

To: Dr. Henry Lau

Unit 96; 550 Highway 7 East
Richmond Hill ON L4B 3Z4
Phone: (905) 707-8181
Fax: (905) 707-8180

From: Joanna Zhao MSW, RSW

Registered Clinical Social Worker;
Psychotherapist
147 Finch West;
North York, ON M2N 2J1
Phone: 647-825-4551
Fax: 647-348-0086

Total: 3 Pages (including current page)

Re: Registered clinical social worker who does psychotherapy in both English and Mandarin for patients living in northern GTA

Dr. Lau,

I am an experienced clinical social worker who is specialized in doing psychotherapy in both English and Mandarin. I have been working as a mental health clinician at UHN providing psychotherapy services to patients with mental health problems since 2007. In 2016, aside from continuously working at UHN, I started my own private practice at Yonge/ Finch area.

Accessing culturally competent psychotherapy in one's first language is very important for people with mental health problems. By opening my practice at North York location, I hope to make psychotherapy services more accessible to Chinese patients living in GTA. The hours of my private practice is flexible. I offer both weekend and evening appointments. There is also no waiting time. Clients in crisis or experiencing mental health problems can get an appointment right away to receive timely psychotherapeutic intervention.

Upon receiving a referral from a family physician, after the first initial assessment appointment, within three weeks I will send the family physician a detailed assessment report outlining the patient's mental health history, presenting symptoms, underlying issues and treatment plans which will help the family physician get a complete picture of the individual's mental health status.

I understand that your clinic serves a lot of Chinese patients, and would like to get connected with you to talk about the possibility of referrals. Enclosed please find my profile document for your reference. If you want, I can come to meet with you and bring some cards and brochures for distribution. I can be reached at 647-825-4551. I look forward to hearing from you soon.

Regards,

Joanna Zhao MSW, RSW
Registered Clinical Social Worker; Psychotherapist
147 Finch West; North York, ON M2N 2J1;
Phone: 647-825-4551;
Fax: 647-348-0086

Language: English, Mandarin

Joanna(Bin) Zhao, MSW, RSW; Registered Clinical Social Worker/ Psychotherapist

Member:

Ontario College of Social Workers and Social Service Workers (OCSWSSW) (No. 813803),
Ontario Association of Social Workers (OASW) (No.12980)

Counselling Specialties: stress, depression, anxiety, mood swings, relationship problems, phobias, self-esteem issue, parenting issue, marital conflicts, emotional crisis, abuse, domestic violence, trauma, bereavement, life transitions, work and life balance, cross-culture communication, acculturation, early psychosis intervention, etc.

More About Joanna: I received my Master of Social Work with a specialization in health and mental health from University of Toronto in 2007 (I also have a master degree from China). Since graduation, I have been practicing as a psychotherapist at a teaching hospital, community agency and private practice settings working with youth, adults, couples and families.

In my work with clients, I take a client centred approach that respects people as being the authority on their own experience and recognizes the key role that emotions play in our lives. I use an integrated approach to counselling that is informed by various therapeutic modalities as well as by my extensive clinical experience, but always with a focus on the uniqueness of each individual and customize the treatment plan for each client according to her/his individuality. Over the years, I have effectively helped many people adjust for better lives - helping them learn the strategies and use tools necessary to resolve their difficulties and enhance their strengths.

In addition to my private practice, I am also working as a mental health clinician at Toronto Western Hospital, University Health Network. I have been working there since 2007. There I work with patients who are diagnosed with various mental illnesses such as: MDD, OCD, PTSD, bi-polar, schizophrenia, early psychosis etc. I have provided clinical consultation services to various parties that are involved in patients' treatments and recoveries including family doctors, lawyers, CAS, schools, WSIB, and insurance companies etc.

I know the importance of compatibility or "fit" between a client and psychotherapist. It can be quite a daunting task for a client seeking for counselling service to choose a "right" therapist. Please feel free to contact me for a telephone consultation before making your decision.

Contact Information:

Phone: 647-825-4551

Fax: 647-348-0086

Office Address:

147 Finch West; North York, ON M2N 2J1

Office Hours:

By appointment only (aside from weekday daytime appointments, weekday evenings and weekend appointments are available to be arranged when required).

