



Canadian Mental
Health Association
Toronto

Quick Guide

Mental Health Resources

Serving Toronto

Integrity

Partnership

Accessibility

Recovery &
Wellbeing

Quality

Safety &
Privacy

Diversity
& Equity

CMHA Toronto Branch

Information & Decision Support

Member of Inform Canada/AIRS and Inform Ontario



Ontario

Central Local Health
Integration Network



United Way
Member Agency

ABUSE

Advocacy Centre for the Elderly	416-598-2656
Barbara Schlifer Clinic	416-323-9149 x 234
Boost - Child Abuse Prevention and Intervention	416-515-1100
Canadian Centre for Victims of Torture	416-363-1066
Children's Aid Society	416-924-4646
Lesbian and Gay Bashing Reporting Line	416-392-6877
Sunnybrook (WRAP)	416-323-6400 x 4863
- Women Recovering from Abuse	
Victim Services	416-808-7066

ADDICTIONS

DART - Drug and Alcohol Registry	1-800-565-8603
MAAR - Metro Addiction Assessment Referral Services	416-599-1448
Ontario Problem Gambling Helpline	1-888-230-3505

ANGER MANAGEMENT

CAMH-Centralized Assessment	416-535-8501 x 6878
Central Toronto Youth Services	416-924-2100
Family Service Association of Toronto	416-595-9618
John Howard Society	416-925-4386
North York Women's Centre	416-781-0479
West End Walk-in Counselling Centre	416-394-2424 x 34

ANXIETY/PANIC

Centre For Addiction and Mental Health	
-Mood and Anxiety Disorders Program	416-535-8501 x 4747
Humber River Regional Hospital	416-249-8111
North York General Hospital	416-756-6642
North York Women's Centre	416-781-0479
Obsessive Compulsive Disorder Helpline	416-920-5887
Sunnybrook Women's College	416-480-4611
Toronto East General Hospital	416-469-6204 or 416-469-7608

ASSERTIVE COMMUNITY TREATMENT (ACT)

Access 1	1-888-640-1934
CMHA East Metro Act Team	
Steeles - Lake, Victoria Park - Port Union	416-289-6285 x 243
CMHA New Dimensions ACT Team	
Steeles - Lake, Victoria Park - Port Union	416-289-6285 x 243
CMHA West Metro ACT Team	
Steeles - St Clair, Humber-Allen	416-789-7957 x 282
COMPASS - Toronto East Gen Hospital	
St. Clair - Lake, Don River - Victoria Park	416-461-2000 x 226
CONTACT - St. Michael's Hospital	
Bloor - Lake, Yonge - Victoria Park	416-864-5120
IMPACT - Toronto Western Hospital	
St. Clair - Lake, Keele - Yonge	416-603-5800

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ASSERTIVE COMMUNITY TREATMENT (ACT) *Cont'd.*

Mount Sinai Hospital ACT Team	
Eglinton - Lake, Hwy 427 - Victoria Park	416-586-9900
North York General Hospital ACT Team,	
Hwy 7 - St. Clair, Keele - Victoria Park	416-632-8708
Reconnect ACT Team	
Vic Park - Islington, Eglinton - Lake	416-248-2050 x 239
Scarborough Hospital ACT Team	
Steeles - Lake, Victoria Park - Port Union	416-431-8230
South Central Etobicoke ACT -Trillium	
Islington to Hwy 10, Eglinton - Lake	416-521-4051
SUNPACT - Sunnybrook Hospital	
Sheppard - St Clair, Bathurst - Don Valley	416-480-6100 x 7079
West End ACT Team - St. Joseph's HC	
Eglinton - Lake, Humber River - Dufferin	416-530-6130

BEREAVEMENT

Adult Grief Support Program-East Toronto	416-926-0905 or 416-496-6431
Adult Grief Support Program-West Toronto	416-515-0197
AIDS Committee of Toronto (ACT)	416-340-2437
Bereaved Families of Ontario-Toronto (Multi-Faith)	416-440-0290
Bereaved Jewish Families of Ontario:	416-638-7800 x 202
Bereavement Support Group-Wellspring	416-480-4440
C.O.P.E.S (Community Of People Extending Support)	416-767-6793
Distress Centre Suicide Survivor Support Program	416-595-1716
Taylor Place Self-Help Recovery Group	416-447-7244
The Canadian Centre for Bereavement Education	416-926-0905

