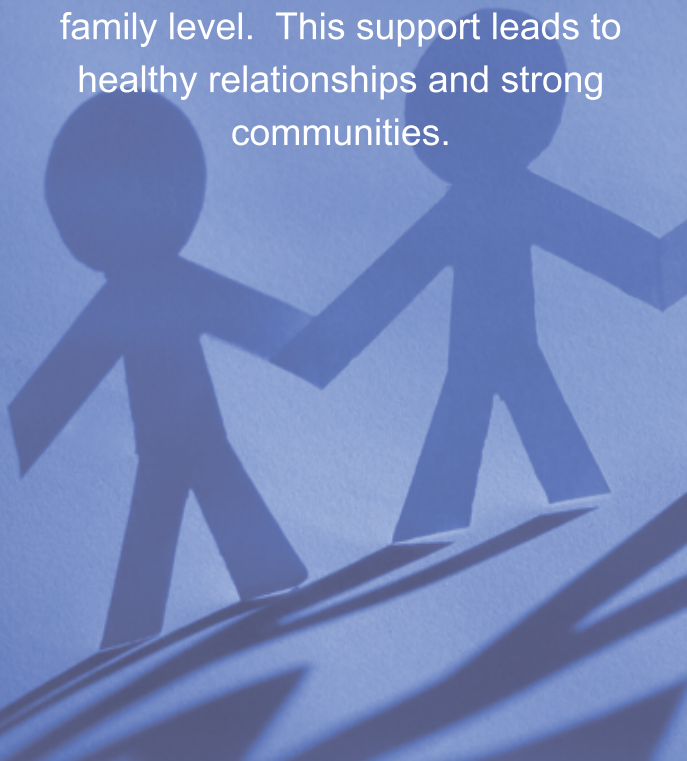




**INDIVIDUAL & FAMILY
COUNSELLING PROGRAM**

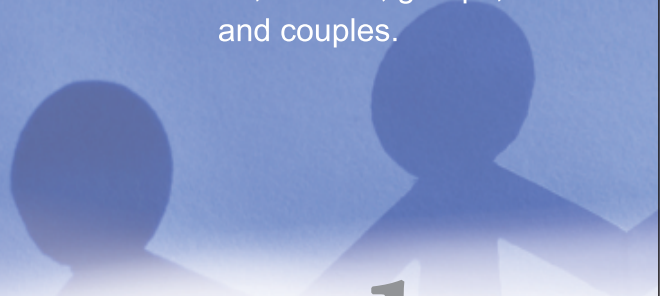
**Resolve believes that
the family,**

in its many and varied forms, is the fundamental unit of our society. Counsellors are committed to promoting well-being and personal growth at the individual, partner, parental, and family level. This support leads to healthy relationships and strong communities.



**INDIVIDUAL & FAMILY
COUNSELLING PROGRAM**

Healthy communications and interactions are essential to promoting skills in managing stress, resolving conflicts, dealing with anger, and managing anxiety, depression and loneliness. Our experienced counsellors are trained to provide affordable counselling for individuals, families, groups, and couples.



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