

### **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.

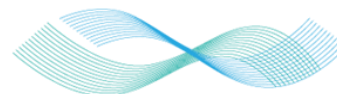
Looking for a therapist is like shopping for a good pair of jeans – they need to be a good fit in order for you to feel your best!

- 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:**

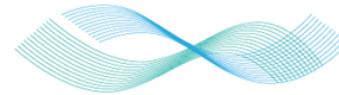
Name & Contact Information	Population Served	Service Description	Referral	Location
<b>Medical Clinic for Person-Centred Psychotherapy</b> <a href="mailto:respond.psy@gmail.com">respond.psy@gmail.com</a> <a href="http://www.medicalpsychclinic.org">www.medicalpsychclinic.org</a> Ph: 1-888-292-8088	Adults with various presenting concerns.	Individual and group psychotherapy provided by physician psychotherapists and psychiatrists.	Requires doctor's referral (referral form available on website).  Fax referral to 416-229-9771.	North York  *Services offered in-person only
<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/programs/counseling-and-support-services-css">https://www.woodgreen.org/programs/counseling-and-support-services-css</a> Ph: (Central intake) 416-572-3575 Ph: (Walk-in counselling) 416-645-6000 Ext. 1990	Youth and adults (age 16+) with mental health and/or substance use concerns.	Individual and group counselling through central intake.	Self-referral by contacting WoodGreen directly	East
<b>Parkdale Community Health Centre, Counselling</b> <a href="https://pqwchc.org/programs-services/counselling-and-case-management/counselling/">https://pqwchc.org/programs-services/counselling-and-case-management/counselling/</a> Ph: Queen West Site: 416-703-8482 ext. 2106 Ph: Parkdale site: 416-537-2455 ext. 1232	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.	Individual and group counselling, case management, harm reduction approach.	Self-referral; referral by an agency or Provider.	Central
<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	Adults (18+) who identify as LGBTQ, newcomer or who are homeless or underhoused.	Individual and group counselling.	Internal referral  **Currently only accepting internal referrals; contact a program coordinator for a referral. Please check the website regularly.	Central

## ADULT/COUPLE THERAPY RESOURCES

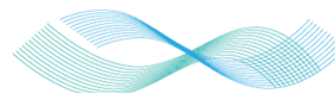


Name & Contact Information	Population Served	Service Description	Referral	Location
<b>TS Medical Centre</b> Offers psychotherapy for a variety of mental health concerns <a href="https://www.tsmedicalcentre.com/">https://www.tsmedicalcentre.com/</a> Ph: 416-901-9020 Ext. 20	Adults with various presenting concerns.	Individual and group counselling by independent psychotherapy practitioners (select therapist using 'find a therapist' option and select "OHIP Covered – Yes" and click "Search").  Group focus is interpersonal and psychodynamic.	Self-refer here: <a href="http://www.tsmedicalcentre.com/find-a-therapist/">http://www.tsmedicalcentre.com/find-a-therapist/</a>	Central
<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)	Adults in East end catchment area.	Crisis Counselling, Consultation, Assessment, Time-Limited Therapy Clinic (CATT; provides 6 sessions of psychotherapy).	Requires doctor's referral.  (Referral form is a PDF, can be accessed by clicking the links)	East
<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	Youth and Adults (age 16+) living in East York catchment area who present with significant mental health challenges.	Individual counselling, case management, groups.	Self-refer via The Access Point <a href="http://theaccesspoint.ca/">(http://theaccesspoint.ca/)</a> .	East
<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	Adults, racialized women are prioritized.	Brief counselling model with a feminist orientation. Includes some arts-based mental health programming.  *Sept 2023: Waitlist closed, check back in one month	Self-referral via phone.	Central
<b>Mennonite New Life Centre</b> <a href="https://mnict.org/mentalhealth/">https://mnict.org/mentalhealth/</a> Ph: 647-812-1332	Adults with a focus on immigrants and refugees.	Individual and group counselling, includes settlement and employment supports.	Self-referral.	East and North