國語及英文服務

Joanna (BIN) Zhao, RSW, MSW; 趙彬, 心裡治療師, 註冊社工, 社工碩士
心理諮詢和治療。誠信、專業、保密。接受公司保險。

安省註冊社工。多倫多大學社工碩士畢業, 專業方向精神心理健康 (同時擁有中國碩士學位背景)。多年來, 一直在醫院與非盈利社區機構裡從事心裡輔導工作, 幫助很多個人與家庭從個人心理、工作、生活與家庭困擾中走了出來, 重建健康生活。2007年起至今, 一直在多倫多大學附屬的教學醫院多倫多大學健康網絡下屬的多倫多西區醫院擔任臨床心理治療師, 為患有下述精神心裡疾病患者提供專業心裡治療: 抑郁症、焦慮症、強迫症、創傷后應激障礙、妄想、精神分裂症、思覺失調的早期干預等等。

採用專業治療方法結合個案背景與需求, 為個人與家庭提供以下方面的輔導 (但不僅於這些) :

1. 個人情緒問題: 焦慮、抑郁、失眠、強迫症、失親、賭癮、毒癮以及其它癮癖等等
2. 個人成長與人際關係: 自我表達困難、自信的建立、職場壓力、工作壓力、跨文化交流問題、人際關係與交流困難、移民求職與就業所帶來的心裡問題
3. 青春期成長與困惑: 求學壓力、成長的困惑、青少年成長與心裡健康
4. 家庭關係與親子教育問題: 夫妻/配偶關係輔導、家庭矛盾、親子教育與子女關係輔導
5. 創傷治愈: 車禍或工傷所帶來的應激障礙、家庭暴力與虐待所帶來的創傷、童年與成長過程中所經歷的創傷彌合

隸屬專業機構會員:

Ontario College of Social Workers and Social Service workers (OCSWSSW) (No. 813803)

安省社工與社會服務工作者行業協會會員(社工執照號碼: 813803)

Ontario Association of Social workers (OASW) (No.12980)

安省社工協會會員 (註冊號碼: 12980)

如果您有興趣接受心理輔導, 可以先電話與我聯絡諮詢:

電話: 647-825-4551

傳真: 647-348-0086

辦公地址: 147 Finch West; North York, ON M2N 2J1

辦公時間:

隻接受預約 (除 **weekday** 正常辦公時間, **weekday** 晚間及周末也可預約安排)

How psychotherapy can help me?

It may take years of silent suffering or a crisis before people reach out for psychotherapy.

When life is not working well, lingering unhappiness can turn into depression, constant worries and fears can become anxiety, relationship tensions can cause estrangement and serious conflicts.

With psychotherapy or counselling, you can increase your self-awareness, change ineffective emotional and behavioural patterns, explore your relationships, develop skills to improve communication, learn to better manage stressful situations, and make better decisions about life.

Counselling Specialties:

- Individual counselling
- Couples therapy
- Family therapy

Issues: stress, depression, anxiety, phobias, relationship problems, work stresses, self-esteem issue, parenting issue, marital conflicts, emotional crisis, abuse, domestic violence, trauma, bereavement, cross culture communication problem, life transition and adjustment issues. etc.

Confidentiality

Confidentiality is one of the most important elements of psychotherapy. As your therapist, I am ethically bound and morally obligated, within certain legally defined limitations, to uphold and maintain your privacy and keep your personal information strictly confidential. None of your information will be revealed to any other person or agency without your written permission. However, you must be aware that there are a few specific circumstances which require me to reveal information obtained during psychotherapy to certain persons or agencies, whether you have granted permission or not. I must release information about you if:

- When I assess you may be a danger to yourself or others.
- If I suspect child abuse or neglect.
- If records are subpoenaed to court.

How many counselling sessions should I have?

There is no 'set number' of psychotherapeutic sessions. Everyone attending counselling for different reasons, so the number of sessions is determined by the topics you wish to discuss and your individual needs.

How often will I need to come?

A serious commitment to therapy is essential if you want to make positive changes to your life. Appointments are generally once per week, but there are times when more or less than this (twice per week or every other week) is most helpful for your therapy process. Attending therapy sessions regularly is important so that there is a sense of momentum – this rhythm can help the change process to occur more smoothly.

Is counselling covered by my health benefits or OHIP?

Psychotherapy is not covered by OHIP. However, many health benefits cover psychotherapy provided by a registered social worker. Please check with your or your family's insurance company to clarify about the coverage.

Office Hours:

By appointment only (aside from weekday daytime appointments, weekday evenings and weekend appointments are available to be arranged when required).

About Joanna:

I received my Master of Social Work with a specialization in health and mental health from University of Toronto. I have been practicing psychotherapy for many years at various settings including teaching hospital, community agency and my own private practice working with adolescents, youth, adults, couples and families.

In my work with clients, I take a client centred approach that respects people as being the authority on their own experience and recognizes the key role that emotions play in our lives. I use an integrated approach to counselling that is informed by various therapeutic modalities as well as by my extensive clinical experience, but always with a focus on the uniqueness of each individual and customize the treatment plan for each client according to her/his individuality. Over the years, I have effectively helped many people adjust for better lives - helping them learn the strategies and tools necessary to resolve their difficulties and build on their strengths.

Currently, in addition to my private practice, I am also working at a teaching hospital under University Health Network.

