

# CHILD & FAMILY MENTAL HEALTH SERVICES

Toronto northeast quadrant

## Afghan Women's Organization (AWO)

150 Consumers Rd., unit 203, North York, ON

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

416 588-3585

**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

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

**Referral:** No referral necessary

## Agincourt Community Services Association

4155 Sheppard Ave. E., suite 100, Toronto, ON (main office)

4139 Sheppard Ave. E., Toronto, ON (Child and Family Centre)

201 Chester Le Blvd., 2nd floor, Toronto, ON (Chester Le Community Corner)

Other locations in Toronto can be found on their website

[agincourtcommunityservices.com](http://agincourtcommunityservices.com)

416 321-6912 (main office)

416 299-9872 (Child and Family Centre)

416 491-3456 (Chester Le Community Corner)

[4155reception@agincourtcommunityservices.com](mailto:4155reception@agincourtcommunityservices.com)

**Services offered:** Kindergarten Readiness Club, teen mothers program, public health programming, Cooking Healthy Together, provincial youth outreach workers, Taking Action to Achieve Growth and Success (TAAGS), food bank

**Eligibility:** Children, youth, newcomers, people experiencing homelessness, underserved communities; specific eligibility criteria varies by program

## Aisling Discoveries Child and Family Centre

325 Milner Ave., suite 110, Scarborough, ON (main office)

120 Middlefield Rd., unit 2, Scarborough, ON (Autism Services site)

Other locations in schools, hospitals, child care settings, and family shelters throughout Toronto can be found on their website (mostly in East York and Scarborough)

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

416 321-5464 (main office)

416 321-1445 (Autism Services site)

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at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

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

**camh**

[email@aislingdiscoveries.ca](mailto:email@aislingdiscoveries.ca)

**Services offered:** Support for children who are experiencing or are at risk of developing social, emotional or behavioural problems, and for children and youth with autism spectrum disorder and their families

**Eligibility:** Prenatal to 12 years of age; children and youth up to the age of 18 who have autism spectrum disorder and their families

**Referral:** No referral needed

## Catholic Children's Aid Society

1880 Birchmount Rd., Toronto, ON

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

416 395-1500

**Services offered:** Child protection services, counselling, family groups, support for adoptive parents and kin caregivers, immigration program services, child access programs and many other services

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

## Concerned Parents of Toronto

Mitchell Field Community Centre, 89 Church Ave., North York, ON

416 492-1468

[thejohnstons1@sympatico.ca](mailto:thejohnstons1@sympatico.ca)

**Services offered:** A monthly support group for families of people with a dual diagnosis (intellectual disability and mental health needs)

**Eligibility:** People with a family member who has a dual diagnosis

**Referral:** No referral necessary

## Griffin Centre

**Location:** 1126 Finch Ave. W., unit 16, Toronto, ON

[griffin-centre.org](http://griffin-centre.org)

416 222-1153

[contact@griffincentre.org](mailto:contact@griffincentre.org)

**Services offered:** Programs that address conflict with family, peers or others; problems at school and/or in the community; depression or other mental health concerns; substance use problems; sexual abuse; discrimination and/or harassment; conflict with the law; developmental disabilities; autism

## Integrated Services for Autism and Neurodevelopmental Disorders

5734 Yonge St., suite 500, Toronto, ON

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

416 224-5959

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

**Services offered:** A team of pediatricians, psychologists, clinicians and therapists provide medical care; language, social communication, occupational and behavioural therapies; and mental health and wellness supports

**Eligibility:** Young people with autism and neurodevelopmental disorders and their families; services are provided across three age groups: newborn to age 4, ages 5 to 14 and ages 15 to 24

**Referral:** For most services, no referral necessary

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## North York General Hospital (Child and Adolescent Mental Health Program)

4001 Leslie St., Toronto, ON

[www.nygh.on.ca/Default.aspx?cid=1196&lang=1](http://www.nygh.on.ca/Default.aspx?cid=1196&lang=1)

416 756-6642

**Services offered:** Outpatient program provides assessment and treatment, one-to-one client counselling, case management and community supports; inpatient unit for more severe mental health challenges

**Eligibility:** Varies by program; inpatient unit is for youth up to age 19, outpatient program is for children and adolescents and their families

**Referral:** Varies by program; for the outpatient program, physician referrals are accepted for people living within the geographical area served by the hospital, or from any physician at North York General

## Regesh Family and Child Services

149 Willowdale Ave., Toronto, ON

[regesh.com](http://regesh.com)

416 495-8832

**Services offered:** Counselling programs, such as an active school-based treatment program, professional consultations, family support therapy programs, an anger management clinic, summer day program and a play therapy program

**Eligibility:** Varies by program

**Referral:** Varies by program

## Scarborough and Rouge Hospital

2867 Ellesmere Rd., Scarborough, ON (Centenary site)

3030 Birchmount Rd., Scarborough, ON (Birchmount site)

3050 Lawrence Ave. E., Scarborough, ON (general site)

[www.rougevalley.ca/child-and-adolescent-mental-health](http://www.rougevalley.ca/child-and-adolescent-mental-health)

416 284-8131 (Centenary site)

416 495-2400 (Birchmount site)

416 438-2911 (general site)

**Services offered:** Mental health program that includes a six-bed inpatient unit and a day hospital, as well as a crisis team and outpatient mental health services at the Shoniker Clinic (see below)

**Eligibility:** Children and adolescents with significant mental health problems

### The Shoniker Clinic

Scarborough and Rouge Hospital, 2867 Ellesmere Rd., Scarborough, ON (Centenary site)

[www.rougevalley.ca/child-and-adolescent-mental-health](http://www.rougevalley.ca/child-and-adolescent-mental-health)

416 281-7301

**Services offered:** A child and adolescent mental health clinic that specializes in diagnosing and treating significant mental health problems; an interdisciplinary team provides assessments, individual and family therapy, parent education, group therapy and medication management

**Eligibility:** Varies by program

**Referral:** Physician referrals for youth under the age 19 who live in Scarborough, Pickering or Ajax

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## Sunnybrook Health Sciences Centre (Department of Psychiatry – Youth Division)

2075 Bayview Ave., Toronto, ON

[sunnybrook.ca/pyschiatry-youth-programs](http://sunnybrook.ca/pyschiatry-youth-programs)

416 480-6100

**Services offered:** Outpatient and inpatient programs, Centre for Youth Bipolar Disorder, Family Navigation Project, day treatment program

**Eligibility:** Youth with complex mood and anxiety issues, primarily in Toronto (requests for second opinions from specialists across Ontario are accepted)

**Referral:** For many programs, physicians can complete referral forms on Sunnybrook's website

## Youthdale Crisis Support Team

416 363-9990

[youthdale.ca/en/crisis\\_services/crisis\\_line.php](http://youthdale.ca/en/crisis_services/crisis_line.php)

**Services offered:** Risk and mental status assessments through telephone interviews and, if required, mobile response; a Youthdale child psychiatrist available to consult with the Crisis Support Team at all times

**Eligibility:** Children and youth age 6 to 18 and their families

**Note:** Assessments will include the parent or guardian and the professionals caring for the child.