



what's up walk in®

**Feeling stressed, angry or sad?
Having trouble with friends or family?**

**Worried about your baby, child or teen?
Think you might need help?
Want to talk to a counsellor?**

what's up' Walk In® Clinic is a free child and youth mental health counselling service. 'what's up' Walk In® Clinics help with things like anxiety, depression, sleeping or eating problems, bullying, sexual identity, managing anger, feeling alone ... or anything else that's on your mind. We also welcome parents or caregivers who are worried about their baby's or young child's development, behavior, or routines.

- **Now serving people up to the age of 29 years or younger**
- **No health card needed**
- **No appointment needed**
- **No fees**
- **Immediate and barrier free**

 **Located:** 1126 Finch Ave West, Unit 16



Call 416-222-4380 or e-mail walk-in@griffincentre.org
for more information, or visit www.griffincentre.org



NEW to Griffin Centre!

Our new hours are beginning March 1, 2016

Monday: 1:30 – 7pm (last session 6pm)

Tuesday: 9:30 – 2pm (last session 1pm)

Wednesday: 1:30 – 7pm (last session 6pm)

Thursday: 2 – 7pm (last session 6pm)

Friday: 9:30 am – 2pm (last session 1pm)



**5 locations around
Toronto to serve you.**

Find the location nearest you at
emys.on.ca/getting-help/walk-in-clinic