

## **DURHAM AREA**

### **COMMUNITY COUNSELLING**

#### **COMMUNITY COUNSELLING ORGANIZATIONS**

The organizations below are non-profit. Counselling fees are based on a sliding scale. This means that the fees are adjusted based on the client's income level and family size – the less you make, the less you pay per session. Usually there is a waiting period to get in for the first appointment. Please call each organization to ask about fees and wait times – they often vary from one organization to the next

### **OSHAWA – COMMUNITY COUNSELLING**

#### **CATHOLIC FAMILY SERVICES**

115 SIMCOE STREET S, 3<sup>rd</sup> FLOOR

OSHAWA, ON

L1H 4G7

1-877-282-8932 or 905-725-3513

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

-Professional counselling services are offered to assist individuals, couples and families experiencing personal adjustment and relationship difficulties to attain an improved level of wellness and satisfaction in life.

Variety of counseling including:

-Individual, couple and family counselling for children aged 5 and up

#### **Individuals**

-Counselling is offered to individuals experiencing difficulty in areas such as coping with grief and loss, managing transitional changes, work related difficulties, tendency to addiction, struggling to overcome the effects of past abuse (male and female victims), as well as managing stress, anxiety or depression.

**Fees:** Service - Based on sliding scale (minimum \$5 / session – maximum \$60 / session)

#### **Wellness Programs:**

In addition to the counselling programs, they offer a variety of group workshops.

**OSHAWA COMMUNITY HEALTH CENTRE**

115 GRASSMERE AVE

OSHAWA, ON

L1H 3X7

905-723-0036

Email: [info@ochc.ca](mailto:info@ochc.ca)

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

Full service health care facility providing family centred primary care, health promotion and health education \* team of professionals include doctors, nurse practitioners, social workers and health promoters \* variety of services and programs including medical and **counselling appointments**

-Individual, Couple, and Family Therapy

-Individual, couple and family counselling for children aged 5 and up

Therapy is provided to current clients utilizing various professional models of intervention. In addition to face-to-face and phone contact with the client, this therapy also includes client advocacy, consultation, and collaboration with other service providers (i.e. the judicial system, CAS, etc.)

Free service

**PLEASE NOTE: The Counselling Service is available to those who are already clients of the Health Centre.**

## **SALVATION ARMY COMMUNITY AND FAMILY SERVICES**

45 KING ST E

OSHAWA, ON

L1H 1B2

905-723-7422 ext.224

[www.oshawa-temple.org](http://www.oshawa-temple.org)

- Individual, couple and family counselling
- Marital/Couple Counselling
- Grief & Loss Counselling
- Anger & Stress Management
- Abuse & Trauma Counselling
- Spiritual Counselling Parenting
- Personal Boundaries & Relationship
- Self Image & Self-Esteem
- Budgeting & Financial Counselling
- Anxiety and Depression Counselling

Counselling is presented in a Christian context and upholds Biblical principles. No individual will be discriminated against in terms of lifestyle or background. Individual rights of confidentiality and personal beliefs are respected.

### **Fees:**

Service - Based on fee scale

Affordable counselling is available for all individuals and families. A sliding fee scale is available for those with low income or financial constraints.

## **PROFESSIONAL ASSOCIATIONS**

### **PRACTITIONERS IN PRIVATE PRACTICE**

For referrals to practitioners in private practice, please contact the following professional associations. Can check medical benefits (if applicable) for coverage.

#### **OSHAWA PSYCHOLOGICAL AND COUNSELLING SERVICES**

117 KING ST EAST, 2ND FLOOR

EAST WING

OSHAWA, ON , L1H 1B9

866-568-9476

905-721-7723

<http://www.oshawapsychologist.com/>

**Ages:** Children, adult and parents

**Fees:** The fee schedule varies depending on the nature of the service and the qualifications of the clinician. Fees are charged according to the guidelines set out by related professional organizations including Ontario Psychological Association.  
**Please contact your extended health benefits provider as they might cover part of the fees**

**Availability:** Please contact the agency directly to determine availability based on your needs.

**Special Notes:**

**Services offered:**

- Personal growth and development issues
- Major situational and developmental transitions such as stress management, separation and divorce, loss and bereavement, motor vehicle accidents, chronic illness, and family life transition
- Socially-related issues and trauma such as immigration and cultural dislocation, social isolation, child abuse, sexual abuse, and domestic violence
- Behavioural difficulties and mental health concerns such as anger management, depression, anxiety, and Obsessive Compulsive Disorder
- Office does have psychologists that can provide cognitive behavioural therapy.

***Please call directly for more information.***

## **COUNSELLORS**

### **ONTARIO ASSOCIATION OF COUNSELLORS, CONSULTANTS, PSYCHOMETRISTS AND PSYCHOTHERAPISTS**

416-298-7333 OR 1-888-622-2779

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

-The OACCPP has a free find-a-therapist service, to assist individuals with locating a therapist in their area.

-Please contact by email [admin-assistant@oaccpp.ca](mailto:admin-assistant@oaccpp.ca) or by phone at 416-298-7333

- OACCPP will match your needs as closely as possible with their database of certified members.

## **SOCIAL WORKERS**

### **ONTARIO ASSOCIATION OF SOCIAL WORKERS**

416-923-4848 (No toll free number)

[www.oasw.org](http://www.oasw.org)

Ontario Association of Social Workers has an online directory of social workers in private practice in Ontario.

