

What is the Birth to 6 Counselling Clinic?

The Clinic provides quick access to therapy for families with children ages Birth to 6.

Our Clinic offers:

- An opportunity to see a trained therapist in your moment of need.
- Immediate opportunity for therapeutic conversation and problem solving.
- Connection to other services if needed. For many, a single session is all that's needed, but you can come more than once. You decide.

Who can attend the Clinic?

- Families with children ages Birth to 6 years of age.
- Caregivers can come on their own and/or with support people.
- We encourage your entire family and/or important support people to attend the therapy session with you.

What can you expect?

- The focus for the therapy session is based on what the caregiver or family members want from the conversation.
- We will focus on your needs and strengths.
- We will work hard with you to find solutions and to leave with a plan.

What if we are in Crisis?

- If you are having a Mental Health Emergency or you or your child are in a crisis, call police or go to your local hospital.

CLINIC LOCATIONS

All Clinic appointments are **scheduled** by calling 519-250-1850

Leamington Mondays

Community Hub 33
33 Princess St.

Essex Tuesdays (Morning)

Shore 2 Shore Pediatrics
186 Talbot St. S. Suite B

Harrow Wednesdays

Harrow Family Health Team
1480 Erie Rd. S.

Windsor Tuesdays (Afternoon)

Children First
3295 Quality Way Suite 102

Windsor Thursdays

Connections Early Years Family Centre
795 Giles Blvd. E.

