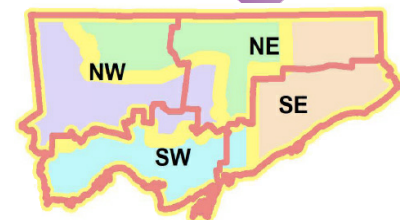


# CHILD & YOUTH MENTAL HEALTH SERVICES

## Toronto Southeast Quadrant

Last Updated: February 2023



### Community Resources

#### Afghan Women's Organization (AWO)

2555 Eglinton Ave E., Unit 211, Toronto, ON

Other locations in Toronto can be found on their website

[afghanwomen.org](http://afghanwomen.org)

416 266-1777

**Services offered:** AWO youth program, which helps youth adapt and integrate into Canadian society; settlement services; counselling; skills development workshops; anger management and conflict resolution sessions; mentorship; social and recreational events; drop-in sessions; volunteer opportunities for community hours; homework club

**Eligibility:** Afghan youth ages 14 to 29 who live in the Toronto and Peel regions

#### Applegrove Community Complex - Child & Youth / Families and Early Years Programming

60 Woodfield Rd., Toronto, ON (Main location)

[www.applegrovecc.ca](http://www.applegrovecc.ca)

416 461-8143

[childandyouth@applegrovecc.ca](mailto:childandyouth@applegrovecc.ca)

**Services offered:** Parent/child drop-in, prenatal program, applegrove connection drop-in, after-school program, youth leadership program, youth drop-in, summer adventure camp, summer leadership program

**Eligibility:** Infants, children, youth, and their families; specific eligibility criteria varies by program

**Referral:** No referral necessary

#### Canadian Mental Health Association Supports

1200 Markham Rd., Suite 500, Scarborough, ON (Scarborough Site)

Other service locations across Toronto listed on their website

[toronto.cmha.ca](http://toronto.cmha.ca)

416 789-7957

[info@cmhato.org](mailto:info@cmhato.org)

**Services offered:** Family outreach and response (FOR) program that offers education and practical skills to families and friends who have a loved one experiencing a mental health issue, including one-on-one support with a family worker, variety of groups and workshops, and specialized supports (early intervention family support, dialectical behaviour therapy (DBT-informed) family support, and family navigation services); mental health and

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

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**camh**

justice services (court support, case management, forensic support, crisis prevention, post-incarceration housing); case management services; early psychosis intervention program; transitional youth program

**Eligibility:** Specific eligibility criteria varies by program

**Referral:** For the FOR program, fill out the program's intake form and fax or email the referral to the contact information on the form; for other services, fill out a referral form from The Access Point at 416 640 1934 or [theaccesspoint.ca](http://theaccesspoint.ca)

## Catholic Children's Aid Society of Toronto

2206 Eglinton Ave E., Toronto, ON

[torontocas.ca](http://torontocas.ca)

416 395-1500

**Services offered:** Child protection services, child access programs, family finding, family support program, health specialists, violence against women program, immigration program services, support for adoptive parents and kinship caregivers

**Eligibility:** Catholic families and children living in Toronto; specific eligibility criteria varies by program

## Family Service Toronto - East Toronto Hub

1527 Victoria Park Ave., Scarborough, ON (East Toronto Hub)

Other service locations across Toronto listed on their website

[familyservicetoronto.org](http://familyservicetoronto.org)

416 595-9618 (Main Line)

**Services offered:** Families in transition (FIT) counselling services, growing up healthy (GUHD) children's program offered at 8 community agencies, healthy families healthy communities newcomers program for parents and youth, 'Options' program for individuals with developmental disabilities and their families, peer support groups for 2SLGBTQ+ youth

**Eligibility:** Specific eligibility criteria varies by program

**Languages:** Specific language capacities vary by program; languages include English, Farsi, French, Portuguese, Spanish, Swahili, and Tamil

## Michael Garron Hospital - Child and Youth Mental Health

825 Coxwell Ave., Toronto, ON

[tehn.ca](http://tehn.ca)

416 461-8272

**Services offered:** Inpatient and outpatient child and youth mental health programs, family support program, crisis and urgent care services, building bridges classroom day program, anxiety clinic, transitional youth program, and eating disorders program

**Eligibility:** Children and youth with mental health challenges and their families; specific eligibility criteria varies by program

**Referral:** Varies by program; most services require a referral from a physician

## Reconnect Community Health Services - FAME: Family Association for Mental Health Everywhere - Scarborough Location

Dorset Park Community Hub - 1911 Kennedy Rd., Unit 105, Toronto, ON (Scarborough location)

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Other locations across the Greater Toronto Area listed on their website

[www.fameforfamilies.com](http://www.fameforfamilies.com)

416 248-2050 x 8038 (Scarborough location)

416 248-2050 (Main line)

[contact@reconnect.on.ca](mailto:contact@reconnect.on.ca)

**Services offered:** One-on-one counseling support for individuals who are caring for someone experiencing mental health challenges, family support groups, FAMEkids (7-12) and FAMEyouth (ages 13-17) programs where children and youth with a loved who is experiencing mental health challenges can explore and share experiences in a group environment, individual support for children and youth