I have been working there as a mental health clinician since 2007. There I practise psychotherapy with patients who are diagnosed with various mental illnesses such as: major depression disorder, general anxiety disorder, obsessive compulsive disorder, postpartum depression, post-traumatic stress disorder, bi-polar, borderline personality disorder, schizophrenia, early psychosis etc. I have provided clinical consultation services to various parties that are involved in patients' treatments and recoveries including family doctors, lawyers, CAS, schools, WSIB, and insurance companies etc.

I know the importance of compatibility or "fit" between a client and psychotherapist. It can be quite a daunting task for a client seeking for counselling service to choose a "right" therapist. Please feel free to contact me for a telephone consultation before making your decision.

Contact:

Joanna Zhao RSW; BSW; MSW
Registered Clinical Social Worker;
Psychotherapist
Phone: 647-825-4551
E-mail: joannazhaoca@yahoo.ca
Address: 147 Finch Ave West,
North York, ON M2N 2J1

Helping people help themselves

English and Mandarin

Professional psychotherapy Service



Covered by most
extended health insurance

什么是心理问题与精神疾病？

心理问题是指一个人心理状况上出现了问题，如情绪低落、焦虑、恐惧、人格障碍等等消极、不良的心理状况。通常，心理问题通过专业的心里治疗都可以得到治愈或缓解。

但是，心理问题如不能及时得到疏导，就会造成一个人的心理与精神长期处在抑郁、紧张、焦虑或恐惧的状态。从而导致其自身以及他人与外界环境的认知与感受出现偏差，进而影响到他的行为方式包括他与其他人的相处与互动。这就是通常所说的精神疾病。精神疾病一旦形成，治疗的难度较之单纯的心理问题就会大为加大。除专业的心理治疗外，有些情况下，患者还必须服用治疗精神疾病的药物才能康复或好转。

总之，心理问题与精神疾病是一个不容忽视的健康问题。心理问题一旦出现，应尽早寻求专业的心理治疗，避免转化成精神疾病。这一点对心智还未完全成熟并处在人生转折期的青少年来说，尤为重要。

心理问题与精神疾病的普遍性

每个人在生活中或多或少都会遇到一些不如意的事情甚至遭遇挫折，并不是每个人在经历创伤或承受压力后都会出现心理问题。一个人是否会出现心理问题和很多因素有关：成长经历、家庭环境、家

族遗传、外界环境的变化等等。有些人的心理问题与其童年的成长经历与环境有关，可能早在青少年时期就已出现；而有些人的心理问题与成年后的经历与环境变化有关，可能在成年后才显现出来。

对于移民来说：移民生活所带来的诸多问题：语言障碍、文化差异、学业压力、就业困难、职场问题、家庭矛盾、种族歧视、社会地位与角色的落差和转变等等，都可能引发心理问题。

事实上，心理问题与精神疾病在现实生活中非常普遍。据统计，每五个加拿大人中就有一人患有精神疾病。需要指出的是，虽然移民人口中有心理问题与精神疾病的人群比例与加拿大全民统计人口的患病比例相当，但移民寻求专业心理辅导与精神治疗的比例却相对较低，华裔人群对专业心里辅导的使用更为有限。这主要是源于华语移民尤其是大陆移民对专业心里辅导服务的不了解以及使用国语为国语移民提供心里辅导服务的专业资源十分有限。

什么是心里治疗（辅导）？

心里治疗（辅导）是指通过专业的谈话疗法帮助治疗对象全面深入地了解自己的情绪、行为与认知方式，帮助他了解并接受自己的优势与弱点，纠正偏差，从而更好地应对生活中的各种压力与状况。

研究证明，专业的心里治疗对心理问题和精神疾病的治疗是非常有成效的。

关于心里治疗的问题与解答：

A. 我的问题没有那么严重，不需要看心里治疗师

心理辅导的目的是帮助你改善你的心里状况。只要是这个问题已经影响到了你的生活的某一个方面，你就会从心里辅导中获益。

B. 为什么我的朋友不能为我做心里辅导？

你的家人与朋友可以为你提供情感支持，但他们很难保持中立的立场来倾听你的想法。而心里辅导师经过多年的专业训练，会帮助辅导对象更客观地面对自己与他人。

在心里治疗的过程中，不管治疗对象所谈的内容多么敏感与私密，治疗师的立场始终是中立的。并且，治疗师会对治疗内容严格保密。

心里治疗的疗程周期

心里治疗的治疗周期长短因人而异。总的来说，一个心理问题在心里治疗前滞留的时间越长，所需要的治疗周期就可能越长。如果心理问题转化成了精神疾病，所需的时间就可能更长些。

心里辅导可能涉及的问题:

