



Counselling Resource List

Revitaled Reintegration Services
The LEARN Hub



revitaled.ca



289-302-4094



hub@revitaled.ca

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Services



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Getting Started

About The LEARN Hub

The LEARN (Legal Education and Reintegration) Hub is an **online database** that provides **accessible, holistic information** about how to navigate the criminal justice system in Ontario, with a focus on providing **BIPOC-centered resources**.

The goals of The LEARN Hub are to:

- To help increase community members' understanding of navigating through the criminal legal system.
- To reduce feelings of uncertainty amongst low-income community members that navigate the criminal legal system.
- To increase low-income community members access to information about the criminal legal system.
- To increase feelings of resiliency and confidence navigating the criminal legal system amongst course participants.
- To provide a user-friendly experience where community members can feel at ease accessing information.



Getting Started

About the counselling resource list

The counselling resource list is a service list that provides information on community counselling clinics that offer free or low-cost, culturally-specific support and services.

Majority of the clinics on this list are BIPOC-operated and BIPOC-serving services.

To access the company website of your desired service, please click on the **underlined** name of the business in the first column of the chart.

This is a reference guide for the resource list:

A = Address

P = Phone Number

E = Email Address

If there are any services that can not be found within this resource, please contact us at hub@revitalled.ca or (289) 302-4094.



Counselling Services

A

Name & Description	Contact Information	Service Fees
<p><u>Access Alliance</u> <i>“Access Alliance provides services and addresses system inequities to improve health outcomes for the most vulnerable immigrants, refugees, and their communities.”</i></p>	<p>A: 340 College St., Ste. 500, Toronto, ON M5T 3A9</p> <p>P: (416) 324-8677</p> <p>A contact form can be accessed here.</p>	<p>Services do not indicate a fee</p> <p>This is a non-profit organization. Please contact for further details.</p>
<p><u>Across Boundaries</u> <i>Access Boundaries “helps racialized individuals with mental illness and/or addictions, who need support.” Their services “address the systemic barriers and complex needs experienced by people from racialized communities.”</i></p>	<p>A: 51 Clarkson Ave, York, ON M6E 2T5</p> <p>P: (416) 787-3007, ext. 222</p> <p>E: info@acrossboundaries.ca</p>	<p>Services do not indicate a fee</p> <p>This is a non-profit organization. Please contact for further details.</p>



Counselling Services

A

Name & Description	Contact Information	Service Fees
<p><u>ADWO Counselling and Consulting Services Inc.</u> <i>ADWO “offers a range of culturally relevant supports to individuals, families, and organizations that provide services to members of the African Canadian community.”</i></p>	<p>A: 105 Consumers Drive, Unit #2 Whitby, ON (Durham Corporate Centre)</p> <p>A contact form can be accessed here</p>	<p>Counselling: \$140+/Hour</p> <p>Consultation: \$150+/Hour</p>
<p><u>Adulam Foundation</u> <i>Adulam Foundation aims to “foster resilience and promote mental health and wellness through building coping tools within the physical, intellectual, emotional, and spiritual pillars.”</i></p>	<p>P: (905) 244-2082</p> <p>E: admin@adulamfoundation.org</p> <p>A contact form can be accessed here</p>	<p>Prices are based on a sliding scale</p> <p>Hourly sessions are typically: \$125-150 (Open to discussing fee changes)</p>



Counselling Services

A

Name & Description	Contact Information	Service Fees
<p><u>Affordable Therapy Network</u> <i>Affordable Therapy Network is a therapist connection service. All therapist on this list are low-cost, and BIPOC-focused services are listed.</i></p>	<p>A: 1219 St Clair Ave W, Toronto, ON M6E 1B5</p> <p>E: admin@affordabletherapy.com</p>	<p>Low-cost rate: \$65 or less</p> <p>Sliding scale rates: Approximately \$70-\$120 varying between therapists</p>
<p><u>ASET Group Counselling Services</u> <i>ASET Group Counselling Services offers holistic wellness services. They also use anti-oppressive, anti-racist and cultural approaches to supporting individuals</i></p>	<p>A: 157 Harwood Ave N Suite 208, Ajax, ON L1Z 0A1</p> <p>P: (289) 624-2330</p> <p>E: info@asetgroup.ca</p>	<p>Depending on requested service: \$75-210</p>



