

carya Family Counselling FAQ

Is carya's Family Counselling for me?

Our family counselling is open to:

- Families with children under the age of 24
- Couples and parents with children who are 24 years of age or younger

We also offer counselling for Older Adults and have Counsellors who speak Mandarin, Punjabi, Spanish, Urdu, Vietnamese and Tagalog.

What is carya's approach to counselling?

We know you have a unique story and set of life experiences that have shaped you into the person you are today. Our counsellors will listen, learn about what is important to you, and develop a customized approach that will help you and your family achieve your goals. Regardless of what your situation is or how much you can afford to pay for counselling, **carya** will connect you with the right counsellor for your situation.

How many sessions do I need?

Counselling doesn't need to take months or years. Many families only need six to eight sessions in order to get the results they are hoping for.

What is the cost of carya's Family Counselling?

Cost is never a barrier to receiving the mental health support you need. We have a "pay what you can afford" policy, meaning your counsellor will work with you to determine what you and your family can afford to pay. Your health insurance benefit plan may also assist with counselling fees.

Where does counselling take place?

Counselling is available in person or virtually through video or telephone. All of our locations are wheelchair accessible.

When are appointments?

Monday and Friday: 9 am-5 pm; Wednesday: 9 am-8 pm



***If you feel like carya's Family Counselling is right for you
and your family, call our intake line at 403-205-5244.***