

Supports: Uniform & Civilian Members

Printed on:
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Important Points

About this list...

1) The information you are reading right now is found on one of the many tabs that make up this entire document. By looking toward the bottom of your screen, you will see other "tab" options available, all of which have their own unique number and colour code. Prior to making a decision on a therapist, we suggest looking at the following (each provides the tab number and colour that applies):

Tab #1: Treatment Coverage Explained

Tab #2: EFAP v.s Therapist (which to use?)

Tab #3: Choosing a Therapist

2) As of **January 1, 2025**, those who qualify have access to unlimited psychological supports through Sun Life (the hourly cap of \$250.00/hour remains unchanged). Visit the HR Website Page for full details:

- under the heading **My Health and Wellbeing**, click **Benefits**
- from the new window that opens, click **FAQ's**

3) Some key points:

- Our contact with clinicians is to obtain information for this list only; your visits are always confidential
- All clinicians listed understand the stressors inherent to policing; you won't have to explain your job (they also provide excellent support to civilians)
- Unless otherwise noted, all work with WSIB; those who don't should **NOT** be used if you are dealing with a work related injury, whether physical or psychological
- Wait times for appointments can change daily, so this information will never be included
- Supports noted under **In-Demand Services** are an overview only; visit websites for full details
- if you can't find what you're looking for, give **Wellness** a call at **EXT 4882**; we'll do our best to help

Clinical Professionals (all work with WSIB unless otherwise noted)			
Aurora			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
The Thought Centre https://thethoughtcentre.ca	#5 - 15221 Yonge St., Aurora, ON 647-286-1770	- this group prioritizes first responders - addictions	Complete Contact Form found on their website (callback will be received within 48 hours).

Barrie & Area			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Psychology Matters https://www.psychologymatters.ca	#203 - 15 Sperling Dr., Barrie, ON 705-722-3729	Uniform members only: inquire about their FIRST RESPONDERS PROGRAMS couples counselling	Call number noted or complete Contact Form online.

MINDShift Therapy & Neurofeedback https://www.mindshifttherapy.ca	#207 - 5 Quarry Ridge, Barrie, ON 705-717-7860	- Does not work with WSIB - focus on first responder trauma including PTSD - also support first responder families - treatments include EMDR/neurofeedback	Under Book Now tab on website; suggested that new clients book free 15 Minute Meet and Greet first; or, simply book a first appointment with a therapist from the same site location.
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Bolton			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
No one available in this area at this time.			

Brampton			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
FVB Psychologists https://www.fvb.ca	<i>Also see Mississauga</i> #505 - 7685 Hurontario St., Brampton, ON 905-793-8858	- addictions - couples counselling - grief support (including loss of child)	Call number noted or via email: infom@fvb.ca
Gray Matter Health Marci Gray (Lead MSW/RSW) https://graymatterhealth.com	60 Queen St. E., Brampton, ON 647-294-4118	- Does NOT work with WSIB - provides culturally sensitive psychotherapy - for uniform/communications, indicate you are a first responder when booking appointments	Call number noted.
Living Well Psychotherapy Darlene Artt (Psychotherapist - Certified First Responder Counsellor) https://www.livingwelltherapy.co	<i>Located in Exit Realty Hare (Peel)</i> #404 - 134 Queen St. E., Brampton, ON 905-497-2788	- Does NOT work with WSIB - military supports - couples counselling - supports first responder families - pre-marriage counselling - co-parenting - peer dynamics in the workplace - workaholism	Call number noted.
Triloka Psychology & Integrative Health Centre https://trilokahealth.ca	#304 - 7900 Hurontario St., Brampton, ON 905-497-9400	- this practice will not accept clients with criminal charges pending	Call number noted.

