

youthab. Presents

# Quick Connections:

## Virtual Single Session Counselling

Single-session,  
confidential counselling  
for youth aged 16-24

Same day mental  
health support offered  
via phone or video call

Sessions booked up to  
24 hours in advance by  
contacting Emily at:

Emilyb@youthab.ca  
613 969 0830 x 210

**\*Now Offering\***

**Tuesdays + Thursdays**

**4:00 - 5:00 PM**

**5:00 - 6:00 PM**