

Counselling subsidy

Leduc County FCSS, in partnership with Karunia Counselling and Family Counselling Centres, offers subsidized family, couple and individual counselling to residents of rural Leduc County, Calmar, Thorsby, Warburg and the Graminia area of Parkland County.

Eligibility criteria

The cost of counselling can be a barrier for many individuals and families. This subsidy is available to those who do not have access to coverage through health benefits or employee benefits, such as an Employee Assistance Plan (EAP), and whose family income is less than \$75,000 per year.

Fees are determined according to a sliding scale based on income and family size. Fees range from \$15 per session to \$55 per session.

The maximum number of sessions available is seven for individuals and nine for couples or families.

Children under the age of 18 must have consent from all custodial parents/guardians in order to participate in this service.

guidance

Leduc County

Family and Community Support Services

101, 1101 - 5 Street
Nisku, AB T9E 2X3

Community Support Services
Phone 780-955-6424
Toll-free 1-800-379-9052 ext. 6424
Fax 780-955-4765
Email: fcssinfo@leduc-county.com
www.leduc-county.com



LEDUC COUNTY COUNSELLING SUBSIDY



www.leduc-county.com

Reasons to seek support

Counselling is available for individuals, couples and/or families. Common reasons for seeking counselling support include:

- Relationship issues: communication, conflict, separation/divorce
- Child and adolescent issues: behavioural and developmental challenges
- Parent and teen/child conflict
- Blended family issues
- School or work-related issues and stress
- Health and disability issues
- Anger and rage
- Emotional regulation
- Grief and loss
- Life transition challenges or major life events
- Mental health: anxiety, depression, bipolar disorder, ADHD, ODD, personality disorders, eating disorders
- Trauma, complex developmental trauma (CDT), post traumatic stress disorder (PTSD)
- Children and families with protection or legal concerns
- Domestic violence
- Substance abuse or addictions
- Sexuality and gender identity issues
- Abuse (sexual, emotional, physical)
- Issues of self-esteem and confidence
- Issues of intimacy and trust
- Suicide
- Phobias

Benefits of counselling

Why do people attend counselling?

People attend counselling for a variety of reasons. Most counselling clients are ordinary people struggling with common, everyday issues. Counselling helps painful experiences become tolerable and promotes change to harmful thinking, relationship and behavioural patterns. Counselling is also used to make good lives better and healthier. It takes courage to attend therapy and dedication to see it through. Counselling can promote self-actualization, empower self-growth, improve relationships and reduce emotional suffering.

Benefits of counselling include:

- Improve relationships with better communication skills, conflict resolution
- Improve mood with anger management and emotional support
- Enhance personal growth with creativity, spirituality, self esteem, self awareness, goal setting
- Improve parenting skills by focusing on attachment
- Reduce stress with life balance
- Learn new skills and behaviours

When to seek counselling

- If everything you feel is intense
- If you've suffered a trauma and you can't stop thinking about it
- If you have unexplained and recurrent headaches, stomachaches or tiredness
- If you're using a substance to cope
- If you're getting negative feedback at work
- If you feel disconnected from friends and activities
- If your relationships are strained
- If your friends or family have told you they're concerned

Available therapies

- Marital and couples therapy
- Family therapy
- Child/parent relationship therapy
- Play therapy, sand therapy, art therapy
- Cognitive behavioural therapy (CBT)
- Mindfulness-based cognitive therapy (MBCT)
- Equine therapy and animal assisted therapies
- Eye Movement Reprocessing and Desensitization (EMDR)