



Counseling can help you to examine concerns and help you to identify your strengths and resources to address these concerns. It can help you to decide what you want to see change and how to make that happen.



For more information on counselling services in our community, contact:

The Community Information and Referral Centre at 626-9626 or 211.



## Counseling for Individuals & Families

All of us face problems. Most often, we can cope with or solve these problems on our own. Sometimes, however, a problem becomes too difficult for us to manage on our own. We may need help from someone who is trained to listen, discuss possible solutions, and give us guidance.

### What kinds of problems do counsellors help address?

- Grief and loss
- Anger
- Stress
- Self esteem
- Anxiety and depression
- Family conflict
- How to help relationships improve
- Separation and divorce
- Violence against women
- Helping children who witness violence
- Drug and alcohol problems
- Financial and debt problems
- Conflict or problems at work

### How long does it take?

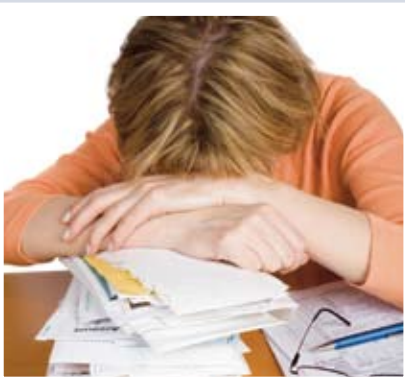
Some people find that a short period of time is enough to help them figure out what to do. Others find that it takes a longer time, maybe because so much has happened, or because they are so overwhelmed, or the concern is confusing to sort out. Your counsellor will work together with you to make a plan that will include how long you might need counselling. Your counsellor will also help you to develop goals and to identify how you will know when you have accomplished your goals.

### How do I pick a counsellor?

- If you know someone who has had counseling, ask them who they went to, how they felt about the counsellor, if the counsellor was helpful, and how you might contact that person.
- You can get the name of a counsellor or counselling agency from someone you trust.



## Counselling for Individuals & Families



- What is most important is that, when you talk to or meet with a counsellor, you feel comfortable and have confidence in the person.
- It can be helpful to make a first appointment with more than one counsellor so that you can see who you feel most comfortable with and have a choice.
- Whatever decision you make, it is always OK for you to change your mind. If for any reason you don't feel comfortable or have confidence in the person you are seeing for counselling then look for someone else to help you.
- Remember that everyone is different and we all need and deserve to get help from someone who we get along with, feel comfortable with, and have confidence in.

### Where to Find Help

<b>Thunder Bay Counselling Centre</b> <i>544 Winnipeg Ave.</i> <i>www.tbaycounselling.com</i>	<b>684-1880</b>
<b>Dilico Anishnabek Family Care</b> <i>200 Anemki Place</i> <i>www.dilico.com</i>	<b>623-8511</b>
<b>Children's Centre</b> <i>283 Lisgar St.</i> <i>www.childrenscentre.ca</i>	<b>343-5000</b>
<b>211 Ontario North</b> <i>Free information about community, social, health and related government services and more.</i> <i>125 Syndicate Ave. S. Unit 17</i> <i>www.211ontarionorth.ca</i>	<b>211</b>

