



ANISHNAWBE
MUSHKIKI

COMMUNITY HEALTH & WELLNESS
Aboriginal Health Access Centre

Anishnawbe Mushkiki Mental Wellness

**Walk-In Counselling for registered clients
Age 12 and up**

Monday-Thursday Afternoons

Brief, Single Session Counselling



**Meet with a registered counsellor from
the Mental Wellness Team**



Areas of focus may include ;

- **generalized anxiety**
- **depressive symptoms**
- **grief/loss**
- **relationship issues**
- **substance use**
- **stress management and coping**



**Your walk-in appointment will
provide you with one session, if
more is needed the counsellor will
talk to you about services
available and how to access them.**

**Appointment
times are limited
Call 807 623 0383
to register**

**Location:
1144 Oliver
Road**

**If you are in crisis, concerned about harming yourself or someone else call
911 or 988 for urgent assistance.**