

# Walk In Counselling Clinic



Walk In every Thursday between 12pm and 6pm and see a counsellor that day! These single-sessions are generally 90 minutes long and you will leave with a written plan to work on.

If you are not sure whether counselling is right for you, this is a good way to try it out. If you decide you would like ongoing counselling afterwards, connect with our Intake Team to get started.

Visit [www.kwcounselling.com](http://www.kwcounselling.com) to view the research demonstrating the Walk In Counselling Clinic's clinical effectiveness conducted by Wilfrid Laurier University and the University of Waterloo.

## VISION

*A community where no one is left behind, a community where positive relationships are valued as our highest achievement.*



[kwcounselling.com](http://kwcounselling.com)

480 Charles St. East  
Kitchener ON N2G 4K5  
519.884.0000



- 1 GRT Route 7 bus stops #1883 & #2568 at the corner of King & Borden
- 2 ION stop: Borden
- 3 GRT Route 200 iXpress bus stops at #1388 & #1389 at the corner of Charles and Borden



# THERAPEUTIC COUNSELLING



# Therapeutic Counselling

For individuals, couples, and families.

Many people seek professional counselling to improve their lives and relationships. We are proud to have been supporting children, youth and families in this community since 1950! We can help if you encounter life events that exceed your ability to cope.

## These events include:

- Personal or job stress
- Relationship issues
- Alcohol and drug use
- Woman abuse or intimate partner violence
- LGBTQ2+ issues (lesbian, gay, bisexual, transgender, queer/questioning, two - spirit)
- Balancing work and family
- Adjusting to life in Canada
- Sexual abuse (men and women)
- Aging
- Anxiety and depression
- Trauma
- Grief and loss

Our counselling work is attachment-informed. Working with your strengths, we help you to build and enhance positive relationships. Ask our Intake Team about attachment-focused family counselling and our Trusting Loving Connections (TLC) group.



*"My counsellor was thoroughly professional and exceptionally knowledgeable. I felt valued and heard. More than this I was respected. Counselling at KW Counselling is the gold standard for emotional and therapeutic support. I am so glad for KW counselling and the invaluable service it provides to the community."*

Professional and confidential services are provided by over 25 experienced therapists and supervised placement students. All of the staff at KW Counselling Services have a minimum of a Masters degree in Social Work or a related field and experience working with individuals, couples, children, teens, and families on a variety of topics.

## Service Delivery

We offer both ongoing counselling and single-session counselling. Our ongoing counselling can be accessed either in person, or online with the OnCall Health video counselling platform. Ask us about service in languages other than English.

**To get started with ongoing counselling, call our Intake Team at 519.884.0000.**

No one is turned away based on an inability to pay. There are many programs and subsidies that cover the cost of counselling. Many clients are able to use insurance from their family's benefit package.



# Services for Seniors and their Families

Individual, couple, and family counselling is available to people aged 55 and older and their loved ones to help them cope with topics that include:

- Transition and change in work, residence, and lifestyle
- Negotiating family relations
- Loss and grief
- Social isolation
- Health changes including memory concerns
- Trauma and abuse, both past and present
- Anxiety and depression

## KW Counselling Services is a Safe Space for LGBTQ2+ People

Visit our OK2BME website to see all the programs and services we offer specifically for LGBTQ2+ people

[ok2bme.com](http://ok2bme.com)



[OK2BME.ca](http://OK2BME.ca)