



# List of Black Therapists & Allies Across Canada

Black Medical Students' Association of Canada | Association  
Canadienne des Étudiants Noirs en Médecine



To be added to this list, please fill out this form [here](#). For any questions, concerns, or feedback pertaining to this document, please email BMSAC at [studentaffairs@bmsac.ca](mailto:studentaffairs@bmsac.ca).



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## **Introduction**

### **Black Therapists and Allies Across Canada**

Before beginning, we would like to commend you on prioritizing your mental health and for taking this first step towards accessing mental health services.

This document contains a list of mental health providers across Canada who are either Black or allies. This was collected by volunteer Canadian medical students on behalf of the Black Medical Students' Association of Canada (BMSAC). As none of these providers were vetted nor verified by BMSAC, readers are encouraged to review the profiles and decide for themselves whose services they would like to access. This document does not endorse the services of all the listed individuals but rather, provides information to help Black Canadians seeking mental health services.


If you are a mental health provider who would like to be included, please fill out this form [here](#). For any questions, concerns, feedback pertaining to this document or requests to change information, please email BMSAC at [communications@bmsac.ca](mailto:communications@bmsac.ca).

### **Thérapeutes noir.e.s et allié.e.s à travers le Canada**

Avant de commencer, nous voulons vous féliciter d'avoir pris le temps de prioriser votre santé mentale ainsi que de prendre ce premier pas afin d'accéder à des services de santé mentale.

Ce document comprend une liste de services de santé mentale à travers le Canada offerts par des prestataires noir.e.s ainsi que des allié.e.s. Le tout a été recueilli par des étudiant.e.s en médecine canadien.ne.s bénévoles au nom de l'Association canadienne des étudiants noirs en médecine (BMSAC). Étant donné qu'aucun de ces prestataires de santé mentale n'a été contrôlé ou vérifié par l'association, les lecteurs sont encouragés à lire les profils et décider pour eux-mêmes les services auxquels ils/elles aimeraient avoir accès. Ce document n'appuie pas les services de tous les prestataires cités mais fournit plutôt des renseignements afin d'aider les Canadien.ne.s noir.e.s à la recherche de services de santé mentale.

Si vous êtes un.e prestataire de services de santé mentale qui aimerait être inclus dans la liste, remplissez le formulaire [ici](#). Si vous avez des questions, des inquiétudes, des commentaires relatifs à ce document ou bien une requête pour mettre à jour l'information, s'il vous plaît envoyez un courriel à BMSAC à l'adresse suivante: [communications@bmsac.ca](mailto:communications@bmsac.ca).



## List of questions asked / Liste de questions posées

- Name / Nom:
- Gender identity / Identité de genre:
- Ethnicity / Ethnie:
- Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:
- If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:
- What mental health services do you provide? / Quels services de santé mentale offrez-vous?:
- What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:
- What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy?  
What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:
- Languages offered / Langues offertes:
- Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:
- What is the cost of your services? / Quel est le coût de vos services?:
- Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:
- Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:
- Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:
- Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:
- Are you taking new clients? / Prenez-vous des nouveaux patients?:
- If you are not currently taking new clients, when do you anticipate you will? / Sinon, veuillez nous informer lorsque cela devrait changer?:
- Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:
- Phone number / Numéro de téléphone:
- Email / Courriel:
- Website / Site web:
- 2-3 sentences about yourself / 2-3 phrases à propos de vous:



# **Mental Health Providers Who Bill Directly to StudentCare**

**Prestataires de services de santé  
mentale qui facturent  
directement à StudentCare.**

**Name / Nom: Dr. Helen Ofofu**

**Gender identity / Identité de genre:** Female (she/her)

**Ethnicity / Ethnie:** Black (parents from Ghana & Jamaica)

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** I help clients dealing with work-related problems (e.g., systemic racism, harassment, bullying, etc.) and career mobility/career progression.