CASE MANAGEMENT SERVICES

Access 1	1-888-640-1934
Across Boundaries	416-787-3007
Alternatives (East York)	416-285-7996
Bayview Community Services	
(Eglinton - Steeles, Bathurst-Kennedy)	416-495-7778
Central Toronto Youth Services	416-924-2100
CMHA - East (Yonge - Port Union, Steeles-Lake)	416-289-6285
CMHA - West (Yonge - Hwy 427, Steeles-Lake)	416-789-7957
Community Care Access Centre	416-310-2222
Community Resource Connections Toronto	416-482-4103
COTA Health	416-785-9230
Hong Fook	416-493-4242
Reconnect Mental Health Services	416-248-2050
St Elizabeth Health Care	416-498-8600
Scarborough Hospital (Scarborough)	416-495-2627
TEGH-Reach Services (Yonge - Vic Pk, Eglinton-Lake)	416-461-2000
Tor North Support (Humber - Vic Pk, Steeles-Eglinton)	416-499-5969
Wilkenson (Downtown)	416-461-5629
Woodgreen (DVP-Vic Pk, Danforth-Lake)	416-645-6000

COMMUNITY HEALTH CENTRES

Etobicoke

Access Alliance Multicultural Community Health Centre and West End Non-Insured Walk-in Clinic	416-760-8677
The Four Villages Community Health Centre	416-604-3362
LAMP Community Health Centre	416-252-6475
Rexdale Community Health Centre	416-744-0066
Rexdale's John Garland Satellite	647-288-0281
Stonegate Community Health Centre	416-231-7070
Unison Health and Community Services - Keele-Rogers	416-653-5400

North York

Black Creek Community Health Centre	416-249-8000 or 416-246-2388
Flemingdon Health Centre	416-429-4991
Unison Health and Community Svcs - Bathurst-Finch	647-436-0385
Unison Health and Community Svcs - Jane-Trethewey	416-645-7575 x 3
Unison Health and Community Svcs - Lawrence Hts	416-787-1661

Scarborough

Access Alliance Multicultural Community Health Centre	416-693-8677
Scarborough Centre for Healthy Communities	416-642-9445
Scarborough Centre for Healthy Communities Satellite	416-297-7490
TAIBU Community Health Centre	416-644-3536

Toronto / East York

Access Alliance Multicultural Community Health Centre	416-324-8677
Anishnawbe Health Toronto	416-360-0486
The Anne Johnston Health Station	416-486-8666
Centre Francophone de Toronto	416-922-2672
Davenport-Perth Neighbourhood Centre	416-656-6812
East End Community Health Centre	416-778-5858
The Four Villages Community Health Centre	416-604-3361
Parkdale Community Health Centre	416-537-2455
Parkdale Community Health Centre Satellite	416-537-8222
Queen West Community Health Centre	416-703-8482
Regent Park Community Health Centre	416-364-2261
Sherbourne Health Centre	416-324-4180
Shout Clinic Central Toronto Community Health Centre	416-703-8480
South Riverdale Community Health Centre	416-461-2493
Women's Health in Women's Hands	416-593-7655

CONSUMER INITIATIVES

A-Way Express Courier Service	416-424-2266
Consumer/Survivor Information Resource Centre	416 595-2882
The Empowerment Council	416-535-8501 x 4022
Fresh Start Cleaning and Maintenance	416-504-4262
Friends and Advocates	416-234-9245
Ontario Council of Alternative Businesses	416-504-1693
Sound Times Support Services	416-979-1700

COUNSELLING

519 Church Street Community Centre	416-392-6874
Clinic for Person Centered Psychotherapy	416-229-2399
East Toronto Health Centre	416-778-1496
Psychotherapy and Counselling Centre	416-516-6969
Sunnybrook Psychotherapy for Women	416-591-2000
Toronto Family Service Association	416-595-9618
Toronto General-Women's Mental Health Clinic	416-340-3048
Woodgreen Walk-In Counseling	416-645-6000 x 2512

