



## What is the Hub for Hope?

### PROGRAM DETAILS:

 You will be provided 8 counselling sessions at NO COST.

 Each Session is a 50 minute duration.

 Free counselling delivery options include in person or via tele health (video conferencing).

 Extension of sessions may be granted.

**YOUR ROLE IS TO  
COME AS YOU ARE!**

The Hub for Hope is a program that offers free counselling services to anyone over the age of twelve.

If you are dealing with anxiety, depression, stress, management, communication, life transitions, self-esteem, trauma, grief, bullying, friendships / connections, and want some help, contact [dochascollabhub@gmail.com](mailto:dochascollabhub@gmail.com)

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# HUB FOR HOPE

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## ABOUT DÓCHAS

Dóchas believes that everyone should feel accepted for who they are. We aim to help empower you to trust what your mind, body, and emotions tell you.

## WHO ARE YOUR COUNSELLORS?

Free counselling is provided by psychology interns at Dóchas Psychological Services. Each intern is under the supervision of a Registered Psychologist.

## IF YOU ARE INTERESTED

If you are interested in free counselling or want more information, send us an email and we will follow up with you!



Session dates will be booked upon registration completion.



Informed consent and parental consent will be completed at the onset of service delivery.



Once reviewed, you will be notified by phone, email and or text (your preference).



You will be matched with an intern psychologist from Dóchas Psychological Services. Should there be a wait list, you will be notified about your spot on the list.

## CONTACT

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# YOU MATTER & WE ARE LISTENING

