

CFFM Mental Health Program



The Mental Health Program
16 Andrew St. Kitchener, ON

Referred to our Mental Health program?

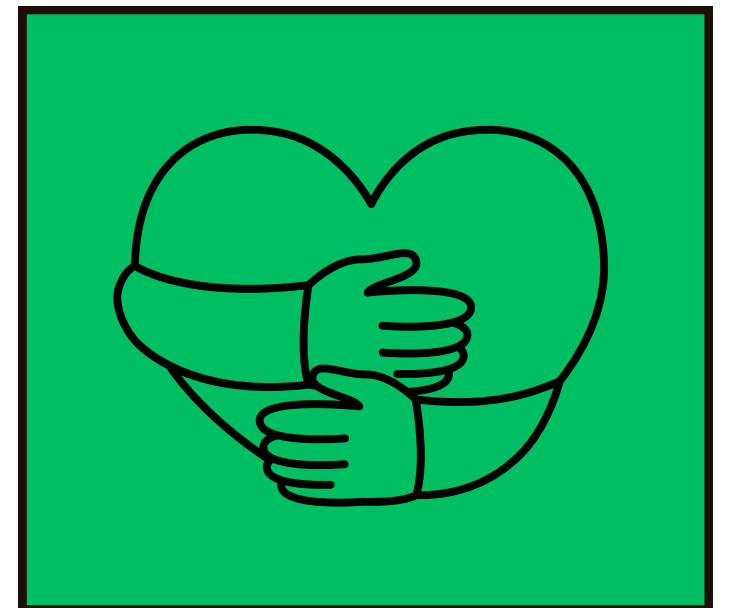
Call 519-578-2100, ext. 209 to schedule an initial intake appointment with us.

The Mental Health Program within CFFM is a welcoming and confidential place that will help support you through variety of mental health and relationship issues.

Please note, **we are not a crisis centre**.
If you are in crisis please call Here 24/7:
1-844-437-3247 or the Suicide Crisis line
Call or text 9-8-8 or go to the ER



Our program includes different options that our intake worker may recommend, based on what best suits your needs.



Single Session Therapy

Quick access to a stand-alone counselling session offering support, resources, and problem-solving.

System Navigation, Community Resources, and Advocacy

Connecting individuals to community and government resources or programs.

Clinical Therapy

Our clinical therapists offer a range of mental health interventions to support individuals.

Mental Health Groups

Scan the QR code that will direct you to our current and upcoming groups or visit our CFFM website!



Mental Health Resources

Scan the QR code that will direct you to current resources or visit our CFFM website!