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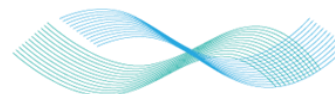
Name & Contact Information	Population Served	Service Description	Referral	Location
<p><b>Dr. Julianna Choi, Psychiatrist</b>  <a href="https://www.doctor-ontario.com/medecin/medecin-choi-julianna-12208.htm">https://www.doctor-ontario.com/medecin/medecin-choi-julianna-12208.htm</a>                      Ph: 416-703-7167</p>	<p>Adults, non-complex patients.</p>	<p>Insight-oriented psychotherapy.</p>	<p>Requires doctor's referral.                       Fax referral to: 416-642-4751.</p>	<p>Central</p>
<p><b>The Canadian Centre for Victims of Torture</b>  <a href="https://ccvt.org/mental-health-counselling-support/">https://ccvt.org/mental-health-counselling-support/</a>                      Ph (Downtown Toronto, Mississauga) 416-363-1066                      Ph (Scarborough) 416-750-3045</p>	<p>Adults, newcomers to Canada whom experienced trauma and/or torture prior to or during their journey to Canada.</p>	<p>Individual, group and family counselling, psychiatric consultation, crisis counselling.</p>	<p>Self-refer by calling office location of preference.</p>	<p>Central, East, West</p>



**LOW-COST / SLIDING SCALE:**

Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<p><b>Hard Feelings</b>  <a href="http://www.hardfeelings.org/counselling">www.hardfeelings.org/counselling</a>                      Ph: 647-740-FEEL (3335)</p>	<p>Adults facing financial barriers to accessing mental health services.</p>	<p>Individual, couples, family counselling for a maximum of 20 sessions.</p>	<p>Self-referral by phone or email.                       Therapist profiles available online.                       Check website to see if specific counsellors are accepting new clients.</p>	<p>\$70-\$100/session for individual therapy.                       \$110-\$130 for couples/family therapy.</p>	<p>West</p>
<p><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></p>	<p>Adults, couples.</p>	<p>Relationship focused psychotherapy.</p>	<p>Self-referral to therapist's phone or email.</p>	<p>\$40-\$80 depending on level of therapist (student, senior student, or grad).</p>	<p>Various (Central, West &amp; North)</p>
<p><b>Family Services Toronto</b>  <a href="https://familyservicetoronto.org/our-services/programs-and-services/counselling/">https://familyservicetoronto.org/our-services/programs-and-services/counselling/</a>                      Ph: 416 595 9618</p>	<p>Children, youth, adults, couples, families.</p>	<p>Individual, couples, family and group counselling.                       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.                       **Waitlist is up to 8-12 months.</p>	<p>Sliding scale based on household income.</p>	<p>Multiple Locations</p>

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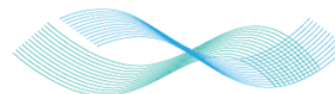
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<p><b>Catholic Family Services</b>  <a href="https://www.cfstoronto.com/counselling-program/">https://www.cfstoronto.com/counselling-program/</a>                      Ph: 416-921-1163 (Central)                      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="http://www.christiancounsellingservices.com">www.christiancounsellingservices.com</a>                      Ph: 416-489-3350                      Email: <a href="mailto:admin@christiancounsellingservices.com">admin@christiancounsellingservices.com</a></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>
<p><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: 416 964 9464 x 18</p>	<p>Adults.</p>	<p>Individual Gestalt psychotherapy (an approach that focuses on present life challenges, perceptions, sensations and may include interventions such as role playing).</p>	<p>Self-referral by phone or website.</p>	<p>\$40/session with a therapist in training (May increase after 1 year)</p>	<p>East</p>
<p><b>Ontario Psychotherapy and Counselling Program</b>  <a href="http://www.referrals.psychotherapyandcounseling.ca">www.referrals.psychotherapyandcounseling.ca</a>                      Ph: 416-920-9355</p>	<p>Adults, couples, families.</p>	<p>Psychodynamic counselling.</p>	<p>Self-referral by form on website.</p>	<p>\$20-\$50/session with student.  \$60-\$150 with registered therapist.</p>	<p>Various</p>

