

2013-2014 Referral Listing

***Please note:** Selecting a Counsellor/Therapist is an important and personal decision. This resource list has been created with the intention of making it easier for you to locate someone who might meet your counselling needs. Inclusion in this list does not constitute a recommendation by Counselling Services, University of Waterloo. The names, addresses, and phone numbers of additional Counsellor/Therapists may be obtained by looking under “Counselling Services” in the Yellow Pages.*

The University reimburses **staff and faculty** for only 80% up to a **maximum** of \$585 per eligible person per calendar year.

Please note: Payment will only be reimbursed for the services provided by a **Registered Psychologist** or a **Master of Social Work (MSW)**. A physician’s written authorization is **required** and must be submitted to the carrier when you request reimbursement of 80% from a MSW.

The following list includes all types of counsellors as well as both Registered Psychologists and MSW’s. Please make sure you check your benefits plan with your provider (Great-West Life) when booking to ensure it will cover the services offered.

Registered Psychologists – K-W & Cambridge Area

Name and Education	Address and Phone Number	Type of Service	Area(s) of Speciality	Fee
Swanson, Moss, Heimpel & Associates Dr. Lynn Swanson Dr. Carolyn Moss Dr. Sara Heimpel Dr. Christopher Lane Dr. Ann McHugh Dr. Bob Martin	50 Westmount Rd. N., Suite 222 Waterloo, ON N2L 2R5 (519) 725-4155 General Line 400 (FAX) 519-725-4889	Adolescents, adults, individual, couples, family	Assessments, OCD, anxiety, depression, relationship problems, anger management, learning disabilities, injury rehab, marital/couple/family problems, self-esteem, fears and phobias, etc.	\$150 per hour (assessments) \$150 per hour (therapy)
Drs. Barr, Doering, Torrance-Perks, Drugovic, Vaerum and Associates	55 Erb St. E., Suite 315 Waterloo, ON N2J 4K8 (519) 725-1748 Fax (519) 725-5699 www.kwpsych.ca	Children, adolescents, adults couples and families	Assessment, treatment and consultation	\$150 per hour No waiting list
Dr. Theresa Casteels Psychologist	445 Beechwood Pl., Suite 203, Waterloo, ON N2T 1Z2 (519) 885-3554	Individual (>16 yrs old) Group – Mindfulness- based Cognitive Therapy	Anxiety, depression, eating disorders, self-esteem, relationship issues, etc.	\$160 per hour

Dr. Val Daigen, C. Psych	15 Schneider Ave. Kitchener, ON N2G 1K7 (519) 744-2273 Fax (519) 744- 5107 vdaigen@bserv.com	Individual adults, couples	Anxiety/Panic/Worry/Phobias/OCD Bereavement Depression Relationship Problems Chronic Pain/Illness Stress Trauma/Abuse Adult ADHD Adult Asperger's	\$150 per hour Wait typically one to two weeks
Dr. Lynette Friesen- Eulette, Psychologist	625B Rummelhardt Dr., Waterloo, ON N2T 2K7 (519) 886-1640	Children, adolescents and adults	Learning disabilities, ADHD	\$100 per hour 2-4 week waiting list Evenings and Saturdays
Dr. Lorie Saxby, Psychologist (Clinical Neuropsychologist, Rehabilitation Psychologist)	279 Weber St. N., Suite 25, Waterloo, ON N2J 3H8 (519) 746-8515 drloriesaxby.com info@drsaxby.com	Neuropsychological testing; psychological assessment; diagnosis, treatment (e.g., cognitive rehab; psychotherapy), consultation Aged 16 and up	Concussion /TBI; pain; depression; anxiety; trauma; injury recovery and rehab; health issues (e.g., cancer; diabetes; stroke)	Sliding fee scale based on ability to pay Wait list: approx 3 days
Darryl Upfold, M.A. C.Psych. Assoc	Beechwood Professional Centre 445 Beechwood Pl., Suite 203 Waterloo, ON N2T 1Z2 (519) 885-3554	Older adolescents, adults, couples	Anxiety and Mood disorders Substance abuse assessment and treatment Adolescent disorders Parent-child conflict Marital therapy	\$140 per hour No waiting list Evening hours

