



CHILD AND ADOLESCENT MENTAL HEALTH RESOURCES IN PEEL REGION

Mental Health Services for Children 0-18 years of Age			
RESOURCE NAME	AGE	DESCRIPTION	CONTACT INFORMATION
MAIN POINT OF ACCESS			
WhereToStart.ca	0-18 years	<p>Point of access to Mental Health Services for children/youth within Peel Region. Provides telephone intakes for children, youth and families seeking mental health services. It supports access and intake to the four Ministry of Health funded organizations:</p> <ul style="list-style-type: none"> • Associated Youth Services of Peel • EveryMind (Peel Children’s Center) • Trillium Health Partners - Child and Adolescent Mental Health (Inpatient and Outpatient Programs) • William Osler Health System - Child and Adolescent (Inpatient and Outpatients Programs). <p>WhereToStart is committed to helping patients/physicians navigate and connect with any/all mental health resources within Peel Region (Ontario). Please call for any inquiries. Referrals are kept for a 1-year basis .</p>	<p>https://wheretostart.ca Intake Number: 905-451-4655 Fax Number: 905-696-0352</p> <p>For Physician referrals, please download and complete the e-fillable Referral Form and email a copy to info@wheretostart.ca. If you would prefer to use fax, please print and complete the printable version of the Referral Form and fax a copy to: 905-696-0352.</p> <p>E-Fillable Physician Referral Form (DOCX)</p> <p>Printable Physician Referral Form (PDF)</p> <p>Physicians/referring Clinicians are welcome to call to receive an update on referral status. Patients can request an intake via the website or by calling (905)-451-4655</p>
CRISIS SUPPORT			
EveryMind 24/7 Crisis Response	All Ages	EveryMind’s 24/7 Crisis Response Service will connect patients to a crisis worker to attend to immediate needs and refer to the community for ongoing support as required.	<p>Telephone: 905-278-9036 Service available 24/7 days, all year including holidays 1-888-811-2222 in Caledon and Dufferin</p> <p>Free Service</p>
Kids Help Phone	All Ages	24/7 Text Line Support, Crisis Text Line	<p>Telephone: 1-800-668-6868 or Text CONNECT to 686868 https://kidshelpphone.ca/ Free Service</p>

William Osler Health System <i>Emergency Department</i>	All Ages	Providing Crisis Support through the Emergency Department.	Brampton Civic Hospital Emergency Department – Crisis Team Telephone: (905) 494-2120
Trillium Health Partners <i>Emergency Department</i>	All Ages	Providing Crisis Support through the Emergency Department Rapid Response Team for Children.	Credit Valley Hospital Telephone: (905) 813-2200 Mississauga Hospital Telephone: (905) 848-7100
WALK IN COUNSELLING SERVICES			
Tangerine Walk-In Counselling (Division of EveryMind)	0-18 years 12 to 17 may access this service independently.	Tangerine Walk-In Counselling offers <i>free</i> , single session, 45-minute brief consultations by phone, video conferencing and in-person (where required) for children	TangerineWalkIn.com Telephone: (905)-795-3530 Click here to request an appointment.
Catholic Family Services Peel-Dufferin	14 and up	Counselling, psychotherapy and couple and family therapy for any issues related to emotional, mental health as well as relationship distress. <i>(Service Fee Dependant on income)</i>	Telephone: 905-450-1608 ext. 112 www.cfspd.com
Family Services of Peel	14 and up	<i>Free</i> , immediate private and confidential Virtual Walk-In Counselling available without having to book an appointment.	Intake Department Telephone: (905) 453-5775 https://fspeel.org/services/counselling/walk-in-counselling/
Dufferin Child & Family Services The “Talk In” Clinic	12-18 years	Provides single session, virtual/telephone counselling for children/youth <i>Free Service</i>	https://dcafs.on.ca/talk-in-clinic/ Forms for professionals Telephone: (519) 941-1530 https://dcafs.on.ca/ Available 24 hours/7 Days a week.
