

**HandsTheFamilyHelpNetwork.ca is pleased to expand its services in making children's mental health more accessible by opening our walk-in counseling service**

## **Who can access services?**

Children, youth (up to 18), parents and families

## **When?**

Every Tuesday beginning October 4, 2011, from noon to 7:30 p.m. (last appointment 6 p.m.)

## **Where?**

Hands office at 222 Main St. East  
North Bay

## **What can I expect?**

Walk-ins will meet with a child and family therapist for a single session (approximately 1 hour) to address the child or youth's mental health concern



**For more information contact Hands at:  
705-476-2293 or 1-800-668-8555**

**Please note this is NOT a crisis or emergency service. If you are in a crisis, and require immediate assistance, please contact our crisis worker at 705-476-2293 or the Crisis Intervention program at the North Bay Regional Health Centre at 705-495-8198.**