Dr. Eva Szekely Psychologist	153 Huron St., Stratford, ON N5A 5S9 (519) 273-6247 www.rickgraffaandassociates.com	Individual therapy Psychological Assessment Psychological Evaluation of Prospective Adoptive Parents (international adoption)	Depression, anxiety and eating disorders	\$125 per hour Sliding scale
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Dr. Heidi Erb, MD	Belgaje Medical Arts Centre 110 - 525 Belmont Ave. W., Kitchener, ON N2M 5E2 (519) 745-3530	Psychotherapy		Billed through OHIP
Dr. Kathie Keefe, MD	Kitchener Waterloo Medical Centre 742 King St. W., Kitchener, ON N2G 1E7 (519) 744-9756 Fax: (519) 744- 6827	Psychotherapy (4 ms waiting list)		Billed through OHIP
Dr. Wilma Stern- Cavalcante, M.A.Sc., Ph.D. Registered Clinical Psychologist	Northfield Family Health Centre 99 Northfield Dr. E., Unit 305 Waterloo, ON N2K 3P9 (519) 954-7304 Fax (519) 954-7364 Email: drstern@rogers.com www.kwpsychologicalservcies.com	Counselling, psycho-therapy, psycho- educational and vocational assessments	Anxiety disorders, grief and bereavement, stress management, relationship issues	\$140 per hour One to two week wait time

M.S.W.'s				
The University reimburses staff and faculty only 80% up to \$585 per eligible person per calendar year for a licensed psychologist or a counsellor with an MSW. A physician's written authorization is required for a counsellor with a MSW designation only.				
Barlow and Associates Inc., Rehabilitation Services	1601 River Rd. E., Suite 307 Kitchener, ON N2A 3Y4 (519) 894-8975	Individual, family and vocational	Career and vocational, EAP, lifestyle, coaching	\$75 per hour Day and evening appointments
Susan I.R. Fraser M.S.W., R.S.W.	(519) 884-1029	Individual, couple, group	Individual, couple, group, sexual abuse, EMDR therapy, PTSD, trauma	

Charlene Richard, MSW, RSW Registered Clinical Counsellor	no longer in K-W area	Individual counselling for adults		
Susan Rosenblum MSW, RSW	Southern Ontario Counselling Centre 1760 Erb's Rd. East St. Agatha, ON 519-746-2323 x.304 susan@socounselling.com	Individuals, families, couples	EMDR, Sensorimotor psychotherapist, family systems theory, CBT	
Christine McCormack	(519) 831-2004 Spirals1@rogers.com www.christinemccormack.com	Mental Health and Empowering Women in Healing	Fertility, pregnancy, post partum, children with disabilities, Mental Health struggles, Chronic illness, parenting adult children, losses and changes, relationships, health	Free first 30 minute consultation Fees: \$100 per hour EAP
Mosaic Counselling and Family Services (formerly Catholic Family Counselling) (staffed by MSWs)	400 Queen St. S., Kitchener, ON N2G 1W7 (519) 743-6333	Individual, couple, family	Depression, stress, family problems, relationships, family violence, alcohol and drugs, sexual abuse, separation, divorce, debt counselling	Sliding scale is based on norm \$85 per hour Non- denominational No waiting list for UW staff and faculty
KW Counselling Services Marriage and family therapists, MSWs	480 Charles St. E., Kitchener, ON N2G 4K5 (519) 884-0000	Couples, family Individuals	Couples, family	Sliding scale according to income contribution level to \$125/session Waiting period varies

Community Information Centre of Waterloo Executive Director Trudy Beaulne	151 Frederick St., Suite 300 Kitchener, ON N2H 2H2 (519) 579-3800 Fax#: (519) 578-9185 Email: info@waterlooregion.org www.waterlooregion.org/cic	Community Information and Referral	Community Information Centre	Mon – Fri. 9:00 am – 5:00 pm Barrier Free Environment Non-profit Free Service
Anna Ledbetter MSW, RSW	523 Beechwood Dr., Unit #2, Waterloo, ON N2T 2G7 (519) 888-7167		Jungian analysis, dream interpretation, psychotherapy	Sliding scale for students
John Lederman, MSW, RSW	72 St. Leger St., Suite 101 Kitchener, ON N2H 6R4 (entrance off Breithaupt) (519) 745-6475 JohnLederman@rogers.com (updated Sept 09)	children teens, adults, families, seniors, couples, groups	Psychotherapy brief and long term. Counselling issues: mood, behaviour, self, transitions, loss, grief, trauma, motivation, relationships, education. Crisis intervention, assessment, mental status, personality types. Supervision of individuals, teams, administration, collaboration with diverse disciplines and teams. Networking, team collaboration, case management, presentations, community organization, strategy, development. With diverse walks of life, culture and value orientations	\$80 per hour

