



# Functional Family Therapy

**If your family is dealing with challenges, big or small, Functional Family Therapy is here for you.**

An internationally recognized family therapy model, Functional Family Therapy (FFT) is a unique way of working with families that specializes in dealing with the most challenging family circumstances. We are committed to finding a solution to the struggles that you and your family are facing, and we welcome all families who need our support. **We will work with you to create real and lasting change, leaving you equipped to handle whatever life throws at you.**



Every family is unique, which means that every family needs unique strategies to overcome challenges. **We look for the strengths in families and approach each family without blame or judgment - family relationships are hard.** We walk with families in their time of struggle, and help them come out the other side with new tools and stronger family bonds.

Many of the families that we see have been through multiple services that haven't helped and wonder how FFT will be different. FFT counsellors work to acknowledge the hurt and pain families are going through, hold people accountable, and teach 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 between the ages of 0 and 18 and are dealing with any of the following challenges:

- involvement with the youth criminal justice system
- family conflict
- problems at school
- mental health concerns

## What can I expect from FFT?

Over the course of 10-14 sessions, you and your family will learn new skills and better connect with one another. As a result, you will:

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

Your FFT therapist will work with you to personalize the service to meet the needs of your family.



# Frequently Asked Questions



## Where will I see my FFT therapist?

The majority of your FFT sessions will take place in your home. However, there may be times when your therapist asks you to meet in a community hub or office location, which will be accessible by transit.

## What is the cost of FFT?

**carya** will work with you to ensure that 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 available, 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.

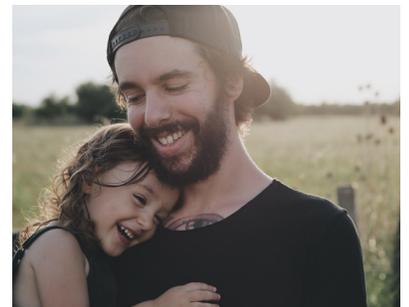
## Who needs to be present in my sessions?

Because FFT involves the entire family, your therapist will ask that as many family members as possible be involved for as many sessions as possible.

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

Call our intake line at **403.205.5244**

Visit our website at **caryacalgary.ca**



Our partner: 