



**Counselling Services
for York Region**

csyorkregion.com

Professional | Established | Qualified




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About Us

Counselling Services for York Region is committed to providing professional counselling services in an atmosphere of integrity, respect and accountability.

Our mission is to provide innovative, effective, and empirically supported counselling and educational services to individuals, couples, and families who experience mental/physical health issues and/or value personal growth and development.



Why choose us?

Counselling at our wellness centre is based strictly upon scientific principles and tenets. With the help of our therapists and carefully applied techniques, individuals who experience difficulties and issues will benefit from a treatment model, which is best supported by research.

Recognized

We are recognized in our community as an organization with effective treatment and compassionate care.

Research Informed
Our therapists are also researchers who are on top of the most recent diagnostic and treatment advances.

Professional

We are proud of our reputation of providing quality counselling services in our community.

Individual Counselling

Individual therapy provides clients with an opportunity to explore feelings and emotions with a professional therapist. Our environment is safe, private, and accepting. The intent of individual therapy is to address symptoms and ultimately change behaviours or thoughts that may influence success.



Group Counselling

Group therapy is widely used and has been empirically accepted as a viable treatment option for many mental health issues and disorders. Group psychotherapy provides clients with an opportunity to receive support from others, experiment with expressing feelings, and create recognition of unhealthy patterns of behaviours.



Couples/Marriage Counselling

Depending on the circumstance, couples therapy often includes both partners. A therapist will encourage each partner to be open, honest, and sincere. With the assistance of a therapist, couples will be guided through the process of identifying understanding and consciousness of each partner's needs and wants. Couples therapy is a safe space where feelings can be safely shared and heard by each individual involved.



Workshops/Certification

Counselling Services for York Region has created a number of workshops and certificate programs that will help prepare clients for success in high school, college, university, post-graduate studies, and career related endeavours.

FEEL THE FEAR... AND **DO IT ANYWAY** Susan Jeffers, Ph.D.

HEALING *from* TRAUMA

The Theory and Practice of
GROUP PSYCHOTHERAPY
FIFTH EDITION

IRVING D. YALOM
WITH
MOLYNN LESTER

Academic Tutoring

We offer academic tutoring for students by Ontario Certified Teachers. All of our Academic Tutors are employed and teaching for an Ontario District School Board. Our Academic Tutors will work collaboratively with your child's home room teacher to develop a learning plan that will see your child succeed and perform at their highest level.



Billing

Phone Consultation - \$0

Intake Interview - \$30

Individual Counselling - \$160/per hour for returning clients (\$120/per hour for new clients, until therapy is complete)

Couples Counselling - \$160/per hour for returning clients (\$120/per hour for new clients, until therapy is complete)

Therapist House Call - \$200/per hour

Online Counselling - \$160/per hour

Our group therapy sessions, certification programs, and workshops are all priced differently, please see our website for additional information.

We accept Visa, MasterCard, cash, and personal cheque.

Insurance

Our team of qualified therapists are supervised by registered members of the Ontario College of Psychologists. Therefore, counselling services are covered under most extended insurance plans.

Contact/Directions

Counselling Services for York Region
(Hwy 7 and Kipling Ave)
7845 Kipling Avenue,
Woodbridge, Ontario L4L 1Z4
Phone: (416) 999-3437
info@csyorkregion.com

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