

Children’s Mental Health and Other Resources

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## AUDIOLOGY

Name of Agency	Services	Waitlist	Referral Process	Contact Info:
<b>Toronto Audiology Associates</b> (6 months of age and up)	<ul style="list-style-type: none"> <li>• Hearing Tests (OHIP covered – with referral from physician)</li> <li>• Otoacoustic emission screening (below 6 months of age) if not seen at birth in hospital (OHIP covered with referral from physician)</li> <li>• Infant hearing program</li> <li>• Hearing aid evaluation</li> <li>• Ear wax removal</li> <li>• Specialize in auditory processing testing (ages 7 and up - *fee for this service)</li> </ul>		Referral form available online – email or fax to: 416-331-9881	803-240 Duncan Mill Rd., North York, Ontario M3B 3S6 Telephone: 416- 331-9888 Website: <a href="http://www.torontoaudiology.com">www.torontoaudiology.com</a> Fax: 416- 331-9881 Email: torontoaudiology@bellnet.ca
<b>Beyond Words – Speech Language Pathology</b>				☎ : (905) 723-3061  <a href="http://www.beyondslp.ca">www.beyondslp.ca</a>

<b>Early Abilities-Surrey Place</b>	Toronto preschool speech and language services			As of April 1, 2022, Preschool Speech and Language, Blind-Low Vision and Infant Hearing programs have moved from Toronto Public Health to Surrey Place. To make a referral or for more information, please contact <a href="#">Surrey Place</a> at 416-925-5141.”
<b>Hospital for Sick Children – Audiology Clinic</b>	Ages: 18 and under		Referrals through online Ambulatory Referral Management System (ARMS)	
<b>Humber River Hospital- Audiology Department</b>	*Also offers Audiology services for 18+ years old		Fax Referral to: (416) 242-1095	☎:(416) 242-1000 ext. 21400
<b>Markham Stouffville Hospital</b>	Infant Hearing Program			☎ 1-888-703-5437 (select option 4 for Infant Hearing)
<b>Mt. Sinai Hospital</b>	Ontario Infant Hearing Program			☎ : (416) 586-5018  <a href="http://www.mountsinai.on.ca/care/Infant-hearing-program">www.mountsinai.on.ca/care/Infant-hearing-program</a>
<b>Ontario Association of Speech Language Pathologist and Audiologist</b>	Private practice reference line			☎ : (416) 920-3676 Toll free: 1-800-718-6752  <a href="http://www.osla.on.ca">www.osla.on.ca</a>
<b>Sound Advice Hearing Clinic</b>	Infant Hearing Program			North York –Sheppard Ave Area ☎ : (416) 398-5050 FAX.: (416) 398-6262  <a href="http://www.soundadvicehearing.ca/infant-hearing-program.php">www.soundadvicehearing.ca/infant-hearing-program.php</a>

**CHILDREN’S MENTAL HEALTH AGENCIES**

Free government funded programs (some groups may be fee for service), all LGBTQ + services  
Please call for program/service updates and wait times.

Name of Agency	Services	Waitlist	Referral Process	Contact Info:
<b>Aisling Discoveries Child and Family Centre</b>	<ul style="list-style-type: none"> <li>• children prenatal-12 years of age</li> <li>• children/youth till age 18 with autism spectrum disorder</li> <li>• individual &amp; family counseling, infant mental health, residential</li> </ul>			325 Milner Avenue, Suite 110 Scarborough, ON Canada, M1B 5N1  ☎ : 416-321-5464 Fax: 416-321-1510 Email: <a href="mailto:email@aislingdiscoveries.ca">email@aislingdiscoveries.ca</a>
<b>Blue Hills Child and Family Centre</b>	Brief, intensive, 0-6, Family mediation, Residential, day treatment  Ages: 0-18		Self – referral	Various locations  ☎ : (905) 773-4323  <a href="http://www.bluehillscentre.ca">www.bluehillscentre.ca</a>
<b>CAFCAN</b> African – Canadian or Caribbean persons or appreciation of Jamaican Heritage Jamaican Canadian Association	Individual counselling for adolescents, parenting programs, family mediation, mobile crisis counselling, and crisis intervention  All ages	Wait times vary		995 Arrow Rd. Toronto , ON M9M 2Z5  ☎ : (416) 740-1056 ext. 230 Fax: (416) 746-7035  <a href="http://www.cafcan.org">www.cafcan.org</a>
<b>Child Development Institute</b>	Early intervention, child development,		Self – referral	197 Euclid Ave. Toronto, ON M6J 2J8

