

# Walk-in Counselling Service

We offer free counselling that can help support you through some of life's challenges. Our approach is pragmatic, strengths based, and culturally sensitive. We aim to understand the problem, set practical goals and provide support towards positive change.

Common Concerns we can help with: depression, anxiety, mental health concerns, relationship issues, alcohol and drug use, family conflict and parenting, grief and loss, low self-esteem and self-image, personal or job related stress.

- Everyone is welcome
- No health card is needed
- No referral or appointment required
- Subsequent visits are allowed



Tuesdays & Wednesdays  
4:30pm-8:30pm  
(Registration opens at 4:15pm and closes at 6:45pm\*)

Location: 815 Danforth Avenue, Suite: 100  
For more information, please call us at:  
416-572-3575



Thursdays  
4:30pm-8:30pm  
(Registration opens at 4:15pm and closes at 6:45pm\*)

Location: 270 Gerrard Street East  
For more information, please contact:  
Elaine Paz, 416-929-9614 Ext. 3235

\*Number of available sessions is based on capacity, and can vary from night to night