

GETTING STARTED WITH ONLINE COUNSELLING: As Simple As One...Two...Three



During these unprecedented times Family and Community Support Services continues to work hard to maintain and grow quality supports for the individuals, families, and communities we support. Presently we are offering free counselling, but with a little twist! All counselling services are offered through either online video messaging or over the telephone.

As a counsellor, I know online sessions are different from in-person counselling sessions. However, the FCSS Counselling Team would like to convey that this alternate form of counselling can be helpful, safe and secure. Getting started is accomplished in 3 easy steps.

Step One – Someone expresses interest in setting up an appointment and agrees to a date and time.

Step Two – A FCSS Counsellor sets up the online appointment and sends an email with a link to access to the scheduled appointment.

Step Three – Log on to your computer and click the link (from the e-mail) at the time of your appointment and you will see the friendly face of your FCSS Counselor. This is a great time to talk with the counsellor about the process and give yourself a chance to decide if you want to move forward.

I can understand and relate to the fact that some may be a little reluctant to participate in online/remote counselling. However, I want residents to know that we are here to help in a safe and secure space to discuss current challenges and struggles. We are all in this together and together we'll find creative ways to move through this period of life.

FCSS offers workshops as well as individual counselling to help you learn more. For more

Submitted by:

By Bryan Bullock, FCSS Counsellor