Brantford			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Psychology Health Solutions https://psychealth.ca	<i>Also see Hamilton, Kitchener, London and Toronto (for virtual OR in-person)</i> Virtual Appointments Only in Brantford Contact the Hamilton office: 905-312-0111	<i>Will only see first responders who are initiating a WSIB claim</i> - services are available in 15 different languages - see website for details	Call number noted or via email: info@psychealth.ca

Burlington			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
BrookSide Psychologists https://www.brooksidetherapy.com	<i>Also see St. Catharines</i> #104 - 3060 Mainway Dr., Burlington, ON 905-335-5300	- couples counselling NOTE: if matched with a psychotherapist, ensure they are supervised by a psychologist - this will allow for WSIB claims to be initiated if needed	Call number noted.
Burlington Psychological and Counselling Services https://burlingtonpcs.com	<i>Located in Fairview Business Park</i> #604 - 2319 Fairview St., Burlington, ON 905-631-9991	- Does NOT work with WSIB	Call number noted.
Evolve Counselling Services https://www.evolvevtherapy.ca SPECIAL NOTE: Ms. LeBeau is also a Family Law Mediator; she works with officers when navigating divorce from both a legal and psychological platform. Call office for further details.	<i>Also see Puslinch</i> #59 - 5100 South Service Rd., Burlington, ON 519-830-0155	- Does NOT work with WSIB couples counselling - family counselling - addictions - self-harm - suicide - trauma/PTSD	- Call number noted or via email; info@evolvevtherapy.ca
Inner Oak Therapy https://www.inneroak.ca	<i>Also see Milton</i> #3 - 4300 Upper Middle Rd., Burlington, ON 289-812-5503	- Does NOT work with WSIB - couples therapy - addictions - family therapy - depression / anxiety - adult onset ADHD - EMDR	Call number noted, complete the Contact Form online for inquiries, or Book Now online if you are ready for an appointment.

Side Road Psychotherapy Maggie Pettit - Psychotherapist https://sideroadpsychotherapy.com	3425 Harvester Rd., Burlington, ON 289-208-5442	- Does NOT work with WSIB - has 11 yrs of frontline experience as a Special Constable - offers programs especially tailored for First Responders including depression, anger management and addiction supports	Call number noted, via email at pettitpsychotherapy@gmail.com or book online.
Solasta Psychological Services https://www.solastapsychology.com	Located in the Mainway Business Centre Unit #1 - 3070 Mainway, Burlington, ON 289-635-3504		
The Mindful Living Centre (MLC) https://mindfullivingcentre.ca	Also see Milton and Oakville #204 - 5045 Mainway, Burlington, ON 289-270-1757	This group prioritizes first responders. Advise at time of first call if criminal charges are involved - couples counselling: book now for appt's starting in Feb/2025 - addictions	Call number noted. Speak with Neeta Patney - Intake Coordinator .

Cambridge			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Breakwater Institute https://breakwaterinstitute.ca	149 King Street W., Cambridge, ON 519-884-6226	- couples counselling	Call number noted.

Durham Region (including Ajax, Bowmanville, Whitby)			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
CORE Therapy and Assessment Centre https://www.coretherapycentre.com	Also see Whitby (Dr. Krystle Martin & Associates) 98 King St. W., Bowmanville, ON 289-276-3838	This practice is at capacity for WSIB claims; will reassess Sept/2024. This clinical group offers a First Responder's Clinic which includes baseline assessments, diagnosis and psychological supports	Call number noted or complete Contact Us form online.

Durham Region - cont'd (including Ajax, Bowmanville, Whitby)			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Dr. Krystle Martin & Associates https://www.drkrystlemartin.ca	Also see Bowmanville (CORE Therapy and Assessment Centre) #203 - 306 Dundas St., W., Whitby, ON 250-900-7771	This practice is at capacity for WSIB claims; will reassess Sept/2024 This clinical group offers a First Responder's Clinic which includes baseline assessments, diagnosis and psychological supports	Call number noted or via email: info@drkrystlemartin.ca
Marquis Counselling & Consulting https://www.marquiscc.com	1200 Brock St. S., Whitby, ON 705-416-9816 (there is no full-time Admin Assistant at this practice; do not leave messages if no answer)	- Does NOT work with WSIB - couples counselling - family counselling - EMDR - adult ADHD	Best way to make appt is through the Book Now option online - select Intake Consult if new client.
Mills / Gosse Psychology https://www.millspsychology.ca	#4 - 467 Westney Rd. S., Ajax, ON 905-686-7184	- anxiety and panic - depression and mood disorders - sleep disorders	Call number noted, press "0" and ask for Terry, or complete New Client Intake Forms found online.

