



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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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

John's story

John is a 96-year-old World War II veteran who served in Canada's Air Force overseas. A hard worker, he always put his family first and treated others with respect.

Over time, his family noticed that even though he was still very independent with his activities of daily living, he was becoming more withdrawn. John was starting to experience depression. He was having negative thoughts and wondering if life was worth living.

Depression also affected his sleep and he began experiencing mild cognitive changes, which led him to worry about becoming a burden to his family. His family physician referred him to the Integrated Psychogeriatric Outreach Program (IPOP).

John has enjoyed home visits with an IPOP community clinician. He appreciates how empathetic and easy to talk to they are. He also has timely access to a psychiatrist for further assessment of his condition and to review his medication and its efficacy.

On top of that, John also receives support on other aspects of his life that contribute to his mental and overall wellness. He is encouraged to stay socially, physically, and mentally active because this will have a positive effect on his mood and brain health.

Now, John says "I don't feel depressed anymore. I feel great!"

John's cognitive abilities have also stayed relatively stable for the past two years. This stability enables him to continue to live in his home with his community.

About Loft

Since 1953, LOFT has offered dignity and hope to individuals living with complex challenges.

LOFT is one of the largest community service providers in Ontario, supporting people facing a combination of mental health, physical health and substance use challenges, poverty, and/or homelessness. LOFT's teams build customized supports that specifically address a person's needs and offer them for as long as there is a need.

With our partners, we are proactive in finding solutions to community challenges. By doing so, we are able to reach individuals who fall through the gaps of our social and healthcare systems.



For this program:

126 Wellington Street West, Suite 216
Aurora, ON L4G 2N9
Call: 1-844-798-6920
Fax: 1-844-834-4638

For our head office:

Call: 416-979-1994
or Visit: loftcs.org

15 Toronto Street, 9th floor
Toronto, ON M5C 2E3

Charitable Business Number
13058 6605 RR0001

Integrated Psychogeriatric Outreach Program (IPOP)

Supporting older adults living with mental health, addiction, and/or cognitive challenges



About Integrated Psychogeriatric Outreach Program (IPOP)

IPOP is a community-based service that improves the health and wellbeing of older adults with mental health, addiction, or cognitive challenges.

IPOP stands for:

Integrated: holistic approach with a team of specialists.

Psychogeriatric: psychiatric care geared for older adults.

Outreach: we go to the clients and care partners in their own home.

Program: community-based service.

Our goals are to:

1. Reduce the need for unplanned hospital admissions.
2. Provide education and coping skills of clients and their care partners.
3. Have clients remain in their own homes and communities



Our services

IPOP operates Monday to Friday, from 9 AM to 5 PM, and there are no fees associated with our services. The frequency of our care is based on individual needs.

This program is comprised of a multidisciplinary team of clinicians, including:

- A Nurse Practitioner,
- A Registered Nurse,
- A Social Worker, and
- An Occupational Therapist.

They perform assessments, develop treatment plans, and educate/assist clients and their care partners. The team also works with the client's primary care provider to support them as they follow and implement the care plan.

Our service also includes the facilitation of a virtual Geriatric Psychiatry consultation through the Ontario Telemedicine Network (OTN).

MAJOR
FUNDER



Ontario
Health

Service process

- Completion of a comprehensive psychogeriatric assessment.
- One-time virtual consultation with Geriatric Psychiatry, if required.
- Creation of an individualized treatment plan in partnership with the client, geriatric psychiatrist and the client's primary care provider.
- Advocacy and referrals to other services as needed.
- Education to support the treatment plan.
- Short-term follow-up to ensure the efficacy of the treatment plan.



Access

A referral to IPOP is required and referrals are accepted from primary care providers, other healthcare services, including community agencies, or family members, or direct application.



For more information on the referral process, call:
1-844-798-6920
9am-5pm | Mon.-Fri.

