

PATHWAYS TO COUNSELLING YOUTH

A counselling program for
youth with autism
(ages 12–17)







WHO CAN JOIN

- ✓ Are 12–17 years old
- ✓ Have Autism
- ✓ Want short-term counselling support

WHAT IS COUNSELLING?



Counselling is a private talk with someone trained to help. It can help when you are: feeling big feelings, dealing with changes at school, home, or with friends, or thinking about hard things. Counselling may include:

-  Creative activities like drawing and worksheets
-  Visual or hands-on tools,
-  Focusing on your strengths,
-  Learning coping skills




WHO IS MY COUNSELLOR?

Your counsellor is a
Registered Psychotherapist or
Registered Social Worker.

They will:

-  Listen without judging
-  Explain things clearly
-  Go at your pace
-  Respect your choices and privacy

HOW IT WORKS

- 1 First Meeting:**  Meet your counsellor and talk about what you want help with
- 2 Counselling sessions:**  Explore thoughts and feelings and practice coping skills
- 3 Last sessions:**  Talk about what you have learnt and next steps

CONTACT US

Family Service Toronto – Service Access Unit (SAU)

☎ 416.595.9618 ✉ sau@familyservicetoronto.org



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PROGRAM DETAILS

- Up to 12 counselling sessions & 1 assessment session
- Each session is 50 min
- Trauma-informed and youth-centred
- Neurodivergent affirming
- Accessible for youth with intellectual and developmental disabilities
- Languages – English and Sinhala

WHERE SESSIONS HAPPEN

You can choose:

In person:



355 Church Street, or
128A Sterling Road,
Toronto

Virtual:

Phone or Microsoft Teams

YOUR FIRST INTAKE SESSION MUST BE IN PERSON.

SESSION FEES






-  Cost per session: \$150
-  Payment options:
 - E-transfer
 - Credit card
 - In person


FST is an Ontario Autism Program (OAP) eligible service provider – receipts provided

BEFORE YOU START

Call us at 416-595-9618 to express your interest and receive the required registration documents.

You will need to review and complete the following:

-  Client Registration form (Youth completes)
-  Clients' Rights and Responsibilities form (Youth reads)
-  Service Agreement form that includes confidentiality (Youth completes)
-  PTC Youth Provision for Service (Parent / Guardian completes)
-  Fee Contract (Parent / Guardian completes)

-  **A screening conversation will be booked for you with a counsellor to ensure this is the right service and to learn how to best support you.**

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