



## COUNSELING

A service provided by FCSS to give individuals, couples and families affordable professional counseling when personal problems arise.

Some people can solve problems on their own, but often outside help makes the difference between resolving things quickly or going through a long period of struggling—a period where people are unable to be themselves at home or work.

Typical concerns are relationship issues, marriage or family conflicts, financial or legal worries, and emotional difficulties..

No referral is necessary to initiate counseling services. A subsidized fee for services is charged, using a sliding fee scale based on family income for Fort Saskatchewan, Bruderheim, Gibbons, Lamont County and Redwater residents.

**All FCSS counseling services are confidential**

To book an appointment call: 780.992.6267  
or toll free at 1.866.992.6267 during office hours  
Monday - Friday 8:00 am - 4:30 pm.