

# SINGLE SESSION WALK-IN COUNSELLING

Are you experiencing a sudden life challenge, a short-term problem or are unsure if you want to commit to longer-term therapy?

Family Service Toronto offers free single-session counselling with a registered psychotherapist, social worker or student intern.

A session lasts 50 minutes and is open to all persons 18 years of age and older, who live or work in the GTA. Registration is required. Sessions are first come first served based on availability, and no health card or identification is required.

Sessions are not open to children and childcare is not provided.



## In-person, walk-in sessions

**Thursdays**

**3:00 p.m. to 7:00 p.m.**

Starting April 11, 2024, Family Service Toronto offers weekly in-person single sessions at the Church St. location (3rd Fl., 355 Church St., Toronto).

**Registration begins on-site at 2:00 p.m. and ends at 5:30 p.m.**



## Virtual sessions

**Mondays, Wednesdays & Fridays**

**11 a.m - 5 p.m.**

We offer a single telephone or video-counselling session.

**Registration begins at 9 a.m. Register by calling our Service Access Unit at 416.595.9618**

As available, an appointment time will be booked for you with a counsellor on that day between 11:00 a.m and 5:00pm.



**FAMILY SERVICE TORONTO**  
For People. For Change.



**United Way**  
Greater Toronto