

"PICTURE REGULAR COUNSELLING, EXCEPT SIDE BY SIDE WITH YOUR THERAPIST 30 FEET IN THE AIR"

# ROCK CLIMBING/ COUNSELLING

COUNSELLING FOR PEOPLE WHO  
DON'T LIKE THE IDEA OF COUNSELLING

- **COVERAGE UNDER HEALTH BENEFIT PLANS**
- **CHALLENGE YOURSELF, BUILD TRUST, TALK ABOUT LIFE**
- **FLEXIBLE SESSION TIMES**
- **COUNSELLING BY AN MSW, RSW, PSYCHOTHERAPIST**
- **SESSIONS AVAILABLE AT GRAND RIVER ROCKS: KITCHENER**

GET OUT ADVENTURE THERAPY  
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