

Individual, Family and Marital Counselling

Services provided:

- Workplace stress
- Separation and divorce
- Couples counselling
- Grief
- Child / parent conflict
- Anxiety
- Depression
- Anger management
- Co-dependency
- Trauma and abuse

How can I access services?

Contact the SIGN intake worker at 306-783-9428 or counselling@sign-yorkton.org and a counsellor will be in touch within 1 working day to set up an appointment.

There is a fee for service, however, check with your Health Benefits Plan as you may have coverage for the cost of the appointment.

Insurance Coverage for:

- Homewood Health
- FSEAP Regina and Saskatoon
- Shepell
- SunLife
- Health Canada Non Insured Health Benefits Program
- Great West Life
- Blue Cross

Please check with your insurance provider to ensure coverage.



Counselling Services

345 Broadway St. W.
Yorkton, SK S3N 0N8

Phone: 306-783-9428

Fax: 306-782-4361

Email: counseling@sign-yorkton.org

Website: www.sign-yorkton.org

Find us on Facebook: [signyorkton](https://www.facebook.com/signyorkton)

Counselling Services

Every journey begins
with the first step.



306-783-9428



What happens in counselling?

In counselling you are helped to explore your problems in the hopes of finding a solution to resolve a difficult problem. The counselling process teaches skills for managing the stresses of life and work and provides strategies to promote health and well-being.

The goal of counselling is to leave you with a better understanding of yourself and a new found ability to properly deal with issues that once negatively affected you.



Counsellor's help you to:

- Improve your relationships,
- Explore your emotions, thoughts and behaviors,
- Become more aware of yourself, your values and what motivates you,
- Plan and set goals,
- Reduce your stress,
- Develop a sense of well-being and peace,
- Do things differently and bring about change in your life.

Confidential Counselling

Counsellors respect the importance of the trust and confidence placed in the professional relationship by clients.

Counsellors can only disclose confidential information with the informed consent of the client; or permission from the client's legal representative; or when requested by a court order.



Counsellors are professionally trained and are expected to

- Be trustworthy,
- Respect your confidentiality,
- Listen to you carefully and sensitively,
- Help you sort out how you would like things to be different,
- Support you in making the changes you choose to make.