

**Finding a Therapist (Tips and Considerations):**

This handout will provide you with information on where to access OHIP covered/free, low-cost/sliding scale and private/full fee therapy resources. At the end, there is a list of free walk-in, single session therapy clinics.

Looking for a therapist is like shopping for a good pair of jeans – they need to be a good fit in order for you to feel your best!

- Once you have found a therapist that you’re interested in working with, ask to book a free consultation.
- During the consultation, you do not need to disclose your whole life story. You might find it more helpful to provide a brief summary and/or to share your specific therapy goals. Thinking in advance about what you would like to get out of therapy is recommended.
- The consultation is an opportunity for you to ask questions, share your thoughts about any past therapy experiences (the good and the bad), and inquire about fees including sliding scale (if needed). The therapist will likely guide this conversation with their own questions.

Although the process of looking for a therapist can feel intimidating, it is important to find someone who makes you feel safe and supported.

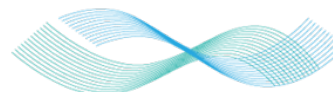
- During the consultation ask yourself, “how does it feel talking to this person?”, “do I feel understood?”, “does this feel good for me?”.
- If it feels good, that’s great! If not, it is okay to look for someone else.

Don’t be discouraged if it’s not the right fit - sometimes it can take several consultations to find the right therapist for you.

**OHIP COVERED / FREE:**

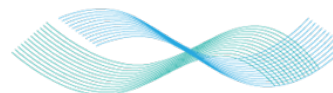
Name & Contact Information	Population Served	Service Description	Referral	Location
<p><b>Medical Clinic for Person-Centred Psychotherapy</b>  <a href="mailto:respond.psy@gmail.com">respond.psy@gmail.com</a>  <a href="http://www.medicalpsychclinic.org">www.medicalpsychclinic.org</a>                      Ph: 1 888 292 8088</p>	<p>Adults with various presenting concerns.</p>	<p>Individual and group psychotherapy provided by physician psychotherapists and psychiatrists.</p>	<p>Requires doctor’s referral (referral form available on website).                       Fax referral to 416 229 9771.</p>	<p>North York</p>

## ADULT/COUPLE THERAPY RESOURCES



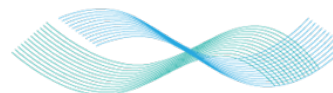
Name & Contact Information	Population Served	Service Description	Referral	Location
<p><b>Woodgreen Community Services (Counselling and Social Work)</b>  <a href="mailto:cccentralintake@woodgreen.org">cccentralintake@woodgreen.org</a>  <a href="https://www.woodgreen.org/services/programs/counselling-and-social-work/">https://www.woodgreen.org/services/programs/counselling-and-social-work/</a>                      Ph: (Central intake) 416 572 3575                      Ph: (Walk-in counselling) 416 645 6000 Ext. 1990</p>	<p>Youth and adults (age 16+) with mental health and/or substance use concerns.</p>	<p>Individual and group counselling through central intake.</p>	<p>Self-referral by phone or email for counseling and social work services.</p> <p>**Average wait time is one year).</p>	<p>East</p>
<p><b>Parkdale Community Health Centre, Counselling</b> <a href="http://www.pqwchc.org/programs-services/counselling-and-case-management/">www.pqwchc.org/programs-services/counselling-and-case-management/</a>                      Ph: 416 537 2455</p>	<p>Youth and Adults (age 16+) with mental health and/or substance use concerns; newcomers, people in receipt of social assistance, homeless, those without access to benefits.</p>	<p>Individual and group counselling, case management, harm reduction approach.</p>	<p>Self-referral; referral by an agency or Provider.</p>	<p>Central</p>
<p><b>Sherbourne Health Centre Mental Health Services</b> Specialized Health Teams (LGBTQ; Newcomer; Urban)  <a href="http://www.sherbourne.on.ca/mental-health-services/">www.sherbourne.on.ca/mental-health-services/</a>                      Ph: 416 324 4100</p>	<p>Adults (18+) who identify as LGBTQ, newcomer or who are homeless or underhoused.</p>	<p>Individual, group, couples and family counselling.</p>	<p>Self-referral by phone</p> <p>**Average wait time is 8-10 months.</p>	<p>Central</p>
<p><b>TS Medical Centre</b>                      Offers psychotherapy for a variety of mental health concerns  <a href="https://www.tsmedicalcentre.com/">https://www.tsmedicalcentre.com/</a>                      Ph: 416 901 9020 Ext. 20</p>	<p>Adults with various presenting concerns.</p>	<p>Individual and group counselling by independent psychotherapy practitioners (select therapist using 'find a therapist' option).</p> <p>Group focus is interpersonal and psychodynamic.</p>	<p>Self-refer here:  <a href="http://www.tsmedicalcentre.com/find-a-therapist/">http://www.tsmedicalcentre.com/find-a-therapist/</a></p>	<p>Central</p>

