

# DROP-IN SINGLE SESSION COUNSELLING

*Here When you Need us Most*

## Welcome to Drop-In Single Session Counselling!



www.dropinyeg.ca

Call **211**

info@dropinyeg.ca

For life's challenges our **Free** drop-in counselling services are in your community. With you, our Intern Therapists will focus on your strengths and abilities to help you create a plan for the change you most want in your life. Our single-session therapy is here when you are ready.

We offer individual, couple and family therapy. Our single session takes about 1 hour and provides referrals to additional supportive services if required.

Please check our website or contact **211** as this information is subject to change.

LOCATIONS	DATES/TIMES
<b>Canadian Mental Health Association - Edmonton Region</b> 300, 10010-105 Street NW T 780.414.6300	<b>Mondays</b> 10:00 am - 2:00 pm* Closed 12:00 pm-1:00 pm
<b>The Family Centre of Northern Alberta</b> 20, 9912-106 Street T 780.424.6103	<b>Monday to Thursday</b> 10:00pm - 8:00pm* <b>Fridays</b> 10:00am - 3:00pm* <b>Saturdays</b> 9:00am - 3:00pm*
<b>Seniors Association of Greater Edmonton (Sage)</b> 15 Sir Winston Churchill Square NW (corner of 102A Ave & 100 St) T 780.423.5510	<b>Tuesdays</b> 10:00 am - 2:00 pm*
<b>The Pride Centre of Edmonton</b> 10608-105 Avenue NW T 780.488.3234	<b>Tuesdays</b> 12:00 pm - 5:00 pm*
<b>Boys &amp; Girls Clubs Big Brothers Big Sisters of Edmonton &amp; Area. Kinsmen Club</b> 14707-88A Street T 780.822.2560	<b>Wednesdays</b> 12:00 pm - 3:00 pm*
<b>Boys &amp; Girls Clubs Big Brothers Big Sisters of Edmonton &amp; Area. West Club</b> 16030-104 Avenue T 780.822.2560	<b>Thursdays</b> 5:00 pm - 8:00 pm*
<b>Edmonton John Howard Society</b> 401, 10010-105 Street NW T 780.423.1635	<b>Fridays</b> 10:00 am - 4:00 pm* Closed 12:00 pm-1:00 pm

\* Please note the last session is one hour prior to closing.

Drop-In Single Session Counselling is funded by The City of Edmonton - Family and Community Support Services and United Way of the Alberta Capital Region. Service is provided through partnership between The Family Centre of Northern Alberta, Boys and Girls Clubs Big Brothers Big Sisters of Edmonton and Area, Canadian Mental Health Association - Edmonton Region, Edmonton John Howard Society, Seniors Association of Greater Edmonton (Sage) and The Pride Centre of Edmonton.



## DROP-IN SINGLE SESSION COUNSELLING

### 1 *Do I need a referral to your Drop-In Service?*

No referral is necessary. Our single 50 minute session counselling service is no cost to you. You are invited to “drop-in” during our service hours. Counselling appointments are based on a first come first serve basis. If you require additional services or referrals our team will provide further information to you during your session.

### 2 *Is there a cost?*

There is NO cost to you. It's Free. The City of Edmonton - Family and Community Support Services and United Way of the Capital Region fund our Drop-In service.

### 3 *Do you see youth, couples and families?*

Our team sees individuals, couples and families. We require parental consent to see underage (16) children/youth alone. Consent forms are available.

### 4 *What are the qualifications of the counsellors?*

Our service is provided by Intern Therapists who are completing their Masters or PhD in therapy or other counselling areas. In addition to the extensive individual and group supervision they receive, we also use a team approach so that you can benefit from many perspectives to help you make the change you desire.

We will help you create a plan to solve the most important issue you wish to address in our single session therapy. Referral to other community services is provided if required.

### 5 *What can I expect when I arrive for Drop-In Service?*

When you arrive, you will be welcomed by a receptionist. They will let you know when you would be able to see an Intern Therapist. If this time works for you, you will be asked to complete forms that help us to understand what single issue you would most like to address with an Intern Therapist. This information will help us to assist you to make the changes you wish to see.

You will be seen in the order in which you arrive. Please be sure to arrive at least 1 ¼ hour before closing if you wish to be seen. Our last session is one hour before closing.

Drop-In counselling is a single 50 minute session service.

While we don't pre-book appointments, if you need service in the future you are welcome to return for additional counselling sessions.

### 6 *Is walk-in and drop-in counselling the same?*

Yes. Whether you choose to walk-in or drop-in, we are here when you need us most with multiple locations and no cost to you.

### 7 *What issues can I get help with?*

Our qualified team can assist with a number of issues including but not limited to:

- Adjusting to Life in Canada
- Alcohol and Drug Use
- Anger Management
- Anxiety and Depression
- Balancing Work and Family
- Grief and Loss
- Lesbian, gay, bisexual, transgender, questioning (LGBTQ) issues
- Parenting
- Personal or Job Stress
- Relationship Issues
- Separation and Divorce
- Sexual Abuse (men and women)
- Trauma
- Intimate Partner Violence or Domestic Violence