



YSM'S MENTAL HEALTH AND COUNSELLING SERVICES CALENDAR SEPTEMBER 2023

FOR MORE INFO: T: 416 355 3568 E: rsmikle@ysm.ca

	Mon	Tue	Wed	Thu	Fri
<p>Ongoing Counselling (virtual & in person) Monday to Friday 9:30AM-4:00PM</p> <p>Virtual Single-session Counselling Thursdays 10:00AM-6:00PM</p> <p>Evergreen (age 16–24) 365 Spadina Ave.</p> <p>Bridges (Adults) & Cornerstone (Families) 270 Gerrard St E</p>					1 MH Ongoing Counselling (ages 16-60) - 9:30AM-4:00PM
	4 YSM CLOSED LABOUR DAY	5 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM	6 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM	7 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM VIRTUAL SINGLE-SESSION COUNSELLING (ages 16 & up) from 10:00AM–6:00PM *VIRTUAL Trauma Informed Art Therapy Open Group (ages 16 & up) from 3:00PM-4:30PM	8 MH Ongoing Counselling (ages 16-60) - 9:30AM-4:00PM
For more info about...	11 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM	12 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM *HYBRID Anger Management (ages 16-29) 1:00PM-2:30PM, 365 Spadina Ave & virtually *Trauma and Transformation Lv. 1 (Adults) 1:00PM– 3:00PM, 306 Gerrard St E	13 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM	14 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM VIRTUAL SINGLE-SESSION COUNSELLING (ages 16 & up) from 10:00AM–6:00PM *VIRTUAL Trauma Informed Art Therapy Open Group (ages 16 & up) from 3:00PM-4:30PM	15 MH Ongoing Counselling (ages 16-60) - 9:30AM-4:00PM
Ongoing Counselling Virtual Single-session Counselling Rebecca– rsmikle@ysm.ca 416-355-3568	18 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM	19 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM *HYBRID Anger Management (ages 16-29) 1:00PM-2:30PM, 365 Spadina Ave & virtually *Trauma and Transformation Lv. 1 (Adults) 1:00PM– 3:00PM, 306 Gerrard St E	20 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM	21 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM VIRTUAL SINGLE-SESSION COUNSELLING (ages 16 & up) from 10:00AM–6:00PM *Break Free from Trauma Group (ages 16-29) from 1:00PM-2:30PM, 365 Spadina Ave. *VIRTUAL Trauma Informed Art Therapy Open Group (ages 16 & up) from 3:00PM-4:30PM	22 MH Ongoing Counselling (ages 16-60) - 9:30AM-4:00PM
Trauma and Transformation Lv. 1 Arleen- bridges@ysm.ca	25 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM	26 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM *HYBRID Anger Management (ages 16-29) 1:00PM-2:30PM, 365 Spadina Ave & virtually *Trauma and Transformation Lv. 1 (Adults) 1:00PM– 3:00PM, 306 Gerrard St E	27 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM	28 MH Ongoing Counselling (ages 16-60) 9:30AM-4:00PM VIRTUAL SINGLE-SESSION COUNSELLING (ages 16 & up) from 10:00AM–6:00PM *Break Free from Trauma Group (ages 16-29) from 1:00PM-2:30PM, 365 Spadina Ave. *VIRTUAL Trauma Informed Art Therapy Open Group (ages 16 & up) from 3:00PM-4:30PM	29 MH Ongoing Counselling (ages 16-60) - 9:30AM-4:00PM
Break Free From Trauma Kerry– kbrown@ysm.ca					
Trauma Informed Art Therapy Open Group Mafalda– msilva@ysm.ca					
Anger Management Jackie- jchung@ysm.ca					
Mental Health and Employment OF: Kerry- kbrown@ysm.ca RAMP: Jackie-jchung@ysm.ca					
Supervisor: Nazreth- nmebrahtu@ysm.ca 416 929 9614 x2269					