Catherine E. Martin, M.S.W., R. S. W.	16 John St. W., Waterloo, ON N2L 1A7 (519) 747-4145	Individual, Couple and Family Psychotherapy Clinical Consultation	Anxiety, depression, EMDR, relationships, Wide range of issues Member of EMDRIA	\$90-125 sliding scale based on income
Alex Munroe MSW Certified Bioenergetic Therapist	50 Westmount Rd. N. Unit 205 Waterloo, ON N2L 2R5 (519) 747-9031	Individual, child, family	Marital issues, health issues, depression, stress, bioenergetics, adult children of alcoholics	\$75 per hour Some flexibility Evenings and weekends

Susan Neeb, MSW, RSW	15 Schneider Ave., Kitchener, ON N2G 1K7 (519) 888-0808	Individual, Marriage and Family Therapy	Sex Therapy, Counselling, & Affairs; EMDR for treatment of trauma, anxiety, stress, negative beliefs; women's midlife issues	\$135 per hour
Shalom Counselling Services Waterloo 4 MSW RSW 2 AAMFT	9 Avondale Ave. S., Waterloo, ON N2L 2B5 (519) 886-9690 www.shalomcounselling.org	Individual, family, couples Experienced, accredited counsellors. Counselling for a broad range of emotional and relationship concerns Youth to Adult	Counselling for a broad range of presenting concerns – emotional, relational and spiritual. Counsellors have an average of 19 years clinical experience	Sliding fee scale
Marie Cumming Steele MSW, RSW	745-5579	Couples, individuals	Survivors of abuse, spiritual issues, depression, anxiety	Sliding scale
Elizabeth Huss MSW, RSW Clinical OAMFT	25-365 Bennington Gate Waterloo, ON N2T 2L1 (519) 884-3776	Individual,couples	Sexual dysfunctions, gender issues, gender dysphoria, couple therapy, sex therapy	\$75 per hour 4 week waiting period

John Thompson, M.S.W., R.S.W.	Cardinal Counselling and Mediation 102-678 Belmont Ave. W., Kitchener, ON N2M 1N6 (519) 746-9062 cardinal@golden.net Fax (519) 746-5455	Individual, Couples Counselling -- evening and weekend appointments	A variety of professional backgrounds with experience in child welfare, eating disorders, additions treatment, blended families, mediation and high conflict divorce and adolescent and young adult issues, EMDR, play therapy, court documentation. All counsellors are skilled and experienced with Masters level education.	\$95 per hour, maximum Student rate \$70 per hour No Waiting List
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Counsellors – KW Area				
Janna Booth, M.Ed.	J.L. Booth Counselling 1315 Bishop St. N., Suite 180 Cambridge, ON N1R 6Z2 (519) 624-6241 janna@JLBoothcounselling.com	Individuals, couples, families	Depression, grief and loss, anxiety/panic, stress management, survivors of abuse, Self-esteem, relationship issues, sex therapy and Myers-Briggs Type Indicator	\$80 per hour
Richard Clarke, MA, AAMFT, Clinical Member	650 Westmount Rd. W., Kitchener, ON N2M 1R8 (519)576-7725	Individuals, couples	Certified Imago Couples therapist	\$90-\$150+ HST Sliding scale 2-4 months waiting list
Susan Cox, MA.Sc.	279 Weber St. N., Suite 102 Waterloo, ON N2J 3H8 (519) 747-8116	Individual, Couples, Family,	Anger management, depression, anxiety, bipolar disorder Also marital counselling; Life Adjustment Counselling, workshops and consulting	\$90 per hour Sliding scale Evenings and Saturdays

