

**Walk-In Counselling**

**Wednesday – Friday**

**10:00am – 4:00pm**



**Counselling Services We Provide:**

**Abuse**

**Addictions**

**ADD/ADHD/ODD**

**Anger Management**

**Anxiety/Phobias**

**Behavioural Problems**

**Child and Youth**

**Depression**

**Grief**

**Individual/Couples/Family Counselling**

**Learning Disabilities**

**Personality and Career Assessments**

**Self-Esteem**

**Stress/PTSD**

*Offering professional, client-centered, and solution-focused services.*

Our services are offered with a high degree of professionalism and confidentiality.

Our staff is equipped with the essential practical and theoretical knowledge ensuring client satisfaction. We aim to provide our clients with accessible and up-to-date resources, and opportunities for growth and achievement.