HOSPITAL MENTAL HEALTH SERVICES			
William Osler Health System <i>Child and Adolescent Mental Health Program</i>	0-18 years	Child and Adolescent Unit Child and Adolescent Intensive Unit Day Hospital Outpatient Services: Child Psychiatry Consultation Child and Adolescent Outpatient Clinic Eating Disorders Clinic	Centralized Intake Number: Telephone: 905-494-6709 or 905-494-2120 ext. 56709 Fax Referrals to: (905) 494-6757 (please include Physician’s name and billing #) Referrals can be processed through https://wheretostart.ca , however for urgent referrals, please refer to WOHS Intake directly. Telephone: 905-494-2120 ext. 57442

Trillium Health Partners <i>Child and Adolescent Mental Health Services</i>	0-19 years	Providing services for children and youth who have either a diagnosed psychiatric condition, or significant symptoms or unusual behaviour indicative of a psychiatric condition. This service also offers a Rapid Response Team for children, which accepts referrals directly from staff in the Emergency Care Centre and the inpatient Paediatric Unit of Trillium Health Centre.	https://www.trilliumhealthpartners.ca/Pages/home.aspx Point of Access for this service is through WhereTo Start: https://wheretostart.ca Intake Number: 905-451-4655 Fax Number: 905-696-0352 E-Fillable Physician Referral Form (DOCX) Printable Physician Referral Form (PDF)
COMMUNITY MENTAL HEALTH SERVICES			
EveryMind <i>(Formerly known as Peel Children's Centre)</i>	0-18 years	EveryMind delivers <i>free</i> mental health services to infants, children, youth, young adults (up to age 25) and families in Peel Region. Services include assessment, treatment and education through individual/family/group counselling and webinars to support children/adolescents/young adults and parents/caregivers.	EveryMind Email: info@everymind.ca Office Phone: 905-795-3500 Fax: 905-696-0350 To access any of these services, please contact WhereToStart.ca Centralized Intake: (905) 451-4655
Associated Youth Services of Peel (AYSP)	12-17 years	Provides youth and families with various services to manage mental health and/or justice issues. Individual Counselling Dialectical Behaviour Therapy Program (RAIN) Reaching Adolescents in Need Transition Program (TAYO) Transitional Aged Youth Outreach	https://www.aysp.ca/ Telephone: 1-800.762.8377 Intake Telephone: (905) 890-5222 Fax: (905)890-5230 Email: general@aysp.ca Youth and caregivers can also make a self-referral by contacting WhereToStart.ca or by calling 905.451.4655 . <i>Free Service</i>
Dufferin and Child Family Services <i>Child & Youth Mental Health</i>	0-18 years	Provides individual counselling/group therapy and crisis intervention	https://dcafs.on.ca/ Phone: (519) 941-1530 Fax: (519) 941-1525 <i>Free Service</i>
Canadian Mental Health Association (CMHA), Peel-Dufferin	Program Dependent on Age	Various programs and services for youth/adults with mental health needs. Early Intervention - FACT Peel (age 16-45 years); for clients with a first episode of psychosis. Access to Recovery, Case Management Program (age 16+ years; Brampton, Caledon, and Malton) Concurrent Disorders Crisis Management Consumer Survivor Support Network (age 16+ years: Peel Region)	For Quick Access, have client self refer by calling: (905) 451-2123 ext. #3 (Triage Contact) (905) 278-9036 or 1 (888) 811-2222 (Crisis Line) www.peel.cmha.ca Referrals can also be sent directly by completing intake form: (Online Form) (Downloadable PDF)*