	family violence services  Ages: 0-18			☎: (416) 603-1827  <a href="http://www.childdevelop.ca">www.childdevelop.ca</a>
<b>Etobicoke Children's Centre</b>	Counselling, intensive services, autism support, walk in clinic, specialized consultation group services			65 Hartsdale Drive (Main Office) Etobicoke, ON M9R 2S8  ☎: (416) 240-1111  <a href="http://www.etobicokechildren.com/contact-us">www.etobicokechildren.com/contact-us</a>
<b>Family Association for Mental Health Everywhere (FAME)</b>	One to one support, telephone support, first episode psychosis program			Various offices in Toronto /GTA 268 Royal York Road, Second Floor Etobicoke, ON M8V 2V9  ☎: (416) 207-5032  <a href="http://www.fameforfamilies.com">www.fameforfamilies.com</a>
<b>George Hull Centre (West end Toronto)</b>	Groups, programs, day treatment, residential treatment, assessments  Ages: birth to 18 years		Self – referral for family and individual counselling	81 The East Mall, Third Floor Toronto, ON M8Z 5W3  ☎: (416) 622-8833 Fax: (416) 622-7068, Attn: Intake  <a href="http://www.georgehullcentre.on.ca">www.georgehullcentre.on.ca</a>

<b>Griffin Centre</b>	<p>Individual and family counselling for youth.</p> <p>Ages: 12-18 years</p>	<p>Wait times vary</p>	<p>Self – referral</p>	<p>1126 Finch Ave West Toronto ON M3J 3J6</p> <p>☎ : (416) 222-1153</p> <p><a href="http://www.griffin-centre.org">www.griffin-centre.org</a></p>
<b>Jewish Family and Child Services</b> (various locations in GTA and York region)	<p>Child protection, clothing cupboard, supplemental financial assistance, joint employment program, groups and workshops, family resources centre.</p> <p>Ages: 0-18years</p>			<p>Central Office and Intake 4600 Bathurst Street, First Floor Toronto, ON M2R 3V3</p> <p>☎ : (416) 638-7800 Fax: (416) 638-7943</p> <p><a href="http://www.jfandcs.com/list-of-services">www.jfandcs.com/list-of-services</a></p>
<b>Kinark Child and Family Services</b>	<p>Counselling for children and families, Autism services, outdoor program, childcare , supervised access program, youth justice, residential programming</p> <p>Ages : 0-18years</p>		<p>Self – referral</p>	<p>Various locations across York region</p> <p>Central Intake</p> <p>☎ : 1-888-454-6275</p> <p><a href="http://www.kinark.on.ca">www.kinark.on.ca</a></p>

<b>Morneau Shepell Children's Support Solution</b>	<p>Psychological, educational and programs , speech language pathology, special education , behaviour therapy</p> <p>Set fee for service (200/hr) (\$65. Admin fee, one time) 1 hour consultation with parents for first session no wait times indicated</p> <p>Ages : 18 and under</p>		Self – referral	1131 Leslie St. Toronto ON M3C 2J6  ☎ :1-866-653-2397  www.childrensupportolutions.com
<b>Native Child and Family Services Toronto</b> (also Scarborough office)	Wide range of supports and services for children and families, parenting resources, housing, adoption, foster care support and child protection.		Self – referral	30 College Street Toronto ON M5G 1K2  ☎ : (416) 969-8510 Fax: (416) 928-0706  www.nativechild.org/children-a-families
<b>Ontario Mental Health Helpline</b> (24 hr/7 days per week)	Crisis line, self help, groups, distress centres, family services, immediate assistance, All ages		Self – referral	☎ : 1-866-531-2600  www.mentalhealthhelpline.ca
<b>Skylark Youth and Families</b>	Walk-in , counselling, day treatment, drug		Self – referral	40 Orchard View Blvd., Unit 102 Toronto, ON M4R 1B9

