



Outreach & Education Services

Individual Education

The focus of this service is education, non-judgmental listening and fostering a reconnection to your own insight and resources.

We provide a confidential and safe environment for education and personal expression on specific topics.

Topics of your choice

Maximum 6 sessions

No cost to participants

Offered by members of the Outreach & Education Team

TOPICS

Anger Awareness
Bereavement, Grief & Loss
Bullying & Harassment Awareness
Family Violence Awareness
Feelings Awareness & Basic Needs
Healthy Communication & Relationships
Resiliency & Self-Care
Responding to Stress
Self-Esteem & Personal Growth
Suicide Awareness
Vicarious Trauma

Other topics upon request

Reminder:

Individual Education is not counselling or therapy

Outreach and Education workers are not therapists

If you would like to request individual education sessions

Contact:

Lethbridge Family Services

Outreach & Education

403-327-5724

outreach@lfsfamily.ca

or access our website

www.lfsfamily.ca

These services are available
throughout the South Zone - West