		<p>System Wise (16+): provides coordination efforts for persons with complex needs from the following Child, Youth, and Adult Social Service sectors</p> <p>Youth Net Peel (age 12-20 years)</p> <ul style="list-style-type: none"> a mental health program run by youth for youth. <p>Impact (12-24 years) Substance Abuse</p> <ul style="list-style-type: none"> provides youth with substance abuse education and harm reduction strategies in individual and group settings. 	<p>Email Completed Intake Form To: intake@CMHAPeel.ca.</p> <p><i>Free Service</i></p>
Catholic Family Services Peel Dufferin	14 and up	On-going, short-term counselling, psychotherapy and child/family therapy for any issues related to emotional/mental health as well as relationship distress.	<p>www.cfspd.com Telephone: (905) 450-1608 ext. 112</p> <p><i>Fee based on income</i></p>
Family Services of Peel	14 and up	Providing on-going (short-term) individual/family counselling and groups therapy.	<p>https://fspeel.org/services/counselling/walk-in-counselling/ Intake Department: (905) 453-5775</p> <p><i>Free Service</i></p>
LGBTQ2S+ MENTAL HEALTH SERVICES			
Associated Youth Services of Peel (AYSP)	12-17 years	Mental Health and support programs for youth who identify as LGBTQ2S+, including: The Youth Beyond Barriers (YBB) Program Individual Counselling Youth Gender Journeys in Peel (YGJ Group) Parent Caregiver Group	<p>https://www.aysp.ca/ Telephone: 905.890.5222 Fax: (905) 890-5230 Email: general@aysp.ca Self referral: WhereToStart.ca (905)451-4655. The YBB Program Supervisor Telephone: (905) 890.5222 x 1254. ybb@aysp.ca</p>
Family Services of Peel	14 and up	Individual counselling specifically to individuals from the LGBTTQQAAP community.	<p>https://fspeel.org/services/counselling/lgbttqiaap/ Intake Department (905) 453-5775</p>
Project Youth AFFIRM	12-24 years	AFFIRM is an affirmative CBT-based group designed to help LGBTQ+ youth and adults manage stress, anxiety, depression.	<p>https://www.projectyouthaffirm.org/ Currently offered on-line through Peel District School Board. Open to anyone living in Ontario. https://www.peelschools.org/secondary/resources/mental-health/Documents <i>Free Service</i></p>
Dufferin and Child Family Services (GLOW LGBTQ2S)	11-18 years	Social Support program for LGBTQ2S+ youth.	<p>https://dcafs.on.ca/ Telephone: (519) 941-1530 ext. 213 or email stevie.forbes-roberts@dcafs.on.ca</p>
Indus Community Services	12 and up	Individual Counselling for (newcomer) youth who identify as LGBTQ2S+	<p>https://www.induscs.ca/cyp-programs/ Phone: 905-275-2369</p>

			Fax: 905-275-6799 Email: info@induscs.ca
East Mississauga Community Health Centre	14 and up	A set of support services for, but not limited to, lesbian, gay, bisexual, transgender, transsexual, intersex, queer, questioning and Two-Spirit (LGBTIQ2S+) people in Peel Region.	Telephone: (905) 602-4082 Fax: (905) 602-5432 Email: mississauga@lampchc.org
PREGNANCY AND YOUTH PARENTING SUPPORT			
Vita Centre <i>Pregnancy & Parenting Youth</i>	Youth	Providing <i>free</i> support, education, and counselling to vulnerable families, including pregnant and parenting youth, with the goal of empowering them to move forward and thrive.	https://vitacentre.org/ info@vitacentre.org Telephone: (905) 502-7933
Early Years Program	0-6 years Support for young parents	Our EarlyON Child and Family Centres offers <i>free</i> early learning programs for parents and caregivers with children from birth to age 6 years. These programs offer you opportunities to learn and play with your child, meet other families, and ask early childhood professionals questions.	https://www.cdrcp.com/ Phone: 905-452-1973 Join us for FREE Programs: In Person (Indoor and Park Programs) - Pre-register on Eventbrite here . Online - Join our online programs by clicking here .