	education, residential program, outreach, wrap around			☎ : (416) 482-0081 <a href="http://www.skylarkyouth.org">www.skylarkyouth.org</a>
<b>The York Centre for Children and Youth</b>	Day treatment, children youth and families , 0-6 services		Self - referral	11225 Leslie St. Richmond Hill, ON L4S 1N5  ☎ : (905) 737-8927  <a href="http://www.theyorkcentre.ca">www.theyorkcentre.ca</a>
<b>Turning Point</b>	Counselling, residential and day treatment, youth justice programs,		Self - referral	95 Wellesley Street East, Toronto, ON M4Y 2X9  ☎ : (416) 925-9250  <a href="http://turningpoint.ca">http://turningpoint.ca</a>
<b>Yorktown Family Services</b>	Counselling, school based, parenting, youth development, outreach		Self - referral	2010 Eglinton Ave. West, Suite 300 Toronto, ON M6E 2K3  ☎ : (416) 394-2424  <a href="http://www.yorktownfamilyservices.com">www.yorktownfamilyservices.com</a>
<b>Youthlink</b>	Counselling, parent and family services, walk in counselling		Self - referral	636 Kennedy Road, Scarborough, ON M1K 2B3  ☎ : (416) 967-1773  <a href="http://www.youthlink.ca">www.youthlink.ca</a>



**EARLY CHILD HEALTH**

<b>Name of Agency</b>	<b>Services</b>	<b>Waitlist</b>	<b>Referral Process</b>	<b>Contact Info:</b>
<b>Ontario Early Years Centre</b>	Early learning and literacy programs, education for parents and caregivers around child development, programs on pregnancy and parenting, outreach activities			☎ : 1-866-821-7770  www.ontarioearlyyears.ca
<b>Toronto Public Health</b>	Healthy Babies Healthy Children Program  Free home visit program, healthy pregnancy, promoting child's growth and development, breastfeeding, connecting to resources			☎ : (416) 338-7600  www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/pregnancy/during-pregnancy/prenatal-programs/healthy-babies-healthy-children/

## NUTRITION

Name of Agency	Services	Waitlist	Referral Process	Contact Info:
<b>Diary goodness</b>	Meal ideas for children, nutrition information			www.dairygoodness.ca
<b>North York Family Health Team – Registered Dietitians</b>				☎: (416) 494-3003 Fax: (416) 494-8525
<b>Public and Private Registered Dietitians can be found on the Dietitians of Canada</b>				www.dietitians.ca
<b>Toronto Public Health</b>	Health Education programs, family and child health			☎: (416) 338-7600 After Hours Tel: 3-1-1 (daily 24hrs)  <a href="http://www.centralhealthline.ca/displayService.aspx?id=133511">www.centralhealthline.ca/displayService.aspx?id=133511</a>
<b>York Region Public Health for Toddlers – Public Health Nutritionist</b>				☎: 1-800-735-6625 ext. 74339 Fax: (905) 895-7520
<b>Breast Feeding Support</b>				
<b>Dr. Jack Newman and Ms. Edith</b>	Breast feeding classes, education, and treatment for mothers			☎: (416) 498-0002 Fax: (416) 498-0012

<b>Kernerman – nbci Toronto Clinic</b>				<a href="http://www.mydufferin.ca/listing/dr-jack-newman-ms-edith-kernerman-nbci-toronto-clinic">www.mydufferin.ca/listing/dr-jack-newman-ms-edith-kernerman-nbci-toronto-clinic</a>
<b>North York General Hospital (Branson Site)</b>	Mother and Babies Clinic- Post Partum Follow-Up Clinic,			☎: (416) 756-6410
<b>OMama</b>	The OMama website connects women and families to trusted, evidence- informed healthy pregnancy, birth and early parenting information for Ontario			<a href="http://www.omama.com">www.omama.com</a>
<b>Toronto Public Health</b>	Le Leche League Canada – Breast Feeding Referral Service			☎: (416) 338-7600 1-800-665-4324  <a href="http://www.lllc.ca">www.lllc.ca</a>

## OCCUPATIONAL THERAPY & PHYSIOTHERAPY

Name of Agency	Services	Waitlist	Referral Process	Contact Info:
<b>Community Living Toronto</b>	Early Childhood Services, OT and Behaviour Management  Ages: birth-12yrs			☎: (416) 968-0650 FAX.:416-438-1183
<b>Easter Seals</b> Children with amputations				☎: (416) 421-8377  <a href="http://www.easterseals.org/wp-content/uploads/Child-Registration-Application-2018.pdf">www.easterseals.org/wp-content/uploads/Child-Registration-Application-2018.pdf</a> (filled out by patient OT or PT)
<b>Footprints Therapy</b> – OT, Physiotherapy, Osteopathy, and Naturopathy	Pre-natal-all ages		Self – referral	☎: 416-444-2125  www.footprints.ca
<b>Hospital for Sick Children</b> -Rehabilitation Services				☎: Physiotherapy (416) 813-6755; Occupational Therapy (416) 813-2153 Fax.: 416-813-8557  <a href="http://www.sickkids.ca/rehabilitation-services/Contact-us/index.html">www.sickkids.ca/rehabilitation-services/Contact-us/index.html</a>
<b>North York General Hospital</b> -The Child Development Team				☎: (416) 756-6642 Fax: (416) 756-6671

