



VICTORIA SINGLE PARENT
RESOURCE CENTRE

Client Referral Form

(MCFD use only)

Please complete this form for each client referred and

- fax to (250) 361-3554
or
- email to lesley@1-up.ca

Date:

Social Worker Contact Information

Name:

Phone:

Email:

Client Contact Information

Name:

Phone:

Email:

Course Referral *(please indicate all that apply)*

Dads With Dads (ongoing)

Lighthouse Parent Program: (6 Week)

How to talk so kids will listen

Healthy Boundaries

Anatomy of Anger (8-week)

Mindfulness & Mindful Parenting

Time Management

Moms with Moms Ongoing

Goal Setting

Client's Strengths

Reason for referral/desired outcome(s)

Client readiness indicators:

- Shows motivation and a willingness to be open to looking at past, present and future behaviours.
- Is able to refer to, and/or identify his or her feelings in an appropriate manner
- Is curious about his/her ability to discover new personal beliefs as developed through course content examination and then to 'try on' any new ways of being between course sessions
- Has a personal schedule free from babysitting restrictions, appointments, etc.
- Can communicate effectively and cooperatively in a group setting, as well as responding appropriately to other participants' disclosures
- Is able to engage in emotional containment practices or detachment strategies if highly personal triggering events or situations are brought up in the class by any group member
- Has stable housing arrangements

Indicators that a client is not ready:

- Is wanting to take the group ONLY for the purposes of getting a certificate of attendance
- Is defiant and unwilling to examine his/her past, present or future behaviours
- Is angry and is verbally or behaviourally destructive to him/herself and/or other group members

1Up's courses are educational and supportive, providing information and examples of positive and effective parenting, how to develop and maintain relationships, and contribute to personal and familial well-being. Participants are often encouraged to self-reflect; however, our educational courses at 1Up are not a substitution for counselling or therapy.

If you have questions or need further information, please contact

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