

A Different Kind of Healthcare

# FREE virtual and in person Mental Health Counselling Services



## SHORT-TERM

### 6 SESSIONS

Six sessions are offered bi-weekly for up to 45 minutes. Eligible for re-referral every 12 months.



Support with managing emotions, thoughts, life and relationship stressors, major life changes and more.

## Vaughan

Phone: 905-303-8490 ext. 0



## ACCESSIBLE

### IN-PERSON AND VIRTUAL

Counselling is available in-person, telephone or virtual video appointments



We do not accept referrals for those who have coverage through WSIB, MVA and work benefits. Also, the team does not provide trauma therapy.

## Contact

*If awaiting email communications from VCHC staff, please remember to check "junk" folder in your inbox to ensure you receive our email communications.*



## QUALITY

### REGISTERED

Our team has four registered mental health counsellors, all with extensive additional training.



If you have questions about whether you will qualify for our service, please contact our intake worker at the number listed below.

## Keswick

Phone: 905-476 -5621 ext. 2600

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