

## Resources for Mental Health – Self Referral

Family Outreach worker Tuesday 12-8 Wednesday –Friday 9-5

Call for appointment  
Preston Heights Community Group  
350 Linden Dr Cambridge  
[outreachphcg@golden.net](mailto:outreachphcg@golden.net)  
phone: 519-650-2971 Fax: 519-650-1534

Family Counselling Centre of Cambridge North Dumfries 519-621-5090

<http://fccnd.com/>

Has walk in clinic on Thursday 1-7:30 pm or appointments there is a fee for sessions which is based on income. If you are unable to pay let them know this. NO ONE IS TURNED AWAY BASED ON ABILITY TO PAY

Lutherwood – Offers adult programs and family counselling 519-622-1670

<http://www.lutherwood.ca/>

Fee based on a sliding scale. NO ONE IS TURNED AWAY.

Ontario Works/Disability counselling is free