

Announcement of New Hear & Now Mental Health Walk-In Clinics

Pathstone Mental Health now operates eight walk-in clinics for single session mental health counselling, across the Niagara Region. Please take note of the walk-in clinic that serves your area and encourage parents and students (ages 6-17) in need of immediate support to access its services. An OHIP card is not required and services are provided free of cost.

pathstonementalhealth.ca/walk-in-clinic

Town/City	Day	Time*	Location	Notes
Beamsville	Thursdays	11:30am-7:30pm	Fleming Centre	
Fort Erie	Tuesdays	11:30am-7:30pm	Bridges Community Health Centre Fort Erie	
Grimsby	Wednesdays	11:30am-7:30pm	Grimsby Public Library	Beginning September 11
Niagara Falls	Thursdays	11:30am-7:30pm	Niagara Falls Community Health Centre	
Niagara-on-the-Lake	Mondays	11:30am-7:30pm	Red Roof Retreat	Beginning September 9
Port Colborne	Wednesdays	11:30am-7:30pm	Bridges Community Health Centre Port Colborne	
St. Catharines	Mondays to Thursdays Fridays	9am-7pm 9am-4pm	Branscombe Mental Health Centre	Paid parking - \$5 max
Welland	Mondays	11:30am-7:30pm	John Howard Building	

*The last appointment of the day is typically taken at 6pm

Wait times are available online at medimap.ca/Pathstone-Mental-Health-Hear-and-Now-Walk-In-Counselling-Clinic