



*Taddle Creek*  
Family Health Team

# *Single-Session Drop-In Counselling Clinic*

for clients of  
**Taddle Creek Family Health Team**

Friday mornings

9 a.m. – 12 noon

**No appointment necessary**

OHIP covered

**Taddle Creek FHT offers single-session counseling for patients who have an issue or concern and who need to speak to a counsellor.**

**If you require ongoing counselling sessions you can be referred separately to our wait list by your doctor or nurse practitioner.**

## *WHAT CAN I TALK TO THE COUNSELLOR ABOUT?*

Some of the issues that may bring a you to the single-session clinic might include:

*Feeling sad or anxious*

*Relationship issues*

*Parenting issues*

*Violence or safety issues*

*Adjusting to new diagnosis*

*Other*

*Bereavement*

*Managing stress*

*Workplace or school issues*

*Accessing government services/assistance*

*Major life changes or transitions*

## *HOW TO ACCESS THE CLINIC:*

**The clinic is open from 9 a.m. until  
noon on Friday mornings.**

## *PLEASE CHECK IN WITH RECEPTION AT 790 BAY STREET, SUITE 306.*

You will be seen on a first-come/first-served basis. We ask that you arrive by 10:45 a.m. at the latest.

On the rare occasion that we have an unusual number of clients arrive on the same day, you may need to come back on the next week of the clinic.

