



What's Up Walk-in Family Hours

Free, in-person mental health counselling for infants, children, adolescents and families



Thursday Only
12 PM (noon) to 6 PM

Registration by 5 PM for last session before closing



**1940 Eglinton Ave East,
Suite 300
Scarborough, ON M1L 4R1**

Free parking available



First come, first served
No appointment necessary
No health card needed

Please note that spots may fill up before last registration.

What We Do

We support the mental health needs of infants, children, adolescents and families.

We offer **solution-focused, single session therapy** at no cost.

Together, we will focus on your priority concern, develop a plan and provide resources and referrals.

What We Often See and Support

- Behaviour and emotional challenges (tantrums, big feelings, sibling conflicts, etc.)
- School struggles and daily routine difficulties
- Worries, anxiety and stress
- Friendships, bullying and social relationships (including online)
- Parenting guidance and family support



Interpretation can be arranged in advance by contacting whatsupwalkin@stridestoronto.ca

For more information, visit our website at StridesToronto.ca or email us at whatsupwalkin@stridestoronto.ca



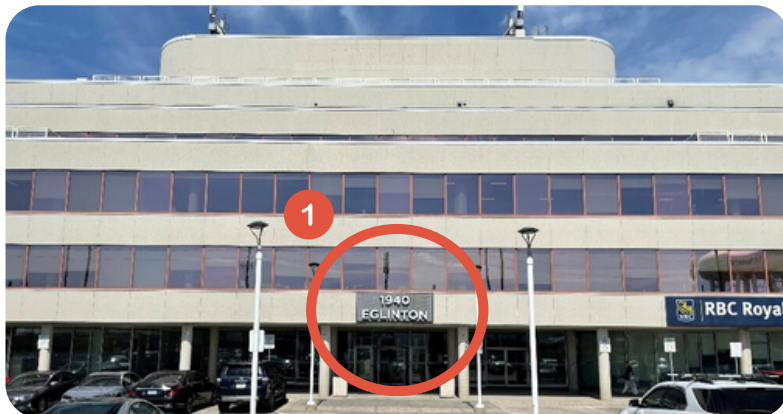
How to Get to Family Time at Strides Toronto What's Up Walk-In Clinic

📍 1940 Eglinton Avenue East, Suite 300

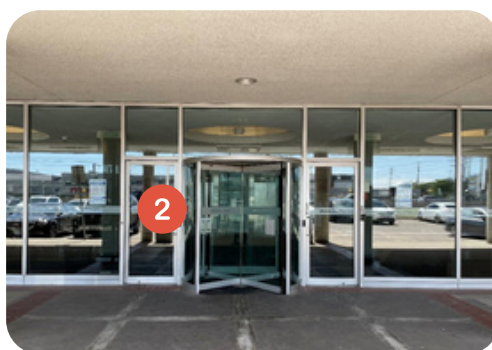
We are located in the 5-story office building on the northwest corner of **Warden and Eglinton**.

A helpful landmark to find our location is the **RBC Royal Bank** on the ground floor corner unit.

- 1 The main entrance of the building is right beneath the "1940 EGLINTON" sign.



- 2 **Main entrance**
After you enter through the main entrance, you will be in the lobby.



- 3 **Lobby**
Look for the 2 elevators. Take an elevator to the **3rd floor**.



- 4 When the elevator doors open, you will see a **Strides Toronto sign**.



- 5 Walk to **the door on the right**.



- 6 There will be a friendly face at the **front desk** to greet you and help you get connected with a counsellor for a **single session at What's Up Walk-in!**



More Parking Information



Our office building is connected to a shopping plaza called **Eglinton Corners**.



More free parking spots are available in the plaza, behind the building.



If you park there, you can also enter the building through the sliding doors at the back.