



We can help!

COUNSELLING SERVICES

For individuals, couples, families and groups

- Single session consultations
- Brief counselling and psychotherapy of varying duration
- Telephone counselling and coaching
- E-Counselling
- Parent Education and Support Program "Connecting Families"
- Various types of groups for youth, adults and couples

Counselling and psychotherapy can support you with life challenges, help you gain a better sense of yourself and others and assist you in making changes that are right for your situation.

Counselling helps people with many issues including; depression, anxiety, relationship difficulties, family and parent conflict, sexual orientation and gender issues, separation and divorce, job loss, poverty, immigration and life transitions. Counselling can also help with the impact of physical, emotional and sexual abuse, bereavement, and the challenges of disabilities and aging.

COUNSELLING FEES

Fees are on a sliding fee scale based on family income and size. We charge fees to supplement the funding that we receive for this service. No one is ever turned away due to an inability to pay.

COMPASSION. CONNECTION. COMMUNITY.

We consider family to be two or more people, whether living together or apart, related by blood, marriage, adoption or commitment to care for one another. We welcome diversity and are committed to a policy of equity and inclusion.

We are one of Toronto's oldest non-profit social service agencies, serving thousands of individuals and families in need each year and advocating for people who are marginalized.

LOCATIONS

FST offers professional, confidential counselling in the following areas: downtown Toronto, West Scarborough, North York, South Etobicoke and Rexdale. We offer services in English as well as some other languages. Please inquire.

HOW TO REACH US

Please call the FST Service Access Unit at **416.595.9618** to arrange for an appointment or for more information about other programs.

Our services are available to anyone living or working in Toronto. Please visit our website at **www.familyserVICEToronto.org**

We welcome and encourage feedback from our clients.



For People For Change

FAMILY SERVICE TORONTO



United Way
Member Agency