

Walk-In Clinics in Children's Mental Health Centres - sorted by 'City'
Prepare by Children's Mental Health Ontario - www.kidsmentalhealth.ca

Centre	Clinic Location	City	When (Day & Time)	Ages Served	Contact Info
ROCK - Acton	415 Queen St. E	Acton	4:15 PM - 8:00 PM Last session at 7:30	Ages 0-18	905-875-2575 www.rockonline.ca
New Path Youth and Family Services	46 Wellington St., West	Alliston	Thursdays 8:30 AM - 4:30 PM. Last appointment time at 3:00 PM	Ages 0-18	705-434-0477 https://newpath.ca/
The Phoenix Centre for Children & Families	Kenwood Corporate Centre, 160 William St., Suite 200	Arnprior	The 2nd & 4th Wednesday of every month, 2:00 PM-7:00 PM. Last session at 6:00 PM	Parents, children and youth (0-17); children under 12 must be accompanied by parent/guardian	1-800-465-1870 or 613-735-2374 www.phoenixpembroke.com
New Path Youth and Family Services	165 Ferris Lane	Barrie	Wednesdays & Thursdays 11:00 AM - 7:00 PM. Last appointment is 5:30 PM	Ages 0-18	705-733-2654 https://newpath.ca/
Children's Mental Health Services - Hastings/Prince Edward	3 Applewood Dr., 3rd Floor	Belleville	Wednesdays from 12:00 PM to 6:00 PM Last session starts at 4:30 PM	Children and youth up to 18 years and their families	613-966-3100 http://cmhs-hpe.on.ca
New Path Youth and Family Services	118 Barries St.	Bradford	Mondays 11:00 AM - 7:00 PM. Last appointment is 5:30 PM	Ages 0-18	705-775-4533 https://newpath.ca/
Rapport Youth & Family Services – Tangerine Walk-in	71 West Dr., Unit 37	Brampton	Thursdays, 9:00 AM to 8:00 PM Last walk-in session is at 6:00 PM	Youth up to their 18th birthday and family	905-795-3530 (Tangerine) 905-455-4100 (Rapport) www.tangerinewalkin.com
St. Leonard's Community Services	1-225 Fairview Dr.	Brantford	Daily from 11:00 AM to 8:00 PM	All ages	519-754-0253 https://www.st-leonards.com
Children's Mental Health of Leeds & Grenville	779 Chelsea Court	Brockville	Wednesdays, 11:00 AM - 7:00 PM Last walk-in time is at 5:30 pm	Ages 0-18	613-498-4844 www.cmhlg.ca
ROCK- Burlington	471 Pearl St.	Burlington	Wednesdays, 12:00 PM to 8:00 PM. Last check-in time is 6:30 PM	Children, youth under 18 and families	905-634-2347 www.rockonline.ca
Carizon & Lutherwood - Front Door	1145 Concession Rd. (Langs)	Cambridge	Thursdays, 9:00 AM to 3:30 PM	Children & youth up to 18th birthday and their families	519-749-2932 www.frontdoormentalhealth.ca
Lutherwood	35 Dickson St.	Cambridge	Tuesdays, 12:30 PM to 6:30 PM	Youth & families	519-622-1670 ext. 200 https://www.lutherwood.ca
Chartham Kent Children's Services	495 Grand Ave., W.	Chatham	Open on the first and third Wednesday each month from 1:00 PM - 7:00 PM Last session at 5:30PM	Ages 6-18 & their families	519-358-2180 http://www.ckcs.on.ca
New Path Youth and Family Services	275 First St., Units 7,8 & 9	Collingwood	Wednesdays 11AM - 7PM	Ages 0-18	705-445-4181 https://newpath.ca/
Craigwood Youth Services	Dorchester Community Church 3912 Catherine St.	Dorchester	Mondays Bi-Weekly 2:00 PM - 6:00 PM Last appointment at 5:00 PM	Ages 0-18	519-433-0334 www.craigwood.on.ca
Child and Family Centre - mindSPACE	407 Centre St.	Espanola	Wednesdays, 10:30 AM - 6:00 PM Last Session at 4:30 PM	High School students	705-525-1008 http://cfcnorth.ca/youth/mindspace/
