

# PRINT RESULTS

Ontario / Toronto

## 1. Gauthier, Krystal-Ann â€“ BSW

Gauthier, Krystal-Ann â€“ BSW  
600 Sherburne St.  
Toronto, ON, M4X 1W4  
Phone: 1.416.722.2565  
E-Mail: [gkrystalann@gmail.com](mailto:gkrystalann@gmail.com)

Note: Counseling practices include Cognitive Behavioral Therapy, Mindfulness Therapy, Narrative Therapy, Acudetox (Auricular Acupuncture Treatment used in the management of withdrawal) and psycho social assessment tool utilized to guide all aspects of treatment planning.

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## 2. 416 Community Support for Women

416 Community Support for Women Ontario Street Location 416 Dundas St. E Toronto, ON M5A 2A8 Phone: [1.416.928.3334](tel:1.416.928.3334) Fax: 1.416.928.2044

Note: This service is for women 16+ with addiction and/or mental health issues. There are support services for affected family members and loved ones.

## 3. Acupuncture for Addictions

Acupuncture for Addictions Addictions Program Toronto Western Hospital - University Health Network East Wing, 9th Floor 399 Bathurst St. Toronto, ON M5T 2S8 Phone: [1.416.603.5776](tel:1.416.603.5776) Fax: 1.416.603.5490

Note: For adults with addiction or concurrent mental health and addiction issues. A holistic approach, including acupuncture, is used.

## 4. Substance Abuse Outreach Program

Substance Abuse Outreach Program Hospital for Sick Children 555 University Ave. Toronto, ON M5X 1X8 Phone: [1.416.813.5097](tel:1.416.813.5097) Fax: 1.416.813.8231

Note: This service is for youth ages 8-17 with addiction and/or mental health issues. There are support services for affected family members and loved ones.

## 5. Breakaway Addiction Services

Breakaway Addiction Services  
21 Strickland Ave.  
Toronto, ON M6K 3E6  
Phone: 1.416.234.1942  
Toll-Free: [1.800.836.6209](tel:1.800.836.6209)  
Fax: 1.416.234.5702  
E-Mail: [breakaway@breakawayaddictions.ca](mailto:breakaway@breakawayaddictions.ca)

Note: For adults and youth with addiction and/or mental health issues. There are support services for affected family members and loved ones.

#### 6. Breakaway Addiction Services - The Satellite

The Satellite Breakaway Addiction Services 21 Strickland Ave. Toronto, ON M6K 3E6 Phone: [1.416.537.9346](tel:14165379346) Fax: 1.416.537.2598 E-Mail: [breakaway@breakawayaddictions.ca](mailto:breakaway@breakawayaddictions.ca) Website: [www.breakawayaddictions.ca](http://www.breakawayaddictions.ca)

Note: This service is a methadone treatment program for clients with serious, long-term opiate dependency. It offers assessment and outpatient counselling for methadone maintenance clients.

#### 7. Breaking the Cycle

Breaking the Cycle Mothercraft 860 Richmond St. W Toronto, ON M6J 2S9 Phone: 1.416.364.7373 Fax: 1.416.364.8008 E-Mail: [btcycle@mothercraft.org](mailto:btcycle@mothercraft.org)

Note: This service is for mothers or pregnant mothers with addiction and/or mental health issues. There are support services for affected family members and loved ones.

#### 8. Canadian Centre for Addictions

Canadian Centre for Addictions 177 Sheppard Ave. W Toronto, ON M2N 1M9 Phone: 1.647.995.8401 Toll Free: [1.855.499.9446](tel:18554999446) Fax: 1.905.985.2111 E-Mail: [info@ccfatreatment.org](mailto:info@ccfatreatment.org)

Note: This office provides an outpatient program, aftercare, intervention, and family counselling. Some fees may apply - call for more information.

#### 9. Reconnect - Community Health Services - Community Outreach Programs in Addictions (COPA)

Reconnect - Community Health Services Community Outreach Programs in Addictions (COPA) 200 - 49 Bathurst St. Toronto, ON M5V 2P2 Phone: [1.416.248.2050](tel:14162482050) Fax: 1.416.248.6557

Note: For adults 55 and older with addiction and/or mental health issues. There are support services for affected family members and loved ones.

#### 10. Elizabeth Fry Society of Toronto Drug and Alcohol Counselling Program

Elizabeth Fry Society of Toronto Drug and Alcohol Counselling Program 215 Wellesley St. E Toronto, ON M4X 1G1 Phone: 1.416.924.3708 Toll-Free: [1.855.924.3708](tel:18559243708) E-Mail: [info@efrytoronto.org](mailto:info@efrytoronto.org)

Note: This service is for women 18+ who are in conflict with the law who have with addiction and/or mental health issues. There are support services for affected family members and loved ones.

#### 11. Mental Health and Addictions Program - Humber River Hospital (HRH)

Mental Health and Addictions Program Humber River Hospital (HRH) 1235 Wilson Ave. Toronto, ON M3M 0B2. Phone: [1.416.242.1000](tel:14162421000)

Note: For adults and youth with addiction and/or mental health issues. There are support services for affected family members and loved ones.

## 12. Integrated Workplace Solutions

Integrated Workplace Solutions Family Services Employee Assistance Programs 1005 - 2 Carlton St. Toronto, ON M5B 1J3 Phone: [1.877.726.9853](tel:1.877.726.9853) E-Mail: [ivs@fseap.com](mailto:ivs@fseap.com)

Note: This service is committed to addressing substance use problems and working with organizations to ensure a healthy, drug and alcohol-free workplace. Their priority is prevention, resolution, and the successful return-to-work of employees.

## 13. Jean Tweed Treatment Centre - Toronto

Jean Tweed Treatment Centre Evans Avenue 215 Evans Ave. Toronto, ON M8Z 1J5 Phone: [1.416.255.7359](tel:1.416.255.7359) Fax: 1.416.255.9021 E-Mail: [info@jeantweed.com](mailto:info@jeantweed.com)

Note: This service is for women, including pregnant women and/or mothers with children ages 6 months or younger, with addiction and/or mental health issues. There are support services for affected family members and loved ones.

## 14. John Howard Society of Toronto Addictions Program

John Howard Society of Toronto Addictions Program 1669 Eglinton Avenue W Toronto, Ontario M6E 2H4 Phone: [416-925-4386](tel:416-925-4386) ext. 226 Toll-Free: [1.866.265.4434](tel:1.866.265.4434) Fax: 1.416.925.9112 E-Mail: [pmarkwell@johnhowardtor.on.ca](mailto:pmarkwell@johnhowardtor.on.ca)

Note: This service offers addiction assessment and outpatient counselling for men 18 and older who are in conflict with the justice system.

## 15. Lillian and Don Wright Family Health Centre - Renascent

Lillian and Don Wright Family Health Centre Renascent 38 Isabella St. Toronto, ON M4Y 1N1 Phone: [1.416.927.1202](tel:1.416.927.1202) Toll-Free: [1.866.232.1212](tel:1.866.232.1212) Fax: 1.416.927.0363 E-Mail: [info@renascent.ca](mailto:info@renascent.ca)

Note: For adults and youth with addiction and/or mental health issues. There are support services for affected family members and loved ones. Please call ahead to make an appointment or find out the drop in times.

## 16. Native Men's Residence (Na-Me-Res)

Native Men's Residence (Na-Me-Res) 14 Vaughan Rd. Toronto, ON M6G 2N1 Phone: [1.416.652.0334](tel:1.416.652.0334) Fax: 1.416.656.3180 E-Mail: [general@nameres.org](mailto:general@nameres.org)

Note: This service is for aboriginal men 16+ with addiction and/or mental health issues.

## 17. North York General Hospital - Substance Abuse Program

North York General Hospital - Substance Abuse Program Branson Ambulatory Care Centre 555 Finch Ave. W Toronto, ON M2K 1N5 Phone: [1.416.756.6642](tel:1.416.756.6642)

Note: For adults and youth with addiction and/or mental health issues. There are support services for affected family members and loved ones.

## 18. Portuguese Mental Health and Addictions

Health Centre @ 410 St. Michael's Hospital 4rd floor - 410 Sherbourne St. Toronto, ON M4X 1K2  
Phone: [1.416.867.3728](tel:1.416.867.3728) Toll Free: [1.866.366.9513](tel:1.866.366.9513) Fax: 1.416.867.3726

Note: This service is for adult males with addiction and/or mental health issues. There are support services for affected family members and loved ones. Clients need to be referred.

#### 19. Salvation Army Homestead - Toronto

Salvation Army Homestead 78 Admiral Rd. Toronto, ON M5R 2L6 Phone: [1.416.921.0953](tel:1.416.921.0953) Fax: 1.416.921.4430 E-Mail: [information@salvationarmyhomestead.org](mailto:information@salvationarmyhomestead.org)

Note: This service is for adult women with addiction and/or mental health issues. There are support services for affected family members and loved ones.

#### 20. Aboriginal Day Withdrawal Management Program

Aboriginal Day Withdrawal Management Program  
Toronto East General Hospital  
2 College St. Room 116  
Toronto, ON M5G 1K3  
Phone: [1.416.923.0800](tel:1.416.923.0800)  
Fax: 1.416.923.0900

Note: This service is for pregnant aboriginal women or mothers with addiction and/or mental health issues. There are support services for affected family members and loved ones. Ojibway available.

#### 21. Urgent Care Clinic

Urgent Care Clinic University Health Network 299 Bathurst St. Toronto, ON M5T 2S8 Phone: [1.416.603.5089](tel:1.416.603.5089) Fax: 1.416.603.6289

Note: Psychiatrists and mental health clinicians who specialize in crisis management. For individuals who are not in need of immediate hospitalization or emergency department assessment, but are unable to wait for an outpatient assessment. Referrals often come through the UHN Emergency Departments. Family physicians and other specialists may also refer patients in crisis who do not have current psychiatric follow-up, including those expressing suicidal or self-harm ideation.

#### 22. YMCA Youth Substance Abuse Program (YSAP) - Toronto

YMCA Youth Substance Abuse Program (YSAP) Toronto YMCA 7 Vanauley St. Toronto, ON M5T 2V9 Phone: [1.416.603.6366](tel:1.416.603.6366) ext. 5

Note: This service is for youth ages 14 to 24 with addiction and/or mental health issues. There are support services for affected family members and loved ones.

#### 23. Alcontrol

Alcontrol House of Friendship of Kitchener 71 Ann St. Kitchener, ON N2B 3T3 Phone: [1.519.957.5001](tel:1.519.957.5001) Fax: 1.519.745.3957 E-Mail: [alcontrol@houseoffriendship.org](mailto:alcontrol@houseoffriendship.org)

Note: This is a residential treatment program for women with addiction and/or mental health issues. There are support services for affected family members and loved ones.

24. Beech, Lawrence - PhD

Beech, Lawrence - PhD 221 - 1333 Sheppard Ave. E Toronto, ON M2J 1V1 Phone: [1.416.494.7302](tel:1.416.494.7302)  
Fax: 1.416.443.8028 E-Mail: [lawrence.beech@utoronto.ca](mailto:lawrence.beech@utoronto.ca)

Note: For adult individuals, couples, and families. Specializes in stress, life transitions, grief and loss, addiction, relationship issues, and spirituality.

25. Bolger, Elizabeth - PhD

Bolger, Elizabeth - PhD 508A - 124 Merton St. Toronto, ON, M4S 2Z2 Phone: [1.416.487.7475](tel:1.416.487.7475)

Note: For adult individuals and specializes in PTSD, relationship issues, family conflicts, addiction, trauma, grief and loss, and separation and divorce.

26. Campbell, Bonnie - BA, DCTP, CAPT Spadina Therapy Centre

Campbell, Bonnie - BA, DCTP, CAPT Spadina Therapy Centre 37 Spadina Rd. Toronto, ON M5R 2S9 Phone: [1.416.923.5112](tel:1.416.923.5112) E-Mail: [bonnie@bonniecampbell.ca](mailto:bonnie@bonniecampbell.ca)

Note: For adult individuals. Specializes in chronic illness, sexual issues, relationship issues, spirituality, addiction, and eating disorders. Alternative methods of therapy used, including depth psychotherapy, guided meditation, deep relaxation, and focusing.

27. Chapman, Linda - ATR-BC, RCAT, OSP

Chapman, Linda - ATR-BC, RCAT, OSP 741 - 118 Eglinton Ave. W Toronto, ON M4R 2G4  
Phone: [1.416.427.6244](tel:1.416.427.6244) E-Mail: [lindachapman@psychotherapyintoronto.com](mailto:lindachapman@psychotherapyintoronto.com)

Note: For teen and adult individuals and couples. Specializes in relationship issues, body image, eating disorders, trauma, grief and loss, and family conflict. Counselling approach includes art therapy.

28. Circelli, Carmela - PhD, DCTP, CAPT

Circelli, Carmela - PhD, DCTP, CAPT 366 Dupont St. Toronto, ON M4K 1E8 Phone: [1.647.977.5905](tel:1.647.977.5905)

Note: For teen and adult individuals and groups. Specializes in addiction, anger, abuse, domestic violence, eating disorders, trauma, and PTSD. Counselling approach includes psychoanalysis.

29. Coffey, Patricia - MA, CCC Bamford, Myers & Wilkie Counselling

Coffey, Patricia - MA, CCC Bamford, Myers & Wilkie Counselling 5016 - 3080 Yonge St. Toronto, ON M4N 3N1 E-Mail: [patricia.coffey02@gmail.com](mailto:patricia.coffey02@gmail.com)

Note: For adult individuals, couples, and families. Specializes in relationship difficulties, family conflict, addiction, codependency, intimacy problems, and spiritual questions. Alternative methods of therapy available, including EFT, and a humanistic, family-systems, emotion focused, and evidence-based approach.

30. Crabtree, Joanne - MTC

Crabtree, Joanne - MTC 401 - 344 Dupont St. Toronto, ON M5R 1V9 Phone: [1.647.933.9771](tel:1.647.933.9771)  
E-Mail: [psychotherapyarts@rogers.com](mailto:psychotherapyarts@rogers.com)

Note: For teen and adult individuals, couples, and groups. Specializes in relationship issues, self-esteem, addiction, eating disorders, family conflict, and grief and loss.

31. Cutler, Janine - PhD CBT Associates

Cutler, Janine - PhD CBT Associates 900 - 85 Richmond St. W Toronto, ON M5H 2C9 Phone: [1.647.693.8187](tel:1.647.693.8187)

Note: For adult individuals, couples, and groups. Specializes in PTSD, grief and loss, relationship issues, domestic violence, anger, and substance use. Counselling approach includes CBT and DBT.

