focused discussion on common challenges related to Parenting Time visits. Themes include: strategies for supporting an anxious child, responding to inappropriate child behaviours, establishing routines, handling requests by children to end a visit early, co-parenting strategies for high-conflict relationships, coping with challenging Parenting Time restrictions, and self-care strategies for parents. Click Parenting Support Group under our Services and Fees tab for registration details and start dates.

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

James Vickers, MSW, RSW

Child and Family Therapist



James is a Clinical Social Worker with more than 25 years of experience working as an individual, couples, and family therapist. James provides therapeutic support for:

- Parental Alienation and Reunification Therapy
- Anger Management
- Counselling for both perpetrators and victims of sexual abuse
- Counselling victims and perpetrators of domestic violence, physical abuse, emotional abuse, and high-level parental conflicts
- Addictions counselling and discharge planning
- Counselling adolescents and adults in the criminal justice system
- Mental health
- Group Facilitation: Anger Management, Addictions, Parental Support, Sexual Offenders

James is guided by the belief that effective therapy combines elements of science and art. The science is in the vast array of evidence-based approaches he applies in practice. The art is his ability to develop therapeutic relationships in ways that pay attention and celebrate the uniqueness of all clients.

Treatment Orientation

Person-centred and evidenced-based approach that utilizes a variety of modalities that include: Cognitive Behavioural Therapy, Structural Family Therapy, Trauma-Focused Therapy, Dialectical Behaviour Therapy, Emotionally Focused Therapy, Narrative Therapy, Solution Focused Brief Therapy and Mindfulness-Based Therapy.

Qualifications:

Years in Practice: 25 Years

Licence: Ontario / 326408

School: University of Toronto

REUNIFICATION THERAPY



Reunification counselling is a specialized form of family therapy with the goal of reunifying an estranged parent and his/her child. This therapeutic approach sees the divided family as a unit supporting the child through a complicated process of building or rebuilding trust with an absent caregiver. All family members bring hopes and fears to the process of reunifying. Renew's therapists support parents to work together as a team that remains focused on the needs of their child.

Renew's reunification counselling program is a 12-session therapeutic approach, which encompasses the following elements:

- The therapist meets with each parent individually to gain a better understanding of each parent's hopes and expectations for reunification
- Assessment and Reunification Plan: working with primary resident parent and child(ren) to support and prepare the child(ren) for the first visit
- Psychoeducation: assessing and building upon parenting skills (attachment, developmental stages, separation anxiety, positive parenting skills)
- Parenting Time: Renew's team of Parenting Time supervisors document visits and provide notes to all parties including the therapist
- Post Parenting Time Follow-up: therapist meets with all parties after the initial visit to ensure the child(ren) are feeling secure, to ensure the agreed-upon reunification plan is being implemented, and to make adjustments when appropriate
- Ongoing psychoeducational support continues for non-resident parent until routines are established and healthy bonds are forming

Reunification Counselling, like any therapeutic approach, does not guarantee the successful reunification of child(ren) and parent. Rather, it is a supportive process, providing psychoeducation and counselling support. Success is driven by the parents' ability to work together and put the needs of their child first.

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.

ANGER MANAGEMENT



One-on-one programming with 10 hours of instructional content tailored to the individual needs of the client. Participants are engaged in psycho-educational programming that examines controlling, violent, harmful, and abusive behaviours.

Facilitated by a Child and Family Therapist, clients are guided through structured exercises, homework assignments, and self-exploration aimed at providing healthy coping strategies for managing anger and resolving relationship and family conflict.

Summary of Modules:

Events and Cues: A Conceptual Framework for Understanding Anger

- Analyze an Anger Episode
- Identify the Events and Cues that Indicate an Escalation of Anger

Anger Control Plans: Develop a Plan for Controlling Anger

- Cognitive–Behavioural Strategies for Managing Anger
- Anger Management Strategies: Prevention and De-escalation Strategies

The Aggression Cycle: How to Change the Cycle

- Aggression Cycle and Progressive Muscle Relaxation for Reducing Anger Levels

Cognitive Restructuring: A-B-C-D Model and Thought Stopping

- Anger Management Techniques that Examine and Change Thought Processes

Assertiveness Training and the Conflict Resolution Model

- Learning and Practicing Alternatives for Expressing Anger

Anger and the Family

- How Past Learning Can Influence Present Behaviour

Mental Health, Drugs & Substance Abuse

- The Role of Mental Health and Substance Abuse on Anger

PARENTING

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.*