

What can I talk to the Social Worker About?

The West Durham Family Health Team offers 30-minute single-session counselling for patients who have a concern or question and would like to speak with a Social Worker.

Some concerns that you may bring to the single-session clinic include:

- Accessing government services/ support in the community
- Feeling sad, anxious, worried
- Relationship issues
- Concerns about children/ grandchildren
- Managing stress at work



What is Single-Session Counselling?

This Clinic is available for patients to walk-in and receive 30-minutes of support on accessing services in the community.

As well, the sessions are designed to provide brief solution-focused counselling.

How to Access the Clinic

The Clinic is open from 9 am- until noon on Friday mornings.

PLEASE CHECK IN WITH RECEPTION

You will be seen on a first-come first-served basis. We ask that you arrive by 11:00 am at the latest. Appointments are 30 minutes. We will do our best to accommodate your needs.