St. Clair Child and Youth Services	North Lambton Community Health Centre, 6275 Indian	Forest	Every 2nd Monday 9:00 AM to 1:00 PM	Families w/ children from 0 - 17 years of age	519-336-0120, ext. 257 www.stclairchild.ca

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ROCK- Georgetown	318 Guelph St.	Georgetown	Mondays 12:00 PM - 8:00 PM. Last session at 6:30	Ages 0-18	905-339-3525 http://rockonline.ca/
Craigwood Youth Services	Quest Centre, 3581 Concession Dr.	Glencoe	Mondays Bi-Weekly, 2:00 PM -6:00 PM Last appointment at 5:00 PM	Ages 0 -18	519-433-0334 www.craigwood.on.ca
Catholic Family Services of Hamilton	447 Main St. E Unit 201	Hamilton	Tuesdays, 12:00 PM to 6:30 PM *Be prepared to wait!	Individuals, couples, and families	905-527-3823 ext. 279 http://www.cfshw.com
Carizon & Lutherwood - Front Door	1770 King St., E, Suite 1	Kitchener	Wednesdays, 12:30 PM to 6:30 PM	Children & youth up to 18th birthday and their families	519-749-2932 www.frontdoormentalhealth.ca
Open Doors for Lanark Children & Youth: Almonte Same-Day Counselling Clinic	Health Unit 79 Spring St. Unit 2 Almonte	Lanark County	Thursdays, 1:00 PM – 4:00 PM (Walk-in or call ahead to reserve your spot!)	Children and youth under 18 or their parents/guardians	613-256-1203 or 613-257-8260 www.opendoors.on.ca
Craigwood Youth Services	520 Hamilton Rd., (main office)	London	Mondays, 2:00 PM – 6:00 PM Last appointment at 5:00 PM	Ages 0-18	519-433-0334 www.craigwood.on.ca
Craigwood Youth Services	Ontario Early Years Centre 1019 Viscount Rd.	London	Tuesdays 2:00 PM – 6:00 PM Last appointment at 5:00 PM	Ages 0-18	519-433-0334 www.craigwood.on.ca
Craigwood Youth Services	Argyle Family Centre, 1990 Royal Cres.	London	Wednesdays 2:00 PM – 6:00 PM Last appointment at 5:00 PM	Ages 0-18	519-433-0334 www.craigwood.on.ca
Craigwood Youth Services	Whiteoaks Family Centre 565 Bradley Ave.	London	Thursdays 12:00 PM - 6:00 PM Last appointment at 5:00 pm)	Ages 0-18	519-433-0334 www.craigwood.on.ca
Craigwood Youth Services	Carling Thames Family Centre, 335 Belfield St.	London	Thursdays 2:00 PM – 6:00 PM Last appointment at 5:00 pm)	Ages 0-18	519-433-0334 www.craigwood.on.ca
Dilico Anishinabek Family Care	Longlac Clinic 118 Forestry Rd.	Longlac	Last Monday of each month 1:00 PM - 3:30 PM	Children, youth, adults	1-855-623-8511 (toll free!) http://www.dilico.com
Craigwood Youth Services	Lucan Public Library 270 Main St.	Lucan	Tuesdays, Bi-Weekly 2:00 PM – 6:00 PM Last appointment at 5:00 PM	Ages 0-18	519-433-0334 www.craigwood.on.ca
ROCK - Milton	400 Bronte St. South, Suite 101	Milton	Mondays, 12:00 PM to 8:00 PM Last check-in time is 6:30 PM	Children, youth under 18 and families	905-875-2575 www.rockonline.ca
Associated Youth Services of Peel – Tangerine Walk-in	160 Traders Blvd. East, Suite 100	Mississauga	Tuesdays, 9:00 AM to 8:00 PM Last walk-in session is at 6:00 PM	children & youth up to age 18 and family	905-795-3530 (Tangerine) 905-890-5222 (AYSP) www.tangerinewalkin.com
Peel Children’s Centre – Tangerine Walk-in	85A Aventura Court (SE corner of Hurontario St/Derry Rd intersection)	Mississauga	Wednesdays, 9:00 AM to 8:00 PM Last walk-in session is at 6:00 PM	children & youth up to age 18 and family; (French services available)	905-795-3530 (Tangerine) 905-795-3500 (Peel) www.tangerinewalkin.com