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<p><b>The 519</b>  <a href="http://www.the519.org/programs/community-counselling">www.the519.org/programs/community-counselling</a>                      Ph: 416 392 6878 x 4000</p>	<p>Youth and Adults who identify as LGBTQ2S.</p>	<p>Short-term trauma-informed counselling for Individuals and couples.</p> <p>Group counselling (8 week 'Healing Together' group for LGBTQ2S women, 2 Spirit and non-binary group for people living with trauma).</p>	<p>Self-referral</p> <p>Complete online registration form between the 1<sup>st</sup> and 10<sup>th</sup> day of each month to register (form: <a href="https://the519.formstack.com/forms/tics_program_registration_form">https://the519.formstack.com/forms/tics_program_registration_form</a>).</p>	<p>Central</p>
<p><b>Michael Garron Hospital – Mental Health and Addiction Services</b>  <a href="https://www.tehn.ca/programs-services/mental-health-addiction/crisis-counselling">https://www.tehn.ca/programs-services/mental-health-addiction/crisis-counselling</a>  <a href="https://www.tehn.ca/programs-services/mental-health-addiction/consultation-assessment-time-limited-therapy-clinic-catt">https://www.tehn.ca/programs-services/mental-health-addiction/consultation-assessment-time-limited-therapy-clinic-catt</a>                      Ph: 416 469 6310 (Crisis Intervention Services)</p>	<p>Adults in East end catchment area.</p>	<p>Crisis Counselling, Consultation, Assessment, Time-Limited Therapy Clinic (CATT; provides 6 sessions of psychotherapy).</p>	<p>Requires doctor's referral. (Find form here: <a href="https://www.tehn.ca/programs-services/mental-health-addiction/consultation-assessment-time-limited-therapy-clinic-catt">https://www.tehn.ca/programs-services/mental-health-addiction/consultation-assessment-time-limited-therapy-clinic-catt</a>).</p>	<p>East</p>
<p><b>Alternatives- East York Mental Health Counselling Services Agency</b>  <a href="mailto:info@alternativestoronto.org">info@alternativestoronto.org</a>  <a href="http://www.alternativestoronto.org">www.alternativestoronto.org</a>                      Ph: 416 285 7996</p>	<p>Youth and Adults (age 16+) living in East York catchment area who present with significant mental health challenges.</p>	<p>Individual counselling, case management, groups.</p>	<p>Contact office (via phone or email) to self-refer or complete an application through Access Point (<a href="http://theaccesspoint.ca/">http://theaccesspoint.ca/</a>).</p>	<p>East</p>
<p><b>Women's Health in Women's Hands</b>  <a href="https://www.whiwh.com/mental-health-services">https://www.whiwh.com/mental-health-services</a>                      Ph: 416 593 7655</p>	<p>Adults, racialized women are prioritized.</p>	<p>Brief counselling model with a feminist orientation. Includes some arts-based mental health programming.</p>	<p>Self-referral via phone.</p>	<p>Central</p>
<p><b>Aberfoyle Clinic (GPs)</b> Ph: 416 231 7968</p>	<p>Adults.</p>	<p>Individual counselling provided by GP Psychotherapists.</p>	<p>Requires doctor's referral.</p> <p>Doctor to fax referral to: 416 231 7982.</p>	<p>West</p>

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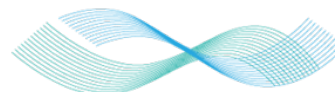


Name & Contact Information	Population Served	Service Description	Referral	Location
<b>Mennonite New Life Centre</b> <a href="http://www.mnlct.org/individual-counselling">www.mnlct.org/individual-counselling</a> Ph: 416 699 4527	Adults with a focus on immigrants and refugees.	Individual and group counselling, includes settlement and employment supports.	Self-referral.	East and North
<b>Dr. Julianna Choi, Psychiatrist</b> <a href="https://www.doctor-ontario.com/medecin/medecin-choi-julianna-12208.htm">https://www.doctor-ontario.com/medecin/medecin-choi-julianna-12208.htm</a> Ph: 416 703 7167	Adults, non-complex patients.	Insight-oriented psychotherapy.	Requires doctor's referral.  Fax referral to: 416 642 4751.	Central

