

Counselling Services

Counselling is a process in which an individual or group receives guidance, encouragement, challenge or inspiration to confirm or make informed and voluntary decisions about their individual care. This may include any one of a range of therapies.

Benefits of Counselling Services

Various web sites list these benefits of counselling services:

- Offers a supportive and caring relationship for a person to explore any issue at their own pace
- Helps a person see difficulties more objectively
- Helps a person express feelings and come to terms with experiences
- Helps a person take control of their life and become more assertive
- Helps a person become more realistic in setting goals.
- Exists to improve emotional skills through self awareness, self regulation, motivation & social skills

Counselling Services in York Region

The following listing is restricted, in that it focuses on counselling services of relevance to individuals with disabilities or mental-health needs.

Abuse	
Mackenzie Health Hospital - Domestic Abuse & Sexual Assault Care Centre (Richmond Hill)	☎ 905-883-1212 www.yorkcentral.com
Partner Abuse Response Program, Family Services of York Region (Richmond Hill)	☎ 905-883-6572 http://www.fsyr.ca/
Rural Aftercare Program (Keswick)	☎ 905-251-3707
Sandgate Women's Shelter of Georgina (Jackson's Point)	☎ 905-722-3220 www.sandgate.ca
Women's Support Network of York Region (Newmarket)	☎ 1-800-263-6734 www.womenssupportnetwork.ca
Yellow Brick House - <i>abused women and their children</i>	☎ 1-800-263-3247 www.yellowbrickhouse.org
York Region Abuse Program - <i>Children, adolescents and adults who have experienced childhood sexual abuse</i>	☎ 905-853-3040 www.yrap2.org
Victim Services of York In partnership with York Regional Police and the Ontario Provincial Police, 24 hour emotional support and practical assistance is provided to persons victimized by crime or circumstance.	☎ 905.953-5363 www.victimservices-york.org
Attention Deficit Disorder/Attention Deficit-Hyperactive Disorder	
ADHD/ADD Counselling and Training Centre (Toronto)	☎ 416-784-4221 www.cpseminars.org

Bereavement

Bereaved Families of Ontario-York Region (Newmarket)

☎ 1-800-969-6904
www.bfoyr.com

Rural Aftercare Program (Keswick)

☎ 905-251-3707

Disabilities

Behaviour Management Services of York and Simcoe (Richmond Hill)

☎ 905-773-2362

Canadian Hearing Society – Simcoe York Region (Newmarket)

☎ 1-877-715-7511 / TTY 1-877-967-5247
www.chs.ca

Canadian National Institute for the Blind, York Region

☎ 1-800-563-2642
www.cnib.ca

Canadian Paraplegic Association Ontario (Toronto)

☎ 416-522-5644
www.cpaont.org

Learning Disabilities Association York Region (Richmond Hill)

☎ 905-884-7933
http://www.ldayr.org/

Diseases

AIDS Committee of York Region (Newmarket)

☎ 1-800-243-7717
www.acyr.org

Epilepsy York Region (Newmarket/Richmond Hill/Vaughan)

☎ 905-508-5404
www.epilepsyontario.org

Eating Disorders

New Realities Eating Disorders Recovery Centre (Thornhill)

☎ 416-921-9670
www.newrealitiescan.com

Shaw Clinic, Mackenzie Health Hospital Richmond Hill

☎ 905-883-2137
www.yorkcentral.on.ca

Families

Catholic Community Services of York Region (Richmond Hill)

☎ 1-800-263-2075
www.ccsyr.org

Family Services York Region (Newmarket)

☎ 905-895-2371

Family Services York Region (Richmond Hill)

☎ 905-883-6572

Family Services York Region (Markham)

☎ 905-474-9595

Family Services York Region (Georgina)

☎ 905-989-0303

Jewish Family and Child Service, York Region Branch (Thornhill)

☎ 905-882-2331
www.jfandcs.com/

Finance

Family and Credit Counselling Services (Richmond Hill)

☎ 905-707-7695

Family Services York Region (Markham)

☎ 905-474-9595
www.fsyrc.ca

Our Mission

Communicate. Connect. Support.

Gambling	
Addiction Services for York Region (Aurora)	☎ 1-800-263-2288 www.asyr.ca
Health	
Health Connection (Richmond Hill) www.region.york.on.ca/Departments/Health+Services/Health+Connection.htm	☎ 1-800-361-5653
Mental Health	
Alzheimer Society of York Region (Newmarket)	☎ 905-895-1337 www.alzheimer-york.com
Anxiety & Stress Disorders Clinic of York Region (Richmond Hill)	☎ 905-770-5593 www.anxietydisordersclinic.ca
Autism Society Ontario, York Region Chapter (Richmond Hill)	☎ 915-780-1590 www.autismsociety.on.ca
Canadian Mental Health Association, York Region (Aurora)	☎ 1-866-345-0183 www.cmha-yr.on.ca
Kinark Child and Family Services (Newmarket/Keswick/Markham)	☎ 1-888-454-6275 www.kinark.on.ca
New Path Youth and Family Counselling Services (Bradford)	☎ 1-866-566-7656 www.newpath.ca
Pathways for Children, Youth and Families of York Region (Markham)	☎ 905-471-7877 www.pathwaysyorkregion.org
Rural Aftercare Program (Keswick)	☎ 905-251-3707
York Centre for Children, Youth and Families	☎ 905-887-5896
Life Skills & Recreation At Bloorview MacMillan Children's Centre	☎ 416.425.6220 x 6406 www.bloorviewmacmillan.on.ca
Community Crisis Response Service At York Support Services Network	☎ 310. COPE www.yssn.ca
Sexual Orientation	
York Region Health Connection Sexual Health Program www.york.ca/departments/health&services	☎ 1-800-361-5653
Substance Addictions	
Addiction Services for York Region (Aurora)	☎ 1-800-263-2288 www.asyr.ca
Rural Aftercare Program (Keswick)	☎ 905-251-3707
Vitanova Foundation	☎ 905-850-3690
Alcoholics Anonymous Using the 12 step program designed to help individuals recover from alcoholism	☎ 416.487.5591 www.aatoronto.org

Disclaimer: Although every reasonable effort is made to present current and accurate information, being listed does not indicate that the service is recommended or endorsed by York Support Services Network (YSSN) or the Developmental Services Ontario Central East Region (DSO CER). As this information is created and maintained by a variety of sources both internal and external, we would like to recommend that you contact the organizations directly, as information can change periodically without notice.

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