



*The Family
Enhancement Centre*

**FULL SERVICE
COUNSELLING CENTRE**

**CHILDREN • YOUTH
ADULTS • COUPLES
FAMILIES**

helping
**RELATIONSHIPS
grow!**



905-799-2228

www.tfec.ca



The Family Enhancement Centre

What we offer:

- Individual Counselling
- Marriage / Couples Counselling
- Play / Art Therapy
- Youth Counselling
- Family Counselling
- Motor Vehicle Accident – Trauma / Anxiety Counselling
- Phone Counselling

Why we are unique:

- No Waiting List
- Counselling provided in multiple languages (call for specifics)
- In-office or in-home sessions
- Free phone consultations
- Day, Evening, and Weekend Appointments
- Registered, Qualified, Experienced Professionals

What we can help you with:

- Anxiety
- Depression
- Trauma
- Motor Vehicle Accidents
- Communication
- Stress
- Grief or Loss
- Separation or Divorce – for children or adults
- Challenge of Blended Families

- Self-Esteem
- Damaged Relationships
- Infidelity
- Confusion
- No issue is too big or too small

**Warning Signs for
Children, Youth &
Adults:**

- Changes in sleeping or eating patterns (or elimination patterns in children)
- Lack of interest in activities
- Drop in grades
- Isolate from friends or family
- Weight loss or gain
- Trouble concentrating
- Trouble falling / staying asleep
- Ongoing feelings of sadness
- Not caring about people and things

**Warning Signs for
Relationships:**

- Decreased communication
- Spending less time together
- Breach of Trust
- Infidelity
- Financial disagreements
- Domestic Violence
- Conflict with In-Laws
- Substance Abuse

For more details please visit our website at www.tfec.ca or give us a call at 905-799-2228 to discuss how we can best meet your needs or those of your clients.

Join our Facebook Fanpage to keep up to date on family and relationship information, ask questions directly to our therapists, get helpful tips plus much more!

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