

*A social worker
can guide and support you
as you work through life challenges.*

Social Work Services

in Provincial
Correctional
Facilities

Social Work and You

A social worker can help you develop new skills to cope with concerns in your life.

The first step is to meet with a social worker. They get to know you by asking you about yourself.

Together you will identify your current abilities and the areas that need some work.

Together you will work out a plan to develop new skills and behaviours.

Together you and your social worker will

- set relevant goals
- problem solve
- work toward overall healthy lifestyles and relationships

Your social worker can also refer you to community and government resources outside of the Department of Justice, like the Department of Community Services, the Department of Health, and community organizations.




What We Offer

1 Individual Sessions

Social workers can help you develop coping strategies to better deal with common life issues like

- anxiety
- anger management
- stress
- depression
- grief and loss

Social workers can help in a specific area based on what you need, such as

- adjustment strategies
 - crisis intervention work
 - healthy lifestyle choices
 - trauma informed interventions
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Complex Case Management and Release Planning

Your social worker and case management officer try to co-ordinate the community services and supports you need.

Needs Assessments

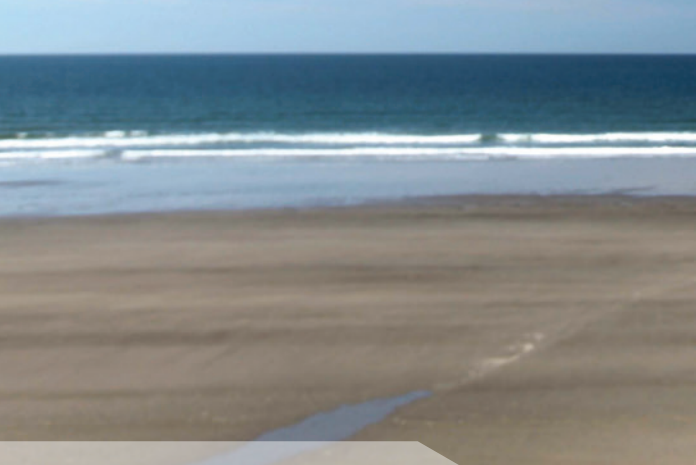
Social workers can assess your needs with tools like questionnaires. These can identify areas where you could develop new skills and behaviours.

2 Group Clinical Sessions

Social workers may offer group programs on topics like mindfulness, grief, or art therapy.

3 Family Work

Social workers can help you develop healthy family relationships. If you have been involved with the child protection system, they can help you learn the skills you need to resolve issues successfully.



How to Contact Your Social Worker

Complete the Offender Request Form
or ask your case management officer.





Mandala

A mandala represents the universe. The circular image shows that everything is connected. These images can support meditation, increase focus, and improve mindfulness practices. Mandalas can be a tool for reducing stress and for self-discovery. They can be used as a helpful coping strategy.

