

# 你需要與人談談你的困擾嗎？



無需預約諮商服務

The Walk-In  
Counselling Clinic

## 我們提供：

- 生活困擾的支援
- 專業諮商師
- 無需預約
- 免費
- 個人，夫婦、家庭諮商

## 歡迎任何人士：

服務對所有的人開放，無論  
種族，族裔，年齡，能力  
性別，性別認同，性取向  
收入以及政治或宗教信仰。



森瑪錫西社康中心

Somerset West Community Health Centre

55 Eccles St, Ottawa, ON K1R 6S3

☎ (613) 238-8210 | 613-755-2277

[www.swchc.on.ca](http://www.swchc.on.ca)

每周二，中午12點至下午6時30分  
最後一位咨商為下午5時

森瑪錫西社康中心以粵語，國語，及英語提供服務

[www.walkincounselling.com](http://www.walkincounselling.com)



# DO YOU NEED SOMEONE TO TALK TO?



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.

*Everyone is welcome.*

Services are available and accessible to all regardless of ethnicity, race, age, ability, gender, gender identity, sexual orientation, income, and political or religious affiliation.



## Somerset West Community Health Centre

55 Eccles St, Ottawa, ON K1R 6S3

☎ (613) 238-8210 | 613-755-2277

[www.swchc.on.ca](http://www.swchc.on.ca)

**Tuesdays:** 12:00 p.m. - 6:30 p.m.  
Last walk-in session is at 5:00 p.m.

*Counselling services at SWCHC are available in Cantonese, Mandarin and English.*

**[www.walkincounselling.com](http://www.walkincounselling.com)**

