



**Counselling
is now
Available
ONLINE**

Visit our website for
more information

The covid-19 corona virus pandemic has affected all our lives in profound and unsettling ways never before experienced. As we attempt to understand and adapt to these new conditions of living, we seek the elements of comfort, security and safety through strength-based methods of resilience and effective coping strategies.

YOU ARE NOT ALONE!

In this time of uncertainty and drastic changes, let us help you find your strengths in daily living.

WE'RE HERE FOR YOU!

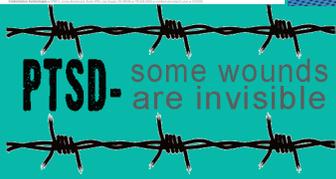
Office: (866) 708-3501

www.impressions-counselling.org

**HELPING
YOU FIND
YOUR
SOLUTIONS**



FOR MORE INFORMATION, VISIT OUR WEBSITE AT
WWW.IMPRESSIONS-COUNSELLING.ORG



HOPE
is the only thing
stronger than fear



impressions inc.
Family Counselling Services

Call us today to schedule your

FREE phone consultation or
VIEW OUR WEBSITE
FOR MORE INFO



www.impressions-counselling.org

Office: (866) 708-3501
BY APPOINTMENT ONLY

OFFICE HOURS

Day	Hours
Monday	9:00am - 6:00pm
Tuesday	9:00am - 6:00pm
Wednesday	9:00am - 6:00pm
Thursday	9:00am - 6:00pm
Friday	9:00am - 6:00pm
Saturday	12:00pm - 6:00pm
Sunday	Closed

*Appointments available between 9am and 9pm.



GST Reg. No.: 801309873RT0001



P.O. Box 27002
Victoria, BC
V9B 5S4
CANADA

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VANCOUVER ISLAND



impressions inc.
Family Counselling Services

ON-LINE GROUP
PROGRAMS



We're **HERE** for **YOU!**

INFORMATION PAMPHLET



Psychology Today Therapists

Office: (866) 708-3501
LOCAL/TOLL-FREE

www.impressions-counselling.org



**Supporting A Happier
and Healthier YOU!**



We are a private-practice mental health Organization providing independent counselling services to children/youth, adults, couples, families, seniors, veterans and EMS personnel; in addition to, management consultation, trauma intervention (CISM) and organizational education programs.

We are committed to providing the highest-quality of professional competence and readily-available services to meet your personal and professional needs.

Call us today for a **free telephone consultation** and to schedule an appointment, at your convenience.

**Mental health
BEGINS WITH Me**



Craig Maguire, BA, RSW, BCCSW, CASW
Registered Social Worker/Therapist

In Pursuit of Excellence!

Professional - Experienced - Results Oriented

With 30+ years of professional therapeutic counselling services, Craig provides a comfortable and engaging opportunity to confidently discuss your issues of concern and problems in daily living.

Craig is a Provincially-accredited Social Worker in British Columbia, Canada.

- **PROFESSIONAL**
- **EXPERIENCED**
- **RESULTS-ORIENTED**



IMPRESSIONS FCS offers individual and group counselling services through phone and/or video conferencing communications..

Some common issues and concerns experienced and addressed by our professional services include:

- *marriage/relationships*
- *confidence & self-esteem*
- *depression & anxiety*
- *abuse & neglect*
- *family violence*
- *bullying*
- *discrimination*
- *conflict resolution*
- *anger management*
- *addictions*



... and numerous others.

Even the strongest
Need Support.



We're HERE for YOU
Our discreet, confidential and personalized **ON-LINE** services include:

MENS' THERAPEUTIC SUPPORT GROUP (18+)

Small groups of 8 participants meet weekly to discuss common issues and concerns to them in a facilitated 8 week therapeutic counselling Program.

ADOLESCENT SUPPORT GROUP

A supportive environment of teens 14 to 17 years of age sharing common experiences and adversities in small groups of 8 participants in an 8 week therapeutic support Program.

CHILDRENS' SUPPORT GROUP

A facilitated group Program with 4 participants in weekly sessions for 8 weeks sharing common themes of interest and concern for children 10 to 13 years of age.



ON-LINE INDIVIDUAL COUNSELLING SERVICES

Specifically designed for individuals unable to attend regular "in-person" office appointments.

COVID-19 CORONA VIRUS PANDEMIC NOTICE:

Given the current conditions, limitations and restrictions imposed by the pandemic, our office has temporarily suspended all in-office appointment scheduling. Our services remain available via phone and/or on-line telecommunications.



OUR ON-LINE GROUP PROGRAMS

We recognize and appreciate the difficulties being experienced by many individuals in this most complex and ever-changing Society. Our Groups focus on creating a safe and comfortable environment in small group processes which facilitate increased emotional well-being and enhanced daily living skills. Groups are semi-structured to allow for consistent and progressive skill development while ensuring flexibility for participants to direct their own learning strategies and areas of interest and concern to be openly discussed.

All participants are welcomed and encouraged to share personal experiences creating concern and difficulty for them in a private and confidential (*secure*) on-line environment of their peers; and, in finding their strengths and skills for overcoming the obstacles and fears they experience.



**EASY
CONVENIENT
SCHEDULING**

**APPOINTMENTS
READILY
AVAILABLE**

**WE WORK COLLABORATIVELY WITH ALL
INSURANCE CARRIERS.**



For more
information on our
professional
services, call us at:

(866) 708-3501