

# Welcome to Jewish Family and Child Service

A multi-service agency that strengthens and supports individuals, children, families and communities by increasing safety and security, improving mental health and wellness and reducing the effects of poverty, within the context of Jewish values.

**Since 1868, Jewish Family and Child Service has served the emotional, social and physical needs of those who need us most. We respond and reach out to our growing and diverse community with integrated programs and services for children, adults and families. For help in addressing life's challenges, look to JF&CS, every step of the way.**

**JF&CS welcomes people of all cultural, religious and/or racial backgrounds. While we remain firmly rooted in the traditions and experiences of the Jewish people, many of our services are open to the general community.**

**Inquiries and counselling are held in confidence.**

## Jewish Family and Child Service

### Central Office and Intake

4600 Bathurst Street | 1st Floor  
Toronto, Ontario M2R 3V3  
T: 416-638-7800 F: 416-638-7943

### Gordon S. Wolfe Branch

365 Bloor Street East, Suite #1904  
Toronto, Ontario M4W 3L4  
T: 416-961-9344 F: 416-961-9351

### York Region Branch | 1 Open Door

9600 Bathurst Street | Suite 242  
Vaughan, Ontario L6A 3Z8  
T: 905-303-5838 F: 905-303-5892

### Jerome D. Diamond Adolescent Centre

196 Keewatin Avenue  
Toronto, Ontario M4P 1Z8  
T: 416-482-3023 F: 416-482-3014

**[www.jfandcs.com](http://www.jfandcs.com)**

[info@jfandcs.com](mailto:info@jfandcs.com) | [facebook.com/jfandcs](https://facebook.com/jfandcs)

JF&CS strives for inclusivity in all its programs, serving community members of any income, family structure, ability, sexual orientation, gender identity, religious affiliation, level of observance, race, ethnicity, cultural identity and place of origin.



UJA FEDERATION  
of Greater Toronto



Ontario



United Way  
Greater Toronto



ועידת התביעות  
Claims Conference  
The Conference on Jewish Material  
Claims Against Germany  
[www.claimscon.org](http://www.claimscon.org)



**JF&CS**  
JEWISH FAMILY AND CHILD  
SERVICE OF GREATER TORONTO

**COUNSELLING**  
[jfandcs.com/counselling](http://jfandcs.com/counselling)

# At one time or another, we all need a little help.

Counselling at Jewish Family and Child Service fits in with busy lifestyles and focuses on problem solving and practical strategies to help you overcome barriers to satisfaction. Today, more than ever, people of all ages and all walks of life are faced with the challenge of coping with personal, social and family problems.

JF&CS offers counselling services to assist individuals, couples, and families with issues such as communication, personal relationships, self-esteem, motivation and general emotional well-being.

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*JF&CS is a Health Information Custodian (HIC) under the Personal Health Information Protection Act, 2004 (PHIPA) for many of its programs. JF&CS is committed to protecting individual privacy, and to maintaining the confidentiality of all personal health information (PHI).*

## COUNSELLING THAT MEETS YOUR NEEDS

Individual Counselling can help you with:

- Personal conflicts
- Anxiety, stress and sadness
- Living and working more effectively

Couples/Marital Counselling can help you improve:

- Communication skills
- How to understand each other's needs
- Your relationship with children, finances, family life and work

Family Counselling can address issues faced by:

- Families with younger children and teenagers
- Remarried couples and blended families
- Single-parent families
- Those managing the "sandwich" obligations of childcare and elder care

## OUR COUNSELLORS CARE

JF&CS counsellors hold Masters of Social Work degrees and are registered with the Ontario College of Social Workers and Social Service Workers (OCSWSSW).

We provide a client centred approach to counselling that views the client as the expert in their own lives and experiences. We work with our clients to develop goals, build coping mechanisms and understand themselves in a modality that works best for them. We focus on the importance of balance among the cognitive, emotional, spiritual, social and physical aspects of the self.

## AFFORDABLE AND CONVENIENT

Our counselling fees are fair and affordable. Some insurance plans provide coverage for counselling services offered by registered social workers.

For your convenience, appointment times may be scheduled not only on weekdays, but some evenings and Sundays as well.

Consultation sessions are also available.

**Your privacy is important to us; inquiries and counselling sessions are kept confidential.**