

DO YOU NEED
SOMEONE TO
TALK TO?

AVEZ-VOUS
BESOIN DE PARLER
À QUELQU'UN?



The Walk-In
Counselling Clinic

La clinique de counseling
sans rendez-vous

WE OFFER

- Support for Life's Challenges
- Trained, Professional Counsellors
- No Appointments Necessary
- Free Counselling Services
- Counselling to individuals, couples, and families

NOUS OFFRONS

- Du soutien pour les épreuves de la vie
- Des conseillers professionnels et formés
- Aucun rendez-vous nécessaire
- Des services de counseling gratuits
- Des services de counseling pour individus, couples, et familles

Everyone is welcome.

Tout le monde est bienvenu.

JFS
OTTAWA
JEWISH FAMILY SERVICES



South-East Ottawa
Community Health Centre
Every One Matters.



Family Services Ottawa | Services à la famille Ottawa



NROCRC
Community Resource Centre
Nepean • Rideau • Osgoode

The Walk-in Counselling Clinic is funded by Ontario Health East.
La clinique de counseling sans rendez-vous est financée par Santé Ontario Est.



Somerset West CHC CSC Somerset ouest

55 rue Eccles St.

Tues/Mar: 12:00 p.m. - 6:30 p.m.
Last/dernière session: 5:00 p.m.

Cantonese, Mandarin, English
Cantonais, Mandarin, Anglais

FSO | SFO Ottawa

312 Parkdale Ave.

Tues/Mar: 12:00 p.m. - 8:00 p.m.
Last/dernière session: 6:30 p.m.

Sat/Sam: 12:00 p.m. - 5:00 p.m.
Last/dernière session: 3:30 p.m.

English
Anglais

CFS | SFC Ottawa

310 rue Olmstead St.

Thurs/Jeu: 12:00 p.m. - 8:00 p.m.
Last/dernière session: 6:30 p.m.

Fri/Ven: 12:00 p.m. - 5:00 p.m.
Last/dernière session: 3:30 p.m.

French, English
Français, Anglais

South-East Ottawa CHC CSC du sud-est Ottawa

1355 rue Bank St.,
6th floor / 6^{ème} étage

Tues/Mar: 12:00 p.m. - 6:30 p.m.
Last/dernière session: 5:00 p.m.

Arabic, Spanish, English
Arabe, Español, Anglais

JFS | SFJ Ottawa

2255 Carling Ave., Suite 300

Wed/Merc: 12:00 p.m. - 8:00 p.m.
Last/dernière session: 6:30 p.m.

Sun/Dim: 12:00 p.m. - 5:00 p.m.
Last/dernière session: 3:30 p.m.

English
Anglais

Nepean, Rideau & Osgoode Community Resource Centre (NROCRC)

1547 Merivale Road, unit 240
(Emerald Plaza)

Thurs/Jeu: 1:30 p.m. - 8:00 p.m.
Last/dernière session: 6:30 p.m.

Arabic, English
Arabe, Anglais