Elora			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Clark Psychological Services https://clarktherapy.ca	Also see Hanover Old Quarry Commons #112E - 294 E. Mill St., Elora, ON 519-846-9907	- supports first responders and their spouses	Call number noted.

Erin			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Dr. George Nicholl No website available	Virtual appointments only 226-501-5159	- this practice will not accept clients with criminal charges pending - continues to work with WSIB, but cannot support long-term absences	Call number noted.

Guelph			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Amy Moroz Psychological Services https://www.amymoroz.com	There are 2 locations in Guelph: 43 Rosewood Ave. AND 490 York Rd., Bldg. E, Ste. 7 519-716-6099		Call number noted or via email: mindfulnessinenglish@gmail.com
Jett Psychological Services https://jettpsychologicalservices.com	Located in Shared Value Solutions Ltd. 53 Yarmouth St., Guelph, ON 519-265-8033	- couples counselling - addictions - prolonged exposure therapy - CPT and EMDR	Call number noted.

Broadleaf Health https://www.broadleafhealth.ca	Also see Waterloo: 22 Liverpool St., Guelph, ON 519-265-7734	Indicate if you are a first responder to avoid wait lists - you will be prioritized ALSO: uniform members - inquire regarding their FIRST RESPONDER WELLNESS PROGRAM - couples counselling - addictions - prolonged exposure therapy	Call number noted or via email: admin@broadleafhealth.ca (calls are returned within 24 hrs during business days).
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Hamilton			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Psychology Health Solutions https://psychealth.ca	Also see Brantford, Kitchener, London and Toronto Head Office 660 Main St. E., Hamilton, ON 905-312-0111	Will only see first responders who are initiating a WSIB claim - services are available in 15 different languages - see website for details	Call number noted or via email: info@psychealth.ca
The Therapy Centre Psychological Services https://thetherapycentre.ca	Also see Oakville and Toronto Limeridge Medical Centre #208 - 849 Upper Wentworth St., Hamilton, ON 289-291-0206	Advise at time of first call if criminal charges are involved - couples counselling - therapists are at capacity and wait lists have been closed - addictions	Call number noted.
Dr. Jeffrey Weatherby https://www.weatherbypsychology.com	Virtual appointments only. 647-860-4698		Call number noted.

Hanover			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Clark Psychological Services https://clarktherapy.ca	Also see Elora Integrative Wellness 478 10th Ave., Hanover, ON 519-846-9907	- supports first responders and their spouses	Call number noted.

Kitchener			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Dream Wellness https://dreamwellness.ca	Also see London and Thornhill (Toronto) #12 - 1241 Strasburg Rd, 2nd Flr, Kitchener, ON 519-223-7171	- couples counselling - addictions - somatic experiencing	Call number noted; or via email at sara@dreamwellness.ca
Psychology Health Solutions https://psychealth.ca	Also see Brantford, Hamilton, London and Toronto 155 Breckenridge Dr., Kitchener, ON 519-208-2966	Will only see first responders who are initiating a WSIB claim - services are available in 15 different languages - see website for details	Call number noted or via email: info@psychealth.ca

London			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Dream Wellness https://dreamwellness.ca	Also see Kitchener and Thornhill (Toronto) #125 - 341 Talbot St., London, ON OR Room #50 - 990 Gainsborough Rd., Floor 2, London, ON 519-223-7171	- couples counselling - addictions - somatic experiencing	Call number noted; or via email at sara@dreamwellness.ca
Psychology Health Solutions https://psychealth.ca	Also see Brantford, Hamilton, Kitchener and Toronto 629 Central Ave., London, ON 519-860-4628	Will only see first responders who are initiating a WSIB claim - services are available in 15 languages - see website for details	Call number noted or via email: info@psychealth.ca

Milton			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Co & Associates: Psychotherapy, Social Work & Counseling https://www.coassociatesmilton.com	#203 - 243 Main St. E., Milton, ON 905-805-6728	- Does NOT work with WSIB - Garion Sparks-Austin is a RSW/Psychotherapist and is the only member of this clinical team currently supporting first responders	Call number noted, via email at info@coassociatesmilton.com , or by completing the Contact Form online.

