

# Renew Supervision Services

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SERVICE GUIDE

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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 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.

# Service Summary

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# Our Team

**Joyann Oliver**

CO-DIRECTOR

**Derek Woodruff**

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**Melissa Emon**

INTAKE COORDINATOR

**Techenia Archer**

SERVICE SUPPORT COORDINATOR

**Nadia Petraroja**

CHILD AND FAMILY THERAPIST

**James Vickers**

CHILD AND FAMILY THERAPIST

**Parmpreet Sandhu**

CHILD AND FAMILY THERAPIST

**Linda Gervais**

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, awake and vigilant throughout the night to ensure safe parent-child interactions.

# 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.*

# 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

# Parmpreet Sandhu , MSW, RSW

## Child and Family Therapist



I am a clinical therapist and a registered social worker. I specialize in working with children and families experiencing separation, divorce, post-separation contact, parent-child conflict, parental alienation, child welfare involvement, domestic violence, intimate partner violence, involvement with the justice system, relationship issues, anxiety, depression, anger, and stress management.

I strongly believe that therapeutic practices should be catered to the unique needs of clients. Because of this, I actively make efforts to bring a holistic and a culturally sensitive approach into my therapeutic space. I hope to work with my clients to support their goals through resilience building, compassion, and empathy in a safe, non-judgmental environment. Through rapport building and collaboration, I invite clients to co-create a space where they feel safe to freely express themselves and reflect as we work together to overcome challenges and life transitions.

### Treatment Orientation

I use a range of therapeutic modalities such as Narrative therapy, Reunification Therapy, Family Systems Therapy, Cognitive Behavioural Therapy, Emotion-Focused, Solution-Focused, Mindfulness and Play Therapy from a strengths-based, anti-oppressive and trauma-informed lens while working with children, youth, adults, and families.

### Languages Spoken:

English, Hindi, Punjabi and Urdu

### Qualifications:

Years of Practice: 3 years

License: Ontario/ 833437

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

# 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, coparenting 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.

# 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