

INDIVIDUAL

1. CAYAC (Child and Youth Anxiety Clinic). This is a private extension of MGH child & Adolescent Anxiety Clinic situated at MGH.
www.cayac.ca
Call: 416-469-6580 ext. 3229
email: connect@cayac.ca
2. Whole Heart Mental Health
www.wholeheartmentalhealth.com
Call: 647-300-1709
Email: Nicole@wholeheartmentalhealth.com
3. Dr. Mary Owens (psychiatrist)
2200 Yonge St. Unit 1712.
Call: 416-488-8035.
4. DR. Debbie Zweig (psychologist) McKenzie Health, Mental Health Program
10 Trench Street
Richmond Hill, Ontario L4C 4Z3
www.yorkcentral.com
Call: (905) 883-2318; Private practice 416-410-1589
5. Elana Segal (MSW, RSW) 416-828-5930
www.childandfamilycounselling.com
6. Joanne Bignel (RN)
Call: 416-884-8591
Email: joanne@copingsolutions.org
7. Foundations For Emotional Wellness. Dr. Zia Lakdawalla, Clinical Psychologist.
2069 Danforth Ave. 2nd flr. Suite 6. Toronto M4C 1J8.
www.ffew.ca
Call: 647-362-1995
Email: drzia@ffew.ca
8. Framework Therapy & Assessment Centre <https://frameworkcentre.com>
9. Leaside Psychotherapy <https://www.leasidechildtherapy.com/>
10. Fairmarc Psychology Centre <https://fairmarc.ca>
11. Jane Wiltsie MSW, RSW, CYW
<https://www.psychologytoday.com/ca/therapists/jane-wiltsie-toronto-on/965063>
Call: 289-275-9560
Email: janewiltsietherapy@gmail.com
745 Danforth Ave, suite 404

OCD

1. CAYAC (see above)
2. Wickwire and Brooks. 401 Richmond St W, Toronto, ON M5V 3A. Tel: (416) 916-0703
3. Dr. Hayley Wood, Framework Therapy Assessment Centre
(<http://frameworkcentre.com/>)
4. Dr. Allison Owen-Anderson, Framework Therapy and Assessment Centre (see above).
5. Dr. Sandra Mendlowitz, Reframe Psychology Clinic
(<https://www.reframepsychology.ca/>)
6. MaryAnne Letourneau Tel: 416-948-2916

FAMILY/COUPLES THERAPY

1. Lily Rosenberg, MSW, RSW www.lilyrosenbergtherapy.com
2. Nancy Webb, MSW, RSW <http://nancywebbcounsellingandconsultation.ca/>

READING

1. Helping Your Anxious Child: A Step-by-Step Guide for Parents/ A step-by-step guide for parents by Ronald Rapee et al.
2. Freeing Your Child from OCD/ Tamar Chansky
3. When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism/ Martin Antony and Richard Swinson
4. What to do when you worry too much and other books by Dawn Huebner
5. Up and down the worry hill and other books by Aureen P. wagner