



Cbt Psychology

For Personal Development

Helping you achieve your goals

Adults, Teens, Children
Couples & Family Therapy

Anxiety, Depression, Stress, Anger,
Sleep, Trauma, Relationships.
Mental Health Treatments.

T: 905-597-4404
Info@cbtpsychology.com
<https://cbtpsychology.com>



Cbt Psychology

For Personal Development

Helping you achieve your goals,
enrich your life and live with purpose.

In-person and Online.
Confidential services.
No wait time.
Covered by most health insurance plans .

Caring and committed professionals.
Registered Psychologists, Psychotherapists
and Social Workers.

7626 Yonge Street. Thornhill. ON
T: 905-597-4404 F: 905-370-0151
info@cbtpsychology.com
www.cbtpsychology.com

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Psychological Services
In Person & Online
Adults, Teens & Children

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Thornhill ON L4J 1V9
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info@cbtpsychology.com
T: 905-597-4404
F: 905-370-0151

\$3750 for ADHD + Educational

\$2000 for ADHD assessment only

Layla Care
Phone: +1.647.374.4210
Fax: +647.277.1229
www.layla.care

Fax

To: 9057078180

From: Layla

Fax: 1-905-707-8180

Date: Aug 08/24 09:27 AM

Subject: Layla Care: A dependable partner for Timely and Personalized Mental Health Referrals

Dear Dr. Lau, Hon Keung Henry

Layla Care offers **personalized therapy** for individuals, couples, families, psychological assessments, DBT group therapy, and specialized programs for disability. Our community includes 350+ vetted licensed providers (Psychologists, Registered Social Workers, Registered Psychotherapists).

Why Layla

- **Timely:** Intake within 1-2 days and therapy in just two weeks, on average
- **Personalized Matching:** We consider clinical needs, logistical requirements, and interpersonal preferences. Our diverse community of therapists speaks 27 languages, addresses 50+ primary concerns, and includes significant representation from the LGBTQ2S+ and BIPOC communities
- **Quality:** We work with college regulated, licensed professionals with 10 years on average in practice, accepting only 25% of therapists who apply
- **Flexible treatment:** Our therapists use evidence-based treatments like CBT, DBT, and EMDR, and offer in-person, phone, or secure video sessions through our app
- **Transparent pricing:** Initial 20-minute intake is free. Sessions cost \$165 (couples \$185). Sessions are insurance-covered, and we assist in navigating the details.

We additionally offer **Psychological Assessments** for ADHD, PTSD, Mood, Anxiety, and BPD. These include patient interviews, testing, debrief, and a report to support treatment (\$1350)

Next Steps

Referrals: Patients can self-refer through our website, or you may fax referrals to 647-277-1229

How can we support you? Check the applicable boxes and reply by email or fax

- ☐ Book a Lunch and Learn to better understand Layla's services
- ☐ Patient Information Cards. Mail to my clinic. Address & email:
- ☐ Resource Sheets on sleep, stress, relationships, crisis and community resources.
Mail to my clinic. Address & email:

Thank you for considering Layla. Warmly,

The Layla Team



SCAN ME

community@layla.care | Phone: +1.647.374.4210 | Fax: +647.277.1229 | www.layla.care

**PERFECT CHOICE
PSYCHOLOGICAL SERVICES INC.**

☎ 416-855-6422

☎ 416-800-6445

✉ pcpsychservice@gmail.com

🌐 perfectpsych.com

📍 20 Bamburgh Cir, Scarborough, ON M1W 3Y5

Patient's Name: _____

Date of Accident: _____

Diagnosis: _____

☐ MVA

☐ EHC

☐ WSIB

☐ SLIP & FALL

☐ PRIVATE

Referral For:

☐ Psychological Assessment

☐ Neuro-psychological Assessment

☐ Psychological Counselling

Recommendations/Remarks:

Physician Name & Signature

Date

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☐ Neuro-psychological Assessment

☐ Psychological Counselling

Recommendations/Remarks:

Physician Name & Signature

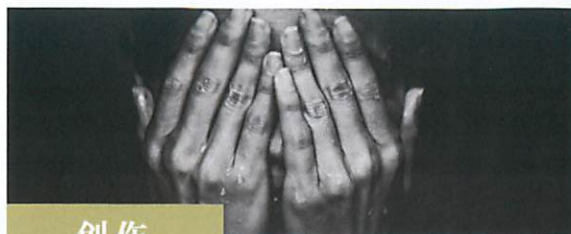
Date



服务项目

我们提供各种不同的心理咨询相关治疗服务,包括个人,伴侣,家庭和团体心理咨询,以及心理健康研讨会。

HOPEWOODS



创伤

创伤可以由许多因素造成,例如事故,暴力行为,亲人离世,婚外情,原生家庭等等。受到创伤而出现精神困扰的人士可能会经历持续性的事故重现,噩梦,失忆和强烈的内疚感;而在身体上的影响侧包括饮食和睡眠问题、疲劳、或营养不良等。我们经验丰富的治疗师会根据您的具体情况为您抚慰伤痛,重整人生。



愤怒管理

愤怒管理,家庭暴力和其他个人话题经常难以启齿,您可能会遇到许多无法表达和解决的情绪,而这些愤怒的情绪会在您不知道或没有准备的情况下爆发。我们的治疗师将协助您解决生活中的确实发生的具体问题。



焦虑

在当今忙碌而快节奏的社会中,不少人在人生旅程当中都经历过焦虑。适当的焦虑通常被视为正常,或具激励性的;然而,当焦虑变得过于强烈并开始影响您的日常生活时,我们可以帮助您进行处理和应对焦虑以及它引起的问题。



抑郁

抑郁或长时间的悲伤和情绪低落都是普遍的现象。亲密关系或婚姻的终结、失去亲人、工作、经济困难,或各种生活情况都可能引发抑郁症状。患者可能觉得做任何事情都提不起劲,经常赖床或没精打采,也可能为自己的负面情绪感到十分困扰,不懂得如何处理。在我们专业的治疗师支持下,您可以走出低谷,克服抑郁的种种绝望和沉重。



亲子关系与青少年教育

我们的治疗师会协助家长找出教育子女的盲点,加深自我认识,解决亲子关系的差异,并增强亲子间的感情纽带。我们可以帮助受各种问题困扰的青少年克服心理上的问题,增强他们的抗逆能力,并支持他们以积极及正面的心态在社会中茁壮成长。



亲密关系

婚姻或恋爱辅导旨在鼓励夫妻或伴侣双方彼此坦诚公开和在互相尊重的前提下探讨及共同解决相处问题。另一方面,我们专业的家庭及婚姻治疗师可以帮助您释放和解决离异当中带来的负面情绪,心理问题和社交障碍。透过共同努力,我们可以帮助您的心里的伤口得到适当的处理,重整你的生活,并为您的人生找到新的意义。



收费

- 我们的服务并不属于 OHIP (安省医疗计划) 涵盖范围内。然而,许多个人或公司的医疗保险均可以支持我们全部或部分的服务。
- 心理治疗或咨询服务的费用可以作为医疗费用的税收减免。
- 收费按服务的性质而定,每次治疗介乎 \$120 至 \$200 不等。

保密协议

- 我们重视客户的隐私,阁下的身份和资料都是严格保密的。
- 由于法律及道德义务上的要求,客户保密协议上会有一些例外,而这些情况将会在您的第一次治疗时告知。
- 为了防止COVID-19的传播,我们为整个安大略省的青少年,成人,夫妇,家庭和团体提供线上治疗和电话服务。

我们的团队

在悦林,我们的专业团队由多位经验丰富的安省认证心理咨询师,社会工作者,和临床咨询师组成,他们擅长不同的领域与专业方向。根据每位客户的独特情况和需求,实行不同的治疗方案