## **ONTARIO ASSOCIATION FOR MARRIAGE AND FAMILY THERAPY**

### **ONTARIO ASSOCIATION FOR MARRIAGE AND FAMILY THERAPY**

1-800-267-2638

<http://rmft.oamft.com/>

Ontario Association For Marriage And Family Therapy has an online directory of Marriage And Family Therapists in private practice in Ontario.

## **PSYCHOTHERAPISTS**

### **ONTARIO SOCIETY OF PSYCHOTHERAPISTS**

416-923-4050 (No toll free number)

<http://www.psychotherapyontario.org/>

Ontario Society of Psychotherapists has an online directory of Psychotherapists in private practice in Ontario.

## **PSYCHOLOGIST**

### **ONTARIO PSYCHOLOGICAL ASSOCIATION**

21 ST. CLAIR AVENUE EAST, SUITE 403

TORONTO, ON

M4T1L8

800-268-0069 OR 416-961-0069

<http://www.psych.on.ca/>

<http://www.psych.on.ca/Utilities/Find-a-psychologist.aspx>

The Ontario Psychological Association offers a free referral service by telephone and on their Website Telephone service available Monday to Friday, 10:00 am to 3:30 pm or

### **THE COLLEGE OF PSYCHOLOGISTS OF ONTARIO**

110 EGLINTON AVENUE WEST

SUITE 500

TORONTO, ON

M4R 1A3

416-961-8817

1-800-489-8388

<http://www.cpo.on.ca/>

MEMBER SEARCH [https://members.cpo.on.ca/public\\_register/new](https://members.cpo.on.ca/public_register/new)

The College of Psychologists of Ontario is the governing body for Psychologists and Psychological Associates in Ontario.

## **OSHAWA MENTAL HEALTH**

### **CANADIAN MENTAL HEALTH ASSOCIATION**

60 BOND STREET WEST

OSHAWA, ON L1G 1A5

905-436-8760

Email: [cmha@cmhadurham.org](mailto:cmha@cmhadurham.org)

[www.durham.cmha.ca](http://www.durham.cmha.ca)

Community based mental health programs and services for persons who experience emotional and mental health difficulties.

### **SERVICES INCLUDE:**

#### **COMMUNITY ACCESS CENTRALIZED INTAKE**

-Community Access Services provide a single point of entry to all of our programs in order to ensure streamlined access resulting in matching individual needs with available resources

#### **REHABILITATIVE AND EMPLOYMENT SERVICES EDUCATION**

- Leadership and personal growth opportunities

-Small Business Initiative, Supported Employment, Resource Centre

#### **HOUSING AND CASE MANAGEMENT SERVICES**

-For individuals living in group living or independent living situations

#### **ASSERTIVE COMMUNITY TREATMENT**

-The Assertive Community Treatment (ACT) Team is a client-centred, recovery-oriented mental health service designed specifically for people aged 18 to 65 with serious and persistent mental illnesses

#### **NURSE PRACTITIONER LED HEALTH CLINICIAN**

-Health care to individuals and their families who do not have a family doctor

-Services include Healthy Living Clinic, Cardiovascular Health

-Medication management and Clozapine Clinic, Diabetes Management

-Nutrition, health teaching, vaccinations

#### **REHABILITATIVE SERVICES - LIFE SKILLS FOR SELF CARE**

-Rehabilitative Day Programs, Life Skills Program, Older Adults Wellness Program, Brief Case Management, Peer Supports and Initiatives, Rehabilitative Group Living, Collaborative Living, \* Small Business Initiatives (SBI's), Youth Services - Public Trustee, Youth Activity & Support Program (YASP funded through the Royal Bank of Canada's RBC After School Grants Program) after school activity and support program for youth attending high school and living independently

#### **HEALTHY LIVING PROGRAM**

-Education to those with mental health issues and their families \* help to self-manage health issues \* weight management, high blood pressure, cholesterol and diabetes \* lifestyle choices, smoking cessation, nutrition \* physical activity, stress management, healthy eating, medications

## **FAMILY & CAREGIVER SUPPORT**

CMHA Durham recognizes that families and caregivers are an important part of the client's care team. CMHA Durham aims to enhance the health and resilience of family members and caregivers in order to support and strengthen their role as valuable partners in recovery.

### **-Drop-in Family Education Night**

## **EDUCATION AND TRAINING PROGRAMS AND SERVICES**

CMHA Durham offers a number of education and training programs and services.

## **COMMUNITY CARE DURHAM**

20 SUNRAY STREET, UNIT #5

WHITBY, ON

L1N 8Y3

COPE Mental Health: 905-668-6223, ext. 227

*-COPE is a community mental health program offering support to adults aged 16 and older, with emotional and/or mental health concerns.*

*-COPE accepts referrals from a wide variety of community sources. Self-referrals are welcome. Once a referral is processed, an assessment is completed to determine service initiation with the program.*

*-All COPE services are free of charge.*

*Staff and trained volunteers facilitate support, coping skills, educational and social/recreational groups such as: depression, anxiety, stress management, losses, social recreation, and groups for caregivers and family members. To access any group, please contact your local Community Care Durham office.*

## **CRISIS SUPPORT**

### **DISTRESS CENTRE ONTARIO**

<http://www.dcontario.org>

<http://www.dcontario.org/centres.html>

### **DURHAM REGION**

Distress Line: 905-430-2522; 1-800-452-0688

Website: [www.distresscentredurham.com](http://www.distresscentredurham.com)