### LOW-COST / SLIDING SCALE:

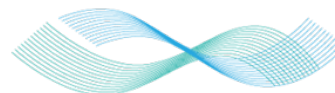
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<b>Hard Feelings</b> <a href="http://www.hardfeelings.org/counselling">www.hardfeelings.org/counselling</a> Ph: 416 792 4393	Youth and Adults facing financial barriers to accessing mental health services.	Individual, couples, family counselling for a maximum of 12 sessions.	Self-referral by phone or email.  Therapist profiles available online.  Check website to see if specific counsellors are accepting new clients.	\$50-\$90/session.	West
<b>Toronto Institute for Relational Psychotherapy</b> Contact information varies by therapist. See website. <a href="http://www.tirp.ca/lowcost/">www.tirp.ca/lowcost/</a>	Adults, couples.	Relationship focused psychotherapy.	Self-referral to therapist's phone or email.	\$25-\$80 depending on level of therapist (student, senior student, or grad).	Various (Central, West & North)
<b>Living Institute Student Clinic</b> Ph: 416 515 0404 <a href="http://www.livinginstitute.org">www.livinginstitute.org</a>	Adults.	Depth-oriented, Psychodynamic, Somatic and Transpersonal psychotherapy.	Self-referral by phone.	Initial session is free, \$40-\$50/session.	Central

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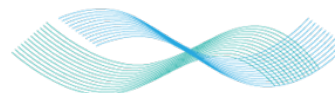
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<p><b>Family Services Toronto</b>  <a href="https://familyservicetoronto.org/our-services/covid-19-fst-services/">https://familyservicetoronto.org/our-services/covid-19-fst-services/</a>                      Ph: 416 595 9618</p>	<p>Children, youth, adults, couples, families.</p>	<p>Individual, couples, family and group counselling.</p> <p>Counselling programs target specific needs such as:                      Families in Transition; DKS LGBTQ+ Counselling; Male Survivors of Sexual Abuse; Partner Assault Response; Violence Against Women, Seniors Services.</p>	<p>Self-referral by phone.</p>	<p>Sliding scale based on household income.</p>	<p>Multiple Locations</p>
<p><b>Catholic Family Services</b>  <a href="http://www.cfstoronto.com">www.cfstoronto.com</a>                      Ph: 416 921 1163 (Central)                      Ph: 416 222 0048 (North)</p>	<p>Adults, couples, families.</p>	<p>Individual, couples, family counselling; Woman Abuse programming.</p> <p>Wellness groups ('Self-Confident Woman', 'Managing Emotions Thoughtfully', 'Understanding Abuse', 'Choosing To Change').</p>	<p>Self-referral by phone.</p>	<p>Sliding scale based on household income.</p>	<p>Central and North</p>
<p><b>Christian Family Services</b>  <a href="mailto:icci@on.aibn.com">icci@on.aibn.com</a>  <a href="http://www.christiancounsellingservices.com">www.christiancounsellingservices.com</a>                      Ph" 416 489 3350</p>	<p>Adults, couples, families.                      Interdenominational</p>	<p>Individual, couples, family counselling.</p>	<p>Self-referral.</p>	<p>Sliding scale based on household income.</p>	<p>Central</p>
<p><b>Jewish Family and Child Services</b>  <a href="https://www.jfandcs.com/counselling">https://www.jfandcs.com/counselling</a>                      Ph: 416 638 7800 x 6234</p>	<p>Youth and Adults.</p>	<p>Individual, couples and family counselling; wellness programming, woman abuse services, high conflict separation/divorce.</p>	<p>Self-referral by phone.</p>	<p>Sliding scale based on household income.</p>	<p>Central</p>

