

About our Therapists

Aurora's therapists are senior clinical family therapy students completing their Masters degree in Marriage and Family Therapy. They are under the supervision of an American Association for Marriage and Family Therapy approved Supervisor, and follow those professional guidelines and standards. Many of the students in this program are already established in their careers in social work, psychology, nursing, ministry or other helping professions.

Should you require more information you may call the Director of the Masters of Marriage and Family Therapy Program at (204) 786-9252.



This service is at no charge to clients.



*Interlake-Eastern
Regional Health Authority*

Community Mental Health Relational Therapy (Couple & Family)



Developed in partnership with

The University of Winnipeg



*"Healthy People in
Healthy Communities"*

What is Relational Therapy?

We all have times in our relationships and in our lives when there is more rough than smooth, more down than up, when we suffer emotional pain and despair and end up with a feeling of "What's the use?"

Sometimes the problems are between partners, parents and children, in-laws, or even employer and employee. When problems crop up between you and those you care about, relational therapy will help you find resolutions. Our therapists will work with you on your goals to help you find a satisfactory resolution to your problems.



The therapists associated with Aurora have been helping people young and old, partnered & single, families and individuals for over 30 years.

Persons seek out relational therapy for:

- ❖ Struggles with child/teen behaviour
- ❖ Long term effects of physical or mental health issues
- ❖ Financial and/or employment issues
- ❖ Infidelity
- ❖ Substance use/abuse
- ❖ Separation and divorce dilemmas
- ❖ Grief and loss
- ❖ Abuse history
- ❖ Other issues that may effect your relationships

You can trust that your therapist cares about you as a whole person – mind, body and spirit, and for those with whom you are in a relationship. While helping you heal in your relationships, respect will be shown for your spiritual tradition and compassionate concern for your situation as you and your therapist collaborate to help your relationships fulfill their full potential. Confidentiality is maintained.

Who do I call if I am interested in Relational Therapy?

Selkirk -- (204) 785-7716

Services are offered from September 1 to April 30.

Please leave a name, address and phone number and a therapist will call you back as soon as a space becomes available.