Counselling Services

B-C

Name & Description	Contact Information	Service Fees
<p><u>Black Creek Community Health Centre (BCCHC)</u> <i>BCCHC “engages with individuals, families and organizations to deliver comprehensive health services and programs that enhance community health and wellbeing.”</i></p>	<p>A: 2202 Jane Street, Unit 5 Toronto, ON M3M 1A4/1 York Gate Boulevard, Suite 202 Toronto, ON M3N 3A1</p> <p>E: info@bcchc.com</p> <p>P: (416) 249-8000 or (416) 246-2388</p>	<p>These are free services.</p>
<p><u>CAMH</u> <i>CAMH offers culturally-focused services to African and Caribbean Canadian youth under 25 years-old, who are dealing with problem substance use and mental health concerns.</i></p>	<p>A: Queen Street Site - 80 Workman Way</p> <p>P: (416) 535-8501, press 2</p>	<p>Services do not indicate a fee</p> <p>Hospital services: Please contact for further details.</p>
<p><u>Caribbean/African Canadian Social Services (CAF CAN)</u> <i>CAF CAN offers “a range of culturally safe clinical, prevention and intervention mental health services designed to meet the cultural needs of Black children, youth, adults and families.”</i></p>	<p>A: 995 Arrow Road, North York, ON, M9M 2Z5</p> <p>P: (416) 740-1056</p> <p>E: info@cafcan.org</p>	<p>These are free services.</p>



Counselling Services

C

Name & Description	Contact Information	Service Fees
<p><u>CBM Psychological & Counselling Services</u> <i>CBM “offers a wide range of services for children, adolescents, adults and families” to help them cope and navigate challenging situations.</i></p>	<p>A: 6 1250 Saint Martins Dr, Pickering, ON L1W 0A2</p> <p>P: (905) 492-1152</p> <p>E: admin@cbmpsychologicalservices.com</p>	<p>Consultations and psychological assessment services: \$220 per hour</p> <p>Psychotherapy intake appointments: \$200 - \$210 per hour. Subsequent sessions range from \$180-210 per hour.</p> <p>Registered Social Worker: Psychotherapy/ Counseling intake appointments - \$160 - \$180 per hour then \$160 - \$180 per hour for subsequent sessions</p> <p>Low-Cost counselling services starting at \$140 per 1-hour session</p>



Counselling Services

D-E

Name & Description	Contact Information	Service Fees
<p><u>Delta Family Resource Center</u> <i>Delta Family Resource Centre (DELTA FAMILY) is a grassroots, non-profit, community-based agency which is committed to enhancing the potential of families and children by supporting and addressing identified needs.</i></p>	<p>A: 2291 Kipling Ave Unit #123, Etobicoke Ontario M9W 4L6</p> <p>P: (416)-747-1172</p> <p>E: contactus@dfrc.ca</p>	<p>These are free services.</p>
<p><u>Elizabeth Evans, Francis Psychotherapy</u> <i>Elizabeth Evans is a psychotherapist who works within culturally responsive framework. Her specialties are children and youth, family conflict and emotional disturbances.</i></p>	<p>A: Ajax, ON offers virtual services</p> <p>P: (289) 273-8843</p> <p>Booking site available here and here</p>	<p>Services are offered on a sliding scale ranging from \$90- \$150</p>



