

Toronto New Life Wellness Place Programs and Services

The Toronto New Life Wellness Place is a young social enterprise that encourages patrons and practitioners alike to focus on their wellness, allowing them to grow and thrive.

Our practitioners make up a culturally diverse team of internationally educated professionals with Canadian qualifications who bring a wealth of talent and experience to the Place.

You can enjoy a suite of wellness services within a welcoming, multicultural, and multilingual environment, all while supporting immigrant talent. We, in turn, support our practitioners in developing their independent practices and filling the wellness needs of communities across Toronto.

We provide services through video or telephone counselling, or in-person at our Finch office in accordance with COVID-19 safety policies.

INDIVIDUAL COUNSELLING SESSIONS

We have counsellors of varying language backgrounds who can help with issues such as:

- Stress, anxiety, and depression
- Loss and grief
- Anger management
- Family issues for couples, parents, and children
- Post Traumatic Stress Disorder (PTSD)
- Identifying and building personal strengths
- Managing transitions

Contact us for more information or to make an appointment:

(647) 340-LIFE (5433), info@newlifeplace.ca
www.newlifeplace.ca

Languages served include: English, Bengali, Farsi, Filipino, Hebrew, Hindi, Korean, Portuguese, Punjabi, Russian, Spanish, Tagalog, Turkish

PSYCHOLOGICAL ASSESSMENT SERVICES

Our Clinical Psychologist can help:

- Understand the strengths and challenges of students of any age through a psychoeducational assessment
- Determine short- or long-term psychological responses to life experiences such as chronic pain or illness, motor vehicle accident, or traumatic injury through a disability psychological assessment.
- Communicate the effects of experiences like intimate partner violence, immigration or forced migration, or violent crime to the legal system through a legal psychological assessment.

SUPPORTIVE GROUPS

• Anger Management Workshops

Identify your stressors and develop ways to control your reactions using the principles of Cognitive Behavioral Therapy (CBT). Acquire skills to respond to stressful situations in a socially appropriate manner, in English and Spanish.

• Mindful Movement Workshops

Weekly online group workshops that use mindfulness, breathing exercises, and gentle, flowing body movement to reduce chronic pain. Using these techniques, participants will learn to manage their pain and improve their quality of life. Offered in English with Spanish interpretation.

CLINICAL SUPERVISION

Led by a qualified clinical supervisor, mental health professionals needing additional clinical supervision hours meet with their peers in a small group setting to:

- Enhance their professional growth
- Strengthen their safe and effective use of self in the therapeutic relationship
- Discuss the direction of therapy
- Safeguard the well-being of the client

Individual clinical supervision may be available upon request.

