Walk-In Counselling Clinic

Opening Nov.29, 2016

Tuesdays, 12pm-6pm

(except statutory holidays and Dec. 27th, 2016)

Carizon Family and Community Services

400 Queen Street South Kitchener, ON

If you require accommodations such as interpretation services, you are welcome to contact us in advance to make arrangements.

Couples counselling is available through scheduled appointments only; please call (519) 743-6333 for more information.

I need a plan.
I need someone to listen.

What You Can Expect:

On Tuesdays from 12-6pm, our counsellors will meet with you for a 90 minute session to help you address a wide range of challenges including:

- Experiences of abuse or trauma
- Stress/workplace issues
- Relationship struggles (Couples are not seen together in Walk-In)
- Depression/Anxiety
- Thoughts of harming yourself or others
- Grief and loss
- Parenting
- Financial stress
- Concerns about the role drugs or alcohol are playing in your life
- Wellness

Our goal is to ensure that you are heard, can reflect on the situations that are affecting you most, and leave the session with a plan on how you can begin to work toward practical solutions with a wider range of coping skills.

Can I book an appointment instead?

Yes, we are continuing to provide scheduled counselling sessions. Contact (519) 743-6333 for more information.

Please note that these services are separate from Front Door Walk-In services. For information about accessing children's mental health services go to www.frontdoormentalhealth.ca

Is there a cost for this service?

Our commitment is that no one is turned away from services due to a difficulty to pay. Our fees are on a sliding scale based on your household income. We will work with you to determine if there is funding available to help cover the cost of your session.

If you have coverage for services under an employment or insurance plan please bring that information with you to Walk-In.

CARIZON
family + community services