Quick Access Counselling Sessions
(same-day or next-available single-session phone or video counselling appointments)

**KW Residents**

KW Counselling
- appointments available
  Mon - Fri
- call 519 884-0000

Carizon
- Tuesdays 12 - 6pm
- call 519 743-6333 xt. 1

**Cambridge Residents**

Family Counselling Centre of Cambridge and North Dumfries
- referred to as "talk-in"
- appointments available
  Mon - Fri
- call 519 621-5090

**Front Door**

Counselling specifically for parents and/or children and teens up to 18
- appointments available
  Mon, Tues, Wed, Thurs, Sat
- call 519 749-2932

When you need to talk - we are there for you.

www.counsellingwr.ca  519-804-1097