

Our Mission

We partner with you to manage life's challenges.



Our Services

- Individual, Couple & Family counselling
- Counselling for women & children who have experienced abuse
- Partner Abuse Response Program
- Caring Dads Program
- Counselling for sexual abuse survivors
- Employee Assistance Programs
- Supervised Access Program
- Family Life Education Courses
- Walk-In Counselling Clinic

Who We Are

- A family counselling agency providing service to the community since 1954
- A member of Family Service Ontario
- Accredited by Canadian Centre for Accreditation

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Canadian Centre
for Accreditation



Agréé par
Centre canadien
de l'agrément

Please call for an appointment.

Some programs are free of charge.

Some programs have fees based on a sliding scale.



Our Locations

Burlington Office

777 Guelph Line, Suite 207
Burlington Centre
Office Galleria
Burlington, ON L7R 3N2
Phone: 905-637-5256
Fax: 905-637-8221

Oakville Office

465 Morden Road, Suite 200
Oakville, ON L6K 3W6
Phone: 905-845-3811
Fax: 905-845-3537

Milton Office – Counselling

400 Main Street East
Suite 207
Milton, ON L9T 4X5
Phone: 905-845-3811

North Halton Office

(inside Links2care)
360 Guelph Street
Unit 33
Georgetown, ON L7G 4B5

Thrive Counselling is a registered charity.
Donations gratefully accepted.
Charitable Registration #107462384RR0001

905-845-3811

905-637-5256

1-866-457-0234

thrivecounselling.org

Funded by



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I want to
THRIVE
not just
SURVIVE!

Services Offered

Individual Counselling

For issues including, self-esteem, depression, anxiety, stress, loneliness, grief, job loss, sexual orientation, sexuality, chronic illness and sexual abuse.

Couple Counselling

For those who want to improve communication, problem solving, conflict management, and sexual issues.

Family Counselling

For dealing with the loss of a family member, conflict, effective discipline, substance abuse, school problems, parenting issues and concerns for aging parents.

Separation Counselling

For dealing with the emotional reaction when a relationship ends, which may include grief, loss, anger & strategies for resolving custody and access issues.

Blended Family Counselling

For helping couples let go of previous relationships, adjust to a new relationship, and define parenting roles.

Group Programs

For education, skills and support. Groups include Dialectical Behaviour Therapy (DBT) Skills-informed and programs for women and children who have experienced abuse.

Walk-In Counselling Clinic

For Single-session therapy designed to provide support, feedback and ideas on making positive life changes.



Intimate Partner Abuse Program

Counselling for Women

Individual & group counselling for women who have experienced abusive relationships. Focus may include understanding why abuse happens, defining abusive behaviours, developing safety plans, and making choices for the future.

Counselling regarding the impact of abuse on children is also provided.

Safety Zone

Supportive group program for children and their moms who have experienced abuse. We will talk about the impact of their experiences, how to make safety plans, how to handle anger and loss. Most importantly, we talk about how to move forward and build a life without abuse.

Partner Abuse Response Program

An educational and counselling program for those who want to improve their intimate partner relationship skills. The program invites participants to develop healthy, non-violent relationships and to take responsibility for their use of abusive behaviours.

Caring Dads

This program helps men adopt attitudes, beliefs, and behaviours that support healthy father-child relationships, develop skills for interacting with children in healthy ways, and recognize the impact on children of controlling, intimidating, abusive and neglectful actions including witnessing domestic violence.

Supervised Access Program

Family Visiting Centre

The Supervised Access Program offers separated families a setting where visits between children and their non-custodial parent can take place under the supervision of trained staff. Our location is child-friendly and the safety of all family members is a priority.

Employee Assistance Program - FSEAP

As a partner agency in Family Services Employee Assistance Program (FSEAP), we are able to offer employers and businesses access to plans that assist their employees with a wide variety of issues thereby enhancing wellness, increasing productivity and strengthening job performance. Employees have access to a full range of the counselling options available to all clients of our agency. As a member of FSEAP, we can coordinate service across the province for convenient in-person settings in your employee's home community.

We take pride in our long-standing service to individuals and families.

Over the years we have helped hundreds of thousands of people who were struggling with issues of family conflict, family breakdown, depression, grief and loss, family violence or sexual abuse.

We are a positive space.