Jeanette Gascho MS	JMG Counselling Services Waterloo, ON (519) 574-7544 www.jmgcounselling.com	Individuals, creative artists, performers	Performance Enhancement, EMDR, creativity blocks, audition preparation	\$80 per hour Fridays
James Morgan M. Div., MASc.	Chestnut Counselling 21 Lydia St., Kitchener, ON N2H 1V2 (519) 745-3602	Individual, couples, family	Marital therapy, men's issues, victims of sexual abuse	Sliding scale Evenings Approx. 1 to 2 week waiting list
Julie Wise	105-255 Keats Way Waterloo, ON N2L 6N6 (519) 954-8175 julie@juliewiseconsulting.com juliewiseconsulting.com	Individuals, couples	Relationship Counselling	30 minutes for \$50+HST 60 minutes for \$100+HST 3 Session packages
Wendy Vaughan, M.A. Psychotherapist	Wendy E. Vaughan Counselling and Training Kitchener, ON Belmont/Union area wvaug@sympatico.ca	Individuals	Relationship issues, conflict, anxiety, depression, motivation, procrastination, mid-life issues, grief and loss, stress, self- esteem, Myers-Briggs Type Indicator (MBTI), coping/adjustment/transition issues, emotional regulation/mood mgmt., burnout, mindfulness (MBCT), Cognitive Behavioural Therapy (CBT), cultural diversity issues	\$90 per hour Thursday evenings, Fridays and Friday evenings

Out of Town-Guelph				
Susan Dafoe-Abbey M.Ed., Counselling, AAMFT	97 Vaughan St., Guelph, ON N1G 0B3 (519) 829-2232 or toll free 1-800-363-7246	Individual, marriage and family counselling	Specializes in relationship issues, sexuality, children's issues, loss, grief, trauma, self-esteem, EMDR	
Sue Graham, MSW, RWS	Wellington Building 147 Wyndham St. N., Suite 403 Guelph, ON N1H 4E9 (519) 830-7767	Eating disorders, addictions, mental health and with individuals in abusive relationships		\$70, also a sliding scale to meet clients financial needs
Linda Reith MA, AAMFT	Gateway Counselling 96 Delhi St., Guelph, ON N1E 4J8 (519) 822-4889	Couples, teens, survivors of incest	EMDR, narrative and solution focused approaches	Sliding scale: \$80- \$120
Kevin Stafford MSc	89 Flaherty Dr., Guelph, ON N1K 1Y7 (519) 767-6581 www.kevinstafford.com	Individual, couple, adolescents	Life transitions, lesbian, gay, bisexual and transgender	
Dr. John Theis Psychologist	85 Norfolk St., Suite 207 Guelph, ON N1H 4J4 (519) 836-1277	Individuals, couples, families		\$150 per hour
Couple and Family Therapy Centre University of Guelph	MacDonald Hall Annex Entrance off Lennox Lane University of Guelph (519) 824-4120 ext. 56426	Couples, Families	Adults of ages, adolescents, and children and their families People with diverse cultural, ethnic, economic, religious backgrounds, .sexual orientations(LGBITTQQ) and family relationships	Sliding scale fee Maximum \$75.00 per session
Trish Van Katwyk MSW, RSW, AAMFT	55 Geddes St., Elora, ON N0B 1S0 (519) 846-5953	Couples and individuals	Issues: relationships, women, transitions	\$75, sliding scale

Dave Vervoort M.Sc.	Registered Marriage & Family Therapist P.O. Box 25064 370 Stone Rd., Guelph, ON N1G 4T4 (519) 821-5163 davevervoort@sympatico.ca 1-888-821-5163 www.RainbowTherapist.com	Couple, family, individual therapy	Lesbian, gay, bisexual, transgender, transsexual, intersex Mental Health Depression, anxiety, Phobias, obsessions	\$85
University of Guelph Couple and Family Therapy Centre	MacDonald Hall Annex University of Guelph (entrance off Lennox Lane) (519) 824-4120 Ext. 65335	People from the Community Adults of all ages, adolescents, children with their families	People with diverse cultural, ethnic, economic, religious background, sexual orientations (LGBITTTQQ – friendly) family relationships	Sliding scale \$10-75 Session 50-60 minutes Seen within 2-3 weeks

Out of Town – London				
Family Service Thames Valley (MSW counsellors)	125 Woodward Ave., London, ON N6H 2H1 (519) 433-0183	Individual, couple, family, groups	Childhood trauma, woman abuse, workplace harassment, blended families, couple therapy, etc.	Sliding scale in most cases. Full subsidy available in specialized programs.