YOUTH OUTREACH, RECREATIONAL AND COMMUNITY SERVICES			
ECLYPSE (Formerly known as Nexus and Rapport Youth and Family Services)	12-24 years	ECLYPSE Youth Services provides services for youth between the ages of 14 and 24 years to create a safe, relaxing and respectful environment that celebrates youth culture in all its diversity.	https://rapportyouth.com/ Telephone: (905) 905 790-7707 Email: info@rapportyouth.com
The DAM (Develop Assist Mentor)	13 - 19 years	Youth programming and outreach providing support, resource connection and a safe space for after school activities	https://www.thedam.org/ Telephone: (905) 826-6558 info@thedam.org
Big Brothers/Big Sisters of Peel	6-17 years	The Big Brothers Big Sisters mentoring program matches a child 6 – 17 years of age (Little Sister/Little Brother) with a caring adult (Big Sister/Big Brother) over the age of 18.	Telephone: (905) 457-7288 FAX: (905) 454-0769
Peel Multicultural Council <i>Youth Community Connection Program</i>	12-24 years	PMC's Youth Community Connection Program helps newcomer youth adapt, integrate, and overcome stress during their transition into a new country.	https://www.peelmc.ca/youth-services Kinga Melak, Youth Coordinator Telephone: (905) 819 1144 ext. 242 kinga@peelmc.com
African Community Services of Peel	12 and up	The African Community Services of Peel children's program is comprised of after school support and summer camps.	https://www.africancommunityservices.com/ Email: info@africancommunityservices.com Main Office - 905-460-9514 /Fax: 905-460-9769

BEREAVEMENT AND GRIEF COUNSELLING			
Heart House Hospice <i>Help Us Understanding Grief (HUUG)</i>	All Ages	Program provides short term supports and counselling to children, youth, and families living with serious illness, grief, dying and death.	Heart House Hospice Telephone: (905) 712-8119 905-667-1865 (Hospice Palliative Care Helpline) info@hearthousehospice.com
The Centre for Grief and Healing <i>(Bereaved Families of Ontario – Peel/Halton)</i>	6-17 years	Offering unlimited individual bereavement (grief) support for children and youth ages 6-17	https://www.bereavedfamilies.ca/childrenteensandyouth Telephone: (905) 848-4337 Email Info@bereavedfamilies.ca
The Light House <i>For Grieving Children</i>	3-19 years	Provides a place where children, teens, and their parents/guardians who have experienced a life changing death loss can come together to be part of a community. Provides resource connection.	http://www.grievingchildrenlighthouse.org/ Telephone: (905) 337-2333 (Provides Service for Peel Region)
MULTICULTURAL AND DIVERSE MENTAL HEALTH PROGRAMS			
Indus Community Services	12-24 years	Child, Youth, & Parenting (CYP)Program Supporting youth, parents/families dealing with cultural and intergenerational conflict, by providing counselling and supportive parent strategies.	https://www.induscs.ca/cyp-programs/ Telephone: (905) 275-2369 Fax: (905) 275-6799 Email: info@induscs.ca
Roots Community Services <i>Support for Black and Caribbean Youth</i>	12-24 years	Enhanced Youth Outreach Worker Program for youth experiencing challenges related to mental health, trauma, addictions, relationships, etc.	https://rootscs.org/ Telephone: (905) 455-678
Brampton Multicultural Community Centre	13+ 13-16 years require email parental consent for service	Free Counselling Services which includes Crisis Counselling and Short-Term Mental Health Counselling.	https://bmccentre.org/ Brampton North: Tel: (905) 790-8482 Brampton South: Tel: (905) 790-8482 <i>For Mental Health referral, please email To Bhavna Lamba at:</i> bhavna.lamba@bmccentre.org
Naseeha <i>Mental Health Services for Young Muslims</i>	All Ages	Naseeha – Mental Health provides a confidential helpline for young Muslims to receive immediate, anonymous, and confidential support over the phone from 12 – 9 pm, 7 days a week (Eastern Standard Time) and over text Monday to Friday.	Admin Telephone: (905) 890-2365 https://naseeha.org/ Help Telephone: 1-866-627-3342 (Line is available 12-9pm, 7 days a week, Text support available 12-9pm Monday to Friday)
Muslim Community Services <i>Family Support Services</i>	Parent & Child Youth	The Family Counsellor will meet child/youth/family to determine what types of support are required,	https://mcsservices.org/ Brampton South: Tel: (905) 790-8482

		which include, crisis intervention, Emotional and Supportive Counselling, Safety Planning and advocacy.	Brampton North Tel: (905) 790-1910 Family Counsellor at 905-790-1910 .