我们的治疗师可以使用英语,粤语和国语三种不同的语言与您沟通。

关于我们团队成员的详细资料,欢迎您查询我们的网站: www.hopewoods.ca



联系我们



www.hopewoods.ca



adminpsych@hopewoods.ca



+1(647)-892-8984



hopewoods123



Unit 220 C, 4591 Highway 7 East,
Unionville, ON, L3R 1M6



HopeWoods

Psychotherapy and Consulting Services

悦林心理咨询服务中心

悦林心理咨询服务中心 (Hopewoods Psychotherapy & Consulting Services) 是一家安大略省专业心理咨询诊疗服务机构。

我们由注册的心理治疗师,社会工作者和临床咨询师组成,并致力于为个人,家庭及小组提供广泛的心理咨询服务,

服务范围包括抑郁、焦虑、愤怒管理、工作压力、青少年成长、家庭关系(婚姻辅导、亲子沟通、原生家庭)等各种心理问题。



OUR SERVICES

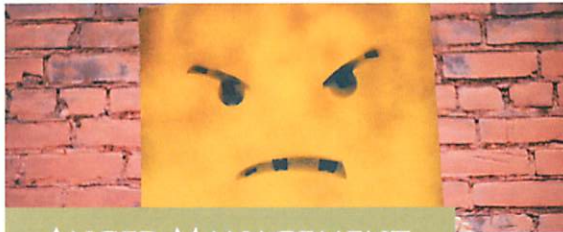
We provide a wide range of services including assessments, individual, couple, family, and group therapy, as well as skill development workshops.

HOPEWOODS



TRAUMA

Trauma is the response to an experience of excessive stress that overwhelms your emotional or physical ability to cope. It can be caused by many factors, such as accidents, violent behaviors, death of loved ones, extra-marital affairs, family of origin, and so on.



ANGER MANAGEMENT

Anger Management, domestic violence, and other topics are not easy to discuss, especially when these topics are linked to charges, family court issues, and deteriorating relationships.



ANXIETY

Anxiety is experienced by many people at different points in their lives. When anxiety becomes too much to bear and starts to affect your daily life, it can cause and contribute to numerous mental and physical problems.



DEPRESSION

Depression or feelings of prolonged sadness and low mood are prevalent among us. Various life situations such as the end of a relationship or marriage, the loss of a loved one, a job, financial difficulties, or health-related problems, are all potential triggers..



YOUTH DEVELOPMENT CARE

We provide emotional and behavioral assessments and psychological treatments to help children/youth who suffer from distress due to immigration/culture shock, family conflicts, bullying, peer pressure, attention disorders, and learning disabilities.



RELATIONSHIP ISSUES

Our therapists have expertise in dealing with marital problems, separation, and divorce can help you through this painful transition. We can help you heal and find new meanings of life, side by side, during this difficult time in your life.



FEES

- Our services are not covered by OHIP. However, they are covered wholly or partially by many extended health insurance plans.
- Psychotherapy and counselling services are tax deductible
- The fee schedule varies between \$120-\$200/session depending on the nature of the service.
- A typical one-hour session is 50 minutes long with 10 minutes allocated to documentation and paperwork.

PRACTICE

- Identities of clients and their self-disclosures are handled in a strictly confidential manner.
- Due to the pandemic, we provide online therapy, video-conferencing, and phone services for adults and adolescents, couples, families and groups throughout Ontario.

MEET OUR TEAM

At Hopewoods, we are consisted of a team of experienced Registered Psychotherapists and Social Workers who specialize in a wide variety of emotional techniques and theories.

Our therapists who are fluent in English, Cantonese and Mandarin will be able to assist you in your language of choice.

For more information on our team and their expertise, please visit us at: www.hopewoods.ca



CONTACT US



www.hopewoods.ca



adminpsych@hopewoods.ca



+1(647)-892-8984



[hopewoods123](https://www.facebook.com/hopewoods123)



Unit 220 C, 4591 Highway 7 East,
Unionville, ON, L3R 1M6



HopeWoods

Psychotherapy and Consulting Services

Hopewoods is an Ontario-based psychotherapy and consulting team, featuring registered psychotherapists, social workers, and clinical counsellors with diversified specialties in counselling.

We provide individual, couple and family therapy with individualized treatment approaches for each and every client.

Our goal is to demonstrate an accessible, cultural-sensitive, and non-judgmental therapeutic environment for all people.



