

# Need to talk? We can help!

## FREE COUNSELLING SESSIONS

The cost of counselling can be a barrier for many individuals and families. Leduc County FCSS offers access to free counselling sessions to eligible individuals, couples, and/or families who are struggling with common, every day issues. Leduc County believes that to prevent crisis and promote positive social and emotional health, access to support, guidance, encouragement, education, tools and intervention strategies must be provided.

Counselling services are provided by local counsellors who are either be marital and family therapists, psychologists or masters level student interns under professional supervision.

### If you want to:

- ▶ Improve relationships with better communication skills or conflict resolution;
- ▶ Improve mood with anger management and emotional support;
- ▶ Enhance personal growth with creativity, spirituality, self esteem, self awareness, goal setting;
- ▶ Improve parenting skills by focusing on attachment;
- ▶ Reduce stress with life balance; and/or
- ▶ Learn new skills and behaviours



## APPLY NOW!

### Eligibility

Residents of Leduc County, Calmar, Thorsby, and Warburg who meet the specific income thresholds may be eligible for subsidy.

Residents must meet two criteria to be eligible for subsidy:

1. Gross family household income less than \$75,000.00 AND
2. No access to employee insurance benefits

Counselling services are short-term, skill based and preventative. Find out if these services are a fit for you. For more information and to be assessed for eligibility call **780-955-6421**.

### Sessions and rates

Each household approved for free subsidized counselling may choose from the following options:

- ▶ 3 individual sessions per person, or
- ▶ 6 couple sessions, or
- ▶ 9 family sessions, or
- ▶ 7 group sessions per person.

