

# Durham Counselling Walk-in Clinic

The Durham Counselling Walk-in Clinic is a free, confidential, counselling clinic, providing service for children and youth, 3-19 years (up until their 20th birthday), and their families.

Counselling sessions are available in-person and virtually.

Intakes for counselling sessions take place on Tuesdays and appointments are scheduled on Wednesdays.

- We provide single-session counselling for clients residing in Durham region.
- We focus on what clients would like to address, and feel is important.
- Together, we build upon existing strengths to create a plan for positive change.
- People come to us for many different reasons including family issues, strategies for positive change, stress management, relationship challenges, parenting support, youth development, substance use concerns, etc.

**Please call ahead  
to confirm availability**



**Wednesdays  
12:00 – 7:00pm**



**1320 Airport Blvd  
Oshawa**

**Call the Clinic Coordinator to  
book an appointment:  
289-509-0603 ext. 3203**

The Durham Counselling Walk-in Clinic is run by a community collaborative, staffed by providers from:

- Catholic Family Services of Durham
- Lakeridge Health - Child Youth and Family Program
- Pinewood Centre
- Durham Community Health Centre
- Frontenac Youth Services
- Family Services Durham