



## Local Psychotherapists

(updated: Jan 31, 2019)

### Ontario Psychological Association

[www.psych.on.ca](http://www.psych.on.ca)

### Greenspace

*Uses data & hands-on case management to match patients with the mental health therapist most likely to be successful for them*

[www.patient.gs](http://www.patient.gs)

### Dr. Samantha Waxman, C.Psych

#### The Well Parents Centre

*Perinatal MH; general individual/couples therapy*

164 Eglinton Ave. E., Suite 100 (& Yonge)

T: 416-454-7908 / [www.wellparentscentre.com](http://www.wellparentscentre.com)

### Larry Borins, MSW RSW

#### Mind Health Toronto

3080 Yonge St., Suite 5016 (& Lawrence)

M: 416-546-5511 / T: 416-322-5433

[mindhealthtoronto.com](http://mindhealthtoronto.com) / [www.larryborins.com](http://www.larryborins.com)

### The Clinic On Dupont

101 Dupont St. (Dupont/Avenue)

T: (416) 515-2649 / [www.theclinicdupont.com](http://www.theclinicdupont.com)

### Cognitive & Interpersonal Therapy Centre

20 Eglinton Ave. West, Suite 1007 (& Yonge)

T: 416-570-5050 / [www.citcassociates.com](http://www.citcassociates.com)

### CBT Toronto

3080 Yonge Street, Suite 5004 (& Lawrence)

T: 416-817-8925

[www.cognitivebehaviourtherapytoronto.com](http://www.cognitivebehaviourtherapytoronto.com)

### CBT Associates

85 Richmond Street West, Suite 900 (& Bay)

4950 Yonge Street, Suite 1810 (& Sheppard)

T: 416-363-4228 / [www.cbtassociates.com](http://www.cbtassociates.com)

### Dr. Sahar Bhaloo, Psy.D

*Adult, Trauma, older Adolescent*

1504 Yonge St., 3<sup>rd</sup> Floor

T: 416-728-6239 / [www.drbotandassociates.com](http://www.drbotandassociates.com)

### Dr. Jessica Cooperman, C.Psych

491 Lawrence Ave W, Suite 203

<http://jessicacooperman.com>

### Louis Lander MSW RSW

*Marriage/relationship, men's issue, grief,*

*Elders, anxiety/depression, life coaching*

25 Imperial St. (Yonge/Davisville)

T: 416-889-2395 / [www.betterlifetherapy.ca](http://www.betterlifetherapy.ca)

### Lindsay Ross, MSW RSW

3080 Yonge Street, Suite 5004 (& Lawrence)

T: 647-501-7220 /

[www.lindsayrosscounselling.com](http://www.lindsayrosscounselling.com)

### Dr. Sherri Taras, C. Psych

3080 Yonge St., Suite 5074 (& Lawrence)

T: 647-430-9118 / [www.taraspsychology.com](http://www.taraspsychology.com)

### Alissa Sherman

Parenting/life coach – MBCT/MBSR

464 St. Germain Ave (Avenue/Lawrence)

T: 647-509-7775 / [www.alissasherma.com](http://www.alissasherma.com)

(\$80-120/hr – reduced rates avail)

### What's Up Walk In

Walk-in clinic counseling service

Children, youth, families

6 locations / [www.whatsupwalkin.ca](http://www.whatsupwalkin.ca)

Dr. Sheana E. Desson

Dr. Jodine L. Rosenberg

Dr. Brian N. Silver

Dr. David M. Silver

Dr. Noah S. Walman

Generations Family Health Centre

104 – 272 Lawrence Ave. W.

Toronto, ON M5M-4M1

ph: 416.847.9999 / fax: 416.847-8999

[www.mydoctor.ca/Generations](http://www.mydoctor.ca/Generations)