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** I have a PhD in Work and Business Psychology (officially known as Industrial and Organizational Psychology)



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** As a graduate student in the 1990s, I learned about "Black Psychology" and studied systemic racism, employment equity, etc. I've worked as a Black Psychologist since graduating in 1999 so I have developed insights based on lived experiences and professional experiences in HR, career coaching, and executive coaching.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** I have been the VP of a women's advocacy non-profit, worked for women's shelters, and various Muslim, LGBTQ and Indigenous clients





**What is the cost of your services? / Quel est le coût de vos services?:** \$245/hr (often paid for by employers, EAPs, and through settlements arranged by lawyers)

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** Yes / Oui

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** I am comfortable billing directly through StudentCare but I have not had any clients through there as yet. I've billed directly through CUPE's EAP.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Possibly on a case-by-case basis

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 613-424-8689

**Email / Courriel:** helen@ioadvisory.com

**Website / Site web:** <https://www.ioadvisory.com>



**Name / Nom: Dr. Natasha Williams**

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Assessment and Psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en  
travail social)?:** Psy. D Clinical Psychology, Registered Psychologist

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist  
therapy? What competencies do you have working with Black individuals? / Quelles expériences et  
qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles  
compétences ou expériences de travail avez-vous auprès de la communauté noire?:** President of the  
Association of Black Psychologists. Self identify as Black. Private practice is framed in an anti-oppressive,  
anti-Black racist framework. Trained in AOP

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care  
for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres  
populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex.  
LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère):** LGBTQ+, Refugee,  
violence survivors, anger management, workplace conflict

**What is the cost of your services? / Quel est le coût de vos services?:** \$225 per hour for Registered  
Psychologists \$140+HST for Registered psychotherapists

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement  
à StudentCare qui couvre les étudiants universitaires?:** Yes / Oui

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à  
d'autres assurances? Si oui, lesquelles?:** WSIB, MVA insurance



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** no

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 416-487-0791

**Email / Courriel:** mainoffice@alliedpsych.ca

**Website / Site web:** [www.alliedpsych.ca](http://www.alliedpsych.ca)

**Name / Nom:** Florise Boyard

**Gender identity / Identité de genre:** Femme

**Ethnicity / Ethnie:** Afro-Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Psychotherapy individuals, groups, families

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex. travailleur social, Maîtrise en travail social)?:** Psychotherapy license, MA. Creative Arts Therapy, Couple and Family Therapy license (CFT)



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I am a Black woman born and raised in Canada so I understand systemic racism as well as the internal and external conflicts that can arise in a person who is not part of the dominant culture, especially for a Black person. I have training in cultural psychiatry, theater of the oppress, social justice, etc.

**Languages offered / Langues offertes:** French / Français, English / Anglais, Haitian creole

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Refugees, Muslim, survivor of violence

**What is the cost of your services? / Quel est le coût de vos services?:** 120\$/session 150\$ - for clinical supervision

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** Yes / Oui



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** 100\$ for students

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** Spring 2021

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Phone number / Numéro de téléphone:** 5145128521

**Email / Courriel:** floriseboyard@gmail.com

**Website / Site web:**

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I want to encourage anyone going through a difficult time. Hold on, there is hope. In my experience, some of the greatest challenges one faces can bring about the most powerful and transformative life experiences bearing good fruits and the force to move forward in life.



**Name / Nom:** Gail Cetinja-Wedderburn

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** African Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Grief, trauma, anxiety, depression, relationships issues and life transitions.

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters of Social Work

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have over 10 years of working directly with African Canadians in community health, social justice and advocacy roles as a social worker who operates from an anti-Black racism and anti-oppression framework and advocate.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Muslim

**What is the cost of your services? / Quel est le coût de vos services?:** \$130 per hour

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** Yes / Oui

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Green shield, Bluecross, Secureclaim, SSQ, Sunlife, Canadalife.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui



**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 4165545801

**Email / Courriel:** gwedderb20@gmail.com

**Website / Site web:** [www.gailwilsoncounselling.com](http://www.gailwilsoncounselling.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** My name is Gail Cetinja-Wedderburn and I am a Afro- Caribbean muslim identified woman. I have a master's degree in social work and I have over 10 years of experience working directly with African Canadians from many cultural backgrounds. It is my mission to be an advocate and support against anti-Black racism and discrimination. I hope that I can be a medium to support you on your journey in a collaboration with high regard for your choices.



**Name / Nom:** Miss Lee Park

**Gender identity / Identité de genre:** F

**Ethnicity / Ethnie:** Asian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Therapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** MA counselling

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Multicultural

**Languages offered / Langues offertes:** English / Anglais

**What is the cost of your services? / Quel est le coût de vos services?:** \$190

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** Yes / Oui

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Yes

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes





**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Email / Courriel:** [leepark.ca@gmail.com](mailto:leepark.ca@gmail.com)



**Name / Nom: Nicole Perryman**

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Psychotherapy, family counseling & couples

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** M.A in Counseling Psychology, MSW in Social Work, Registered Social Worker, Certified Play Therapist

**Languages offered / Langues offertes:** English / Anglais

**What is the cost of your services? / Quel est le coût de vos services?:** \$150/ per session. I manage a practice of 6 therapists whose rate is \$75-110. We also provide free counseling to those who don't have insurance.

