

Walk-in Counselling Clinics

Maltby Centre is pleased to offer walk-in single session counselling service in three locations. This is a **first come, first served, free service**. Just walk in to one of the offices listed below to see a counsellor. This service is available to children, youth (under 18), parents/caregivers and families from the communities in KFL&A.

What can I expect?

An hour long conversation with a Maltby Centre counsellor which focuses on a child or youth's behavioural, emotional or other mental health concern and a solution-focused plan.

September Hours

Where and when?

Kingston Office: 31 Hyperion Court, Suite 100, Kingston (John Counter Blvd. to Lappan's Lane) every **Tuesday** and **Thursday** starting at 10:00 a.m. with the last session at 4:45 p.m.

Amherstview Office: 18 Manitou Crescent West, Unit 7, Amherstview on **Monday, September 17** and **Monday, September 24** starting at 10:00 a.m. with the last session at 4:45 p.m.

Napanee Office: 99 Advance Avenue, Napanee every **Wednesday** starting at 10:00 a.m. with the last session at 4:45 p.m.

For more information: 613-546-8535 ext. 1