

The Friendly Voice is a general wellbeing check-in to enhance social connections and reduce loneliness in our community.

How To Register

To register for the Friendly Voice program, please call 519-743-6333 ask reception how to get started!

Reception is open 8:30 am-6:00 pm, but Friendly Voice session times may vary.



The Friendly Voice Program

Free over the phone support for anyone in the Waterloo Region who's feeling isolated or lonely.

The Friendly Voice program is a general wellbeing check-in, not a counselling session.



Crisis

**If you are in crisis, please call
Here 24/7 at 1-844-437-3247
or 9-1-1.**



Counselling

If you are suffering from anxiety or depression, please call the Counselling Collaborative of Waterloo Region at 519-804-1097 to set up an appointment, or visit www.counsellingwr.ca to learn more.