

The Walk-in Counselling Clinic



Do you need
someone to talk to?

We offer:

- Support for Life's Challenges
- Trained, Professional Counsellors
- No Appointment Necessary
- Free Counselling Services

The Walk-in Counselling Clinic

We offer counselling to individuals, couples, and families on a first come, first served basis.

Everyone is welcome.

Family Services Ottawa

312 Parkdale Ave
Ottawa, On
Tel: (613) 725-3601
www.familyservicesottawa.org

Tuesdays: 12:00 to 8:00 p.m.
(last walk-in session is at 6:30 p.m.)

Saturdays: 12:00 – 5:00 p.m.
(last walk-in session is at 3:30 p.m.)

JFS Ottawa

300-2255 Carling Ave
Ottawa, ON
Tel: (613)722-2225
www.jfsottawa.com

Wednesdays: 12:00 to 8:00 p.m.
(last walk-in session is at 6:30 p.m.)

Sundays: 12:00 – 5:00 p.m.
(last walk-in session is at 3:30 p.m.)

CFS | SFC Ottawa

310 Olmstead
Ottawa, ON
Tel: 613-233-8478
www.cfsottawa.ca

Thursdays: 12:00 to 8:00 p.m.
(last walk-in session is at 6:30 p.m.)

Fridays: 12:00 – 5:00 p.m.
(last walk-in session is at 3:30 p.m.)

Services are available and accessible to all regardless of ethnicity, race, age, ability, gender, sexual orientation, income, and political or religious affiliation.

Counselling in French is available at CFS|SFC Ottawa.