



Durham Counselling Walk-In Clinic

We are a free, confidential, counselling walk-in clinic, providing service for children and youth, **3-19 years** (up until their 20th birthday), and their families.

- We provide single-session counselling.
- We focus on what clients would like to address, and feel is important.
- Therapists work together with **children, youth and their families**.
- Together, we will build upon existing strengths to create a plan for positive change.
- The clinic operates on a first-come, first-served basis.

People come to us for many different reasons including family issues, strategies for positive change, stress management, relationship challenges, parenting support, youth development, etc. We will listen to you without judgment. Our clinic is very knowledgeable about Durham Region, and can provide information about **community resources and services**. Often clients feel better about their situation after one session, and are hopeful about moving forward.

The **Durham Counselling Walk-in Clinic** is located at The Youth Centre, 360 Bayly St. W., Unit 5 in Ajax. For further information, please call or e-mail Kelly Ng (Clinic Coordinator) at 905-428-1212, ext. 269 or kellyn@theyouthcentre.ca.

The clinic opens **March 19, 2014**. The clinic hours are **Wednesdays from 1-8 p.m.** (Last appointment will start at 6 p.m.) The service takes approximately 2 hours.

The Durham Counselling Walk-in Clinic is run by a **community collaborative**, staffed by providers from:

Catholic Family Services of Durham
Lakeridge Health
- *Pinewood Centre*
- *Child Youth and Family Program*

Chimo Youth and Family Services
The Youth Centre
Frontenac Youth Services
Resources for Exceptional Children and Youth -
Durham Region.

We look forward to working with you.