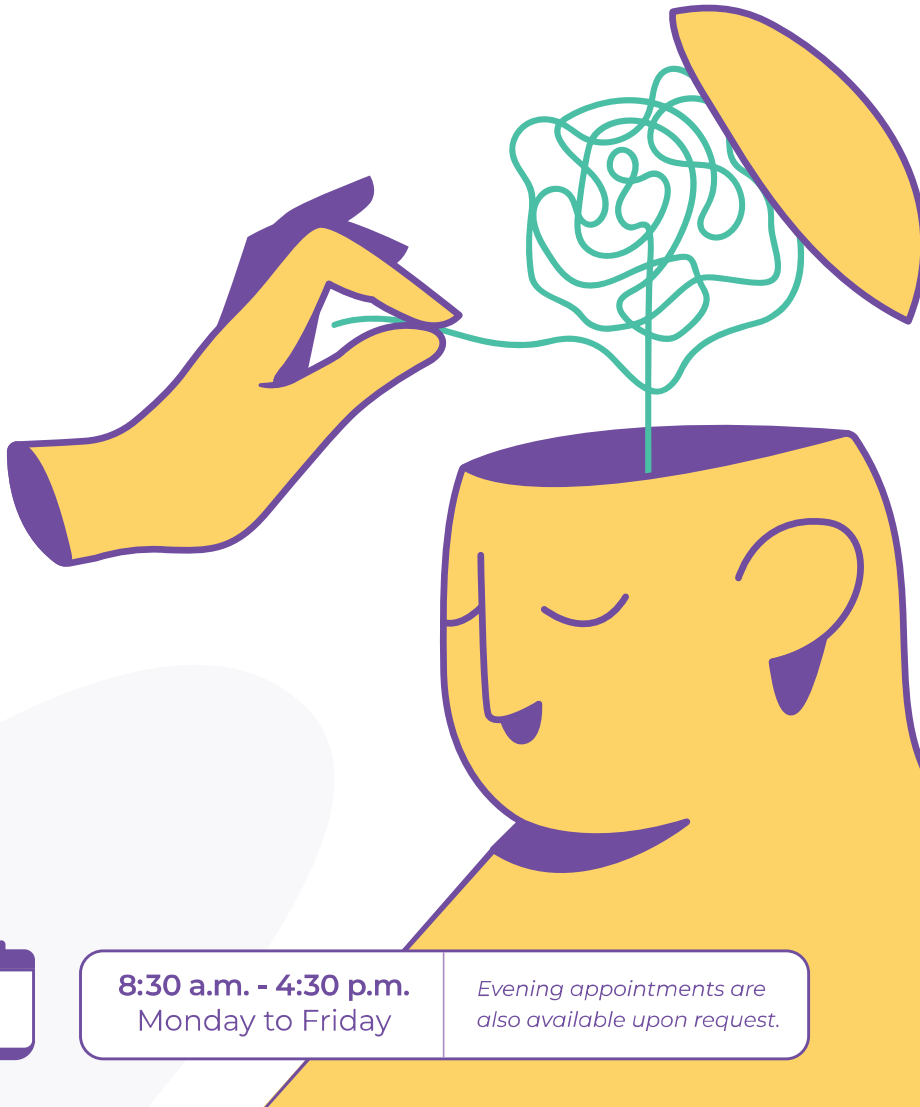


# Single Session Therapy



8:30 a.m. - 4:30 p.m.  
Monday to Friday

*Evening appointments are  
also available upon request.*



## Sometimes a Single Session is All You Need

Linck is pleased to offer Single Session Therapy — a one-on-one session for youth who need quick access to a therapeutic encounter. This is not a crisis service but a brief form of therapy that lasts one session focused on strengths and strategies.

**Single Session  
Therapy is Ideal for**

Those who want to  
try counselling for  
the first time.

Youth needing support  
with anxiety, panic attacks  
and/or depression.

Youth needing support  
with relationships, conflict  
and/or bullying.

Connect with us to make a face-to-face or virtual appointment  
at [mhdevintake@linck.org](mailto:mhdevintake@linck.org), scan the **QR code** or call **519-352-0440**

