

Talk

Oxford County ~~Walk-in~~ Counselling

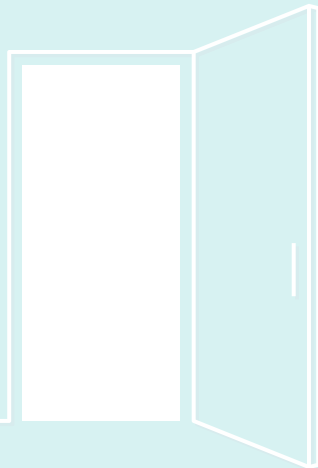
**We can help.**

Free.

No referral necessary.

Pre-booked appointment required.

In person, virtual or phone call available.



Friendly, qualified counsellors can help you find ways to improve your wellness and create positive solutions to life's challenges.

SEE REVERSE FOR DETAILS

## WOODSTOCK

**Monday & Wednesday** (Children/youth from birth to 17 years of age and their caregiver)

Wellkin Child & Youth Mental Wellness

912 Dundas Street | 1-877-539-0463

[www.wellkin.ca](http://www.wellkin.ca) (Quick Access Therapy Services)

**Thursday 12pm to 6pm** (All ages)

Woodstock Hospital (Athlone Entrance) | Valid Health Card Required

310 Juliana Drive | 519-421-4223 ext. 3224

**Saturday 10am to 3pm** (All ages)

Canadian Mental Health Association

522 Peel Street | 1-800-859-7248 ext. 7210

## INGERSOLL

**Tuesday 3pm to 6pm** (All ages)

Canadian Mental Health Association

Ingersoll Nurse Practitioner-Led Clinic

19 King Street East | 1-800-859-7248 ext. 7210

## TILLSONBURG

**Monday 12pm to 7pm** (All ages)

Canadian Mental Health Association

41 Broadway Street | 1-800-859-7248

Funded in part by



**United Way**  
of Oxford