

## Drop in and experience the new wave in 1-1 Counselling!

Pivot Point is proud to bring **micro-counselling** to your community! Sessions start promptly on the hour, and half-past the hour on pre-scheduled days. Simply drop in on the day listed below, either before or during the available session times, pay a nominal fee to reserve your 25 minute focused counselling session, and our counsellors will welcome you in and guide you through your session. You'll be on your way, and off to a better day, before you know it!

**Date:**

**Time:**

**Location:**

**Cost:**

- ✓ Access professional counsellors at low-cost
- ✓ Ideal introduction for teens and young adults new to Counselling.
- ✓ Excellent for adults struggling with parenting, marriage, or family dynamics.
- ✓ Explore one or two key issues when you need it most... right now!
- ✓ Learn strategies for overcoming your challenges.
- ✓ Understand yourself better, and set personal goals towards better Mental Health!



Visit: [PivotPoint.ca/mental-health-services](https://www.pivotpoint.ca/mental-health-services) for updates on dates, times, and new locations in your community!

Or: [PivotPoint.ca/explore-counselling](https://www.pivotpoint.ca/explore-counselling) to book a free consultation call to see if other Mental Health services are a better fit for you!