32. Douglas, Stephen - MA, OACCPP(C) Family Counselling with Stephen Douglas

Douglas, Stephen - MA, OACCPP(C) Family Counselling with Stephen Douglas 42 - 13th St. Toronto, ON M8V 3H4 Phone: [1.416.766.7321](tel:1.416.766.7321) E-Mail: [familycounselling@sympatico.ca](mailto:familycounselling@sympatico.ca)

Note: For youth and adult individuals, couples, families, and groups. Specializes in anger, stress, addiction, life transitions, relationship issues, abuse, and grief and loss. Counselling approach includes Gestalt, Relational and Satir Family Systems, and indigenous teachings. Appointments available in person or online.

33. Dunstan, Judith - BSW, RSW Balance Health and Wellbeing

Dunstan, Judith - BSW, RSW Balance Health and Wellbeing 244 Dupont St. Toronto, ON M5R 1V7 Phone: [1.416.821.0807](tel:1.416.821.0807) E-Mail: [info@judithdunstan.com](mailto:info@judithdunstan.com)

Note: For adult individuals, couples, and families. Specializes in fear, grief and loss, anger management, trauma, addictions, and abuse. Alternative methods of therapy available, including insight-based psychotherapy, psycho-dramatic bodywork, and Narrative therapy.

34. Falzon, Lia - RP, Dip ATPPP, DTATI, FOT

Falzon, Lia - RP, Dip ATPPP, DTATI, FOT 249 St. Clair W Toronto, ON M4V 1R3 Phone: [1.647.723.5274](tel:1.647.723.5274) ext. 225 E-Mail: [Lia@therapytoronto.ca](mailto:Lia@therapytoronto.ca)

Note: For adult individuals. Specializes in addiction, trauma, grief and loss, unfulfilling work, abuse, relationship issues, and sexual issues. Counselling approach includes EMDR, Object Relations Therapy, Psychoanalytic Psychotherapy, and Psychodynamic Psychotherapy.

35. Ferguson, Donna Jean - PsyD DF Psychological Services

Ferguson, Donna Jean - PsyD, CPsych, ABPP DF Psychological Services 406 - 1407 Yonge St. Toronto, ON M4T 1Y7 Phone: [1.416.937.2164](tel:1.416.937.2164)

Note: For adolescent and adult individuals, couples, and groups. Specializes in PTSD, mood disorders, substance use, gambling issues, trauma, and addiction. Counselling approach includes short-term therapy and CBT.

36. Friedman, Sharlene - BAFA, DTATI Being Balance

Friedman, Sharlene - BAFA, DTATI Being Balance 65 Beresford Ave. Toronto, ON M6S 3A9 Phone: [1.416.588.2471](tel:1.416.588.2471) E-Mail: [sharlene@beingbalance.ca](mailto:sharlene@beingbalance.ca)

Note: For adult individuals and specializes in trauma and recovery. Counselling approach includes art therapy and Jin Shin Jyutsu Physio Philosophy.

37. Gorlicky, Stacey - RP, RIHR Helix Healthcare Group

Gorlicky, Stacey - RP, RIHR Helix Healthcare Group 164 Eglinton Ave. E Toronto, ON M4P 1A6 Phone: [1.416.921.2273](tel:1.416.921.2273) Fax: 1.416.921.2237 E-Mail: [info@helixhealthcaregroup.com](mailto:info@helixhealthcaregroup.com)

Note: For adult individuals and specializes in mental health and addiction recovery. Alternative methods of therapy available, including an interactive and solution-focused approach.

38. Greene, Michael Charles - MA Depth Counselling Toronto

Greene, Michael Charles - MA Depth Counselling Toronto 207 - 348 Danforth Ave. Toronto, ON M4K 1N8 Phone: [1.416.465.5774](tel:1.416.465.5774) (Office) Phone: [1.416.857.8353](tel:1.416.857.8353) (Cell) E-Mail: [Michael@depthcounsellingtoronto.com](mailto:Michael@depthcounsellingtoronto.com)

Note: For adult individuals and couples. Specializes in anger, relationship issues, codependency, substance use, adult children of alcoholics, addiction, eating disorders, trauma, OCD, and gender issues.

39. Hambley, Janice M. - PhD, CPsych Bellwood Health Services

Hambley, Janice M. - PhD, CPsych Bellwood Health Services 1020 McNicoll Ave. Toronto, ON M1W 2J6 Phone: [1.416.495.0926](tel:1.416.495.0926) Toll-Free: [1.800.387.6198](tel:1.800.387.6198) Fax: 1.416.495.7943 E-Mail: [info@bellwood.ca](mailto:info@bellwood.ca)

Note: For adult individuals and families and specializes in addiction and recovery services.

40. Hanna, Jayne - PhD, CPsych

Hanna, Jayne - PhD, CPsych 40 Lola Rd. Toronto, ON M5P 1E4 Phone: [1.416.484.6104](tel:1.416.484.6104) E-Mail: [dr.jhanna@sympatico.ca](mailto:dr.jhanna@sympatico.ca)

Note: For adult individuals and couples. Specializes in OCD, stress, relationship issues, grief and loss, addiction, PTSD, life transitions, trauma, and ADD. Counselling approaches include Cognitive Therapy and Emotionally Focused Couples Therapy.

41. Hazelton, Rosemary C. - PhD

Hazelton, Rosemary C. - PhD 305 - 7 Thornwood Rd. Toronto, ON M4W 2R8 Phone: 1.416.486.5528 Note: For adolescent and adult individuals and couples. Specializes in eating disorders, trauma, abuse, grief and loss, anxiety, relationship issues, and family conflict.

42. Hicks, Margaret - MSc, MFT, RSW Hicks Counselling Services

Hicks, Margaret - MSc, MFT, RSW Hicks Counselling Services 800 - 120 Eglinton Ave. E Toronto, ON M4P 1E2 Phone: [1.416.822.9659](tel:1.416.822.9659) (Direct) Phone: [1.416.322.6178](tel:1.416.322.6178) (Reception) E-Mail: [margaret.hicks@rogers.com](mailto:margaret.hicks@rogers.com)

Note: For children, teen, and adult individuals, couples, and families. Specializes in trauma, addictions, grief and loss, chronic illness, anger, infertility, relationship issues, and workplace issues. Counselling approach includes CBT.

43. Hoffman, Yana J. - CCDC Trillium Counselling

Hoffman, Yana J. - CCDC Trillium Counselling 1012 Shaw St. Toronto, ON M6G 3N1 Phone: [1.647.977.5716](tel:1.647.977.5716) E-Mail: [yanahoffman@gmail.com](mailto:yanahoffman@gmail.com)

Note: For teen and adult individuals and couples. Specializes in relationship issues, family conflict, addictions, communication, and trauma. Counselling approach includes Family Of Origin patterns, Mindfulness Training, Emotional Release, Breath Work, and Eriksonian Hypnosis.

44. Hunter, Nancy - RCAT, CHt, EFT-Adv. Innovative Psychotherapy

Hunter, Nancy - RCAT, CHt, EFT-Adv. Innovative Psychotherapy 205 - 49 Elm St. Toronto, ON M5G 1H1 Phone: [1.647.977.5914](tel:1.647.977.5914)

Note: For children and adult individuals. Specializes in smoking cessation, weight management, phobias, abuse, trauma, and eating disorders. Counselling approach includes EFT, hypnosis, hypnotherapy, NLP, dreamwork, and art psychotherapy.

45. Hunter, Sue - CTP dipl, RP, MSW, RSW, MBA The Centre Psychotherapy Services

Hunter, Sue - CTP dipl, RP, MSW, RSW, MBA The Centre Psychotherapy Services 316 Dupont St. Toronto, ON M5R 1V9 Phone: [1.416.722.4600](tel:1.416.722.4600) (Direct) Phone: [1.416.923.4444](tel:1.416.923.4444) (Office) E-Mail: [centrepsychotherapy@gmail.com](mailto:centrepsychotherapy@gmail.com)

Note: For adult individuals and specializes in spirituality, relationship issues, abuse, eating disorders, OCD, self-harm, and video game addiction. Counselling includes Psychodynamic approach.

46. Katz, Shirley - PhD, CCC Creative Transitions Counselling Services

Katz, Shirley - PhD, CCC Creative Transitions Counselling Services 3 - 156 Sheppard Ave. Toronto, ON M2N 1M8 Phone: [1.647.244.3050](tel:1.647.244.3050)

Note: For teen and adult individuals, couples, and families. Specializes in communication, transition, disordered eating, obsessions, career or school challenges, avoidance, relationship issues, and career/life transition. Alternative methods of therapy available, including CBT and EFT.

47. Klarreich, Sam - PhD Positive Psychology

Klarreich, Sam - PhD  
Positive Psychology  
110 Berkeley St.  
Toronto, ON M5A 2W7  
Phone: [1.416.861.0716](tel:1.416.861.0716) (Office)  
Phone: [1.416.882.9136](tel:1.416.882.9136) (Cell)  
Fax: 1.416.861.1727  
E-Mail: [drsam@rogers.com](mailto:drsam@rogers.com)

Note: For adult individuals, couples, and families. Specializes in trauma, relationship issues,



separation and divorce, anger, and addiction.

48. Ledson, Jena - CTP Dipl, RP

Ledson, Jena - CTP Dipl, RP  
413 - 120 Carlton St.  
Toronto, ON M5A 4K2  
Phone: [1.416.912.5480](tel:1.416.912.5480)  
E-Mail: [therapy@jenaledson.com](mailto:therapy@jenaledson.com)

Note: For adult individuals and couples. Specializes in anger, addiction, fertility issues, LGBT issues, life transitions, OCD, relationship issues, self-harm, sexuality and gender issues, and trauma. Counselling approaches include psychodynamic and CBT. Appointments are available in person, by phone, or via Skype.

49. Lerner, Marilyn - BFA, OSP

Lerner, Marilyn - BFA, OSP 36 Madison Ave. Toronto, ON M5R 2S1 Phone: [1.416.994.8017](tel:1.416.994.8017)  
E-Mail: [Lerner@rogers.com](mailto:Lerner@rogers.com)

Note: For adult individuals and couples. Specializes in relationship issues, abuse, addiction, sexuality and gender identity, polyamory, and life transitions. Counselling approach includes relational, self-psychological, existential, humanistic, interpersonal and feminist modes of psychotherapy.

50. Lewis, Sandra - MA, EFT-ADV Artemis Therapy

Lewis, Sandra - MA, EFT-ADV Artemis Therapy 126 Seaton St. Toronto, ON M5A 2T3 E-Mail: [info@artemistherapy.com](mailto:info@artemistherapy.com)

Note: For adult individuals. Specializes in depression, anxiety, relationship issues, phobias, addictions, and self-esteem issues. Counselling approach includes EFT, CBT, and Solution Focused Brief Therapy.

51. Lloyd, Robin - MSW, RSW Bloor West Homeopathic and Wellness Clinic

McDonough, Hanna - MSW, RSW 340 - 10 St. Mary St. Toronto, ON M4Y 1P9 Phone: [1.416.924.9907](tel:1.416.924.9907) Cell: [1.416.997.0043](tel:1.416.997.0043) E-Mail: [hanna@hannatherapy.com](mailto:hanna@hannatherapy.com)

Note: For children, teen, and adult individuals, couples, and families. Specializes in shame, anxiety, depression, relationship issues, addiction, and family conflict.

52. Meggeson, Sean - MA

Meggeson, Sean - MA 204 - 1407 Yonge St. Toronto, ON M4T 1Y7 Phone: [1.416.617.2778](tel:1.416.617.2778) E-Mail: [seanmeggesonRP@gmail.com](mailto:seanmeggesonRP@gmail.com)

Note: For teen, young adult, and adult individuals. Specializes in addiction, adoption, ADD, ADHD, BPD, codependency, eating disorders, relationship issues, trauma, and PTSD. Counselling approach includes client-centered, family, and insight-oriented therapies, Motivational Interviewing, and Relational and Psychodynamic Psychotherapy.

53. Monteith, Susan - BA, BEd, MEd

Monteith, Susan - BA, BEd, MEd Toronto, ON Phone: [1.416.424.2924](tel:1.416.424.2924) E-Mail: [Susanmonteith@torontopsychotherapist.ca](mailto:Susanmonteith@torontopsychotherapist.ca)

Note: For adult individuals and couples. Specializes in eating disorders, anger, adult children of alcoholics, abuse, self-harm, and divorce and separation.

54. Moses, Andrea J. - MSW Toronto Psychotherapy

Moses, Andrea J. - MSW Toronto Psychotherapy 100 - 2 Bloor St. W Toronto, ON M4W 3E2 Phone: [1.416.481.0635](tel:1.416.481.0635) E-Mail: [andrea@torontopsychotherapy.net](mailto:andrea@torontopsychotherapy.net)

Note: For adult individuals and couples. Specializes in trauma, PTSD, abuse, addiction, eating disorders, relationship issues, career issues, and stress.

55. Mundigo, Arturo Ricardo - BA, BSW, MSW, RSW Arturo Mundigo Counsellor & Clinical Social Worker

Mundigo, Arturo Ricardo - BA, BSW, MSW, RSW Arturo Mundigo Counsellor & Clinical Social Worker 717 Bloor St. W Toronto, ON M6G 1L5 Phone: [1.647.933.5359](tel:1.647.933.5359)

Note: For children, youth, and adult individuals, couples, families, and groups. Specializes in relationship issues, stress, anger, chronic pain, trauma, and addiction. Alternative methods of therapy available, including Acceptance and Commitment Therapy and CBT. Services offered in English and Spanish. Appointments are available in person, by phone, or online.

56. Munro, Rosemary - ICADC Journey to A New Life Counselling

Munro, Rosemary - ICADC Journey to A New Life Counselling 302 - 4211 Yonge St. Toronto, ON M2P 2A9 Phone: [1.416.729.3199](tel:1.416.729.3199) E-Mail: [journey1@me.com](mailto:journey1@me.com)

Note: For adult individuals and families. Specializes in addiction, relationship issues, anger, family conflict, and offers interventions.

57. Musicar, Lesli - MEd, RCC Counselling at the Carrot

Musicar, Lesli - MEd, RCC Counselling at the Carrot 215 - 348 Danforth Ave. Toronto, ON M4K 1N8 Phone: [1.416.469.2749](tel:1.416.469.2749) E-Mail: [lesli@counsellingatthecarrot.com](mailto:lesli@counsellingatthecarrot.com)

Note: For adult individuals and couples. Specializes in career issues, family conflict, self-esteem, relationship issues, anger, sexual assault, and boundaries. Alternative methods of therapy available, including Emotional Focused couple counselling, EMDR, Sensorimotor Psychotherapy, and anger management.

58. Parker, Patricia - BScN, MA Recovery Counselling and Intervention Services

Parker, Patricia - BScN, MA Recovery Counselling and Intervention Services 302 - 4211 Yonge St. Toronto, ON M2P 2A9 Phone: [1.416.640.1061](tel:1.416.640.1061) ext. 225 E-Mail: [sober@recoverycounselling.on.ca](mailto:sober@recoverycounselling.on.ca)

Note: For adolescent, young adult, and adult individuals and families. Specializes in outpatient alcohol, drug, and process addiction counselling, skilled assessments, intervention training, and referrals to treatment centers.

