

THUNDER BAY & DISTRICT

WALK-IN/TALK-IN COUNSELLING CLINICS



Canadian Mental Health Association
Thunder Bay



*In-person sessions are available. Please contact the organization directly to confirm.
Services en français disponibles. Services in Cree and Oji-Cree are available.*

MONDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9 AM - 12 PM

**North of Superior
Counselling Programs**
(877) 895-6677
www.nosp.on.ca
11 AM - 3 PM

Alpha Court
(807) 683-8200
www.alphacourt.ca
221 Wilson St
1 PM - 4 PM

TUESDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9 AM - 12 PM

**Our Kids Count / Catholic
Family Development Centre**
(807) 630-3752
www.ourkidscount.ca
704 McKenzie St
9 AM - 12 PM

**North of Superior
Counselling Programs**
(877) 895-6677
www.nosp.on.ca
11 AM - 3 PM

**Children's Centre /
Thunder Bay Counselling**
(807) 700-0090
www.tbaycounselling.com
www.childrenscentre.ca
Location rotates
12 PM - 3 PM

Dilico
(807) 624-5818
www.dilico.com
1115 Yonge St
1 PM - 8 PM

WEDNESDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9 AM - 12 PM

**North of Superior
Counselling Programs**
(877) 895-6677
www.nosp.on.ca
11 AM - 3 PM

Alpha Court
(807) 683-8200
www.alphacourt.ca
221 Wilson St
1 PM - 4 PM

**Children's Centre /
Thunder Bay Counselling**
(807) 700-0090
www.tbaycounselling.com
www.childrenscentre.ca
Location rotates
3 PM - 6 PM

THURSDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9 AM - 12 PM

**North of Superior
Counselling Programs**
(877) 895-6677
www.nosp.on.ca
11 AM - 3 PM

**Children's Centre /
Thunder Bay Counselling**
(807) 700-0090
www.tbaycounselling.com
www.childrenscentre.ca
Location rotates
12 PM - 3 PM

**Our Kids Count / Catholic
Family Development Centre**
(807) 630-3752
www.ourkidscount.ca
#16 - 288 Windsor St
4 PM - 6 PM

FRIDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9 AM - 12 PM

**North of Superior
Counselling Programs**
(877) 895-6677
www.nosp.on.ca
11 AM - 3 PM

Alpha Court
(807) 683-8200
www.alphacourt.ca
221 Wilson St
1 PM - 4 PM

THUNDER BAY & DISTRICT

WALK-IN/TALK-IN COUNSELLING CLINICS

Time and locations may vary and are subject to change. Please call organizations directly for information.

ALPHA COURT: (807) 683-8200

Access: Must be 16+; call-in/walk-in, first come, first serve basis; appointments are not available.

Services Available: Supportive counselling, information and community referrals for mental health, addictions/harm reduction, housing, employment and financial supports, and the Alpha Court Day Centre.

CANADIAN MENTAL HEALTH ASSOCIATION: (807) 345-5564

Access: Must be 16+; call-in/walk-in, first come, first serve basis; appointments may be available.

District Access: Call to be connected with our talk-in clinic.

Services Available: Provide immediate mental health support, information about community referrals for mental health, CMHA programs and referrals, addictions/harm reduction, housing, employment and financial supports as needed.

CHILDREN'S CENTRE THUNDER BAY / THUNDER BAY COUNSELLING: (807) 700-0090

Access: All ages; walk in/call-in, first come-first serve. Please call 700-0090 to confirm location and availability of in-person services. Services en français disponibles.

District Access: Call to be connected with our talk-in clinic.

Services Available: Mental health and addiction counselling across the lifespan.

DILICO ANISHNABEK FAMILY CARE: (807) 624-5818

Access: All ages; call-in/walk-in, first come – first serve, appointments may be available; Indigenous services available on a limited basis.

District Access: Call 1-855-623-8511 to be connected to a clinician. In-person services are available between 1:00 – 4:00 p.m. on the 1st Tuesday of the month in Longlac, Nipigon, Pic Mobert and Armstrong.

Services Available: Mental health counselling across the lifespan, addiction support, housing access, domestic violence, family therapy, and parenting.

NORTH OF SUPERIOR PROGRAMS: (877) 895-6677

Access: All ages; call the day of, to request a same-day appt, first come, first serve and scheduled at an agreed-upon time; up to 4 sessions daily; Services en français disponibles.

District Access: Call 1-877-895-6677 to be connected with our talk-in clinic. In-person appointments may be available in Marathon, Schreiber, Nipigon and Geraldton.

Services Available: Mental health counselling across the lifespan, addiction support, housing access, information and referral and parenting.

OUR KIDS COUNT / CATHOLIC FAMILY DEVELOPMENT CENTRE: (807) 630-3752

Access: All ages; call-in/walk-in, first come, first serve up to 6 sessions, appointments are available.

District Access: Call to be connected with our talk-in clinic.

Services Available: Mental health counselling across the lifespan, domestic violence, family therapy, and parenting.