

WHAT TO EXPECT

When you call the first time, you will be asked for very basic information: name, phone number, residency, and gross family income. This will allow us to determine your fee and book you an appointment. Your privacy will be respected and protected.

There are some enrollment forms that the counsellor requires you to complete and these forms will only be seen by your counselor and not by FCSS staff.

You should arrive 15 minutes early for your first session if you have not completed the forms in advance.

Counselling sessions are held in a private counselling room located in the Vegreville & District FCSS office

This program is not able to offer clinical assessment, diagnosis, or access to a psychiatrist.



TO BOOK AN APPOINTMENT

Please call the FCSS office at
1-780-632-3966

LOCATION

Town of Vegreville, Administration
Building
Vegreville & District
Family & Community Support Services
FCSS
Main Floor, 4829-50 St.
Box 640
Vegreville, AB T9C 1R7
Website: www.vegreville.com
Facebook: www.facebook.com/vegfcss

COMMUNITY COUNSELLING PROGRAM

“Working together with you to support the individual, strengthen the family and build a better community...a better future”



MISSION

The goal of the Community Counselling Program is to provide short-term supportive therapy to individuals in our community who are experiencing struggles in their daily functioning. Because FCSS is committed to working in cooperation with other community resources, our program is designed to fit into the total tapestry of services available, without overlapping.

THE COUNSELLOR

Counselling is provided by a therapist registered with the Canadian Counselling and Psychotherapy Association.

FEES

A community discount has been applied to the standard \$170 per hour rate and as a result the maximum rate per hour is \$70.00 (includes GST).

SLIDING SCALE RATE

A sliding fee scale based on gross family income can also be applied to the \$70 per hour rate. Please ask for further information.

PAYMENT

FCSS is only able to accept cash or cheques, and payment will be due before each session.

COUNSELLING SERVICES

Individuals

- Grief and loss
- Self esteem
- Abuse
- Stress management
- Relationships
- Trauma
- Employment issues
- Eating disorders
- Family of origin
- Identity issues
- Anger management
- Separation/divorce
- Physical abuse
- Parenting
- Career and life transitions

Couples

- Communication
- Conflict resolution
- Problem solving
- Relationship enrichment
- Pre-marital counselling

Children/Adolescents

- Abuse/trauma
- Behavioral problems
- Self esteem
- Anger

Families

- Communication
- Conflict resolution
- Stress management
- Problem solving
- Parenting
- Life cycle issues

Organizations

- Conflict management
- Burn-out prevention
- Problem solving

SERVICE AREA

Our service area covers all communities located in the County of Minburn, County of Lamont and County of Two Hills (excluding Willingdon and Derwent).

If you do not reside in any of these areas, you may still receive services, but you will be required to pay the non-resident fee of \$70.