Milton - cont'd			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments

Inner Oak Therapy https://www.inneroak.ca	Also see Burlington #201 - 245 Commercial St., Milton, ON 289-812-5503	- Does NOT work with WSIB - couples therapy - addictions - family therapy - depression / anxiety - adult onset ADHD - EMDR	- Call number noted, complete the Contact Form online for inquiries, or Book Now online if you are ready for an appointment.
New Leaf Psychology https://newleafpsychology.ca	Located in Main Centre Milton #210 - 400 Main St. E., Milton, ON 905-878-5050	- couples counselling	Call number noted.
Dr. Hugo Stevenson https://drhugo.ca	#204 - 310 Main St. E., Milton, ON PHONE: 416-732-8336 FAX: 1-866-218-0651	- couples counselling	Call number noted.
The Mindful Living Centre (MLC) https://mindfullivingcentre.ca	Also see Burlington and Oakville #219 - 400 Bronte Street S., Milton, ON 289-270-1757	This group prioritizes first responders. Advise at time of first call if criminal charges are involved - couples counselling: book now for appt's starting in Feb/2025 - addictions	Speak with Neeta Patney, Intake Coordinator.

Mississauga			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
FVB Psychologists https://www.fvb.ca	Also see Brampton #204 - 1599 Hurontario St., Mississauga, ON 905-990-0697	- addictions - couples counselling - grief support (including loss of child)	Call number noted or email: infom@fvb.ca
Helping to Reconnect https://www.helpingtoconnect.com	Also see Oakville 3388 Angel Pass Dr., Mississauga, ON 416-985-0925	- Does NOT work with WSIB - facilitates psychiatric referrals (can also be used for LTD claims)	Call number noted.
Mindframe Psychology Centre https://www.mindframe.ca	#6 - 6655 Kitimat Rd., Mississauga, ON 905-226-9304	- Works with WSIB but CANNOT conduct initial assessments; can only work with pre-established claims and manage treatment	Call number noted.

Newmarket			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Bill Tibbo & Associates MSW/Counsellor https://www.billtibbo.com	#3E -171 Main St. S., Newmarket, ON Cell: 416-716-8057 Text messages are welcome	- Does NOT work with WSIB - family counselling - couples counselling	Call number noted or via email: bill@billtibbo.com

North Bay			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Dr. Sandra Stewart Psychologist / Neuropsychologist https://www.drstrandstewart.ca	483 Main St. W., North Bay, ON 705-475-1354		Call number noted.

Oakville			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Abbey Psychological Services (part of Spring Psychology & Wellness Centre) https://springpsychology.ca	Some exceptions made for in-person appointments - confirm at time of call Glen Abbey HQ 1155 North Service Rd. W., Oakville, ON 365-228-7103	- addictions - other languages supported include Hindi and Punjabi	Call number noted.

