

Life can be hard..

We may be able to help.

CCRC's professional counsellors help people cope with difficulties in their lives, such as:

- Relationship issues
- Violence and abuse
- Separation, divorce and other family stresses
- Caregiving
- Anxiety or Depression
- Personal well-being

We are here to Listen.

Our registered counsellors will help you explore options so you can move forward.



Contact Us



1-800-274-1611
ext 308



ccrc@ccrc-ptbo.com



www.ccrc-ptbo.com



Community Counselling and
Resource Centre
540 George Street North
Peterborough, ON K9H 3S2



Funded by
United Way
Northumberland

Community Counselling and Resource Centre



Professional Counselling

**NORTHUMBERLAND
COUNTY**



Workshops & Groups

In addition to individual counselling, CCRC frequently runs support groups and workshops led by our experienced counsellors.



Examples of past groups and workshops:

- Dealing with Depression and Anxiety
- Understanding Emotions
- Healing from Within (for male survivors of sexual harm)
- Redefining Me (for female survivors of DV or sexual abuse)

Who is Eligible?

Our counselling is available to all individuals aged 18+ in Northumberland County. No referral is needed.

How much do services cost?

Thanks to our funders, counselling is completely free for those unable to pay. For others, fees are determined on a sliding scale.

How do I get an appointment?

Please call our intake line toll-free at 1-800-274-1611 ext 308 for any inquiries and to book an initial intake session to discuss your needs.

Our Counsellors

Lori Montgomery (MSW, RSW)

Lori Montgomery is our primary counsellor serving clients in the Northumberland area. Lori is available to see clients in-person and remotely.



About CCRC

Since 1956, CCRC has provided professional, caring support to people in Peterborough. As of April 2022, we are pleased to serve Northumberland County through our Professional Counselling.