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DR. ELAYNE TANNER
Registered Social Worker

Counselling & Psychotherapy

Milton 905-854-0801
www.DrElayneTanner.com

Q: I suffer from anxiety and anger and would like to come see you and get some help but I have 2 questions. Are you covered by my benefits and how does counselling work?

A: These are very common questions. I will first address the things that are "easier" to answer: costs and insurance benefits. My hourly rate is \$150 for a 60-minute hour (some provide a 45-55 minute hour). Your benefits may cover me. I am a Registered Social Worker with bachelor (BSW), master (MSW) and doctor (PhD) level degrees in Social Work. My services are covered by many benefit packages including school boards and government bodies such as WSIB and I am licensed with the government motor vehicle accidents insurance, known as HCAI. But you must confirm your coverage with your benefits package. Some provide counselling through a specific company in which case, you have to accept their counsellors and most likely have a very limited number of sessions available. Some benefit packages cover one professional designation, and not others. Again, check your benefit package and if in doubt, speak to them directly. In your case, since your physician referred you specifically to me, mention that if there is any doubt.

As to how it works, if you mean what makes counselling successful, that is a long conversation and actually best discussed as part of the "work" we would do together. What we would actually do though, is basically talk—I find out something about you and the sources of your stress, and I teach you some ways to change the "outcomes", which in your case, is anxiety and anger, so that you become in control of your emotions. If you will ask me how many sessions it will take, of course everyone is different and have different final goals so I can't tell you for sure, but most people find some level of relief within 6-10 sessions and feel significantly better after 12 sessions. Yet, if you can only afford 4-6 sessions, we work with what we've got. I am skilled at being able to provide short-term relief quickly. I hope this gives you some insight into the process. If you are interested in speaking further or booking an appointment, contact me via phone or email. Remember, my goal is to Help You Help Yourself so that your skills will build and you can move forward.

"HELPING YOU HELP YOURSELF"

Elayne Tanner Social Work Professional Corporation



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Zachary Fiddes
B.ENG., O.L.S. President

Q: What are zoning by-laws and how do they affect my property?

A: The town is divided into different types of zones. Each zone has rules that stipulate the type of building allowed on the property and how it may be used. These by-laws also specify where buildings and other structures may be located, as well as lot size allowed, acceptable dimensions for both structures and lots, parking requirements, building and fence heights and setbacks from the street.

It is important to know the setback dimensions in your area if you are building a new house but also if you plan to add any structures to your existing home. There may be setback rules for porches, decks, garages, and other structures you may be adding to your property.

In order to determine how the zoning by-laws affect your property you can contact the Town or go online and check on their website. As an Ontario Land Surveyor, I can help you determine how the zoning by-laws affect your project and provide surveying information about your property to make sure your project meets all applicable regulations.