- 1. 个人情绪问题:** 焦虑、抑郁、失眠、强迫症、失亲、赌瘾、毒瘾以及其它瘾癖等等
- 2. 个人成长与人际关系:** 自我表达困难、自信的建立、职场压力、工作压力、跨文化交流问题、人际关系与交流困难、移民求职与就业所带来的心理问题
- 3. 青春期成长与困惑:** 求学压力、成长的困惑、性别认知、友情与恋情等等常见青少年成长与心理健康
- 4. 家庭关系与亲子教育问题:** 夫妻/配偶关系辅导、家庭矛盾、亲子教育与子女关系辅导
- 5. 创伤治愈:** 车祸或工伤所带来的应激反应障碍、家庭暴力与虐待所带来的创伤、童年与成长过程中所经历的创伤弥合

选择适合你的心里治疗师

心里辅导要求治疗对象在一个安全的环境里, 和一个陌生但可以信赖且有专业知识与训练的人, 通过专业的谈话治疗, 对自己的情绪、行为和认知方式进行深度分析与审视。因此, 选择一个能够和自己沟通并有较强的专业素养与经验的心理治疗师就显得异常重要。

关于我-Joanna Zhao 赵彬 RSW, MSW

安省注册社工。临床心理治疗师。多伦多大学社工硕士毕业, 专业方向- 精神心理健康。多年来, 一直在医院与非盈利社区机构里从事心里辅导工作, 帮助很多个人与家庭从个人心理、工作、生活与家庭困扰中走了出来, 重建健康生活。

2007 年起至今, 一直在多伦多大学附属的教学医院担任临床心理治疗师, 为患有各种精神心里疾病患者提供专业心里治疗服务。治疗过患有下述精神疾病的患者: 抑郁症、焦虑症、燥郁症、产后忧郁症、强迫症、厌食症、创伤后应激障碍、妄想、精神分裂症、思觉失调的早期干预等等。

如果您有兴趣接受心理辅导, 可先致电咨询:

联系方式:

电话: 647-825-4551
传真: 647-348-0086
电子邮件: joannazhaoca@yahoo.ca

办公地址: 147 Finch Ave West,
North York, ON M2N 2J1
Yonge and Bathurst 之间。
靠近 FINCH 地铁总站
免费停车

办公时间: 只接受预约
(晚间及周末也可预约安排)

专业、诚信、保密

国语、英语

English and Mandarin

专业心理辅导

Professional psychotherapy



心理健康与健康生活

接受健康保险

时间越长,所需要的治疗周期就可能越长。
如果心里问题转化成了精神疾病,所需的时间就可能更长些。

心里辅导可能涉及的问题:

1. **个人情绪问题**: 焦虑、抑郁、失眠、强迫症、失亲、赌瘾、毒瘾以及其它癖癖等等
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国语、英语

English and Mandarin

专业心理辅导

Professional psychotherapy



心里健康与健康生活

接受健康保险



Email Me

Send to Friend

Koonchee Grace Chan

Registered Psychotherapist, MSocSc, RSW, RP

(289) 807-2671

About (English | 廣東話)

✓ Verified by Psychology Today

陳觀慈女士(Grace Chan) 生於香港，持有美國威斯康辛州立大學麥迪遜校區心理學學士學位及澳洲南澳大學心理輔導碩士學位，為安省註冊心理治療師及安省註冊社工，是一名資深的心理 / 精神健康從業人員。她擁有加拿大多倫多大學認知行為心理治療高級證書，亦是加拿大認知行為治療協會會員；擅長情緒輔導，對於採用認知行為治療法及靜觀心理療法處理因焦慮和憂鬱所引致的心理和情緒困擾等問題之心理治療尤有心得。

她也運用不同的心理治療方式恰當協助個人成長、家庭及親子關係輔導、婚前輔導及婚姻輔導等。

Grace能以流利英語及廣東話進行輔導/心理治療。

Location

Grace Chan Psychotherapy Services
Richmond Hill, ON L4B
(289) 807-2671

Offers online therapy

Email Me

Nearby Areas

Additional Location

Markham, ON L3R
(289) 807-2671

Call or [Email](#) Koonchee Grace Chan for a **free consultation** now -
(289) 807-2671

Finances

Cost per Session: \$180+
Sliding Scale: Yes
Pay By: Cash, Paypal, Wire

Qualifications

Years in Practice: 13 Years
Licence: Ontario / 004141
School: University of South Australia
Year Graduated: 2008

Additional Credentials

Certificate: OCSWSSW / 819414
Certificate: OCSW / 819414
Certificate Date: 2015

Specialties

- Mood Disorders
- Anxiety
- Marital and Premarital

Issues

- Anger Management
- Career Guidance
- Child
- Chronic Illness
- Chronic Impulsivity
- Chronic Pain
- Coping Skills
- Depression
- Developmental Disorders
- Divorce
- Family Conflict
- Life Coaching
- Life Transitions
- Medication Management
- Parenting
- Pregnancy, Prenatal, Postpartum
- Relationship Issues
- School Issues
- Self Esteem
- Sleep or Insomnia
- Stress

Accepting New Clients



Email Me

Send to Friend

Koonchee Grace Chan

Registered Psychotherapist, MSocSc, RSW, RP

(289) 807-2671

About (English | 廣東話)

Verified by Psychology Today

Ms. Koonchee Grace Chan (preferred to be called Grace) received her Bachelor's degree in Psychology from the University of Wisconsin-Madison, and her Master's degree in Counselling from the University of South Australia. She is a Registered Psychotherapist and Registered Social Worker in Ontario and is an experienced mental health practitioner. She obtained an Advanced Certificate of Cognitive Behavior Therapy for Complex Disorders from the University of Toronto and is a member of the Canadian Cognitive-Behavioral Therapy Association.

