

SUBSTANCE USE AND ADDICTION SERVICES IN TORONTO

Where to go when you're looking for help

Updated: January 2026

Substance use and addiction can impact anyone. These experiences are complex, and there's no single reason why they happen. Whether you're just starting to explore your relationship with substances or actively seeking support, this guide is here to connect you with services that meet you where you're at.

Inside, you'll find everything from acute care services, including withdrawal management and rapid access addiction medicine (RAAM) clinics, to hospital and community-based supports such as harm reduction supplies, peer support, counselling or more intensive treatment programs, as well as resource directories that help you navigate housing, mental health and social services. Whether you're looking for a safe space to talk, tools to reduce harm or longer-term treatment options, this guide brings together supports designed to prioritize your safety, dignity and well-being. If you are a family member or loved one needing support, help and resources are available at the end of this guide.

If any of this information is incorrect or outdated, please email the information to us at access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health info and help finding services: <https://camh.ca/pfls>.

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

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How to Find Help: Central Navigation/Assessment

Centre for Addiction and Mental Health (CAMH), Metro Addiction Assessment and Referral Service (MAARS)

60 White Squirrel Way, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/metro-addiction-assessment-referral-service-maars

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Free assessment and referral for adults age 18+ with substance use concerns in Toronto

Referral: No referral required; self-referral accepted through Access CAMH

Fees: Services are covered by OHIP

Connex Ontario

www.connexontario.ca

Tel.: 1 866 531-2600

helpline@connexontario.ca

Services: A free, confidential 24/7 helpline that connects individuals across Ontario to mental health, addiction and problem gambling services; support is available by phone, text, live chat and email, with interpretation in over 170 languages

Coordinated Access to Addiction Services (CAAS)

Tel.: 1 855 505-5045

Services: A central phone line for individuals, families and agencies to access addiction services in Toronto, Monday to Friday, 9:00 a.m. to 4:30 p.m.; addictions counsellors assess needs and provide referrals to withdrawal management, treatment, harm reduction, mental health and family support programs

Notes: Not a crisis line

Sunnybrook Health Sciences Centre, Family Navigation Project

<https://sunnybrook.ca/content/?page=family-navigation-project>

Tel.: 1 800 380-9368

familynavigation@sunnybrook.ca

Services: Personalized navigation support for youth (ages 11–29) and their families seeking mental health and addiction services in the GTA; free and confidential

Referral: No referral required

Toronto Central Health Line

www.torontocentralhealthline.ca

Services: Online directory of health and community services in Toronto, including mental health and addiction support; searchable by location, service type and population group

Referral: No referral required

211 Toronto

www.211central.caw

Tel.: 2-1-1

info@211toronto.ca

Services: Free, 24/7 helpline and online directory connecting individuals to local health, social and government services; support available in over 150 languages

Referral: No referral required

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RAAM Clinics, Supervised Consumption Sites and Harm Reduction

1.1 META:PHI for RAAM Clinics

A searchable directory of RAAM clinics available; each entry includes the clinic's address, contact information and drop-in hours:

- www.metaphi.ca/raam-clinics

1.2 Supervised Consumption Services (SCS)

A directory of clinical spaces available throughout Toronto for people to bring their own substances to use in the presence of trained health professionals:

- www.toronto.ca/community-people/health-wellness-care/health-programs-advice/supervised-injection-services

1.3 Harm Reduction Supplies and Locations

A collection of online resources on substance use and addiction from the City of Toronto and Toronto Public Health:

- [Overdose Prevention and Response](#)
- [Become a Harm Reduction Partner Agency](#)
- [Naloxone Training](#)
- [Needle Drop Box Locations in Toronto](#)
- [Needle Safety](#)

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2. Withdrawal Management Services

2.1 Non-Medical

Humber River Health, Chemical Dependency Day Program

1235 Wilson Avenue, Toronto

www.hrh.ca/clinic/chemical-dependency-day-program

Tel.: 416 242-1000 ext. 43170

Services: A structured day program designed to help individuals better understand the impact of substance dependency through a combination of group therapy, education, individual counselling and family information sessions; runs Monday to Friday over a four-week cycle, with new sessions starting every Monday

Eligibility: Individuals experiencing substance use challenges alongside co-occurring mental health concerns

Referral: A completed Mental Health and Addictions Clinic referral form is required; individuals unable to access the online form may call the intake line to speak with an addictions intake nurse

Fees: Services covered by OHIP

Michael Garron Hospital (Toronto East Health Network)

985 Danforth Avenue, Toronto (for clients who identify as men)

989 Danforth Avenue, Toronto (for clients who identify as women)

www.tehn.ca/programs-services/mental-health-addiction/substance-use-and-withdrawal-management-services

Tel.: 1 866 366-9513

Services: Services include medical monitoring, counselling, psychoeducation and referrals to treatment, housing and harm reduction resources delivered by an interdisciplinary team in a culturally competent and trauma-informed environment; both sites provide crisis beds, quiet spaces and amenities such as showers, laundry, and access to phones and computers

Eligibility: Individuals age 16+ in acute withdrawal or intoxication; clients who identify as non-binary, two-spirit or trans are welcome at the site they feel most comfortable in

Referral: No referral required but are accepted every day from 8:00 a.m. to 11:30 p.m. through Central Access for Addiction Services Toronto at 1 866 366-9513

Notes: The Recovery Reimagined Program (outpatient programming) is available for clients seeking ongoing substance use support

Pinewood Centre (Lakeridge Health), Pinewood Scarborough Community Withdrawal Management Services

1940 Eglinton Avenue East, 2nd floor, Scarborough

www.lh.ca/our-services/mental-health-and-addictions/addictions-care/scarborough-community-services

Tel.: 416 431-8200 ext. 6321 or 6516

CentralConnectMHA@lh.ca

Services: Offers support for individuals in early recovery through Post-Acute and Early Stage Recovery Groups, Short-Term Case Management and referrals to appropriate services for ongoing support within Scarborough and nearby areas

Eligibility: Individuals seeking residential support for substance use recovery

Referral: No referral required; intake is completed over the phone directly with the client

Fees: Services are covered by OHIP, except the Back on Track Program

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William Osler Health System, Withdrawal Management Centre

135 McLaughlin Road South, Brampton

www.williamoslerhs.ca/en/areas-of-care/addictions-services-for-adults.aspx#Withdrawal-Management-Centre

Tel.: 905 456-3500

Services: Offers safe short-term, non-medical residential support for those who are intoxicated, in withdrawal or experiencing a substance-related crisis; services include monitoring, assessment, counselling, nurse practitioner support, access to 12-step meetings and onsite delivery of methadone or suboxone by prescription; interpretation services and addiction crisis support are available, and clients may stay while awaiting further treatment

Eligibility: Individuals age 16+ experiencing intoxication, withdrawal or a crisis related to alcohol, drugs or gambling

Referral: No referral required

Fees: Services are covered by OHIP

Notes: Open 24/7 with services available in languages other than English and interpretation support provided

Unity Health Toronto (Network), Residential Withdrawal Management Services (WMS)

<https://unityhealth.to/areas-of-care/programs-and-clinics/mental-health-and-addictions>

Tel.: 1 866 366-9513 (Central Access)

Referral: No referral required; access through Central Access

Fees: Services are covered by OHIP

St. Michael's Hospital, Residential WMS

333 Sherbourne Street, 5th and 6th Floors, Toronto (for clients who identify as men)

892 Dundas Street West, Toronto (for clients who identify as women)

Services: Provides two types of withdrawal management services—(1) the non-medical withdrawal management facilities that offer 24/7 support through monitoring, counselling and harm reduction and (2) the day and community program, open Monday to Friday, 8:00 a.m. to 4:00 p.m. via Zoom, that offers short-term, non-residential support through counselling, group therapy and treatment planning

Eligibility: Adults age 18+ seeking residential support for substance use recovery; clients who identify as non-binary, two-spirit or trans are welcome at the site they feel most comfortable in

St. Joseph's Health Centre, Residential WMS

85 Glendale Avenue, Toronto

Services: Offers comprehensive withdrawal management services, including 24/7 voluntary, non-medical residential support, an online Day Withdrawal Program with group therapy (Monday–Friday), and a Community Withdrawal Program providing short-term case management and counselling; all services are trauma-informed, person-centred and designed to promote recovery and wellness

Eligibility: Adults seeking residential support for substance use recovery (no specific age mentioned)

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2.2 Medical

Centre for Addiction and Mental Health (CAMH), Medical Withdrawal Service (MWS)

1001 Queen Street West, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/medical-withdrawal-unit

Tel.: 416 535-8501, press 2 (Access CAMH)

Services: Inpatient services delivered by a multidisciplinary team, including medication-assisted treatment and stabilization of substance use and mental health disorders, coping skills support, and psychoeducation sessions; programming runs daily and includes individual and group programming, stress management, and discharge planning

Eligibility: Adults age 18+ with severe and persistent substance use and complex social determinants of health issues who need more intensive treatment than what is available in the community

Referral: No referral required; self-referrals accepted via Access CAMH (phone-screening required)

Fees: Services are covered by OHIP

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3. Outpatient Services

3.1 Hospital-Based Outpatient Programs

Centre for Addiction and Mental Health (CAMH), AMANI Mental Health and Substance Use Program

80 Workman Way, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/amani-mental-health-and-substance-use-program

Tel.: 416 535-8501 (press 33922 for AMANI)

Fax: 416 979-4996

Services: Offers culturally responsive outpatient mental health and substance use support for Black youth as well as their families and caregivers; services include assessment and treatment planning, individual counselling, psychotherapy, psychiatry, group therapy, caregiver support groups, case management and mental health promotion

Eligibility: Black youth (ages 12–25) and their families or caregivers

Referral: No referral required; self-referral accepted via Access CAMH

Fees: Services covered by OHIP

Notes: Formerly known as SAPACCY; services are healing-centred, anti-oppressive and affirming of cultural identity; available in multiple communities across Ontario

Centre for Addiction and Mental Health (CAMH), Concurrent Outpatient Medical and Psychosocial Addiction Support Services (COMPASS)

100 Stokes Street, 3rd Floor (Bell Gateway Building), Toronto

www.camh.ca/en/patients-and-families/programs-and-services/compass

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Provides outpatient care for individuals with substance use and concurrent mental health concerns; services include medical and psychosocial assessment, withdrawal management, Day Detox Withdrawal Management support, pharmacotherapy (e.g., anti-craving medications, opiate agonist therapy [OAT]), group and short-term individual therapy; offers walk-in access through the RAAM Clinic, Monday to Friday, 10:00 a.m. to 12:00 p.m.

