



## Community Counselling Program

We are so happy you're here!

You made it through the door and that's not always easy.

### This is what we want you to know:

You can come back as many times as you want.

You can stay for a longer or shorter visit.

You can see the same people.

You can see different people.

You can come in person or connect with us virtually.

You can try different things.

There is no one way.

Let's find the way that works for you.



If you don't reach out to us, reach out to someone — a trusted friend, family, or community member. You are not alone.

For more information visit [www.gov.nt.ca/wellness](http://www.gov.nt.ca/wellness).



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