

# Front Door

Access to Child and Youth  
Mental Health Services

## Walk-In & Access

### Are your children or teenagers struggling?

Through a single, free walk-in counselling session, we can help with your child's or teenager's:

- Behaviour
- Emotional state
- Self-harm
- Unsafe activities
- Conflicts at home
- Troubles at school
- Struggles with peers
- Mental health diagnosis

**And we can help you access more intensive services.**



#### Cambridge

LUTHERWOOD  
35 Dickson St.

Tuesdays noon to 6:30 pm

#### LANGS

1145 Concession Rd.

Thursdays 9 am to 3:30 pm

#### Kitchener

FRONT DOOR  
1770 King St. E.

Wednesdays noon to 6:30 pm

Saturdays 9 am to 3:30 pm

Appointments are available on a first come basis.

519-749-2932 ▪ [www.frontdoormentalhealth.ca](http://www.frontdoormentalhealth.ca)



◀ A Joint Initiative of ▶



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