Referral: No referral required; self-referral accepted via Access CAMH

Eligibility: Adults with active substance use in the past three months and concurrent mental health concerns

Fees: Services covered by OHIP

Notes: Includes specialized services for pain and addiction through Interprofessional Pain and Addiction Recovery Clinic (IPARC) (separate referral via Toronto Academic Pain Management Institute [TAPMI] Hub)

Centre for Addiction and Mental Health (CAMH), INTREPID Lab (Formerly Nicotine Dependence Clinic)

1025 Queen Street West, 5th Floor, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/nicotine-dependence-clinic

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Offers outpatient support for individuals who want to quit or reduce nicotine use, including individual assessment and treatment planning, medical consultations, nicotine replacement therapy, group counselling (virtual and in-person) and wellness workshops; specialized support is available for youth, pregnant individuals and those with concurrent health concerns

Eligibility: Open to anyone seeking help with nicotine use

Referral: No referral required; self-referral accepted via Access CAMH

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Fees: Services covered by OHIP

Notes: Offers access to voluntary research studies and drop-in wellness groups (e.g., Tai Chi, art therapy, songwriting)

Centre for Addiction and Mental Health (CAMH), Problem Gambling and Technology Use Services

60 White Squirrel Way, 4th Floor, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/problem-gambling--technology-use-treatment

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Outpatient support for individuals experiencing problematic gambling or technology use (e.g., gaming, social media, smartphone); offers assessment, psychiatric consultation and group-based treatment, with options for individual support, and includes specialized groups for adults, youth (ages 16–25), and family members; treatment plans are collaborative and may include referrals to other CAMH services

Eligibility: Individuals age 16+ and their families

Referral: No referral required; self-referral accepted via Access CAMH

Fees: Services covered by OHIP; for service outside Toronto, contact the Ontario Problem Gambling Helpline at 1 888 230-3505

Centre for Addiction and Mental Health (CAMH), Rainbow Services (2SLGBTQ+)

60 White Squirrel Way, 4th Floor, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/rainbow-services-2slgbtq

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Offers outpatient group and individual therapy for 2SLGBTQ+ individuals concerned about their substance use; programming includes relapse prevention, psychiatric consultation and concurrent disorder support; group therapy follows a staged model using motivational interviewing, CBT, DBT and trauma-informed approaches; services are currently offered virtually, with limited in-person availability

Eligibility: 2SLGBTQ+ adults age 18+ with substance use concerns

Referral: No referral required; self-referral accepted via Access CAMH

Fees: Services covered by OHIP

Notes: Staff are trained in 2SLGBTQ+ affirming care; in-town and out-of-town clients welcome

Centre for Addiction and Mental Health (CAMH), Shkaabe Makwa Clinical Services

60 White Squirrel Way, 2nd Floor, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/shkaabe-makwa-clinical-services

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Provides outpatient group therapy and individual counselling for First Nations, Inuit and/or Métis adults experiencing substance use and mental health concerns; care is delivered by social workers and Cultural Care Practitioners (Elders, Healers, Knowledge Sharers), with support from a consulting psychologist; services blend therapeutic and psychoeducational approaches with cultural programming and ceremonies, including access to CAMH's onsite Sweat Lodge

Eligibility: Adults age 18+ who self-identify as First Nations, Inuit and/or Métis

Referral: No referral required; self-referral accepted via Access CAMH

Fees: Services covered by OHIP

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Michael Garron Hospital (Toronto East Health Network), Recovery Reimagined: Outpatient Substance Use Programming

985 Danforth Avenue, Toronto

www.tehn.ca/programs-services/mental-health-addiction/addiction-services/recovery-reimagined-outpatient

Tel.: 416 786-4168

RecoveryReimagined@tehn.ca

Services: Offers trauma-informed outpatient programming for individuals with substance use concerns; programming includes drop-in skills groups, a structured intensive program, trauma-focused group therapy and continuing care support; neither recent use or abstinence is required

Eligibility: Open to anyone of all genders looking to explore their relationship to substance use and develop new coping skills

Referral: No referral required; intake form available on website

Fees: Services are covered by OHIP

North York General Hospital, Adult Addiction Program and Transitional Aged Youth Substance Use Program

4001 Leslie Street, Toronto

Outpatient Community Services Centre, Unit E8-2, Champagne Drive, North York

www.nygh.on.ca/care-service/mental-health/addiction-program

Tel.: 416 756-6642

Fax: 416 756-6671 (Intake) | 416 758-6318 (Clinic)

cmhcentralintake@uhn.ca

Services: Outpatient assessment, consultation and short-term individual psychotherapy for adults, youth and young adults with mental health or addiction concerns; includes group therapy, stress management, psychoeducation and specialty clinics for mood, anxiety and concurrent disorders

Eligibility: Adults and transitional aged youth (16–24) who are able to abstain from substance use for 12 hours prior to appointments and are willing to engage in outpatient counselling

Referral: No referral required; referral forms available on website

Fees: Services covered by OHIP

Notes: Services available at both hospital and community clinic locations

Unity Health Toronto (Network), Mental Health and Addictions Programs

<https://unityhealth.to/areas-of-care/programs-and-clinics/mental-health-and-addictions>

Eligibility: Adults experiencing substance use concerns; criteria may vary by program

Referral: Referral requirements vary by service; contact the clinic directly for intake details

Fees: Services are covered by OHIP

St. Michael's Hospital, Addictions Services

30 Bond Street, Toronto

Tel.: 416 864-5120

Services: Provides outpatient care for individuals facing mental health and substance use challenges; services include psychiatric assessment, addiction medicine, counselling and specialized clinics such as RAAM, Pathways (for concurrent disorders) and My Baby & Me (supporting substance use in pregnancy)

St. Joseph's Health Centre, Adult Outpatient Mental Health Unit

30 The Queensway, Toronto

Tel.: 416 530-6000

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Services: Provides outpatient support for individuals experiencing substance use challenges; services include education, motivation and linkage to community resources and treatment programs; outpatient offerings include Community Withdrawal Management, Continuing Care Group and Day Withdrawal Programs

Toronto Western Hospital (UHN), Addiction Treatment Program

399 Bathurst Street, East Wing, 9th Floor, Toronto
www.uhn.ca/MentalHealth/Clinics/Addictions_Outpatient
 Tel.: 416 603-5735 | Referral Tel.: 416 603-5025
cmhcentralintake@uhn.ca

Services: Provides voluntary, confidential outpatient addiction treatment for adults seeking to reduce or stop alcohol and/or substance use; services include time-limited individual psychotherapy and counselling tailored to addiction recovery

Eligibility: Adults age 18+ capable of abstaining from substance use for 12 hours before appointments and willing to engage in outpatient counselling

Referral: No referral required; referral form available on website

Fees: Services covered by OHIP

Notes: Services available Monday to Friday, 8:30 a.m. to 4:30 p.m.

Trillium Hospital Addictions and Concurrent Disorders Centre

2200 Eglinton Avenue West, Mississauga
www.thp.ca/patientservices/mentalhealth/medicalpsychiatry/Pages/Addictions-and-Concurrent-Disorders.aspx
 Tel.: 905 338-4123

Services: Services include psychiatric and addiction medicine consultations, a 16-week CBT-informed group therapy program and community-based support, such as case management, crisis intervention and withdrawal management

Eligibility: Adults age 18+ with co-occurring addiction and mental health concerns

Referral: Physician referral required via one-Link

Fees: Services covered by OHIP

William Osler Hospital Addiction Counselling Service

20 Lynch Street, Brampton
 101 Humber College Boulevard, Etobicoke
www.williamoslerhs.ca/en/areas-of-care/addictions-services-for-adults.aspx#Addiction-counselling-services-including-problem-gambling-
 Tel.: 905 494-2120 ext. 29385

Services: Offers outpatient counselling for individuals affected by substance use and/or gambling; includes individual and family counselling, group therapy, educational workshops, drop-in support groups, acudetox (acupuncture for addictions), psychiatric consultation and referrals to addiction medicine and community services

Eligibility: Adults impacted by substance use or gambling (no specific age mentioned)

Referral: Self-referral accepted; physician referral required for psychiatric consultation

Fees: Services covered by OHIP

Notes: Services available Monday to Friday; hours vary by location, call for details

Women's College Hospital Substance Use Service

76 Grenville Street, 3rd Floor, Toronto
www.womenscollegehospital.ca/care-programs/substance-use-service
 Tel.: 416 323-7559 ext. 6

Services: Offers in-person and virtual outpatient care for individuals seeking support for substance use, including alcohol, opioids, benzodiazepines, cannabis, cocaine and methamphetamines; services

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include assessment, brief counselling, medication-assisted treatment, withdrawal management, support for opioid and benzodiazepine tapers, harm reduction education and supplies, overdose prevention and referrals to longer-term treatment and community supports; group programs include Early Recovery and Seeking Safety

Eligibility: Individuals age 16+ who are experiencing problematic use of alcohol, opioids, benzodiazepines, cannabis or other substances

Referral: No referral required but physician referral encouraged for some services