CRISIS SUPPORT/DISTRESS LINES

Anishnawbe 24/7 (Aboriginal clients)	
- Mental Health Crisis Management Service	416-891-8606
Assaulted Women's Helpline	416-863-0511
Distress Line	416-408-4357
Gerstein Crisis Centre (Downtown)	416-929-5200
Kids Help Phone	1-800-668-6868
Saint Elizabeth (North York, Etobicoke)	416-498-0043
Scarborough Hospital (Scar, East York)	416-495-2891
Senior Crisis Access Line	416-619-5001
Toronto Rape Crisis Centre	416-597-8808
Warm Line (8pm - 12am)	416-960-9276
Youthdale's Crisis Support Team	416-363-9990

DEVELOPMENTAL DISABILITIES

Developmental Services Toronto	www.dsto.com
Griffin Centre	416-222-1153

EARLY INTERVENTION IN PSYCHOSIS PROGRAMS

CAMH - Mood & Anxiety	416-535-8501
CAMH - Schizophrenia Program (Downtown)	416-535-8501
Central Toronto Youth Services	416-504-6100
CMHA Toronto (Vic Pk – Islington, Bloor - Steeles)	416-789-7957
Community Resource Connections Toronto	
COPE (Scarborough)	416-482-4103
Family Outreach & Response Program With HASTE	
- Family (Downtown)	416-539-9449
Family Outreach & Response Program	
- With HASTE - Family (Scarborough)	416-482-4103
Humber River Hospital	416-658-2022
Mood Disorders Assoc. Family & Youth	
(North & Central Toronto)	416-486-8046
Rouge Valley HS - FITT (Scarborough)	416-281-7301
St. Michael's Hospital - STEPS (Vic Pk-Yonge, Lake-Bloor)	416-864-6060
Schizophrenia Society of Ontario - Family	416-449-6830
University Health Network - AIM	416-603-5071

EATING DISORDERS

Bellwood Health Services	866-475-3254
Centre for Addiction and Mental Health - Eating Disorders and Addiction Clinic	416-535-8501 x 36482
The Kyla Fox Therapy Centre	416-518-0440
The National Eating Disorder Information Centre - (NEDIC) - Helpline	416-340-4156
Sheena's Place	416-927-8900
Sick Kids-Eating Disorders Program	416-813-7195

EMPLOYMENT / VOCATIONAL

Booth Packaging & Supportive Services	416-255-7070
CMHA Toronto	416-789-7957 x 228
Corbrook	416-245-5565
COSTI	416-789-7925
Goodwill Industries	416-362-4711
JVS Toronto	416-787-1151
Plus & Transitional Employment Program	416-693-2116
Volunteer Toronto	416-961-6888

FAMILY SUPPORT

CMHA Toronto	416-789-7957 x 260
Concerned Parents of Toronto	416-492-1468
Family Assoc for Mental Health Everywhere	416-207-5032
Family Outreach and Response	416-539-9449
Family Resource Centre	416-535-8501 x 4015
Family Support Program - Toronto East Gen	416-461-2000 x 223
Family Support Program - Toronto Western	416-603-5747
Hong Fook Mental Health Association	416-493-4242 x 2264
Mood Disorders Association of Ontario	416-486-8046
Schizophrenia Society of Ontario	416-449-6830

FINANCIAL SUPPORT

Canada Pension Plan (CPP)	1-800-277-9914
Canada Revenue Agency-General Inquiry	1-800-959-8281
Credit Counseling Service of Toronto	416-228-3328
GST Refund Cheque Information	1-800-959-1953
Office of the Public Guardian and Trustee	416-314-2800
Ontario Disability Support Program	416-325-5666
Ontario Works (OW)	416-397-0330
OW or ODSP Social Benefits Tribunal	416-326-0978
Workplace Safety and Insurance Board (WSIB)	416-344-1000

FOOD BANKS

Foodshare Foodlink Hotline	416-392-6655
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GOVERNMENT / HEALTH SYSTEM

Local Health Integration Networks (LHIN)

CENTRAL 905-948-1872	CENTRAL EAST 905-427-5497
CENTRAL WEST 905-455-1281	TORONTO CENTRAL 416-921-7453
Ombudsman Toronto	416-392-7062
Ombudsman Ontario Complaints Line	1-800-263-1830
Mental Health Commission of Canada	613-683-3755

