



Kids & Families Together

Serving Foster, Kinship and Adoptive Families

CLINICAL & ADMINISTRATION CENTER

864 E. Santa Clara Street • Ventura, CA 93001

Phone: 805.643.1446 • Fax: 805.653.8085

THERAPEUTIC VISITATION CENTER

4601 Telephone Rd., Suite 117 • Ventura, CA 93003

Phone: 805.643.1446 • Fax: 805.764.9480

TRAINING CENTER

1317 Del Norte Road • Camarillo, CA 93010

Phone: 805.643.1446 • Fax: 805.653.8085

connect@kidsandfamilies.org

www.kidsandfamilies.org

If you or a family have questions,
find out more about our services
by visiting our website at:
www.kidsandfamilies.org

Our Mission

Our mission is to strengthen relationships and provide safe, supportive help and education that keeps families emotionally connected to one another.

We offer a safe and supportive resource, education and counseling center. We are committed to respecting each individual and family who request our services and to providing the most comprehensive education and counseling to promote healthy families.

Counseling Services



Kids & Families Together

♥ *Building Relationships*

♥ *Strengthening Families*

♥ *Enhancing Attachment*

www.kidsandfamilies.org

Attachment-Focused Therapy

We utilize a trauma and attachment-focused approach. Our clinical team includes Licensed Marriage and Family Therapists as well as Marriage and Family Therapist Associates and Associate Clinical Social Workers. See our website for more information on our approach.

Nurturing Connections

Kids & Families Together's educational book is available for a fee. Included are the following chapters:

1. Attachment
2. Development
3. Trauma and How it Impacts Us
4. Trauma and the Brain
5. Resilience
6. Therapeutic Parenting Philosophy
7. Therapeutic Parenting Toolbox
8. Co-Parenting
9. Making Sense of Your Attachment History
10. Grief and Loss
11. Self-Care
12. Play and Family Bonding
13. Adoption

Getting Started

Please contact us to determine if Kids & Families Together counseling services are a good fit for you and your family.

805.643.1446

Counseling@kidsandfamilies.org



Counseling Services

At Kids & Families Together we believe the development of secure attachments between parents and children promotes healthier children and healthier families.



We serve foster, adoptive, kinship, and biological families and work with parents, children, individuals, and families.

Fees

\$125/hr for individuals

\$150/hr for families

- We accept cash or check.
- Sliding scale available on a limited basis.
- We do not accept insurance, however, we can provide a superbill that you can submit to your insurance. We cannot guarantee reimbursement.

If it is determined that Kids & Families is not the best fit for you and your family, we will be happy to provide you with other community referrals to help you find what you're looking for.

Therapy, Education, & Support

Individual Therapy

- Do you find that you are easily triggered by your past?
- Is raising your children bringing up feelings from your own childhood?
- Is forming healthy relationships as an adult challenging for you?

Let us help you work through and make sense of your past in order to help you free yourself from unhealthy and frustrating relationship patterns.

Child Therapy

Services provide ongoing therapeutic support utilizing an attachment and trauma-focused approach. Caregivers are included in sessions and treatment is tailored to your child's specific needs.

Our goal is to strengthen a child's bond with their caregiver(s) and help them heal from trauma.



Parenting Support & Education

Children with a history of trauma and insecure attachment often display behaviors that are frustrating and sometimes baffling to their caregivers. Without a deeper understanding of why children are acting the way they are and without support and specific tools to help with challenging behaviors, caregivers often become overwhelmed and are unable to parent to the best of their ability. We will also help you explore your own attachment history as this impacts how you parent and form relationships as an adult. Our goal is to support caregivers in helping their children heal and help families stay emotionally connected to one another. Treatment is tailored to each family's specific needs and circumstances.

Family Therapy

- Does your family feel emotionally disconnected or have difficulty communicating?
- Has your family experienced a trauma or are you healing from a loss?

The focus of this service is on strengthening attachment bonds within the family to improve family functioning. Sessions may be structured with different members of the family, along with whole family sessions.