59. Pasternack, Jay - HSC Recovery Counselling and Intervention Services

Pasternack, Jay - HSC Recovery Counselling and Intervention Services 302 - 4211 Yonge St. Toronto, ON M2P 2A9 Phone: [1.416.640.1061 ext. 224](tel:1.416.640.1061) E-Mail: [sober@recoverycounselling.on.ca](mailto:sober@recoverycounselling.on.ca)

Note: For adolescent, young adult, and adult individuals and families. Specializes in outpatient alcohol, drug, and process addiction counselling, skilled assessments, intervention training, and referrals to treatment centers.

60. Pearce, Alexia - BA, BEd, MA Pearce Counselling

Pearce, Alexia - BA, BEd, MA Pearce Counselling 511 - 1849 Yonge St. Toronto, ON M4S 1Y2 Phone: [1.416.919.7639](tel:1.416.919.7639) E-Mail: [pearcecounselling@rogers.com](mailto:pearcecounselling@rogers.com)

Note: For adolescent and adult individuals and couples. Specializes in trauma, anger, grief and loss, and addiction. Alternative methods of therapy available, including cognitive-behavioral, adlerian, solution-focused, and existential therapy approaches.

61. Pepper, Anne - MEd, CCC

Pepper, Anne - MEd, CCC 106A - 14 Prince Arthur Ave. Toronto, ON M5R 1A9 Phone: [1.844.332.3158](tel:1.844.332.3158)

Note: For adult individuals. Specializes in trauma, PTSD, addiction recovery, ACoA, life transitions, relationship issues, and spirituality. Alternative methods of therapy available, including client-centered psychotherapy, CBT, guided visualizations, and dreamwork.

62. Petrova, Irina - MSc, CAPT, DipGIT

Petrova, Irina - MSc, CAPT, DipGIT 179 Carlton St. Toronto, ON M5A 2K3 Phone: [1.416.843.4963](tel:1.416.843.4963) E-Mail: [irina@irinapetrova.ca](mailto:irina@irinapetrova.ca)

Note: For adult individuals, couples, and families. Specializes in addiction, codependency, self-esteem, abuse, trauma, chronic illness, relationship issues, and sexuality and gender issues. Counselling approaches include Gestalt, Psychoanalysis, Psychodrama, Developmental Psychology, Integral Theory, Mindfulness-based Meditation Techniques, Vipassana and Zen.

63. Poizner, Annette - MSSW, EdD, RSW

Poizner, Annette - MSSW, EdD, RSW 37 Spadina Rd. Lower Level Toronto, ON M5R 2S9 Phone: [1.416.280.6442](tel:1.416.280.6442) E-Mail: [ap@annettepoizner.com](mailto:ap@annettepoizner.com)

Note: For adult individuals, couples, and families. Specializes in anxiety-related conditions, including the treatment of obsessive tendencies and difficulties with compulsive behaviour patterns. Counselling approach includes Ericksonian hypnosis, psychotherapy, and EMDR.

64. Pollock, Nathan L. - PhD

Pollock, Nathan L. - PhD 303 - 720 Spadina Ave. Toronto, ON M5S 2T9 Phone: [1.416.469.0300](tel:1.416.469.0300) E-Mail: [n.pollock@utoronto.ca](mailto:n.pollock@utoronto.ca)

Note: For adult individuals and specializes in adult behaviour problems.

65. Powell, Diana - BA, DCTP, CAPT

Powell, Diana - BA, DCTP, CAPT 316 Dupont St. Toronto, ON M5R 1V9 Phone: [1.416.926.8776](tel:1.416.926.8776)  
E-Mail: [diana.powell@utoronto.ca](mailto:diana.powell@utoronto.ca)

Note: For adult individuals. Specializes in shame, identity, trauma, dissociative disorders, addictions, panic, and relationship difficulties. Counselling approach includes psychodynamically informed supportive therapy, and integral psychotherapy.

66. Raphael, Susan - BA Hons, ICADC Recovery Counselling and Intervention Services

Raphael, Susan - BA Hons, ICADC Recovery Counselling and Intervention Services 302 - 4211 Yonge St. Toronto, ON M2P 2A9 Phone: [1.416.640.1061](tel:1.416.640.1061) ext. 230 E-Mail: [sober@recoverycounselling.on.ca](mailto:sober@recoverycounselling.on.ca)

Note: For adolescent, young adult, and adult individuals, and families. Specializes in addiction, abuse, trauma, and codependency. Alternative methods of therapy available, including Motivational Interviewing, CBT, and DBT.

67. Rodensky, Robert L. - PhD

Rodensky, Robert L. - PhD  
Toronto, ON  
Phone: [1.416.924.7497](tel:1.416.924.7497)

Note: For adult individuals, couples, and groups. Specializes in stress, anxiety, depression, addiction, and relationship issues. Alternative methods of therapy available, including CBT and Intensive Short-term Dynamic Psychotherapy.

68. Ross, Nancy - MA, LLP Blooming Relationships

Ross, Nancy - MA, LLP Blooming Relationships 115 Bellhaven Rd. Toronto, ON M4L 3J9 Phone: [1.416.466.2898](tel:1.416.466.2898) E-Mail: [nrossimago@gmail.com](mailto:nrossimago@gmail.com)

Note: For adult individuals, couples, and families. Specializes in relationship issues, depression, anxiety, and family conflict. Counselling approach includes Imago Relationship Therapy.

69. Russell, Hershel T. - MA, MEd

Russell, Hershel T. - MA, MEd 67 Kippendavie Ave. Toronto, ON M4L 3R3 Phone: [1.647.524.0467](tel:1.647.524.0467) E-Mail: [hershel.toronto@gmail.com](mailto:hershel.toronto@gmail.com)

Note: For adult individuals and couples. Specializes in sexual orientation and gender identity, and is a Hormone Readiness Assessor.

70. Schklar, Steven L. - RP, CGP

Schklar, Steven L. - RP, CGP  
140A Euclid Ave.  
Toronto, ON M6J 2J9  
Phone: [1.416.603.2177](tel:1.416.603.2177)  
E-Mail: [steve@psychotherapytoronto.com](mailto:steve@psychotherapytoronto.com)

Note: For adult individuals, couples, and groups. Specializes in grief and loss, trauma, family conflict, relationship issues, and self-esteem.

71. Segal, Adam - MEd, OACCPP

Segal, Adam - MEd, OACCPP 244 Dupont St. Toronto, ON M5R 1V7 Phone: [1.416.556.9616](tel:14165569616)  
E-Mail: [segaladam@sympatico.ca](mailto:segaladam@sympatico.ca)

Note: For young adult and adult individuals. Specializes in self-esteem, family conflict, relationship issues, sexuality and identity issues, LGBT issues, and work stress. Alternative methods of therapy available, including client-centered, Buddhist and mindfulness-based psychotherapy.

72. Shaw, Brian F. - PhD, CPsych The Clinic on Dupont

Shaw, Brian F. - PhD, CPsych The Clinic on Dupont 101 Dupont St. Toronto, ON M5R 1V4  
Phone: [1.416.515.2649](tel:14165152649) Fax: 1.416.966.4045 E-Mail: [info@theclinicondupont.com](mailto:info@theclinicondupont.com) E-Mail:  
[bfsconsulting@rogers.com](mailto:bfsconsulting@rogers.com)

Note: For adult individuals. Specializes in mental health issues, addiction, stress, anxiety, and depression. Counselling approach includes applied cognitive-behavioural psychology.

73. Smith, Larry - DCTP

Smith, Larry - DCTP 366 Dupont St. Toronto, ON M5R 1V9 Phone: [1.647.977.5904](tel:16479775904)

Note: For adult individuals and couples. Specializes in relationship issues, addiction, eating disorders, divorce and separation, and spirituality. Alternative methods of therapy available, including EFT, Existential, and Psychodynamic approaches.

74. Spivak, Karen - PhD The Pain and Wellness Centre

Spivak, Karen - PhD  
The Pain and Wellness Centre  
101 - 2301 Major Mackenzie Dr. W  
Vaughan, ON L6A 3Z3  
Toll-Free: [1.800.597.5733](tel:18005975733)  
Fax: 1.844.358.9308

Note: For adult individuals and specializes in mood, anxiety, stress, addiction, substance use, chronic pain and post-accident adjustment difficulties.

75. Stockley, Betty - BA, MEd, BCETS, CAS, IBECPT Betty Stockley Counselling Services

Stockley, Betty - BA, MEd, BCETS, CAS, IBECPT Betty Stockley Counselling Services 1101 - 123  
Edward St. Toronto, ON M5G 1E2 Phone: [416-591-7672](tel:4165917672) E-Mail: [betty@on.aibn.com](mailto:betty@on.aibn.com)

Note: For children, adolescent, and adult individuals, couples, and families. Specializes in addictions, anger, bereavement, crisis and trauma, domestic abuse, family conflicts, sexual dysfunction, disability issues, and childhood sexual abuse. Counselling approach includes play therapy.

76. Thompson, Rochelle - MSW, RSW, ICADC

Thompson, Rochelle - MSW, RSW, ICADC 207 - 191 Eglinton Ave. E Toronto, ON M4P 1K1  
Phone: [1.416.481.5603](tel:1.416.481.5603) Fax: 1.416.481.9963 E-Mail: [rochellethompsonmsw@gmail.com](mailto:rochellethompsonmsw@gmail.com)

Note: For adult individuals, couples, and families. Specializes in addiction, ADHD, and relationship issues.

77. Tomlinson, Jeremy - MEd, RSW Alternative Horizon Counselling & Consulting

Tomlinson, Jeremy - MEd, RSW Alternative Horizon Counselling & Consulting 445 - 20 Eglinton Ave. E Toronto, ON M4P 1A9 Phone: [1.416.486.2161](tel:1.416.486.2161) E-Mail: [jeremy@alternativehorizon.com](mailto:jeremy@alternativehorizon.com)

Note: For adult individuals and couples. Specializes in trauma, stress, abuse, LGBT issues, sexual issues, and relationships. Counselling approach includes EMDR.

78. VanDeursen, John P. - PhD Main Street Psychological Centre

VanDeursen, John P. - PhD Main Street Psychological Centre 6 Main St. Toronto, ON M4E 2V4  
Phone: [1.416.690.2229](tel:1.416.690.2229) E-Mail: [jvandeursen@mspc.ca](mailto:jvandeursen@mspc.ca)

Note: For children, adolescent, and adult individuals, couples, and families. Specializes in mental health issues, addictions, relationship issues, chronic pain, brain injuries, and complex disabilities.

79. Waldner, Sam - MEd

Waldner, Sam - MEd Yorkdale Place 410 - 1 Yorkdale Rd. Toronto, ON M6A 3A1 Phone:  
[1.416.630.0818](tel:1.416.630.0818) E-Mail: [freedom@samuelwaldner.com](mailto:freedom@samuelwaldner.com)

Note: For adult individuals and groups. Specializes in addiction, substance use, codependency, compulsive gambling, and relationship issues. Counselling approach includes 12 Steps/Minnesota Model, CBT, and mindfulness meditation.

80. Westbrook, David - CTP dipl, RP, MA The Centre

Westbrook, David - CTP dipl, RP, MA The Centre 316 Dupont St. Toronto, ON M5R 1V9 Phone:  
[1.647.977.5887](tel:1.647.977.5887) (Direct) Phone: [1.416.923.4444](tel:1.416.923.4444) (Office) E-Mail: [centreprschotherapy@gmail.com](mailto:centreprschotherapy@gmail.com)

Note: For teen and adult individuals, couples, and groups. Specializes in substance use, relationship issues, addiction, OCD, and parenting. Alternative methods of therapy available, including Existential and Psychodynamic approach.

81. White, Hamish - CADAC, HSC, SSW Recovery Counselling and Intervention Services

White, Hamish - CADAC, HSC, SSW Recovery Counselling and Intervention Services 302 - 4211 Yonge St. Toronto, ON M2P 2A9 Phone: [1.416.640.1061](tel:1.416.640.1061) ext. 222 E-Mail: [sober@recoverycounselling.on.ca](mailto:sober@recoverycounselling.on.ca)

Note: For adult individuals and families. Specializes in mental health issues, addiction, and recovery issues.

82. Winkler, Jason - BA, DRC, DNSPC, DTIRP Bloorcourt Therapy

Winkler, Jason - BA, DRC, DNSPC, DTIRP Bloorcourt Therapy 823A Bloor St. W (2nd Floor) Toronto, ON M6G 1M1 Phone: [1.416.378.8344](tel:1.416.378.8344) E-Mail: [jason@jasonwinkler.com](mailto:jason@jasonwinkler.com)

Note: For adult individuals, couples, and groups. Specializes in crisis management, grief and loss, sexual health, LGBT issues, relationship issues, and men's issues.

83. Zarnett, Karen - MSW, RSW

Zarnett, Karen - MSW, RSW Toronto, ON Phone: [1.647.977.5906](tel:1.647.977.5906)

Note: For adult individuals and couples. Specializes in relationship issues, addiction, anger, divorce and separation, abuse, trauma, PTSD, family conflict, and domestic violence. Alternative methods of therapy available, including CBT, Mindfulness, Relational, and Emotional Focused approaches.

84. Area 86 - District 19 Toronto North - Al-Anon

District 19 - Area 86  
Toronto North - Al-Anon  
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Toronto North area, including Don Mills, Richmond Hill, Thornhill, Toronto, and Willowdale.

85. Area 86 - District 20 Toronto West Al-Anon

District 20 - Area 86  
Toronto West Al-Anon  
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Toronto West area, including Etobicoke, Toronto, and Weston.

86. Area 86 - District 21 Toronto Central Al-Anon

District 21 - Area 86  
Toronto Central Al-Anon  
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Toronto Central area, including Toronto.

87. Area 86 - District 22 Scarborough Al-Anon

District 22 - Area 86  
Scarborough Al-Anon  
Phone: [1.416.410.3809](tel:1.416.410.3809)

Note: Offers meetings to the Scarborough area, including Agincourt, Markham, Scarborough, Toronto, and Unionville.

88. Bellwood Health Services

Bellwood Health Services 1020 McNicoll Ave. Toronto, ON M1W 2J6 Phone: [1.416.495.0926](tel:1.416.495.0926)  
Toll-Free: [1.800.387.6198](tel:1.800.387.6198) Fax: 1.416.495.7943 E-Mail: [info@bellwood.ca](mailto:info@bellwood.ca)

Note: Bellwood offers both a fee-for-service and a government funded program. The 6 week funded program is specifically for alcohol use for Ontario residents 19+, while the fee-for-service program treats substance use (alcohol and drug), problematic sexual behaviour, eating disorders, problem

gambling, and concurrent PTSD and trauma issues. Clients must be sober prior to admission to the funded program.