Having a passion for Cognitive-Behavioral Therapy and Mindfulness, she uses these therapeutic approaches effectively to work with clients who experience emotional distress, such as depression and anxiety. She is skilled in individual therapy, family therapy, parenting, pre-marital counselling, couple counselling, and the like.

Throughout the psychotherapeutic journey with her clients, Grace wishes to inspire them to become insightful, resilient, and capable of reaching their potential in life. Grace is comfortable working with clients who speak English and Cantonese.

Call or [Email](#) Koonchee Grace Chan for a **free consultation** now - (289) 807-2671

Finances

Cost per Session: \$180+
Sliding Scale: Yes
Pay By: Cash, Paypal, Wire

Qualifications

Years in Practice: 13 Years
Licence: Ontario / 004141
School: University of South Australia
Year Graduated: 2008

Additional Credentials

Certificate: OCSWSSW / 819414
Certificate: OCSW / 819414
Certificate Date: 2015

Location

Grace Chan Psychotherapy Services
 Richmond Hill, ON L4B
 (289) 807-2671

Offers online therapy

Email Me

Nearby Areas

Additional Location

Markham, ON L3R
 (289) 807-2671

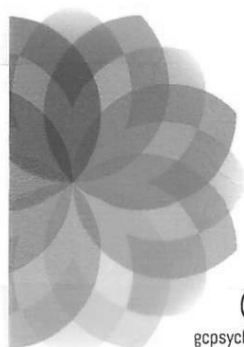
Specialties

- Mood Disorders
- Anxiety
- Marital and Premarital

Issues

- | | |
|---------------------------|-----------------------------------|
| • Anger Management | • Life Coaching |
| • Career Guidance | • Life Transitions |
| • Child | • Medication Management |
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| • Depression | • Self Esteem |
| • Developmental Disorders | • Sleep or Insomnia |
| • Divorce | • Stress |
| • Family Conflict | |

Accepting New Clients



知·思·行 Grace Chan Psychotherapy Services

Koonchee Grace Chan

MSocSc., R.S.W., R. P.
Registered Social Worker, Registered Psychotherapist

陳觀慈 心理輔導系碩士

安省註冊社工·安省註冊心理治療師

(437) 971-7292

gcpsychotherapyservices@gmail.com

9140 Leslie St, Unit 201,
Richmond Hill, ON L4B 0A9
Canada

Chow. counselling@gmail.com

Christine Hing-fan Chow

MSW, RSW, RMFT, Certified Sandplay Therapist

Christine is a registered social worker who provides therapy to children, adolescents, adults and families. She has experience working with individuals who have a wide range of concerns. She is specialized in the following issues: depression, anxiety disorders, grief, bereavement, life transitions, stress, trauma, ADHD, parenting, couple and family relationships. She is fluent in English, Cantonese and Mandarin.



Education and Experience

Christine holds a master degree in social work from the University of Toronto. She also has extensive clinical training in various therapy modalities. She is a registered marriage and family therapist as well as a certified sandplay therapist. She has more than 20 years of professional experience in counselling agencies, as well as hospitals. In addition to her private practice, she is currently working for a community hospital, outpatient mental health program as a clinical social worker, providing comprehensive counselling services.

Registration/ Professional Affiliation

- Registered Social Worker, Ontario College of Social Workers and Social Service Workers
- Registered Marriage and Family Therapist, Clinical Fellow, Ontario/ American Association for Marriage and Family Therapy
- Certified Sandplay Therapist, International Society for Sandplay Therapy/ Canadian Association for Sandplay Therapy

Fees

Counselling is conducted in sessions.

\$120 for one 50-minute session. Payments are to be paid in full after each session by cash or personal cheque only.

HST is Not charged for clinical social work services.

