



**EDMONTON  
HEALING CENTRE**

## **COUNSELLING SERVICES**

**A safe place to Learn, Heal and Change**



**Our team of therapists offer counselling to individuals, couples, children, youth and families.**

### **WE CAN HELP WITH:**

- Anxiety and stress
- Relationship difficulties
- Family conflicts
- Self-esteem issues
- Social isolation
- Abuse, trauma and PTSD
- Grief, separation and loss
- Life transitions
- Mental health issues
- Depression, suicidal thoughts



*"My therapist truly cared and helped me draw from my own deeper resources. A great deal of healing happened to me".*

## WE OFFER VIDEO, PHONE AND IN-PERSON COUNSELLING SERVICES.

Interpersonal problems can be a catalyst to seeking counselling. For others it stems from feelings of alienation and isolation or simply lack of healthy relationships.



*"We worked through so many difficult things gracefully today that I feel as though I had a warm shower until I was clean."*

Therapy is offered on a sliding scale, which means the amount you pay aligns with your income. Typically, you will receive a phone call within 2 business days from our intake worker who will match you with the therapist who can best help you.

## COUNSELLING SERVICES

104, 15023 - 123 Avenue Edmonton

Phone: 780-454-1194

Website: [www.jfse.org](http://www.jfse.org)

Email: [info@jfse.org](mailto:info@jfse.org)

A community program of:



Charitable Registration:  
10753 4802 RR0001



United Way  
Alberta Capital Region