

## 2011 /2012 Year in Review

# Counselling at Family Services of the North Shore

Individuals, couples, children, youth and families continue to receive exceptional clinical counselling services at Family Services of the North Shore.

Each year 1,104 people reach out to us for help with depression, anxiety, childhood abuse, relationship violence, parenting concerns, couples conflict, isolation, divorce, bullying and many other issues. The good news is that with support of an experienced counsellor, these individuals feel better, do better and thrive. Our outcome surveys confirm these exceptional results.

### Child and Adolescent Sexual Abuse Counselling

As a result of therapy, 80% of our youngest clients have developed more confidence, understand that the sexual abuse was not their fault, know they are in charge of their bodies and are able to stand up for themselves. 82% of our clients have learned how to keep themselves safe from further abuse.

“Having someone who will listen without judging, offer professional advice, while accepting me for who I am.”



"For my child the most helpful thing has been learning how to express his emotions at appropriate times. He has a better sense of himself and more confidence."

### Stopping the Violence - Adult female survivor of abuse.

At the end of therapy, 82% of our clients understood more about how their past experiences influence their lives today. 91% experience less anxiety, use healthier ways to deal with their feelings and feel good about themselves.

### Clinical Counselling - Sliding scale (\$20 -\$110)

84% of our clients said that therapy helped them develop a greater sense of understanding of their strengths and vulnerabilities. 80% feel more able to identify and express their needs and have a greater sense of well-being. 68% of our clients feel more positive about life.

Family Services of the North Shore is an accredited not-for-profit community based agency that offers counselling, education and support services. We also lead the provincial work in eating disorders prevention. Family Services of the North Shore has been caring for the community for over 60 years. Our high-profile, proactive presence throughout the province connects the community through a variety of programs that create an environment for all families and individuals to thrive.



We recognize the continuing contribution of the City of North Vancouver, District of West Vancouver, District of North Vancouver and the financial assistance of the Province of British Columbia.

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