Fees: Services covered by OHIP

3.2 Community-Based Programs

Canadian Mental Health Association (CMHA) Toronto, Addiction Program

700 Lawrence Avenue West, Suite 480, Toronto

<https://cmhato.org/programs/addiction-programs>

Tel.: 416 789-7957

info@cmhato.org

Services: Offers outpatient addiction support through two streams—(1) Generic Stream: Addiction-specific groups, harm reduction supplies, free nicotine replacement therapy (NRT) via the STOP program and referrals using the provincial GAIN Q3 assessment, and (2) Specialized Justice Stream: Tailored support for individuals involved in the justice system, including short-term case management, structured therapy and access to addiction groups

Eligibility: Individuals age 18+ with substance use concerns; justice involvement required for Specialized Justice Stream

Referral: No referral required; referral form available on website

Fees: Free

Notes: Clients are contacted within one week of submitting a referral; DBT program is currently full and not accepting referrals

Davenport-Perth Neighbourhood and Community Health Centre

1900 Davenport Road, Toronto

www.dpnchc.ca/service-page/harm-reduction-services

Tel.: 416 656-8025 ext. 242

adults@dpnchc.ca

Services: Offers up to two harm reduction kits per day upon request, along with programming such as Tolerating Triggers—an eight-week mindfulness-based relapse prevention group for managing addictive behaviours; short- and long-term counsellor-therapists are available to work with individuals one-on-one or in group settings to address a range of concerns, including substance use, mental health challenges and emotional regulation

Eligibility: People experiencing homelessness and substance use/addiction

Fees: Free

Notes: Adult drop-in program hours on Mondays and Tuesdays, 10:00 a.m. to 12:30 p.m. in Perth Hall

Oakridge Health and Harm Reduction Hub

52 Cataraqui Crescent, Toronto

<https://ethp.ca/our-work/oakridge-health-and-harm-reduction-hub>

Tel.: 437 770-9073

KWu@srchc.com

Services: Provides walk-in support for people who use drugs and other substances; services include access to harm reduction supplies (e.g., injection kits, stems, bowls, foils and other tools), counselling, peer support and addiction medicine; clients can also receive case management and housing support,

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as well as referrals to justice case management for those involved with the legal system; additional referrals are available to the substance use crisis team and other health, social and community services, including ID clinics, health care providers and social workers

Eligibility: Open to all; no health card or family doctor required

Referral: No referral required

Fees: Free

Parkdale Queen West Community Health Centre, Harm Reduction Outreach Program

1229 Queen Street West, Toronto

168 Bathurst Street, Toronto

<https://pqwchc.org/programs-services/harm-reduction/harm-reduction-outreach-program>

Tel.: 416 537-2455 | 416 804-8482 ext. 2125

Services: Provides harm reduction supplies and services, including safer drug use kits (injection, smoking, steroids), naloxone, safer sex supplies and disposal containers; supports safe disposal and community cleanup efforts

Eligibility: People who use drugs in Parkdale Queen West area

Fees: Free

Notes: Flexible hours

Regent Park Community Health Centre

465 Dundas Street East, Toronto

<https://regentparkchc.org/program/harm-reduction/>

Tel.: 416 364-2261 ext. 2236

NicoleM@regentparkchc.org

Services: Provides a safe, hygienic space for injecting pre-obtained drugs, with access to harm reduction staff, nurses and community health workers; offers harm reduction education, needle exchange, naloxone kits and supportive referrals

Eligibility: Open to everyone

Fees: Free

Scott Mission

502 Spadina Avenue, Toronto

<https://scottmission.com>

Tel.: 647 362-9171

info@scottmission.com | counselling@scottmission.com

Services: Provides individual, couple and family counselling, addictions support, wellness programs and mental health seminars, with some services available at additional locations

Eligibility: Individuals age 16+, with priority given to low-income individuals and families

Referral: No referral required

Fees: Free

South Riverdale Community Health Centre, COUNTERfit Harm Reduction Program

955 Queen Street East, Toronto

www.srchc.ca/programs/drug-use/fixed-site

www.srchc.ca/programs/community-health/counterfit-womens-harm-reduction-program

www.srchc.ca/programs/community-health/toronto-community-hep-c-program-tchcp

Tel.: 416 461-1925 ext. 2388

srhc@srhc.com

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Services: Offers harm reduction support through its fixed site and Women's Harm Reduction Program; the fixed site provides supplies like needles, syringes, safer injection kits, crack kits, crystal meth kits, stems and screens, along with harm reduction education and referrals to health and community services; the Women's Harm Reduction Program is a trans-inclusive, sex-work positive program and supports marginalized women who use drugs by offering a safe space for discussion, access to health care, harm reduction engagement and opportunities for employment and training; the Toronto Community Hepatitis C Program (TCHCP) also provides education, support and treatment for individuals living with or at risk of Hepatitis C

Eligibility: People who use drugs

Fees: Free

Notes: The fixed site is open Monday to Friday, 9:00 a.m. to 5:00 p.m.

3.3 Private Fee-for-Service Clinics

Addiction Rehab Toronto

4 Warrendale Court, Etobicoke

www.addictionrehabtoronto.ca/addiction-counselling-therapy

Tel.: 1 855 787-2424

info@addictionrehabtoronto.ca

Services: Offers a range of services, including addiction counselling therapy, family counselling and specialized treatment for a wide range of substances, such as opioids, methamphetamines, alcohol, club and party drugs, cocaine, marijuana, prescription drugs and amphetamines

Eligibility: People affected by various forms of substance abuse and addiction

Referral: In-patient assessment required

Fees: Program costs vary

Humber River Health

1235 Wilson Avenue, Toronto

www.hrh.ca/programs/mental-health-addictions

Tel.: 416 242-1000 ext. 43000 (or ext. 43170 to leave a message)

Services: Offers harm reduction-focused care through individual and group counselling, education, and therapeutic groups; designed for people with co-occurring mental health needs, the program tailors support to each person's goals and promotes improved quality of life through self-awareness and informed care

Eligibility: Individuals experiencing substance use challenges alongside co-occurring mental health concerns

Referral: Physician referral required; referral forms are available online, or individuals can call the intake line to speak with an addictions intake nurse

Fees: Some fees may be required

Renascent

38 Isabella Street, Toronto

<https://renascent.ca/>

Tel.: 1 866 232-1212

info@renascent.ca

Services: Provides outpatient addiction treatment through evidence-based programming that includes virtual intensive care, relapse prevention support and continuing care services; programs are designed for individuals seeking structured recovery while maintaining daily responsibilities; offers specialized family programs to support loved ones affected by addiction, fostering healing within the broader recovery network

Eligibility: Individuals age 16+ who can participate meaningfully in a remote therapeutic environment and are actively pursuing sobriety

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Referral: No referral required

Fees: Pricing may vary depending on program length and individual needs; publicly funded and fee-for-service Complete Care programs are available

Road to Recovery Addiction Clinic

25 Howard Street, Toronto

<https://roadtorecovery.clinic/locations/toronto>

Tel.: 416 901-8411

admin@roadtorecovery.clinic

Services: Primarily offers outpatient addiction treatment services, including detox programs for opioids, alcohol and cocaine, as well as medication-assisted therapies like Suboxone, methadone and Sublocade to help manage cravings and withdrawal symptoms

Eligibility: Adults age 18+ with a valid photo identification, including a current OHIP number; a diagnosis of opioid use disorder must be confirmed according to DSM-V criteria

Referral: No referral required

Fees: Most services are covered under provincial healthcare for eligible patients; medication costs may be supported through government programs such as the Ontario Drug Benefit (ODB), Non-Insured Health Benefits (NIHB) or the Trillium Drug Program (TDP)

Notes: Appointments can be booked online or drop in with OHIP card; in many cases, same-day appointments are available

Toronto Public Health

www.toronto.ca/community-people/health-wellness-care/health-programs-advice/substance-use-clinical-services

Tel.: 416 392-0520

Services: Offers a wide range of harm reduction services for people who use drugs, including access to safer use supplies, counselling and overdose prevention; programs include Opioid Agonist Treatment (iOAT) program, naloxone kit distribution and overdose response training (POINT program), nursing services, drug-checking service, mobile outreach and support for community agencies; addresses discarded needles in the community

Eligibility: Open to anyone who uses substances; no health card required

Referral: No referral required; walk-in or call for information

Fees: Free

trueNorth Addiction Medicine Program

24 Dalhousie Street, Toronto

www.truenorthmedical.com

Tel.: 1 888 878-3563 ext. 1

Services: Provides comprehensive addiction medicine services such as methadone maintenance treatment (MMT) and buprenorphine maintenance treatment (BMT); operates on a non-urgent, walk-in basis where people receive access to assessment and treatment within the same visit; medical treatment plans and supports are offered based on the unique needs and goals of the individual

Referral: No referral required

Fees: Free

Notes: The program operates from multiple locations across Toronto; to find the nearest clinic, please visit the website; arrive at least 30 minutes before the posted closing time to allow enough time for intake paperwork and, if needed, a comprehensive medical assessment

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

4. Day Treatment/Intensive Programs

Humber River Health, Adult Day Treatment Program

1235 Wilson Avenue, 5th floor, Toronto
www.hrh.ca/programs/mental-health-addictions
 Tel.: 416 242-1000 ext. 43170
 Fax: 416 242-1024

Services: A structured outpatient service for adults living with severe and persistent mental health disorders, the program combines individual and group therapy to support recovery and improve daily functioning

Eligibility: Adults with co-occurring mental health and substance use challenges who are able to participate in structured outpatient programming

Referral: Physician referral required; referral forms are available online, or individuals can call the intake line to speak with an addictions intake nurse

Fees: Services covered by OHIP

Notes: Offered three days a week (Monday, Wednesday, Friday) over a three- to six-month period

Jean Tweed Centre

215 Evans Avenue, Etobicoke
www.jeantweed.com/day-program
 Tel.: 416 255-7359 ext. 227
info@jeantweed.com

Services: An intensive three-week day program designed for women impacted by substance use and/or gambling; participants join a supportive group of peers to explore the effects of addiction on their health, relationships and overall well-being; includes group sessions focused on self-esteem, emotional regulation, healthy relationships, communication and wellness; each participant is also paired with an individual counsellor for one-on-one support throughout the program

Eligibility: Women age 18+ who live locally or can stay nearby during the program; open to those seeking structured support for substance use or gambling concerns

Referral: No referral required

Fees: Free

Notes: Runs Monday to Friday, 9:00 a.m. to 4:00 p.m.

