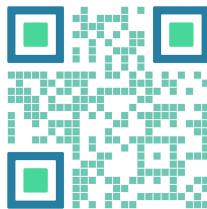




# Rapid Access Counselling

Change. One conversation at a time.



For more information visit  
[www.RACAlberta.ca](http://www.RACAlberta.ca) or call 1-877-244-2360



kindred

## What is RAC?

Rapid Access Counselling (RAC) provides you and your family with a supportive, change-focused conversation at the right time. This service is tailored to help grow resilience and capacity with caregivers, kids, or families.

## How can I access it?

To sign up for single-session counselling (just one, or one-at-a-time) you can create a Jane account and simply select the time that works best for you.

RAC is available province-wide as part of a collaboration between The Family Centre and Kindred, supporting Alberta Family Resource Networks.

## Is RAC available to me?

RAC is real help, within the reach of every Albertan. It's confidential, practical, and because it's virtual, doesn't require travel.

Sessions are available within three business days for individuals, couples, and families. RAC is free for children under 18 or their caregivers.