

SINGLE SESSION WALK-IN COUNSELLING



SCAN ME

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 sessions

Thursdays

2:30 p.m. to 7:00 p.m.

Family Service Toronto offers free, in-person, 50-minute single session counselling at 355 Church St.

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.

Family Service Toronto offers free, 50 minute single session counselling by phone or Zoom.

Registration begins at 9 a.m.

Call to register: 416.595.9618

Depending on availability, an appointment time will be booked for you between 11 a.m and 5 p.m.



FAMILY SERVICE TORONTO
For People. For Change.



United Way
Greater Toronto