Eligibility criteria

This program supports older adults and seniors (55+) who:

- Are experiencing a new concern or increased decline around their mental health and cognitive functions,
- Reside within the boundaries of York Region and South Simcoe, and
- Live anywhere within the community (except for long-term care homes).

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 *****

**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



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

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 (289) 807-2671

Offers online therapy

Email Me

Nearby Areas

Additional Location

Markham, ON L3R
 (289) 807-2671

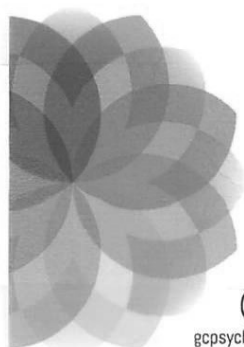
Specialties

- Mood Disorders
- Anxiety
- Marital and Premarital

Issues

- | | |
|---------------------------|-----------------------------------|
| • Anger Management | • Life Coaching |
| • Career Guidance | • Life Transitions |
| • Child | • Medication Management |
| • Chronic Illness | • Parenting |
| • Chronic Impulsivity | • Pregnancy, Prenatal, Postpartum |
| • Chronic Pain | • Relationship Issues |
| • Coping Skills | • School Issues |
| • 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.

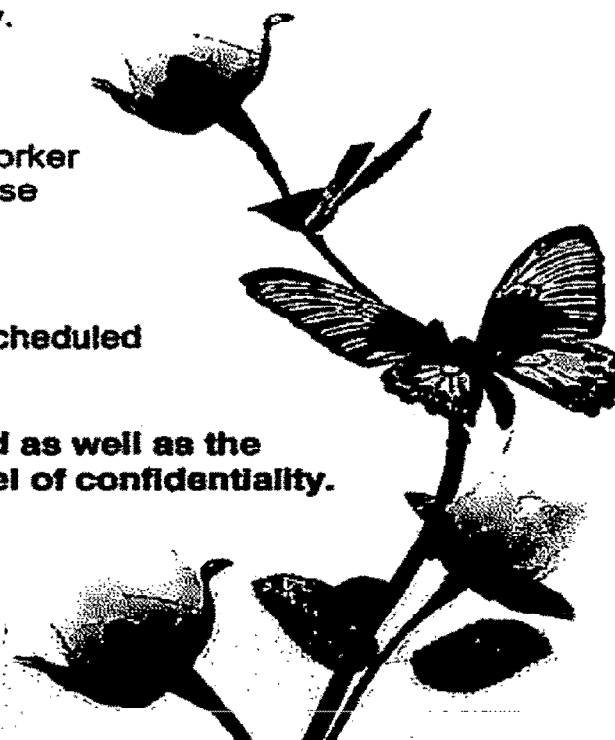
Many Extended Health Care Benefits cover the cost of counselling service provided by a Registered Social Worker and/or a Registered Marriage & Family Therapist. Please contact your plan administrator for more information.

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)

