

what's up walk in[®]

BRIEF MENTAL HEALTH COUNSELLING

We offer free solution-focused, single session support to infants, children, youth, young adults (up to age 29) and their families.

No appointment necessary; first come, first served.

**For more information
about Strides What's Up
Walk-In service,
including hours, location
and directions, please
scan the QR code:**



**Service is offered in English, French, and
238 other languages, including American Sign Language
through instantaneous interpretation.**