

# 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  
10 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

(807) 629-6074  
www.ourkidscount.ca  
704 McKenzie St  
9 AM - 12 PM

#### North of Superior Counselling Programs

(877) 895-6677  
www.nosp.on.ca  
10 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 Anishinabek Family Care

(807) 624-5818  
www.dilico.com  
15 Court St S (as of June 28)  
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  
10 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  
10 AM - 3 PM

#### Children's Centre / Thunder Bay Counselling

(807) 700-0090  
www.tbaycounselling.com  
www.childrenscentre.ca  
Location rotates  
12 PM - 3 PM

#### Alpha Court

(807) 683-8200  
www.alphacourt.ca  
216 Brodie St S (Brodie Library)  
1 PM - 4 PM

#### Our Kids Count

(807) 629-6074  
www.ourkidscount.ca  
#16 - 288 Windsor St  
1:30 PM - 4 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  
10 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 ANISHINABEK 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 COUNSELLING 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:** (807) 629-6074

**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 and parenting.