

STUDENTS

If you're currently a student at university or college, or an employee with benefits, you may already be covered for counselling services. Please, check the extended health section of your benefits booklet or give your student services a call for more information.

NEWCOMERS & REFUGEES

Settling into your new home can be challenging and there are many organizations that can help with your transition. You can find a list of resources and supports through the [Kitchener-Waterloo Multicultural Center](#) and the region of [Waterloo](#).

SOCIAL ASSISTANCE RECIPIENTS

If you're a recipient of social assistance, such as OW or ODSP, then you may qualify for free counselling sessions through the Counselling Collaborative Program. This program is run by a collection of not-for-profit counselling agencies here in KW. You can find more information on this programming [here](#).



ANCHORIDGE
COUNSELLING

We understand that counselling can be expensive and the costs can feel overwhelming. If we aren't the right fit for you we want to help you find somebody that is.



LGBTQ2S COMMUNITY

The 519 is an organization that is committed to the health, happiness and full participation of the LGBTQ2S communities. They provide support services by responding to the evolving needs of the LGBTQ2S communities, from counselling services and queer parenting resources to coming out groups, trans programming, and senior's support. You can find more information about their services [here](#).

INCOME GEARED

Carizon is a counselling agency that offers subsidized counselling services in a variety of different areas. You can find more information about their services [here](#).

KW Counselling is another great organization that offers sessions at a discounted rate. You can find out to contact them [here](#).

ADDICTION COUNSELLING

If you are struggling with addiction the House of Friendship's addiction counselling program offers free counselling sessions, with the option of continued free group therapy. You can reach them 24/7 at 1-844-437-3247.

Additionally, you can also contact local [Alcoholics Anonymous](#) (AA) or [Narcotics Anonymous](#) (NA) groups, which offer excellent, free support and hold daily meetings in our community.

SEXUAL ASSAULT

If you are a survivor of sexual assault you qualify for free counselling through the Sexual Assault Support Centre of Waterloo in Kitchener or Cambridge. You can find more information about their services [here](#).