Oakville - cont'd			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Allied Psychological Services https://alliedpsych.ca	Also see Toronto #600 - 700 Dorval Dr., Oakville, ON 416-487-0791	- addictions - BIPOC (Black, Indigenous, People of Colour) therapists - offer culturally adaptive CBT - specialized assessments are also available including Fit for Duty Assessments	Call number noted and ask for the Intake Coordinator , via email at info@alliedpsych.ca or by completing the Inquiry Form online.
East Lake Centre Dr. Karina Zorzella https://eastlakecentre.com	#601 - 700 Dorval Dr., Oakville, ON 905-827-7650		Complete Contact Form online or call number noted.
Helping to Reconnect https://www.helpingtoconnect.com	Also see Mississauga 3232 Liptay Ave., Oakville, ON 416-985-0925	- Does NOT work with WSIB - facilitates psychiatric referrals (can also be used for LTD claims)	Call number noted.
SHIFT Cognitive Therapy and Assessment https://shiftct.com	Located in Baldwin Business Centre #220 - 466 Speers Road, Oakville, ON 905-849-1288		Call number noted or complete Contact Form online.
The Mindful Living Centre (MLC) https://mindfullivingcentre.ca	Also see Burlington and Milton #B204 - 1943 Ironoak Way, Oakville, ON 289-270-1757	This group prioritizes first responders. Advise at time of first call if criminal charges are involved - couples counselling: book now for appt's starting in Feb/2025 - addictions	Speak with Neeta Patney, Intake Coordinator.

The Therapy Centre https://thetherapycentre.ca	Also see Hamilton and Toronto Palermo Professional Centre #330 - 2525 Old Bronte Rd., Oakville, ON 289-291-0205	- couples counselling - addictions - advise at time of initial call if criminal charges are involved so determination can be made re treatment	Call number noted.
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Orangeville			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Dr. Cheryl Birch https://birchpsychology.ca	39 First St., Orangeville, ON 519-943-4357	- Does NOT work with WSIB - family conflict counselling	Via email: drbirch@birchpsychology.ca
Dr. Janis Williams No website available	Also see Waterloo 315 Michael Dr., Orangeville, ON 519-940-0812	- Does NOT work with WSIB - interpersonal relationships (including work-related situations but not sanctuary trauma) - PTSD support related to childhood trauma only	Call number noted.
Jordan Smith Registered Social Worker	Located in the Collective Health Clinic 633206 Hy 10, Mono, ON 519-941-3100	- Does NOT work with WSIB - addictions - emotion regulation (anger/anxiety) - life transitions	Call number noted.

Owen Sound			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Dr. Kimberley Ann Wands https://www.drwands.com	Also see Port Elgin #2 - 946 3rd Ave. E., Owen Sound, ON (in Carney's Lane) 519-706-1705	- also supports military members - addictions (alcohol)	Call number noted.

Port Elgin			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Dr. Kimberley Ann Wands https://www.drwands.com	Also see Owen Sound #7 - 625 Goderich St., Port Elgin, ON (Lower Level) 519-706-1705	- also supports military members - addictions (alcohol)	Call number noted.

Puslinch			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Evolve Counselling Services https://www.evolvetherapy.ca SPECIAL NOTE: Ms. LeBeau is also a Family Law Mediator; she works with officers when navigating divorce from both a legal and psychological platform. Call office for further details.	Also see Burlington 40 Brock Rd., S., Puslinch, ON 519-830-0155	- Does NOT work with WSIB - couples counselling - family counselling - addictions - self-harm - suicide - trauma/PTSD	Call number noted or via email; info@evolvetherapy.ca

St. Catharines			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
BrookSide Psychologists https://www.brooksidetherapy.com	Also see Burlington #4 - 274 Fourth Ave., St. Catharines, ON 905-641-0789	- couples counselling NOTE: if matched with a psychotherapist, ensure they are supervised by a psychologist - this will allow for WSIB claims to be initiated if needed	Call number noted
Julie Christiansen Counselling & Psychotherapy Spa for the Soul https://juliechristiansen.com	Also see profile for Stephanie Gorrill (previously a Constable with our Service) under "Virtual Platforms" at the bottom of this document 63 Ontario St., St. Catharines, ON 905-409-1869	- Does NOT work with WSIB - individual and couples counselling is available in English, Spanish, Gujarati and Hindi - EMDR - persons differently abled - family counselling	Call number noted.
CBT Niagara Cognitive Behavioural Therapy Centre https://www.cbtniagara.com	10 Salina St., St. Catharines, ON 905-988-1797	- Prioritizes First Responders for Appointments - Ask about ADAPT Resilience Group for First Responders only - addictions - CBT, CPT, EMDR - KAP (Ketamine Assisted Psychotherapy - obtain prior approval from Sun Life before initiating treatment)	Call number noted or complete Intake Form under CONTACT US online.

