



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. We can 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.

- We serve individuals up to age 29 and their families
- 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



HOURS:

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 – 2pm (last session 1pm)



6 locations around
Toronto to serve you.

Find the location nearest you at
whatsupwalkin.ca/service-providers