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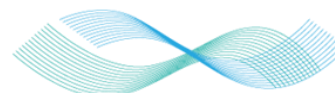
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<b>Open Path Psychotherapy Collective</b> <a href="http://www.openpathcollective.org">www.openpathcollective.org</a> Ph: 1 800 268 2833	Adults, couples, families.	Psychotherapy.	Self-referral.	Lifetime membership fee of \$65 + \$30-70/session.	Various
<b>Al &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
<b>Affordable Therapy Network</b> <a href="http://www.affordabletherapynetwork.com">www.affordabletherapynetwork.com</a>	Adults, couples, families.	A directory of therapists offering low cost and sliding scale rates across Canada.  Input information via the website to read therapist profiles that match your criteria/preferences.	Self-referral.	\$60-65 for those experiencing financial difficulty;  \$70-\$120 general sliding scale fees.  *Some options for below \$60 but will need to discuss with desired therapist.	Various
<b>Mindfulness For Life</b> <a href="https://mindfulness-therapy.ca/affordable/">https://mindfulness-therapy.ca/affordable/</a>	Adults	Psychotherapy with a mindfulness and somatic-based approach.	Self-referral; Contact via webform: <a href="https://mindfulness-therapy.ca/contact/">https://mindfulness-therapy.ca/contact/</a>	\$60 for those experiencing financial difficulty; therapy provided by a therapist in training.	West

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<p><b>The Compassion Project</b>  <a href="https://www.thecompassionproject.ca/new-program-access">https://www.thecompassionproject.ca/new-program-access</a>                      Ph: 905-512-1233                      Email:  <a href="mailto:thecompassionprojecthamilton@gmail.com">thecompassionprojecthamilton@gmail.com</a></p>	Adults	Psychotherapy.	Self-referral.	Reduced rate for those experiencing financial difficulty; therapy provided by a therapist in training.	West
<p><b>Bloom Psychology &amp; Wellness</b>  <a href="https://bloompyschologyto.com/affordable-therapy">https://bloompyschologyto.com/affordable-therapy</a></p>	Adults; Couples	Psychotherapy.	Self-referral; Contact via webform: <a href="https://bloompyschologyto.com/#contact-us.1">https://bloompyschologyto.com/#contact-us.1</a>	Affordable therapy rate for BIPOC & LGBTQ+ individuals.  \$60-90/session.	Online
<p><b>Work In Progress</b>  <a href="https://www.workinprogressto.ca/team-2">https://www.workinprogressto.ca/team-2</a>                      Ph: 647-417-7294</p>	Adults.	Psychotherapy.	Self-referral.	\$50-100 with a therapist in training.	West
<p><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</p>	Teens, Adults	A variety of virtual 1-hour groups addressing a range of themes including ADHD, Anxiety, Depression, Eating Disorders, Abuse, Divorce, Grief, Dating/Relationships.  Groups are moderated by mental health professionals from a variety of backgrounds.	Self-Referral. Register online or call the phone number for more information.	'Pay what you can'.  The website notes that the average person pays \$10 USD) per group session.	Online.

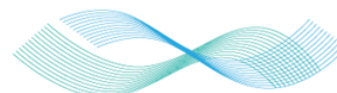




**PRIVATE / FULL FEE:**

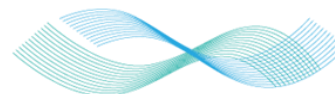
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<b>Psychology Today</b> <a href="http://www.psychologytoday.com/ca">www.psychologytoday.com/ca</a>	Children, youth, adults, couple, families.	Provides a directory of therapists to choose from.  Input information/preferences 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.	\$40/session for students  Prices range up to \$180/session	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 by calling	\$150 - \$265 depending on qualification levels.	Central
<b>CFIR Centre for Interpersonal Relationships</b> <a href="https://cfir.ca/">https://cfir.ca/</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 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.	\$225/session (may vary based on therapist).	Central