HEALTH CARE

Association of Ontario Health Centres	416-236-2539
Adelaide Centre for Women (OHIP not required)	416-392-9243
Aids and Sexual Health Info Line	416-392-2437
Birth Control & STD Clinic (OHIP not required)	416-789-4541
Hassle Free Clinic	416-922-0566
Health Centre-Queen West (OHIP not required)	416-703-8482
Med Visit Doctors House Call Service	416-631-3000
Public Health Clinic (Free/Low Cost Dental Services)	416-392-6683
Service Ontario	416-314-5518
Street Health Community Clinic	416-921-8668
Telehealth Ontario	1-866-797-0000
Toronto Public Health	416-338-7600

HOMELESSNESS/SHELTERS/OUTREACH

416 Drop In Centre (Women)	416-928-3334
Assessment and Referral Centre	1-877-338-3398
Families (Central Family Intake)	416-397-5637
Hostel Outreach Program - COTA (Men)	416-785-9230
Hostel Outreach Program - CRCT (Women)	416-482-4103
St. Stephen's Corner Drop In	416-964-8747
Street Health (Downtown)	416-921-8668
Street Outreach (North York)	416-990-3317
Streets to Homes	416-392-0090
The Meeting Place Drop In	416-504-4275
Youth Hostel Outreach Program - CTYS	416-504-6100

HOUSING HELP CENTRES

Albion Services (South Etobicoke)	416-252-5990
Albion Services (North Etobicoke)	416-740-3704
COSTI (North York)	416-244-0480
East York Housing Help Centre	416-698-9306
Flemington Neighborhood Services	416-424-2900
Scarborough Help Centre	416-285-8070
West Toronto Community Legal Services	416-531-0841
Woodgreen (East York)	416-645-6000
Unison Health & Community Services	416-653-5400

HOUSING

Federation of Metro Tenants' Associations	416-921-9494
Landlord and Tenant Board	416-645-8080
Toronto Mental Health and Addictions Supportive Housing Network (CASH)	416-979-5496
Toronto Social Housing Connections	416-981-6111

INFORMATION & REFERRAL

Access Toronto	311
CAMH - McLaughlin Information Centre	416-595-6111
Community Care Access Centre	416-506-9888
Findhelp Toronto	211
Hospice Association of Ontario	416-304-1477
Mental Health Service Information (Connex)	1-866-531-2600
Palliative Care Information Centre of Toronto	416-480-4844

JUSTICES OF THE PEACE

444 Yonge Street (Toronto)	416-325-8967
60 Queen St West (Old City Hall)	416-327-5179
1000 Finch Ave West (North York)	416-314-4213
1911 Eglinton Ave East (Scarborough)	416-325-0354
2201 Finch Ave West (Etobicoke)	416-314-3973

LEGAL/ADVOCACY

ACE (Advocacy Centre for the Elderly)	416-598-2656
ARCH Disability Law Centre	416-482-8255
Canadian Civil Liberties Association	416-363-0321
Community Legal Education Ontario (CLEO)	416-408-4420
Equality Rights in Accommodation	416-944-0087
Legal Aid	416-979-1446
Ontario Human Rights Commission	416-326-9511
Psychiatric Patient Advocates Office	416-327-7000
Schizophrenia Society of Ontario	416-449-6830

MENTAL HEALTH & JUSTICE NETWORK

MENTAL HEALTH & JUSTICE PREVENTION PROGRAMS

North Toronto - COTA Health	416-514-1425
East Toronto - CMHA Toronto	416-458-9466
South Toronto - Sound Times Support Services	416-979-1700
West Toronto - Reconnect Mental Health Services	416-248-2050
City-Wide (ages 16 - 24) - CTYS New Outlook	416-924-2100
Fred Victor Centre	416-364-8228
Toronto Friendship Centre	416-368-8179

POLICE MOBILE CRISIS INTERVENTION TEAMS

NW Toronto – Humber River Hosp. & Div 12, 13, 31	416-808-2222 or 911
SW Toronto – St. Josephs & Div 11, 14	416-808-2222 or 911
East Toronto – Tor. East Gen & Div 54, 55 4	416-808-2222 or 911
Scarborough – Scar. Hosp. & Div 41, 42, 43	416-808-2222 or 911
Downtown – St. Michaels & Div 51, 52	416-808-2222 or 911

