



# Oxford County Walk-In Counselling

**FEELING DOWN? WORRIED?  
STRESSED? UNABLE TO COPE?  
READY FOR A CHANGE?**

**We can help.**

Talk one-on-one with our friendly, qualified counsellors at our **Free Walk-In Counselling Service.**

We can help you find ways to improve your wellness, cope better, and create positive solutions to life's challenges.

**No appointment necessary. First come, first served. For more information, call 1-877-339-8342.**

**BE MIND FULL**

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

## WOODSTOCK

**Tuesdays  
from 10am-6pm**  
(For children/youth under 18 and/or parents of a child/youth under 18)

Oxford Elgin Child & Youth Centre  
912 Dundas Street  
519-539-0463

**Thursdays  
from 12-7pm**  
Registration  
until 6pm  
(All ages)

Woodstock  
Hospital  
(Athlone Entrance)  
310 Juliana Dr.  
519-421-4223

## TILLSONBURG

**Mondays  
from 3-8pm**  
Registration  
until 7pm  
(All ages)

Canadian Mental  
Health Association  
Tillsonburg Office  
40 Brock Street  
West  
1-877-339-8342

## INGERSOLL

**Tuesdays  
from 3-8pm**  
Registration  
until 7pm  
(All ages)

Nurse Practitioner-  
Led Clinic  
19 King Street  
East  
1-877-339-8342

## TAVISTOCK

**Wednesdays  
from 3-8pm**  
Registration  
until 7pm  
(All ages)

Tavistock  
Community Health  
80 Maria Street  
1-877-339-8342

## NORWICH

**Thursdays  
from 6-9pm**  
Registration  
until 8pm  
(All ages)

Emily Stowe  
Public School  
1 Jerdon Street  
1-877-339-8342



Canadian Mental  
Health Association  
Oxford County



WOODSTOCK HOSPITAL



United Way  
Oxford