<b>Morneau Shepell Children's Support Solutions</b>	OT, speech language pathology, physiotherapy, neuropsychology, music therapy, and behavioural therapy, educational consulting, guidance counselling Ages:preschool/JK/SK		Self-referral	☎: 1 866 653 2397
<b>War Amps</b> -Children with amputations	Ages: 17yrs and under			☎: (416) 412-0600 Fax.: 1-800-219-8988
<b>York Region Community Services</b>				☎: 1-888-703-5437 (select option 6 for play and recreation programming )

## OPHTHOMOLOGY

Name of Agency	Services	Waitlist	Referral Process	Contact Info:
<b>Dr. Dale Gray, St. Michael's Health Centre</b>				<p>☎: (416) 867-7422                      Fax: (416) 867-3688</p>
<b>Dr. Dale Gray Eye Clinic</b>				<p>1333 Sheppard Ave East                      North York, ON M2J 1V1</p> <p>☎: (416) 494-6155                      Fax: (416) 494-0010</p>
<b>Hospital for Sick Children</b> – Ophthalmology			<p>For Urgent Referrals (same day)                      call: 416-813-7998</p> <p>Refer online:  <a href="http://www.sickkids.ca/AmbulatoryClinics/index.html">http://www.sickkids.ca/AmbulatoryClinics/index.html</a></p>	<p>☎: (416) 813-6838                      Fax: (416) 813-6261</p>
<b>Markham Stouffville Hospital</b>	Low Vision Early Intervention Program			<p>☎: 1-888-703-5437                      (Press option 2 for Low Vision Program)</p>

**PSYCHIATRIC SERVICES**

<b>Name of Agency</b>	<b>Services</b>	<b>Waitlist</b>	<b>Referral Process</b>	<b>Contact Info:</b>
<b>CAMH Youth Program (14-24 years of age)</b>	Concurrent disorders and addiction, better behaviours, specialized treatment groups, assessment/consultation and diagnosis, day and outpatient programs		Self referrals: 416-535-8501 press 2  Fax CAMH referral form to: 416-979-6815	Centralized intake: 416 535-8501, option 2.  Website: <a href="https://www.camh.ca/">https://www.camh.ca/</a>
<b>East Metro Youth Services</b>	What's Up Walk in Clinic available (up to age 29)			☎: 416-438-3697 Website: <a href="http://Emys.on.ca">Emys.on.ca</a>
<b>Humber River Hospital -Mental Health Addictions Program</b>	Individual, family , psychiatric consultation, assessment and medication management	Waitlist: Does not provide times.	Available online on hospital website	1235 Wilson Ave Toronto, ON M3M 0B2  ☎: (416) 242-1000 ext. 43000 Fax: (416) 242-1024  <a href="http://www.hrh.ca/mhchildandadolescentmhs">www.hrh.ca/mhchildandadolescentmhs</a>

	Ages: 18 and under			
<b>Mackenzie Health Hospital , Shaw Clinic Child and Family Services</b>	Mood disorders, anxiety disorders, Psychotic disorders, ADHD care  Ages: 6-18 years	Therapy services 7-8 months  Psychiatry services 3-4 months	Online hospital website. Important for patient to provide email address to receive referral confirmation.	10 Trench Street, B-Wing level 5 Richmond Hill, ON L4C 4Z3  ☎ : (905) 883-2137 Fax: (905) 883-2144  <a href="http://www.mackenziehealth.ca/en/programs-services/mental-health-services-for-children-and-families.aspx">www.mackenziehealth.ca/en/programs-services/mental-health-services-for-children-and-families.aspx</a>
<b>North York General Hospital</b> -Adolescent mental health program	Outpatient assessment for youth and children  Ages: 5-18 years		Submitted online only. Under “areas of care” section of website.	Branson Ambulatory Care Centre 555 Finch Avenue West, 5 floor Toronto, ON M2R 1N5  ☎ : 416-632-8703 Fax: 416-632-8703  <a href="http://www.nygh.on.ca/Default.aspx?cid=1196&amp;lang=1">www.nygh.on.ca/Default.aspx?cid=1196&amp;lang=1</a>
<b>Shoniker Clinic , Rouge Centenary Hospital</b>	Service: Individual family counselling for youth. Wait times vary		Available on hospital website	2877 A Ellesmere Road Scarborough, ON M1E 5E1  ☎ : 416-281-7301 Fax: 416-281-7465  <a href="http://www.rougevalley.ca/shoniker-clinic">www.rougevalley.ca/shoniker-clinic</a>



