



Family Service Regina

Healthy Families Strong Communities

## Creating Solutions Together.

There are times in everyone's life when a little extra support is needed. Family Service Regina provides a safe and supportive environment for you to express your concerns, feel understood, gain insight and discover your own potential. Our counselling services are for individuals, couples and families.

All of our counsellors have master's level training and numerous years of experience.

WHATEVER YOU'RE STRUGGLING WITH, OUR PROFESSIONAL COUNSELLORS CAN HELP.

Some of the issues people talk about in counselling are:

Parenting challenges and conflict

Depression, anxiety, stress or worry

Relationship challenges

Self-esteem issues

Anger

Addictions

Domestic violence

Trauma, including sexual or physical assault or abuse

Grief, separation and loss

Self-injuring behaviours

Health issues

Personal growth

All counselling sessions are confidential. Fees are based on income level and family size and will be determined at the time of intake. Nobody will be turned away due to lack of funds

If you would like to book an appointment, contact our Intake Counsellor 306-757-6675

200-1440 Broadway Ave | Regina, SK | 306.757.6675

[familyserviceregina.com](http://familyserviceregina.com)