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<b>The Gestalt Clinic</b> <a href="http://www.gestalt.on.ca/low-cost-therapy-clinic/">www.gestalt.on.ca/low-cost-therapy-clinic/</a> Ph: 426 964 9464 x 18	Adults.	Individual Gestalt psychotherapy (an approach that focuses on present life challenges, perceptions, sensations and may include interventions such as role playing).	Self-referral by phone or website.	\$40/session with a therapist in training.	East
<b>Ontario Psychotherapy and Counselling Program</b> <a href="http://www.referrals.psychotherapyandcounseling.ca">www.referrals.psychotherapyandcounseling.ca</a> Ph: 416 920 9355	Adults, couples, families.	Psychodynamic counselling.	Self-referral by form on website.	\$20-\$45/session with student.  \$60-\$120 with registered therapist.	Various
<b>Open Path Psychotherapy Collective</b> <a href="http://www.openpathcollective.org">www.openpathcollective.org</a> Ph: 1 800 268 2833	Adults, couples, families.	Psychotherapy.	Self-referral.	Lifetime membership fee of \$49 + \$30-50/session.	Various
<b>AI &amp; Malka Green Artists' Health Centre</b> <a href="https://www.uhn.ca/MCC/Clinics/Artists_Health_Centre">https://www.uhn.ca/MCC/Clinics/Artists_Health_Centre</a> Ph: 416 603 5263	Adults who identify as artists.	Short-term therapy and mindfulness groups.	Self-referral via phone.	Partially subsidized after an appointment with center's Nurse Practitioner.	Central
<b>Centre for Interpersonal Relationships</b> <a href="https://cfir.ca/about/toronto-team/">https://cfir.ca/about/toronto-team/</a> Ph: 1 855 779 2347	Children, youth, adults, couples, families.	An organization of independent psychologists, psychotherapists and student clinicians offering individual, couples, and family counselling.	Self-referral.  Complete referral form online.	\$70-90/session with student clinicians.  Offers free 30-minute consultation.	Central

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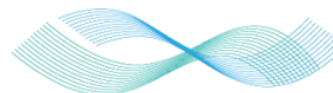


Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<b>Affordable Therapy Network</b> <a href="http://www.affordabletherapynetwork.com">www.affordabletherapynetwork.com</a>	Adults, couples, families.	<p>A directory of therapists offering low cost and sliding scale rates across Canada.</p> <p>Input information via the website to read therapist profiles that match your criteria/preferences.</p>	Self-referral.	<p>\$50-65 for those experiencing financial difficulty;</p> <p>\$70-\$120 general sliding scale fees.</p>	Various
<b>Pay What You Can Virtual Peer Support Groups</b> <a href="https://www.paywhatyoucanpeersupport.com">https://www.paywhatyoucanpeersupport.com</a>  Ph: 1-888-718-3661	Teens, Adults	<p>A variety of virtual 1-hour groups addressing a range of themes including ADHD, Anxiety, Depression, Eating Disorders, Abuse, Divorce, Grief, Dating/Relationships.</p> <p>Groups are moderated by mental health professionals from a variety of backgrounds.</p>	Self-Referral. Register online or call the phone number for more information.	<p>'Pay what you can'.</p> <p>The website notes that the average person pays \$10 USD per group session.</p>	Online.

### PRIVATE / FULL FEE:

Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<b>Green Space Health</b> <a href="http://www.greenspacehealth.com">www.greenspacehealth.com</a>	Youth, Adults, Couples, Families.	<p>Provides intake and matching services to a therapist based on presenting issues, location etc.</p> <p>There is no charge to participate in the intake or matching service; however, once matched with a therapist's fee for therapy service will apply.</p>	Self-refer for assessment and matching service with a therapist.	\$100 - \$250 (varies depending on therapist).	Varies based on therapy match (includes virtual options)

