



Rey T. Singh MSW, CACII, RCS, RSW
Social Worker, Psychotherapist

“This men’s support group is to assist men to access social supports, meet new people and engage in social functions and support for their own health needs. Counselling support is not offered in this group and is only accessed through individual counselling sessions. However, a weekly check-in will be provided at the group and individuals are encouraged to foster healthy friendships with other group members during activity times.”

Rey T. Singh MSW, CACII, RCS, RSW Credentials:

- Registered Social Worker in Ontario
- Board Certified Addiction Counsellor
- Board Certified Registered Clinical Supervisor
- Aboriginal Trauma Certified
- Experienced working with Developmental Diagnosis
- Certified in CBT, Solution-Focused and Brief Counselling Approaches; Indigenous Methods Specialist; Mindfulness specialized
- 18 years of experience



**London Middlesex Counselling
& Addiction Services**

We are conveniently located at Unit 210-186 King Street downtown London, Ontario. (between Richmond and Clarence St.)

Rey Singh MSW, CAC II, RCS, RSW
Social Worker, Psychotherapist
London Middlesex Counselling &
Addiction Services
186 King St. Second Floor Rm.211
London, ON
Toll Free:

1(855) 339-1666

You may book your confidential orientation session with Rey online at:
www.counsellorlondon.ca
or call for more information.



**London Middlesex
Counselling &
Addiction
Services**

**Men’s Therapeutic
Support/Activity
Group**

186 King St.
Second Floor
Rm 211

Wednesday Evenings
7-9pm Weekly
Rm 210
1(855) 339-1666

www.counsellorlondon.ca

Book your participation in this group online at:

www.counsellorlondon.ca

Group activities:

Weekly Check-in
Guitar group
Social outings
Hikes
Fishing
Squash
Tennis
BBQ's
Discussions on current events
Opportunities to connect with others
Other group interests.

**Prerequisite for attendance: prior attendance at two counselling session.*

**Rate for participation is one session hour per month: 155.00. (pay and book online) Individuals are responsible for their own costs for social activities. (e.g. attending a movie together).*

**takes place on Wednesday evenings 7pm - 9 pm*

Other Specialized Private Counselling Services offered in private session

- Crisis Counselling Support
 - Mental health support including Substance Abuse Disorder and Dual Diagnosis—youth and adult
 - Domestic violence—men and women
 - Anger management
 - Depression and anxiety management
 - Grief and loss
 - Complex Post Traumatic Stress
 - Couples and Relationship Stress Counselling
 - Residential School Health Support
 - Transitions and New Relationships
 - Codependency
 - Family Dispute resolution
 - Gender identity and sexual identification
 - One-on-one or family-based support
- Solution-focused, dialectical, narrative approach_Incorporates*

By Appointment Only

Counselling Availability By Appointment Only

Monday to Thursday
9:30 am - 9:30 pm

Friday
9:30 am – 4:30 pm

Sunday
1:30 pm – 2:30 pm

London Middlesex
Counselling &
Addiction Services
www.lmcaas.com

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