



FAMILY SERVICE TORONTO  
For People. For Change.

WALK-IN SERVICE

# WALK-IN COUNSELLING

Wednesdays, 4 - 8 p.m.  
355 Church Street

We offer walk-in confidential single session counselling.

All members of the community are welcome with no restrictions based on age or address.

**NO FEE**

**NO REFERRAL**

**NO APPOINTMENT REQUIRED**

**NO WAITING LISTS**

**JUST WALK IN**

**FIRST-COME, FIRST-SERVED**

Counselling is offered in English.

Some of our counsellors are fluent in other languages (*French, Mandarin, Farsi, Spanish and possibly other languages; to confirm call 416-595-9618*).

**Last appointment at 6:45 p.m.**

For more information:

[familyservicetoronto.org/walkincounselling.html](http://familyservicetoronto.org/walkincounselling.html)

**With funding from:**

**CANADA POST FOUNDATION**

## WE CAN HELP YOU

- Manage life challenges
- Set realistic goals
- Work towards positive change
- Cope with stress, anxiety, depression
- Deal with family conflict, relationships and parenting issues
- Develop positive coping strategies
- Provide information and referral
- Address other counselling concerns

## COMPASSION. CONNECTION. COMMUNITY.

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

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.

**For more information about our services go to:**

**[www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)**



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**United Way**  
Member Agency