



# Functional Family Therapy

*A carya and Kindred Partnership*

## If your family is dealing with challenges, Functional Family Therapy is here for you.

**We'll work with you to create real and lasting change, leaving you equipped to handle whatever life throws at you.** Functional Family Therapy (FFT) is a short term, evidence-based program that works with families over 12 to 14 sessions. This team focuses on working with children and youth of all ages.



**We know family relationships can be hard, but we will look for your family's strengths and will help you to build a foundation of acceptance and respect.** FFT works with the **whole** family to acknowledge the hurt and pain families are going through, while holding people accountable, and teaching families new ways of doing things. **It isn't always easy, but we are there to help guide you through the process and on to better days ahead.**

### Is FFT for me?

FFT is for you if you are a family with a child/youth between the ages of 0 and 18 and are dealing with any of the following challenges:

- mental health
- family conflict
- problems at school
- involvement with juvenile justice system

### What can I expect from FFT?

Over the course of three to five months, your therapist will work with your whole family to understand the family dynamics and will work with you to personalize the service to meet your family's needs.

As a result, you will:

- build trust and respect
- learn supportive parenting practices
- build communication skills
- strengthen family relationships



### FFT Criteria

To participate in this program, the presenting child must be between the ages of 11 and 18 years, and:

- the child must be living at home or planning on returning to home
- the family must be willing to participate in the therapy. No individual sessions will be offered
- for optimal outcomes, the family must also not be in active crisis

# Frequently Asked Questions



## Where will I see my FFT therapist?

Since the onset of COVID-19, our program has been offered in a hybrid model of virtual and in-person sessions (at our office and/or home). This will continue to change as we move through this global pandemic. The FFT therapist will work with you to ensure the best fit for your family, ensuring the safety of all participants. Since this program runs in partnership, you may be assigned to a qualified therapist at either carya or Kindred (formerly Catholic Family Service).



## What is the cost of FFT?

carya or Kindred will work with you to ensure finances are not a barrier to service. In some situations, fees will be waived.

## How often will I meet with my therapist?

You will meet with your therapist about once per week. In the beginning, as the therapist is getting to know you and your family, they may request more frequent sessions.

## What is the availability of my therapist?

Your therapist has flexible appointment times, including some evenings. However, due to the high demand for evening appointments, your therapist may not have this availability immediately for you. They will work with you to accommodate your needs.

## Who needs to be present in my sessions?

Because FFT involves the entire family, your therapist will ask that as many family members be involved for as many sessions as possible. Individual therapy sessions are not part of this program. We are happy to refer families to individual counseling programs if that is what they are looking for.

**If you feel like FFT is right for you and your family, contact us.**

Call carya's intake line at 403-205-5244 or online at [caryacalgary.ca](http://caryacalgary.ca) or [cfs-ab.org](http://cfs-ab.org)



Our partner:

**kindred**