



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

DAY & TIME

Tuesdays,
12pm-6pm

PLACE

400 Queen St. S,
Kitchener

 400 Queen St. S, Kitchener

 519-743-6333

 www.carizon.ca

CARIZON
Inspiring Hope and Wellness in Our Community

Adult Quick Response Counselling

Our counsellors will meet with you for a single counselling 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.**



**When you
need to talk,
we are here to
listen**

**In-person
sessions are
available by
appointment in
Cambridge and
Kitchener**

 400 Queen St. S, Kitchener

 519-743-6333

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Child and Youth Quick Response Counselling

We offer a free, confidential, single-session counselling and consultation service. We work with parents/caregivers, children, and youth (up to their 18th birthday) who are struggling with life's challenges such as emotions, behaviours, relationships and mental health. We listen, offer support, and can help you identify next steps

**Sessions are available in-person or
through phone/video by appointment only.**

This service is available virtually Mondays and Thursdays. Our in-person sessions are available Saturdays (excluding holidays and long weekends) from 9am to 3pm, as well as Tuesdays and Wednesdays from 12pm to 6:00pm.

**To schedule an appointment please call
519-743-6333**

Other images

You can also use your own image and crop it to the same size





Notes

- Please leave the text in columns
 - It should already stay as columns when you paste your copy in
 - If it doesn't, you can format into columns by Right clicking the text box -> Format text box -> Text box (3rd option) -> Columns -> Number: 2, Spacing: 0.5cm
- You are free to change the font size of the title and highlight if it is too long
 - Please make sure the **highlight title stays within the yellow background**
- You are free to change the size of the body text, but it is best to keep it between 10-12 for readability
- The colour of the title, highlight title and highlight copy should remain blue
- Feel free to remove or add the social media icons at the top
- The fonts used are:
 - Title: Segoe UI Black (Size 36)
 - Highlight: Segoe UI Semibold (Size 21)
 - Body: Segoe UI (Size 12)
- The colours used are:
 - Blue: #2D3481
 - Yellow: #FDB723