

FREE ONE HOUR WALK-IN SESSIONS WITH TRAINED COUNSELLORS



THRIVE WALK-IN COUNSELLING

www.familyserviceregina.com | www.counsellingconnectsask.ca

TUESDAYS

Regina Public Library – Glen Elm Branch

1601 Dewdney Avenue E, Regina SK

1:00 PM - 4:30 PM

WEDNESDAYS

mâdawêyatitân centre

3355 6th Avenue, Regina SK

2:00 PM - 4:30 PM

Regina Public Library – Central and Children's Branch

2311 12th Avenue, Regina SK

1:00 PM - 4:30 PM

THURSDAYS

Regina Public Library – Central and Children's Branch

2311 12th Avenue, Regina SK

1:00 PM - 4:30 PM

Regina Public Library – Regent Place Branch

331 Albert Street, Regina, SK

2:00 PM - 4:30 PM

Last session begins 1 hour before the end time listed above.



THRIVE

Thrive Rapid Access offers a collaborative and change-focused conversation that could help you identify solutions, and build on your existing strengths. You'll leave the session with strategies you can continue using on your own.