

# 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 LGBTQ 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](mailto:newcomerinfo@woodgreen.org)

416-405-5100

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