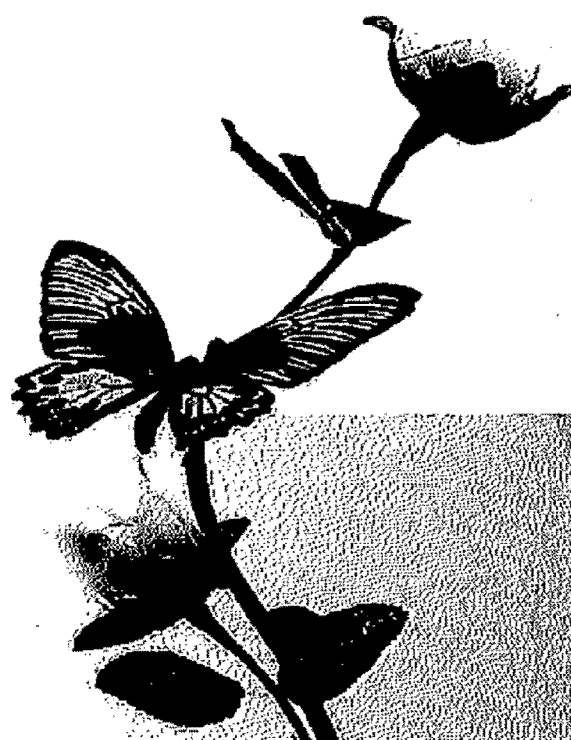
報銷

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

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

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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。从而导致其对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,
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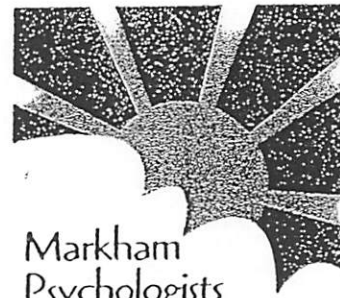
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Carley O'Kane, Registered Dietitian

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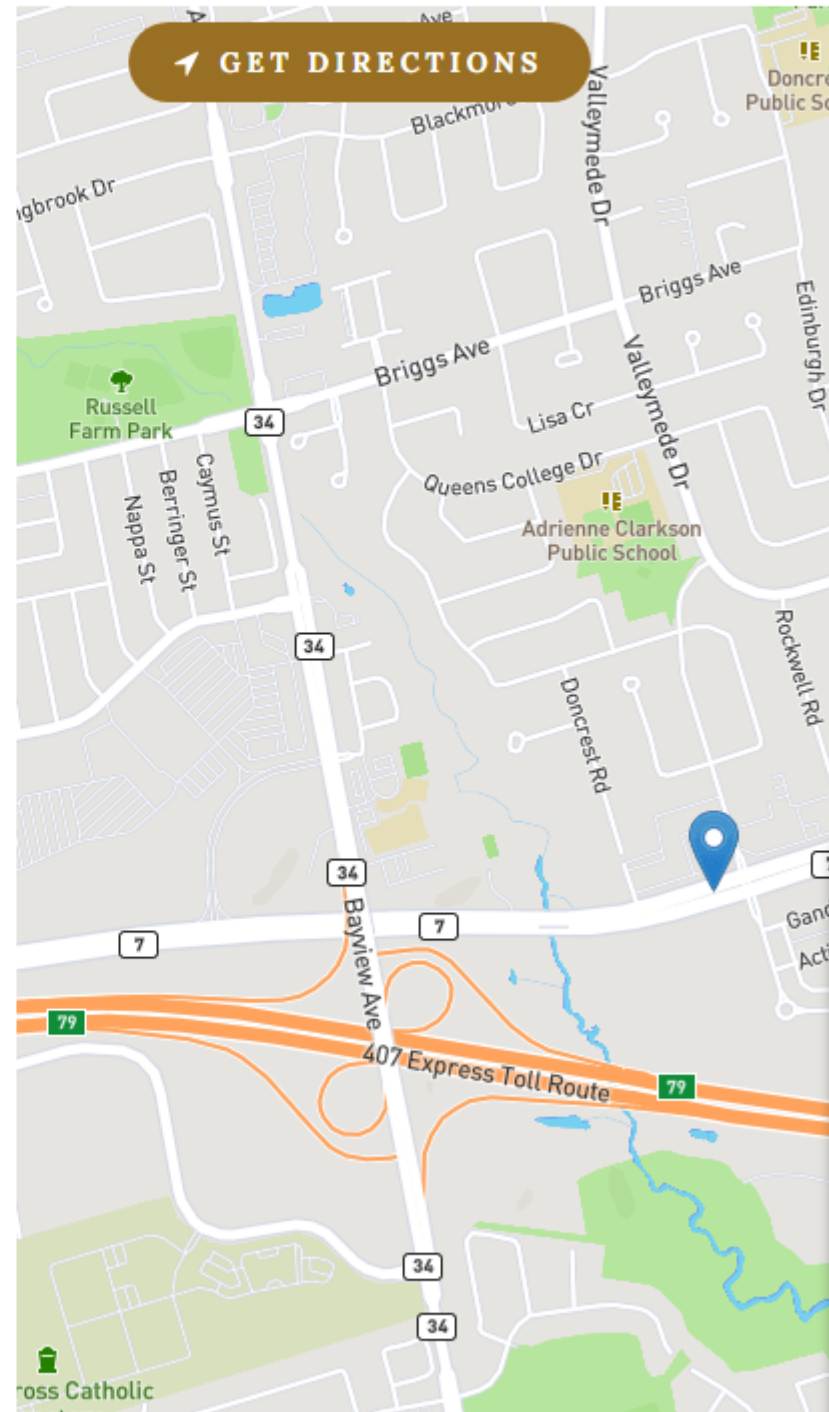
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We also have a therapist intern program providing low cost and sliding scale rates for counselling.