#### 89. Renascent Graham Munro Centre

Renascent Graham Munro Centre 356 Dundas Street W. Toronto, ON M5T 1G5 Phone: [1.416.847.6441](tel:14168476441) Phone: [1.905.655.5651](tel:19056555651) (local calling area) Toll-Free: [1.866.232.1212](tel:18662321212) Fax: 1.416.927.0331 E-Mail: [info@renascent.ca](mailto:info@renascent.ca)

Note: This is a fee-for service abstinence-based program for women 16+. Program lengths are 21, 28, or 35 days. Clients must be referred and 3 - 8 days sober depending on substances used prior to admission. Program offers evidence-based, trauma-informed care that addresses concurrent mental health issues.

#### 90. Renascent Punanai Centre

Renascent Punanai Centre 54 Madison Ave. Toronto, ON M5R 2S4 Phone: [1.416.847.6443](tel:14168476443) Phone: [1.905.655.5651](tel:19056555651) (local calling area) Toll-Free: [1.866.232.1212](tel:18662321212) Fax: 1.416.927.0331 E-Mail: [info@renascent.ca](mailto:info@renascent.ca)

Note: This is a fee-for service abstinence-based program for men 16+. Program length are 21, 28, or 35 days. Clients must be referred and 3 - 8 days sober depending on substances used prior to admission. Program offers evidence-based, trauma-informed care that addresses concurrent mental health issues.

#### 91. Bridgewood Chemical Dependency Program

Humber River Regional Hospital  
Bridgewood Chemical Dependency Program  
Elective Inpatient Withdrawal Program  
2175 Keele Street  
Toronto, ON M6M 3Z4  
Phone: [1.416.658.2029](tel:14166582029)  
Website: Mental Health and Addiction Services

Note: all clients are monitored by medically trained staff. There are 11 beds in the psychiatric care unit that are for acute withdrawal.

#### 92. St. Joseph's Health Centre

St. Joseph's Health Centre  
Withdrawal Management Service  
30 The Queensway  
Toronto, ON M6R 1B5  
Phone: [1.416.530.6400](tel:14165306400) (residential detox)  
Phone: [1.416.530.8000](tel:14165308000) ext. 6141 (home detox)  
Toll-Free: [1.866.366.9513](tel:18663669513) (GTA Access Central)  
Website: St. Joseph's Withdrawal Unit

Note: Non-medical detox, so clients must be sufficiently stable prior to admission. Contact this program to determine suitability. For mild to moderate symptoms, St. Joseph's also provides home detox where clients can access telephone support with a professionally trained staff person while going through withdrawal at home. Clients must be referred through Access Central. There are



26 beds for detox 7 male crisis beds, 3 women crisis beds, and 16 beds for withdrawal management.

### 93. St. Michael's Hospital

St. Michael's Hospital  
Withdrawal Management Services  
135 Sherbourne Street  
Toronto, ON M5A 2R5  
Phone: [1.416.864.5874](tel:1.416.864.5874) (home detox)  
Toll-Free: [1.866.366.9513](tel:1.866.366.9513) (Access Central)  
Phone: [1.416.864.5040](tel:1.416.864.5040) (Access Central)  
Website: St. Michael's Withdrawal Unit

Note: Non-medical detox. Contact this program to determine suitability. Restricted to men 16 years of age and older. For mild to moderate symptoms, St. Joseph's also provides home detox where clients can access telephone support with a professionally trained staff person while going through withdrawal at home. This is a non-smoking detox.

### 94. Toronto East General Hospital - Withdrawal Management Centre

Toronto East General Hospital  
Withdrawal Management Centre  
985 Danforth Avenue  
Toronto, ON M4J 1M1  
Phone: [1.416.461.2010](tel:1.416.461.2010) (hospital detox)  
Phone: [1.416.461.2189](tel:1.416.461.2189) (home detox)  
Toll-Free: [1.866.366.9513](tel:1.866.366.9513) (Access Central)  
Website: Toronto East General Hospital Withdrawal Management Centre

Note: This is a 30 bed non-medical detox, contact this program to determine suitability. This program is exclusively for males 16 and older. Also provides home detox for men and women whereby medically trained professionals provide telephone or in-office support for clients who show mild to moderate withdrawal symptoms. Clients self-refer through the hospital or are referred through Access Central.

### 95. Toronto East General Hospital - Aboriginal Day Services

Toronto East General Hospital  
Aboriginal Day Services  
454 Yonge Street  
Toronto, ON M4Y 1W9  
Phone: [1.416.461.0800](tel:1.416.461.0800) (direct)  
Toll-Free: [1.866.366.9513](tel:1.866.366.9513) (Access Central)  
Website: Aboriginal Day Program

Note: home detox provided with support and monitoring provided by a withdrawal management staff person. Clients are assisted with withdrawal symptoms on an outpatient basis.

### 96. Ossington Men's Withdrawal Management Centre

University Health Network  
Ossington Men's Withdrawal Management Centre

16 Ossington Avenue  
Toronto, ON M6J 2Y7  
Phone: [1.416.533.7945](tel:14165337945) (Direct)  
Toll-Free: [1.866.366.9513](tel:18663669513) (GTA Access Central)  
Website: [Ossington Men's Withdrawal Management Centre](#)

Note: staff are not medically trained so clients must be sufficiently stable prior to admission. Contact this program to determine suitability. This 21 bed program is exclusively for males 16 and older. Clients must be referred through Access Central.

#### 97. Women's Own Withdrawal Management Centre

University Health Network  
Women's Own Withdrawal Management Centre  
892 Dundas Street W  
Toronto, ON M6J 1W1  
Phone: [1.416.603.1462](tel:14166031462) (Direct)  
Phone: [1.416.603.2551](tel:14166032551) (home detox)  
Toll-Free: [1.866.366.9513](tel:18663669513) (Access Central)  
Website: [Women's Own Withdrawal Management Centre](#)

Note: Non-Medical detox contact this program to determine suitability. This program is exclusively for women ages 16 and older. Also provides home detox for men and women whereby medically trained professionals provide telephone or in-office support for clients who show mild to moderate withdrawal symptoms. This is a non-smoking facility clients who are smokers will have to contact their physicians to get on a nicotine cessation program prior to admission. Clients must be referred through Access Central.

#### 98. Alano Clubs

Alano Clubs E-Mail: [office@alanoclubs.com](mailto:office@alanoclubs.com)

Note: These websites are online directories of Alano Clubs in Canada, listed by province. There are Alano Clubs in BC (Abbotsford, Campbell River, Castlegar, Chilliwack, Courtenay, Duncan, Kamloops, Mission, Nanaimo, North Vancouver, Port Alberni, Powell River, Prince George, Vancouver, Victoria), Alberta (Edmonton), Saskatchewan (Shaunavon), and Ontario (Barrie, Toronto).

#### 99. Marijuana Anonymous World Services

Marijuana Anonymous World Services 9420 - 340 S Lemon Ave. Walnut, CA 91789-2706 Toll-Free: [1.800.766.6779](tel:18007666779) E-Mail: [PublicInformation@marijuana-anonymous.org](mailto:PublicInformation@marijuana-anonymous.org)

Note: MA meetings are available in BC (Vancouver), Ontario (Toronto), and Quebec (Montreal). Days and times can be found on the website.

#### 100. Ontario CoDA

Ontario CoDA Phone: [1.604.239.1042](tel:16042391042)

Note: Ontario CoDA offers meetings to Ontario including Barrie, Brockville, Caledonia, Cambridge/Hespeler, Fort Frances, Guelph, Hamilton, Kitchener, London, Mississauga, North Bay, Oshawa, Ottawa, Peterborough, Port Colborne, Richmond Hill, Sudbury, Sault Ste. Marie, Thunder

Bay, Toronto, and Windsor. Individual meeting contact information can be found on each provincial meeting section of the site.

101. ACT Toronto

ACT Toronto  
1288 Danforth Ave.  
Toronto, ON M4J 1M6  
Phone: [1.416.462.0228](tel:1.416.462.0228)

Note: A private outpatient methadone clinic.

102. Garber, Peter Greenberg, Mark

Garber, Peter  
Greenberg, Mark  
Addiction Treatment Centres of Canada  
73A - 732375 Steeles Ave. W  
Toronto, ON M3J 3A8  
1.416.661.4555

103. Lester, Michael D.

Lester, Michael D.  
41 Niagara St.  
Toronto, ON M5V 1C2  
Phone: [1.416.923.2330](tel:1.416.923.2330)

104. Paradigm - T.A. Patterson & Associates Inc. - Toronto

Paradigm  
T.A. Patterson & Associates Inc.  
Nearest Adult Probation Office  
Toronto, ON  
Phone: [1.905.546.0775](tel:1.905.546.0775)  
Toll Free: [1.800.225.3250](tel:1.800.225.3250)  
Fax: 1.905.526.6061  
Email: [admin@tapatterson.com](mailto:admin@tapatterson.com)

Note: Paradigm is a community based substance use treatment program funded by the Ministry of Community Safety and Correctional Services and available only to individuals 18 years and older. Clients must be referred by their probation officer. There are more locations in the GTA.

105. Perspectives - T.A. Patterson & Associates Inc. - Toronto

Perspectives  
T.A. Patterson & Associates Inc.  
Nearest Youth Probation Office  
Toronto, ON  
Phone: [1.905.546.0775](tel:1.905.546.0775)  
Toll Free: [1.800.225.3250](tel:1.800.225.3250)  
Fax: 1.905.526.6061

Email: [admin@tapatterson.com](mailto:admin@tapatterson.com)

Note: Perspectives provides individual addiction counselling for clients ages 12-17 currently serving a term of probation/parole. Clients must be referred by their probation officer. There are more locations in the GTA.

#### 106. Street Haven at the Crossroads

Street Haven at the Crossroads  
87 Pembroke St.  
Toronto, ON M5A 2N9  
Phone: [1.416.967.0133](tel:1.416.967.0133) ext. 29  
Fax 1.416.920.3380

Note: This service is for adult women with addiction and/or mental health issues. There are support services for affected family members and loved ones.

#### 107. Secular Organizations for Sobriety Group of Toronto (SOSGT)

Secular Organizations for Sobriety Group of Toronto (SOSGT)  
Centre for Inquiry Ontario  
216 Beverley St.  
Toronto, ON M5T 1Z3  
Phone: [1.416.971.5978](tel:1.416.971.5978)  
E-Mail: [sos\\_gt@hotmail.com](mailto:sos_gt@hotmail.com)

Note: Call or e-mail for local meetings.

#### 108. Anna Toth

Toth, Anna - MSc  
Yellow Brick Holistic Health Centre  
258 Dupont St.  
Toronto, ON  
Phone: [1.416.565.0143](tel:1.416.565.0143)  
E-Mail: [annatoth@rogers.com](mailto:annatoth@rogers.com)

#### 109. Area 83 - District 10 Toronto South Central AA

District 10 - Area 83  
Toronto South Central AA  
Phone: [1.416.487.5591](tel:1.416.487.5591)  
Toll-Free: [1.877.404.5591](tel:1.877.404.5591)  
E-Mail: [pi@district10toronto.org](mailto:pi@district10toronto.org)

Note: This district includes AA services for Toronto South Central area.

#### 110. Area 83 - District 16 Distrito 16 Hispano AA

District 16 - Area 83  
Distrito 16 Hispano  
E-Mail: [rocorpio@yahoo.ca](mailto:rocorpio@yahoo.ca)

Note: This district includes AA services for the spanish speaking residents of Toronto.

111. Caritas School of Life Therapeutic Community Caritas Urban Centre (Woodbridge)

Caritas School of Life Therapeutic Community  
Caritas Urban Centre (Woodbridge)  
Woodbridge, ON  
Phone: [1.416.748.9988](tel:1.416.748.9988)  
Toll-Free: [1.800.201.8138](tel:1.800.201.8138)  
Fax: 1.416.748.7341  
E-Mail: [help@caritas.ca](mailto:help@caritas.ca)

Note: This is the 1st phase of the program for men 16+. 2nd phase of the program is conducted at Caritas Therapeutic Farm in King City. Total program length is 24 months. Clients must be sober prior to admission. Clients can self-refer or be referred. CSC clients are accepted. Fees apply; please call for more information.

112. Corner Drop-In and LL Odette Place " Harm Reduction Program at the Augusta Centre

Corner Drop-In and LL Odette Place " Harm Reduction Program at the Augusta Centre  
St. Stephen's Community House  
260 Augusta Ave.  
Toronto, ON M5T 2L9  
Phone: [1.416.925.2103](tel:1.416.925.2103) ext. 2259  
E-Mail: [dmichelle@sscto.ca](mailto:dmichelle@sscto.ca)

Note: This drop in service is for adults and youth 16+ with addiction and/or mental health issues. There are support services for affected family members and loved ones.

113. Health Centre @ 410

Health Centre @ 410 St. Michael's Hospital 4rd floor - 410 Sherbourne St. Toronto, ON M4X 1K2  
Phone: [1.416.867.3728](tel:1.416.867.3728) Toll Free: [1.866.366.9513](tel:1.866.366.9513) Fax: 1.416.867.3726

Note: This service is for adult males with addiction and/or mental health issues. There are support services for affected family members and loved ones. Clients need to be referred.

114. SMART Recovery Toronto

SMART Recovery Toronto  
Phone: [1.416.628.9185](tel:1.416.628.9185)

Note: There are SMART Recovery Meetings in Brockville, Ottawa, Orleans, Simcoe, and Toronto.

115. SMART Recovery Ontario

SMART Recovery Ontario  
Phone: [1.613.349.9406](tel:1.613.349.9406)

Note: There are SMART Recovery Meetings in Brockville, Ottawa, Orleans, Simcoe, and Toronto.

116. Sexual Compulsives Anonymous

Sexual Compulsives Anonymous  
Toronto, ON  
E-Mail: [scatoronto@hotmail.com](mailto:scatoronto@hotmail.com)  
Website: [www.scatoronto.org](http://www.scatoronto.org)

Note: This is a 12 Step fellowship inclusive of all sexual orientations and open to anyone with a desire to recover from sexual compulsion. SCA is a spiritual program that provides a safe environment for working on problems related to sexual compulsion and sexual sobriety.

#### 117. Sexual Compulsives Anonymous

Sexual Compulsives Anonymous  
Toronto, ON  
E-Mail: [scatoronto@hotmail.com](mailto:scatoronto@hotmail.com)  
Website: [www.scatoronto.org](http://www.scatoronto.org)

Note: This is a 12 Step fellowship inclusive of all sexual orientations and open to anyone with a desire to recover from sexual compulsion. SCA is a spiritual program that provides a safe environment for working on problems related to sexual compulsion and sexual sobriety.

#### 118. Lacny, Lesley - BA, MA, R.Psych

Lacny, Lesley - BA, MA, R.Psych.  
3rd Floor 211 Danforth Ave.  
Toronto, ON M4k 1N2  
Phone: [1.647.629.6941](tel:1.647.629.6941)  
E-Mail: [counselling@lesleylacny.ca](mailto:counselling@lesleylacny.ca)

Note: Treats Stress, anxiety, depression, self-esteem, anger, grief, family challenges, addictions and relationship problems.