Toronto and Area (including North York, Thornhill and Whitby)			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments

Allied Psychological Services https://alliedpsych.ca	Also see Oakville #802 - 1 Eglinton Ave. E., Toronto, ON 416-487-0791	- addictions - BIPOC (Black, Indigenous, People of Colour) therapists - offer culturally adaptive CBT - specialized assessments are also available including Fit for Duty Assessments	Call number noted and ask for the Intake Coordinator , via email at info@alliedpsych.ca or by completing the Inquiry Form online.
Dr. Carolyn Abramowitz https://drCarolynAbramowitz.com	Dr. Abramowitz specializes in specific psychological, neuropsychological and forensic assessments ONLY (including Fit for Duty Assessments) - see website for full details. #203 - 3271 Bloore St. W., Toronto, ON 416-419-0220	- specialized assessments only as noted under Contact Info	Call number noted or via email: csabramowitz@gmail.com
Dream Wellness https://dreamwellness.ca	Also see Kitchener and London (2 locations in London) #1014 - 7191 Yonge St., 10th Flr., Thornhill, ON 519-223-7171	Virtual appointments only at this location - EMDR at this location only	Call number noted; or via email at sara@dreamwellness.ca
InnerQore Health Psychology & Wellness https://innerqore.com	19 Centre St., Thornhill, ON 647-725-1919	- couples counselling - anxiety/depression - PTSD - societal integration outside of the professional role of first responder	Send email to intake@innerqor.com , or complete the online Referral Form .
Psychology Health Solutions https://psychealth.ca	Also see Brantford, Hamilton, Kitchener, London and Toronto #715 - 1275 Finch Ave. W., North York, ON 416-645-1154	Will only see first responders who are initiating a WSIB claim - services are available in 15 different languages - see website for details	Call number noted or via email: info@psychealth.ca

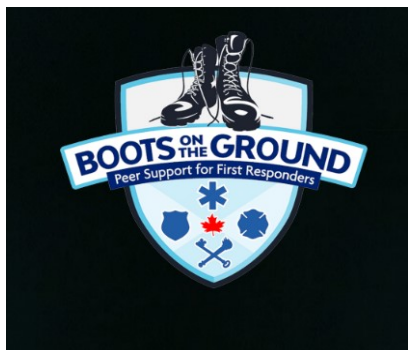
Toronto and Area (including North York, Thornhill and Whitby) - cont'd			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Siren Busch Registered Psychologist https://sirenbusch.ca	#203 - 3271 Bloore St. W., Toronto, ON 647-457-0517		Call number noted or online by completing Request an Appointment form under Contact ; 15 minute consults are offered at no cost.
The Therapy Centre https://thetherapycentre.ca	Also see Hamilton and Oakville Davisville Medical and Dental Centre #502 - 1849 Yonge St., Toronto, ON 289-291-0205	- couples counselling - addictions - advise at time of initial call if criminal charges are involved so determination can be made re treatment	Call number noted.
Trafalgar Addiction Counselling Centre https://trafalgarresidence.com	124 Merton St., Toronto, ON 1-855-972-9760	- addictions	Call number noted.
Walnut Orchard Psychology Services https://www.walnutpsych.ca	#535 - 20 De Boers Dr., North York, ON 289-837-1252	- Does NOT work with WSIB	Call number noted, or book online through the JaneApp .

