Quotes

"I am so glad we made one last try to save our marriage."

"My counsellor has given me a lot of tools to focus on the positive and take control of my life. Thank you for that."

"I have a more stable relationship with my mom."

"Presented to me many ideas that I can use towards positive parenting."

"We discussed plans to alleviate my stressors and help for future situations."

"Without counselling, we would be divorced."

"I don't have to pretend to be someone I am not and I can face problems as they arise."

"My therapist has been extremely helpful, insightful and understanding of the issue presented."

Quotes taken from "Post Counselling Evaluations" after completion of services.

For more information visit our website at www.fsca.ca or phone 403-343-6400

FAMILY SERVICES of Central Alberta

United Way of Central Alberta

FSCA is a registered charity that has been helping families in Central Alberta since 1971. Our agency appreciates all donations and tax receipts are available for donations over $10. To learn more about donating your time or money to our organization please visit our website at www.fsca.ca

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Address
5409 - 50 Ave.
Red Deer, AB T4N 4B7

Telephone: 403-343-6400
Fax: 403-343-6407
E-mail: fsca@fsca.ca

Counselling

FAMILY SERVICES of Central Alberta

Where Family Comes First

"Short Term Counselling, Focused on Solutions"

Our counselling team is trained to work with:

- Stress
- Marital/Couple/Relationship Issues
- Separation/Divorce
- Family (Parent-Child/Adolescent/ Aging Parents/Eldercare/Extended Family Issues)
- Single Parent/Blended Family Issues
- Psychological and Addiction Issues
- Bereavement, Loss, and Grief

Counselling Hours:
Mon, Tue 12:30 pm - 8:00 pm
Wed, Thu, Fri 8:30 am - 4:30 pm

We Offer a Range of Counselling Services Including:

- Individual
- Couple
- Family
- Groups
- Short Term Immediate Intervention
- FS EAP Affiliate

The counselling team assists individuals, couples, and families to resolve life problems. We work to provide immediate support and solutions. Counselling services are focused on early intervention and prevention.

Focus on Communication In Separation (F.O.C.I.S.)

Alberta Family Justice Services and Family Services of Central Alberta invite parents who live apart to attend a free communication course.

A voluntary six-hour communication course with topics including the effects of conflict on children, understanding conflict, anger, listening and speaking skills.

Parent/Child Intervention

For young children aged five and up. We assist children & parents to work towards goals such as:

- Self-expression Skills through Play
- Parent/Child Relationship Enhancement
- Parenting Skill Development
- Behavioural Change in Children
- Processing Family Changes and Transitions such as Separation/ Divorce