**Walk-In Counselling Clinics**

***First Come, First Serve.***

***No appointment required. Free service.***

Table of Contents

[Toronto 2](#_Toc462139195)

[Scarborough 4](#_Toc462139196)

[Peel Region - Mississauga & Brampton 5](#_Toc462139197)

[Durham Region - Oshawa 7](#_Toc462139198)

[York Region – Richmond Hill 8](#_Toc462139199)

[Youth (0 to 18) Walk-In Counselling Clinics 9](#_Toc462139200)

**Walk-In Counselling Clinics**

***First Come, First Serve.***

***No appointment required.***

# Toronto

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| **Agency & Contact Info** | **Operating Hours** | **\*Final Session Time** | **Ages Served** | **Other** |
| **Catholic Family Services, North Toronto Office – Walk-In Counselling****Intersection:** Yonge & Cummer.**Address:** 5799 Yonge St., Suite 300**Phone:** 416-222-0048**Email:** info@cfstoronto.com**Website:** <http://www.cfstoronto.com/> | **Thursday 9 a.m. to 7 p.m.** | **Final Session - 7:00 p.m.** | **All ages.**Individual, couples & families. | Counselling fees are charged according to income level, but no one is denied service based on inability to pay. |
| **Griffin Centre– What’s Up Walk In.****Intersection:** Finch & Chesswood Dr.**Address:** 1126 Finch Ave. West, Unit 16**Phone:** 416-222-4380**Email:** walk-in@griffincentre.org**Website:** <www.griffincentre.org> | **Monday 1:30 p.m. to 7 p.m.****Tuesday 9:30 a.m. to 2 p.m.****Wednesday 1:30 p.m. to 7 p.m.****Thursday 2 p.m. to 7 p.m.****Friday 9:30 a.m. to 2 pm****Saturday 10 a.m. to 2 p.m.** | **Final Session - 6:00 p.m.****Final Session - 1:00 p.m.****Final Session - 6:00 p.m.****Final Session - 6:00 p.m.****Final Session - 1:00 p.m.****Final Session - 1:00 p.m.** | **0 – 29.**Individual, couples & families. | Thursdays, 5:00 p.m. to 8:00 p.m. East QREW LGBTQ Youth Support GroupTuesdays, 2:00 p.m. to 5 p.m. weekly walk-in for youth with developmental disabilities & autism |

\*Final Session Time Indicates the latest time you can arrive in order to be seen by a counsellor.

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| **WoodGreen Community Services – Walk-In Counselling Service****Intersection:** Danforth & Donlands.**Address:** 815 Danforth Ave., First Floor**Phone:** 416-572-3575**Email:** cccentralintake@woodgreen.org**Website:** <www.woodgreen.org/> | **Wednesday 4 p.m. to 8 p.m.** | **Final Session - 6:45 p.m.** | **All ages.**Individual, couples & families. | There are no restrictions to access. Clients may return for subsequent sessions. |
| **Family Services of Toronto – Walk-In Counselling****Intersection:** Dundas St. West & Bloor West**Address:** 202-128A Sterling Rd.**Phone:** 416-595-0307**Website:** [www.familyservicetoronto.org](http://www.familyservicetoronto.org) | **Wednesday 3:00 p.m. to 7:30 p.m.** | **Final Session - 6:15 pm.** | **18 and over.** | After 2 appointments, returning clients may not be seen.Some counsellors may be able to provide service in languages other than English. Call 416-595-0307, Ext: 269 to inquire. |
| **Catholic Family Services, Central Toronto Office – Walk-In Counselling.****Intersection:** Yonge & Summerhill. **Address:** 1155 Yonge St., Suite 200.**Phone:**  416-921-1163**Email:** info@cfstoronto.com**Website:** <http://www.cfstoronto.com/> | **Tuesday 9 a.m. to 7 p.m.** | **Final Session - 7:00 p.m.** | **All ages.**Individual, couples & families. | Counselling fees are charged according to income level, but no one is denied service based on inability to pay. |

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# Scarborough

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| **Agency & Contact Info** | **Operating Hours** | **\*Final Session Time** | **Ages Served** | **Other** |
| **East Metro Youth Services – What’s Up Walk In.****Intersection:** Markham & Ellesmere.**Address:** 1200 Markham Road, Suite 200**Phone:** 416-438-3697**Website:** [www.emys.on.ca](http://www.emys.on.ca) | **Monday 2:00 p.m. to 8 p.m.****Tuesday 10:00 a.m. to 5 p.m.****Wednesday 2:00 p.m. to 8 p.m.****Thursday 2:00 p.m. to 8 p.m.****Friday 10:00 a.m. to 2 pm****Saturday 10 a.m. to 2 p.m.** | **Final Session - 7:00 p.m.****Final Session - 4:00 p.m.****Final Session - 7:00 p.m.****Final Session – 7:00 p.m.****Final Session – 1:00 p.m.****Final Session - 1:00 p.m.** | **0 – 29.**Individual, couples & families. | Offered in a variety of languages: Tamil, Dari/Farsi & Hindi at specific times.Thursdays, 2:00 p.m. to 5:00 p.m. East QREW LGBTQ Youth Support GroupTuesdays, 2:00 p.m. to 5 p.m. weekly walk-in for youth with developmental disabilities & autism. |
| **Griffin Centre– What’s Up Walk In.****Phone:** 416-222-4380**Intersection:** Finch & Chesswood Dr.**Address:** 1126 Finch Ave. West, Unit 16**Email:** walk-in@griffincentre.org**Website:** <www.griffincentre.org> | **Monday 1:30 p.m. to 7 p.m.****Tuesday 9:30 a.m. to 2 p.m.****Wednesday 1:30 p.m. to 7 p.m.****Thursday 2 p.m. to 7 p.m.****Friday 9:30 a.m. to 2 pm****Saturday 10 a.m. to 2 p.m.** | **Final Session 6:00 p.m.****Final Session 1:00 p.m.****Final Session 6:00 p.m.****Final Session 6:00 p.m.****Final Session 1:00 p.m.****Final Session 1:00 p.m.** | **0 – 29.**Individual, couples & families. | Thursdays, 5:00 p.m. to 8:00 p.m. East QREW LGBTQ Youth Support GroupTuesdays, 2:00 p.m. to 5 p.m. weekly walk-in for youth with developmental disabilities & autism. |