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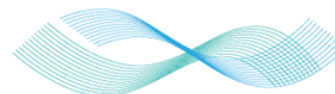
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<b>Toronto Psychology Centre</b> <a href="https://torontopsychologycentre.com/">https://torontopsychologycentre.com/</a> Ph: 416-333-4909	Adults, couples, families	Psychological, psychoeducational and neuropsychological testing and assessments.  A team of psychologists, neuropsychologists, social workers and associates providing therapy for a range of presenting concerns.	Self-referral through contact information available on their website.	Varies depending on service. Contact the clinic for more info.	Toronto
<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.	Approx. \$120-180/session for individual therapy and \$140-180/session for couples, but each therapist sets their own fees.	Toronto and the GTA
<b>Toronto Centre for Emotionally Focused Therapy</b> <a href="https://tceft.ca/">https://tceft.ca/</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>	\$160-240/session depending on type of therapist seen.	West

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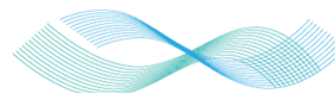
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<b>West End Psychological Services</b> <a href="https://westendpsych.com/">https://westendpsych.com/</a> Ph: 416-535-9377	Youth and Adults.	A collective of therapists offering counseling on a range of presenting issues. 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.	\$150-170/individual session  \$186-200/couples or family session	West
<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>	\$25/session with an intern.	East, Central

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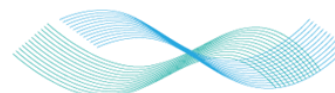


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<p><b>Mindful Maelstrom Wellness clinic</b>  <a href="https://www.mindfulmaelstrom.com/for-the-mind-psychotherapy-and-counselling-toronto-ontario">https://www.mindfulmaelstrom.com/for-the-mind-psychotherapy-and-counselling-toronto-ontario</a>                      Ph: 416-519-0989</p>	<p>Adults, couples, families.</p>	<p>A collective of therapists offering counselling support on a range of clinical issues.</p> <p>Therapist profiles available online.</p>	<p>Self-referral through calling or emailing:  <a href="mailto:bewell@mindfulmaelstorm.com">bewell@mindfulmaelstorm.com</a></p>	<p>\$95/session with a training therapist</p> <p>\$155-225/session individual counselling</p> <p>\$195-\$225/session couples or family counselling</p>	<p>West</p>
<p><b>MFT Toronto</b>  <a href="https://www.mfttoronto.ca/">https://www.mfttoronto.ca/</a></p>	<p>Adults, couples, families.</p>	<p>A collective of therapists offering counseling on a range of issues, including couples counselling, marriage and family therapy.</p> <p>Book a first session of phone consultation using the online booking system.</p>	<p>Self-referral through website:  <a href="https://mfttoronto.janeapp.com/">https://mfttoronto.janeapp.com/</a></p>	<p>\$165/session (may vary based on therapist)</p> <p>Contact for more information.</p>	<p>West</p>
<p><b>The Calm Collective</b>  <a href="https://thecalmcollective.ca/">https://thecalmcollective.ca/</a></p>	<p>Adults, couples, families.</p>	<p>A collective of therapists offering general and specialized interventions on a range of presenting issues.</p> <p>Therapist profiles available on website.</p>	<p>Self-referral through form on website:  <a href="https://thecalmcollective.ca/contactus/">https://thecalmcollective.ca/contactus/</a></p>	<p>\$65-100/session with a student</p> <p>\$150/individual session</p> <p>\$185/couples or family session</p>	<p>West and East</p>