Renascent, Virtual Intensive Addiction Treatment Program

38 Isabella Street, Toronto
<https://renascent.ca>
 Tel.: 1 866 232-1212
info@renascent.ca

Services: Includes daily group therapy, individual counselling, psychoeducation and relapse prevention (all delivered remotely); participants engage with certified addiction specialists and registered psychotherapists, many of whom have lived experience in recovery; the program is trauma-informed and integrates 12-step facilitation with evidence-based clinical approaches

Eligibility: Designed for individuals seeking abstinence-based recovery from substance use and can participate meaningfully in a remote therapeutic environment

Referral: No referral required

Fees: Publicly funded and fee-for-service options available

Notes: Groups are 60 minutes long and run twice a day from Monday to Friday; 80 per cent attendance is required to complete the program

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

Unity Health Toronto (Network), Mental Health and Addictions Programs

<https://unityhealth.to/areas-of-care/programs-and-clinics/mental-health-and-addictions>

Tel.: 1 855 505-5045 (Coordinated Access)

Referral: No referral required

Fees: Services are covered by OHIP

St. Joseph's Health Centre, Day Withdrawal Program

85 Glendale Avenue, Toronto

Services: Provides short-term, structured support for individuals experiencing mild withdrawal symptoms; focuses on safety, motivation and recovery planning through psychoeducation, group therapy and comprehensive assessments; participants receive guidance in making healthy lifestyle changes and are connected to ongoing treatment and community resources

Eligibility: Adults experiencing mild withdrawal symptoms

Notes: Currently offered online, Monday to Friday, 8:00 a.m. to 4:00 p.m. via Zoom

St. Michael's Hospital, Day and Community Withdrawal Management Services

333 Sherbourne Street, 5th and 6th Floors, Toronto

Services: Offers day and community treatment programs focused on withdrawal management and early recovery; services include brief counselling, relapse prevention, harm reduction education, psychosocial groups, meditation and crisis support; staffed by addiction counsellors and mental health professionals

Eligibility: Adults age 18+ with substance use concerns and a fixed address

Notes: The day withdrawal management service is currently offered online, Monday to Friday, 8:00 a.m. to 4:00 p.m. via Zoom; the community withdrawal management services are offered Monday to Friday, 8:00 a.m. to 4:00 p.m., delivered in-person with some hybrid options and eligible clients are screened through the residential withdrawal management programs

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

5. Live-In Programs (Bed-Based/Residential/Inpatient)

5.1 Publicly Funded Residential Programs

5.1.1 Women's Programs

Grant House, Street Haven

87 Pembroke Street, Toronto

<https://streethaven.org/services/residential-addictions-services/>

Tel.: 416 960-9430

info@streethaven.com

Services: Offers a three-month intensive, trauma-informed treatment program delivered at a 24-hour, 13-bed residential facility; provides a safe, supportive environment with individualized care, daily group sessions and therapeutic outings; includes nutritious meals and essential support such as hygiene, clothing and crisis intervention; staff connect residents to medical care, mental health and addiction services, and pathways toward stable housing

Eligibility: Women and individuals who identify as women age 24+ facing substance dependency

Referral: No referral required; referral form available on website

Fees: Clients are asked to pay an occupancy fee if not paying rental amounts elsewhere; clients who are experiencing homelessness, or not paying rent or arrears elsewhere will be provided with a letter for their social assistance workers requesting the rental amount to be paid to Street Haven; there is no cost for food associated with this program.

Notes: No beds are available at this time

Hope Place Centres

8173 Trafalgar Road, Hornby

www.hopeplacecentres.org/support-for-women

Tel.: 905 878-1120

intake@hopeplacecentres.org

Services: Offers women's bed-based programs that last an average 39 days with a personalized treatment plan co-developed with a counsellor; addiction treatment program offered in a group setting and one-on-one counselling sessions on a weekly basis; provides relapse prevention planning and tools; access to primary care, peer support, spiritual self-care and recreational activities to support recovery, stability and long-term wellness

Eligibility: Women (no specific age mentioned)

Referral: Referrals accepted from multiple agencies; self-referrals are only accepted for fee-for-service beds

Fees: Free; fee-for-service beds are available for individuals who wish to access care more quickly (designed for those with insurance coverage or the financial means)

Notes: Must have a valid OHIP card and be detoxed from alcohol and drugs before arrival

House of Sophrosyne

5305 Adstoll Avenue, Windsor

<https://sophrosyne.ca/5-week-in-house-treatment-program>

Tel.: 519 252-2711 ext. 115

Services: In-house five-week intensive substance use disorder/trauma program that combines individual counselling, process and psychoeducational groups to address addiction-related challenges, such as trauma, grief and relapse prevention; participants build healthy relationships, strengthen communication and engage in wellness activities like yoga, walks, art therapy and on-site meetings

Eligibility: Women age 16+

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

Fees: Publicly funded beds are free with a valid OHIP card; privately funded beds are available for clients with extended health care benefits, EAP assistance or the means to pay privately

Notes: Must have a valid OHIP card; due to demand, there is a waiting list (exceptions made for clients who are pregnant)

House of Friendship, Women's Live-In (Residential) Treatment

236 Victoria Street North, Suite 3A, Kitchener

<https://houseoffriendship.org/how-we-help/addiction-treatment>

Tel.: 519 742-8327 ext. 235 | Tel.: 519 742-8327 ext. 235 (for individuals who are pregnant)
womensresidentialtreatment@houseoffriendship.org

Services: Community-based women's live-in treatment program designed for individuals whose lives have been significantly impacted by substance use; in a safe environment, participants identify and address areas for personal growth while participating in an evidence-based group and individual therapy sessions; program runs four-to-10 weeks with a total of 10 participants

Eligibility: Female-identifying and non-binary individuals age 18+, with priority admission provided for pregnant people

Referral: Agency referrals accepted (no self-referrals); for people living outside of the Waterloo Region, please complete the referral form on the website

Fees: Free

Notes: Physical and mental health must be stable enough to participate fully in program as determined by medical and mental health providers in collaboration with intake team

Jean Tweed Centre, Residential Program

215 Evans Avenue, Etobicoke

<https://jeantweed.com/residential-program>

Tel.: 416 255-7359

info@jeantweed.com

Services: Three-week intensive live-in program for women outside the GTA that combines group learning, individual one-on-one counselling and shared living to support recovery from substance use and/or gambling; participants build life skills in areas like self-esteem, relationships and wellness, while also engaging in therapeutic and recreational activities with peers at Cumberland House

Eligibility: Women and girls only (no specific age mentioned)

Referral: No referral required; referral packages are available online for physicians or support providers

Fees: Free apart from a \$33 contribution toward transportation and basic supplies; daily programming runs Monday to Friday, 9:00 a.m. to 4:00 p.m.

Pinewood Centre of Lakeridge Health, Women's Residential Addictions Treatment Program

118 Cochrane Street, Whitby

www.lh.ca/our-services/mental-health-and-addictions/addictions-care/women-s-residential-addictions-treatment-program

Tel.: 905 721-4747 ext. 5 | 1 888 881-8878 ext. 5

Fax: 905 668-7591

CentralConnectMHA@lh.ca

Services: Provides residential 21-day and day treatment programs for women, with trauma-informed, women-centred counselling and group therapy; offers a variety of treatment approaches, including psychoeducation, Dialectical Behaviour Therapy (DBT), First Stage Trauma Treatment, creative expression, Recreation Therapy, and psychodrama

Eligibility: Women age 18+, with priority admission provided to pregnant women

Referral: Requires referral from an addiction counsellor with a standardized tool used by the referring agency

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

Fees: Free

Notes: Clients must be abstinent for a minimum of 72 hours prior to admission and throughout treatment program

Renascent Graham Munro Centre

356 Dundas Street West, Toronto

<https://renascent.ca/gender-specific-care>

Tel.: 416 847-6441

info@renascent.ca

Services: Offers a 28-to-42 day live-in, publicly funded program for women using 12-step, CBT, DBT, ACT and trauma-informed therapies in group and individual formats, alongside nutritious meals and fitness activities

Eligibility: Women and those who self-identify as female (no specific age mentioned)

Referral: No referral required

Fees: Free as well as fee-for-service inpatient care; clients attending through the Ministry of Health funded-program are asked to have \$200 available to cover transportation/transit costs for attending outside community 12-step meetings in treatment

Notes: Must refrain from substance use five days before treatment

Salvation Army Homestead, Alice M. Walter House

78 Admiral Road, Toronto

<https://torontoharbourlight.ca/salvation-army-homestead>

Tel.: 416 921-0953

Fax: 416 921-4430

yelyzaveta.khramenkova@salvationarmy.ca (for intake) | shivana.haimraj@salvationarmy.ca

Services: Offers an eight-to-10 week residential live-in program and day treatment program that employs CBT and DBT therapies; includes individual and group counselling, relapse prevention classes, life skills classes, as well as social and leisure activities, physical fitness, nutrition, nicotine replacement therapy, opiate replacement therapy and a spiritual care component; provides pre-treatment support, continuous care programming, family support groups and anger management

Eligibility: Women, self-identifying women or non-binary individuals age 18+ with an addiction or concurrent disorder and stabilized on Opiate Replacement Therapies (methadone/suboxone)

Referral: No referral required

Fees: Free

Tennant House (Lanark, Leeds and Grenville Addictions and Mental Health)

581 King Street West, Brockville

<https://lhamh.ca/residential-treatment-homes.php>

Tel.: 613 345-6700

Services: Offers long-term, abstinence-based addiction treatment services; provides a safe and structured environment for women to overcome addiction and achieve lasting recovery

Eligibility: Women (no specific age mentioned)

Referral: Assessment and referral form from a community addiction agency required

