



The Family Place
"Fostering Wellness and Wholeness"

**Partnering with
Parents & Schools to Groom &
Nurture Tomorrow's Generation!**



Who We Are

The Family Place (TFP) is a mental and behavioural health services provider, committed to fostering wellness and wholeness in all individuals. At TFP, we are “big” on relationships and are committed to helping our clients connect effectively with themselves intra-personally, as well as with the outer world, interpersonally. This vision was born out of a passion and a desire to help families and individuals grow and maintain healthy lives and relationships. Relationships are at the baseline of all interactions and the better we are able to relate with ourselves and others around us, the more enjoyable life would be. Parenting is the most difficult job on earth, yet the most fulfilling and every parent deserves to enjoy this experience. Parenting is a process; parents change and grow to meet the needs of their children. There’s no such thing as a perfect

parent, however, with the right skills, parents can create the fun, supportive, nurturing and happy environment they desire. At TFP, we support and empower parents, teachers and caregivers by drawing on the latest thinking in psychology, our skills, training and experience working with families with children of all ages, from toddlers to teens. The parent-child relationship has a major influence on most aspects of child development; parenting skills and behaviours have a positive impact on children’s self-esteem, school achievement, social emotional development, cognitive development and behaviour.

What We Do

- Parenting Education; Parenting Courses & Workshops/Seminars
- Social- Emotional Learning (SEL) training for schools (Teachers, Counsellors and Students)
- Social skills club/training for children
- Developmental Screening
- Play therapy
- Family therapy
- Private Consultations



Parenting Education; Parenting Courses & Workshops/Seminars

A. Our parenting courses are structured to teach parents 5 basic skills and to address 5 domains. We adopt a strengths based approach designed to promote the resilient development of young children. Parents learn in a relaxed and friendly environment through interactive modules that help them apply the concepts learned to their own family life, in practical and personal ways and behaviour

B. We also offer an extensive range of topic-based workshops and these in-depth seminars are usually 2 hours long. Some of the topics include:
□ Raising an emotionally intelligent child

- Raising resilient children
- Positive and effective discipline
- Nurturing your child's developing mind
- How to talk so children will listen
- How to listen so children will talk
- Preparing for the teenage years
- Communicating with adolescents
- Fostering harmony between siblings
- Helping children with the transition to secondary school
- Dealing with toddler tantrums
- Parental Influence on the Social-Emotional Development of Children

Workshops could also be delivered based on a topic of your choice*



DOMAINS

1. Parent Development
2. Parent-child Relationship
3. Early Childhood Development
4. Family Development
5. Culture & Community

5 BASIC SKILLS

1. Encouragement
2. Can Do
3. Choices
4. Self-control
5. Respecting Feelings



Benefits of our parent education programmes:

- Positive, caring relationships between parents and their children are fostered.
- Strategies that help parents support their children's social-emotional development are offered.
- Parents acquire and model for their children the use of self control, brainstorming, creativity, and problem solving.
- Parents learn to equip their children with skills to deal with difficult life situations in safe and healthy ways.
- Parents' optimism about their abilities to build a bright future for their children is encouraged.

Social-Emotional Learning (SEL) Skills Trainings for Educators/School Counsellors

Our training programme equips school staff with skills to manage and regulate their own emotions, as well as promote social and emotional competence in students, in order to foster academic achievement.

Programme contents include:

- Managing teacher stress
- Decreasing inappropriate behaviour
- Establishing rapport with students and parents
- Proactive teaching; preventing behaviour problems

- Promoting social and emotional competence and problem solving in students

Social-Emotional Learning (SEL) Skills Trainings for Students

Research has shown that those with high emotional intelligence have better attention skills and fewer learning problems, and are generally more successful in academic and workplace settings. Our social and emotional skills training programme for students is designed to improve children's school behaviours, promote social competence, self regulation and positive peer relations, teach communication of feelings, anger management and to help them develop appropriate conflict management skills.

The training curriculum addresses 5 core competencies:

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making.

Developmental Screening



We offer developmental screening for children (3months -5 years) and psychosocial (behavioural and emotional) functioning screening for children and adolescents (4-17 years). Developmental screening is vital because it helps to monitor a child's developmental milestones. It ensures early identification and timely intervention of developmental delays. It also aids in determining whether or not a child will need further comprehensive evaluation/assessment.

Why Screen?

- Early identification of infants and toddlers at risk of social emotional deficits is crucial for improving developmental outcomes.
- Early detection of developmental delay will enable parents to seek appropriate professional help to assist the child in improving on the identified deficit skills.
- Once established, social-emotional problems are highly resistant to change and intensify if not managed effectively and timely.
- Strong relationships exist between childhood social-emotional problems and delinquency and later criminality.

