



FREE Mental Health Counselling for children, adolescents and families



Sep 4 to Dec 18, 2025
Every Thursday
12 PM (noon) to 6 PM*

**Last registration at 4:30 PM*



**1940 Eglinton Ave East,
Suite 300**
Scarborough, ON M1L 41R

Free parking available



First come, first served
No appointment necessary
No health card needed

*Please note that spots may fill up
before last registration.*

What We Do

We support the mental health needs of children, adolescents and families.

We offer **solution-focused, single session therapy** at no cost.

Together, we will focus on your priority concern, develop a plan and provide resources and referrals.

What We Often See and Support

- Behaviour and emotional challenges (tantrums, big feelings, sibling conflicts, etc.)
- School struggles and daily routine difficulties
- Worries, anxiety and stress
- Friendships, bullying and social relationships (including online)
- Parenting guidance and family support



Service is offered in English, French and 238 other languages, including American Sign Language through instantaneous interpretation.

For more information, please visit our website at
[StridesToronto.ca](https://www.StridesToronto.ca)



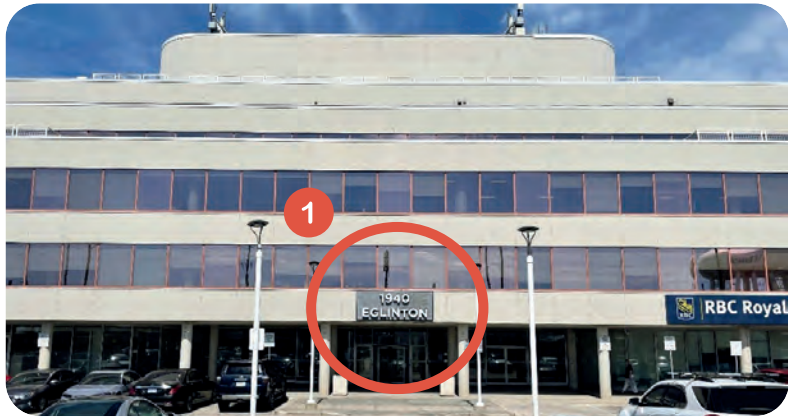
How to Get to Family Time at Strides Toronto What's Up Walk-In Clinic

1940 Eglinton Avenue East, Suite 300

We are located in the 5-story office building on the northwest corner of **Warden and Eglinton**.

A helpful landmark to find our location is the **RBC Royal Bank** on the ground floor corner unit.

- 1 The main entrance of the building is right beneath the "1940 EGLINTON" sign.



- 2 **Main entrance**
After you enter through the main entrance, you will be in the lobby.



- 3 **Lobby**
Look for the 2 elevators. Take an elevator to the 3rd floor.



- 4 When the elevator doors open, you will see a **Strides Toronto** sign.



- 5 Walk to the door on the right.



- 6 There will be a friendly face at the **front desk** to greet you and help you get connected with a counsellor for a **single session at What's Up Walk-in!**



More Parking Information



Our office building is connected to a shopping plaza called **Eglinton Corners**.



More free parking spots are available in the plaza, behind the building.



If you park there, you can also enter the building through the sliding doors at the back.