



Durham Counselling Walk-In Clinic

The Durham Counselling Walk-In Clinic has re-opened in a virtual format!

- **All appointments are pre-booked**
- **Intakes take place the day prior to clinic day**
- **Appointments are first-come, first-served and booked each week**
- **Counselling appointments will take place via telephone**

For further information, or to book an intake, please call the **Clinic Coordinator at 289-509-0603, ext. 3203**. The clinic hours are **Wednesdays from 11 a.m.-6 p.m.**

We are a free, confidential, counselling clinic, providing service for children and youth, **3-19 years** (up until their 20th birthday), and their families.

- We provide single-session counselling for clients residing in Durham region.
- We focus on what clients would like to address, and feel is important.
- Together, we will build upon existing strengths to create a plan for positive change.
- Clients are able to engage in a discussion regarding their concerns.
- Clients are voluntary.

People come to us for many different reasons including family issues, strategies for positive change, stress management, relationship challenges, parenting support, youth development, substance use concerns, etc. Often clients feel better about their situation after one session, and are hopeful about moving forward.

The Durham Counselling Walk-in Clinic is run by a **community collaborative**, staffed by providers from:

Catholic Family Services of Durham

Lakeridge Health

- *Pinewood Centre*

- *Child Youth and Family Program*

Carea Community Health Centre

Frontenac Youth Services

Family Services Durham

We look forward to working with you.