



# REGIONAL CHILDREN'S CENTRE

**Regional Children's Centre Walk In Counselling Clinic  
Temporarily Moves To Telephone Service During COVID-19**

# 519.257.KIDS

Monday to Thursday 8 a.m. and 8 p.m.  
Friday's 8:00 a.m. to 4:30 p.m.

IF YOU'RE A YOUNG PERSON:

- Feeling sad, worried or angry
- Having fights with your parents
- Being bullied
- Dealing with a personal issue

Or anything else is on your mind, you can call to access FREE counselling services.

**Provides quick,  
confidential access  
to mental health  
services for children,  
youth (up to age 18)  
and their families.**

**No appointment or  
referral is necessary.**



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