



Single Session Counselling for Newcomers

**Join us FREE for a 55-to-60
minute counseling session
with a mental health clinician**

Topics Covered:

- Work Stress
- Relationship Difficulties
- Depression
- Anxiety
- Anger Management
- Substance Use

Therapy Options:

- One on One
- Family Therapy
- Couples Counselling

Our counsellors are:

- Registered Mental Health Clinicians
- Trained in Narrative Solution Focused Therapy
- Culturally Sensitive
- Trauma Informed
- Anti-Oppressive
- Trans and LBGTQ Competent
- Knowledgeable of available community resources



Monday 5pm to 8pm

Location: 1491 Danforth Ave

- Session Times at 5:00pm and 6:30pm
- First Come First Serve, priority for new clients

For registration please contact :

newcomerinfo@woodgreen.org

416-405-5100

**Interpretation services are
available, but not guaranteed
for every language**