



Here and Now Counselling

overwhelmed?

stressed?

feeling stuck?

**need to
talk?**



Something on your mind? We can help with:

- Coping strategies
- Conflict resolution
- Feeling seen and heard
- Managing emotions
- Goal-setting
- Confidence
- Relationship challenges
- Managing stress or burnout
- Coping with grief or loss
- Navigating a life change or transition



durham.ca/CounsellingRequestForm

Prompt access to individual counselling, for ages 12+.