Counselling Services

F-I

Name & Description	Contact Information	Service Fees
<p><u>Frontenac Youth Services</u> <i>Frontenac works with youth between the ages of 12-18 that “are struggling emotionally and behaviorally, and their families, within the Durham Region.”</i></p>	<p>A: 1320 Airport Blvd, Oshawa, ON L1J 0C6</p> <p>P: (905) 579-1551</p>	<p>These are free services.</p>
<p><u>Healing in Colour</u> <i>Healing in Colour is a BIPOC therapist connection service. All therapist on this list are low-cost.</i></p>	<p>E: healingincolour@gmail.com</p> <p>A contact form can be accessed here</p>	<p>Sliding scale rate varies between therapists</p>
<p><u>The Insight Clinic</u> <i>The Insight Clinic offers “mental health services that are brain-centric”. They encourage “a solution-based focus” through tools to help clients shift the way they think.</i></p>	<p>A: 101 Mary St W Suite 302, Whitby, ON L1N 2R4</p> <p>P: (289) 483-0133</p> <p>E: contact@theinsightclinic.ca</p>	<p>Rates vary by therapist: \$110-170</p> <p>Can be covered as an expense via insurance.</p>



Counselling Services

R-R

Name & Description	Contact Information	Service Fees
<p><u>Positive Circles Counselling and Support Services</u> <i>Positive Circles offers “clinical treatment and counselling opportunities that are affordable, accessible, and confidential to everyone regardless of socio-economic or ethnic diversity.”</i></p>	<p>A: 467 Westney Rd S Unit 3, Ajax, ON L1S 6V8 P: (905) 409-7243</p>	<p>\$150/Hour</p>
<p><u>Reflections Counselling and Psychotherapy Services</u> <i>Reflections offers “counselling and psychotherapy, in French and English, to adult (18+) individuals with an anxiety disorder, mood disorder, or related issue in anxiety or mood that does not require the treatment of another specialized service.”</i></p>	<p>A: 101 Mary St W #303, Whitby, ON L1N 2R4 P: (905) 493-4300 E: info@reflectionsccps.com</p>	<p>\$145 per session</p>



Counselling Services

R-S

Name & Description	Contact Information	Service Fees
<p><u>R.I.T.E.S Program at Central Toronto Youth Services (CTYS)</u> <i>The R.I.T.E.S Program is a culturally specific, identity development initiative for Black and African-Canadian youth. "R.I.T.E.S has a full spectrum model of support and care," so have access to a "range of clinical mental health programs."</i></p>	<p>A: 65 Wellesley Street East, Suite 300, Toronto, ON M4Y 1G7</p> <p>P: (416) 731-0224 OR (416) 910-5582</p> <p>E: althea.reid@ctys.org OR josette.leader@ctys.org</p>	<p>These are free services.</p>
<p><u>Stella's Place</u> <i>Stella's Place offers "free mental health services for young adults ages 16 to 29 living in Toronto (with a M postal code)." They offer drop-in, by appointment and registered programs.</i></p>	<p>A: 18 Camden St, Toronto, ON M5V 1V1</p> <p>P: (416) 461-2345</p> <p>E: connect@stellasplace.ca</p>	<p>These are free services.</p>



Counselling Services

W

Name & Description	Contact Information	Service Fees
<p><u>Women of Colour Remake Wellness (WOCRW)</u> <i>WOCRW aims to “explore what health and wellness mean” with Black and Indigenous women of color. They offer a therapist directory, counsellors, and other wellness services and activities.</i></p>	<p>E: info@womenofcolorremakewellness.com</p> <p>A contact form can be accessed here</p>	<p>Sliding scale rate varies between therapists.</p> <p>Resources and additional services not indicate a fee. Please contact for more details.</p>
<p><u>Women's Multicultural Resource and Counselling Centre (WMRCC)</u> <i>WMRCC offers counselling services and various supports to women impacted by violence, and their families.</i></p>	<p>A: 1355 Kingston Rd, Pickering, ON L1V 1B8</p> <p>P: (905) 427-7849</p> <p>A contact form can be accessed here</p>	<p>These are free services.</p>



Notes

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