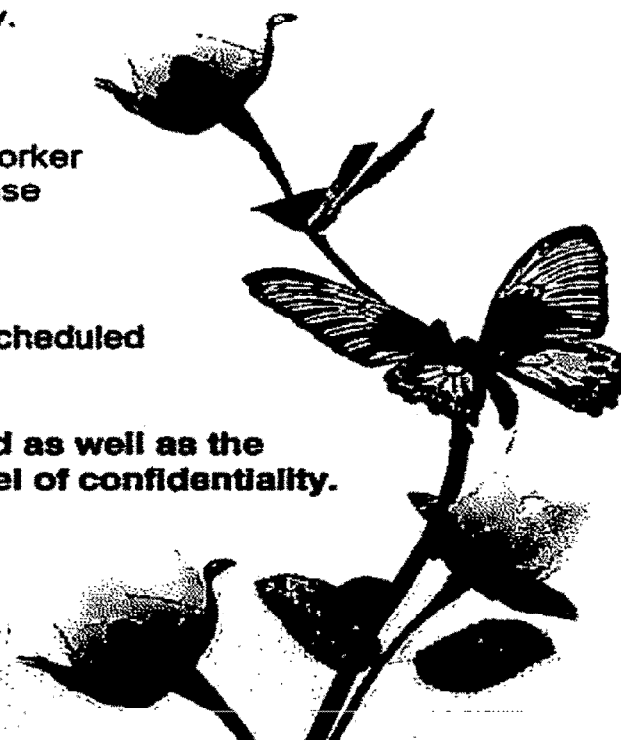
Many Extended Health Care Benefits cover the cost of counselling service provided by a Registered Social Worker and/or a Registered Marriage & Family Therapist. Please contact your plan administrator for more information.

Cancelled or rescheduled appointments

A charge of \$60 will be incurred for all cancelled or rescheduled appointments with less than 24 hours' notice.

All clients are assured that the information provided as well as the counselling process will be held to the strictest level of confidentiality.

North Markham Medical Centre
9980 Kennedy Road, Suite C9, Markham, ON L3C 0M4
T: 905-888-7099 F: 905-888-7098





周慶芬

社會工作碩士，安省註冊社工，婚姻及家庭治療師，沙遊治療師

從事心理輔導工作多年，具備豐富臨床輔導經驗，服務對象包括兒童、青少年、成人及家庭，專長處理的問題有情緒抑鬱、焦慮症、失落悲傷、生命重大轉折、壓力、創傷、過動活躍症、親子教育、婚姻及家庭關係等。能以流利英語、廣東話及普通話進行輔導。

學歷及資歷

擁有多倫多大學社工碩士學位，亦是一位註冊婚姻及家庭治療師，以及沙遊治療師。有多年的專業培訓，以及超過20年在輔導機構及醫院的專業輔導經驗。除私人執業外，她現職於社區醫院心理健康部門提供輔導服務。

註冊專業團體

註冊社工，安省社會工作及社會服務學院

註冊婚姻及家庭治療師，安省／美國婚姻及家庭治療協會

認證沙遊治療師，加拿大／國際沙遊治療學會

費用

以時段形式進行，每節50分鐘，費用\$120

每節輔導完成後，請以現金或支票支付費用

註冊社工提供的輔導服務可免收合併銷售稅(HST)

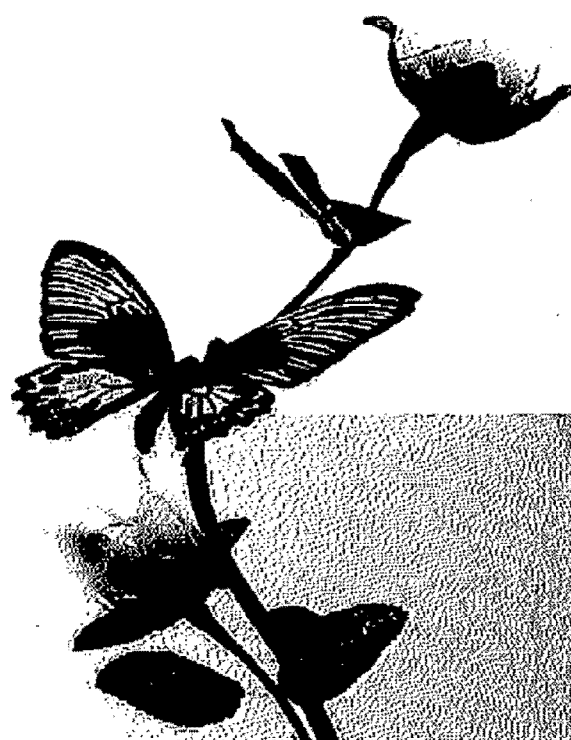
報銷

若有醫療健康計劃(Extended Health Care Benefits)支付註冊社工或註冊婚姻及家庭治療師所提供的服務，請自行聯絡有關人士查詢及辦理。

取消或改期已預約的服務

請於24小時前通知，否則需付\$60行政費

所有個人資料及輔導內容都會被嚴格保密



North Markham Medical Centre Corp.