Hope For Wellness Indigenous Helpline	All Ages	The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous Peoples across Canada.	https://www.hopeforwellness.ca/ Telephone: 1-855-242-3310 Counselling support available 24 hours a day, 7 days a week.
The Family Enhancement Centre <i>Indigenous Mental Health Therapist</i>	All Ages	Provides up to 22 hours free counselling (covered by NIHB program) for individuals (children/youth) with a Status Card who identify as First Nation or Inuk	https://www.tfec.ca/ Telephone: (905) 799-2228 Fax: (905) 497-1624 Email: info@tfec.ca
South Asian Canadians Health and Social Services	3 and up	Free Mental Health Programs for <i>South Asian Canadian Children/Youth</i> which include individual counselling, group therapy and outreach.	http://www.sachss.org/ Dr.Maher Hussain, MD (India), MPH (USA) Email: maher2004@gmail.com Telephone: (647) 718-0786 Email: info.sachss@gmail.com
Punjabi Community Health Services <i>Sahara Mental Health Program</i>	8-25 years	NEWCOMER YOUTH PROGRAM PCHS is here to connect and support newcomer children and youth through free services which include individual counselling and group support.	https://pchs4u.com/ Telephone: (905) 677-0889
Catholic Cross-Cultural Services	Child and Parent	Settlement Services provides information and orientation services to immigrants and refugees. Individual counselling and support to women and their children is provided through the Women's Program. Services available in multiple languages	http://www.ccspeel.org/ Telephone: 905.457.7740 Fax: 905.457.7769 Free Service
AUTISM, ADHD & CHILDREN LIVING WITH DISABILITIES			
Child Development Resource Connection Peel (CDRCP)	0-17 years	Special Needs Information Peel is a <i>free</i> information service in Peel Region with information on services related to Autism, Dual Diagnosis, Mental Health, Respite, Child Protection, Behavior Management, Infant Development and Special Needs for children, youth and adults.	www.cdrpc.com Telephone: 905-507-9360 TTY: 905-890-8089
Kerry's Place Autism Services	0-18 years	Main point of contact for ASD services. Provides consultation, training, respite, and recreational supports to persons with autism spectrum disorder (ASD), and their families, schools and other organizations regarding ASD. Consultation and teaching focuses on behavioural supports, communication strategies, life skills and social skills, transitions, and long-term planning.	www.kerrysplace.org Telephone: (905)-293-9788 1-(833)-775-3779 intake@kerrysplace.org https://

			www.kerrysplace.org/support-and-services/central-region/peel/
Erinoak Kids Autism Services	0-18 years	ErinoakKids Autism Services provides a full range of integrated services and supports for children who have a diagnosis of ASD and their families. A coordinated intake process to identify needs of children/youth with autism spectrum disorder (ASD) and their families. A Family Support Workers is available to assist with program navigation, and support with direct funding options.	www.erinoakkids.ca Telephone: (905)-855-2690 Fax: 905-855-6922 (Fee applicable to specific services)
Erinoak Centre for Treatment and Development	0-18 years	Erinoak Kids provide treatment, rehabilitation and support, autism services, communication services, infant hearing screening and audiology services, vision services, medical services, occupational therapy and physiotherapy. Social Work Services Social Workers service to support children, youth, and families to cope with the mental health impact of illness, disability, and complex health needs.	www.erinoakkids.ca Telephone: 905-855-2690
Canadian Hearing Services – Peel Region	16 and up	Through our Connect Mental Health Counselling program, we provide professional services to Deaf and hard-of-hearing individuals ages 16 and over, who are living with mental health issues or other serious challenges.	https://www.chs.ca/service/connect-mental-health-counselling-services Telephone: 1 866-518-0000 <i>Free, confidential, and provided in an accessible environment using American Sign Language (ASL), la langue des signes québécoise (LSQ), real-time captioning, and amplification devices as required.</i> <i>Free Service</i>
