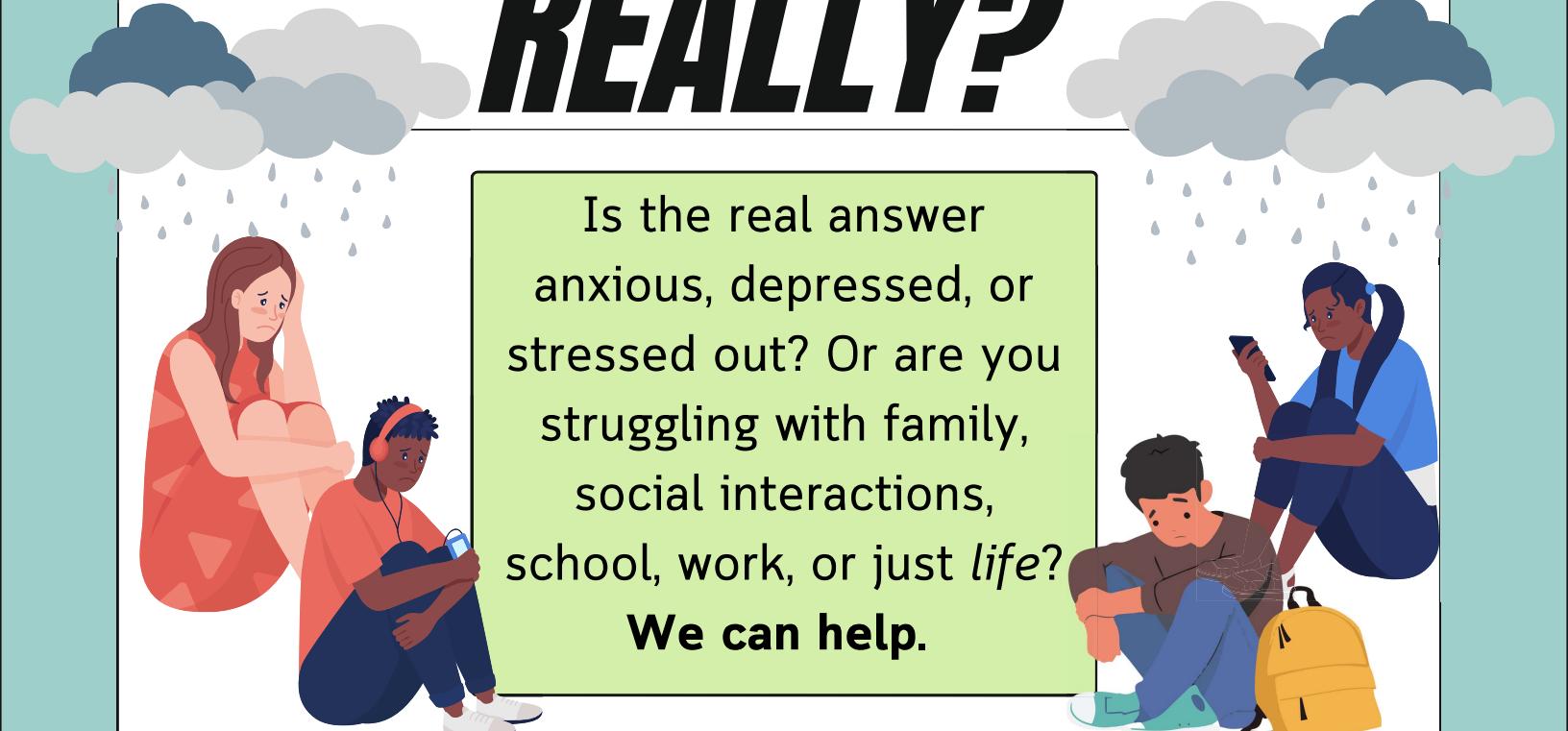




HOW ARE YOU, *REALLY?*



Is the real answer
anxious, depressed, or
stressed out? Or are you
struggling with family,
social interactions,
school, work, or just *life*?

We can help.



**JOIN OUR YOUTH
COUNSELLING PROGRAM**



We offer sessions in-person, virtual, or via phone. Whatever works!!

Our experienced counsellors will be there to provide one-on-one sessions and help you navigate life's challenges.

Who? Youth ages 12-25
Where? In-person in Burlington, and virtual all over Halton!

Think it's for you? Register now at
www.thrivecounselling.org
under "**register here**"
Limited free spots available based on eligibility.

Got questions? Reach out to us at
[\(905\) 845-3811](tel:(905)845-3811) or info@thrivecounselling.org
Burlington location: 777 Guelph Line, Suite 207