#### 119. JACS " Jewish Addiction Community Services

JACS " Jewish Addiction Community Services  
JACS Toronto  
858 Sheppard Ave. W.  
Toronto, ON M3H 2T5  
Phone: [1.416.638.0350](tel:1.416.638.0350)  
Fax: 1.416.628.2211  
E-Mail: [info@jacstoronto.org](mailto:info@jacstoronto.org)

Note: This service is for Jewish adults and youth with addiction and/or mental health issues. There are support services for affected family members and loved ones.

#### 120. Alpha House

Alpha House  
647 Broadview Ave.  
Toronto, ON M4K 2N9  
Phone: [1.416.469.1700](tel:1.416.469.1700)  
Fax: 1.416.469.0829  
E-Mail: [info@alphahouserecovery.com](mailto:info@alphahouserecovery.com)

Note: This assessment program is for adult males with addiction and/or mental health issues. There are support services for affected family members and loved ones.

121. Borovoy, Alex - CTP Dipl, RP, HBA, OACA Toronto Psychotherapy Group

Borovoy, Alex - CTP Dipl, RP, HBA, OACA  
Toronto Psychotherapy Group  
301 - 344 Bloor St. W  
Toronto, ON M5S 2K3  
Phone: [1.416.921.7788](tel:1.416.921.7788)  
E-Mail: [eaborovoy@gmail.com](mailto:eaborovoy@gmail.com)

Note: For adult individuals and couples. Specializes in abuse, addiction, adoption, relationship issues, LGBT issues, self harm, spirituality, and trauma. Alternative methods of therapy used, including an intersubjective, relational, and Psychodynamic Psychotherapy approach.

122. Armstrong, Katie - BA, MBA, MA, OACCPP

Armstrong, Katie - BA, MBA, MA, OACCPP  
Bloor West Village Neighbourhood  
Toronto, ON  
E-Mail: [Katie@katiearmstrong.ca](mailto:Katie@katiearmstrong.ca)

Note: For adult individuals and couples. Specializes in stress, anxiety, relationship issues, substance use, grief and loss, life transition, and trauma. Alternative methods of therapy used, including a solution focused approach, Adlerian Psychology and CBT.

123. Carsen, Ursula - DCTP, RP Ursula Carsen Psychotherapy

Carsen, Ursula - DCTP, RP  
Ursula Carsen Psychotherapy  
Toronto, ON M6C 3L2  
Phone: [1.416.656.4675](tel:1.416.656.4675)  
E-Mail: [Ursula@dreamtherapy.ca](mailto:Ursula@dreamtherapy.ca)

Note: For adult individuals and specializes in PTSD, eating disorders, addiction, body image, abuse, adoption or fertility challenges, and grief and loss. Counselling approach includes Jungian Body-Mind Psychotherapy and dream work. Services offered in English and German.

124. Jonathan, Alice - BA, DCTP St. George Psychotherapy Associates

Jonathan, Alice - BA, DCTP  
St. George Psychotherapy Associates  
176 St. George St.  
Toronto, ON M5R 2M7  
Phone: [1.855.979.9121](tel:1.855.979.9121)

Note: For adult individuals and specializes in relationship issues, addiction, adoption, grief and loss, chronic pain, eating disorders, trauma, PTSD, and divorce.

125. Lindan, Erin - MTA, MusBac, BMT

Lindan, Erin - MTA, MusBac, BMT

Toronto, ON  
Phone: [1.647.968.7628](tel:1.647.968.7628)  
E-Mail: [mtherapy.erin@gmail.com](mailto:mtherapy.erin@gmail.com)

Note: For children, youth, and adult individuals, and groups. Specializes in addictions, mental health issues, and developmental disabilities. Counselling approach includes music therapy.

126. Merkur, Dan - PhD

Merkur, Dan - PhD  
115 - 90 Warren Rd.  
Toronto, ON M4V 2S2 Phone: [1.416.831.6293](tel:1.416.831.6293)  
Fax: 1.416.789.9515  
E-Mail: [merkurdan@gmail.com](mailto:merkurdan@gmail.com)

Note: For teen and adult individuals and couples. Specializes in anxiety, depression, anger, relationship issues, work stress, life crises, addictions, and personality disorders.

127. Miller, Sandra - MSW, RSW Wholeness and Growth Psychotherapy and Counselling

Miller, Sandra - MSW, RSW  
Wholeness and Growth Psychotherapy and Counselling  
The Village Healing Centre  
240 Roncesvalles Ave.  
Toronto, ON M6R 1L3  
Phone: [1.416.399.7421](tel:1.416.399.7421)  
E-Mail: [Sandra-Miller@wholenessandgrowth.ca](mailto:Sandra-Miller@wholenessandgrowth.ca)

Note: For adult individuals and couples. Specializes in stress, pain, illness, addiction, trauma, anxiety, self-esteem, anger, and relationship issues. Alternative methods of therapy available, including a client-centred and supportive approach.

128. Neumin, John - CAPT, DCTP

Neumin, John - CAPT, DCTP  
401F - 200 St. Clair Ave. W  
Toronto, ON M4V 1R1  
Phone: [1.416.817.1212](tel:1.416.817.1212)  
E-Mail: [john@psychotherapytoronto.net](mailto:john@psychotherapytoronto.net)

Note: For adult individuals, couples, and groups. Specializes in anger, addiction, life transition, sexuality and gender issues, stress, relationship issues, and abuse.

129. Sheard, Sarah - MA, OACCPP

Sheard, Sarah - MA, OACCPP  
27 Howland Rd.  
Toronto, ON M4K 2Z4  
Phone: [1.416.778.1224](tel:1.416.778.1224)  
E-Mail: [jumpstarting@gmail.com](mailto:jumpstarting@gmail.com)

Note: For adult individuals. Specializes in addictions, depression, work stress, marital conflicts and codependency. Counselling approach includes Gestalt, Brief Solution-Focused, and



Emotion-Focused therapy.

130. Sivkin, Dorete - MSW, RSW

Sivkin, Dorete - MSW, RSW  
201 - 20 De Boers Dr.  
Toronto, ON M3J 0H1  
Phone: [1.905.738.4601](tel:1.905.738.4601)  
E-Mail: [doreteclient@gmail.com](mailto:doreteclient@gmail.com)

Note: For children, adolescent, and adult individuals, couples, and families. Specializes in divorce mediation, co-parenting, family issues, anxiety, eating disorders, relationship issues, and depression.

131. Toneatto, Anthony - PhD Toronto Counselling & Coaching

Toneatto, Anthony - PhD  
Toronto Counselling & Coaching  
Toronto, ON  
Phone: [1.647.560.2612](tel:1.647.560.2612)

Note: For adult individuals. Specializes in addictive behavior, pathological gambling, mood disorders, marital dysfunction, and stress. Alternative methods of therapy available, including mindfulness meditation and Buddhist psychology.

132. Bellwood Health Services

Bellwood Health Services  
1020 McNicoll Ave.  
Toronto, ON M1W 2J6  
Phone: [1.416.495.0926](tel:1.416.495.0926)  
Toll-Free: [1.800.387.6198](tel:1.800.387.6198)  
Fax: 1.416.495.7943  
E-Mail: [info@bellwood.ca](mailto:info@bellwood.ca)

Note: Bellwood offers both a fee-for-service and a government funded program. The 6 week funded program is specifically for alcohol use for Ontario residents 19+, while the fee-for-service program treats substance use (alcohol and drug), problematic sexual behaviour, eating disorders, problem gambling and concurrent PTSD and trauma issues. Clients must be sober prior to admission to the funded program.

133. Jean Tweed Treatment Centre

Jean Tweed Treatment Centre  
215 Evans Ave.  
Toronto, ON M8Z 1J5  
Phone: [1.416.255.7359](tel:1.416.255.7359)  
Fax: 1.416.255.9021  
E-Mail: [info@jeantweed.com](mailto:info@jeantweed.com)

Note: This is a holistic 3 week program for women 16+. Clients can self-refer or be referred.

### 134. The Salvation Army Toronto Harbour Light Ministries (THLM)

The Salvation Army  
Toronto Harbour Light Ministries (THLM)  
Basic Recovery Program  
160 Jarvis St.  
Toronto, ON M5B 2E1  
Phone: [1.416.363.5496](tel:1.416.363.5496)  
E-Mail: [info@harbourlight.org](mailto:info@harbourlight.org)

Note: This is a 36 bed abstinence-based program for men 18+. Program length is 3 weeks, but clients can stay up to 14 weeks. Clients can self-refer. Stabilized methadone and CSC clients are accepted. Program is funded by Toronto Central LIHN and the Government of Ontario.

### 135. The Salvation Army Homestead - Downtown Location

The Salvation Army  
Homestead - Downtown Location  
160 Jarvis St.  
Toronto, ON M5B 2E1  
Phone: [1.416.921.0953](tel:1.416.921.0953)  
Fax: 1.416.921.4430  
E-Mail: [information@salvationarmyhomestead.org](mailto:information@salvationarmyhomestead.org)

Note: This is a holistic and abstinence-based program for self-identified women 18+. Program length is 6 - 10 weeks. Clients must be 3 days sober prior to admission. Clients can self-refer. Stabilized methadone and CSC clients are accepted. Clients with concurrent disorders are welcome. The program is funded by the Ontario Ministry of Health and Long-Term Care through the Central East LHIN.

### 136. Street Haven at the Crossroads Grant House

Street Haven at the Crossroads  
Grant House  
Phone: [1.416.960.9430](tel:1.416.960.9430)  
Phone: [1.416.967.0133](tel:1.416.967.0133) (Residential Programs)  
Fax: 1.416.920.3380  
E-Mail: [mtapper@streethaven.com](mailto:mtapper@streethaven.com)

Note: This is a 6 month, 10 bed abstinence-based program for women 18+. Clients must be referred and 3 days sober prior to admission; Grant House can make arrangements for detox. CSC clients are accepted. Clients with concurrent disorders, PTSD, and a history of trauma are welcome.

### 137. St Michael's Homes St. Michael's Residential Treatment Program

St. Michael's Homes  
St. Michael's Residential Treatment Program  
277 Rusholme Rd.  
Toronto, ON M6H 2Y9  
Phone: [1.416.926.8267](tel:1.416.926.8267)  
Fax: 1.647.493.2432  
E-Mail: [info@stmichaelshomes.org](mailto:info@stmichaelshomes.org)

Note: This is a program for men 19+. Program length is 30 - 60 days. Clients must be sober prior to admission. Clients can self-refer or be referred. This program is funded in part by the Government of Ontario.

#### 138. RCA (Recovering Couples Anonymous)

RCA (Recovering Couples Anonymous)  
PO BOX 11029  
Oakland, CA, USA 94611  
Phone: [1.781.794.1456](tel:1.781.794.1456)  
Toll-Free: 1.877.663.2317 (USA/CAN)  
E-Mail: [info@recovering-couples.org](mailto:info@recovering-couples.org)  
Website: [www.recovering-couples.org](http://www.recovering-couples.org)

Note: This is a fellowship of recovering couples committed to restoring healthy communication and caring. The only requirement for RCA membership is a desire to remain in a committed relationship. If there are no local meetings there are phone or online meetings. See website for more information.

#### 139. Halton AA Service Office

Halton AA Service Office  
Church of the Epiphany  
141 Bronte Rd.  
Oakville, ON L6L 3C3  
Phone: [1.905.845.5900](tel:1.905.845.5900)

Note: This website hosts information for AA meetings in Halton and surrounding area.

#### 140. Southern Ontario CA

Southern Ontario CA  
360 A Bloor St. W  
PO Box 19032  
Toronto, ON M5S 3C9  
Phone: [1.416.927.7858](tel:1.416.927.7858)  
Toll-Free: [1.866.622.4636](tel:1.866.622.4636)

Note: Southern Ontario CA offers meetings to Barrie, Brampton, Chatham, Guelph, Hamilton, Kitchener, London, Mississauga, Newmarket, Oshawa, Ottawa, Pickering, Richmond Hill, St. Catharines-Niagara, Simcoe, Thamesville, Toronto, Windsor, and Woodbridge.

#### 141. Greater Metropolitan Toronto Al-Anon Information Service (GTAIS)

Greater Metropolitan Toronto Al-Anon Information Service (GTAIS)  
PO Box 1304  
145 The West Mall  
Toronto, ON M9C 1C0  
Phone: [1.416.410.3809](tel:1.416.410.3809)  
Toll-Free: [1.888.425.2666](tel:1.888.425.2666)  
E-Mail: [gtais.updates@gmail.com](mailto:gtais.updates@gmail.com)

Note: Areas served by the greater metropolitan Al-Anon include Mississauga, Peel Halton, Simcoe,

Toronto North, Toronto West, Toronto Central, Scarborough and Lakeshore areas.

142. Ontario South Al-Anon & Alateen - Area 86

Ontario South Al-Anon & Alateen - Area 86  
PO Box 272  
Keswick, ON L4P 3E2  
Phone: [1.289.296.3740](tel:1.289.296.3740)

Note: Offers meetings to Ontario South and the following areas: Muskoka, Georgian Bay, Bruce County Waterloo region, Huron Perth, London region, Sarnia region, Windsor, Essex, Chatham region, Elgin region, Brantford, Niagara Region, St. Catharines, Hamilton West, Hamilton East, Mississauga, Peel Halton, Simcoe, Toronto North, Toronto West, Toronto Central, Scarborough, Lakeshore, Kawartha, Quinte, St. Lawrence, Seaway Valley, Ottawa area, Ottawa Valley, Loyalist, and Kawartha South.

143. Centre for Addiction and Mental Health (CAMH) - Nicotine Dependence Clinic

Centre for Addiction and Mental Health (CAMH)  
Nicotine Dependence Clinic  
175 College St.  
Toronto, ON M5T 1P7  
Phone: [1.416.535.8501](tel:1.416.535.8501) ext. 77400  
Toll Free: [1.800.463.2338](tel:1.800.463.2338)

Note: This service offers a nicotine dependency program for adults.

144. Centre for Addiction and Mental Health (CAMH) - Substance Abuse Program for Afro-Canadian & Caribbean Youth (SAPACCY)

Centre for Addiction and Mental Health (CAMH)  
Substance Abuse Program for Afro-Canadian & Caribbean Youth (SAPACCY)  
80 Workman Way  
Toronto, ON M6J 1H4  
Phone: [1.416.535.8501](tel:1.416.535.8501) ext. 36767

Note: This service is for ethnocultural youth ages 13-24 with addiction and/or mental health issues. There are support services for affected family members and loved ones.

145. Youth Addiction & Concurrent Disorders (YACDS) - Centre for Addiction and Mental Health (CAMH)

Youth Addiction & Concurrent Disorders (YACDS)  
Centre for Addiction and Mental Health (CAMH)  
80 Workman Way  
Toronto, ON M6J 1H4  
Phone: 1.416.535.8501 ext. 1730

Note: This service is for youth ages 14-24 with addiction and/or mental health issues. There are support services for affected family members and loved ones.

