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**COUNSELLING SERVICES (Talking Helps)**

With all that goes on in our day-to day lives, it’s easy to sometimes feel overwhelmed or burdened. Parenting is hard – when you are parenting children that have extra needs this can be even harder at times. We need people to talk to and **Talking Can Help**.

Whether it is parenting or other issues such as facing a family challenge, or simply taking on too much, counselling can be a safe place to talk over life’s stresses and gain a fresh perspective. Sometimes it just takes a little support to get where you’re going.

SHARE Family & Community Services offers a fee-based counselling program. Accredited by the Commission on Accreditation of Rehabilitation Services (CARF), SHARE strictly upholds the program’s rigorous standards to ensure that our services are of a high caliber.

SHARE has a highly qualified multidisciplinary team that have experience working with children, youth, families, individuals, and couples. SHARE provides subsidized counselling with lower fees to families in the Tri-Cities. **Free counselling** for problem gambling and substance use is also available.

Counselling appointments are available Mondays from 9 AM to 7 PM, Tuesday, Wednesday, & Thursday from 9 AM to 8 PM, and Fridays from 9 AM to 3 PM.

**We offer counselling services in:**

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| * Parenting
* Relationships
* Separation or divorce
* Anger management
* Problem gambling
 | * Trauma
* Gaming
* Anxiety
* Loss and grief
* Depression
 | * Stress
* Lesbian, gay, bisexual. Or transgendered issues
* Couple and family concerns
* Pain management
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Services in Farsi, French, German and English

Translation services can be arraigned. Some subsidy is available fro Tri-Cities residents.

**For more information:**

 Call intake at **604-937-6969**

Email at **intake@sharesociety.ca**