

Front Door

Access to Child and Youth
Mental Health Services

**Are your children or
teenagers struggling?**

We can help. Come on in and let's talk.



**In a single counselling and
consultation session, we can help
parents, children and youth up to
their 18th birthday who are
struggling with:**

**Behaviour
Emotions
Self-harm
School Concerns
Mental Health
Relationships**

**And we can help you access
more intensive services.**

CARIZON
Inspiring Hope + Wellness in Our Community


Caring people. Strengthening lives.

Front Door is funded by the Ministry of Children and Youth Services

Walk-in Service

Walk-in sessions are available on a first come first serve basis.

Cambridge

Lutherwood
35 Dickson St, Cambridge
Tuesdays noon to 6:30 pm

Langs
1145 Concession Rd, Cambridge
Thursdays 9:00 am to 3:30 pm

Kitchener/Waterloo

Front Door
1770 King St E, Kitchener
Wednesdays noon to 6:30 pm
Saturdays 9:00 am to 3:30 pm

Township Service

Working with our community partners, rural residents can call 519-749-2932 to schedule an appointment at the following locations:

North Dumfries



North Dumfries Community Health Centre
2958 Greenfield Rd, Ayr
Mondays



Wellesley

Wellesley Township Community Health Centre
1180 Queens Bush Rd, Wellesley
Tuesdays



Wilmot

Interfaith Community Counselling Centre
23B Church St, New Hamburg
Thursdays



Woolwich

Woolwich Counselling Centre
65 Memorial Ave, Elmira
Thursdays

Call us at 519-749-2932

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www.frontdoormentalhealth.ca