



泉源輔導中心
Living Water Counselling Centre

165 East Beaver Creek Road, Unit 9,
Richmond Hill, ON L4B 2N2
Tel: 905-763-0818 Web: www.lwcounselling.ca

Free Single-session Psychotherapy

*A Journey of Growth and Self-Discovery Begins with
a Single-Session Psychotherapy*

Purpose : To provide a safe environment to support individuals (age 16+), couples, and families in understanding and coping with challenges related to emotions, relationships, and life transitions.

Duration : 50 minutes per session

Team : Registered Psychotherapists and Marriage & Family Therapists

Period : June 9, 2025 – September 30, 2025

Languages : Cantonese, Mandarin, English

Counselling Topics:

- Depression/anxiety
- Emotional/relationship
- Stress management
- Referral services
- Interpersonal communication
- Self-image
- Marriage/Family
- Parent-child
/intergenerational issues



**Counsellors will adopt appropriate counselling approaches based on individual needs.*

**Clients will be guided to identify key insights and practical coping actions by the end of the session.*

**Personal information are kept confidential in accordance with professional Codes of Ethics.*

If interested, please call 905-763-0818 during office hours (Monday to Friday, 10am–6pm)