



# Free Walk-In Counselling

**MONDAY TO FRIDAY**

**10:00 AM - 2:15 PM**

*(Sessions are approximately 60 minutes.)*

**Available by phone, video or  
in person ( CFS Regina *160 McIntosh Street, Regina* ).**

*\*Not available Statutory Holidays\**



*Everyone Welcome!  
Open Hearts Open Minds Open Doors*

For more information, email [cfsregina@cfsregina.ca](mailto:cfsregina@cfsregina.ca) or call 306.525.0521