**Eligibility:** Individuals acting as a caregiver for someone who is experiencing a mental health concern as well as children and youth whose loved ones are living with mental health challenges; specific eligibility criteria varies by program

**Note:** Range of in-person and virtual programs and services

## Rosalie Hall

3020 Lawrence Ave. E., Scarborough, ON

[www.rosaliehall.com](http://www.rosaliehall.com)

416 438-6880

[info@rosaliehall.com](mailto:info@rosaliehall.com)

**Services offered:** Community counselling, community care and treatment, parenting groups, school program for students who are pregnant and transitioning to parenthood, early learning child care centre, young parent hub, live-in treatment, food bank and clothing boutique, outreach and support, nutritional counselling, substance use counselling, and group intervention

**Eligibility:** Young people who are pregnant, young parents and their families; specific eligibility criteria varies by program

## Scarborough Health Network (Child and Adolescent Mental Health) - Shoniker Clinic

2877A Ellesmere Rd., Scarborough, ON

[shn.ca/areas-of-care/mental-health-care](http://shn.ca/areas-of-care/mental-health-care)

416 281-7301

[shonikerclinic@shn.ca](mailto:shonikerclinic@shn.ca)

**Services offered:** A child and adolescent mental health clinic that specializes in diagnosing and treating significant mental health problems; timely mental health assessments, individual therapy, family counselling, group therapy, education workshops, psychiatric services, medication support, first intervention treatment team program (FITT), attention deficit hyperactivity disorder (ADHD) clinic, and link program; six-bed inpatient unit, day hospital, and crisis services also offered by the Scarborough Health Network

**Eligibility:** Services are offered to children and adolescents with significant mental health problems who have not yet reached their 19th birthday - except for the FITT program; clients must reside in Scarborough, Pickering, or Ajax

**Referral:** Referrals must be made by a physician

## Strides Toronto - Southeast Location

1200 Markham Rd., Suite 200, Scarborough, ON

Other locations across Toronto are listed on their website

[stridestoronto.ca](http://stridestoronto.ca)

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416 321-1445

[contactus@stridestoronto.ca](mailto:contactus@stridestoronto.ca)

**Services offered:** Individual child and youth counselling, What's Up Walk-In counselling, family counselling, specialized groups/workshops for children, youth, or parents, skill development for children and youth with autism spectrum disorder, assessment and treatment of early speech and language delays, extra support for a healthy pregnancy, residential treatment programs, gender-based violence support, system navigation assistance, and information and resource materials

**Eligibility:** Children, youth, and their families

**Languages:** Varies by service; languages include English, French, Tamil, Mandarin, and Farsi

**Referral:** No referral needed

## What's Up Walk-In - Southeast Locations

1200 Markham Rd., Suite 200, Toronto, ON (Located at Strides Toronto)

636 Kennedy Rd., Scarborough, ON (Located at Youthlink)

Other locations across Toronto can be found on their website

[whatsupwalkin.ca](http://whatsupwalkin.ca)

416 438-3697 (Markham Rd location)

416 967-1773 (Kennedy Rd location)

1-866-585-6486 (General inquiries)

**Services offered:** Free virtual and in-person mental health counselling

**Eligibility:** Kennedy Rd location - serving up to age 24 and under; Markham Rd location: serving up to age 29 and under; children, youth, young adults and their families, and families with infants

**Languages:** Markham Rd location - English, Arabic, Cantonese, Mandarin, Dari, Farsi, Hindi, Urdu, Tagalog, Tamil, Spanish, and French; Kennedy Rd location - English, Cantonese, Mandarin, Armenian, Urdu, and Tamil; contact to determine what days your preferred language is offered

**Note:** No health card required to receive services

## Youthlink

636 Kennedy Rd., Scarborough, ON (Main location)

747 Warden Ave., Scarborough, ON (Emergency shelter and transition home)

3545, Unit 1, Kingston Rd., Scarborough, ON (Pathways to Education office)

[youthlink.ca](http://youthlink.ca)

416 967-1773 (Main line)

416 864-4444 x 300 (Emergency shelter and transition home)

647 351-0091 (Pathways to Education office)

[info@youthlink.ca](mailto:info@youthlink.ca)

**Services offered:** youth outreach workers program, youth advocating anti-homophobia awareness (YAAHA), youth advisory committee, family therapy, 'journey to zero' family program, positive parenting program- triple p, wraparound in-home program, transitional housing program, youthlink shelter, pathways to education program, financial aid for education, residential treatment, ongoing counselling, and walk-in counselling services provided by What's Up Walk-In

**Eligibility:** Youth aged 12 - 24 and their families; specific eligibility criteria varies by program

## Youth Wellness Hub Ontario - Southeast Toronto

1200 Markham Rd., Suite 200, Scarborough ON (Scarborough location)

Other service locations across Toronto listed on their website

[youthhubs.ca/en/sites/scarborough/](http://youthhubs.ca/en/sites/scarborough/) (Scarborough location)

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416 438-3697 (General line)

**Services offered:** Walk-in mental health counselling, nurse practitioner, peer support group, DBT skills group, employment, housing and education program, newcomer youth program, youth drop-in, 2SLGBTQ+ youth group

**Eligibility:** Youth between the ages of 12 - 25 years old