

# Psychotherapist News

Break Free Family Centre

12/1/2015

[Edition 1, Volume 1]

A NIGHT OF ELEGANCE – Celebrating Celebrities and Friends.



This event was held on November 7, 2015 to honor those who go above and beyond to support our organization. Our friends and donors are very important to us as well as all the Lawyers, Funeral Homes and Businesses. Also special thanks to Air Canada, who was our main sponsor for this event. We were honored to have Deputy Mayor Vincent Crisanti joined us at the event. We thank you all for supporting Break Free Family Centre.

## Upcoming Events:

Breakfast – March 19, 2016 @ 9:30 am – 12:30 pm

Advance tickets - \$20.00

After February 1, 2016 tickets will be \$25.00

Children 12 and under - \$15.00

Conference – June 11, 2016 @ 9:30 am – 5:30 pm

Tickets - \$50:00

## Break Free Family Centre....

Welcome to the first newsletter from Break Free Family Centre.

Our aim through this publication, is to introduce you to this organization and to provide information about our services which may be of interest as a client or as a partner. This organization works in partnership with the community, schools, health and social service providers, church, area police and the judicial system to reach out to the disenfranchised and disadvantage. We provide the highest standard of care and therapeutic counselling services to youth, family, offenders and the community at large, regardless of religious preferences, ethnic background, gender or race.

**If you or anyone you know is struggling with any addiction problems, relationship conflicts or immigration issues, please contact Break Free Family Centre and allow us to help get you out of these situations.**



PICTURES FROM THE GALA EVENT - 2015

**Break Free Family Centre-Plans  
for the future  
The House That Mother's Built-  
Centre &  
Treatment On Wheel**

*The House That Mother's Built – Centre will act as a transitional home to help youth re-establish themselves back into society after coming out of the justice system. They will have access to workshops that will cover life skills, domestic skills, job search, resumes, interviews and money management skills. They will be motivated to contribute to society with assistance from this organization.*

Patricia Keith, Ph. D., is a Licensed Psychotherapist, Family Counsellor and Director of Counselling at Break Free Family Centre. A member of the Ontario Association of Consultants, Counsellors, Psychometrics, and Psychotherapists (OACCPP), the Canadian Professional Counsellors Association (CPCA), General Practice Psychotherapist (G.P.P.) as well. She has demonstrable experience as a Certified Counsellor; she counselled for both Dalton Associates (Anger Management Counselling Practice) and for the Centre. At the Centre, we specialize in Sexual Issues, Substance Abuse, Anger Management, Grief, Gambling Issues, Stress, Marriage, Youth and Family Issues. Motor Vehicle Accident and Immigration Issues.

Counsellor Keith works hard to ensure that every individual she encounters, have faith in themselves and know that they have the power to overcome any situation. When life seems meaningless, each individual have the capability to make positive decisions with the underlining knowledge that they are special.