

# WELLNESS SERVICES



Wellness Services are offered to current or past clients, families, caregivers and the broader community to proactively engage participants in their care by building awareness and enhancing knowledge, skills and resilience.

Our wide range of Wellness events provide timely services that support the changing needs of our clients across the lifespan. These are delivered through various means, including groups, workshops, clinics, drop-ins, phone-ins and Telehealth services.

### Note to Participants:

Please add [wellness.registration@surreyplace.ca](mailto:wellness.registration@surreyplace.ca) to your list of contacts. The link to join events will be sent from this email address and will go to junk/spam if not added.

## New Event:

### Single Session Counselling - Conversation for Change July 2021

Stuck on a problem?  
Facing a challenge?  
Want to make a change?

Single session counselling can help you take a step towards positive change in your life.

After your counselling session, the social worker can give you information and resources to support you in taking the first step towards meeting your goal.

Here are examples of goals that may be addressed in a single session: stress reduction, improving social relationships, being more active.

Please note that this service is for:

- Adults (18+) with an intellectual/developmental disability who are registered with DSO Toronto
- Individuals who are already receiving counselling or psychotherapy services are not eligible for this service.

#### DATE & TIME:

Single session counselling sessions are offered on week-day evenings and on Saturdays during the day.

#### LOCATION

Online –

#### TO REGISTER:

Please leave a message at 416-925-5141 (ext. 2237) or email us at: [singlesession@surreyplace.ca](mailto:singlesession@surreyplace.ca).

One of our social workers will contact you to schedule a counselling session.

For more information, please email:

[Wellness.registration@surreyplace.ca](mailto:Wellness.registration@surreyplace.ca)

Or visit:

[www.surreyplace.ca/wellness](http://www.surreyplace.ca/wellness)

**SOUTH LOCATION:**  
2 Surrey Place

**WEST LOCATION:**  
2150 Islington Ave.

**NORTH LOCATION:**  
2 Champagne Dr.

**EAST LOCATION:**  
10 Milner Business Ct.