

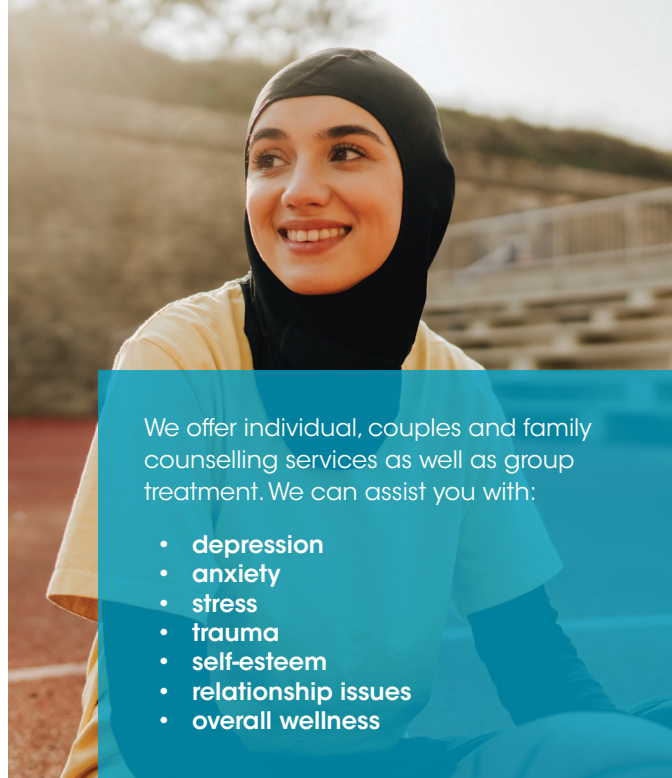


familyservices

WINDSOR-ESSEX
COUNSELLING & ADVOCACY CENTRE

Mental wellness is our **priority.**

Our qualified counsellors can help you work through your concerns, develop new coping skills and build resiliency.



We offer individual, couples and family counselling services as well as group treatment. We can assist you with:

- depression
- anxiety
- stress
- trauma
- self-esteem
- relationship issues
- overall wellness



Supporting
Communities
and Families.
**Strengthening
People.**

Need to talk? **We can help.**

Walk-in, appointments and group
counselling available.



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