

FREE WALK-IN COUNSELLING

OFFERING VIRTUAL AND IN-PERSON SESSIONS

We offer **FREE** 1-hour counselling sessions (virtual and in-person) with trained clinicians. Every Tuesday and Wednesday.

- **Same-day sessions**
- **First-come first-served basis**
- **New clients prioritized**
- **Wait times vary**
- **All ages welcome (parental consent under 12)**
- **Individual, couples, and family counselling**
- **No OHIP or referral required**



Counselling provided by registered professionals for a wide range of concerns such as: anxiety, depression, anger management and difficulties with work, school or relationships.

In-Person Sessions

- Available on Tuesdays
- **Location: 815 Danforth Ave**
- Walk-in between 4pm and 6:30pm to book a session (limited spots available)
- Time: Registration/Intake starts at 4pm and ends at 6:30pm (or when spots are filled up)
- Sessions start between 5pm-7pm and end between 6:30pm-8:30pm based on the intake time

Virtual sessions

- Available on Wednesdays
- Phone and Video sessions
- **Call 416-645-6000 Ext.1990** on Wednesday between 4pm-6:30pm to book - leave a voicemail
- Time: Registration/Intake starts at 4pm and ends at 6:30pm (or when spots are filled up)
- Sessions start between 5pm-7pm and end between 6:30pm-8:30pm based on the intake time

Call or Email for more info:

416-645-6000 EXT.1990

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