	Ages: 12-18			
<b>Sick Kids Centre for Community Mental Health</b> (Formerly Hincks Dellcrest)			Please fax referrals with attn. intake to Jarvis Centre 416-924-8208	440 Jarvis St. Toronto , ON M4Y 2H4
<b>Sick Kids Centre for Community Mental Health</b>			Please fax referrals with attn. intake to Sheppard Centre 416-633-7141  Referrals also available on hospital website online.	1645 Sheppard Ave W North York , ON M3M 2X4  ☎ : 416-924-1164 Central intake: 416-924-1164 ext. 8708  <a href="http://www.hincksdellcrest.org">www.hincksdellcrest.org</a>
<b>Sunnybrook Hospital Department of Psychiatry , Adolescent Program</b>	Individual, family, group , workshops, psychiatry and medication  Ages: 14-18years	Wait times: Vary for services	Referrals: Available online on hospital website. Please mark “urgent” intake will call within 1 week. Not urgent 2-3 weeks.	2075 Bayview Ave Toronto, ON M4N 3M5  ☎ : 416-281-7301 Fax: 416-281-7465  <a href="http://www.sunnybrook.ca/content/?page=pyschiatry-youth-programs">www.sunnybrook.ca/content/?page=pyschiatry-youth-programs</a>






<p><b>What's Up Walk In Clinic</b> Skylark Location (see flyer attached)</p>	<p>Individual, family counselling, groups</p> <p>Orchard location 12-26 years DBT group 14-18 years 0-26 years (Wellesley location)</p>		<p>Self-referral Physician referral only needed for DBT group</p> <p>Walk In clinic, no appointment or health cared necessary. Referral can be made to psychiatry by intake</p>	<p>40 Orchard View Blvd, Suite 255 Toronto, ON M2R 1N5</p> <p>☎ : (416) 482-0081 Fax: (416) 482-5055</p> <p>Website: <a href="http://www.whatsupwalkin.ca">www.whatsupwalkin.ca</a> Email: <a href="mailto:info@skylarkyouth.org">info@skylarkyouth.org</a></p>
<p><b>Youthdale</b></p>	<p>Inpatient, outpatient, assessment, treatment, crisis services, sleep centre, camp program</p>			<p>227 Victoria Street Toronto, ON M5B 1T8</p> <p>☎ : Crisis support 24/7: (416)363-9990 Intake Coordinator at (416) 368-4896 ext. 2694</p> <p><a href="http://www.youthdale.ca">www.youthdale.ca</a></p>





## SPEECH & LANGUAGE

Name of Agency	Services	Waitlist	Referral Process	Contact Info:
<b>Markham Stouffville Hospital</b> – York Region Preschool Speech and Language program				☎: 1-888-703-5437 (select option 2 for Speech and Language program)
<b>North York General Hospital --</b> - Children’s Communication, Speech, and Language				Mental health intake ☎: (416) 756-6642  <a href="https://connect.nygh.on.ca/MentalHealth/mental_forms/SitePages/intake_form.aspx">https://connect.nygh.on.ca/MentalHealth/mental_forms/SitePages/intake_form.aspx</a>
<b>Ontario Association of Speech Language Pathologist and Audiologist</b> – private practitioners list				☎: 416-920-3676 or 1-800-718-6752  <a href="http://www.osla.on.ca">www.osla.on.ca</a>
<b>The Hospital for Sick Kids</b> – Communication Disorders – Speech Clinic				☎: ( 416) 813-6100  <a href="http://www.sickkids.ca/AboutSickKids/Directory/Listings/C/Communication-Disorders-Speech.html">www.sickkids.ca/AboutSickKids/Directory/Listings/C/Communication-Disorders-Speech.html</a>

<b>The Speech and Stuttering Institute</b>				☎: (416) 491-7771 ext. 224  <a href="http://www.speechandstuttering.com/services/speech/referral-process/">www.speechandstuttering.com/services/speech/referral-process/</a>
<b>Children's Support by Lifeworks</b>				☎: 1-866-653-2397  <a href="https://childrensupportolutions.com/">https://childrensupportolutions.com/</a>



