Walk-In Counselling Clinic

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**DO YOU NEED SOMEONE TO TALK TO?**

**WE OFFER:**

* FREE, CONFIDENTIAL SINGLE SESSION

COUNSELLING TO INDIVIDUALS, COUPLES AND FAMILIES

* PROFESSIONAL, TRAINED COUNSELLORS

**SUPPORT FOR OVERCOMING A VARIETY OF LIFE CHALLENGES SUCH AS:**

* DEPRESSION
* ANXIETY
* TRAUMA
* STRESS
* GRIEF AND LOSS
* RELATIONSHIP DIFFICULTIES
* ADJUSTING TO SEPARATION, DIVORCE AND BLENDED FAMILIES
* WORK RELATED CONCERNS
* PARENTING ISSUES

Clinic Hours

**Thursdays 11:00 AM - 9:00 PM**

**Fridays 9:00 AM - 6:00 PM**

**Location:**

Cranbrook Family Connections

209A – 16th Avenue North

Cranbrook

**For more information**

**please call/text**

STEVE at 250.489.8631

or JASMINE at 250.402.3262

***SUPPORTED BY:***

***DON’T LIVE IN CRANBROOK?***

Community Bus Runs

Kimberley, Thurs & Fri

Creston, Thurs

Elk & Columbia Valleys, Fri

***Call your local BC Transit***

***office to book***

***Delivered by:***