146. Centre for Addiction and Mental Health (CAMH) - Russell Street Location

Centre for Addiction and Mental Health (CAMH)  
Russell Street Site

33 Russell St.  
Toronto, ON M5S 2S1  
Phone: [1.416.535.8501](tel:14165358501) ext.6128  
Toll-Free: [1.800.463.2338](tel:18004632338)

Note: This service offers a variety of programs for adults and youth with addiction and/or mental health issues. Also has a program for opiate addiction. There are support services for affected family members and loved ones. Spanish available. Interpreter available.

#### 147. Rainbow Services (LGTTTIQ) - Centre for Addiction and Mental Health (CAMH)

Rainbow Services (LGTTTIQ)  
Centre for Addiction and Mental Health (CAMH)  
60 White Squirrel Way  
Toronto, ON M4G 3Z1  
Phone: [1.416.535.8501](tel:14165358501) ext. 7132  
Phone: [1.416.535.8501](tel:14165358501) ext. 7043 (Rainbow Services)  
Toll-Free: [1.800.463.2338](tel:18004632338)

Note: This service offers a clinic with multiple services for adults including assessment, outpatient counselling, and intensive outpatient counselling. It also has specialized programs for gay, lesbian, bisexual, and transgender people.

#### 148. Centre for Addiction and Mental Health (CAMH) Concurrent Addictions Inpatient Treatment Service (C

Centre for Addiction and Mental Health (CAMH)  
Concurrent Addictions Inpatient Treatment Service (CAITS)  
60 White Squirrel Way  
Toronto, ON M4G 3Z1  
Phone: [1.416.535.8501](tel:14165358501) ext. 2  
Toll-Free: [1.800.463.2338](tel:18004632338) ext. 2  
Fax: 1.416.979.8501

Note: This is a 21 day, 30 bed program for adults with substance dependence and mental health issues. CAITS offers specific programming for men, women, LGBTQ, and Aboriginal adults 18+. Clients can self-refer. Services available in English, Spanish and Portuguese.

#### 149. Centre for Addiction and Mental Health (CAMH) Rainbow Services

Centre for Addiction and Mental Health (CAMH)  
Rainbow Services  
60 White Squirrel Way  
Toronto, ON M4G 3Z1  
Phone: [1.416.535.8501](tel:14165358501) ext. 2  
Toll-Free: [1.800.463.2338](tel:18004632338) ext. 2  
Fax: 1.416.979.8501

Note: This is a 12 day program for lesbian, gay, bisexual, transgender, transsexual, two-spirit and intersex adults 18+ who are concerned about their use of drugs and alcohol. Clients can self-refer.

#### 150. Centre for Addiction and Mental Health (CAMH)

Centre for Addiction and Mental Health (CAMH)

Medical Withdrawal Unit  
3rd floor â€“ 60 White Squirrel Way  
Toronto, ON M4G 3Z1  
Phone: [1.416.535.8501](tel:1.416.535.8501) ext. 36071  
Toll-Free: [1.800.463.2338](tel:1.800.463.2338) ext. 6616

Note: an 18-bed medical detox. All clients are monitored by medically trained staff. Clients can self-refer between 8am -2pm Monday â€“ Friday, no admissions on weekends or public holidays.

#### 151. Gamblers Anonymous - Ontario

Gamblers Anonymous - Ontario  
Phone: [1.855.222.5542](tel:1.855.222.5542) (Toronto)  
Phone: [1.289.993.1508](tel:1.289.993.1508) (Hamilton/Burlington)  
Phone: [1.222.334.5127](tel:1.222.334.5127) (Windsor)  
E-Mail: [intergroup@gamblersanonymoustoronto.org](mailto:intergroup@gamblersanonymoustoronto.org)

Note: This group is a support group for all persons who are struggling with gambling in Ontario. Please visit website or contact for more information.

#### 152. Jean Tweed Centre

Jean Tweed Centre - Problem Gambling 215 Evans Ave. Toronto, ON M8Z 1J5 Phone: [1.416.255.7359](tel:1.416.255.7359) ext. 239 E-Mail: [info@jeantweed.com](mailto:info@jeantweed.com)

#### 153. Sara Aharon

Aharon, Sara - Ed.D. Suite #501 - 600 Sherbourne Street, Toronto, ON M4X 1W4 Phone: [1.416.690.5227](tel:1.416.690.5227) Email: [info@bodymindhealth.org](mailto:info@bodymindhealth.org)

#### 154. Centre for Addiction and Mental Health

Centre for Addiction and Mental Health (CAMH)  
Eating Disorders and Addiction Clinic (ED&A)  
33 Russell St.  
Toronto, ON M5S 2S1  
Phone: [1.416.535.8501](tel:1.416.535.8501) ext. 6616

#### 155. Toronto Eating Disorder and Addiction Clinic

Eating Disorder and Addiction Clinic Center for Addiction and Mental Health 33 Russell Street, 3rd Floor Toronto, ON Phone: [1.416.535.8501](tel:1.416.535.8501) ext. 6482

Note: has a concurrent eating disorder and addictions treatment program. offers several specialized outpatient treatments for both men and women. May include one or more of the following: weekly one-hour individual psychotherapy sessions, recommendations to meet with a dietitian, telephone consultation.

#### 156. Eating Disorder Counselling Services of the Greater Toronto Area

Eating Disorder Counselling Services of the Greater Toronto Area Hoffman, Yana CCDC 1012 Shaw St. Toronto ON M6G 3N1 Phone: [1.416.534.2816](tel:1.416.534.2816)

Note: treats all forms of eating disorders and addictions; children, adolescents and adults. She works with both males and females; children adolescents and adults.

157. Lia Falzon

Falzon, Lia - DTATI, FOP, EMDR Toronto, ON Phone: [1.647.501.0747](tel:1.647.501.0747) Email: [liafalzon@gmail.com](mailto:liafalzon@gmail.com)

Note: is a member of the Canadian Art Therapy Association. Has extensive experience with addictions.

158. Christine Werbski

Werbski, Christine – BSc., HSC, MSW, RSW, Dip CTP, CAPT 316 Dupont St. Toronto, ON M5R 1L8 Email: [Christine@therapytoronto.ca](mailto:Christine@therapytoronto.ca)

Note: specializes in eating disorders, addictions, and mood disorders. Also has experience in depression, trauma, relationship issues, anger and rage, anxiety/stress/fear, pain and loss, and chronic illness.

159. Toronto Centre for Addiction and Mental Health

Centre for Addiction and Mental Health  
Problem Gambling Service  
33 Russell St.  
Toronto, ON  
Phone: [1.416.535.8501](tel:1.416.535.8501) ext. 2  
Toll-Free: [1.888.647.4414](tel:1.888.647.4414)  
E-Mail: [gambling@camh.ca](mailto:gambling@camh.ca)

160. Chinese Family Services of Ontario

Chinese Family Services of Ontario 229 - 3330 Midland Ave. Scarborough, ON M1V 5E7 Phone: [1.416.979.8299](tel:1.416.979.8299) Fax: 1.416.979.8298 Toll-Free: [1.866.979.8298](tel:1.866.979.8298) 24-hour Hotline: [1.416.979.5898](tel:1.416.979.5898)  
E-Mail: [info@chinesefamilyso.com](mailto:info@chinesefamilyso.com)

161. COSTI

COSTI - Problem Gambling Services Sheridan Mall 105 - 1700 Wilson Ave. Toronto, ON M3L 1B2  
Phone: [1.416.244.7714](tel:1.416.244.7714) Fax: 1.416.244.7299 E-Mail: [famcounselling@costi.org](mailto:famcounselling@costi.org)

Note: Services are available to all Italian, Portuguese, French, and Spanish Canadians residing in Toronto and York Region.

162. Jean Tweed Centre - Gambling Intake

Jean Tweed Centre - Gambling Intake 215 Evans Ave. Toronto, ON M8Z 1J5 Phone: [1.416.255.7359](tel:1.416.255.7359) ext. 228

Note: to get started visit the Wednesday information session 6:30 to 7:30 pm.

163. Chang Li

Li, Chang - MA, M.Phil., D.Min. 17 Midholm Drive Scarborough/Toronto, ON M1K 3A9 Phone:

[1.416.755.2343](tel:1.416.755.2343)

Note: treats trauma, addiction & gambling , personality disorders B7depression, anxiety, mental health issues B7 family violence & abuse, crisis intervention and anger issues.

164. McDowall Counselling and Consulting Group

Ferguson, Donna - C.Psych.  
McDowall Counselling and Consulting Group  
Suite #511 - 1849 Yonge St.,  
Toronto, ON M4S 1Y2  
Phone: [1.416.485.5555](tel:1.416.485.5555)  
Email: [mccg@counsellingtoronto.com](mailto:mccg@counsellingtoronto.com)

165. Ontario Responsible Gambling Counsel

Responsible Gambling Council (Ontario) 205 - 411 Richmond St. E Toronto, ON M5A 3S5 Phone: [1.416.499.9800](tel:1.416.499.9800) Fax: 1.416.499.8260

166. Windsor Regional Problem Gambling Services

Windsor Regional Problem Gambling Services 500 - 2109 Ottawa St. Windsor, ON N8Y 1R8  
Phone: [1.519.254.2112](tel:1.519.254.2112) E-Mail: [probgamb@wrh.on.ca](mailto:probgamb@wrh.on.ca)

167. Gamblers Anonymous - Ontario

Gamblers Anonymous - Ontario Phone: [1.855.222.5542](tel:1.855.222.5542) (Toronto) Phone: [1.289.993.1508](tel:1.289.993.1508)  
(Hamilton/Burlington) Phone: [1.222.334.5127](tel:1.222.334.5127) (Windsor) E-Mail:  
[intergroup@gamblersanonymoustoronto.org](mailto:intergroup@gamblersanonymoustoronto.org)

Note: This group is a support group for all persons who are struggling with gambling in Ontario. Please visit website or contact for more information.

168. Boundless Adventures

Boundless Adventures  
203 Lonsmount Drive  
Toronto, ON M5P 2Y6  
Phone: [1.613.758.2702](tel:1.613.758.2702)  
Mobile: [1.416.951.7059](tel:1.416.951.7059)  
Email: [steven@theboundlesschool.com](mailto:steven@theboundlesschool.com)

Note: experiential education for youth and adults with various mental disorders, including eating disorders.

169. Debbie Anderson

Anderson, Debbie J. - BA (Hons.), DTATI The Art Therapy Clinic 176 Quebec Avenue Toronto, ON M6P 2T8 Phone: [1.416.540.4332](tel:1.416.540.4332) Email: [artwithdebbie@gmail.com](mailto:artwithdebbie@gmail.com)

Note: Specializes in Art Therapy.



170. Sheila Banerjee

Banerjee, Sheila - M.Ed., OACCPP 717 Bloor St. West Toronto, ON M6G 1L5 Phone: [1.416.220.0261](tel:1.416.220.0261)

171. Dr. Ann Baranowski

Baranowski, Ann - Ph.D. Suite #201 - 320 Danforth Avenue Toronto, Ontario M4K 1N8 Phone: [1.416.944.8217](tel:1.416.944.8217) Email: [baranowski.ann@gmail.com](mailto:baranowski.ann@gmail.com)

172. Bellwood Health Services Inc.

Bellwood Health Services Inc. 1020 McNicoll Avenue Toronto ON M1W 2J6 Phone: [1.416.495.0926](tel:1.416.495.0926)  
Toll-free: [1.800.387.6198](tel:1.800.387.6198) Fax: 1.416.495.7943 Email: [info@bellwood.ca](mailto:info@bellwood.ca)

173. Rosa Bergman

Bergman, Rosa - CTP-DIP, MTC, OSP, CAPT The Centre 316 Dupont St. Toronto, ON M5R 1V9  
Phone: [1.416.964.7919](tel:1.416.964.7919) Email: [rbergman@rogers.com](mailto:rbergman@rogers.com)

174. Dawn Binkowski

Binkowski, Dawn N 258 Dupont St. Toronto, ON M5R 1V7 Phone: [1.416.294.9472](tel:1.416.294.9472) Email: [dawnbinkowski@gmail.com](mailto:dawnbinkowski@gmail.com)

175. Dr. Shalom Camenietzki

Camenietzki, Shalom - Ph.D., MA, FCGPA, FAGPA Suite #202 - 60 St. Clair Avenue Toronto, ON M4T 1N5  
Phone: [1.416.929.7480](tel:1.416.929.7480) Email: [c.shalom@sympatico.ca](mailto:c.shalom@sympatico.ca)

176. Spadina Therapy Centre

Campbell, Bonnie - BA, DCTP, CAPT Spadina Therapy Centre 37 Spadina Road Toronto, ON M5R 2S9  
Phone: [1.416.923.5112](tel:1.416.923.5112) Email: [bonnie@bonniecampbell.ca](mailto:bonnie@bonniecampbell.ca)

177. Susan Monteith

Monteith, Susan - M.Ed. Bayview Ave. &inton Ave. East Toronto, ON Phone: [1.416.424.2924](tel:1.416.424.2924) Email: [susanmonteith@torontopsychotherapist.ca](mailto:susanmonteith@torontopsychotherapist.ca)

178. Catherine Coyle

Coyle, Catherine - MSW, RSW 1020 Eglinton Ave. W Toronto, ON M6C 2C5 Phone: [1.416.425.9737](tel:1.416.425.9737) Email: [coylec@fastmail.com](mailto:coylec@fastmail.com)

179. Katherine Carney

Carney, Katherine - DVATI, MC 110 Sherwood Avenue Toronto, ON M4P 2A7 Phone: [1.416.930.0549](tel:1.416.930.0549) Email: [kcarney@rogers.com](mailto:kcarney@rogers.com)

180. Dr. Robert T. Muller

Muller, Robert T. - Ph.D., C.Psych. Clinical Psychologist 114 Maitland Street, 3rd Fl. Toronto, ON

M4Y 1E1 Phone: [1.647.939.6491](tel:1.647.939.6491) Email: [rmuller@psychotherapytoronto.ca](mailto:rmuller@psychotherapytoronto.ca)

181. Linda Chapman

Chapman, Linda - MCAT, ATR-BC, RCAT Suite #741 - 118 Eglinton Avenue West, Toronto, ON  
Phone: [1.416.427.6244](tel:1.416.427.6244) Email: [lindachapman@psychotherapyintoronto.com](mailto:lindachapman@psychotherapyintoronto.com)

182. Lori Dennis

Dennis, Lori - MA Inside Out Health Solutions 99 Crown's Lane, 4th Floor (Yonge south of Summerhill) Toronto, ON M5R 3P4 Phone: [1.416.709.8117](tel:1.416.709.8117) Email: [loridennis@talktherapy.ca](mailto:lорidennis@talktherapy.ca)

183. Mindfulness Psychotherapy

Christie, Nancy - BFA, CYW, MTC Mindfulness Psychotherapy 141 Fallingbrook Road Toronto, ON M1N 2T9 Phone: [1.416.691.3768](tel:1.416.691.3768) Email: [nancy@torontotherapists.ca](mailto:nancy@torontotherapists.ca)

184. Dr. Carmela Circelli

Circelli, Carmela - Ph.D., DCTP, CAPT 366 Dupont St. Toronto, ON M4K 1E8 Phone: [1.647.977.5905](tel:1.647.977.5905)

185. Deborah Duggan

Duggan, Deborah - Ed.D., C.Psych. 80 Corley Ave., Toronto, Ontario M4E 1V2 Phone: [1.416.694.6350](tel:1.416.694.6350)

186. Joanne Crabtree

Crabtree, Joanne - MTC 344 Dupont Street, Suite 401 Toronto, ON M5R 1V9 Phone: [1.416.920.0104](tel:1.416.920.0104) Email: [psychotherapyarts@rogers.com](mailto:psychotherapyarts@rogers.com)

187. Ontario Community Outreach Program for Eating Disorders

Ontario Community Outreach Program for Eating Disorders  
Toronto General Hospital, 101 College Street, CW2-Room 332B  
Toronto ON  
M5G 2C4  
Phone: [1.416.340.4051](tel:1.416.340.4051)  
Toll-free: [1.800.463.1856](tel:1.800.463.1856)  
Email: [pat.valenti@uhn.on.ca](mailto:pat.valenti@uhn.on.ca)

Note: Provides training workshops on prevention and treatment issues for health care professionals and educators.