Fees: Free

Notes: Client must be detoxed prior to admission

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

St. Joseph's Healthcare Hamilton, Womankind Addiction Service

431 Whitney Avenue, Hamilton

www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/womankind-addiction-service

Tel.: 905 545-9100 (withdrawal management/telephone support) | 905 521-9591 ext. 237 (treatment)

Fax: 905 545-6385

womankindinquiries@stjoes.ca

Services: 26-bed residential program for women to safely withdraw from substance use; participants attend recovery education, relapse prevention and peer-led groups during their stay; emergency shelter beds available for women who are experiencing homelessness

Eligibility: Women, women-identified individuals, transgender and non-binary individuals age 18+ who wish to withdraw from substance use; individuals at risk of relapse can also access a short preventative stay

Fees: Services are covered by OHIP

5.1.2 Men's Programs

Alpha House

647 Broadview Avenue, Toronto

www.alphahousetoronto.ca

Tel.: 416 469-1700

apply@alphahousetoronto.ca

Services: Offers two abstinence-based recovery programs—(1) a Residential Supportive Treatment (Second-Stage Treatment) program providing structured, abstinence-based treatment with 24/7 trained counsellors and specialists facilitating 11 weekly clinical groups, and (2) an 11-month Addictions Transitional Housing (Step-Up Program) designed for individuals who have completed primary treatment and require a safe, supportive environment with a focus on independence and continued access to care

Eligibility: Individuals who self-identify as male or non-binary age 18+ who are alcohol or drug users committed to total abstinence; clients on opioid agonist therapy (OAT) accepted

Referral: No referral required; virtual application form available on website

Fees: Most services covered by OHIP

Notes: All participants must test negative for substances, with exceptions only for pre-approved prescriptions

Brock Cottage (Lanark, Leeds and Grenville Addictions and Mental Health)

58 Wall Street, Brockville

<https://lhamh.ca/residential-treatment-homes.php>

Tel.: 613 342-6415

Services: Offers long-term, abstinence-based addiction treatment services; provides a safe and structured environment for men to overcome addiction and achieve lasting recovery

Eligibility: Men (no specific age mentioned)

Referral: Assessment and referral form from a community addiction agency required

Fees: Free

Notes: Client must be detoxed prior to admission

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

Hope Place Centres

8173 Trafalgar Road, Hornby

www.hopeplacecentres.org/support-for-men

Tel.: 905 878-1120

intake@hopeplacecentres.org

Services: Offers men's bed-based programs that last an average 39 days with a personalized treatment plan co-developed with a counsellor; addiction treatment program offered in a group setting and one-on-one counselling sessions on a weekly basis; provides relapse prevention planning and tools; access to primary care, peer support, spiritual self-care and recreational activities to support recovery, stability and long-term wellness

Eligibility: Men (no specific age mentioned)

Referral: Referrals accepted from multiple agencies; self-referrals are only accepted for fee-for-service beds

Fees: Free; fee-for-service beds are available for individuals who wish to access care more quickly (designed for those with insurance coverage or the financial means)

Notes: Must have valid OHIP card and be detoxed from alcohol and drugs before arrival

House of Friendship, Men's Live-In (Residential) Treatment

562 Concession Road, Cambridge

<https://houseoffriendship.org/how-we-help/addiction-treatment>

Tel.: 519 742-8327 ext. 234

mensresidentialtreatment@houseoffriendship.org

Services: Community-based men's live-in treatment program designed for individuals whose lives have been significantly impacted by substance use; in a safe environment, participants will identify and address areas for personal growth while participating in an evidence-based group and individual therapy sessions; program runs three-to-six weeks with a total of 19 participants

Eligibility: Male-identifying and non-binary individuals age 18+

Referral: Agency referrals accepted (no self-referrals); for people living outside of the Waterloo Region, please complete the referral form on the website

Fees: Free

Notes: Physical and mental health must be stable enough to participate fully in program as determined by medical and mental health providers in collaboration with intake team

Renascent Paul J. Sullivan Centre

90 Colston Avenue, Brooklin

<https://renascent.ca/gender-specific-care>

Tel.: 905 655-5651

info@renascent.ca

Services: Offers a 28-to-42 day live-in, publicly funded program for women using 12-step, CBT, DBT, ACT and trauma-informed therapies in group and individual formats, alongside nutritious meals and fitness activities

Eligibility: Men and those who self-identify as male (no specific age mentioned)

Referral: No referral required

Fees: Free as well as fee-for-service inpatient care; clients attending through the Ministry of Health funded-program are asked to have \$200 available to cover transportation/transit costs for attending outside community 12-step meetings in treatment

Notes: Must refrain from substance use five days before treatment

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St. Michael's Homes, Residential Treatment

277 Rusholme Road, Toronto

www.stmichaelshomes.org

Tel.: 416 926-8267 ext. 110

info@stmichaelshomes.org

Services: Structured thirty-day treatment program designed to equip clients with the tools they need to make life changes to support recovery from problematic substance use, including emotional impacts; therapeutic approaches include DBT, psychoeducational programming, experiential learning, meditation, grounding techniques, spiritual development and psychotherapy; clients may continue their journey with Extended Residential Treatment

Eligibility: Men/boys with concurrent disorders (no specific age mentioned)

Referral: No referral required; referral form available on the website

Fees: Free; valid OHIP card is required

Salvation Army, Hope Acres

998614 Mulmur-Tosorontio Townline, Glencairn

<https://torontoharbourlight.ca/hope-acres/program>

Tel.: 705 466-3436 ext. 221

Fax: 705 466-3133

torontohopeacres.intake@salvationarmy.ca

Services: Offers live-in treatment programs of up to six months that are concurrent disorders and trauma-informed capable; employs CBT as the main agency framework, as well as individual and group counselling, spiritual care, life skill classes, relapse prevention classes, recreation and leisure, anger management and individualized treatment planning

Eligibility: Men, self-identifying men or non-binary individuals age 18+ with a substance use or concurrent disorder and on opiate substitution therapies

Referral: No referral required

Fees: Free

Salvation Army, Toronto Harbour Light Ministries

160 Jarvis Avenue, Toronto

<https://torontoharbourlight.ca/concurrent-disorders-treatment>

Tel.: 416 682-2503

Fax: 416 363-6305

Torontohl.intake@salvationarmy.ca (intake)

Services: Offers live-in treatment programs of up to six months that are concurrent disorders and trauma-informed capable; employs CBT as the main agency framework, as well as individual and group counselling, spiritual care, life skill classes, relapse prevention classes, recreation and leisure, anger management and individualized treatment planning

Eligibility: Men, self-identifying men or non-binary individuals age 18+ with a substance use or concurrent disorder and on opiate substitution therapies

Referral: No referral required

Fees: Free

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Quintin Warner Centre, Mission Services of London

457 York Street West Entrance, London

www.missionservices.ca/addiction-treatment-services

Tel.: 519 434-8041

Fax: 519 434-1669

info@missionservices.ca

Services: Program dedicated to addiction treatment for men and includes life skills support, diet and exercise, case management with individualized treatment plans, anger management, relapse prevention, communication training and trauma informed safety training to promote safe coping mechanisms

Eligibility: Men age 18+

Referral: No referral required; downloadable forms available on the website

Fees: Free

Wayside House, Live-In Treatment Program

200 Queenston Street, St. Catharines

www.waysidehouseham.com/programs/live-in-treatment-program

Tel.: 905 684-6601

waysidewayside@cogeco.ca

Services: Live-in trauma-informed care program that helps participants reach their recovery goals through a combination of group education, individual case management and peer support; treatment done in four phases—orientation and building a personalized treatment plan, participation in two evidence-based programs (Helping Men Recover, Exploring Trauma), relapse prevention and developing a transition plan

Eligibility: Men age 18+ living with a substance use disorder

Referral: No self-referrals accepted; all referrals to be made through a community agency

Fees: Set fee; subsidy available for eligible participants

Notes: Participants must be living in Ontario at the time of referral and have a valid OHIP card

5.1.3 All Genders Programs

Brentwood Recovery Home, Residential Addiction Treatment Program

2335 Dougall Avenue, Windsor

www.brentwoodrecovery.com

Tel.: 519 253-2441

help@brentwoodrecovery.com

Services: Abstinence-based model of addiction (drugs and alcohol) treatment consisting of meetings, one-on-one counselling and intensive group therapy; three-to-12 weeks live-in treatment program (length of program is determined by the intake assessment and the client's individual progress); extensive aftercare and follow-up meetings provided to the recovering client

Eligibility: Individuals age 16+

Referrals: No referral required; referral form available on website

Fees: Free

Notes: Must have valid OHIP card; clients on methadone are currently not accepted

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

Camillus Department Centre

9 Oakland Boulevard, Elliot Lake

<https://sjghel.ca/care-services/the-oaks-centre/camillus-department>

Tel.: 705 848-2129 ext. 3313

information@sjgh.ca

Services: A 50-bed capacity adult residential treatment program; programs currently offered are the 28-day Chemical Dependency program and Aftercare services; the therapeutic community approach utilizes the Bio-Psycho-Social and CBT models of treatment as well as a group therapy approach; includes exposure to 12-Step meetings, daily journal entries, meditation, art therapy, group therapy, daily exercise and free time, assignments and guest lectures

Referrals: No referral required

Eligibility: Individuals age 16+

Holmes House, Norfolk General Hospital

394 West Street, Simcoe

www.ngh.on.ca/holmes-house

Tel.: 519 428-1911

Fax: 226 250-1035

holmesinfo@ngh.on.ca

Services: Offers a bed-based 21-day residential treatment program for individuals ready to take the next step in their recovery journey; designed to provide a safe, structured and supportive environment where participants can focus on their well-being and long-term healing; program takes a holistic approach and includes individualized treatment plans, group sessions, peer and family support, and aftercare services

Eligibility: Individuals age 16+; must complete a residential treatment program and be committed to participate

Referral: Must be referred by a local addiction counselling or case management agency; downloadable referral form available on website