Waterloo			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Broadleaf Health https://www.broadleafhealth.ca	Also see Guelph: #210 - 100 Regina St. S., Waterloo, ON 519-265-7734	Indicate if you are a first responder to avoid wait lists - you will be prioritized ALSO: uniform members - inquire regarding their FIRST RESPONDER WELLNESS PROGRAM - couples counselling - addictions - prolonged exposure therapy	Call number noted or via email: admin@broadleafhealth.ca (calls are returned within 24 hrs during business days)
Waterloo CBT Clinic https://waterloocbt.ca	#903 - 570 University Ave. E., Waterloo, ON 226-686-0848	- Does NOT work with WSIB	Call number noted.
Waterloo Psychology Group (Office location for Dr. Janice Williams) https://waterloopsychologygroup.com Other clinicians at this location who deal with first responders are at capacity - will reassess April 30, 2024	Also see Orangeville #402 - 22 King Street S., Waterloo, ON 226-476-0276	- Does NOT work with WSIB - Provides support to first responders specific to interpersonal relationships (including work-related situations but not sanctuary trauma); provides PTSD support related to childhood trauma only	Call number noted.

York Region			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Canadian Centre for Men and Families https://menandfamilies.org	Men and Families Shelter is in Toronto: 26 Mansur Terrace, Toronto, ON Local: 647-479-9611 Toll Free: 1-844-900-2263 Head office is in York Region (no address noted) 905-707-0474	- Do NOT work with WSIB - men are the focus for support, but will also help their children and spouses - those assisted include men who are victims of domestic violence and/or traumatic separations (i.e.; threatened withdrawal of custodial visits with children) - therapy is offered on a sliding scale based on income - visit their website for full details on supports, services and available training	Call number(s) noted.

Virtual Platforms			
Name	Contact Info	In-Demand Services (visit each website for full details)	To Book Appointments
Stephanie Gorrill Reg'd Psychotherapist Julie Christiansen Counselling & Psychotherapy Spa for the Soul https://juliechristiansen.com	<i>Virtual appointments only</i>	- Does NOT work with WSIB - Ms. Gorrill has 15 years of policing experience with PRP ; her areas of speciality include CBT (trauma), Prolonged Grief Disorder Therapy, DBT as well as Acceptance and Commitment Therapy	Via email at: stephanie@spa4thesoul.ca (offers flexible appointment times to accommodate shift workers)
Dr. Susan Hardt www.drhardt.ca	<i>Virtual appointments only</i> 289-401-8153	- Does NOT work with WSIB	Call number noted or via email: contactdrhardt@gmail.com
Dr. Matthew King King Wellness https://kingwellness.ca	416-704-5628	Works with adults 18-65 yrs only - supports first responder stressors	Complete online Form for contact purposes as found under the "CONTACT" tab
Layla Care https://www.layla.care	<i>See website for details</i> 647-374-4210	- Does NOT work with WSIB - Layla Care started as a virtual platform only and has now expanded to also offer in-person sessions. It offers a complete intake process to match you with a clinician; please specify during initial contact if you are a uniform member; visit their website for complete details on access and services - Ensure payment is for individual sessions only; submit pre-approval to Sun Life if paying for a series of sessions at one time or if registering for any group sessions to ensure coverage	Call number noted or visit their website
Verity Counselling Integrated Wellness https://www.veritycounselling.com/	905-749-6341	- Does NOT work with WSIB - PTSD and trauma supports - couples counselling	Complete online Form for contact purposes as found under the "CONTACT" tab

Peer Connections



Not everyone needs a therapist, but anyone can find themselves in a place where they just need someone to listen. If this is you, **Boots** is the answer:

- you'll be speaking with people who **GET** policing
- your call will be confidential unless you are at risk of harming yourself or someone else
- for those struggling with either alcohol or substance use, you'll be connected with an addictions counsellor at no cost
- for anyone without benefit coverage - and who qualifies - **Boots** will provide financial assistance for a limited number of sessions - please contact **Boots** directly for further details

Help is available 24/7: 1-833-677-2668
Don't hesitate - just reach out!
****This number is also accessible outside Canada****

For anyone in the process of completing either **WSIB** paperwork or **LTD** (Long-term Disability) documentation through Sun Life, Boots can help. Please send an email to advocacy@bootsontheground.ca; a return email is guaranteed within 48 hours.