



Family Service
Regina Thriving
communities.


COUNSELLING SERVICES

You don't have to face this alone—compassionate, professional counselling is here for you.

We offer **person-centered counselling for growth and lasting change** in a safe, supportive environment where you can explore your concerns, feel heard, and gain the clarity needed to move forward with confidence.



2505 11th Avenue, Regina SK S4P 0K6
306.757.6675 | familyserviceregina.com



Our team of highly trained counsellors holds master's level qualifications (or equivalent), extensive experience, and utilizes a diverse range of research-based, trauma-informed approaches.

We are committed to accountability throughout your service experience, ensuring that we support you in navigating challenges and creating meaningful change.

Our counselling services can help with:

- Anxiety & Depression
- Stress & Burnout
- Grief & Loss
- Relationship & Family Challenges
- Parenting Support
- Self-Esteem & Personal Growth
- Trauma & Life Transitions
- Workplace & Career Concerns

We believe in change and are here to support you every step of the way.

Navigating the counselling process can be challenging, but at Family Service Regina, we ensure you're not in counselling longer than necessary. Our Intake services help you find the right counsellor quickly and easily.

**NOBODY WILL BE TURNED
AWAY DUE TO LACK OF FUNDS.**

