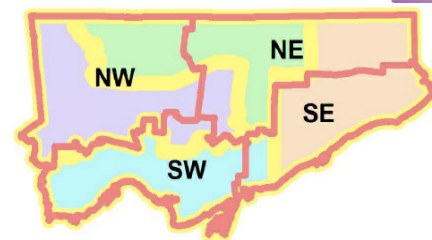


CHILD & YOUTH MENTAL HEALTH SERVICES

Toronto Southwest Quadrant

Last Updated: February 2023

Community Resources



Abiona Centre for Infant and Early Mental Health

1102 Broadview Ave., Toronto, ON (Main location)

40 Humewood Dr., Toronto, ON (Early learning centre)

abionacentre.ca

416 425-6348 x 230 (Main line)

416 651-5657 (Humewood early learning centre)

info@abionacentre.ca

Services offered: Kumba mental well-being program for Black children, prenatal residential program (school, group activities, medical appointments, counselling, health and wellness sessions, and physician-supervised exercise), postnatal transitional housing program, success in employment for adolescent mothers program, transitional housing program, young parent community housing project, early learning centres, earlyON programs, secondary school treatment program, maternal infant mental health services, ‘new lives start here’ transitional housing and education program for young moms, and Ujima family project.

Eligibility: Specific eligibility criteria varies by program

Alternatives – East York Mental Health Counselling Services Agency

1245 Danforth Ave., Toronto, ON

alternativestoronto.org

416 285-7996

info@alternativestoronto.org

Services offered: Case management, supportive counselling, groups and events/workshops, community development and education

Eligibility: Young adults and individuals over age 16 who are living with significant mental health challenges

Referral: Contact The Access Point at 1-800-640-1934 or go to www.theaccesspoint.ca to complete an application

Languages: English, Tamil, Malayalam, Cantonese

Centre Francophone de Toronto

555 Richmond St W., Suite 303, Toronto, ON (Main Site)

20 Lower Spadina Ave., Toronto, ON (EarlyON Centre)

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

Other service locations across Toronto listed on their website

centrefranco.org

416 922-2672

infos@centrefranco.org

Services offered: Mental health evaluation and follow-up, counselling, psychosocial support services, parenting skills developmental session, day treatment centre for young Francophones, prenatal classes, step-by-step prenatal nutrition program, baby massage program, EarlyON programming (in Toronto and York region), baby's house reading program, sign language for babies, parent and toddler program, children's gardening program, support program for fathers, daycare integration support, and many more workshops and programs

Eligibility: Specific eligibility criteria varies by program

Referral: Individuals can self-request services through their central form found here (English and French):

<https://ac.centrefranco.org/>

Note: Programming and services are offered in French

Davenport–Perth Neighbourhood and Community Health Centre

1900 Davenport Rd., Toronto, ON

Other service locations across Toronto listed on their website

dpnchc.com

416 656-8025 (Neighbourhood centre)

416 658-6812 (Health centre)

info@dpnchc.ca

childrenandyouth@dpnchc.ca

Services offered: EarlyON child and family centre programming (drop-in and group activities, workshops and skill training, health and development screening, perinatal support and pregnancy nutrition programs, referrals, access to dietitians and public health nurses), after school programs, youth leaderships programs, youth work and employment support, youth drop-in space, youth one-on-one check-ins with program staff, health services

Eligibility: Children, youth, and their families

Languages: Specific language capacities vary by program; languages include English, Spanish, French, Portuguese, Bengali, Hindi, Mandarin, Tamil, and Urdu

Note: Health cards are not required to receive health services

Family Service Toronto - Central Hub

355 Church St., Toronto, ON (Main Downtown Location)

Other service locations across Toronto listed on their website

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

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George Hull Centre for Children and Families

81 The East Mall, 3rd floor, Toronto, ON (Main site) SW

295 The West Mall, 2nd floor, Etobicoke, ON (Prevention and Early Intervention Services)

Other service locations across Toronto listed on their website

georgehullcentre.on.ca

416 622-8833 (Main site)

reachus@georgehullcentre.on.ca

Services offered: Congregate living - intensive treatment services for girls, counselling services, including assessment and individual, family, and group therapy, education workshops, day treatment, group programs for children, youth, and their parents, intensive in-home services for adolescents and families with complex needs, R.I.T.E.S collaborative program for Black children and youth, EarlyON centre and programming at locations across Toronto, preschool speech and language services, Etobicoke Brighter Futures Coalition, family group conferencing program

Eligibility: Children and youth from 0 - 18 years old and their families; specific eligibility criteria varies by program