Canadian National Institute for the Blind (CNIB) Ontario South	0-29 years	Children and youth (aged 0-29) – Supportive counselling, resources, and programs for children/youth with a vision loss.	www.cnib.ca Telephone: (905) 275-5332 <i>Free Service</i>
Peel Crisis Capacity Network <i>Mental Health Support for Children/Youth with Developmental Disability and/or dual diagnosis</i>	11 years and up	Through assessment/coordination of short-term and transitional support resources, and in collaboration with Network Partners, PCCN's mission is to support children and adults who have a developmental disability and dual diagnosis in overcoming crisis. Services include individual/family counselling, case management and collaboration.	http://www.pccn.ca/ Telephone: (905) 273-4900 How can you make a referral? Anyone <i>with consent</i> (individual, family member, friend, or service provider) can make a referral for our services. <i>Free Service</i>

<p>EveryMind <i>ADD/ADHD Program</i></p>	<p>6-12 years</p>	<p>6-week group for parents of children ages 6-12 living in Peel Region. Learn more about ADD/ADHD, including helpful parenting strategies, the role of medication, how to access resources and how to work collaboratively with the school system.</p> <p><i>After you register, an Access/Intake Specialist from WhereToStart.ca will contact you to complete an assessment, which is required to participate in this group. If you do not hear from anyone within 48 hours, please call 905-451-4655</i></p>	<p>EveryMind Email: info@everymind.ca Office Phone: 905-795-3500 Fax: 905-696-0350</p> <p>To access any of these services, please contact WhereToStart.ca Centralized Intake: (905) 451-4655</p> <p><i>Free Service</i></p>
<p>CHILD PROTECTION AND MALTREATMENT PREVENTION</p>			
<p>Peel Children's Aid Society (CAS)</p>	<p>0-18 years</p>	<p>Providing assessment, teaching and support programs to help create safe and loving homes for children. families have access to counselling and treatment programs specific to their needs. Services Include:</p> <ul style="list-style-type: none"> • Child Protection Services • Prevention Programs (Child Abuse Review Team CART) • Domestic Violence (Safe Centre of Peel) 	<p>https://www.peelcas.org/ Telephone: (905)-363-6131 Toll-free: 888-700-0996 Fax: 905-363-6133 Email: mail@peelcas.org</p>
<p>Dufferin and Child Family Services <i>Serving Dufferin Region</i></p>	<p>0-18 years</p>	<p>Child welfare or child protection service of the organization completes investigations in circumstances of child abuse and neglect when children and youth are under the age of sixteen. The goal of the service is to ensure the safety of children while also supporting the natural family and whenever possible.</p>	<p>https://dcafs.on.ca/ Phone: (519) 941-1530</p>
<p>Elizabeth Fry Society Peel-Halton <i>Female Youth Vulnerable to Commercial Sexual Exploitation</i></p>	<p>12-24 years</p>	<p>Female Mobile Support (FMS) provides a 24/7 crisis response/continuum of care to girls ages of 12-24. FMS supports vulnerable female youth who have been involved, are still involved in, or are vulnerable to commercial sexual exploitation across Central Region. Other programs include: Building Resiliency in Girls (BRG) Empowering Against Exploitation. Empowering Young Men</p>	<p>http://efrypeelhalton.ca/ HOTLINE: (905) 459-1315 (416) 312-6938 Program Manager Tel: 905-459-1315 ext. 250 Mobile: 416-728-0930 FMS Caseworker Mobile: 416-508-1536 FMS Caseworker Mobile: 416-509-0466</p>
<p>Division of CFSPD: HEAL Network (Children Exposed to Domestic Violence)</p>	<p>All Ages</p>	<p>HEAL Network: comprised of 20 collaborative agencies, works to provide services to women and children exposed to domestic violence. All HEAL programs are offered free of any cost.</p>	<p>www.cfspd.com HEAL Referral Form and Information Intake Line: 905.450.1608 Ext. 119 FAX: 905-450-8902</p>

		HEAL Counselling: Families meet with a counsellor to support their children's healing from exposure to family violence.	
