

Front Door

Access to Child and Youth
Mental Health Services

Single Session Counselling for Youth and Families



In a free, single counselling
and consultation session,
we can help 0-18 year olds
struggling with:

Behaviour
Emotions
Self-harm
School Concerns
Mental Health
Relationships

And we can help you
access more intensive
services.

Walk-in Service

Cambridge

Lutherwood
35 Dickson St, Cambridge
Tuesdays noon to 6:30 pm

Langs
1145 Concession Rd, Cambridge
Thursdays 9 am to 3:30 pm

Kitchener/Waterloo

Front Door
1770 King St E, Kitchener
Wednesdays noon to 6:30 pm
Saturdays 9 am to 3:30 pm

Walk-in sessions are available on a first come first serve basis.

Township Service (by appointment only)

North Dumfries

North Dumfries Community
Health Centre - Langs
2958 Greenfield Rd, Ayr
Mondays

Wellesley

Wellesley Township
Community Health Centre
1180 Queens Bush Rd, Wellesley
Tuesdays

Wilmot

Interfaith Community
Counselling Centre
23B Church St, New Hamburg
Thursdays

Woolwich

Woolwich Counselling Centre
65 Memorial Ave, Elmira
Thursdays

Township residents may schedule an appointment by calling 519-749-2932.