



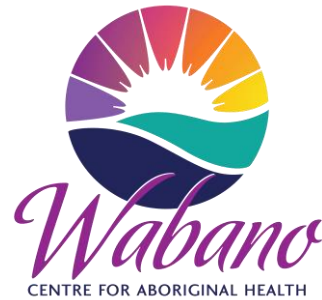
Funded by Champlain Local Health Integrated Network (LHIN)

NOTES

Horizontal lines for taking notes.



Mental Health Walk-in Counselling Service



Hours of Operation:

Monday 1:00pm – 5:30 pm
Tuesday 1:00pm – 8:00 pm
Wednesday 9:00am – 5:30 pm
Thursday 1:00pm – 8:00 pm
Friday 9:00am – 5:30 pm

Please note that the last appointment is 1 hour before closing.

For more information please contact: Vanessa Stevens, Mental Health Walk-in Counsellor, The Wabano Centre for Aboriginal Health, 299 Montreal Road, Ottawa, Ontario, K1L 6B8. Tel: (613) 748-0657 ext 253, Fax: (613) 748-0550, Email: vstevens@wabano.com



Mental Health Walk-in Counselling Service

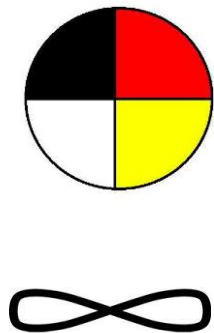
Do you self-identify as a First Nations, Inuit or Métis family living in Ottawa?

Not sure what to do and you need someone to talk to?

You don't have to do this alone - We are here to help!

What is Walk-in Counselling?

- Free Mental Health and Wellness Counselling Services to support you and / or your family during your time in need.
- Provides clients any age or gender with same day short-term mental health / wellness support.
- There is no referral or appointment necessary to access Walk-in Counselling services.
- Helps people and families in crisis.



Wabano's Mental Health Walk-in Counselling is unique because:

- It is a **client centred, strength-based, culturally safe** and **collaborative** approach to counselling Indigenous people.
- Its Counselling services understand and operate within Indigenous holistic approach to healing.
- It works in collaboration with Indigenous Elders and Spiritual Helpers.
- It provides access to trained professional Counsellors competent in both mainstream psychotherapy and Indigenous approaches to healing.
- It can help with assessment of your needs and refer to extended mental health care services, if needed.

What is the Walk-in Counselling process?

1) Come during Walk-in hours:

Monday	1:00pm – 5:30 pm
Tuesday	1:00pm – 8:00 pm
Wednesday	9:00am – 5:30 pm
Thursday	1:00pm – 8:00 pm
Friday	9:00am – 5:30 pm

2) Fill out pre-questionnaire form located at Wabano reception and return to it to them.

3) Reception will inform you of wait time, if any.

4) If you are a new client to Wabano, please inform reception of that and you may be referred to our Intake department to start your file.

5) The Walk-in Counsellor will call your name when ready for your session.

