



# 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 20<sup>th</sup> 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, substance use concerns, 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 Carea Community Health Centre (Ajax site), 360 Bayly St. W., Unit 5 in Ajax. For further information, please call the Clinic Coordinator at 905-428-1212.

The clinic hours are **Wednesdays from 1-8 p.m.** (Last session 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*

*Rose of Durham Young Parents Support Services*

*Chimo Youth and Family Services*

*Carea Community Health Centre*

*Frontenac Youth Services*

*Resources for Exceptional Children and Youth -*

*Durham Region.*

**We look forward to working with you.**