

# ADDICTION TREATMENT



## COUNSELLING SERVICES

Family, individual, and group counselling services for substance use, problem gambling, gaming, and internet use.



[www.houseoffriendship.org](http://www.houseoffriendship.org)

# ADDICTION TREATMENT

## Counselling Services

“I was lost and didn't know where to start. The program provided a set of realistic tools that can be used to find myself. Thanks!”

- COUNSELLING PROGRAM PARTICIPANT

### YOU DON'T HAVE TO FACE IT ALONE.

Are you concerned about your substance use or that of a loved one in your life?

Help is available in a number of locations throughout Waterloo Region. Counselling services include effective group and individual therapy sessions from trained professionals, designed to meet your personal needs and help you reach your goals. There is no cost to participate.

### TO ACCESS SERVICES:

Call 1-844-437-3247 (HERE247) for assessment and screening.

### WE'RE HERE TO HELP!

519-742-8327 x 216

[counselling@houseoffriendship.org](mailto:counselling@houseoffriendship.org)

71 Ann Street, Kitchener, ON N2B 3T3

All inquiries are welcome and confidential.



**House of  
Friendship**

[www.houseoffriendship.org](http://www.houseoffriendship.org)