Out of Town - Ottawa				
Dr. Rena Borovay Psychologist	2301 Carling Ave., Suite 301 Ottawa, ON K2B 7G3 (613) 820-2664	Individual, couple	Individual, couple	\$150 per hour
Dr. Raymond Brunette Licensed Psychologist	103-2442 St. Joseph Blvd., Orleans, ON K1C 1G1 (613) 824-8648	Adults, children	Adult: stress, identity crisis, post separation Child: psychoeducational, behavioural, parenting issues, adolescents	\$140 per hour
Dr. Iris Jackson, C. Psych Gilmour Psychological Services (all licensed)	437 Gilmour St., Ottawa, ON K2P 0R5 (613) 230-4709 Fax (613) 230-8274 www.ottawa-psychologists.com	Adults, adolescents, couples, children, families, groups	Counselling, testing (in English and French)	\$160 to \$260 per hour depending on the service Sliding fee scale
Dr. Marna Zinatelli C. Psych	220 Laurier Ave. W., Suite 310 Ottawa, ON K1P 5Z9 (613) 233-4222 Fax (613) 234-9064 marnazin@web.net www.web.net/marnazin	Individual, couple and group		

Out of Town – Toronto				
Family Service Association of Toronto	355 Church St., Toronto, ON M5B 1Z8 (416) 595-9618	Individual, family, couples, seniors	Separation and divorce; domestic violence (men & women); lesbian and gay counselling	Sliding scale based on income and family size
Family Services of Peel County	151 City Centre Dr., Suite 501 Mississauga, ON L5B 1M7 (905) 270-2250	Individual, couple and family		
Dr. Scott Duggan Psychologist	85 Henry Lane Terrace, Suite Suite 422 Toronto, ON M5A 4B8 (416) 209-4036 dr.duggan@bell.net www.drduggan.ca	Individual	Individual relationship & personal counselling, LGBTTIQQ parenting, individual and friends counselling.	\$150 per hour Sliding scale for students
Dr. Joe Goodman Psychologist	Yonge Lawrence Centre 3080 Yonge St., Suite 5016 Toronto, ON M4N 3N1 (416) 480-1471	Individual, young adults, couples, family	Marital, educational and therapeutic	\$250 per hour for individuals; \$300 per hour for couples The centre has other practitioners whose fees range from \$125 to 250 per hour with coverage that comes with supervision by a registered psychologist.

Nina Josefowitz Psychologist	1315 Finch Ave. W., Suite 303 Toronto, ON M3J 2G6 (416) 638-9333 Fax (416) 781-7046 E-mail: njosefowitz.@aol.com	Individual	Psychotherapy practice, eclectic focus on cognitive behaviour framework.	\$150/hour Sliding scale for students
Dr. James Leonidas MA.Sc, Ph.d., C. Psych Psychologist	10 McNairn Ave, Suite H1 Toronto, ON M5M 2H5 (416) 484-9912, Fax (416) 322-4852 jimleonidas@mac.com www.drjimpsychologist.com	Full range pf Psychological Services Individual works with men and women Relationship, couple, marital works Child, adolescent, parent-child and family work	Individual Counselling variety of issues Relationship, Couple and Marital Counselling Career Planning and Development Serious Illness: Mind-Body Psychological Health Parent-Child Coaching EMDR for overcoming anxiety, stress & trauma Specialized Telephone and Secure internet consultation on Skype	\$160 per hour No waiting list
Dr. Pamela McRoberts Licensed Psychologist	4891 Dundas St. W., Suite 2A Etobicoke, ON M9A 1B2 (416) 207-0969	Individual, couples, family	Marital, family, individual	\$120 per hour – Sliding Scale
Dr. Rickey Miller and Dr. Nina Mistry	2900 Steeles Ave. E., Suite 213, Thornhill, ON L3T 4X1 (905) 882-4500	Individual, marital, adolescents, Children	Stress management, pain management, women's issues, depression, anxiety, health concerns	\$160 per hour One week waiting list
Dr. Jaan Reitav Psychologist	118 Eglinton Ave. W., Suite 405 Toronto, ON M4R 2G4 (416) 921-9787 Fax (416) 646-1114	Adults	Anxiety, depression, pain, relationships, rehab, crisis counselling, sleep disturbances, short-term psychotherapy	\$50 to \$100 per hour, Sliding scale

