



MENTAL HEALTH AND ADDICTION SERVICES

Community Adult Programs

Nurses Alumni Wing

4th Floor, 715 Queen Street

Saskatoon, SK. S7K 4X4

P: 306-655-8877 | F: 306-655-8875

Counselling Clinics offered at Adult Mental Health

Counselling Clinic (no appointment needed) – Offered Tuesdays and Thursdays between 1:00-4:00.

This clinic is on a first come first serve basis.

General Education Sessions – Held every Tuesday from 3:00-4:00. This is an 8 week program with topics changing weekly.

Anxiety Education Session – Held every Wednesday from 1:00-2:00 and Thursday from 3:00-4:00. This is an 8 week program with topics pertaining to anxiety changing weekly. *****Clients are to choose EITHER Wednesday or Thursday ONLY for the full 8 week rotation*****

Anxiety Education Sessions will not be running throughout summer.

Please bring your health card if it is your first time visiting our clinic.