COURT AND CUSTODY-BASED MENTAL HEALTH SERVICES

College Park Court - CRCT	416-598-8103
East Toronto - Scarborough Court - CMHA	416-285-4177
North Toronto - North York Court - COTA Health	416-667-0933
South Toronto - Old City Hall Court - CRCT	416-364-8394
West Toronto - Finch Court - Etobicoke - CMHA	416-745-5775

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MENTAL HEALTH AND JUSTICE NETWORK *Cont'd.*

COMMUNITY SUPPORT SERVICES

- A)** North Toronto - North York General Hospital
- Adult Mental Health Case Mgmt Program 416-632-8701
East Toronto - Scarborough Court - CMHA 416-285-4177
West Toronto - Finch Court (Etobicoke) - CMHA 416-745-5775
South Toronto - Old City Hall Court-CRCT 416-364-8394
- B)** Specialized Supports for Individuals with Dual Diagnosis
(mental illness and developmental disability)
COTA Health CM (city - wide) - Dual Diagnosis 416-785-9230
- C)** Specialized Supports for Individuals with Concurrent Disorders
(mental illness and substance abuse)
CTYS, New Outlook (ages 16 - 24) 416-924-2100
Reconnect (West Tor) - with The Jean Tweed 416-255-7359

RESIDENTIAL SERVICES

- Long-term Housing with Support Services Registry
(CMHA, COTA, HouseLink, LOFT) 416-757-6454
- Safe Bed Registry
(CMHA, COTA, Reconnect, Gerstein) 416-248-4174

PROFESSIONAL ASSOCIATIONS

- Canadian Counselling and
Psychotherapy Association 1-877-765-5565
- Canadian Psychiatric Association 613-234-2815
- College of Physicians & Surgeons of Ont 416-967-2600
- College of Psychologists of Ont 416-961-8817
- Ontario Association of Consultants, Counsellors,
Psychometrists and Psychotherapists 416-298-7333
- Ontario College of Social Workers
and Social Service Workers 416-972-9882
- Ontario Gerontology Association 416-535-6034
- Ontario Psychological Association 416-961-5552
- Ontario Society of Psychotherapists 416-923-4050

PSYCHIATRIC ASSESSMENTS

- CAMH - Centralized Assessment,
Triage & Support (CATS) 416-535-8501 x 6878
- CAMH – Forensic Brief Assessment Unit 416-535-8501 x 2936
- Mount Sinai – General Assessment Service 416-586-4800 x 4568
- St. Michael's - Assessment Clinic 416-864-5120
- Sick Kids - Urgent Care Clinic 416-813-7005
- Toronto Western - Asian Initiative 416-603-5349
- Toronto Western - Community Mental Health Clinic 416 603 5747
- Toronto Western - Portuguese Mental Health & Addictions 416-603-5747
- Women's College - Mental Health in Medicine 416-323-6010

SENIORS

CCAC - Community Care Access Centre	416-310-2222
Chinese Seniors Health Centre - Mt. Sinai	416-321-5785
Community Seniors Mental Health Services	www.csmhas.com
Geriatric Community Service - Baycrest	416-785-2500 x 2730
Geriatric Mental Health Services - COTA	416-785-9230
Geriatric Psychiatry Service - Toronto Rehab	416-597-3422 x 3041
Neighborhood Link Support Services	416-691-7407
Psychiatric Day Hospital - Baycrest	416-785-2500 x 2700
Psychiatric Services for the Elderly - Sunnybrook	416-480-4663

SETTLEMENT SERVICES

Access Alliance	416-760-8677
Afghan Women's Organization	416-588-3585
Bloor Information & Life Skills Centre	416-531-4613
Catholic Crosscultural Services:	416-757-7010
Culture Link Settlement	416-588-6288
Polycultural Immigrant & Comm. Services	416-533-9471
Scadding Court Community Centre	416-392-0335
South Asian Women's Centre	416-537-2276
Toronto Chinese Comm. Association	416-977-4026
Working Skills Centre	416-703-7770
West End Walk-in Counseling Centre	416-394-2424

