INIVIDUAL

1. Whole Heart Mental Health
   1. [www.wholeheartmentalhealth.com](http://www.wholeheartmentalhealth.com)
   2. Tel: 647-300-1709
   3. Fax: 905-897-2409
   4. Email: [Nicole@wholeheartmentalhealth.com](mailto:Nicole@wholeheartmentalhealth.com)
2. Dr. Mary Owens (psychiatrist)

2200 Yonge St. Unit 1712. Phone: 416-488-8035.

1. DR. Debbie Zweig (psychologist) McKenzie Health**,** Mental Health Program

10 Trench Street

Richmond Hill, Ontario L4C 4Z3

Tel.: (905) 883-2318

Fax: (905) 883-2292

Website: www.yorkcentral.com

Private practice 416-410-1589

1. Elana Segal (MSW, RSW) 416-828-5930 [www.childandfamilycounselling.com](http://www.childandfamilycounselling.com)
2. Joanne Bignel (RN) 416-884-8591; [joanne@copingsolutions.org](mailto:joanne@copingsolutions.org)
3. Dr. Zia Lakdawalla, Clinical Psychologist. 2069 Danforth Ave. 2nd flr. Suite 6. Toronto M4C 1J8. Tel: 647-362-1995. [drzia@ffew.ca](mailto:drzia@ffew.ca) website: [www.ffew.ca](http://www.ffew.ca)
4. Allison Owen-Anderson, Framework Therapy and Assessment Centre.
5. Leaside Psychotherapy ( <https://www.leasidechildtherapy.com/> )
6. MGH Private Child and Adolescent Anxiety Clinic ([wynette.Solis@tehn.ca](mailto:wynette.Solis@tehn.ca))

OCD

1. Wickwire and Brooks. 401 Richmond St W, Toronto, ON M5V 3A. Tel: (416) 916-0703
2. Dr. Melissa Houser, Main St. Psychological Centre ( <http://www.mspc.ca/> )
3. Dr. Hayley Wood, Framework Therapy Assessment Centre ( <http://frameworkcentre.com/> )
4. Dr. Allison Owen-Anderson, Framework Therapy and Assessment Centre.
5. Dr. Sandra Mendlowitz, Reframe Psychology Clinic ( <https://www.reframepsychology.ca/> )
6. MaryAnne Letourneau Tel: 416-948-2916
7. MGH Private Child and Adolescent Anxiety Clinic ([wynette.Solis@tehn.ca](mailto:wynette.Solis@tehn.ca))

FAMILY/COUPLES THERAPY

1. Lily Rosenberg, MSW, RSW [www.lilyrosenbergtherapy.com](https://webmail.tegh.on.ca/owa/redir.aspx?C=5clyZ1CP2kBCTS6AAoSW5RSD6cYM3gblqIqdYfirx5yyUju-6nbaCA..&URL=http%3a%2f%2fwww.lilyrosenbergtherapy.com" \t "_blank)
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. What to do when you worry too much and other books by Dawn Huebner
3. Up and down the worry hill and other books by Aureen P. wagner