

**We're  
online!**



Find location-specific details,  
Clinic dates and maps, by visiting:

[http://  
www.craigwood.on.ca/  
talk\\_in\\_clinics](http://www.craigwood.on.ca/talk_in_clinics)

*Or*

[http://www.vanier.com/  
programs-services/talk-in-  
clinics.aspx](http://www.vanier.com/programs-services/talk-in-clinics.aspx)

Follow us on Twitter for real-time  
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[http://www.twitter.com/  
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Craigwood Youth Services  
[www.craigwood.on.ca](http://www.craigwood.on.ca)



Vanier Children's Services  
[www.vanier.com](http://www.vanier.com)

Pour les services en  
français, veuillez contacter  
le service d'accueil au  
519-433-3101 poste 228

# TALK-IN CLINICS

*Walk-in counselling for  
children and youth from infancy  
to age 18 and their families*

*Rotating Clinics Throughout London and  
Rural Middlesex County*

- LONDON
- DORCHESTER
- GLENCOE
- LUCAN
- PARKHILL
- STRATHROY

**Cost-free.**

**Confidential.**

**Close to Home.**





## What's a Talk-In?

Talk-In Clinics provide children, youth and their caregivers quick access to counselling services.

Families meet with trained professionals available to provide an individual or family counselling session.

Sessions are cost-free and no appointment is required.

## What happens when I arrive?

- You will be greeted by the receptionist and asked to fill out registration forms while you wait for your session
- Individuals and families are seen in the order they arrive at the Clinic
- If there is not enough time to provide everyone who attends the Clinic with a counselling session, scheduled appointments may be offered for another day

## What happens in a Talk-In counselling session?

- You will meet with one or two counsellors for one to one-and-a-half hours. Counsellors can meet with youth, children and caregivers privately or as a group
- At the beginning of the session, the counsellor will review the registration documents with you and answer any questions you have about the Talk-In Clinic's services
- The rest of the counselling session is focused on what you want to talk about! Counsellors will help you to explore the issue that you identify along with strategies you think might be helpful in managing it
- The counsellor will take notes that summarize your discussion and next steps that you think might be helpful. You will be provided a copy of this note at the end of the session.



## What if I need more than one counselling session?

The Talk-In Clinics offer a single session of counselling. If you or your child would benefit from ongoing services, please contact the Crisis and Intake Team (C-IT) at 519-433-0334 to begin the intake process. If you or your child require crisis services, **C-IT is available to assist 24 hours a day, 7 days a week.**

## C-IT is a 24/7 Crisis Support Services and Intake team for:

Craigwood Youth Services

Vanier Children's Services

WAYS Mental Health Support

When you call C-IT, you will:

- Receive an immediate response when you are in crisis and a timely response for intake to child and youth services
- Receive written action and safety plans that are individualized and specific
- Be informed about services for which you are eligible
- Receive assistance in choosing and accessing services
- Receive support while waiting for other services to begin