

Where to Go for Counselling

ROCK Walk-In Counselling Clinics



- You can drop-in for a single session of counselling with a trained therapist. If you wish, you can come to the walk-in clinic more than once (you will likely not see the same therapist).
- Walk-in clinics are available in Acton, Burlington, Georgetown, Milton, and Oakville.
- The walk-in clinic is available for:
 - families with children 0-17
 - youth 12+ (can come on their own or with support people)
- Access to all other services at ROCK is through the walk-in clinic. There is generally a wait-list for all other services.
- All ROCK services are available free of charge.
- For more information about ROCK Walk-In Clinics and other ROCK services go to <http://rockonline.ca/>.

ROCK Walk-In Locations

****Last session at all locations begins at 6:30 pm**

Acton	Burlington	Georgetown	Milton	Oakville
Tuesdays 4:15 to 8 pm 905-875-2575 Hillsview Active Living 415 Queen St E	Wednesdays 12 to 8 pm 905-634-2347 471 Pearl St	Mondays 12 to 8 pm 905-875-2575 Hillsview Active Living 318 Guelph St E, Unit 9	Mondays 12 to 8 pm 905-875-2575 400 Bronte St S, Suite 101	Tuesdays 12 to 8 pm 905-339-3525 504 Iroquois Shore Rd, Unit 12A



THRIVE Counselling

- THRIVE counselling is available for all residents of Halton region. Offices are located in Burlington, Georgetown, Milton, and Oakville.
- Fees are geared to income.
- Services include:
 - Individual, couple, and family counselling
 - Support for those living with domestic violence
 - Credit and debt counselling
- You can access this service directly. There is generally a wait-list for services.
- Go to <http://thrivecounselling.org/> for more information and a full list of services.



ELIZABETH FRY SOCIETY
PEEL-HALTON
THERE'S HELP.

Youth NOW

- Counselling for youth between 12-24 years of age in the Halton Region.
- Youth will receive up to 6 sessions with a trained therapist.
- The program is available in Acton, Georgetown, and Oakville.
- There may be a wait list, depending upon the program and location.
- Go to <http://efrypeelhalton.ca/portfolio/youth-now-y-now-halton/> for more information.



ADAPT

- Open to youth 24 and under who are affected by alcohol and substance use.
- Services are available in Acton, Burlington, Georgetown, Milton, and Oakville.
- All ADAPT services are available free of charge.
- There may be a wait list, depending upon the program and location.
- Go to <http://haltonadapt.org/> for more information.

Family Health Team (FHT)

- If your family doctor is part of a FHT, you will likely have access to a social worker, mental health counsellor, or a psychologist.
- Counselling services provided by a practitioner in a FHT are covered by OHIP.
- Talk to your doctor to get a referral.

Employee Assistance Program (EAP)

- Available through some employee benefit plans
- A short-term, counselling service; usually funded by your employer and provided by an external organization

For more community resources, go to [Youth Services in Halton](#).