

Counselling is the process of assisting and guiding clients, to resolve personal, social, or psychological problems and difficulties.

## We are here to help

Community Counselling provides counselling, education and information to strengthen the emotional wellness of individuals and families in our community.



As a regional program, St. Paul Regional FCSS provides subsidized professional counselling sessions for town and county residents.



Community Counselling can help with many areas you may be experiencing hardship in:

Depression  
Stress  
Anxiety  
Self-Esteem  
Anger  
Relationships  
Divorce  
Isolation  
Abuse  
Loneliness  
Grief  
And more



Counselling can also:

Improve personal growth by developing coping skills.



## Our Support Team

Lloyanne Yaremko-Galas  
Registered Psychologist  
M.Sc.

Bo Popovic  
Clinical/Forensic  
Therapist  
MSW, RSW.

Abigail Cormier, MC  
Registered Provisional  
Psychologist



## Need immediate support?

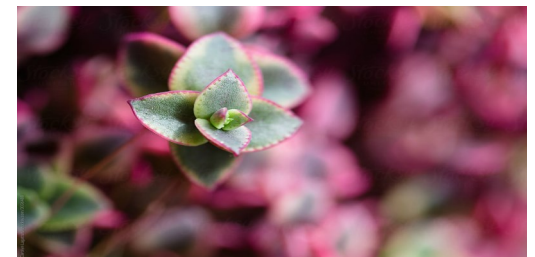
Mental Health Help Line  
24 hrs./Day, 7 Days/Week

1-877-303-2642

or

Rapid Access Counselling

1-877-244-2360



Community Counselling  
is a subsidized  
short term program.  
We consider family size and  
net income to provide  
affordable services.



Clients must be able to  
provide a current tax  
assessment and proof  
of residency.



Contact us to qualify  
for up to  
6 sessions of  
Community Counselling.



Connect with us



[stpaulfcss.ca](http://stpaulfcss.ca)

St Paul Regional FCSS

5002-51 Ave  
St Paul, AB  
T0A 3A0  
780-645-5311



*All calls are confidential*