**Our screening
procedure
assesses
6 domains**

1. Communication
2. Gross Motor skills
3. Fine Motor skills
4. Problem-solving
5. Personal-social
6. Social-emotional skills



Play Therapy



This is a form of counselling or psychotherapy that involves the use of play (toys and other creative art media) to engage children in order to help resolve or prevent emotional and or behavioural challenges. Play is said to be the language of children, while the toys are their words. This form of therapy helps in gearing the children towards better social integration, growth and development, emotion management and trauma resolution.

Family Therapy



We offer psychological counselling services in which we help family members improve communication and resolve conflicts effectively. We work with families to foster change and development. The family therapy sessions teach skills to deepen family connections and help the members overcome stressful situations. We believe that the family being society's fundamental unit is its greatest agent of change. Healthy families raise healthy citizens.

Private Consultations



We offer private consultations for parents and caregivers. These consultations could be done over the phone, Skype or through face to face interaction and usually last between 45-60 minutes. In these sessions, parents and caregivers discuss issues on parenting with the therapists and together they brainstorm on the most effective ways to work with their children.

Structure/Schedule of Services



The social-emotional skills training is for students ages 2- 17 and can be incorporated into classroom teachings or taught separately as a subject on its own, by a counsellor or teacher, depending on the age group. We also have summer programmes tagged "Social Skills Club/Friendship Club," where children learn social-emotional skills in a fun way and make new friends.

1. Parenting Course: **8-10 classes**
2. Parenting seminars/workshops: **90-120 minutes**
3. SEL Teacher/Counsellor trainings: **3 days**
4. Workshops for teachers: **90-120 mins**
5. Social Skills/Friendship **Club: 2-3 weeks**
6. Play therapy sessions: **45 mins**
7. Family Therapy Sessions: **60-90 mins**

Why Partner with us?



Brain research shows that emotion and cognition are profoundly interrelated processes. Emotion and cognition work together, jointly informing a child's impression of situations, thereby influencing behaviour. From our experience with working with children and their families, we possess an in-depth knowledge of the cognitive and social-emotional development processes in children and the major influences on the processes. Owing to the fact that children spend most of their developmental years at home and at school, parents and teachers are the greatest influences on these processes. Therefore, we at TFP will work with you to provide a nurturing and conducive environment for these processes develop effectively.

Our services are offered with perfection and at affordable charges. We are extraordinary at what we do because we go beyond a mere partnership and seek to establish a relationship with all our clients. We value every organization/individual we serve and are highly committed to each client and its unique values, customs, and culture.

Our Lead Facilitator/Mental Health Educator



Gbemi Ogunrinde is a Qualified Mental Health Professional (QMHP) with specialization in Marriage and Family Therapy and Play Therapy for children/adolescents. She also conducts individual therapy for adults and facilitates professional counselling trainings, parenting education workshops and work-

shops on mental health. As a therapist, she adopts a multicultural and integrative approach to therapy which enables her to adapt to each client situation and employ appropriate strategies that would be beneficial to each client per time. She has been privileged to work with various client populations from different economic strata and ethnic backgrounds, addressing challenges such as relationship problems, marital conflict, anger management, grief, anxiety, depression, self harm, suicidality and phase of life problems.

She holds a bachelor's degree (BSc) in Psychology from Covenant University, Ogun, Nigeria, and mas-

ter's degree (MA) in Family Psychology from Hardin Simmons University, Texas, USA and is a member of Psi Chi, the International Honor Society in Psychology. She is a member of The Canadian Association for Child and Play Therapy and has been trained in Trauma-Focused Cognitive-Behavioural Therapy for working with troubled children. She is a Prepare/Enrich facilitator and a certified Counsellor by the Canadian Institute of Christian Counselling. She has worked as the Counsellor and Welfare officer of The Real Woman Foundation, Lagos Nigeria, and also as a therapist with the Olusola Lanre Coaching academy (OLCA). She has also served with The Family Psychology Center, and the Ministry of Counselling and Enrichment, Abilene, Texas. Gbemi is the CEO of The Family Place, and she also serves as a therapist on the Leke Alder jacknjilive.com platform.

Contact Us

A:Q2 Royal Estate, Alausa Ikeja - Lagos, Nigeria

P:+234-8188561746, +234-8070412896

E:thefamilyplaceng@gmail.com

t: @familyplaceng

f: @thefamilyplaceng