Simcoe Muskoka Family Connexions	Huntsville: 81 Main St. W Bracebridge: 49 Pine St.	Muskoka	Tuesdays in Huntsville and Thursdays in Bracebridge from 11:00 AM to 7:00 PM Last session at 5:30 PM	Families w/ children up to 18-years-old	Huntsville: 705-789-6210 Bracebridge: 705- 645-4426 http://familyconnexions.ca
North of Superior Counselling Programs	16 Front St.	Nipigon	Wednesdays from 10:00 AM to 4:00 PM	Youth & families	887-2632 ext. 0 http://www.nosp.on.ca

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Hands TheFamilyHelpNetwork.ca	222 Main St. East	North Bay	Every Tuesday from noon to 7:30 PM Last appointment 6:00 PM	Children, youth (under 18), parents and families	705-476-2293 or 1-800-668-8555 www.thefamilyhelpnetwork.ca
ROCK – Oakville	505 Iroquois Shore Road, Unit 12A	Oakville	Tuesdays, 12:00 PM to 8:00 PM Last check-in is 6:30 pm)	Children, youth under 18 and families	905-339-3525 www.rockonline.ca
Dufferin Child & Family Services	655 Riddell Rd.	Orangeville	Tuesdays from 1:00 PM-8:00 PM Last session at 7:00 PM Summer hours (July to August) 3:00 PM - 7:00 PM Last session at 6:00 PM	Youth 12-18 & their guardians	519-941-1530 https://dcafs.on.ca
New Path Youth and Family Services	169 Front St. South	Orillia	Wednesdays 11:00 AM - 7:00 PM	Ages 0-18	705-325-6161 https://newpath.ca/
Crossroads Children's Centre	1755 Courtwood Cres.	Ottawa	Wednesdays, 9:00 AM to 12:00 PM; Thursdays, 12:00 PM to 8:00 PM (last appointment at 6:30 pm)	Parents & Children 0-12	613-723-1623 ext. 333 (call for tonight's wait times) counselling@crossroadschildren.ca
Youth Services Bureau of Ottawa	2301 Carling Ave., Suite 200	Ottawa	Tuesdays and Thursdays, 12:00 PM to 8:00 PM Last appointment at 6:00 PM	Youth ages 12 to 20 and parents	613-562-3004 www.yzb-bsj.on.ca
Craigwood Youth Services	Parkhill Public Library 229B Main St.	Parkhill	Tuesdays Bi-Weekly, 2:00 PM - 6:00 PM Last appointment at 5:00 PM	0-18	519-433-0334 www.craigwood.on.ca
The Phoenix Centre for Children & Families	130 Pembroke St. W. Suite 200	Pembroke	Tuesdays from 2:00 PM – 7:00 PM Last session 6:00 PM	Parents, children and youth (0-17); children under 12 must be accompanied by parent/guardian	1-800-465-1870 or 613-735-2374 www.phoenixpembroke.com
The Phoenix Centre for Children & Families	Petawawa Centennial Health Centre, 154 Civic Centre Rd.,	Petawawa	Every other Wednesday from 2:00PM-7:00PM Last session at 6:00PM	Parents, children and youth (0-17); children under 12 must be accompanied by	1-800-465-1870 or 613-735-2374 www.phoenixpembroke.com
St. Clair Child and Youth Services	Central Family Health Team, 4130 Glenview Rd., Petrolia,	Petrolia	1st & 3rd Thursday 9:00 AM to 4:30 PM	Families w/ children from 0 - 17 years of age	519-336-0120, ext. 257 www.stclairchild.ca
St. Clair Child and Youth Services	129 Kendall St.	Point Edward (Sarnia)	appointment at 6:30 PM) & Thursdays 9:00 AM to 12:00 PM	Families w/ children from 6 - 17 years of age	519-336-0120, ext. 257 www.stclairchild.ca
The Phoenix Centre for Children & Families & ATS	191 Plaunt St., South	Renfrew	Tuesdays, from 2:00 PM – 7:00 pm Last session 6:00 p.m	Parents, children and youth (0-17); children under 12 must be accompanied by	1-800-465-1870 or 613-735-2374 www.phoenixpembroke.com or Addictions Treatment Service 1-800-265-