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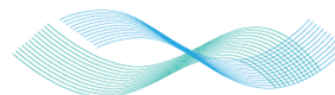
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<b>Couple Therapy Toronto</b> <a href="https://www.coupletherapytoronto.com/">https://www.coupletherapytoronto.com/</a> Ph: 647 729 8981	Children, youth, adults, couples, families.	A collective of therapists a range 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>	\$160-285/session depending on service, contact directly for specifics.	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>	\$125-245/session depending on professional seen.  Some limited options for sliding scale.	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.	\$150/individual session  \$170/couples session	Various including virtual



Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<p><b>EBT-3 Evidence-Based Therapy, Training and Education</b>  <a href="http://www.ebt3.com">www.ebt3.com</a>                      416-628-4336</p>	<p>Youth, adults, couples, families.</p>	<p>A collective of Psychologists providing assessment and evidence-based interventions on a range of issues with a CBT focus.</p> <p>Therapist profiles available on website.</p> <p>Therapies used are short-term.</p>	<p>Self-refer.</p>	<p>Cost varies based on level of training.</p>	<p>Central</p>
<p><b>Ontario Association of Social Work/Find a Social Worker'</b>  <a href="http://www.findasocialworker.ca">www.findasocialworker.ca</a></p>	<p>Children, youth, adults, couples, families.</p>	<p>A directory of Registered Social Workers/psychotherapists.</p> <p>Input information on website to be matched with therapist meeting criteria/preferences.</p> <p>Therapist profiles available online.</p>	<p>Self-refer to selected therapist from directory.</p>	<p>Cost varies based on Social Worker.</p> <p>Some Social Workers may offer sliding scale rates.</p>	<p>Various</p>
<p><b>Shift Collab</b>  <a href="https://www.shiftcollab.com/services">https://www.shiftcollab.com/services</a>                      1-800-661-8681</p>	<p>Youth, adults, couples, families.</p>	<p>A network of registered social workers and psychotherapists.</p> <p>Therapist profiles and specialties available on their website. Clinic focuses on finding clients the best match to a therapist and offer a matching service, or client's can request a specific therapist.</p>	<p>Self-referral</p>	<p>\$90/session reduced rate (Limited availability)</p> <p>\$125/session with a student</p> <p>\$140-200/individual session</p> <p>\$160-260/couples session</p> <p>\$160-260/family session</p>	<p>Various with therapists available across Canada</p>

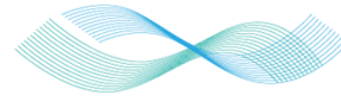
**WALK-IN/SINGLE SESSION CLINICS:**

## ADULT/COUPLE THERAPY RESOURCES



Name & Contact Information	Population Served	Service Description	Hours of Operation	Location
<b>Family Services Toronto</b> <a href="https://familyservicetoronto.org/our-services/programs-and-services/walk-in-clinic/">https://familyservicetoronto.org/our-services/programs-and-services/walk-in-clinic/</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>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 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
<b>Woodgreen Community Services</b> 815 Danforth Ave., Ste 100 <a href="https://www.woodgreen.org/programs/walk-in-counselling-wic">https://www.woodgreen.org/programs/walk-in-counselling-wic</a> Ph: 416-645-6000 ext. 1990	Youth, Adults.	Walk-in/Single session counselling (over the phone during the pandemic).	-In person: Tuesdays, 4-6:30PM at 814 Danforth Avenue  -Virtual: Wednesdays, 4-6:30PM, call the Walk-In Counselling telephone number	East York
<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	Adults with substance use issues.	Rapid Access Addiction Medicine Clinic. Brief counselling and referrals.	Search by city and call the clinic closest directly.	Various.
<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	Women (age 16 +); women dealing with mental health issues, addiction, homelessness, social isolation.	Phone services only - Drop-In (crisis intervention, prevention and support).	Staff will be on-site to answer phone calls from 10 am – 3 pm and doing phone check ins-with clients during the pandemic.  Regular hours are 8:30am – 4:30pm Monday to Friday.	Central

ADULT/COUPLE THERAPY RESOURCES



*Taddle Creek*  
Family Health Team

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