



Haldimand-Norfolk
REACH

Single Session Therapy Clinic

For personal, emotional or relationship challenges

- Support at the right time to find solutions that are right for you
- Those found eligible will receive a 90-minute session with the option of an additional follow-up session
- By appointment only
- Tuesdays from 12 - 6 pm in Townsend

We can help with:

- Anger management
- Anxiety
- Communication
- Dissatisfied with life/relationships
- Parenting
- Family Conflict
- Abuse



Am I eligible?

Eligibility for this program is based on household income and family size.

Those lower income households including those on Ontario Works, and Ontario Disability are eligible.

Cost

There is no fee for this service if found eligible.

Is there a wait for this program?

People found to be eligible will be offered a face to face appointment time for the next available clinic, typically within 1 week.

To Get Started

Call our intake at 519.587.2441 or 1.800.265.8087 ext. 239

a United Way funded agency



United Way
Haldimand and Norfolk



Haldimand-Norfolk
REACH

supporting children, families, communities

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Find us on The Facebook logo, a white lowercase 'f' inside a blue square.