St. Clair Child and Youth Services	The Hub, 350 Indian Rd., Sarnia, On	Sarnia	Wednesdays 3:00 PM to 5:00 PM	Youth ages 16-24 year of age	Contact: jaylene@reboundonline.com
Algoma Family Services	386 Queen Street E, (Queen Street Entrance, 1st Floor)	Sault Ste. Marie	Tuesdays, 11:30AM to 7:00 PM Last session at 5:30PM	Children, youth, adults, couples & families	707-759-5989 www.algomafamilyservices.org
Craigwood Youth Services	Next Wave Youth Centre 32 Front St.	Strathroy	Thursdays 1:00 pm - 7:00 PM Last appointment at 6:00 PM	Ages 0-18	519-433-0334 www.craigwood.on.ca

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Child and Family Centre - mindSPACE	65 Evergreen St.	Sudbury	Monday to Friday 12:30 PM - 8:00 PM Last Session at 6:30 PM	High School students	705-525-1008 http://cfcnorth.ca/youth/mindspace/
Children's Centre Thunder Bay – Walk-In Counselling Clinic	283 Lisgar St.	Thunder Bay	2nd & 4th Wednesday each month, 12:00 PM – 8:00 PM	Children, youth, teens and adults	807-343-5000 www.tbaycounselling.com www.childrenscentre.ca
Dilico Anishinabek Family Care	Thunder Bay Clinic 1115 Yonge St.	Thunder Bay	Tuesdays 1:00 PM -7:00 PM	Children, youth and adults	1-807-624-5818 Dilico website
Thunder Bay Counselling Centre – Walk-In Counselling Clinic	544 Winnipeg Ave.	Thunder Bay	1st & 3rd Wednesday each month, 12:00 PM – 8:00 PM	Children, youth, teens and adults	807-684-1880 www.tbaycounselling.com
Children's Centre Thunder Bay	Children's Centre Thunder Bay 283 Lisgar St. Thunder Bay Counselling Centre 544 Winnipeg Ave.	Thunder Bay	First and third Wednesday of each month from 12:00 PM to 8:00 PM at Thunder Bay Counselling Centre Second and fourth Wednesday of each month at Children's Centre Thunder Bay	Children, youth, and adults, couples, parents, families	Children's Centre Thunder Bay: 807-343-5000 Thunder Bay Counselling Centre: 807-684-1880 http://www.childrenscentre.ca
NEOFACS	707 Ross Ave., East (across from Timmins and District Hospital)	Timmins	Every Tuesday, 3:00 PM to 7:00 PM Last appointment at 6:00 pm)	Ages 0-18	705-360-7100 www.neofacs.org
Skylark Children, Youth & Families – What's Up Walk-in	65 Wellesley St. E. (at Church), Suite 500	Toronto	Mon: 2PM-6PM (Must arrive by 4:30PM) Tues: 10AM-2PM (must arrive by 12:30PM) Wed: 12PM-8PM (must arrive by 6:30PM) Thurs: 2PM-6PM (must arrive by 4:30PM) Fri: 9AM-2PM (must arrive by 12:30PM)	Ages 0-26	416-482-0081 www.skylarkyouth.org
Skylark Children, Youth & Families – YouthCan Impact Walk-in Clinic	40 Orchard View Blvd., Suite 102	Toronto	Mon: 10AM-2PM (must arrive by 12:30) Tues: 2PM-5PM (must arrive by 3:30PM) Wed: 4PM-7PM (must arrive by 5:30PM)	Ages 12-26	416-482-0081 www.skylarkyouth.org
Yorktown Child & Family Centre – What's Up Walk-in	2010 Eglinton Ave. West Suite 300	Toronto	Mon & Thurs: 1:30PM - 6PM Tues & Fri: 10AM - 3PM Wed: 2PM - 8PM	Ages 0-18	416-394-2424. Ext. 264 www.yorktownfamilyservices.com

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The Etobicoke Children's Centre	200 Ronson Drive, 4th floor	Toronto (Etobicoke)	Mon. 2:00 pm - 6:00 pm, last appointment at 5:00 pm Tues. 11:00 am - 4:00 pm, last appointment at 3:00 pm Wed. 12:00 pm - 8:00 pm, last appointment at 6:30 pm Thurs. 2:00 pm - 6:00 pm, last appointment at 5:00pm Fri. 10:00 am - 2:00 pm, last appointment at 1:00 pm	Children or youth under 18 and/or parents/legal guardians	416-240-1111, ext. 2238 www.etobicokechildren.com