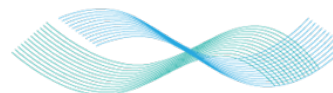
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<b>Psychology Today</b> <a href="http://www.psychologytoday.com">www.psychologytoday.com</a>	Children, youth, adults, couple, families.	Provides a directory of therapists to choose from.  Input information/preferences online to read relevant therapist profiles.	Self-refer to therapist selected unless otherwise stated.	Varies based on selected therapist.	Various.
<b>Healing Collective</b> <a href="https://www.healingcollective.ca/">https://www.healingcollective.ca/</a>	Children, youth, adults, couples, families.	A Collective of psychotherapists and wellness professionals providing individual, couples and family counselling re: a range of presenting concerns.  Therapist profiles available on website.	Self-referral through form at bottom of website or contact a therapist from the collective directly.	\$100 - \$160 (may vary based on therapist).	East
<b>CBT Associates</b> <a href="https://www.cbtassociates.com/">https://www.cbtassociates.com/</a> Ph: 416 363 4228	Children, youth, adults, couples, families.	Provides intake and linkage to a therapist for individual counselling.  Primarily CBT-based interventions.  Therapist profiles available on website.	Self-referral through form here: <a href="https://signupform.info/form/cbtassociates">https://signupform.info/form/cbtassociates</a>	\$150 - \$250+ depending on qualification levels.	Central
<b>CFIR Centre for Interpersonal Relationships</b> <a href="https://cfir.ca/">https://cfir.ca/</a> Ph: 647 417 0182	Children, youth, adults, couples, families.	An organization of independent psychologists, psychotherapists and student clinicians offering individual, couples, and family counselling.	Self-referral through form here: <a href="https://cfir.ca/contact-us/initial-appointment/">https://cfir.ca/contact-us/initial-appointment/</a>	Up to \$180 depending on level of experience.  Offers a free 30-minute consultation.	Central
<b>The Mindfulness Clinic</b> <a href="https://www.themindfulnessclinic.ca/therapies/">https://www.themindfulnessclinic.ca/therapies/</a> Ph: 416 847 7118	Adults. Individual, group counselling. Mindfulness, solution-focused	Individual and group counselling on a range of concerns with a mindfulness focus.	Self-referral by clicking on the 'request an appointment' tab.	\$150/session (may vary based on therapist).	Central

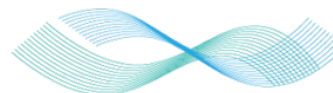


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<b>Toronto Psychotherapy Group</b> <a href="https://www.torontopsychotherapygroup.com/">https://www.torontopsychotherapygroup.com/</a>	Adults, couples, families.	A collective of independent therapists focusing on a variety of presenting concerns.  Therapist profiles available online. Includes a 'find a therapist' feature.	Self-referral through contacting a therapist at their phone or email.	\$150/session (may vary based on therapist).	Toronto and the GTA
<b>Toronto Centre for Emotionally Focused Therapy</b> <a href="http://www.greatertorontoeft.com/for_couples/find_a_therapist.html">http://www.greatertorontoeft.com/for_couples/find_a_therapist.html</a>	Adults, couples, families.	Individual, couples, and family counselling with a focus on Emotionally-Focused Therapy.	Self-referral through contacting a therapist at their phone or email.	\$150/session (may vary based on therapist).	Toronto and the GTA
<b>Bloor West Therapy</b> <a href="https://bwtherapy.ca/">https://bwtherapy.ca/</a> Ph: 416 546 7496	Adults, couples, families.	A collective of independent therapists focusing on a variety of presenting concerns. Therapist profiles available online.	Self-referral through calling or emailing <a href="mailto:info@bwtherapy.ca">info@bwtherapy.ca</a>	\$150/session for social worker/psychologist.	West
<b>West End Psychological Services</b> <a href="https://westendpsych.com/">https://westendpsych.com/</a> Ph: 416 535 9377	Youth and Adults.	A collective of therapists offering counseling on a range of presenting issues. Therapist bios available online.  Group counselling available (DBT, Mindfulness-based CBT).	Self-referral through calling or emailing: <a href="mailto:info@westendpsych.ca">info@westendpsych.ca</a>	Standard social work, psychology fees.  Some reduced rate fees available depending on training level.	West
<b>Ohana Wellness Clinic</b> <a href="https://ohanawellnessclinic.com/psychotherapy/">https://ohanawellnessclinic.com/psychotherapy/</a> Ph: 416 820 8588	Children, youth, adults, couples, families.	Offers a range of wellness services including psychotherapy.  Can browse therapist profiles on website.	Self-refer through calling or sending message through website.	\$150/session (may vary based on therapist).	West

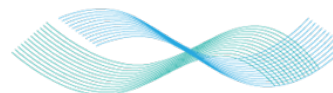
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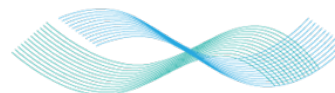
*Taddle Creek*  
Family Health Team

