

Single Session Counselling NOW AVAILABLE



To meet the immediate needs of individuals who require social work intervention to assist them in dealing with issues that have arisen due to the pandemic. Issues might be related to anxiety, parenting, frustration and anger, and/or a need to increase coping skills. **Clients will be offered a 45-55 minute session with a trained MSW clinician, at no cost.**

Please call 416-638-7800 x 6234 to be referred to a single session social worker.

Please note that appropriate clients will be contacted remotely, either by phone or zoom, within 5 business days of their initial call.

DETAILS:

Clients will be provided with strategies for coping, referrals to appropriate services and an email document outlining the recommendations discussed during the session. This is not an emergency service and cannot replace the needs of some callers for immediate intervention from a medical professional.







