

“ A community where no one is left behind,  
a community where positive relationships  
are valued as our highest achievement. ”

## FREE Counselling for the Waterloo Region Rainbow Community

This program is for people who identify as LGBTQ+ and their families.

Focusing on your strengths, we offer a diverse range of programs to assist you or your family with a wide variety of issues including:

- Personal or Job Stress
- Alcohol and Drug Use
- Issues related to sexuality and gender
- Parenting
- Financial Issues
- Trauma
- Woman Abuse/Intimate Partner Violence or Domestic Violence
- Relationship Issues
- Anger Management
- Separation and Divorce
- Balancing Work and Family
- Anxiety and Depression
- Grief and Loss
- Adjusting to Life in Canada

Counselling is available on an ongoing basis or through our weekly Walk In Counselling Clinic every Thursday from 12-6pm.

### For more information

[www.ok2bme.ca](http://www.ok2bme.ca)

519.884.0000 x222

[ok2bme@kwcounselling.com](mailto:ok2bme@kwcounselling.com)

*Free counselling for LGBTQ+ youth ages 5-18 is funded by the Ministry of Community and Social Services.*

*Free counselling for LGBTQ+ young adults ages 19-29 is funded by a grant from the RBC Foundation.*

*Free counselling for LGBTQ+ adults ages 30+ is funded by a grant from the Kitchener and Waterloo Community Foundation.*

**KW**  
*Counselling*  
SERVICES



OK2BME.ca



Please connect with us online!