CHILD/ADOLESCENT MENTAL HEALTH (FEE FOR SERVICES)			
The Family Enhancement Centre	All Ages	Children's Counselling: Play therapy is a therapeutic intervention where a qualified counsellor uses different kinds of techniques and activities to engage children in therapy through role playing and games. Youth Counselling (Talk Therapy): Individual Counselling addressing anxiety/depression; grief; relationship/family issues; school issues; trauma/abuse; living with ADHD/ADD	https://www.tfec.ca/ Telephone: (905) 799-2228 Fax: (905) 497-1624 Email: info@tfec.ca Service provided by Registered Social Workers and Psychotherapists.
Art as Therapy	All Ages	Art as Therapy provides art psychotherapy for children, youth, and adults of all ages using a client-centred, strength-based approach to help our clients facing various life challenges such as anxiety/depression; grief/loss; attachment issues; trauma; developmental challenges/hyperactivity	www.artastherapy.ca Telephone: (905) 783-5939 / (519) 307 9000 Info@artastherapy.ca
Eastwood Psychologists <i>Child Psychologists</i>	All Ages	Psychological assessment and therapy for children, youth, adults, couples, and families who are experiencing mental health issues such as; behaviour problems in children and youth; depression/anxiety; ASD; ADHD; trauma/loss; etc.	https://eastwoodpsychologists.com/ Telephone: 905-463-2069 Fax: 905-463-2070 Service provided by team of Psychologists and Registered Social Workers
FVB Psychologists <i>Child Psychologists</i>	All Ages	The child, adolescent and family services team at FVB Psychologists offers a wide range of assessment, consultation, and therapy services for issues such as depression/anxiety; PTSD; family violence; OCD; ADHD; phobias; behavioral issues; etc.	https://www.fvb.ca/ Tel: 833-FVB-PSYC (382-7792) Fax: (905) 793-8134 Email: infob@fvb.ca Team of Child Psychologists
Age to Age <i>Training, Education & Counselling</i>	All Ages	Child/Adolescent Mental Health services for issues such as; anxiety, depression, psychosis, drug use, addiction issues related to alcohol, gaming, sex, food and more. Using CBT, ACT, DBT, Play Therapy; etc.	www.agetooage.ca Telephone: (905) 533-1334 Dr. Harrison Sharma Mungal (Servicing all Peel Region) info@agetooage.ca
Papillon Family Health <i>Specializing in Autism Services</i>	2 years and up	Services provide a holistic approach to the support of children/adolescents with Autism (ASD). These services include ABA Therapy for Autism; Speech Therapy; Occupational Therapy; Psychoeducational Assessments/Diagnosis; Respite Aid	https://papillonfamilyhealth.ca/ Brampton Clinic Telephone: 289-752-7250 Mississauga Clinic Telephone: 905-232-2250
Developing Hands Paediatric Therapy	0-18 years	Psychology & Counseling Remote (Online) Counseling for Children & Youth	https://developinghands.com/ Speak to a live therapist at (416) 576-6842

<p><i>Holistic Approach to Child/Youth Physical and Mental Health</i></p>		<p>Children/adolescents who show distress, anxiety, phobias or fears, sadness, insomnia, bedwetting, socioemotional and behavioural difficulties Cognitive behavioural therapy (CBT) is the primary approach that is often combined with other fun, playful, interesting, and engaging interventions, and modalities.</p>	<p>Phone number: 416-576-6842 Email: inquiries@developinghands.com</p>
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