



THE PSYCHOLOGY CLINIC AT QUEEN'S

# BRIEF TELEPSYCHOLOGY SERVICE

A short-term psychological service that focuses on improving skills for coping. This service is designed for adults, children, youth and families struggling with adjustment or stress living in Kingston, Frontenac, Lennox & Addington.

- Four 30-minute video conferencing sessions over 2 weeks
- Group-based or individual sessions
- \$200 flat fee for 4 sessions



**Community Foundation**  
for Kingston & Area

\*\* Thanks to the support of United Way Kingston, Frontenac, Lennox & Addington and Community Foundation for Kingston and Area, we are able to offer a number of spaces to clients unable to pay this fee at no cost to the client



**United Way**  
Kingston, Frontenac  
Lennox and Addington

For more information please visit  
<http://www.queensu.ca/psychology/psychology-clinic>