

Talk

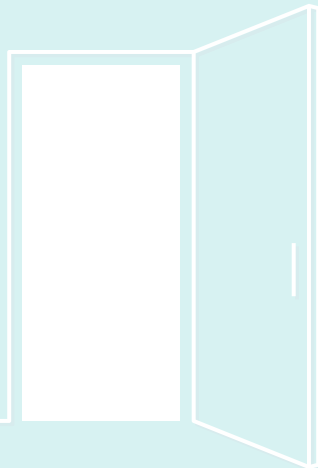
Oxford County ~~Walk-in~~ Counselling

We can help.

Free.

No referral necessary.

Pre-booked appointment required.



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 All Day

(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 (Quick Access Therapy Services)

Thursdays Noon to 6pm (All ages)

Woodstock Hospital (Athlone Entrance) | Valid Health Card Required
310 Juliana Drive | 519-421-4223 ext. 3224

Wednesdays 9 to 11am (Ages 16 and up)

Oxford County Community
Health Centre
35 Metcalf Street
519-539-1111 ext. 201 or ext. 207

Saturdays 10am to 3pm (All ages)

Canadian Mental Health Association
522 Peel Street | 1-800-859-7248

INGERSOLL

Monday, Thursday and Friday 9:30am - 4pm (Ages 16+)

Tuesdays 12:30pm - 7pm | Wednesdays 12pm - 4pm (Ages 16+)

Ingersoll Nurse Practitioner-Led Clinic
19 King Street East | 519-926-6752

Tuesdays 3 to 6pm (All ages)

Canadian Mental Health Association
Ingersoll Nurse Practitioner-Led Clinic
19 King Street East | 1-800-859-7248

TILLSONBURG

Monday Noon to 7pm (All ages)

Canadian Mental Health Association
41 Broadway Street | 1-800-859-7248

ALL TALK-IN SESSIONS ARE BY APPOINTMENT ONLY

Contact requested site in advance
to pre-book appointment. Same day
calls are welcome but not guaranteed.

Funded in part by



United Way
of Oxford