

**The Walk-In Counselling  
Clinic Offers Immediate  
Counselling Service at No  
Cost to You.**

### **Availability**

Tuesdays 1:15 – 4:30 p.m.

Thursdays 1:15 – 4:30 p.m.



This Service is Provided by the Family  
Counselling Centre

## **Walk-In Counselling Clinic**

### **Location**

**Community Resource Centre  
5017 Victoria Avenue  
Niagara Falls, ON**

### **How Can You Reach Us?**

**(905) 937-7731  
ext. 3345**

or toll free at

**1-888-937-7731  
ext. 3345**

## **Walk-In Counselling Clinic**



**Single Session Therapy at  
No Cost**

Available in Niagara Falls

## What Does the Walk-In Counselling Clinic Provide?

- Counselling services accredited through Family Service Ontario
- Professionally trained and experienced therapists
- Single session therapy on a first come, first serve basis
- Complete confidentiality

## Who is Eligible for Counselling?

- ✓ Individuals
- ✓ Families
- ✓ Couples

## Help is Offered in Areas of:

- Individual and Relationship Issues
- Family Conflict
- Stress, Anxiety and Depression
- Traumatic Events
- Parenting Issues
- Communication
- Self-Esteem
- Separation/Divorce
- Family Violence
- Sexual Abuse
- Bereavement/Grief

## Can One Session Really Help?

Yes! A single session with an experienced therapist is often all that is required to assist people in gaining new perspectives and making important changes in their lives.

Our therapists will also provide information and direction to other appropriate community resources when needed.



**The Walk-In Counselling Clinic is  
Generously  
Funded by  
United Way of Niagara Falls**