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<b>Beaches Therapy Group</b> <a href="https://beachestherapy.ca/">https://beachestherapy.ca/</a> Ph: 647 484 8622	Individual, couples, family counselling.	Individual, Family, Child, Couples.  Offers a range of approaches including art therapy.	Self-referral. Contact here: <a href="https://beachestherapy.ca/contact-me/">https://beachestherapy.ca/contact-me/</a>	\$150/session (may vary based on therapist)  Contact for more information.	East
<b>Mindful Maelstrom Wellness clinic</b> <a href="https://www.mindfulmaelstrom.com/psychotherapy">https://www.mindfulmaelstrom.com/psychotherapy</a> Ph: 416 519 0989	Adults, couples, families.	A collective of therapists offering counselling support on a range of clinical issues.  Therapist profiles available online.	Self-referral through calling or emailing: <a href="mailto:bewell@mindfulmaelstorm.com">bewell@mindfulmaelstorm.com</a>	Individual Therapy \$140-225/session.  Couples or Family Therapy \$180/\$225/session.  Offers an 'affordable therapy program'.	West
<b>MFT Toronto</b> <a href="https://www.mfttoronto.ca/">https://www.mfttoronto.ca/</a>	Adults, couples, families.	A collective of therapists offering counseling on a range of issues, including couples counselling, marriage and family therapy.  Book a first session of phone consultation using the online booking system.	Self-referral through website:  <a href="https://mfttoronto.janeapp.com/">https://mfttoronto.janeapp.com/</a>	\$150/session (may vary based on therapist)  Contact for more information.	West
<b>The Calm Collective</b> <a href="https://thecalmcollective.ca/">https://thecalmcollective.ca/</a>	Adults, couples, families.	A collective of therapists offering general and specialized interventions on a range of presenting issues.  Therapist profiles available on website.	Self-referral through form on website: <a href="https://thecalmcollective.ca/contactus/">https://thecalmcollective.ca/contactus/</a>	\$140/individual session.  \$170/couple and family session.	West and East

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<b>Couple Therapy Toronto</b> <a href="https://www.coupletherapytoronto.com/">https://www.coupletherapytoronto.com/</a> Ph: 647 729 8981	Children, youth, adults, couples, families.	A collective of therapists a range of services to people of all ages including couples and families.  Therapist profiles are available on website.	Self-referral through website: <a href="https://www.coupletherapytoronto.com/therapy-counselling-psychotherapy/adults-kids-couples-families">https://www.coupletherapytoronto.com/therapy-counselling-psychotherapy/adults-kids-couples-families</a>	Standard rate is \$169.50.	Central
<b>Andrea Warnick Consulting</b> <a href="http://www.andreawarnick.com">www.andreawarnick.com</a>	Children, youth, adults, couples, families.	A Collective of therapists providing grief-focused therapy.  Therapist profiles available on website.	Self-referral through website: <a href="https://andreawarnick.com/contact/">https://andreawarnick.com/contact/</a>	\$150/session (may vary based on therapist).  Contact for more information.	Toronto and the GTA
<b>Family Psychology Centre</b> <a href="https://familypsychology.org/">https://familypsychology.org/</a> Ph: 416 848 1829	Children, youth, adults, couples, families.	Child and family psychology centre offering consultation, assessment, and treatment related to child development concerns.  Offers a range of parenting workshops (Emotion Focused Caregiver; Co-Parenting).	Self-refer by phone or email: <a href="mailto:admin@familypsychology.org">admin@familypsychology.org</a>	Cost varies based on therapist and service.	West
<b>Layla Care</b> <a href="http://www.layla.care">www.layla.care</a> 647-374-4210	Youth, adults, couples.	A matching service to therapists providing individual and couples counselling.  Offers group support (Emotional Regulation/DBT, Recovery Skills for Eating Disorders and Disordered Eating, Coping with Diabetes).	Self-refer for assessment/to be matched with a therapist.	\$130 per session.	Various including virtual
<b>EBT-3 Evidence-Based Therapy, Training and Education</b> <a href="http://www.ebt3.com">www.ebt3.com</a> 416-628-4336	Youth, adults, couples, families.	A collective of Psychologists providing assessment and evidence-based interventions on a range of issues with a CBT focus.  Therapist profiles available on website.  Therapies used are short-term.	Self-refer.	Cost varies based on level of training.	Central



Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<b>Ontario Association of Social Work/Find a Social Worker'</b> <a href="http://www.findasocialworker.ca">www.findasocialworker.ca</a>	Children, youth, adults, couples, families.	A directory of Registered Social Workers/psychotherapists.  Input information on website to be matched with therapist meeting criteria/preferences.  Therapist profiles available online.	Self-refer to selected therapist from directory.	Cost varies based on Social Worker.  Some Social Workers may offer sliding scale rates.	Various

