Why Counselling?

Counselling is helpful in many ways:

- It gives you the time and space to work through your personal or relationship issues in a way that is safe and non-judgemental.
- It reduces stress and helps you feel better about yourself.
- It teaches you new behaviours, techniques or ways to respond to issues which can help you reach your goals.
- It helps you understand and make sense of your own thoughts, feelings, and responses.
- It helps you better understand your loved ones.
- It gives you the chance to speak with a skilled professional about things that are important to you.
- It helps you to feel that you are not alone and that there is hope!
What is offered?
The **Counselling Collaborative Program** is a community-based partnership between the Regional Municipality of Waterloo and seven United Way member agencies to ensure that you have access to the counselling services you need.

Our goal is to:
- provide up to 8 counselling sessions
- assist you to feel better about yourself
- improve your quality of life, and
- create opportunities to be all that you can be.

Services offered include: *Individual, Group, Couple and Family Counselling*.

Who is eligible?
If you are receiving support through Ontario Works or Ontario Disability Support Program you are eligible to participate.

### How do I get connected to the program?
You can receive counselling service through the **Counselling Collaborative Program**. Simply call any of the agencies listed below and speak with an *Intake Worker* to determine the right program or service for you. Whenever possible, counselling appointments are offered at flexible times.

<table>
<thead>
<tr>
<th>Family Counselling Centre of Cambridge &amp; North Dumfries</th>
<th>519-621-5090</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 Walnut Street, Cambridge</td>
<td><a href="http://www.fcccnd.com">www.fcccnd.com</a></td>
</tr>
<tr>
<td><em>(Walk-in available Thursdays 1 p.m. - 7:30 p.m.)</em></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Interfaith Community Counselling Centre</th>
<th>519-662-3092</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 B Church Street, New Hamburg</td>
<td><a href="http://www.interfaithcounselling.ca">www.interfaithcounselling.ca</a></td>
</tr>
<tr>
<td>65 Hanson Avenue, Kitchener</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KW Counselling Services</th>
<th>519-884-0000</th>
</tr>
</thead>
<tbody>
<tr>
<td>480 Charles Street East, Kitchener</td>
<td><a href="http://www.kwcounselling.com">www.kwcounselling.com</a></td>
</tr>
<tr>
<td><em>(Walk In Counselling Clinic available Thursdays noon – 6 p.m.)</em></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lutherwood Family Counselling Services</th>
<th>519-622-1670</th>
</tr>
</thead>
<tbody>
<tr>
<td>35 Dickson Street, Cambridge</td>
<td><a href="http://www.lutherwood.ca">www.lutherwood.ca</a></td>
</tr>
<tr>
<td>139 Father David Bauer Drive, Waterloo</td>
<td><em>(go to mental health, click on family counselling)</em></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mosaic Counselling</th>
<th>519-743-6333</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>(a program of Carizon Family and Community Services)</em></td>
<td><a href="http://www.carizon.ca">www.carizon.ca</a></td>
</tr>
<tr>
<td>400 Queen Street South, Kitchener</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shalom Counselling Services</th>
<th>519-886-9690</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 Avondale Avenue South, Waterloo</td>
<td><a href="http://www.shalomcounselling.org">www.shalomcounselling.org</a></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Woolwich Counselling Centre</th>
<th>519-669-8651</th>
</tr>
</thead>
<tbody>
<tr>
<td>65 Memorial Avenue, Elmira</td>
<td><a href="http://www.woolwichcounselling.org">www.woolwichcounselling.org</a></td>
</tr>
</tbody>
</table>