



When you need someone to talk to – we can help.

## COUNSELLING SERVICES

- For individuals
- For couples
- For families
- For groups

We offer:

- Single session consultations
- Ongoing counselling and psychotherapy
- Telephone counselling
- E-Counselling
- Parent Education and Support Groups  
"Connecting Families"
- Group workshops

We work with diverse families. To us, family is two or more people related by blood, marriage, adoption or commitment to care for one another.

Counselling Services can help with the stress of relationships; separation, divorce; parenting; job loss; immigration; family difficulties; sexual abuse and trauma; depression or anxiety; life transitions; and other personal or family issues.

Family Service Toronto offers professional, confidential counselling services in the following areas: downtown Toronto, Scarborough, North York, York, South Etobicoke and Rexdale. We offer counselling services in English as well as some other languages. Please inquire.

## COMPASSION. CONNECTION. COMMUNITY.

At Family Service Toronto, we're passionate about helping people. We are one of Toronto's oldest non-profit social service agencies, serving more than 12,000 individuals and families in need each year and advocating for people who are marginalized. Our solution-focused services help to strengthen families and individuals, and build healthier communities for everyone.

Our range of counselling and community support programs help people struggling to cope with many issues, including depression, physical abuse, sexual orientation, relationships, disabilities and the challenges of getting older.

### HOW TO REACH US

Please call the FST Service Access Unit at **416.595.9618** to arrange for an appointment or for more information about other programs.

Modest fees are required to supplement the funding that we receive for this service and are based on family income and size. No one is ever turned away due to an inability to pay.

Our services are available to anyone living or working in Toronto, regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, age, disability, level of literacy, marital or family status, income or political affiliation.

Visit our website at: [www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)



For People For Change

**FAMILY SERVICE TORONTO**

FST welcomes diversity and is committed to a policy of equity and inclusion.



**United Way  
of Greater Toronto**

A United Way  
Member Agency