

## Low Cost Counseling Options – GTA

### The Gestalt Clinic

**Website:** [www.gestalt.on.ca/low-cost-therapy-clinic](http://www.gestalt.on.ca/low-cost-therapy-clinic)

**Address:** Located across the GTA

**\$40 per hr**

Gestalt Student Therapists

### Centre for Interpersonal Relationships

**Website:** [www.cfir.ca](http://www.cfir.ca)

**Address:** 10 St. Mary St, Toronto

Sliding scale - **\$65 per hr** + up  
Therapists, completing PhD in Psychology

### The Toronto Institute for Relational Psychotherapy

**Website:** [www.tirp-lowcost-therapy.ca](http://www.tirp-lowcost-therapy.ca)

**Address:** Located across the GTA

Student Therapists - **\$20 per hr**  
Senior Student Therapists - **\$40 per hr**  
Graduate Therapists - **\$60 per hr**

### The Living Institute – Student Clinic

**Website:**

[www.livinginstitute.org/living-institute-student-clinic](http://www.livinginstitute.org/living-institute-student-clinic)

**Address:** 208 Carlton St, Toronto

**Sliding Scale – Initial Session FREE**  
Student Therapists (Holistic Approach)

### Mennonite New Life Centre

**Website:** [www.mnlct.org/individual-counselling](http://www.mnlct.org/individual-counselling) | **Address:** Located across the GTA

**FREE**

Internationally Trained Psychologists – Completing Retraining in Ontario Framework  
*\*available to everyone*

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### **Open Path Psychotherapy Collective**

**Website:** www.openpathcollective.org

**Address:** Located across North America

**\$30 - \$50 per hr**

Network of Therapists in North America

Offering **Low-Cost** Counseling

### **UofT OISE Counseling and Psychotherapy**

**Website:**

www.oise.utoronto.ca/psychservices/Adult\_Services/

**Address:** 252 Bloor Street West, Toronto

**Sliding Scale**

Graduate Students – Psychology

### **Affordable Therapy Network of Toronto**

**Website:** www.affordabletherapytoronto.com

**Address:** Located across the GTA

Network of Therapists in Toronto & GTA Offering

**Reduced Rate** and **Sliding Scale** Services

### **Hard Feelings**

**Website:** www.hardfeelings.org

**Address:** 848 Bloor St West, Toronto

**\$50 - \$80 per hr**

Short Term (12 session max)

Low-Cost Counseling Clinic & Storefront

### **Ask About a Sliding Scale:**

*Most practitioners offer a sliding scale for individuals in financial need (even if it is not listed on their website).*

*Finding the right person to work with – with the right approach is most important:*

**[www.psychologytoday.com/ca/therapists/ontario](http://www.psychologytoday.com/ca/therapists/ontario)**

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