Lumenus - Central Toronto Location

65 Wellesley St E., Unit 500, Toronto, ON

Various service locations across Toronto can be found on their website

lumenus.ca

416 222-1153 (Main line)

416 395-0660 (Wellesley St location)

info@lumenus.ca

Services offered: Urgent response services for children with autism, EarlyON programming, centralized access to residential services (C.A.R.S.) program, Ontario autism program (OAP), youth-led projects, wraparound services, youth mental health court services, Griffin community support network, school focused mental health counselling, provincial youth outreach workers, hospital transition support services, drug education and harm reduction education, respite services, reachOUT - 2SLGBTQ+ youth program, individual and family counselling, Better Beginnings Now parenting program

Eligibility: Specific eligibility criteria varies by program

Note: Services offered at specific locations vary - check website for more details

Reconnect Community Health Services - FAME: Family Association for Mental Health Everywhere - Southwest Toronto Locations

365 Evans Ave., Unit 201, Toronto, ON

1281 St Clair Ave W., Toronto, ON (Head Office)

Other locations across the Greater Toronto Area listed on their website

fameforfamilies.com

416 248-2050

contact@reconnect.on.ca

Services offered: One-on-one counselling 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 one who is experiencing mental health challenges can explore and share experiences in a group environment, individual support for children and youth

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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

Turning Point Youth Services

95 Wellesley St E., Toronto, ON (Main location)

turningpoint.ca

416 925-9250 (Main line)

info@turningpoint.ca

Services offered: Counselling (individual, family, and group), residential treatment, school programs for high school students, youth justice programs (residential programs for young men to spend time in custody, support for youth at court, programs to teach youth skills so they do not get in trouble again), and other programs and services

Eligibility: Youth who are experiencing challenges in their lives; specific eligibility criteria varies by program

Note: Some programming and services are offered at various locations other than the main site - see website for more details

What's Up Walk-In

65 Wellesley St E., Suite 500, Unit 16, Toronto, ON (Located at Lumenus Community Services)

Other locations across Toronto can be found on their website

whatsupwalkin.ca

416 482-0081 x 6 (Wellesley St location)

1-866-585-6486 (General inquiries)

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

Eligibility: Wellesley St location - serving up to age 29 and under; children, youth, young adults and their families, and families with infants

Languages: Wellesley St location - English, Mandarin, Farsi, Hindi, Urdu, Spanish, Korean, Tamil, and Tagalog; contact to determine what days your preferred language is offered

Note: No health card required to receive services

Woodgreen Community Services

815 Danforth Ave., Toronto, ON (Main location)

Other service locations across Toronto listed on their website

woodgreen.org

416 645-6000

info@woodgreen.org

Services offered: Childcare centres across Toronto, resource services, Pape House neighbourhood program for school age children, Youth Possibilities project, Toronto youth job corps case counselling, services for children with developmental disabilities (English and French), employment services, newcomer youth settlement program, youth wellness centre, counselling and support services, mentoring pathways to employment (for newcomer youth), youth job connection programs, capability program, foundations for youth success program, 'free 2 be' transitional program for young people aging out of foster care

Eligibility: Children, youth, and their families; specific eligibility criteria varies by program

Note: There may be fees associated with some programs - check website for more details

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Youth Wellness Hub Ontario - Central Toronto

815 Danforth Ave., 3rd Floor, Toronto, ON
 40 Orchard View Blvd, Toronto, ON (Central Toronto location)
 Other service locations across Toronto listed on their website
youthhubs.ca (Danforth location)
youthhubs.ca/en/sites/central-toronto/ (Central Toronto location)
 416 438-3697 (General line)

Services offered: Danforth location - walk-in mental health counselling, primary care (nurse practitioner), peer support group, care navigation, DBT skills groups, and psychiatric consultations; Central Toronto location - walk-in mental health counselling, primary care (nurse practitioner), peer support group, care navigation, DBT skills groups, psychiatric consultations, youth drop-in groups/spaces/events, employment and housing support, 2SLGBTQ+ programming, and programming for Black youth

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

Youthdale Treatment Centres

229 Yonge St., Toronto, ON
youthdale.ca
 416 368-4896 (General line)
 416 363-9990 (Crisis line)
experience@youthdale.ca

Services offered: An agency supporting children, youth, young adults, and families struggling with complex needs; Community and in-patient services include intake services, a medical consultation clinic, live-in programs, day treatment, intensive extended day program (IEDP), intensive support and supervision (ISSP), and a 24/7 crisis line and mobile support

Eligibility: Children and youth between the ages of 6 - 24 and their families; Specific eligibility criteria varies by program

Note: For questions regarding non-crisis inquiries, speak to intake workers at [416 368-4896 x 2000](tel:4163684896)