

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 DATES AND TIMES

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

Leamington Mondays 10am-4pm

Community Hub 33
33 Princess St.

Essex Tuesdays 9:30am-12pm

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

Windsor Tuesdays 1pm-4pm

Children First
3295 Quality Way Suite 102

Harrow Wednesdays 10am-12pm

Harrow Family Health Team
1480 Erie Rd. S.

Windsor Thursdays 1pm-4pm

Connections Early Years Family Centre
795 Giles Blvd. E.

