

A Little About Us...

Since opening in 1964, the Family Counselling Centre has been dedicated to strengthening and supporting the quality of life for individuals, couples and families in the Niagara Region.

The Family Counselling Centre is a division of Family and Children's Services Niagara. Support for these services comes from funds provided by the United Way and from client fees.

Difficult times come to all of us... times of sadness, stress, change - usually we can handle these situations, but sometimes a little outside help is needed. Our staff are here to provide that help.

The Family Counselling Centre is a fully accredited, registered, non-profit charitable organization.



We offer services in 5 locations in the Niagara Region. To arrange an appointment, please call:

905-937-7731 ext. 3345

or toll free

1-888-937-7731 ext. 3345

HEAD OFFICE

82 Hannover Dr., Box 24028

St. Catharines, ON L2R 7P7

A Division of Family and Children's Services of Niagara



A member of



Family Service Ontario



United Way

FCC

FAMILY COUNSELLING CENTRE



Counselling Services

Dedicated to strengthening and enhancing the lives of individuals, couples and families in the Niagara Region

We Can Help...

Help is offered in areas of:

Individual & Relationship Issues
Stress, Anxiety and Depression
Previous and Current Trauma
Communication
Self-Esteem
Separation and Divorce
Mediation
Family Violence
Sexual Abuse
Caring for Elderly
Bereavement and Grief
Work and School Problems
Planning for Adults who have
Developmental Disabilities
Critical Incidents - Including:
 Sudden Death
 Motor Vehicle Accident
 Criminal Incidents
 Fire

Programs and Services

Counselling and Therapy

We offer individual, couple, family and group counselling for a wide variety of issues.

Employee Assistance Programs (EAP)

We have local and national contracts with companies and provide counselling, seminars and Critical Incident Stress Management services.

Family Violence Programs

We provide services to children and their mothers who have been exposed to family violence as well as to men who have engaged in abusive behaviour.

Adult Protective Services

We provide direct service in partnership with adults with a developmental disability.

Family Group Conferencing

We provide conferencing for families with the goal of ensuring the optimal safety and well-being of children within their extended kinship system whenever possible.

Intergenerational Trauma Treatment

We provide a relatively brief, evidence based treatment program that helps families and children deal with effects of trauma by addressing parenting issues, traumatic events and attachment issues through three phases of treatment.

Families & Schools Together

We provide a collaborative, strengths-based program supporting families to help their children succeed in school, at home and in the community.

Mediation

Services are offered to help people resolve personal or work-related conflicts in a respectful, productive manner.

Professional Counsellors

Individual, couple, family and group counselling are provided by experienced professional counsellors. All counsellors have a minimum of a Master's Degree in social work or a related discipline, and receive ongoing supervision of their work.

Professional Standards

Our experienced therapists abide by the Code of Ethics of the Ontario Association of Marriage and Family Therapists, and participate in professional development and specialized training on an ongoing basis.

Accountability

We are the only agency in the Niagara Region accredited by Family Services Ontario.

Availability

We offer service in five locations throughout the Niagara Region: St. Catharines, Niagara Falls, Welland, Grimsby and Fort Erie.
Both day and evening appointments are available.

Cost

Fees are based on a sliding scale dependent upon ability to pay. Some programs are fully subsidized.