



Counselling Services Offered in the GTA

* indicates walk-ins

COUNSELLING SERVICES	CONTACT INFO	OFFERS	WAITLIST	REQUIREMENTS	FEE + ACCESSIBILITY
Scarborough Centre for Healthy Communities <i>Scarborough</i>	(416) 847-4144 www.schontario.ca	Sexual Assault and Domestic Violence Care Centre (SADVCC)	3 months (as of Dec 2019)	Documented referral & self-referral accepted Ages 12+	All genders and sexual orientations, with or without OHIP coverage, with or without immigration status. No fee, accessible, interpreters available
East Metro Youth Services* <i>Scarborough</i>	(416) 438-3697 www.emys.on.ca	Walk-In: <u>MON - THURS 2-8 pm</u> (last appointment at 6:30 pm) <u>FRI 10 am-5 pm</u> (last appointment at 3:30 pm) <u>SAT 10 am-2 pm</u> (last appointment at 12:30 pm)	2 months for general counselling	Walk-In: Ages 0-29, Family members Ages 12-18 for community counselling (and	No fee Accessible English, French, Tagalog, Farsi, Tamil, Cantonese, Mandarin, Arabic, Spanish, Russian. (Call to

		General counselling: Time-limited: 3-6 months MON-FRI 9-5 pm		family members/ caregivers)	confirm which languages are offered on which days).
Tropicana Community Services <i>Scarborough</i>	(416) 439-9009 www.tropicana.communty.org	Community counselling services Individual, family, and anger management group sessions.	No waitlist First come, first serve	No age or other requirements	\$10 fee (voluntary) Accessible
East GTA Family Health Team <i>Scarborough</i>	(647) 693-7401 www.egtafht.ca	Social workers, dieticians, occupational therapists, nurses	Less than 3 weeks	Need referral from a doctor	No fee Accessible
Canadian Centre for Victims of Torture <i>Scarborough</i>	(416) 750-3045 www.ccvvt.org	Settlement services & Counselling	1 week for initial appointment	Anybody from war torn country or refugee claimant, bring photo ID	No fee if referred by Legal Aid Accessible Languages offered: Arabic, French, Spanish, & Tamil.

<p>Settlement Assistance and Family Support Services (SAFSS) Scarborough</p>	<p>(416) 431-4847 www.safss.org</p>	<p>VAW program</p> <p>Counselling for people in abusive situations or newcomers.</p> <p>Available at <u>head office</u>: 1200 Markham Road #214</p>	<p>No waitlist</p>	<p>By appointment only (call or walk in to book)</p> <p>Self-referral accepted</p>	<p>No fee</p> <p>Accessible</p> <p>Ask staff for interpreters</p>
<p>Family Services Toronto * Scarborough and Downtown Toronto</p>	<p>(416) 595-9618 www.familyservicetoronto.org</p>	<p>Walk-In clinic at 355 Church Street – 3rd floor -- WED only. Registration begins at 3 pm until 6:15 pm.</p> <p>General Counselling available at:</p> <ul style="list-style-type: none"> - Sterling Rd. Office - Victoria Park Hub - LAMP community Health Centre - Rexdale Community Health Centre <p>VAW program LGBTQ program Senior program</p>	<p>VAW program: 3-4 months (as of Dec. 2019)</p> <p>Seniors program: 3 months</p> <p>General counselling: Not accepting new clients at Scarborough location (until Jan-Feb 2020)</p>	<p>Walk-In: 18+</p> <p>Appointment only for general counselling (excluding walk-ins)</p> <p>Self-referral accepted</p>	<p>Sliding scale fee for general counselling based on family-size and gross income.</p> <p>No fee for walk-in and VAW</p> <p>Accessible</p> <p>Call to inquire about other languages offered. (416) 595-0307</p>

<p>Catholic Family Services Toronto * <i>North York and Mid-town Toronto</i></p>	<p>(416) 921-1163 www.cfstoronto.com</p>	<p>Walk-In TUES 9 am-7 pm; (<u>Central office</u> 1155 Yonge Street) THUR 9 am-7 pm; (<u>North office</u> 245 Fairview Mall Drive)</p> <p>General counselling Individual, couples, family, and groups.</p> <p>VAW counselling and support services Call <u>North office</u> at (416) 222-0048</p>	<p>2-3 months for general counselling</p> <p>Walk-ins are first come, first serve</p>	<p>No requirements</p>	<p>Counselling fees are charged according to a client's income level</p> <p>Sliding scale (but not denied if unable to pay fee)</p> <p>Both locations accessible</p>
<p>Woodgreen Community Services * <i>East York</i></p>	<p>(416) 572-3575 www.woodgreen.org</p>	<p>Walk-in: TUES & WED 4:30-8:30pm (<u>arrive before 6:45</u>, first come, first serve)</p> <p>General counselling call Mon-Fri 9 am-5 pm or email cccentralintake@woodgreen.org for more information</p>	<p>6 months – 1 year for general 1-on-1 counselling</p>	<p>16+</p>	<p>No fee</p> <p>Accessible</p>

<p>COSTI Immigrant Services <i>North York</i></p>	<p>(416) 244-7714 www.costi.org</p>	<p>VAW Program (priority, no waitlist)</p> <p>Program intake: <u>MON, TUES, THURS, FRI</u> 8:30 am-4:30 pm <u>WED</u> 8:30 am-9 pm</p>	<p>Call to inquire about waitlist based on the counsellors' availabilities</p>	<p>No age or other requirements</p>	<p>Sliding scale fee but not denied if unable to pay a fee.</p> <p>Accessible</p> <p>English and Italian offered.</p>
<p>Skills for Change <i>Toronto</i></p>	<p>Narges Khazraei nkhazraei@skillforchange.org (email preferred) (416) 658-3101 ext 239</p>	<p>Free individual counselling and group sessions such as workshops and support groups.</p>	<p>Seeing a counsellor the same day client requests an appointment</p>	<p>None – clients can have as many sessions as they need</p>	<p>No fee</p>
<p>Skylark* <i>Toronto</i></p>	<p>(416) 395-0660 http://www.skylarkyouth.org/</p>	<p>What's Up Walk-In Clinic 65 Wellesley St. E, Unit 500</p> <p>Youth Wellness Hub 40 Orchard View Blvd, Unit 102</p> <p>See website for hours of operation.</p>	<p>Walk-in</p>	<p>Age 0-25 (What's Up clinic)</p> <p>Age 12-25 (Youth Wellness Hub)</p>	<p>Free</p>

<p>Sherbourne Health Centre * <i>Toronto</i></p>	<p>(416) 324-4100 https://sherbourne.on.ca/</p>	<p>Walk In Tuesday afternoons (sign up at reception at noon)</p> <p><u>LGBTQ program</u> <u>Newcomer program</u> <u>Urban program</u> (for folks who are homeless or under-housed) <u>Group counselling and workshops</u>; check website for current offerings</p>		<p>Ages 18+</p> <p>Self-referral only</p>	<p>Free</p>
<p>Women's College Hospital <i>Toronto</i></p>	<p>(416) 323-6011 select option 2 www.womenscollegehospital.ca/care-programs/mental-health/bpcw/</p>	<p>Brief psychotherapy to support women in understanding and addressing their own challenges.</p> <p>Mon-Fri 9 am-5 pm</p> <p>Time-limited: 16 individual 50 min weekly sessions</p>	<p>Waiting list is 12-15 months for suitable candidates</p>	<p>Ages 18+</p> <p>People who identify as a woman</p>	<p>Free</p>

*For other services in the Toronto Area, contact the centre: (416)-439-7111
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