<b>Parent/Caregiver Support Groups</b>				
<b>Name of Agency</b>	<b>Services</b>	<b>Waitlist</b>	<b>How to Refer</b>	<b>Contact Info:</b>
<b>Child Development Institute</b>	Treatment groups for families of children 0-12 years  SNAP (children and parents 6-11)  Feelings First 8 week parent group to build skills for supporting a child with a learning disability	6 to 12 months wait for SNAP in person  Feelings First online group (child has diagnosed LD) - has a 2 year waitlist	Self-referral	☎: (416) 603-1827 <a href="https://www.childdevelop.ca/programs">https://www.childdevelop.ca/programs</a>
<b>Lumenus</b>	Better Beginnings Now (for parents/caregivers)			☎: 416-222-1153

	of children 0-6) is a parenting competency building program			<a href="https://www.lumenus.ca/">https://www.lumenus.ca/</a>
<b>Sick Kids CCMH</b>	Virtual parent chat 1:30pm to 2:30pm  (age 0-6)			 : 416-924-1164 ext. 8708  <a href="https://sickkidscmh.ca/service/virtual-parent-chat/">https://sickkidscmh.ca/service/virtual-parent-chat/</a>
<b>Strides Toronto</b>	Offer Triple P Parenting Program		Self-refer	 : (416) 438-3697 (12248 for Markham Rd intake) and 416-321-5464 (ext. 0 for Milner Rd. intake)  <a href="https://stridestoronto.ca/">https://stridestoronto.ca/</a>
<b>York Hills</b> – for York Region residents (unless the program is online)	Offer different types of Triple P groups (standard group, family transitions group, fear-less group, and one involving children in the group)	Programs run about 2 times per year	Currently run online (zoom) for anyone  In person groups will be only for residents of York Region	 : 905-503-9560  <a href="https://www.yorkhills.ca/services/group-services/">https://www.yorkhills.ca/services/group-services/</a>
<b>The Association of Parent Support Groups (APSGO)</b>	Run by trained and experienced parent volunteers		Self-refer	 : <b>1-800-488-5666</b>  www.apsgo.ca
<b>Youthlink</b>	Offer Triple P Parenting group for		Self-refer	 : 416-967-1773 ext. 222

	parent/caregivers of youth ages 12 to 16			
<b>West Scarborough Neighbourhood Community Centre (and EarlyON centre)</b>	Fathering Programs for male caregivers of children 0-6 years old  Activity groups to promote community+ Parent Information Sessions/ “facilitated discussions”		Self-refer	 : 416-755-9215
<b>Parent-Child Mother Goose Program</b>  Program locations vary	Parent+child groups for play activities	Sept-Dec (likely back in person)  Jan-March  March-June	Self-refer	 : 416-755-9215  Email: mgoose@webnet.com
<b>South Riverdale Child-Parent Centre</b>	Workshops for parents + Family activities	Closes for summer holidays	Self-refer	 : 416-469-3776  <a href="http://srcpc.org">srcpc.org</a>
<b>Kababayan Multicultural Centre</b> – Filipino and English speaking services	Caregiver support network + Parent support groups			 : 416-633-5056  <a href="http://www.kababayan.org">www.kababayan.org</a>
<b>Rexdale Women’s Centre</b>	“Nobody’s Perfect Parenting Groups”			416-745-0062

	Groups run by counsellors who speak multiple languages			<a href="https://www.rexdalewomen.org/index.php?cat=programs&amp;content=parenting-support">https://www.rexdalewomen.org/index.php?cat=programs&amp;content=parenting-support</a>
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Crisis Services for Children and Parent/Caregivers				
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Name of Agency	Services	Eligible age	Hours	Contact Info:
<b>What's Up Walk In Clinic</b>	Same-day services by phone, virtual, or in-person walk-in	0-26 + caregivers	Monday to Friday 9AM-7PM  and  Saturday 10AM to 4PM (last session at 3PM)	 : 1-866-585-6486 www.whatsupwalkin.ca
<b>Kids Help Phone and Good2Talk</b>	24/7 Helpline	Kids Help Phone: up to age ___  Good2Talk: post-secondary students and new grads	24/7	 : call 1-800-668-6868 or text 686868
<b>Crisis Text Line</b>	24/7 Help Text Service		24/7	TEXT "HOME" to 741741

In an emergency, the nearest hospital can respond to a mental health crisis (9-1-1 or go to nearest emergency room)