

FAMILY COUNSELLING & SUPPORT

NIAGARA LIFE CENTRE

ST. CATHARINES, (905)-934-0021

Individual, marital, family, parenting or group counselling. Subsidized rates.

<http://niagaralifecentre.ca/services/>

NIAGARA COUNSELLING SERVICES

ST. CATHARINES, (905)-988-5748

Variety of counselling services offered. No long waiting periods (within two weeks).

<http://www.niagaracounselling.org/>

LIGHTHOUSE COUNSELLING AND LIFE COACHING

NIAGARA FALLS, (905)-328-1128

Counselling for adults, families or couples.

<https://www.facebook.com/LighthouseCoun2/>

JOHN HOWARD SOCIETY STRENGTHENING FAMILIES

ST. CATHARINES

CAROLINE GRAHAM, (905)-682-2657 - ext. 227

Strengthening Families for the Future is effective because it involves the whole family. The goals of the program are to reduce children's or adolescents' intention to use alcohol and/or other drugs; reduce other behaviour problems; increase children's resilience and life skills; increase positive and effective parenting; increase family communication.

<https://www.jhs-niagara.com/programs/strengthening-families-for-the-future/>

FAMILY COUNSELLING CENTRE NIAGARA

ST. CATHARINES, (905)-937-7731

Variety of counselling services.

Fees are subsidized based on income.

<https://www.fccniagara.on.ca/>

NIAGARA REGION - POSITIVE PARENTING PROGRAM

Learn skills on how to work on relationship building with your children and manage behavioural issues. Classes delivered in a group setting by a public health nurse.

<https://www.niagararegion.ca/parents/>

Above all be patient, kind and empathetic towards one another and mindful of behaviours, anxiety and the stress levels of everyone at home. There are many community services linking families to counselling and mental health support.

ASK FOR HELP
IF YOU NEED IT.

We are here for you!