

Counselling & Consultation Services

Counselling and consultation services are available for persons with FASD and their family members or caregivers. If you or your child are experiencing one or more of the following, counselling can help:

- Is your child struggling with significant anxiety, anger, or other emotional difficulties?
- Would your child benefit from one-on-one social skills training?
- Are you feeling overwhelmed by your child's behaviour?
- Have you tried everything and still feel frustrated?
- Is your family in crisis?
- Would exploring your own feelings toward your child and their disability help you better manage?
- Are you struggling with accepting your child's diagnosis?
- Are you grieving about your child's disability?

Counselling

Counselling is available to children, adolescents, and adults with FASD, and families or caregivers involved with persons with FASD. Counselling will be tailored to meet the specific needs of those involved.

Fee: \$75 per session

Problem-Solving Consultation

This service is available to parents or caregivers of children displaying severe behaviour that is difficult to manage. Includes assessment of behaviour, program planning, training, and monitoring of program implementation.

Initial Assessment Interview: \$100

Additional fees to be determined based on level of professional involvement.

Brief Problem-Solving Consultation

This three-session consultation is available to parents/caregivers of children displaying behaviour problems. The counsellor works collaboratively with the consultee(s) to facilitate the development of a plan.

Fee: \$75 per session

Brief Family Intervention

When a family affected by FASD is in crisis, they can meet with a counsellor on a short-term basis (1-5 sessions) to work collaboratively on a particular family concern.

Fee: \$75 per session



CONTACT US!

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