

MGH Child Anxiety Wait List Resources

INDIVIDUAL

1. Whole Heart Mental Health (www.wholeheartmentalhealth.com)
Phone: 647-300-1709; Fax: 905-897-2409; Email: Nicole@wholeheartmentalhealth.com
2. Dr. Mary Owens (psychiatrist)
2200 Yonge St. Unit 1712. Phone: 416-488-8035.
3. Dr. Debbie Zweig (psychologist) (www.debbyzweig.com)
Private practice; Phone: 647-873-5579
4. Elana Segal (MSW, RSW) 416-828-5930; (www.childandfamilycounselling.com)
5. Joanne Bignel (RN) 416-884-8591; Email: joanne@copingsolutions.org
6. Dr. Zia Lakdawalla, Clinical Psychologist. (www.ffew.ca)
2069 Danforth Ave. 2nd flr. Suite 6. Toronto, M4C 1J8. Phone: 647-362-1995, Email: drzia@ffew.ca
7. Allison Owen-Anderson, Framework Therapy and Assessment Centre.
8. Leaside Psychotherapy (www.leasidechildtherapy.com)
9. MGH Private Child and Adolescent Anxiety Clinic; Email: Shruthi.RangaRao@tehn.ca
10. Alex Gosselin (MSW, RSW, RYT), pronouns: she/her/they (www.alexgosselin.com)
Integrative Psychotherapy and Wellness Services (for clients 18 and older) Cell: 647-627-4101

OCD

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

FAMILY/COUPLES THERAPY

1. Lily Rosenberg, MSW, RSW (www.lilyrosenbergtherapy.com)
2. Nancy Webb, MSW, RSW (www.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* and other books by Tamar Chansky.
3. *When Perfect Isn't Good Enough* by 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.