

## **NEWS ANNOUNCEMENT**

### **Walk-in clinic offers immediate Mental Health Counselling for children/ youth.**

Walk-in Mental Health counselling for children and youth and their parents and caregivers will be available at Pathstone Mental Health.

Located at the Branscombe Mental Health Centre, in St. Catharines, this three day per week clinic will offer single session, one-on-one service with a Pathstone Mental Health therapist.

Those between the ages of six and 17 years old can come to the walk-in clinic if they are:

- Feeling sad, worried or angry
- Having fights with your parents
- Being bullied
- Dealing with a personal issue
- Feeling like you might hurt yourself
- Suffering because someone has hurt you
- Getting in trouble at school, home or in the community
- Feeling like you are being treated unfairly

*Or if there is anything else on your mind!*

\*Parents and caregivers can also use the walk-in clinic for children under the age of six, if they are concerned about child related ages and stages, are constantly arguing with their child or are worried about their child's social and emotional challenges.

#### **Walk-In Clinic**

**Dates:** Every Tuesday, Wednesday and Thursday

**Time:** 9:00am – 4:00 pm (last appointment will be taken at 3:00 pm)

**Location:** Branscombe Mental Health Centre, 1338 Fourth Avenue in St. Catharines, Ontario

**One-on-one therapy with a Pathstone Mental Health Therapist**

**No Appointment \* No fee \* No Health Card required**