Joseph Dembinski MA Pat Kelly & Orit Morse	www.jdpsychotherapy.ca www.newrealitiescan.com	University students	Eating Disorders	
Joanne Kirzner MSW, RSW	Promenade Mall, Suite 301J Toronto, ON (416) 937-1218	University students		
Susan Yorke MSW, RSW	yorksusan@gmail.com 416-917-2634	University students		
Susan Rungta Psych Assoc.	4545 West 10 th Ave., Suite 206 Vancouver, BC (604) 222-1116 ext.2			
The Ontario Institute For Studies In Education	252 Bloor St. W., Suite 7-200, Toronto, ON M5S 1V6 (416) 923-6641 ext. 2656	Children, adolescents, adults	Learning assessments, remediation and individual counselling	Sliding scale
Ontario Psychological Association: Psychologists' Referral Service	730 Yonge St., Suite 221 Toronto, ON M4Y 2B7 Toronto Central (Yonge & Bloor Sts.) (416) 961-0069 Toll Free: 1-800-268-0069 www.psych.on.ca www.mentalhealthtuneup.ca	Listing of Psychologists by area	Language Service: English, French, Italian, Spanish Confidential	Free – Non-Profit

<p>May Lui Agency Manager Women's Counselling Referral and Education Centre</p>	<p>489 College St., Suite 303B Toronto, ON M6G 1A5 West Toronto (Bathurst-College Sts) Office: (416) 534-8458 ext 226 Counselling: (416) 534-7501 Fax: (416) 534-1704 Email: phoneline1@wcrec.org Facilitator Training Program: ftp@wcrec.org Website: www.wcrec.org</p> <p>Wheelchair accessible</p> <p>Contacts: Director Services Coordinator (416) 534-8458 ext 228 Chris Rahim Resources Coordinator (416) 534-8458 ext 229</p>	<p>Referral and Assessment</p> <p>English</p>	<p>Referral to services sensitive women's needs, including screened therapists and counsellors, alternative mental health resources, support groups, lesbian, bisexual and gay-positive resources, community resources, legal clinics, shelters. Assessment and referral includes emotional support, crisis counselling, single session counselling, education on therapy and alternatives to therapy, assistance in making choices, Facilitator Training Program for women who want to be facilitators of self-help and agency run support groups</p>	<p>Fees: - no to low cost - Sliding (\$5 - \$25) - \$25 per hour</p> <p>All Women's Counselling, Referral & Education Centre services are free.</p>
<p>AIDS Committee of Toronto ACT</p>	<p>399 Church St., 4th Floor Toronto, ON M5B 2J6</p> <p>E-mail: ask@actoronto.org</p> <p>Aids Committee Toronto</p> <p>(416) 340-2437 www.actoronto.org</p>	<p>Information about HIV/AIDS, safe sex, safer drug use. Counselling and practical support services for people living with HIV/AIDS</p>	<p>HIV/AIDS information; HIV prevention education and outreach for youth, women, gay and bisexual men and Portuguese-speaking communities. Counselling/case management services for people living with HIV/AIDS. Practical support services for people with HIV/AIDS (drives to medical appointments, food programs, access to furniture, help moving to affordable housing.</p>	

Hospitals - Toronto				
Scarborough Centenary Hospital	(416) 284-8131 ext. 346			
Scarborough General Hospital	(416) 438-8200			
St. Michael's Hospital Toronto	(416) 360-4000			
Sunnybrook Hospital Toronto	(416) 480-6100			
Toronto East General Hospital	(416) 461-8272			
Toronto General Hospital	(416) 340-4611			

