



Free Rapid Access Counselling

Book Online province-wide via www.counsellingconnectsask.ca or call 1.306.525.0521

Mondays from 10am-4pm
Phone/ZOOM Sessions

**Every First and Third Thursday of
the month from 10am-2pm**

Core Ritchie Neighborhood Centre
445 - 14th Avenue

**Tuesdays, Wednesdays, Every
other Thursday, and Fridays
from 10am-2pm**
CFS Regina
160 McIntosh Street



Everyone Welcome!
Open Hearts Open Minds Open Doors

For more information, email cfsregina@cfsregina.ca or call 306.525.0521