



SAME-DAY COUNSELLING CLINIC
(Walk-in or Call ahead to reserve your spot!)

LOCATION	ADDRESS	DAYS & TIME(S)	Start Date
Almonte	Health Unit 79 Spring St. Unit 2 613-256-1203	Thursdays 1:00- 4:00 p.m.	June 1, 2013.
Carleton Place	Open Doors Office 40 Bennet St. 613-257-8260	Wednesdays 1:00-6:00 p.m.	September 12, 2013
Smiths Falls	Open Doors Office 88 Cornelia St. W 613-283-8260	Mondays 1:00- 6:00 p.m.	September 9, 2013
Perth	Open Doors Office 40 Sunset Blvd. Suite 123 613-264-1415	Tuesdays 1-4 p.m.	September 10, 2013

Is the Open Doors Same Day counselling Clinic right for me?

- You are under the age of 18—or are the parent of a child/youth under 18 yrs. old.
- You think the solution to your problem is in your control
- You need reassurance that your reaction to a troubling situation is normal
- You can identify, with the help of a counsellor, helpful solutions, past successes, and reasonable expectations
- You are “stuck” in a feeling (anger, guilt, grief) towards a past event and are looking for ways to get “unstuck.”

Benefits include:

- Feeling less worried or sad
- Preventing a temporary problem from getting worse
- Feeling less isolated
- Knowing more about the available resources in the Lanark County region/Referral to services
- Develop new ways to manage the problem or cope with feelings.

**PLEASE NOTE: The Same Day Counselling clinic is not intended for consultation or problem solving around separation and divorce issues, custody disputes or other family court matters. If your family or child are dealing with these issues and require assistance please contact an Open Doors office to ask about alternative services options.*

For more information please contact:
Open Doors for Lanark Children and Youth
Carleton Place Office: 613-257-8260
Smiths Falls Office: 613-283-8260
www.opendoors.on.ca