



# Individual & Family Well-being

*Referral services, group support and counselling. Privately discuss your concerns and identify the best-fitting supports.*

The City of Edmonton's Individual & Family Well-being unit supports citizens facing life challenges and provides support through times of stress. Some of these services include:

- personalized system navigation, guidance and direction
- individual counselling and group supports
- promotion of healthy relationships and family violence prevention
- assisting to engage critical support in times of need

**780.496.4777**

8:30 a.m. – 4:30 p.m.

Monday – Friday

**[edmonton.ca/familysupport](https://edmonton.ca/familysupport)**

**Edmonton**