**Walk-In Counselling Clinics**

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

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

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**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](mailto: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](mailto: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 Group  Tuesdays, 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](mailto: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](mailto: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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***No appointment required.***

# 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 Group  Tuesdays, 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](mailto: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 Group  Tuesdays, 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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. |