



BLOCK BUILDING
THERAPIES

Re-engage your
slow-to-progress
client through our

BEHAVIOURAL ACTIVATION PROGRAM



Behavioural Activation offers:

Our evidence-based program provides structured, effective support to help clients regain function and improve their daily lives.

What We Offer:

- Comprehensive Assessment** of emotional, cognitive, and physical functioning by an Occupational Therapist.
- Use of **Motivational Interviewing** using the **Stages of Change** model to establish meaningful therapy goals.
- 12 Sessions** with a therapist to implement the program, which include:
 - Education about B.A. techniques to increase activity
 - Daily activity schedule with tracking and accountability
 - Gradual exposure to daily tasks that are being avoided
 - Implementation of fatigue and pain management strategies (if needed)
 - 1-on-1 work with a **Rehabilitation Support Worker** (if applicable)
 - Formal report with recommendations

For more information or to refer a client, contact us at **204-231-0785** or visit www.blockbuilding.ca for referral forms.

Ideal for Clients Who:

- Struggle with motivation and daily tasks, social interactions, or rehab
- Experience avoidance behaviors and difficulty functioning at home or in the community
- Are hesitant to follow professional recommendations
- May have had unsuccessful return-to-work attempts
- Are supported by healthcare professionals to remain off work until symptom-free
- Are open and willing to join a structured program with scheduled activities



Block Building Therapies

830 St. Mary's Road, Winnipeg, MB R2M 3P4

Email: info@blockbuilding.ca

Phone: 204-231-0785

Fax: 204-231-4442

Website: www.blockbuilding.ca