



# CHILD AND YOUTH COUNSELLING

Monday to Friday | Hours vary  
at Orléans-Cumberland CRC

Want to talk to someone about your situation,  
your needs or your worries?

Book an appointment or call to chat with our  
Youth Counsellors.

Ages 7 to 13 | Bilingual

Ages 14 to 18 | Bilingual

**For more information  
contact Hélène:  
613.830.4357, ext. 152  
hleblanc@crcoc.ca**

**For more information  
contact Tanya:  
613.830.4357, ext. 140  
tanya@crcoc.ca**

