

Walk-in Counselling Service

“One Session at a Time”

WoodGreen offers 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.

Please call us at 416-572-3575 for more information.

Where?

WoodGreen Community Services
815 Danforth Avenue, Suite: 100

When?

Tuesdays & Wednesdays
4:30pm-8:30pm

(Registration closes at 6:45 pm)

**Sessions are subject to availability,
and vary from week to week*

Who can attend?

Everyone is welcome.

No referral or appointment is
necessary.

Subsequent visits are welcome.

What to expect:

You will meet with a counsellor for a single
session of counselling.

Each session can last 1-1.5 hours and will
address your presenting concern.

Wait times vary, please come prepared to wait
until an available counsellor can see you.



Did you know WoodGreen is on Twitter?

Check out WoodGreen's Twitter Feed
@WoodGreenDotOrg for live updates on
the Walk in Counselling Capacity or,

Visit WoodGreen's website at
www.woodgreen.org, live updates can be
found on the main page, bottom left
corner.

Please note: This is not a crisis or emergency service, we do not provide medical attention or diagnosis. If you require immediate assistance, please call the Distress line at 416-408-4357 or 911 for Emergency Services