

East Toronto – OHIP covered, Low-Cost & Walk-in Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Blake Boulton Youth Outreach Service (BBYOS)	41 Blake St (Danforth & Jones) www.bbyos.org (416) 465-1410	Free long-term psychotherapy and counselling to high-risk vulnerable youth (12-25 yrs) and families. Self referrals encouraged.	Mostly residents of Blake-Boulton neighbourhood	No cost	Varies – within a week
Bangladeshi-Canadian Community Services	2899 Danforth Ave (near Victoria Park) www.bangladeshi.ca (416) 699-4484	Individual, couple and family counselling available through Settlement Services Program. No fees.	Immigrants and refugees, focus on Crescent Town area	No cost	Varies
East End Community Centre	Queen & Coxwell area www.eastendchc.on.ca (416) 778-5858	Counselling psychotherapy available to clients of the centre. Variety of personal health and wellness programs available for free to anyone living in catchment.	Some programs for non-registered residents living in catchment	No cost	Varies
GP – Psychotherapy	Locations across Ontario www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients. Contact directly to enquire.	All welcome	No cost	Open to new patients or short wait list
Health Access Thorncliffe Park (HATP)	East York Town Centre www.fhc-chc.com/health-access-thorncliffe-park-hatp (416) 421-6369 part of Flemingdon Health Centre	Mental health counseling available – social work drop-in on Fridays, for current HATP clients. Services are free, no health card required.	Individuals and families who reside in M4H postal code	No cost	Varies – none for drop in
Mennonite New Life Centre	1774 Queen St E (near Kingston Rd) www.mnlct.org (416) 699-4527 (ask for mental health intake assessment)	Short-term supportive counselling for newcomers around stress & trauma. Counselling offered by psychologist in English, Arabic, Farsi, Spanish and Turkish.	Immigrants and refugees	No cost	Wait list varies
Michael Garron Hospital – Outpatient Mental Health	825 Coxwell Ave www.tehn.ca/programs-services/mental-health-addiction Intake: (416)469-6310 Dakota Campbell	Time-limited psychotherapy and counselling (6-12 sessions), with psychiatric consultation, available through 2 clinics: Consultation Assessment Time-Limited Treatment (CATT) Program, and Crisis Clinic <i>Referral from healthcare provider required</i>	Adults – All welcome Michael Garron Hospital catchment	No cost	Roughly 6-8 weeks
Woodgreen Community Services – Walk in Counselling	815 Danforth Ave, Suite 100 www.woodgreen.org (416) 572-3575	Walk-in Counselling Service <u>Tuesdays</u> and <u>Wednesdays</u> , 4:30-8:30pm, open at 4:00pm, first come first served No referral or health card required. Can return for subsequent sessions.	Adults - All welcome	No cost	None – drop in
Woodgreen–Crisis Outreach Service for Seniors (COSS)	www.woodgreen.org (416) 217-2077	Crisis Outreach Service for Seniors (COSS) offers a phone line for information, local resources and supportive counselling – can also link to mobile and phone crisis supports as needed	Older adults 55+	No cost	None

East Toronto – Sliding Scale Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Affordable Therapy Network of Toronto	www.affordabletherapytoronto.com	A website providing a listing of therapists, workshops and on-line therapists at reduced rates in Toronto, several in East Toronto	All welcome	Reduced (\$65 or less) and sliding scale	Varies by therapist & workshop dates
Beaches Therapy Group	Kingston Rd & Woodbine www.Beachestherapy.ca (647) 484-8622	Counselling services by psychology associates, psychotherapists and social workers, located in the Beach neighbourhood	All welcome – adults, children, families and couples	50% discount on regular rates for those requiring affordable therapy	Dependent on therapist
East Toronto Therapy	688 Coxwell Ave (at Danforth) www.easttorontotherapy.com (416) 545-9908	Provides therapy & counselling to individuals, as well as marriage counselling & sex therapy for couples	Adults – all welcome	Reduced rate during daytime, and some sliding scale	Currently short – week(s)
Full Circle Art Therapy Centre	658 Danforth (at Pape) www.fullcircleartc.com	An affordable art therapy center that combines psychotherapy and art to help individuals externalize thoughts and feelings that are difficult to express.	Adults – all welcome	Initial appt \$60 – fees then based on annual income	Varies
The Healing Collective	2005 Danforth Ave (at Woodbine) www.healingcollective.ca	Collective of psychotherapists and allied health practitioners offering counselling and therapy. Also provide a range of healing and wellness workshops	Adults and some youth/young adults	Varies depending on service - some sliding scale and reduced rates	Varies by therapist & workshop dates
Open Path Therapy Collective	www.openpathcollective.org	A non-profit network of mental health professionals offering steeply reduced rates - also provide wellness courses. Several therapists located in East Toronto, and/or offering on-line therapy	Individuals, couples, children, families in financial need	One time membership fee of \$59. Therapy rates of \$30-60	Varies