

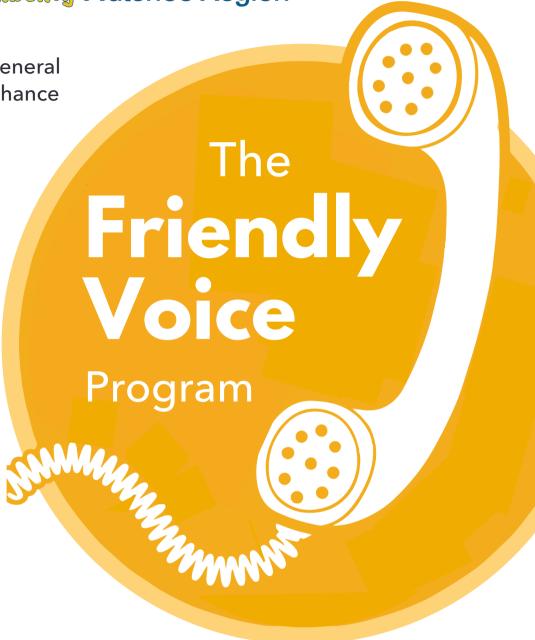
Wellbeing Waterloo Region

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



## 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.