MANDY LIWEN FANG

MSW, RSW, RP

CRPO SUPERVISOR

UNIT 220C,

4591 HIGHWAY 7 EAST,

UNIONVILLE, ON, L3R 1M6

📞 647-293-0833

✉ ADMINPSYCH@HOPEWOODS.CA

🌐 WWW.HOPEWOODS.CA

HopeWoods

Psychotherapy and Consulting Services

— A PATH TO RECOVERY —



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中心簡介

About the Centre

創建於加拿大多倫多的靈語國際心理中心是綜合個人、家庭、婚姻、兒童青少年、團體、車禍傷與工傷心理評估/諮詢/治療和心理健康講座及工作坊為一體的國際專業心理諮詢機構。

中心匯聚了資深心理學家、心理諮詢師、心理治療師、督導培訓師、社工、職業規劃專家、兒童青少年心理學和教育學家。

Global Psychological Professional Network

LingYu International Psychology Centre is a Toronto based professional institute that provides a wide range of psychological services to individual and corporate clients.

The Centre bring together Psychologists, Psychoanalysts, Psychotherapists, Personal Coaches, Career Consultants and Child/Youth Psychologists to create a global network of Psychological Professionals to better serve our clients all over the world.

多語種的服務

Multilingual Advantages

我們提供普通話、粵語、閩南語、英語、法語、印度語、西班牙語、俄語等多語種的服務。

We work with individuals, couples, and groups, as well as corporate clients in English, Chinese (Mandarin, Cantonese and Taiwanese/Fujian), French, Hindi, Spanish, Vietnamese, Portuguese and Russian.

本中心接受

延伸健康保險 (Extended Health Care Plan/EHC)
員工輔助計畫 (Employee Assistance Program/EAP)
車禍傷工傷意外保險個案 (MVA & WSIB)

Our services are mostly covered by Employment Benefits that Canadian companies usually provide for their employees such as Extended Health Care (EHC) and Employee Assistance Program (EAP).

靈語國際心理中心

LINGYU INTERNATIONAL PSYCHOLOGY CENTRE

Sheppard Ave.

Kennedy Rd.

Midland Ave.

Brimley Rd.

HW 401

2400 Midland Avenue, Suite 201
Toronto, Ontario M1S 5C1

聯繫我們/Enquiries and appointments

(647) 728-2955

傳真/Fax:

(416) 628-5189

電郵/Email:

info@lingyupsyc.com

網站/Website:

www.lingyupsyc.com

博客/Blog:

www.lingyublog.com

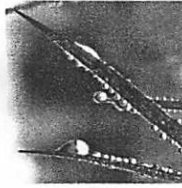
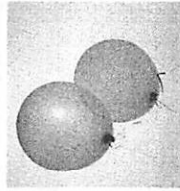
Facebook:

www.facebook.com/lingyupsyc

中心服務時間/Hours

週一至週五: 早上九點至晚上九點
週六與週日: 早上九點至下午四點

Monday to Friday: 9am to 9pm
Saturday and Sunday: 9am to 4pm



個人/婚姻/家庭心理諮詢

Services for Individuals and Families

個人心理諮詢

個人心理諮詢幫助來訪者了解內心的掙扎與衝突，改善負面的思維方式與行為，從而促進內心的成長，培養有效的思維方式，建構新的人際互動模式，更加有效的應對生活。

Individual Counselling

Individual counselling assists our clients to understand their inner conflicts, enhance maturity, develop effective decision making skills, and build better interpersonal skills.

婚姻心理諮詢

幫助雙方降低衝突，培養有效溝通方式，了解在婚姻中的角色，增進相互理解以及不同經歷所帶來的不同思維與行為模式進而改善婚姻感情質量。

Marriage/Couple Counselling

Couple counselling helps reduce conflicts in the family. It improves the quality of the relationship through developing effective communication and mutual understanding.

家庭心理諮詢

我們的服務協助家庭成員探索彼此之間的關係和互動模式，減少家庭矛盾，增進家庭成員之間的溝通、理解與支持。

Family Counselling

Family counselling helps reduce conflicts, rejuvenates relationships, and develops effective communication within the family.

兒童/青少年心理評估與心理諮詢

Child/Youth Psychological Assessment, Counselling and Treatment

本中心的专业服務能夠有效幫助兒童/青少年，為兒童/青少年在學習、社交、適應新環境、自尊及自我形象問題、兒童/青少年焦慮、抑鬱及行為障礙等方面提供專業的心理諮詢服務。

測評項目包括：

- 情緒及行為評估
- 學習能力測評
- 天才兒童評估
- 社交技能評估
- 學習障礙與學習困難
- 兒童智商 (IQ) 測評

Emotional and behavioral assessments and psychological treatments can help children/youth who suffer from distress in the cases of culture shock, family conflicts, bullying, peer pressure, attention disorders, and learning disabilities. Our services can help children/youth overcome psychological issues and allow them to thrive in healthy environment.