Fees: Free

Notes: Must be substance-free for at least 72 hours before admission date

New Port Centre, Niagara Health

260 Sugarloaf Street, Port Colborne

www.niagarahealth.on.ca/site/new-port-centre

Tel.: 905 378 4647 ext. 32500

Fax: 905 834-3002

newportadmin@niagarahealth.on.ca

Services: 35-bed facility with two floors divided by female- and male-identifying clients; 21-day residential, co-educational treatment program focusing on addiction recovery through stabilization, education, skill development, health promotion and aftercare planning; includes psychoeducational recovery workshops, individual counselling and group therapy sessions

Eligibility: Individuals age 16+

Referral: Self-referral not accepted; referrals must be made through an addiction services agency

Fees: Free

Notes: Must be willing to abstain from substances for five days prior to admission

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

Monarch Recovery Services

405 Ramsey Road, Greater Sudbury

www.monarchrecoveryservices.ca

Tel.: 705 674-4193 ext. 2225 (women's programming) | ext. 3224 (men's programming)

intake@srmonarchrs.com

Services: Offers various targeted programs for female, male and Indigenous clients; programs include relapse prevention, supportive housing, group therapy, individual counselling, harm reduction, life skills, psychoeducational groups and self-help meetings, Indigenous teachings, and supportive aftercare

Eligibility: Individuals age 16+, except for the Addiction Supportive Housing (ASH) program where individuals must be age 18+

Referral: No referral required for most programs except for the ASH program where no self-referrals are accepted; referral form is available on the website

Fees: Free

Waypoint Centre for Mental Health Care, Georgianwood Program for Concurrent Disorders

Toanche Building, 500 Church Street, Penetanguishene

www.waypointcentre.ca/services/georgianwood-program-for-concurrent-disorders

Tel.: 705 549-3181

info@waypointcentre.ca

Services: 12-week inpatient program held on a 15-bed unit integrating mental health and addiction treatment; includes group therapy, CBT, DBT, skills training and psychoeducation; virtual program also available

Eligibility: Adults (no specific age mentioned)

Referral: Physician/nurse practitioner referral and completed application required; referral form available on the website

Fees: Free

Westover, Substance Use Disorder Program

2 Victoria Road South, PO Box 8, Thamesville

www.westovertreatmentcentre.ca

Tel.: 519 692-5110

mmcgilvery@westovertreatmentcentre.ca

Services: 19-day residential program that blends cognitive behavioural models, group therapy and the 12-step curriculum; offers counselling, relapse prevention, co-dependency and family programs, plus 26-week recovery support across Southwestern Ontario

Eligibility: Adults age 16+ with addiction to alcohol or other substances

Referral: Agency referral required

Fees: Private pay (client covers the cost of treatment) or Funded Admission (Ontario Health West covers the cost of treatment)

Notes: Clients need to be seven days free from alcohol and drugs and cannot be prescribed benzodiazepines, narcotics and some sleep aids; clients cannot be on methadone, incarcerated or currently in hospital; clients on Suboxone will need to be on a stable dose and no longer using opioids

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6. Indigenous Services

Directory of Indigenous Treatment Centres (ISC)

A directory of Indigenous treatment centres available throughout Canada, divided by province:

- www.sac-isc.gc.ca/eng/1576090254932/1576090371511#a5

Get Help with Substance Use

A directory of programs for Indigenous people in need of help with substance use:

- www.canada.ca/en/health-canada/services/substance-use/get-help-with-substance-use.html#a4

Anishnawbe Health Toronto

425 Cherry Street, Toronto

<https://aht.ca/service/substance-abuse-supports/>

Tel.: 416 360-0486

info@aht.ca

Services: Offers culturally grounded substance use supports through two key programs—(1) the Aboriginal Mental Health and Addictions Program (AMHA), which provides flexible day treatment with group and individual counselling rooted in traditional healing and Indigenous identity, and (2) the Rapid Access Addiction Medicine Program (RAAM), which provides no-barrier, medication-assisted treatment for alcohol and drug dependence, especially in response to the fentanyl crisis

Eligibility: Open to Indigenous community members of all genders and ages, including youth and adults

Referral: No referral required

Fees: Free

Notes: Intake appointments are required and existing clients may book through reception or with their provider

Centre for Addiction and Mental Health (CAMH), Shkaabe Makwa Clinical Services

60 White Squirrel Way, 2nd Floor, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/shkaabe-makwa-clinical-services

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Provides outpatient group therapy and individual counselling for First Nations, Inuit and Métis adults experiencing substance use and mental health concerns; care is delivered by social workers and Cultural Care Practitioners (Elders, Healers, Knowledge Sharers), with support from a consulting psychologist; services blend therapeutic and psychoeducational approaches with cultural programming and ceremonies, including access to CAMH's onsite Sweat Lodge

Eligibility: Adults age 18+ who self-identify as First Nations, Inuit and/or Métis

Referral: No referral required; self-referral accepted via Access CAMH

Fees: Services covered by OHIP

Native Horizon's Treatment Centre

130 New Credit Road, Hagersville

<https://nhtc.ca>

Tel.: 1 877 330-8467

Fax: 905 768-5564

info@nhtc.ca

Services: 15-bed co-ed six-week residential treatment program that specializes in the treatment of mental health, substance, drug and alcohol abuse; provides a range of services, including family

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services and outpatient drug rehab, as well as a variety of therapies such as holistic therapy, evidence-based practices, yoga, meditation, individual counselling, group therapy, traditional healing practices and educational workshops

Eligibility: Open to Indigenous and non-Indigenous individuals and families seeking recovery support; all genders welcome

Referral: Primarily accept referrals from community-based frontline workers; do not process referrals from medical professionals or medical facilities

Fees: Free

Notes: Not a medically equipped facility and unable to accommodate individuals on methadone, Suboxone, narcotics, Ativan or any anti-psychotic medications

Parkdale Queen West Community Health Centre, Niiwin Wendaanimak (Four Winds) Indigenous Wellness Program

168 Bathurst Street, Toronto

1229 Queen Street West, Toronto

<https://pqwchc.org/programs-services/niiwin-wendaanimak-four-winds/niiwin-wendaanimak-indigenous-wellness-program-four-winds>

Tel.: 416 703-8482 ext. 2426 (Queen West) | 416 537-2455 ext. 1241 (Parkdale)

Services: Offers culturally specific supports for Indigenous community members, including access to traditional healing, harm reduction services, health education and case management; programming includes healing circles, counselling, diabetes education and social recreation activities; drop-in hours are available weekly at both sites

Eligibility: Open to all Indigenous people and those who identify with Indigenous roots

Referral: No referral required

Fees: Free

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7. Youth Services

Across Boundaries, Youth Case Management Services and Programs – Transitional Aged Youth (TAY)

51 Clarkson Avenue, Toronto

<https://acrossboundaries.ca/services>

Tel.: 416 787-3007

Services: Provides holistic, trauma-informed case management for racialized youth living with serious mental illness and/or addictions; services are rooted in an anti-racist, anti-oppression framework and address the systemic barriers faced by Black, Indigenous and racialized communities; case managers offer ongoing support to help youth stabilize, build independence and achieve personal goals, as well as coordinate care across mental health, addiction, justice and developmental service systems

Eligibility: Youth (ages 15–29) diagnosed with a serious mental illness and living in the Greater Toronto Area

Referral: No referral required

Fees: Free

Notes: Apply online through the Access Point Form available on the website and select Across Boundaries as preferred provider

AMANI, Mental Health and Substance Use Program

Multiple locations across the GTA, including Toronto, Etobicoke, Scarborough, North York, Mississauga and Brampton

<https://amaniservices.ca/mental-health-substance-use-program>

Services: Provides culturally responsive and affirming mental health and substance use support for Black youth (ages 12–29) and their families; services include individual and group counselling, case management, caregiver support and mental health promotion; the program is rooted in anti-oppressive, Africentric and trauma-informed care

Eligibility: Black youth (ages 12–29) and their families/caregivers

Referral: No referral required

Fees: Services covered by OHIP

Centre for Addiction and Mental Health (CAMH), Youth Addiction and Concurrent Disorders Service (YACDS)

80 Workman Way, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/youth-addiction--concurrent-disorders-service

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Outpatient service that includes assessment, individual and group therapy, psychiatric consultation, family support and education; offers two day-treatment programs in partnership with the Toronto District School Board (TDSB)—(1) R.E.A.C.H. (ages 16–21), which combines treatment with earning secondary school credits and (2) Youth Day Hospital (YDH) (ages 13–18) for intensive outpatient support focused on stabilization, academic functioning and transition planning

Eligibility: Youth (ages 13–24) who have substance use challenges/concerns, with or without concurrent mental health concerns, and their families

Referral: No referral required; self-referral accepted via Access CAMH

Fees: Services covered by OHIP

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

Friends of Ruby

489 Queen Street East, Toronto

www.friendsofruby.ca

Tel.: 416 359-0237

info@friendsofruby.ca

Services: Offers short-term individual, group and family support, crisis response and suicide intervention, with referrals to medical, legal and educational resources; services include addiction and mental health counselling, gender affirmation support and learning activities.

Eligibility: 2SLGBTQIA+ youth and young adults (ages 16–29), particularly those who are unhoused, vulnerably housed or at risk of homelessness.

