


Brief Mental Health Counselling

We offer free, easy-to-access mental health counselling to infants, children, youth, young adults (under 26 years of age), and families.


 100 Consilium Pl, Suite 102 (Ground Floor)
Scarborough, M1H 3E3

Mon – Thur 12 PM – 8 PM
Last registration 7 PM

Friday 12 PM – 5 PM
Last registration 4 PM

Saturday 10 AM – 4 PM
Last registration 3 PM

Family Hours – For infants, children, adolescents and families

 1940 Eglinton Ave East, Suite 300
Scarborough, M1L 4R1

Thursday 12 PM – 6 PM
Last registration 5 PM

- Capacity at times reached before last registration.
- Interpretation can be arranged in advance by contacting whatsupwalkin@stridestoronto.ca.
- Services closed on statutory holidays.



-  In-person counselling
-  No appointment needed
-  First come, first served
-  No health card required
-  Free of charge

For more information, visit our website at StridesToronto.ca or email whatsupwalkin@stridestoronto.ca



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