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



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时间越长,所需要的治疗周期就可能越长。
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选择适合你的心里治疗师

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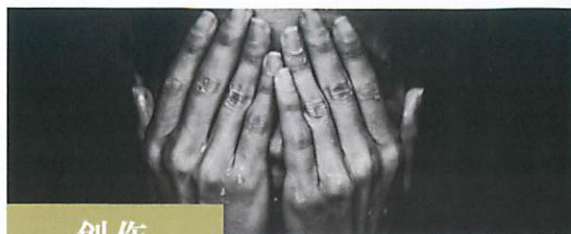
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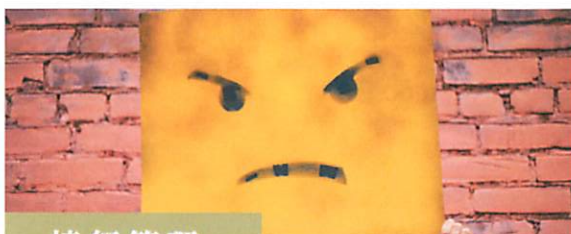
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HOPEWOODS



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

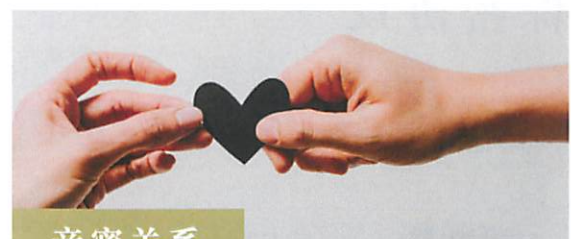
抑郁或长时间的悲伤和情绪低落都是普遍的现象。亲密关系或婚姻的终结、失去亲人、工作、经济困难,或各种生活情况都可能引发抑郁症状。患者可能觉得做任何事情都提不起劲,经常赖床或没精打采,也可能为自己的负面情绪感到十分困扰,不懂得如何处理。在我们专业的治疗师支持下,您可以走出低谷,克服抑郁的种种绝望和沉重。



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

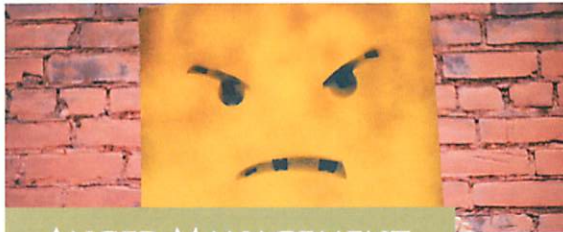
We provide a wide range of services including assessments, individual, couple, family, and group therapy, as well as skill development workshops.

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



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



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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,

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— 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

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(416) 628-5189

電郵/Email:

info@lingyupsyc.com

網站/Website:

www.lingyupsyc.com

博客/Blog:

www.lingyublog.com

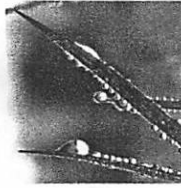
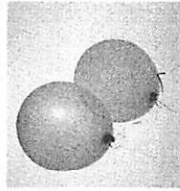
Facebook:

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
- 家庭重塑
- 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，與是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