



**FEELING DOWN,
WORRIED?
STRESSED?
UNABLE TO COPE?
READY TO MAKE A
POSITIVE CHANGE?**

We can help.

Talk one-on-one with our friendly, qualified counsellors at our **Free Walk-In Counselling Service.**

We can help you find ways to improve your wellness, cope better, and create positive solutions to life's challenges.

**No appointment necessary.
First come, first served.
Ages 16+.**

MILTON

Mondays

The John Howard
Society
191 Main Street East

BURLINGTON

Tuesdays

St. Christopher's
Anglican Church
662 Guelph Line

OAKVILLE

Wednesdays

CMHA Halton Region
Branch
1540 Cornwall Road

GEORGETOWN

Thursdays

Hillsview Active
Living Centre
318 Guelph Street
(back of building)

Hours: 1 pm to 7 pm in all locations (last appointment begins at 7 pm).

Please check our website for notice of holiday and other closures.

Funded in part by



For more information, call us at 1-877-693-4270. www.halton.cmha.ca