Griffin Centre - What's Up Walk-in	1126 Finch Ave W., Unit 16	Toronto (North York)	Mon: 1:30 PM - 7:00 PM (last session at 6:00PM) Tues: 9:30 AM to 2:00 PM (last session at 1:00 PM)	Individuals up to the age of 29	Call 416-222-4380 or e-mail : walk-in@griffincentre.org for more information, or visit
Aisling-Discoveries Child and Family Centre	325 Milner Ave.	Toronto (Scarborough)	Tuesdays, 3:00 PM - 7:30 PM Last appointment at 6:00 PM	Children 0-18 and their families	416-321-5464 http://aislingdiscoveries.ca/
East Metro Youth Services – What's Up Walk-in	1200 Markham Rd.(at Ellesmere), Suite 200	Toronto (Scarborough)	Mon.,Wed., Thurs. 2:00 pm - 8:00 pm (last appointment at 7:00 pm) Tues. 10:00 am - 5:00pm (last appointment at 4:00 pm) Fri. 10:00 am - 5:00 pm (last appointment at 4:00 pm) Sat. 10:00 am - 2:00 pm (last appointment at 1:00 pm)	Youth up to age 18, but may accept older than 18 through CAMH partnership	416-438-3697 www.emys.on.ca
YouthLink	747 Warden Ave. (between Eglinton & St. Clair)	Toronto (Scarborough)	Wednesdays, 12PM - 6:45PM	Youth 12- 21 years & family members	416-967-1773 www.youthlink.ca
Haldimand-Norfolk REACH	101 Nanticoke Creek Parkway	Townsend	Every Tuesday, noon to 8:00 pm (last sessions begin at 6:30 pm)	Children & youth up to 18 years and their families	519-587-2441 Walk In information extension: 246 www.hnreach.on.ca
Children's Mental Health Services - Hastings/Prince Edward	30 King St., Suite 201	Trenton	Thursdays, 12:00 PM to 6:00 PM Last session starts at 4:30 PM	Children and youth up to 18 years and their families	613-966-3100 http://cmhs-hpe.on.ca
Crossroads Children's Centre	Vanier Community Service Centre, 270 Marier Avenue	Vanier	Thursdays 12PM-4PM (for residents in the K1L postal code area, or for children under 12 who attend a school in the K1L postal area)	Parents & Children 0-12	613-723-1623 ext. 333 (call for tonight's wait times) counselling@crossroadschildren.ca
St. Clair Child and Youth Services	Enodmaagejig Social Services, 150 Tecumseh Rd, Walpole Island	Walpole Island First Nation	Last Monday of each month 10:00 am to 2:00 pm	Families w/ children from 0 - 17 years of age	Enodmaagejig Social Services, Walpole Island (519) 627-3907, www.stclairchild.ca

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Chimo Youth and Family Services	L227 Kent St. W	Whitby	Mondays from 9AM to 1PM	Youth 12 and over can come alone or with their families	705-3234-3300 http://www.chimoyouth.ca
Hotel-Dieu Grace Health Care - Regional Children's Centre	3901 Connaught Road	Windsor	Monday, Tuesday & Thursday 12:00 to 6:00 pm	Children & youth up to 18 years and their families	519-257-5215 RCC website
Children First	Regional Children's Centre, 3900 Connaught Ave	Windsor	Mon, Tues, Thurs: 12PM - 6PM	Youth & their families	519-257-5215 http://www.children-first.ca
Oxford-Elgin Child and Youth Centre	Woodstock: 912 Dundas Street St. Thomas: 99 Edward Street	Woodstock	Tuesdays in Woodstock and Thursdays in St. Thomas from 10AM to 6PM	Youth (0-18) and their families	519-539-0463 http://www.ocyc.on.ca