Referral: No referral required

Fees: Free

Jewish Addiction Community Services (JACS) – Youth Addiction Support

3625 Dufferin Street, Suite 400, Toronto

<https://jacstoronto.org>

Tel.: 416-638-0350

info@jacstoronto.org

Services: Offers specialized addiction support programs tailored to the unique needs of youth navigating substance use, behavioural addictions and related mental health challenges; services include individual counselling, group therapy, peer support and educational workshops focused on prevention, coping strategies and recovery; youth can also access support groups designed specifically for their age group

Eligibility: Youth and young adults affected by addiction, including those seeking help for themselves or impacted by a loved one's substance use

Referral: No referral required

Fees: Services are covered by OHIP; some additional services may involve fees

Lumenus

65 Wellesley Street East, Suite 500, Toronto

www.lumenus.ca

Tel.: 1 833 586-3687 ext. 7300

info@lumenus.ca

Services: Provides low-barrier, trauma-informed and culturally responsive support for youth navigating substance use and mental health challenges; through programs like Doorways in northwest Toronto and the Youth Wellness Hub in Central Toronto, youth can access individual, family and group counselling, harm reduction services, peer-led programming, wraparound care coordination and drop-in spaces like The Studio

Eligibility: Youth up to age 26 (depending on the program) and their families (specific age ranges apply to each service stream)

Referral: No referral required

Fees: Free

Notes: Activities vary monthly; visit @studioatlumenus on Instagram for the latest updates

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North York General Hospital, Transitional Aged Youth Substance Use Program

4001 Leslie Street, Toronto

Outpatient Community Services Centre, Unit E8-2, Champagne Drive, North York

www.nygh.on.ca/care-service/mental-health/addiction-program

Tel.: 416 756-6000 ext. 6642

cori.shiff@nygh.on.ca

Services: Outpatient program that provides developmentally appropriate addiction support for youth and young adults who are concerned about their substance use; services include comprehensive assessment, individual and family counselling, and referrals to additional supports as needed; parent consultation and education groups are also available to support families in the recovery process

Eligibility: Youth (ages 16–24) experiencing substance use challenges

Referral: No referral required

Fees: Services covered by OHIP

Notes: Interpretation services available

WoodGreen Community Services, Youth Substance Use and Addiction Supports

95 Wellesley Street East, Toronto

40 Orchard View Boulevard, Toronto

www.woodgreen.org/services/youth

Tel.: 416 645-6000 ext. 5131

mbrown@woodgreen.org

Services: Offers comprehensive, low-barrier addiction and mental health supports for youth across Toronto; programs include outpatient counselling for substance use, harm reduction-based support, live-in treatment for youth involved in the justice system and transitional services for youth aging out of care; specialized initiatives like CONNECTS and PATH provide targeted help for youth experiencing housing instability, trauma and addiction; drop-in spaces and day-treatment programs offer additional opportunities for connection and recovery

Eligibility: Youth (ages 12–24) living in Toronto, especially those navigating substance use, addiction, housing instability or justice system involvement (specific age ranges apply to each service stream)

Referral: Varies by program; some services are self-referral/walk-in, others require referral through child welfare, courts or probation

Fees: Free

YMCA of Greater Toronto, Youth Substance Awareness Program (YSAP)

Multiple locations across the GTA, including Toronto, Scarborough, North York, Mississauga and Brampton

www.ymcagta.org/youth-programs/ysap

Tel.: 416 473-7407

Services: Offers free, confidential substance use counselling for youth; uses a person-centred, strength-based approach rooted in harm reduction, offering safe supply distribution (including substance testing kits and naloxone) and educational workshops for youth, caregivers and professionals; in-person, telephone and virtual counselling sessions available

Eligibility: Youth (ages 14–24) living in the GTA

Referral: No referral required

Fees: Free

Notes: Transit supports are available for in-person sessions

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8. 2SLGBTQIA+ Services

Addiction Rehab Toronto

4 Warrendale Court Etobicoke

www.addictionrehabtoronto.ca/addiction-counselling-therapy

Tel.: 1 855 787-2424

info@addictionrehabtoronto.ca

Services: Offers personalized addiction and mental health treatment in a safe, affirming space for LGBTQ+ individuals; services include supervised detox, residential care, art therapy, virtual rehab, individual and group counselling, and family therapy; the program is trauma-informed and culturally sensitive, with LGBTQ+ identified staff and tailored supports that address the unique experiences of queer and trans communities

Eligibility: Open to LGBTQ+ adults seeking support for substance use, behavioural addictions or co-occurring mental health concerns

Referral: In-patient assessment required

Fees: Program costs vary

Centre for Addiction and Mental Health (CAMH), Rainbow Services (2SLGBTQ+)

60 White Squirrel Way, 4th Floor, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/rainbow-services-2slgbtq

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Offers outpatient group and individual therapy for 2SLGBTQ+ individuals concerned about their substance use; programming includes relapse prevention, psychiatric consultation and concurrent disorder support; group therapy follows a staged model using motivational interviewing, CBT, DBT and trauma-informed approaches; staff are trained in 2SLGBTQ+ affirming care

Eligibility: 2SLGBTQ+ adults age 18+ with substance use concerns

Referral: No referral required; self-referral accepted via Access CAMH

Fees: Services covered by OHIP

Notes: Services are currently offered virtually, with limited in-person availability; in-town and out-of-town clients welcome

Friends of Ruby

489 Queen Street East, Toronto

www.friendsofruby.ca

Tel.: 416 359-0237

info@friendsofruby.ca

Services: Offers short-term individual, group and family support, crisis response and suicide intervention, with referrals to medical, legal and educational resources; services include addiction and mental health counselling, gender affirmation support and learning activities.

Eligibility: 2SLGBTQIA+ youth and young adults (ages 16–29), particularly those who are unhoused, vulnerably housed or at risk of homelessness

Referral: No referral required

Fees: Free

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HQ, SMART Recovery

790 Bay Street, Toronto

www.hqtoronto.ca/programming-smart

Tel.: 416 479-0082

info@hqtoronto.ca

Services: A peer-led support group that offers a science-based approach to overcoming addictive behaviors; participants learn practical tools for managing cravings, building motivation and developing healthy habits through open discussion and mutual support; the group is affirming, inclusive and focused on empowering individuals to make positive changes in their lives

Eligibility: Open to adults of all genders and backgrounds with lived experience of substance use or addictive behaviours

Referral: No referral required (drop-ins welcome)

Fees: Free

Notes: Held every Monday at 6:30 p.m.

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9. Self-Help and Mutual Aid Peer Support Programs

Individual meetings will not be listed. Instead, individuals can access full directories through the provided links for each support program.

9.1 Twelve-Step and Traditional Fellowships

Alcoholics Anonymous (AA)

www.aatoronto.org/meetings

Tel.: 416 487-8110 | 1 877 404-5591 (Help Line)

Services: Weekly 12-Step Alcohol Support Meetings offer mutual support for those seeking sobriety, grounded in the 12 Steps and 12 Traditions; meetings run daily, both in-person and online, providing accessible recovery support every day of the week

Eligibility: Open meetings (no restrictions) and closed meetings (individuals with alcohol dependence)

Referral: No referral required; drop in to attend any open in-person meeting

Fees: Free

Notes: Meetings in other languages may be available (call or email for information, or visit online directory); call or visit website for times and locations of in-person and online meetings, or for directory of local groups

Cocaine Anonymous (CA)

<https://ca-on.org>

Tel.: 416 927-7858

questions@ca-on.org

Services: A 12-step recovery fellowship of individuals seeking recovery from addiction who share their experiences, strengths and hopes with each other so that they may solve their common problem and help others to recover from their addiction

Eligibility: Anyone living in Ontario with a drug or alcohol problem and the desire to stop using

Referral: No referral required, but participants must register

Fees: Free

Notes: Daily meetings (in-person and virtual); call for locations and times, or visit the website

Co-Dependents Anonymous (CoDA)

<https://codacanada.ca>

www.codatoronto.org

spiritualsolution.coda@gmail.com

Tel.: 416 254-4716

Services: A 12-step, 12-tradition fellowship of men and women seeking to develop healthier relationships with others and themselves; open to anyone, whether that means people-pleasing, difficulty setting boundaries or losing oneself in others

Eligibility: Anyone who feels they struggle with codependency

Fees: Free

Notes: Meetings have both virtual and in-person options; visit the website for meeting details and locations

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Crystal Meth Anonymous (CMA)

www.crystalmeth.org

Tel.: 855 638-4373

Services: A fellowship of individuals who share their experience, strength and hope to support recovery from crystal meth addiction; advocate a 12-step program that offers peer-led meetings, literature and support for those seeking sobriety; the organization also provides a 24-hour helpline for information and support (not for emergencies or medical advice).

Eligibility: Open to anyone with a desire to stop using crystal meth

Referral: No referral required

Fees: Free

Notes: Meetings are available in-person and online, with options for both newcomers and long-term members; meetings for Toronto are on Fridays, 6:00 p.m. to 7:00 p.m.; meeting formats may vary by location, and include open and closed sessions; visit the website to find a meeting or learn more about starting a group

Gambler's Anonymous (GA)

<https://gamblersanonymous.org>

www.gatoronto.ca

Tel.: 1 855 222-5542

Services: A 12-step fellowship offering support to individuals who want to stop gambling; GA Toronto hosts regular meetings (both in-person and online) where members share their experiences and support one another in recovery

Eligibility: Open to anyone with a desire to stop gambling

Fees: Free

Notes: The website includes meeting schedules, Zoom links, literature and resources for newcomers

Gaming Addicts Anonymous (GAA)

www.gamingaddictsanonymous.org

helpline@gaais.org

Services: A fellowship of people who support each other in recovering from the problems resulting from excessive game playing; visit the website for meeting details and locations

Eligibility: Open to anyone with a desire to stop video gaming

Fees: Free

In The Rooms (ITR)

www.intherooms.com

Services: A dynamic online recovery platform that provides over 150 live virtual meetings each week, supporting individuals recovering from addiction, compulsive behaviours and mental health challenges; offers a wide range of meeting formats, including traditional 12-step groups like AA, NA and Al-Anon, as well as alternative approaches such as SMART Recovery and Recovery Dharma

Eligibility: The community welcomes anyone seeking help, regardless of their background, diagnosis or stage of recovery

Fees: Free

Notes: The website includes meeting schedules and Zoom links

Marijuana Anonymous (MA) Toronto

www.matoronto.org

Services: A fellowship of individuals who share their experience, strength and hope with one another to recover from marijuana addiction; rooted in the 12 steps of recovery, MA provides a supportive, non-judgmental environment for anyone seeking freedom from cannabis dependence; meetings of

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different types and themes are held on certain days, such as Rainbow Recovery (a safe space for LGBTQ+), Women, Non-Binary, and Beyond, Never Alone, etc.