9980 Kennedy Road, Suite C9
Markham, ON

L6C 0M4

T: 905-888-7099

F: 905-888-7098

CAROL MA^{MSW., RSW.}

Virtual psychotherapy | Ontario & Alberta-wide

English | Cantonese | Mandarin

www.carolma.com | carolmaththerapy@gmail.com

Clinical Focus

Adults (18+)

Anxiety, stress, and burnout

Depression / mood dysregulation

Self esteem/ self image struggles

Grief and bereavement

Trauma / complex trauma

Relationship struggles

Life transitions

Specialized in supporting culturally
diverse or immigrant populations

Treatment Approach & Modality

Trauma-informed, evidence-based
psychotherapy

CBT, DBT, ACT, Mindfulness based
interventions, Somatic works, Parts-
informed therapy

Focus on symptom stabilization, emotion
regulation, and functional improvement

Individualized pacing to client needs

Appropriate Referrals

Persistent psychological symptoms
despite medical management

Seeking structured, ongoing
psychotherapy

Comfortable with virtual sessions

Weekday evenings and weekend
availability

Services in English, Cantonese &
Mandarin

Referrals & Care Coordination

Self-referrals accepted via website or
email

Intake is simple and timely

Collaboration or updates provided with
patient consent

Fee & Insurance

Eligible under most extended health benefits
Receipts provided

Thank you for supporting patients' mental health care!



CAROL MA

MSW., RSW. (ON & AB)

Virtual psychotherapy
English | Cantonese | Mandarin

✉ carolmaththerapy@gmail.com

🌐 www.carolma.com

Who Do I Work With?

- Adults (18+)
- Ontario & Alberta residents

Clinical Focus:

- Anxiety, Depression & mood concerns
- Burnout & work-related distress
- Trauma & complex trauma
- Relationship concerns
- Life transitions & identity challenges

Service Delivery:

- Individual therapy
- Video/ Telephone session
- Weekday evenings and weekends availability

Languages:

- English
- Cantonese
- Mandarin



Scan for referral
Self referrals are welcome

- Children, Adolescents, Adults & Seniors
- Individual / Couples / Family Therapy
- Evidenced Based Treatment for:

Depression • Anxiety • Eating Disorders
Relationship Issues • Separation/Divorce
ADHD • Autism Spectrum • Giftedness
Intellectual/Learning Disability
Addictions • Parenting/Step Parenting
Stress • Bereavement • MVA • WSIB
Chronic Pain • Traumatic Brain Injury
Dementia/Memory • Vocational Issues

- Psychodiagnostic Assessment
- Psychoeducational Assessment
- Neuropsychological services
- Psychiatric Consultation & Brief follow-up (OHIP covered, referral required)

Service available in: Cantonese, Telugu,
Portuguese, Hindi, Urdu
& American Sign Language

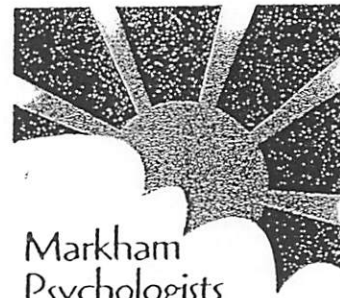
Fees may be reimbursable through
Extended Health Care Benefits

**Markham Psychologists
Psychiatrists & Associates**

9889 Markham Rd. (Hwy. 48) Ste. 211



*Please call for an appointment or more
information. Self-referrals welcomed.*



**Markham
Psychologists
Psychiatrists
& Associates**

Psychologists:

Dr. Tammy Morrell-Bellai

Dr. Cheryl Pohlman

Dr. Queenie Lo

Dr. Vasanthi Valoo

Dr. Richard Amaral

Dr. Jonathan Siegel

Dr. Candice Bovell

Neuropsychologist:

Dr. Lesley Ruttan

Psychiatrists:

Dr. Manohar Keesari (children)

Dr. Patrick Lo (adults)

Associate:

Carley O'Kane, Registered Dietitian

9889 Markham Rd. (Hwy. 48) Ste. 211

Markham, ON L6E 0B5

(map on reverse)

Tel: (905) 472-9658

Fax: (905) 472-7945

www.markhampsychologists.ca

www.markhampsychoologist.ca

PSYCHOTHERAPY SERVICES



Melissa Di Fonzo (MSW, RSW) is a psychotherapist and registered social worker who is taking on new clients. She is currently offering **virtual and phone sessions**.

Treatment Specialties

Anxiety & Depression
Addictions
Obsessive-Compulsive Disorder (OCD)
Borderline Personality Disorder (BPD)
Eating Disorders, Self-Esteem & Body Image
Chronic Pain & Stress
Anger Management
Trauma, Grief & Loss
Emotion Regulation

Therapeutic Interventions

Cognitive Behavioral Therapy
Dialectical Behavioral Therapy
EMDR
Acceptance and Commitment Therapy (ACT)
Internal Family Systems (IFS)
Psychodynamic Therapy
Psilocybin Integration
Narrative Therapy
Solutions Focused Therapy
Emotional Freedom Technique
Somatic Therapy
Gestalt Psychotherapy

Email: melissa@difonzotherapy.com

Telephone Number: **(416) 809-3013**

Website: difonzotherapy.com

Potential clients can call for a **FREE** 15-min phone consultation

***** Services covered by most health insurances *****

THE COUNSELLING CONNECTION

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Dr PAPO

\$149 per hour for consultation

www.the medicalconcierge.ca

**CALL TODAY TO SCHEDULE
AN APPOINTMENT.**

Please contact us directly with any
questions, comments, or scheduling
inquiries you may have.