團體心理諮詢

Group Counselling

團體心理諮詢是人們經由團體活動及運作的過程，得到情感的支撐及改變的動力，帶來心靈的成長及生命的豐富。本中心所提供的團體心理諮詢如下：

- 自我肯定訓練
- 夫妻成長團體
- 情緒與壓力管理
- 同理心團體
- 情侶親密對話
- 兩性教育
- 父母效能訓練
- 自我覺察與內在智慧
- 家庭重組
- 職業生涯規劃
- 情緒探索與表達
- 兒童青少年家庭教育

Group counselling involves individuals who are having difficulties that are of personal, educational, or social nature. Sessions address specific individual needs. It is an efficient way to support and help our clients to deal with psychological issues through interactions with other workshop participants. LingYu holds group counselling in the following subjects:

- Confidence Restoration
- Awareness and Wisdom/Know Thyself
- Stress Management
- Career Planning
- Self Expression and Communication
- Parenting Skills
- Intimate Connection
- Family Restoration
- Empathy
- Sexual Education



車禍傷/工傷意外心理評估與治療

Motor Vehicle Accidents (MVA)

On the Job Injury (WSIB)

本中心對車禍傷/工傷產生的心理影響進行心理評估並進行心理治療。心理評估可以讓您了解自己的心理狀況，與否會在心理治療中受益。心理治療幫助您從車禍傷/工傷的創傷中康復。

Individuals involved in Motor Vehicle Accidents or workplace injury can develop disabling fears, depression, and anxiety. A consultation with a therapist can clarify if treatment can help. Our care is covered by WSIB or insurance companies.

公司機構服務

Corporate Services

靈語商業培訓專家擁有商業企管、心理、教育的專業背景，從企業心理結構與心理文化的角度為企業提供高水準、國際化的企業心理結構發展的諮詢服務。本中心的服務可幫助管理層識別公司機構所隱藏的問題、有效預防潛在問題惡化、增強管理層效率、增強公司機構團隊凝聚力並幫助公司或機構提高生產效率，讓您的企業擁有優秀的企業心理動力和活力，行走在經濟浪潮之先。本中心所提供的公司機構服務如下：

- 領導能力培訓
- 促進領導層與員工的交流互動
- 領導層效率評估
- 團體凝聚力建設

From the perspectives of Organizational Psychology and Cultural Psychology, LingYu offers services that rejuvenate organizations and allow your company to thrive in competitive environment. We offer the following services to companies in multiple languages:

- Leadership Building
- Management Efficiency Assessment
- Workplace Efficiency Programs
- Team Work Building

INSTITUTE FOR BEHAVIOURAL & FUNCTIONAL MEDICINE

★ **CBT & Mindfulness for Depression, Anxiety, PTSD**

★ **Insomnia**

★ **Fatigue**

★ **Headache**



NO ACCESS BONUS NEGATION



OHIP-FUNDED



VIRTUAL CLINIC AVAILABLE ONTARIO-WIDE

Dear Doctors & Nurse Practitioners:

We train patients over Zoom in evidence-based behavioural & psychological interventions.

Ontario-wide, OHIP-funded, virtual CBT delivered by MDs for the management of: insomnia, depression/anxiety, PTSD, fatigue, headache, lower back pain, post-concussion syndrome & hypertension.

More information available at <https://ibfmed.ca/treatments/>.

For inquiries, you can email us at team@ibfmed.ca.

REFERRALS

- **NO EFFECT ON ACCESS BONUS:** Our MDs are psychiatrists, internists or have a GP-focused practice designation in Psychotherapy. We only bill OHIP the following codes: A195, A135, A010, K007, K019, K020, K012, K024, K025.
- **ELIGIBLE PATIENTS:** 18-years+; referral from a Nurse Practitioner or MD.

Visit <https://ibfmed.ca/mds-nps/> to download our referral form to your EMR!

We look forward to hearing from you!

Sam Yassi

Office Manager

Phone: 416-306-2001 | Fax: 647-660-9355 | Email: team@ibfmed.ca | Website: ibfmed.ca