

Walk-In Counselling Clinics

Who is it for?

This free service is available to children, youth (under 18), parents/caregivers and families from the communities in KFL&A.

What can I expect?

Just walk in to one of the offices listed below for an hour long conversation with a Maltby Centre Counsellor. It will focus on the behavioural, emotional, or other mental health concern that you may have and provide you with some advice and next steps.



Day	Location
Mondays	Amherstview - 18 Manitou Crescent, Unit 7
Tuesdays	Kingston - 31 Hyperion Court, Suite 100
Wednesdays	Napanee - 99 Advance Avenue AND L&A Youth Hub, Napanee - 41 Dundas Street (3-6pm)
1st and 3rd Wednesdays	Sydenham - 2876 Campbell Road
Thursdays	Kingston - 31 Hyperion Court, Suite 100

Clinics run from 11:00am to last appointment at 5:45pm.