

Do you have problems in your life?

Need someone to talk to?



Thunder Bay's new Walk-in Counselling Clinic provides immediate single-session counselling services to children, youth, and adults on a first come, first served basis.

We can help individuals, couples, parents, and families to deal with a variety of issues such as:

*Abuse*  
*Family Conflict*  
*Depression & Anxiety*  
*Substance Use*  
*Relationship Issues*  
*Budgeting & Debt Management*  
*Separation & Divorce*  
*Stress*  
*School Problems*

Visit one of our professional counsellors every Wednesday  
12pm - 8pm at the following locations:

**1st & 3rd Wednesday each month**  
Thunder Bay Counselling Centre  
544 Winnipeg Avenue

**2nd & 4th Wednesday each month**  
Children's Centre Thunder Bay  
283 Lisgar Street

For more information about the  
Walk-in Counselling Clinic please call  
**684-1880 or 343-5000**

The Walk-in Counselling Clinic is proudly presented by:  
Thunder Bay Counselling Centre  
and Children's Centre Thunder Bay