



LET'S TALK Mental Health!

Free Community Counselling Program

Enriching the lives of children, youth, adults and families for 48 years!

MENTAL HEALTH: The Fine Balance

Mental Health and Well-being is having a healthy balance between your mind (emotional) and body (physical). A balance in the social, physical, spiritual and economic realms of your life allows you to develop the resiliency needed when faced with Life challenges.

Mental health and well-being are interrelated and can be influenced by a family history of illness, life choices, behaviours – positive and negative - as well as environmental stressors such as personal and workplace stress, trauma, coping skills and access to social, medical and mental health supports.



35 Years of Training More Than 600 Intern Counsellors

As a grassroots agency that pioneered the program model in Langley, LCSS is proud to have trained and supported more than 600 new counsellors over the past 35 years. Counsellors leave LCSS having fulfilled their practicum requirements ready to receive a professional designation. The next round of new student counsellors will join LCSS in January.



Community Counselling Team

Battling Anxiety: My Story

Brian: *I've always been that quiet, nervous person in the back of the room. Meeting people for the first time or trying something new has always been excruciating for me. I spent a great deal of my time imagining all sort of calamities and ways that things will go wrong. These thoughts kept me from sleeping, sometimes from eating, and, because I was desperate to be invisible, prevented me from enjoying life. Now, in counselling, I know what the problem is - anxiety. And I'm learning to balance out the anxiety with strategies to cope and I'm starting to enjoy my life.*



Mental Health: Regain Your Sense of Meaning

Improving your Mental Health enables you to have greater confidence and increased self-esteem. When we are mentally healthy, we are more positive towards life and the people within our social circles. We have increased energy, are able to be more creative, can take on more risks and cope with life stressors with greater ease. We've all heard or read about how to improve our Mental Health and Well-Being through exercise, eating right, reducing and managing stress. But there's a difference between knowing and doing - and sometimes the problems and stressors prevent us from doing and being our best selves. Sometimes we need help to regain our sense of meaning and purpose, to learn new strategies for coping, to find balance between work and play and maintain fulfilling relationships. And that's where counselling can serve you.

Community Counselling Program Helps Improve Your Mental Health and Well-Being!

Community Counselling is a free counselling service that has been offered to Langley and Aldergrove residents since the mid 80's. The program provides a confidential and non-judgmental space for clients to address challenges be they emotional, situational or relational. LCSS serves all Langley residents inclusive of the LGBTQ2AI+ community. Counselling provides solid strategies, techniques, and frameworks to strengthen and improve client's view, mood, life balance and resiliency. We all, at one time or another, are faced with an issue we are not able to navigate on our own. Whether you are seeking child or youth counselling, individual counselling, parenting or co-parenting counselling, or couples counselling, our counsellors are compassionate, empathetic, and committed to helping you.

What Are Your Challenges?

Our free counselling program offers service to children, youth, individuals, couples, and parents with:

- Marriage and relationship issues
- Dealing with separation, divorce and blended families
- Coping with the symptoms of trauma and abuse (emotional, physical, and sexual)
- Parenting challenges
- Low self-esteem
- Feelings of unhappiness and hopelessness
- Life transitions (moving, changing jobs, leaving home, medical diagnosis)
- Feeling symptoms of stress, anxiety, depression (post-partum depression)
- Behaviours or feelings that are harmful to self
- Coping with grief and loss
- Concerns about body image
- Sleep issues
- Family issues
- Adjustment difficulties
- Childhood and adolescent Issues
- Vocational and workplace issues
- Relationship breakup
- Isolating yourself
- Cross cultural issues with spouse and children
- Issues related to divorce
- Parent/child/ teen conflicts
- Inability to concentrate
- Healing from your trauma
- Divorce Counselling
- Feeling not wanting to be around friends and family
- Substance use or substance counselling for youth



Community Impact

The Community Counselling program delivered more than 1400 hours of counselling to over 240 couples and individuals last year. Since opening in the early 1980's, Langley Community Services Society is proud to have provided more than 40,000 hours of free counselling, helping over 7000 individuals and couples over the last 35 years though this program alone.



Benefits of Counselling Service

Our Counselling Sessions will help you to:

- Resolve conflicts more effectively
- Improve communication
- Create harmonious relationships
- Cope with stress
- Increase self-esteem and confidence
- Manage harmful behaviours
- Understand your loved ones better
- Find balance in life
- Deal with life problems more effectively
- Improve your physical and emotional well being
- Understand yourself better
- Learn how to express your feelings more effectively
- Learn to let go of the past and move forward
- Have a more positive outlook and live a healthier lifestyle
- Learn how to set and reach goals

Feeling Ashamed: My Story as a Parent

Suzanne: *I thought I was incapable of being a good parent. I was having more problems parenting and being a wife than anyone I knew. I felt like a failure and was ashamed, so I never told anyone how much I struggled. Stressed out I finally went to my doctor who suggested counselling and that's where I found out how out of balance my life was. I gained insights into my struggles and the reasons around them, learned how to structure my life so I, and my family could finally get what we each need – at least some of the time. With this new awareness and a much more balanced life I feel happier and more confident and that is making me a better parent and wife.*

How to Access FREE Counselling Services?

To register for counselling services go to www.lcss.ca and fill in the online intake form under Community Counselling or call Langley Community Services at 604-534-7921 and complete intake by phone.