

# 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) 629-6064  
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  
17 Court St S  
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) 629-6064  
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