



scan to book

THRIVE

RAPID ACCESS COUNSELLING

2505 11th Avenue, Regina SK S4P 0K6
306.757.6675 | familyserviceregina.com

Visit counsellingconnectsask.ca to book a free 50-minute session.

**IF YOUR SAFETY IS AT RISK,
PLEASE DIAL 9-1-1**

Suicide Crisis Line:	9-8-8
Mental Health Clinic (COAST):	306.766.7800
Mobile Crisis Services	306.757.0127
Regina Police Service:	306.777.6500
Family Service Regina:	306.757.6675



**WALK-IN COUNSELLING AT
REGINA PUBLIC LIBRARY**

Sessions are offered on a first-come, first-served basis.

To view the walk-in counselling hours, scan the QR code.

To book an appointment in advance, please visit:
counsellingconnectsask.ca