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# Peel Region - Mississauga & Brampton

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| **Agency & Contact Info** | **Operating Hours** | **\*Final Session Time** | **Ages Served** | **Other** |
| **Family Services of Peel – Walk-In Counselling Service****Intersection:** Burnhamthorpe Rd W & Hurontario St.**Address:** 151 City Centre Drive, Suite 501, Mississauga**Phone:** 905-453-5775**Email:** fsp@fspeel.org**Website:** [www.fspeel.org](http://www.fspeel.org) | **Wednesday 12 p.m. to 8:00 p.m.****Saturday (excluding holiday weekends) 9:00 a.m to 12:00 p.m** | **Final Session - 7:00 p.m.****Final Session - 11:00 a.m.** | **All Ages.**Individual, couples & families. |  |
| **Catholic Family Services of Peel/Dufferin – Mississauga Location****Intersection:** 403 & Hwy 10**Address:** The Emerald Centre, 10 Kingsbridge Garden Circle, Unit 400**Phone:** 905-450-1608**Email:** info@cfspd.com**Website:** [www.cfspd.com](http://www.cfspd.com) | **Tuesday 12:30 p.m. to 7:30 p.m.** | **Final Session – 6:30 pm.** | **All Ages.**Individual, couples & families. | No appointment required, but you can pre-register to attend. To do so, call: 905-450-1608, Ext: 112.1st 3 Walk-in Sessions Free. |

\*Final Session Time Indicates the latest time you can arrive in order to be seen by a counsellor.

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| **Catholic Family Services of Peel/Dufferin – Brampton Location****Intersection:** West Dr & Clark Blvd.**Address:** The Honourable William G. Davis Centre for Families, 60 West Drive, Unite 201**Phone:** 905-450-1608**Email:** info@cfspd.com**Website:** [www.cfspd.com](http://www.cfspd.com) | **Thursday 12:30 to 7:30 p.m.** | **Final Session – 6:30 pm.** | **All Ages.**Individual, couples & families. | No appointment required, but you can pre-register to attend. To do so, call: 905-450-1608, Ext: 112.1st 3 Walk-in Sessions Free. |

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# Durham Region - Oshawa

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| **Agency & Contact Info** | **Operating Hours** | **\*Final Session Time** | **Ages Served** | **Other** |
| **Catholic Family Services of Durham****Intersection:** Simcoe & John St.**Address:** 115 Simcoe St. South, 3rd Floor, Oshawa**Phone:** 905-725-3513 or 1-977-282-8932**Website:** [www.cfsdurham.com](http://www.cfsdurham.com)  | **Wednesday 12 p.m. to 8:00 p.m.****Saturday (excluding holiday weekends) 9:00 a.m to 12:00 p.m** | **Final Session - 7:00 p.m.****Final Session - 11:00 a.m.** | **All Ages** | Provides 2 walk-in sessions in a 4-week period.Fees range from $5 to $65, but no one is denied service based on inability to pay. |

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# York Region – Richmond Hill

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| **Agency & Contact Info** | **Operating Hours** | **\*Final Session Time** | **Ages Served** | **Other** |
| **Catholic Community Services of York Region****Intersection:** Major MacKenzie & Dunlop S.**Address:** 21 Dunlop St., Richmond Hill**Phone:** 905-770-7040 or 1-800-263-2075, Ext: 241**Email:** ccsyr@ccsyr.org**Website:** [www.ccsyr.org](http://www.ccsyr.org)  | **Monday 1:00 p.m. to 9:00 p.m.****Tuesday 1:00 p.m. to 9:00 p.m.** | **Final Session – 8:00 p.m****Final Session – 8:00 p.m** | **All Ages.** |  |

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# Youth (Up to age 18) Walk-In Counselling Clinics

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| **Agency & Contact Info** | **Operating Hours** | **\*Final Session Time** | **Ages Served** | **Other** |
| **Yorktown Child and Family Centre – What’s Up Walk In.** **Intersection:** **Address:** **Phone:** **Email:** fsp@fspeel.org**Website:** [www.fspeel.org](http://www.fspeel.org) |  | **Final Session - 7:00 p.m.****Final Session - 11:00 a.m.** | **All Ages.**Individual, couples & families. |  |
| **Catholic Family Services of Peel/Dufferin – Mississauga Location****Intersection:** 403 & Hwy 10**Address:** The Emerald Centre, 10 Kingsbridge Garden Circle, Unit 400**Phone:** 905-450-1608**Email:** info@cfspd.com**Website:** [www.cfspd.com](http://www.cfspd.com) | **Tuesday 12:30 p.m. to 7:30 p.m.** | **Final Session – 6:30 pm.** | **All Ages.**Individual, couples & families. | No appointment required, but you can pre-register to attend. To do so, call: 905-450-1608, Ext: 112.1st 3 Walk-in Sessions Free. |