188. Susie Costello

Costello, Susie – M.Ed., BSc Toronto, ON Email: [Susie@therapytoronto.ca](mailto:Susie@therapytoronto.ca)

Note: specializes in eating disorders, relationship difficulties, stress, anxiety, depression, addictions, sexual and physical abuse, and grief and bereavement.

189. Balance Health and Wellbeing

Dunstan, Judith - BSW, RSW  
Balance Health and Wellbeing  
244 Dupont Street  
Toronto, ON  
M5R 1V7  
Phone: [1.416.821.0807](tel:1.416.821.0807)  
Email: [info@judithdunstan.com](mailto:info@judithdunstan.com)

190. Continuum Wellness

Pancer, Alyson - BSW, MSW, RSW Continuum Wellness Suite #301 3402 Yonge Street, Toronto, ON M4N 2M9 Phone: [1.416.913.3080](tel:1.416.913.3080) ext. 302 Email: [alyson.pancer@gmail.com](mailto:alyson.pancer@gmail.com)

191. SickKids Eating Disorders Program

SickKids Eating Disorders Program The Hospital for Sick Children 555 University Avenue Toronto ON M5G 1X8 Phone: [1.416.813.7195](tel:1.416.813.7195) Email: [heather.graham@sickkids.ca](mailto:heather.graham@sickkids.ca)

192. Broadview Therapy Centre

Parsons, Margery - DCTP, CAPT Broadview Therapy Centre 664 Broadview Ave. Toronto, ON M4K 2P1 Phone: [1.416.690.9066](tel:1.416.690.9066)

193. Pearce Counselling

Pearce, Alexia - BA, MA  
Pearce Counselling  
Suite #511-1849 Yonge Street (Yonge & Davisville Subway)  
Toronto, Ontario  
M4S 1Y2  
Phone: [1.416.919.7639](tel:1.416.919.7639)  
Email: [pearcecounselling@rogers.com](mailto:pearcecounselling@rogers.com)

194. Patti Perry

Perry, Patti Eating Disorder Clinic Toronto ON Phone: [1.416.483.0956](tel:1.416.483.0956)

195. Margot Renate Feferman

Feferman, Margot Renate - BA, MSW, RSW Suite #405 - 118 Eglinton Ave. W., Toronto, ON M4R 2G4 Phone: [1.416.482.0355](tel:1.416.482.0355) Email: [margot@talktomargot.com](mailto:margot@talktomargot.com)

196. Annette Poizner

Poizner, Annette - MSSW, Ed.D., RSW 37 Spadina Road, Lower Level Toronto, ON M5R 2S9  
Phone: [1.416.280.6442](tel:1.416.280.6442) Email: [ap@annettepoizner.com](mailto:ap@annettepoizner.com)

197. Sharon Rona Feldman

Feldman, Sharon Rona - BA, Psyc., MTC 33 Rockland Drive Toronto, ON M2M 2Y8 Phone: [1.416.225.0071](tel:1.416.225.0071) Email: [sharonfeldman@rogers.com](mailto:sharonfeldman@rogers.com)

198. Diana Powell

Powell, Diana - BA, DCTP, CAPT The Centre 316 Dupont St. Toronto, ON M5R 1V9 Phone: [1.416.926.8776](tel:1.416.926.8776) Email: [diana.powell@utoronto.ca](mailto:diana.powell@utoronto.ca)

199. Simone Finkelstein

Finkelstein, Simone Office 1: Yonge & Lawrence area Office 2: 1366 Yonge Street Toronto, ON M5M 3K5 Phone: [1.416.722.0520](tel:1.416.722.0520) Email: [simone@rogers.com](mailto:simone@rogers.com)

Note: Simone deals with all types of eating disorders. Whether it be anorexia, bulimia, binge eating disorder or obesity. Simone works on the underlying issues, while also working on self-esteem, body image and nutrition, and ultimately working towards the goal of recovery.

200. David Rockman

Rockman, David - MSW, RSW 717 Bloor St. West Toronto, ON M6G 1L5 Phone: [1.416.533.3505](tel:1.416.533.3505) Email: [david@drockmancounselling.ca](mailto:david@drockmancounselling.ca)

201. Spadina Therapy Centre

Fredricks, Wendy - BA, B.Ed., CAPT  
Spadina Therapy Centre  
37 Spadina Road  
Toronto, ON M5R 2S9  
Phone: [1.416.410.4778](tel:1.416.410.4778)  
Email: [wendyfredricks@aol.com](mailto:wendyfredricks@aol.com)

202. Vera Roncon

Roncon, Vera - MA Mount Pleasant Therapy Suite #304 - 1670 Baviw Ave., Toronto, ON M4G 3C2  
Phone: [1.416.488.2383](tel:1.416.488.2383) Email: [vera@mptc.ca](mailto:vera@mptc.ca)

203. Spadina Therapy Centre

Gotthardt, Michael - BA, DCTP, CAPT Spadina Therapy Centre 37 Spadina Road Toronto, ON M5R 2S9 Phone: [1.416.697.8191](tel:1.416.697.8191) Email: [hmgotthardt@hotmail.com](mailto:hmgotthardt@hotmail.com)

204. Chris Rookwood

Rookwood, Chris – RN, LCSW, MSW, RSW Toronto, ON Phone: [1.647.723.5274](tel:1.647.723.5274) ext. 221 Email: [chris@therapytoronto.ca](mailto:chris@therapytoronto.ca)

Note: Has 15 years of experience treating eating disorders in adults and adolescents.

205. Dr. Rosemary C. Hazelton

Hazelton, Rosemary C. - Ph.D. Suite #305 - 7 Thornwood Road Toronto, ON M4W 2R8 Phone: [1.416.486.5528](tel:1.416.486.5528)

206. Jennifer Schramm

Schramm, Jennifer Toronto, ON Phone: [1.416.277.4950](tel:1.416.277.4950) Email: [jennifer@jenniferschramm.com](mailto:jennifer@jenniferschramm.com)

207. Transformational Arts College

Henchey, Monique - B.Sc., RPC Transformational Arts College Suite #301 - 3300 Yonge Street  
Toronto, ON M4N 2L6 Phone: [1.416.474.0454](tel:1.416.474.0454) Toll-Free: [1.888.822.7353](tel:1.888.822.7353)

208. Adam Segal

Segal, Adam - M.Ed., OACCPP 244 Dupont St. Toronto, ON M5R 1V7 Phone: [1.416.556.9616](tel:1.416.556.9616)  
Email: [segaladam@sympatico.ca](mailto:segaladam@sympatico.ca)

209. Yukimi Henry

Henry, Yukimi - LLB, MSW, RSW  
Loc.1: 358 Dupont Street  
Toronto, ON  
M5R 1V9  
Loc.2: Suite #715 - 717 Bloor St. West  
Toronto, ON  
Phone: [1.647.291.9406](tel:1.647.291.9406)  
Email: [yukimi@yukimihenry.com](mailto:yukimi@yukimihenry.com)

210. Sheena's Place

Sheena's Place  
87 Spadina Road  
Toronto ON  
M5R 2T1  
Phone: [1.416.927.8900](tel:1.416.927.8900)  
Email: [info@sheenasplace.org](mailto:info@sheenasplace.org)

Note:Â offers a wide range of support programs for people affected by eating disorders and their families. No referral is necessary. Our programs are offered at no cost to participants.

211. Kali Hewitt-Blackie

Hewitt-Blackie, Kali- MA, OACCPP Phone: [1.416.214.9742](tel:1.416.214.9742) Email: [sumach@rogers.com](mailto:sumach@rogers.com)

Note: specializes in sexual abuse, women's issues and eating disorders, and worked with those issues from a somatic and feminist perspective.

212. Yana J. Hoffman

Hoffman, Yana J. - CCDC 1012 Shaw Street Toronto, ON M6G 3N1 Phone: [1.416.534.2816](tel:1.416.534.2816) Email: [yanahoffman@gmail.com](mailto:yanahoffman@gmail.com)

213. Larry Smith

Smith, Larry - DCTP 366 Dupont St. Toronto, ON M5R 1V9 Phone: [1.647.977.5904](tel:1.647.977.5904)

214. Hospital for Sick Children; Eating Disorders Program

Hospital for Sick Children, Eating Disorder Program 555 University Ave. Toronto, ON M5G 1X8  
Phone: [1.416.813.7195](tel:1.416.813.7195)

Note: Has an outpatient & Inpatient Program for children & adolescents up to 17 years old. Covered by OHIP.

#### 215. True Reflections Holistic Eating Disorder Recovery Program

Stevenson, Beth – MA, DT, CCC True Reflections Holistic Eating Disorder Recovery Program #200 - 2409 Yonge St. Toronto, ON M4P 2E7 Phone: [1.647.982.8783](tel:1.647.982.8783) Email: [beth@truereflections.ca](mailto:beth@truereflections.ca)

Note: Utilizes elements from emotion-focused therapy, creative arts therapy, drama therapy, narrative therapy, and existential therapy. Specializes in adults, children, individuals and groups.

#### 216. Innovative Psychotherapy

Hunter, Nancy - RCAT, CHt, EFT-Adv. Innovative Psychotherapy 49 Elm St. #205 Toronto, ON M5G 1H1 Phone: [1.647.977.5914](tel:1.647.977.5914)

Note: Nancy is an art therapist.

#### 217. Sue Hunter

Hunter, Sue - MSW, RSW, MBA, DCTP The Centre 316 Dupont Street Toronto, ON M5R 1V9 Phone: [1.416.722.4600](tel:1.416.722.4600)

#### 218. Traditional Healing Centre

Svitasheva, Maryna - Ph.D., OACCPP Traditional Healing Centre 248 Sheppard Ave West Toronto, ON M5P 1H1 Phone: [1.647.346.2780](tel:1.647.346.2780)

#### 219. Dr. Jacqui Gingras

Jacqui Gingras - Ph.D., RD Registered Dietitian, Nutrition Therapist 350 Victoria Street Toronto, ON M5B 2K3 Phone [1.416.979.5000](tel:1.416.979.5000) ext. 7890 Fax: 1.416.979.5204 Email: [jgingras@ryerson.ca](mailto:jgingras@ryerson.ca)

#### 220. Keith Thurlow-Bishop

[Thurlow-Bishop, Keith - MA, MSc 741 Broadview Avenue, Suite 301 Toronto, ON M4K 3Y3 Phone: 1.647.629.4770 Email: glissart@gmail.com](mailto:glissart@gmail.com)

Note: has been working in mental health since 1990, and as a psychotherapist since 1997. In addition to general mental health and psychological wellbeing, Keith specialises in eating disorders and addictions and have completed specialist training in both fields. Prior to moving to Canada, Keith was Senior Psychotherapist and Eating Disorders Specialist at Life Works Community in the UK.

#### 221. Alice Jonathan

Jonathan, Alice - BA, DCTP St. George Psychotherapy Associates 176 St. George Street, 3rd Fl. Toronto, ON M5R 2M7 Phone: [1.416.925.7993](tel:1.416.925.7993)

#### 222. Alternative Horizon

Tomlinson, Jeremy - M.Ed, RMFT, RSW Alternative Horizon Suite #445 - 20 Eglinton Avenue East, Toronto, ON M4P 1A9 Phone: [1.416.486.2161](tel:1.416.486.2161) Email: [jeremy@alternativehorizon.com](mailto:jeremy@alternativehorizon.com)

223. Heart 2 Heart Counselling

Juliana, Margarete - Ph.D., RMFT Heart 2 Heart Counseling 1370 Don Mills Ave. Suite 205 Toronto, ON M3B 3N7 Phone: [1.647.233.5511](tel:1.647.233.5511) Email: [margarete@heart2heart-counseling.com](mailto:margarete@heart2heart-counseling.com)

224. Toronto General Hospital

Toronto General Hospital University Health Network 200 Elizabeth Street Toronto, ON M5G 2C4 Phone: [1.416.340.3131](tel:1.416.340.3131)

Note: Inpatient, outpatient or day hospital program for adults 17 and older. Currently not open to obese and binge eating patients. Covered by OHIP.

225. Creative Transitions

Katz-Leon, Shirley - Ph.D., CCC Creative Transitions 156 Sheppard Ave., Unit 3 Toronto, ON M2N 1M8 Phone: [1.647.244.3050](tel:1.647.244.3050) Email: [sleon@creativitycounseling.com](mailto:sleon@creativitycounseling.com)

226. Yellow Brick Holistic Health Centre

Toth, Anna - M.Sc. Yellow Brick Holistic Health Centre 258 Dupont St. Toronto, ON Phone: [1.416.565.0143](tel:1.416.565.0143) Email: [annatoth@rogers.com](mailto:annatoth@rogers.com)

227. New Realities Eating Disorders Recovery Centre

Kelly, Patricia - MA New Realities Eating Disorders Recovery Centre 9 Gloucester St. Toronto, ON M4Y 1L8 Telephone: [1.416.921.9670](tel:1.416.921.9670) Email: [newrealities@sympatico.ca](mailto:newrealities@sympatico.ca)

228. Sara Trought

Trought, Sara - MA Suite #202 - 320 Danforth Ave., Toronto, ON M4K 1N8 Phone: [1.416.568.7296](tel:1.416.568.7296) Email: [sara@therapytoronto.ca](mailto:sara@therapytoronto.ca)

229. Eating Dynamiks and Therapy

Kerr, Sylvia - RD, MSW, RSW Eating Dynamiks and Therapy 120 Eglinton Ave. East, Suite 1015 Toronto, ON M4P 1E2 Phone: [1.416.483.9588](tel:1.416.483.9588) Fax: 1.416.483.8472 Email: [info@eatingdynamiksandtherapy.com](mailto:info@eatingdynamiksandtherapy.com)

Note: dietician and mental health therapy provided for families, couples, children, adolescents and adults.

