

Psychotherapy Resources (Toronto)

Resources available during COVID-19 quarantine

takecare19.com

Free Walk-in counseling for Adults:

1. **Family Services Toronto:** Free walk-in counseling Wednesdays from 3:30-7:30pm at the office 202-128A Sterling Road in Toronto, phone 416-595-9618. Patient can inquire about the waitlist for scheduled counselling.
2. **Sherbourne Health Centre:** Free-of-charge, walk-in, mental health counselling every Tuesday afternoon at 333 Sherbourne Street, Toronto, phone 416-324-4180. Sign up at reception (2nd floor) around noon on Tuesdays. Spots are limited, first come – first served. Sessions may typically run between 45 and 90 minutes in length depending on needs. They do not require health cards, referrals or previous appointments.
3. **Wood Green:** Wood Green Walk-in Counselling Service offers free, immediate counselling on Tuesday and Wednesday evenings, 815 Danforth Ave., First Floor, Toronto, phone 416-572-3575. They open at 4:30 p.m. with the latest arrival at 6:45 p.m. No appointment or referral is needed. There are no restrictions to access.

OHIP-covered/MD mixed types of therapy:

1. **Medical Psychotherapy Association Canada (MDPAC)** – go to the website under “find therapy” section: <https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html>
2. **Medical Clinic for Person-Centered Psychotherapy** – referral required, form found: <http://www.medicalpsychclinic.org/>

OHIP-covered/MD Long Term therapy:

1. **Toronto Psychoanalytic Society and Institute** – go to the “finding therapy” section and contact the MD providers about their waitlists. Self-referral. <https://torontopschoanalysis.com/finding-therapy/>

2. **Toronto Institute for Contemporary Psychoanalysis** -- go to the "finding therapy" section and submit online application. Self-referral.
<https://ticp.on.ca/finding-therapy/>

Sliding Scale Individual Psychotherapy Resources:

1. **Catholic Family Services of Toronto** 416 921 1163 www.cfsofto.org
Caller speaks to intake worker. Fees based on income level. Waiting list varies.
2. **Jewish Family and Child Service of Metro Toronto** 416 638 7800
www.toronto.com/infosite/144902/
Caller will be referred to office in their neighborhood; intake includes phone discussion. Waiting period varies. Fees based on income level.
3. **Family Services Toronto**
Several locations in Toronto. Waiting lists generally. Fees based on income.
416-595-9618

Low-Cost:

1. **Toronto Institute for Relational Psychotherapy**
\$20 per session for student therapists
\$40 per session for graduate therapists or couples therapy (max 20 sessions)
Locations vary by therapist (in and outside Toronto)
<http://www.tirp-lowcost-therapy.ca/>
2. **Gestalt Institute of Toronto, Gestalt Student Clinic**
\$35 per session
417 Parliament Street
416-964-9464 x18
3. **Centre for Training in Psychotherapy**
\$35 for interviews, negotiable
\$45 for sessions, negotiable
316 Dupont St.
416-964-7919
4. **Hard Feelings**
www.hardfeelings.org

Private:

1. CBT Associates

Downtown Toronto: 416-363-2644

Midtown: 416-363-3910

North York: 416-499-6373

Aurora: 289-317-1769

2. Forest Hill Centre for Cognitive Behavioural Therapy

439 Spadina Road, Suite 310

416-432-4587

3. EBT3

2 Carlton Street, suite 1803

416-628-4336

4. Wickwire and Brooks

425-401 Richmond St W.

416-916-0703

Other:

1. Greenspace

<https://www.greenspacehealth.ca/>

2. Ontario Psychotherapy and Counselling Program

<https://referrals.psychotherapyandcounseling.ca>

DBT-specific resources (DBT groups)

1. Stella's Place (<https://stellasplace.ca/>)

2. LOFT (<https://www.loftcs.org/what-we-do/specialized-services/youth/>)

3. Skylark (<https://www.skylarkyouth.org/>)

Couples Therapy:

Psychiatrists

- | | | |
|---------------------|--------------|----------------------|
| - Dr. Randy Gangbar | 416-544-9884 | 421 Eglinton Ave. W. |
| - Dr. Jeff Genik | 416-778-7738 | 3-2234 Queen St. E. |

Non-Psychiatrists

- | | | |
|---|--------------|-----------------------|
| - Rob Peach, MSW RSW | 416.795.7299 | 14 Prince Arthur Ave |
| Treatment@RelationshipTherapyToronto.ca | | |
| http://RelationshipTherapyToronto.ca | | |
| - Dr. Judith Levine, MSW, PhD | 416 924 0991 | (Yonge and St. Clair) |

Psychodynamic in perspective and looks at both your histories of your own families and how early unmet needs or challenges play out in your current relationship.

- Joan Marsman, MSW, CSW, 416 766 8982 (Jane and Eglinton) - More cognitive/solution-focused in her approach. She spends less time in your past and more time in the here and now. There is a fee for her service – sliding scale.
- Brian Katz, MSW, 416 756 6628
- Dave Denberg, MSW, 416 923 2848, 10 St. Mary Street, Suite 410

Ontario Association for Marriage and Family Therapy

905 936 3338 www.oamft.on.ca

Free referral service but cost of therapy and waiting lists vary.