

WELLNESS COUNSELLORS

OUR SERVICES

Our experienced counselling staff can help students who are struggling with their emotions. We provide confidential counselling sessions where students can talk about their feelings and learn strategies and skills to manage them.

If you are feeling...

Sad | Lonely | Worried | Stressed | Homesick | Angry | Overwhelmed

...or any other difficult feelings that you want assistance with, e-mail or call and we would be happy to support you on your path to wellness!



Monday to Friday
8:00 am to 4:30 pm EST



School, residence or virtually for students
who are learning remotely or in quarantine



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