SOCIAL ACTIVITIES/GROUPS

Among Friends (Lakeshore & Islington)	416-251-8666
Friends and Advocates (Bloor & Dundas)	416-234-9245
Friendship Club (Queen & Logan)	416-645-6000
Getting in Touch (Jane & Driftwood)	416-663-2733
Our Place (Yonge & Dundas)	416-598-2919
PLUS (Lawrence & Don Valley)	416-693-2116
Progress Place (Church & Wellesley)	416-323-0223
Sistering (Dufferin & Queen)	416-588-3939
Sound Times (Dundas & Parliament)	416-979-1700
What Next! (Sheppard & Dufferin)	416-449-4555

SUPPORT GROUPS/SELF HELP

Emotions Anonymous	www.emotionsanonymous.org
Mood Disorders Association	416-486-8046
Self - Help Resource Centre Info Line	416-487-4355

TRANSPORTATION SERVICES

Toronto Transit Commission (TTC)	416-393-4636
Wheel Trans	416-393-4111

East York

Call A Service Inc./ Harmony Hall Centre for Seniors	416-752-8868
Neighbourhood Link Support Services	416-691-7407
Storefront Humber	416-259-4207

North York

Care-Ring North West	416-961-0447
Circle of Care	416-635-2860 x 431
Don Mills Foundation for Seniors (DMF)	416-447-7244 x 41
Downsview Services to Seniors	416-398-5510
NeighbourLink North York	416-221-8283
North York Seniors Centre	416-225-1231 x 31

Scarborough

Agincourt Community Services Assoc	416-321-6912
Warden Woods	416-694-1138 x 35
Carefirst Seniors and Community Services Assoc	416-502-2323
St. Paul's L'Amoreaux Seniors' Centre	416-493-3333
Scarborough Centre For Healthy Communities	416-847-4125
Trans Care Community Support Service	416-750-9885

Toronto

Canadian Red Cross Society	416-236-3180
Dignity Transportation Inc	416-398-2222
Good Neighbours Club	416-366-5377
Mid-Toronto Community Services	416-962-9449 x 31
NeighbourLink Downtown	416-921-7214
St. Christopher House	416-532-4828
Scott Mission	416-923-8872
Silver Circle: West Toronto Support Services	416-653-3535
WoodGreen Community Centre of Toronto	469-5211 x 1247

YOUTH

Central Toronto Youth Services	416-924-2100
Children's Mental Health of Ontario	416-921-2109
Delisle Youth Services	416-482-0081
East Metro Youth Services	416-438-3697
George Hull Centre	416-622-8833
Hincks - Dellcrest	416-924-1164
Kids Help Phone	1-800-668-6868
Shoniker Clinic (RVHS)	416-281-7301
West End Walk-in Counseling Centre	416-394-2424

CMHA ONTARIO BRANCHES

CMHA Ontario Division: 416-977-5580

- Brant County Branch 519-752-2998
- Champlain East Branch 613-933-5845
- Cochrane Timiskaming Branch 705-267-8100
- Durham 905-436-8760
- Elgin Branch 519-633-1781
- Fort Frances Branch 807-274-2347
- Grey-Bruce Branch 519-371-3642
- Haldimand and Norfolk Branch 519-428-2380
- Haliburton, Kawartha, Pine Ridge Branch 705-748-6687
- Halton Region Branch 905-693-4270
- Hamilton Branch 905-521-0090
- Hastings & Prince Edward Counties Branch 613-969-8874
- Huron Perth Branch 1-888-875-2944
- Kenora Branch 807-468-1838
- Kingston Branch 613-549-7027
- Lambton Kent Branch 519-436-6100
- Leeds and Grenville Branch 613-345-0950
- London-Middlesex Branch 519-434-9191
- Niagara Branch 905-641-5222
- Nipissing Regional Branch 705-474-1299
- Ottawa Branch 613-737-7791
- Oxford County Branch 519-539-8055
- Peel Branch 905-451-2123
- Sault Ste. Marie Branch 705-759-0458
- Simcoe County Branch 705-726-5033
- Sudbury-Manitoulin Branch 705-675-7252
- Thunder Bay Branch 807-345-5564
- Toronto Branch 416-789-7957
- Waterloo Wellington Dufferin Branch 519-821-8089
- Windsor-Essex County Branch 519-255-7440
- York Region Branch 905-841-3977



Canadian Mental
Health Association
Toronto

CMHA Toronto Branch Information & Decision Support

700 Lawrence Ave. West, Suite 480, Toronto ON M6A 3B4

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