



Hey, how ya doing?

If the real answer is anxious, depressed, stressed out, struggling with family, social, school, work or life, we can help.

Join Our Youth Counselling Program

Check out our program designed to support your mental well-being! Attend in person or virtually, whatever works best.

Our experienced counsellors will be there to provide one-on-one sessions and, helping you navigate life's challenges.

Secure your spot by registering [here](#): Limited free spots available based on eligibility.

Got questions? Reach out to us at 905 845-3811 or info@thrivecounselling.org.

Take a proactive step towards your mental health.



Counselling can make a real difference and there is a path for you. Individuals can check out our new program aimed at helping those at risk by providing professional therapy, free of charge where eligible. This limited program is funded by the **Building Safer Communities** grant.