

## Walk-In Counselling Benefitting the Southeast

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*Christa Daku*

Everyone needs someone to talk to, whether it's your partner, your parent, or a close friend.

However, there are times when that can be either out of the line of possibility or just subject matter that would rather be left out of their earshot.

Another problem that people can run into is the fear of scheduling an appointment with a counsellor, it could be because of the anxiety of people possibly knowing you're seeking help or some other reason entirely.

Whatever it may be, Envision Counselling is trying to bridge that gap with their walk-in counselling program that was brought in less than a year ago.

Christa Daku is the executive director at Envision, she gave further insight on what the walk-in program is all about.

"It's a brand new program that we received funding for in April through a partnership throughout the province that we belong to as an agency and with that it offered a full-time position."

She continued.

"On Wednesdays and Thursdays, we host a walk-in clinic housed at the Salvation Army. We've had a really good partnership with them since May 1. We're open for operation from 10 til 4, to get a spot to be there from 10 to 11, however, individuals are welcome to walk in at any time and if the counsellor is available she will definitely see you."

They will be opening another walk-in program in Oxbow in March.

Daku is hopeful that they can keep expanding to meet the needs of everyone throughout the southeast.