



REGIONAL CHILDREN'S CENTRE **HUOT BUILDING**

WALK-IN COUNSELLING CLINIC:

Monday – Thursday 12 p.m.- 8 p.m.

(last client check-in 6:00 p.m.)

Friday 8:30 a.m. – 4 p.m.

(last client check-in at 2:30 p.m.)

Provides quick, confidential access to mental health services for children, youth (up to age 18) and their families. No appointment or referral is necessary for the walk-in counselling clinic and the service is provided FREE of charge.

IF YOU'RE A YOUNG PERSON:

- Feeling sad, worried or angry
- Having fights with your parents
- Being bullied
- Dealing with a personal issue

Or anything else is on your mind, you can come and visit us at the RCC Walk-In Counselling Clinic.



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