

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.

Curtis Isley
Social Worker
IBSW, RSW

Abigail Cormier, MC
Registered Provisional
Psychologist



Need immediate support?

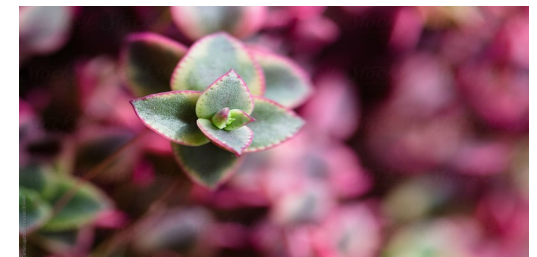
Mental Health Help Line
24 hrs./Day, 7 Days/Week

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

St Paul Regional FCSS

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



All calls are confidential



Community
Counselling