230. Cosmina Ionescu Vaccarino

Vaccarino, Cosmina Ionescu - MA, OACCPP, OATA 720 Spadina Toronto, ON M5S 2T9 Phone: [1.647.955.3896](tel:1.647.955.3896)

231. Dr. Kyle D. Killian

Killian, Kyle D. - Ph.D., RMFT 310 HNES Building 4700 Keele St. Toronto, ON M3J 1P3 Phone: [1.416.736.2100](tel:1.416.736.2100)

Note: works with individuals struggling with sexual difficulties, eating disorders, stress, anxiety, and

anger issues.

### 232. Bloom Centre for Hypnotherapy

Vergados, Didi - CHt,NLP Bloom Center for Hypnotherapy Suite #1 - 389 Danforth Ave. Toronto, ON M4K 1P1 Phone: [1.416.709.8895](tel:1.416.709.8895) Email: [info@bloomhypnosis.com](mailto:info@bloomhypnosis.com)

### 233. Pro-Active Counselling

Long, Robin - CA, M.Ed. Pro-Active Counselling 1504 Yonge St., 3rd Floor Toronto, ON M4T 1Z6 Phone: [1.416.485.5243](tel:1.416.485.5243) ext. 224 Fax: 1.416.485.2901 Email: [rlong@pro-activecounselling.com](mailto:rlong@pro-activecounselling.com)

Note: has over 15 years of experience working with individual who have struggled with dieting and body image concerns.

### 234. Dr. Ester Wagner

Wagner, Ester Ph.D. Registered Psychologist Suite #419 - 45 Sheppard Ave East, Toronto ON M2N 5W9 Phone: [1.416.229.1477](tel:1.416.229.1477) Ext.234

Note: works with adolescents and young adults. In addition to her private practice she is on staff at the North York General Hospital in the adolescent eating disorders program.

### 235. Art Therapy Solutions

Lype, Nalini - BA(hon.), MCAT, CCC Art Therapy Solutions 2386 A Bloor St. West Toronto, ON Phone: [1.647.504.4973](tel:1.647.504.4973) Email: [info@arttherapysolutions.com](mailto:info@arttherapysolutions.com)

### 236. Dr. Susan Makin

Makin, Susan - BA, MA, Ph.D., DTATI, RCAT, ATR 35 Balmoral Ave. Toronto, ON M4V 1J5 Phone: [1.416.963.8840](tel:1.416.963.8840) E-Mail: [makinadvises@aol.com](mailto:makinadvises@aol.com)

Note: Susan is an art therapist.

### 237. Waterstone Clinic

Waterstone Clinic  
50 Bond Ave.  
Toronto, ON M3B 0A6  
Phone: [1.416.510.9998](tel:1.416.510.9998)  
Fax: 1.416.510.2656  
Email: [Info@waterstoneclinic.com](mailto:Info@waterstoneclinic.com)

Note: We are a fee for service multidisciplinary clinic using DBT, CBT and group therapies to treat eating disorders and concurrent disorders such as substance use, self-harm , anxiety and depression. We treat binge eating disorder in both groups and individually- we are wheelchair accessible. May need a physician referral to demonstrate medical stability.

### 238. Deborah Mandell



Mandell, Deborah - M.Ed. 149 Roncesvalles Ave., 2nd Floor Toronto, ON M6R 2L3 Phone: [1.416.550.2319](tel:1.416.550.2319) Email: [deborahmandell@bell.net](mailto:deborahmandell@bell.net)

239. Beth Mares Counselling

Mares, Beth Beth Mares Counselling Suite #403 - 294 Main Street Toronto, ON M4C 4X5 Phone: [1.416.699.5515](tel:1.416.699.5515)

240. Bloorcourt Therapy

Winkler, Jason - BA, DRC, DNSPC, DTIRP Bloorcourt Therapy 823-A Bloor Street West - 2nd Floor Toronto ON M6G 1M1 Phone: [1.416.378.8344](tel:1.416.378.8344) Email: [Jason@jasonwinkler.com](mailto:Jason@jasonwinkler.com)

241. Stephanie Maxwell

Maxwell, Stephanie - BFA, DTATI 249 St. Clair Ave. West Toronto, ON M4V 1R3 Phone: [1.416.873.4598](tel:1.416.873.4598) Email: [art\\_therapy\\_services@yahoo.ca](mailto:art_therapy_services@yahoo.ca)

242. Karen Zarnett

Zarnett, Karen - MSW, RSW  
3080 Yonge St.  
Toronto, ON  
M4N 3N1  
Phone: [1.647.977.5906](tel:1.647.977.5906)

243. Yonge Lawrence Centre for Counselling

Meggesson, Sean - MA  
Yonge Lawrence Centre for Counselling  
Consulting  
Suite #5016 - 3080 Yonge Street,  
Toronto, ON  
M4N 3N1  
Phone: [1.416.617.2778](tel:1.416.617.2778)  
Email: [sean@seanccc.com](mailto:sean@seanccc.com)

244. Kimberly Moffit

Moffit, Kimberly - D.Psych., MMT, BA, OACCPP Suite #800 - 120 Eglinton Ave. East, Toronto, ON M4P 1E2 Phone: [1.647.977.5971](tel:1.647.977.5971) or [1.416.487.6288](tel:1.416.487.6288)

245. Rosa Spricer

Spricer, Rosa - MEd, PhD  
Toronto, ON  
Phone: [1.416.540.0975](tel:1.416.540.0975)  
E-Mail: [rspricer@gmail.com](mailto:rspricer@gmail.com)

Note: Rosa specializes in depression, anxiety, abuse, trauma/PTSD, eating and body image issues, stress and burnout, sexuality, health issues, life transitions, relationship issues, self-esteem, and addiction relapse prevention. Uses CBT, psychodynamic, EFT, mindfulness meditation, and more.

246. Dr. Michael F. Barrett

Barrett, Michael F. Ph.D.  
25 Harbord Street  
Toronto, ON  
Phone: [1.416.978.3488](tel:1.416.978.3488)

Note: ABS Certified Sex Educator

247. Robert Burgoyne

Burgoyne, Robert, MSc., MSW, RSW  
661 Carlaw Ave.  
Toronto, ON  
M4K 3K6  
Phone: [1.416.436.9205](tel:1.416.436.9205)  
Email: [robert.burgoyne@sympatico.ca](mailto:robert.burgoyne@sympatico.ca)

Note: Relationship and Sexual Counselling. Registered Sex Therapist.

248. Spadina Therapy Centre

Campbell, Bonnie - BA, DCTP, CAPT Spadina Therapy Centre 37 Spadina Rd. Toronto, ON M5R 2S9 Phone: [1.647.977.5918](tel:1.647.977.5918)

Note: Specializes in the treatment of excessive drinking, substance use, eating disorders, and sexual addiction.

249. Judith Golden

Golden, Judith - BSW, MEd, RSW 210 - 118 Eglinton Ave. W Toronto, ON M4R 2G4 Phone: [1.416.485.4073](tel:1.416.485.4073)

Note: Specializes in all areas of human sexuality including sexual dysfunction, low sexual desire, sexual orientation, childhood sexual abuse, sex addiction, etc.

250. Hicks Counselling Services

Hicks, Margaret - MFT, RSW Hicks Counselling Services 800 - 120 Eglinton Ave. E Toronto, ON M4P 1E2 Phone: [1.416.822.9659](tel:1.416.822.9659) E-Mail: [margaret.hicks@rogers.com](mailto:margaret.hicks@rogers.com)

Note: Services for individuals, couples, and families. Experienced psychotherapist, registered social worker, marriage & family therapist, and a member of the American Association of Marriage and Family Therapy with post-graduate training in intensive sex therapy, addiction assessment and counselling, as well as certification in Cognitive-Behavioural Thereapy (CBT).

251. Marianne Keystone

Keystone, Marianne - MSW, RSW, RMFT  
Suite #1 - 3375 Yonge St.,  
Toronto, ON  
M4N 2M6  
Phone: [1.416.922.1748](tel:1.416.922.1748)

252. Dr. Kyle D. Killian

Killian, Kyle D. - Ph.D., RMFT  
310 HNES Building  
4700 Keele St.  
Toronto, ON  
M3J 1P3  
Phone: [1.416.736.2100](tel:1.416.736.2100)

Note: works with individuals struggling with sexual difficulties, eating disorders, stress, anxiety, and anger issues.

253. Robert Langford

Langford, Robert E. - MD, CM, DPH PH08 - 398 Eglinton Ave. E Toronto, ON M4P 3H8 Phone: [1.416.483.8337](tel:1.416.483.8337) E-Mail: [robert.langford@utoronto.ca](mailto:robert.langford@utoronto.ca)

Note: Sex, marital, and relationship therapist.

254. Penny Lawson

Lawson, Penny - ICADC, ICCS, CSAT II 106 Fenelon Dr. Toronto, ON M3A 3K6 Toll-Free: [1.800.387.6198](tel:1.800.387.6198)

255. Jena Ledson

Ledson, Jena - DCTP, RP 413 - 120 Carlton St. Toronto, ON M5A 4K2 Phone: [1.416.912.5480](tel:1.416.912.5480)  
E-Mail: [therapy@jenaledson.com](mailto:therapy@jenaledson.com)

Note: Services for addiction and sexuality issues.

256. Beth Mares Clinical Counselling

Mares, Beth - BA Beth Mares Clinical Counselling Two Offices 605 - 600 Sherbourne St. 403 - 294 Main St Toronto, ON M4C 4X5 Phone: [1.416.699.5515](tel:1.416.699.5515) E-Mail: [beth@sympatico.ca](mailto:beth@sympatico.ca)

Note: Services for sex addiction therapy and counselling for individuals and couples. Specializes in infidelity, cybersex addictions, prostitutes, marital problems, sexual obsessions and intrusive thoughts, and co-addiction.

257. Joan C. Marsman

Marsman, Joan C. - MSc, RMFT Bloor West Village 151 Humbercrest Blvd. Toronto, ON M6S 4L5  
Phone: [1.416.766.8982](tel:1.416.766.8982)

Note: Services for individual and couples therapy. Specializes in sex addiction, affair recovery, and parenting. Offices in Etobicoke, Oakville, and Toronto.

258. Hanna Therapy

McDonough, Hanna - MSW, RSW  
Hanna Therapy  
340 - 10 St. Mary St.

Toronto, ON M4Y 1P9  
Phone: [1.416.997.0043](tel:1.416.997.0043)  
E-Mail: [hanna.mcdonough@sympatico.ca](mailto:hanna.mcdonough@sympatico.ca)

259. Relationships for Life

Mezes, Clare E. - MSc Relationships for Life Toronto, ON Phone: [1.416.512.6989](tel:1.416.512.6989) E-Mail: [clare.mezes@relationshipsforlife.ca](mailto:clare.mezes@relationshipsforlife.ca)

260. Dr. Jessica O'Reilly

O'Reilly, Jessica - Ph.D.  
Toronto, ON  
Phone: [1.416.795.7169](tel:1.416.795.7169)  
Email: [info@jessicaoreilly.com](mailto:info@jessicaoreilly.com)

Note: Jessica is a sexologist and Ph.D. researcher who values sex as an essential element of relationships, culture, self-identity and health. Her primary goal is to provide sex-positive education that empowers clients to enjoy fulfilling, healthy and pleasurable sex lives.

261. John Pitt

Pitt, John, CSAT  
145 Spadina Rd.  
Toronto, ON  
M5R 2T1  
Phone: [1.416.928.0593](tel:1.416.928.0593)

Note: John is a Certified Sex Addiction Therapist with the International Institute for Trauma and Addiction Professionals.

262. Nicole Porter

Porter, Nicole  
59-A Claxton Blvd.  
Toronto, ON  
M6C 1L9  
Phone: [1.416.792.6512](tel:1.416.792.6512)

Note: Nicole is a Certified Sex Addiction Therapist with the International Institute for Trauma and Addiction Professionals.

263. Sandra Rotholc

Rotholc, Sandra - RSW, RMFT, RST  
Toronto, ON  
Phone: [1.416.518.0044](tel:1.416.518.0044)  
Email: [sr@sandrorotholc.com](mailto:sr@sandrorotholc.com)

264. CAYA Co-operative Ltd.

Silverberg, Cory  
CAYA Co-operative Ltd.

#5 Beatrice St.  
Toronto, ON  
M6J 2T2  
Phone: [1.416.358.4090](tel:1.416.358.4090)

265. Frank G. Sommers

Sommers, Frank G. - MD The Good Sex Network 406 - 360 Bloor St. W Toronto, ON Phone: [1.416.922.7335](tel:1.416.922.7335)

266. Alternative Horizon Counselling & Consulting

Tomlinson, Jeremy - MEd, RSW Alternative Horizon Counselling & Consulting 445 - 20 Eglinton Ave. E Toronto, ON M4P 1A9 Phone: [1.416.486.2161](tel:1.416.486.2161) E-Mail: [jeremy@alternativehorizon.com](mailto:jeremy@alternativehorizon.com)

267. Yellow Brick Holistic Health Centre

Toth, Anna - M.Sc.  
Yellow Brick Holistic Health Centre  
258 Dupont St.  
Toronto, ON  
Phone: [1.416.565.0143](tel:1.416.565.0143)  
Email: [anna@annatoth.ca](mailto:anna@annatoth.ca)

268. Wendy S. Trainor

Trainor, Wendy S. - MSW, RSW  
1201 - 372 Bay St.  
Toronto, ON M5H 2W9  
Phone: [1.416.204.0336](tel:1.416.204.0336)  
Toll-Free: [1.877.903.3878](tel:1.877.903.3878) ext. 336  
Fax: 1.416.304.0252

Note: Sexual concerns are most often treated in a couple context when people are in a committed relationship. Specializes in low desire, performance anxiety, ejaculatory problems, and sexual compulsivity.

269. ACT Toronto

ACT Toronto  
1288 Danforth Avenue  
Toronto, ON M4J 1M6  
Phone: [1.416.462.0228](tel:1.416.462.0228)

Note: a private outpatient methadone clinic.

270. Garber, Peter Greenberg, Mark

Garber, Peter  
Greenberg, Mark  
Addiction Treatment Centres of Canada  
2375 Steeles Avenue West, Suite 73A  
Toronto, ON M3J 3A8

Phone: [1.416.661.4555](tel:1.416.661.4555)

271. Lester, Michael D.

Lester, Michael D.  
41 Niagara St  
Toronto, ON M5V 1C2  
Phone: [1.416.923.2330](tel:1.416.923.2330)