



“I need a plan, I need someone to listen”

DAY & TIME

Tuesdays,
12pm-6pm

PLACE

400 Queen St. S,
Kitchener

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 519-743-6333

 www.carizon.ca

Adult Quick Response Counselling

Our counsellors will meet with you for a 90-minute session. Our goal is that you leave the session with a plan, practical solutions, and new coping skills.

Couples are not seen together. However, couples counselling is available through our regular scheduled appointments.

Sessions are available in-person or by phone/video.

- **For in-person sessions, come to 400 Queen St. S between 12-6pm**
- **For telephone/video sessions, please call 519-743-6333 x 1**

Fees are based on our sliding fee schedule dependent on household income. There may be funding available to you. **No one is turned away due to an inability to pay.**