Hospitals - Hamilton

Anxiety Disorders Clinic McMaster University Medical Centre	1200 Main St. W., Hamilton, ON L8N 3Z5 (905) 521-5018 Fax (905) 521-2628 www.macanxiety.com			
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Hospitals - Oakville

Oakville Trafalgar Memorial Hospital	327 Reynolds St., Oakville, ON L6J 3L7 (905) 338-4680 www.haltonhealthcare.com	Outpatient counselling		
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Eating Disorders – Toronto and area				
Janet Clewes	1900 Dundas St., Suite 243 Mississauga, ON L5K 1P9 (905) 885-8805		Depression, anxiety, marital, women's issues	
Lesli Musicar MEd Counselling Psychology	348 Danforth Ave., Suite 215 Toronto, ON M4K 1N8 (416) 469-2749 counsellingatthecarrot@sympatico.ca www.counsellingatthecarrot.com	Counselling/ psychotherapy	Childhood sexual abuse, trauma, Relationships, anxiety, depression	\$100 per hour +HST \$75 for student if appt. before 4:00 pm
Barbara Merkur, BA, MA, OATR, RCAT	127 Denlow Blvd., Don Mills, ON M3B 3J7 (416) 315-5156 fax: (416) 449-2693		Eating disorders, relationship issues, anxiety, depression, breast cancer, motivation, EMDR	\$80 per hour sliding scale
Eva Szekely	2863 Ellesmere Rd, Suite 302 Scarborough, ON M1E 5E9 (416) 267-1736		Depression, anxiety and eating disorders	\$125 per hour sliding scale
Sheena's Place	Sheena's Place 87 Spadina Rd., Toronto, ON M5R 2T1 (416) 927-8900	Group support for people affected by Eating Disorders	Hospice for Eating Disorders Support Program	No Fee
Dr. John Van Deursen Psychologist	Van Deursen & Associates 6 Main St., Toronto, ON M4E 2V2 (416) 690-2229			
Findhelp Information Services 211 Toronto	Box 203, 543 Richmond St. W., Toronto, ON M5V 1Y6 (416) 397-4646 www.211toronto.ca	Mon-Fri. 8:30am-4:30pm Dial 211 24/7	Information and referral on a wide range of community, social services, health and related government programs, etc.	Non-profit

Merryl Bear National Eating Disorders Information Centre	200 Elizabeth St., ES7-420 Toronto, ON M5G 2C4 (416) 340-4156 Fax # (416) 340-4736 www.nedic.ca			
Karen Jasper	Hospital for Sick Children Day Program for Eating Disorders 555 University Avenue Toronto, On M5G 1X8 (416) 813-2253			

On Campus Resources:		
Chaplain's Office	Ext. 33633 (SLC 3108)	Crisis and short-term personal issues
GLOW Gay and Lesbian Liberation of Waterloo	519-884-4569 (SLC 2101)	Student support group for university and community re concerns about sexual orientation.
Health Services	Ext. 33541 After-hours on call doctor at 519-888- 4096	Doctors, nurses and counsellors available to students.
Student Access Van	Office for Persons with Disabilities 519-888-4567 Ext 35082 519-575-5891	To provide campus transportation to students requiring mobility assistance. The van is available for transportation to and from all University residences, classes, and campus services, as well as to and from Wilfrid Laurier University. Operates Fall and Winter Terms only
Turnkey Desk	Ext. 84434 or 519-888-4434 (off campus) (SLC 1102)	Place for students to meet or get information on all University community services. Operates 24/365.
Conflict Management Human Rights Office	Matt Erikson at ext. 33765 or Catherine Fry at ext. 35671. (MC 4048)	Services: Conflict Management and Human Rights
UW Police	Ext. 22222 (COM) or after hours: 519-888-4911	Emergencies such as aggression, threats, suicide attempts, theft, break-ins, accidents, etc.

UW Shuttle Service	519-888-4567 Ext. 84949	Service is available to students, faculty and staff. You will need your WATCARD ready and run schedule maps are available at the Student Life Centre - Turnkey Desk.
Community Help Line (24 hour crisis line)	519-744-1813	
St. Mary's Counselling	Substance abuse assessment	http://www.smgh.ca