### **WALK-IN/SINGLE SESSION CLINICS:**

Name & Contact Information	Population Served	Service Description	Hours of Operation	Location
<b>Family Services Toronto</b> 355 Church St. <a href="https://familyservicetoronto.org/our-services/programs-and-services/">https://familyservicetoronto.org/our-services/programs-and-services/</a> Ph: 416 595 9618	Individuals 18 years + who live or work in Toronto and the GTA	Walk-In Counselling (Single Session Virtual Counselling) available weekdays.  Contact Service Access Unit (416 595 9618).	Weekdays from 9:00 am to 6:00 pm.  A counsellor will return calls between 11:30 am and 6:30 pm daily.	Central
<b>Sherbourne Mental Health Team</b> 333 Sherbourne St <a href="https://sherbourne.on.ca/mental-health-services/walk-in-counselling/">https://sherbourne.on.ca/mental-health-services/walk-in-counselling/</a> Ph: 416 324 4109	Individuals not receiving mental health counselling at Sherbourne or elsewhere	Individuals not receiving mental health counselling at Sherbourne or elsewhere.  Walk-in counselling on Tuesdays (call to register at 12:00pm on Tuesdays).	Tuesdays.  Sign up by calling in at noon on Tuesdays.	Central
<b>Catholic Family Services</b> Central: 1155 Yonge St., Ste. 101 North: 5799 Yonge St., Ste. 300 <a href="https://www.cfstoronto.com/client/cfs/cfs_lp4w_Ind_webstation.nsf/page/Online+Quick+Access+Single+Session">https://www.cfstoronto.com/client/cfs/cfs_lp4w_Ind_webstation.nsf/page/Online+Quick+Access+Single+Session</a> Ph: 416 921 1163 or 416 222 0048	Individuals, couples, families.	Offers 'Online Quick Access Single Sessions' during the pandemic.	No Specified Hours.  Call either 416 921 1163 or 416 222 0048 and leave a message with your name and contact information.  A staff person will contact you and provide you with further information.	Central &  North Toronto

## ADULT/COUPLE THERAPY RESOURCES



Name & Contact Information	Population Served	Service Description	Hours of Operation	Location
<p><b>Woodgreen Community Services</b> 815 Danforth Ave., Ste 100 <a href="https://www.woodgreen.org/services/programs/walk-in-counselling/">https://www.woodgreen.org/services/programs/walk-in-counselling/</a> Ph: 416 645-6000 ext. 1990</p>	<p>Youth, Adults.</p>	<p>Walk-in/Single session counselling (over the phone during the pandemic).</p>	<p>Tuesdays and Wednesdays beginning at 4:15 pm.</p> <p>Call in to register between 4:00 pm and 6:30 pm Register by calling 416 645 6000 x 1900.</p>	<p>East York</p>
<p><b>META:PHI RAAM CLINICS</b> <a href="http://www.metaphi.ca/raam-clinics/">http://www.metaphi.ca/raam-clinics/</a> Ph: 1 888 399 8342</p>	<p>Adults with substance use issues.</p>	<p>Rapid Access Addiction Medicine Clinic. Brief counselling and referrals.</p>	<p>Call the number provided.</p>	<p>Various.</p>
<p><b>416 Drop-In Centre</b> 416 Dundas St. E <a href="https://www.torontocentralhealthline.ca/displayService.aspx?id=194869">https://www.torontocentralhealthline.ca/displayService.aspx?id=194869</a> Ph: 416 928 3334 x 224</p>	<p>Women (age 16 +); women dealing with mental health issues, addiction, homelessness, social isolation.</p>	<p>Drop-In (crisis intervention, prevention and support).</p>	<p>Staff will be on-site to answer phone calls from 10 am – 3 pm and doing phone check ins-with clients during the pandemic.</p> <p>Regular hours are 8:30am – 4:30pm Monday to Friday.</p>	<p>Central</p>
<p><b>Al &amp; Malka Green Artists' Health Centre</b> 440 Bathurst St., 3<sup>rd</sup> floor, Ste. 310 <a href="https://www.uhn.ca/MCC/Clinics/Artists_Health_Centre">https://www.uhn.ca/MCC/Clinics/Artists_Health_Centre</a> Ph:</p>	<p>Individuals who self-identify as an artist.</p>	<p>Over the phone single session psychotherapy during COVID.</p>	<p>Call in for more information.</p>	<p>Central</p>