Message us on WhatsApp

L4B 3P8, Richmond Hill, Ontario, Canada

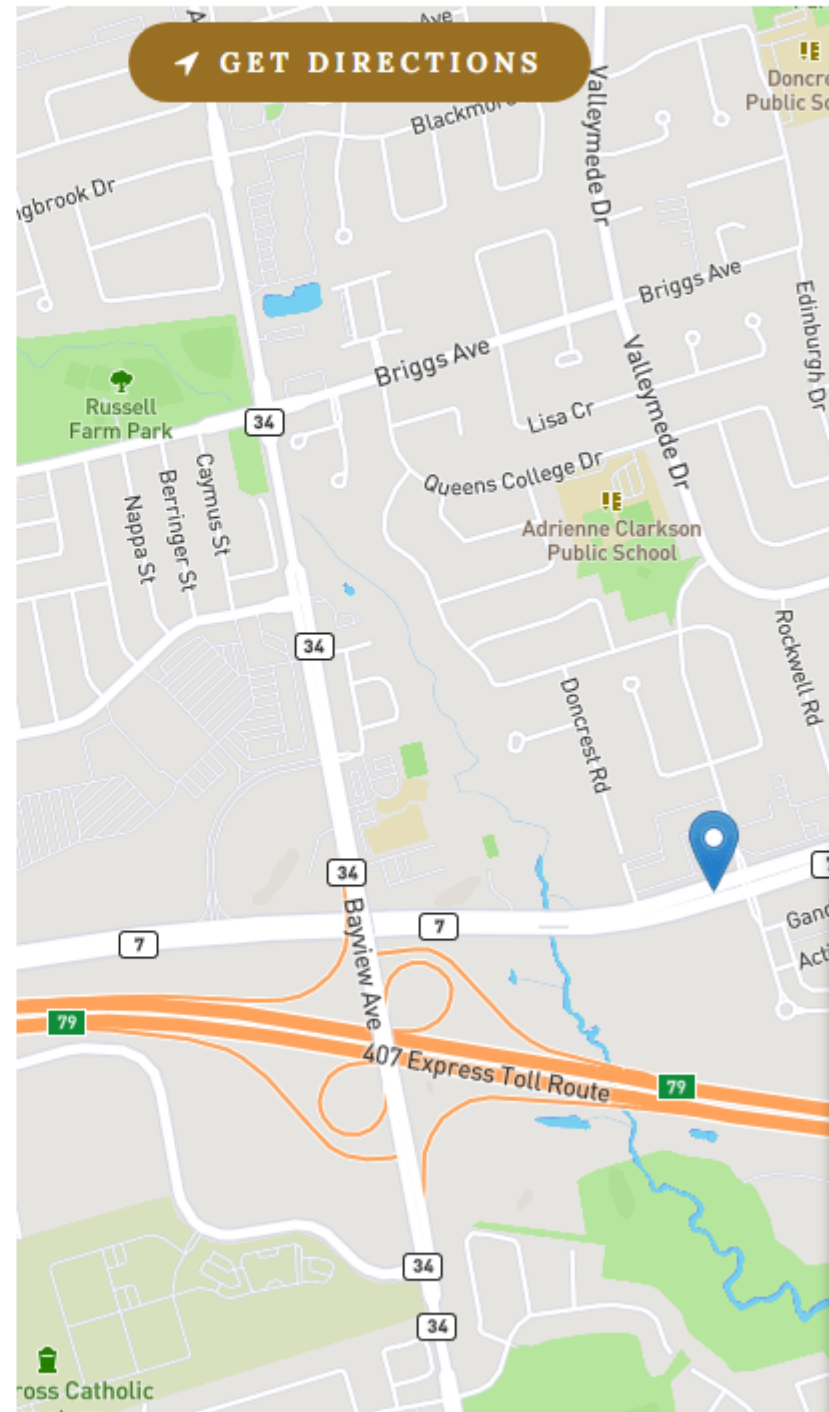
TEL: 905.597.2080

FAX: 365.525.2000

EMAIL: gmdmedicalspecialists@gmail.com

330 Highway 7 East, Suite 511
Richmond Hill, ON
L4B 3P8

Qualifying-depression
/addictions/anxiety/
rumination & worry,
social anxiety/



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for your support in Mental Health

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All our Clinicians offer a free 15 minute phone or virtual consultation.



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Individual, Couple, Family, Trauma & Sex Therapy

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P: 1-416-473-3333 | F: 905-887-0057
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Your Appointment:

Date: _____

Time: _____

Location: Online / In-Office

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