

COUNSELLING AT ST JAMES'

In response to a need expressed by our local community, St. James' Church is now offering a socially inclusive and non-faith based professional counselling service as part of its new outreach ministry to the city.

While advancements in contemporary living have brought comforts and other benefits not previously enjoyed, they have also resulted in increased and often overwhelming levels of stress related to a rise in pace, competitiveness, and individual expectations in both public and private life. This phenomenon has given rise to:

- Excessive workload and/or workplace insecurity, dissatisfaction and frustration
- Struggles with maintaining a work-life balance
- Problems with interpersonal relationships at home and/or work
- Difficulties with balancing intimacy and solitude
- Mood changes that impact joy of life
- Loss of purpose and meaningfulness
- Struggles with injustice, loneliness, responsibility, authenticity, pain and death

Our professional counsellors/psychotherapists/coaches are available to assist individuals, couples, and family members on a wide range of issues. Appointment flexibility is offered to accommodate work schedules. The service is provided in rooms in the lower level of St James' Church, located in the heart of the city.