

Talk

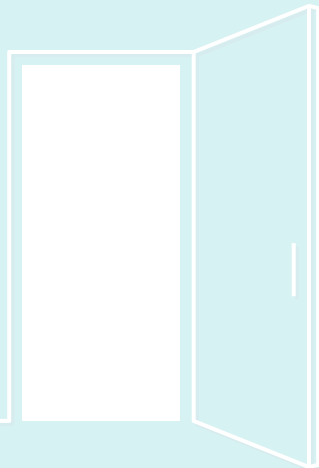
Oxford County ~~Walk-in~~ Counselling

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

Dates and times may change due to COVID-19 challenges. Please call to confirm information.

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 | Call for appointment: 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
Ingersoll Nurse Practitioner-Led Clinic
19 King Street East | Call for appointment: 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

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