

# In Office Counselling Impact Statement 2024



Enriching Lives, Strengthening Communities

## Feedback

I walked away with more than I came with, I felt respected and heard, I felt safe, I learned a lot about community resources, I was able to sit in my feelings.

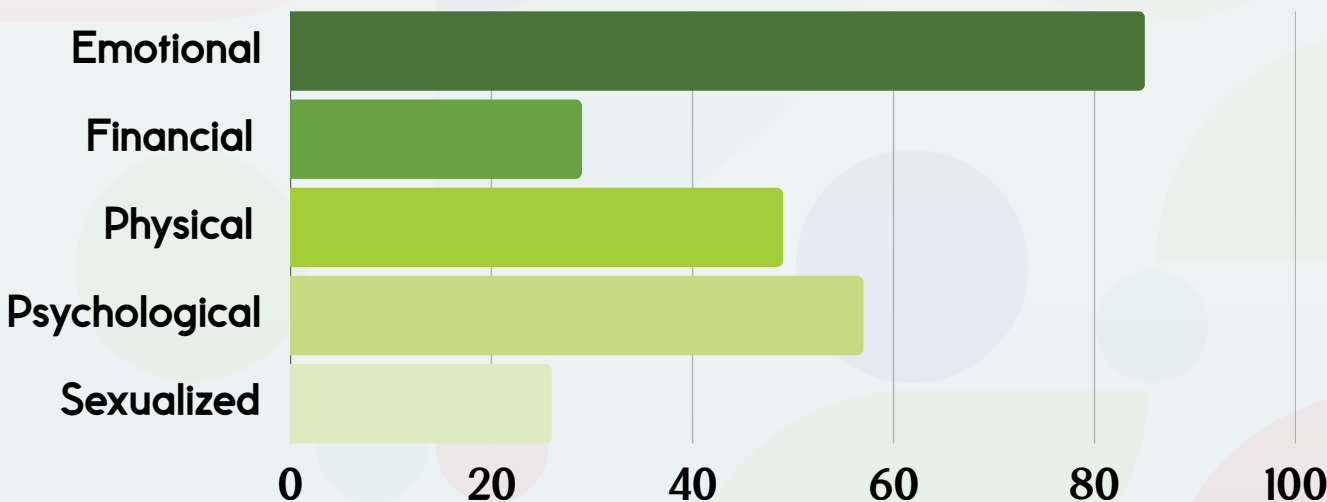
What can we do better?

More than 6-8 sessions

Later sessions - evenings/weekends if possible

Snacks, coffee or water present

## Abuse within the Family



## Program Goals by Type

Behavioural Development	1
Emotional Well-Being	68
Family Relationships	38
Violence	19

## Program and Participant Statistics

203 clients served in 2024

157 new clients referred in 2024

86% of clients identified as Caucasian

5% of clients identified as First Nations

Majority of clients supported were aged 30-39 or 40-49

Average wait time to receive support was 34 days.

## Pre to Post Rick Scores by Goal

	Decreased	Neutral	Increased
Behavioural Development	1	0	0
Emotional Well-Being	42	5	1
Family Relationships	26	6	0
Violence	17	1	0