Eligibility: Anyone with a desire to stop using marijuana

Fees: Free

Notes: Visit the website for a full list of all meetings in the Toronto area

Narcotics Anonymous (NA)

www.torontona.org

www.na.org

Tel.: 1 888 811-3887

Services: Group meetings to help people in recovery from a substance use disorder to support each other; sessions are held throughout Toronto, both in-person and online

Eligibility: Open meetings (no restrictions) and closed meetings (individuals who think they may have a drug problem)

Fees: Free

Notes: Individuals interested in Narcotics Anonymous can join Mondays at 7:00 p.m. for a 30-minute introduction via Zoom

Nicotine Anonymous (NicA)

www.nicotine-anonymous.org

Tel.: 1 877 879-6422

info@nicotine-anonymous.org

Services: A 12-step fellowship offering support to individuals who seek freedom from nicotine in all forms, cigarettes, vaping, chewing tobacco and more; meetings are available online, by phone and in person, with a global network of members sharing experience, strength and hope

Eligibility: Anyone with a desire to live nicotine-free

Fees: Free

Notes: The website includes meeting schedules and Zoom links

9.2 Alternative Mutual Aid

Harm Reduction, Abstinence and Moderation Support (HAMS)

www.hams.cc

Services: A peer-led support and information group for individuals who want to change their relationship with alcohol, whether that means safer drinking, reduced drinking or complete abstinence; offers support via an online forum, a Facebook group and live meetings

Eligibility: Open to anyone seeking freedom from alcohol dependence

Fees: Free

Progress Place, Double Recovery Program

576 Church Street, Toronto

www.progressplace.org/double-recovery

Tel.: 416 323-0223

doublerecovery@progressplace.org

Services: Offers safe, anonymous and peer-led support for individuals living with both mental health challenges and substance use issues; meetings (both in-person and virtual) are facilitated by staff with lived experience in recovery, creating a welcoming space for open sharing, friendship and mutual healing

Eligibility: Open to anyone living with both mental health challenges and substance use challenges

Fees: Free

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Recovery Dharma

<https://recoverydharma.org>

Services: A peer-led, non-theistic recovery program that uses Buddhist principles and practices to help individuals heal from addiction; rooted in mindfulness, meditation and self-inquiry; empowers participants to take charge of their own recovery through personal growth and community support; visit the website for meeting details and locations

Eligibility: Open to individuals struggling with substance use or behavioural addictions

Fees: Free

Notes: Visit the website for meeting details and locations

Refuge Recovery

www.refugerecovery.org

Services: A Buddhist-inspired, non-theistic recovery program that offers a path to healing from addiction through mindfulness, meditation and community support

Eligibility: Open to anyone seeking freedom from substance use or behavioural addictions

Fees: Free

Notes: Visit the website for meeting details and locations

Self-Management and Recovery Training (SMART) Recovery

www.smartrecovery.org

www.smartrecoverytoronto.com

<https://smartrecovery-canada.ca>

Services: Offers a science-based, self-empowering approach to overcoming addictive behaviours; services include peer-supported meetings (both in-person and online), structured programs based on CBT, Motivational Interviewing and CRAFT (Community Reinforcement Approach and Family Training) to build motivation, manage urges and develop healthy coping strategies; includes specialized support for families and youth

Eligibility: Open to individuals struggling with substance use or behavioural addictions

Fees: Free

Notes: Visit the website for meeting details and locations

S&M: Substance Use and Mental Health Support Group, The 519

519 Church St, Toronto

www.the519.org/programs/sm

Tel.: 416 392-6874

JPenate@The519.org

Services: A confidential 2SLGBTQ+ affirming space for individuals with lived experience of substance use and mental health challenges; participants connect weekly to share strategies, explore wellness, discuss community topics and support each other; takeaway meals are offered after each session

Eligibility: Open to 2SLGBTQ+ adults with lived experience of substance use and/or mental health concerns; no formal diagnosis or sobriety requirement

Fees: Free

Notes: Visit the website for session details and locations

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Women for Sobriety (WFS)

<https://womenforsobriety.org>

Tel.: 215 536-8026

contact@womenforsobriety.org

1007@womenforsobriety.org

Services: A peer-support program designed specifically for women overcoming substance use disorders; offer online and in-person meetings through the New Life Program comprised of 13 acceptance statements, which focuses on empowerment, self-worth and recovery through secular, life-affirming principles; provides inclusive, accessible support groups and discussion forums for all women, regardless of background

Eligibility: Women age 18+ using drug and/or alcohol who want to become sober

Fees: Free

Notes: Toronto meetings are held Mondays at 7:00 p.m. (in-person: the 1st and 3rd week of every month; virtual: the 2nd and 4th week of every month)

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10. Family and Loved Ones Support

Al-Anon/Alateen Family Groups

1771 Avenue Road, Toronto

<https://al-anon.alateen.on.ca>

Tel.: 416 410-3809

gtais.updates@gmail.com

Services: Offer support group meetings for relatives and friends of individuals struggling with alcohol use, whether the person is still drinking or not; both in-person and online meetings are available, with current schedules listed on the Al-Anon website

Eligibility: Adults age 18+

Fees: Free

Notes: The website includes meeting schedules and Zoom links

Breakaway Community Services, Family and Youth Initiative Program

21 Strickland Avenue, Toronto

www.breakawaycs.ca/programs/family-youth-initiative

Tel.: 416 537-9346 ext. 225

intake@breakawaycs.ca

Services: Offers harm reduction-based outpatient support for youth and their families affected by substance use; services include individual and family therapy, school outreach, assessments and referrals to day or residential treatment, and community education; the program also helps youth impacted by substance use within their families and provides workshops, presentations and counselling in schools, shelters and community spaces

Eligibility: Youth (ages 12–25) and their families/caregivers living in Toronto.

Referral: No referral required

Fees: Free

Notes: Support is available whether or not the youth is ready to engage in services

Centre for Addiction and Mental Health (CAMH), Family Service

60 White Squirrel Way, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/family-service

Tel.: 416 535-8501 (press 2 for Access CAMH)

Services: Provides treatment and support to individuals who are concerned about the substance use of someone else; services include educational resources about substance use disorders, coaching on healthy coping and communication strategies, and brief individual counselling; all services are currently offered remotely

Eligibility: Adults age 18+ who are concerned about the substance use of another adult, regardless of whether that person is in treatment

Referral: No referral required; self-referral accepted through Access CAMH

Fees: Services covered by OHIP

Families for Addiction Recovery (FAR)

100 Consilium Place, Scarborough

www.farcana.org

Tel.: 855 377-6677 ext. 207

info@farcana.org

Services: Offers confidential parent-to-parent phone support and online support groups for families affected by addiction; trained parent supporters share practical coping strategies and connect families with helpful resources; advocates for evidence-based policy and educational outreach to reduce stigma and support long-term recovery

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Fees: Free

Notes: Phone support offered Monday to Friday from 12:00 p.m. to 3:00 p.m. and Wednesday evenings from 7:00 p.m. to 9:00 p.m.

Jewish Addiction Community Services (JACS), Family Programs

3625 Dufferin Street, Suite 400, Toronto

<https://jacstoronto.org>

Tel.: 416 638-0350

info@jacstoronto.org

Services: Offers personalized support for families affected by addiction, including substance use, behavioural addictions and related mental health challenges; services include individual and family counselling, group therapy, psychoeducation and specialized support groups such as SMART Recovery for Family and Friends; programs are culturally sensitive and trauma-informed, with a focus on healing relationships and building resilience within the Jewish community and beyond

Eligibility: Open to individuals and families impacted by a loved one's addiction; no formal diagnosis or treatment status required

Referral: No referral required

Fees: Services are covered by OHIP; some additional services may involve fees

Punjabi Community Health Services (PCHS)

2980 Drew Road South, Mississauga

www.pchs4u.com

Tel.: 905 677-0889

info@pchs4u.com

Services: Offers culturally and linguistically appropriate family support services through its Sahara Better Families Program (BFP); provides individual and group counselling, case management, parenting support and education on mental health, substance use, cultural conflict and family violence; support groups include the Sahara Parenting Group and a Youth Drop-in Program (every Wednesday, 5:30–7:30 p.m.) that are designed to promote healthy relationships and emotional well-being

Eligibility: Youth (ages 12–24) and their families; parents of children (ages 1–11); individuals mandated by legal obligation related to youth or family issues

Referral: No referral required

Fees: Free

Notes: Services available in English, Punjabi, Hindi and Urdu

Centre for Addiction and Mental Health (CAMH), Youth Concurrent Education Night for Families and Friends

1001 Queen Street West, Toronto

www.camh.ca/en/patients-and-families/programs-and-services/youth-concurrent-education-night-for-families-and-friends

Tel.: 416 535-8501 (press 2) | 1 800 463-6273

Services: An educational event designed for family members and friends of youth receiving services through CAMH's Youth Addiction and Concurrent Disorders Service; topics include mental health, substance use, harm reduction, self-care, setting boundaries and managing gaming/internet use; the sessions aim to build understanding and offer practical tools for supporting loved ones

Eligibility: Open to family and friends of CAMH clients (ages 13–24)

Referral: No referral required; self-referral accepted through Access CAMH

Fees: Free of charge

Notes: Offered as scheduled evening sessions; contact Access CAMH for upcoming dates and registration details

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If you are in immediate crisis, please consider connecting with one of the following services:

11. **9-8-8 Suicide Crisis Helpline:** Call or text 9-8-8 for a safe space to talk, 24 hours a day, every day of the year
12. **Gerstein Crisis Centre:** Call 416 929-5200 for telephone support, an in-person mobile crisis team, substance use crisis management, community support referrals, follow-up and access to short-term crisis beds
13. Go to a local hospital **Emergency Department** or **Call 9-1-1**

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