

# DROP-IN SINGLE SESSION COUNSELLING

*Here When you Need us Most*

**Welcome to Drop-In Single Session Counselling!**



[www.dropinyeg.ca](http://www.dropinyeg.ca)



Call **211**



[info@dropinyeg.ca](mailto:info@dropinyeg.ca)

*Free*

**Professional, private and confidential counselling to individuals, couples and families. Our single session model takes about 1 hour and our qualified team can assist with a wide range of issues such as:**

- Relationship Issues
- Couples/Parenting Issues
- Anxiety and Depression
- Grief and Loss
- Personal or Job Stress
- Addictions
- Balancing Work and Family Life
- LGBTQ Issues

*See locations, times and dates on the back*



Drop-In Single Session Counselling is funded by The City of Edmonton - Family and Community Support Services and United Way of the Alberta Capital Region. Service is provided through partnership between The Family Centre of Northern Alberta, Boys and Girls Clubs Big Brothers Big Sisters of Edmonton and Area, Canadian Mental Health Association - Edmonton Region, Edmonton John Howard Society, Seniors Association of Greater Edmonton (Sage) and The Pride Centre of Edmonton.

Please check our website or contact **211**<sup>\*</sup> as this information is subject to change.

## LOCATIONS

## DATES/TIMES

### Canadian Mental Health Association - Edmonton Region

300, 10010-105 Street NW

T 780.414.6300

### Mondays

10:00am - 2:00pm\*

Closed 12pm-1pm

### The Family Centre of Northern Alberta

20, 9912-106 Street

T 780.424.6103

### Monday to Thursday

10:00am - 8:00pm\*

### Fridays

10:00am - 3:00pm\*

### Saturdays

9:00am - 3:00pm\*

### Seniors Association of Greater Edmonton (Sage)

15 Sir Winston Churchill Sq. NW

(corner of 102A Ave & 100 St)

T 780.423.5510

### Tuesdays

10:00am - 2:00pm\*

### The Pride Centre of Edmonton

10608-105 Avenue NW

T 780.488.3234

### Tuesdays

12:00pm - 5:00pm\*

### Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area. Kinsmen Club

14707-88A Street

T 780.822.2560

### Wednesdays

12:00pm - 3:00pm\*

### Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area. West Club

16030-104 Avenue

T 780.822.2560

### Thursdays

5:00pm - 8:00pm\*

### Edmonton John Howard Society

401, 10010-105 Street NW

T 780.428.7590

### Fridays

10:00am - 4:00pm\*

Closed 12pm-1pm

\* Please note the last session is one hour prior to closing.