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** Yes / Oui

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Green Shield, NHIB program

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-987-4075



**Email / Courriel:** [Info@asetgroup.ca](mailto:Info@asetgroup.ca)

**Website / Site web:** [Www.asetgroup.ca](http://www.asetgroup.ca) & <https://asetgroup.ca/black-mental-health/>

**Name / Nom:** Susan Bascillo

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Psychotherapy & Counselling

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex. travailleur social, Maîtrise en travail social):** Masters of Social Work



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have training in anti oppression and anti-Black racism. I am also a Black woman in private practice and 90% of my clients identify as Black Folks

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère):** Muslim, refugee, anger management, LGBTQ

**What is the cost of your services? / Quel est le coût de vos services?:** \$130

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** Yes / Oui

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Blue Cross



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-857-0360

**Email / Courriel:** [susan@harmonyandwellness.ca](mailto:susan@harmonyandwellness.ca)

**Website / Site web:** [www.Harmonyandwellness.ca](http://www.Harmonyandwellness.ca)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** Hi, I'm Susan Bascillo MSW RSW R.P. I enjoy working with people from a diverse background. My work is rooted in Holistic framework drawing on therapeutic models such as: CBT, mindfulness, strength base and integrative/holistic therapy to name a few. I believe you are unique and for this reason I blend elements from different approaches and modify treatment according to each client's needs.

**Name / Nom:** Tracey Grose

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Caribbean Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Therapy, stress and anxiety management, marital therapy, etc.

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex. travailleur social, Maîtrise en travail social)?:** Master of Social Work



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I studied in the USA, with a MSW from the University of Georgia, and worked in the US for 10 years. I am currently studying social justice education.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Muslim, anxiety, depression, Attachment based therapy, CBT, DBT, Narrative.

**What is the cost of your services? / Quel est le coût de vos services?:** \$120 to \$200

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** Yes / Oui

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Yes, Great west life, Manulife, Atnea



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, I can go as low as \$100

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 905-442-2315

**Email / Courriel:** [traceygrose1@gmail.com](mailto:traceygrose1@gmail.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I understand life presents many challenges. We all benefit from having someone to share with who can provide professional support and understanding. You are not alone, help is here for you.



# **Mental Health Providers Who Do Not Bill Directly to StudentCare**

**Prestataires de services de santé  
mentale qui ne facturent pas  
directement à StudentCare.**



**Name / Nom: Alexander McKenzie**

**Gender identity / Identité de genre:** Male

**Ethnicity / Ethnie:** Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Sexological counseling

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?** Sexologist, B.A.



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I mostly speak and work from personal perspective living as a gay, Black man, anglophone in the francophone province of Quebec. I tend to work from a perspective of mindfulness and inclusivity.


**Languages offered / Langues offertes:** French / Français, English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère):** LGBTQIA+ communities

**What is the cost of your services? / Quel est le coût de vos services?:** Individual: \$90 (regular rate)

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** \$70 (for those who make less than \$30K/year), \$50 (for those in difficult financial situations: unemployed, full-time students, welfare, CERB, etc.). Couples counseling starts at \$120 and also has rates adjusted to income.

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 514-569-9209

**Email / Courriel:** [alexmcsexo@gmail.com](mailto:alexmcsexo@gmail.com)

**Website / Site web:** <https://www.facebook.com/alexmckenzieosex>

**2-3 sentences about yourself / 2-3 phrases à propos de vous :**

Alexander McKenzie, born and raised in Montreal, has been a sexologist since completing his studies at UQAM (Université de Québec à Montréal) in 2013. Currently, he offers both individual and couples counseling via private practice, as well as offering his services as a sexologist for Option Sexologie, a sexology agency.

As an anglophone, gay, black man living in Quebec, but also thanks to his experiences as a trainer, conference speaker, group animator and counsellor, Alexander has been able to develop a unique perspective and understanding in regards to the various personal and social issues that can have an impact on the global sexual health of men who have sex with men and other minorities. That being said, his door is open to people of all walks of life.

Above all else, Alexander wants to ensure that those who come to see him are assured a safe space where they can express themselves, free of judgements and taboos, to facilitate living their sexuality and interpersonal relationships in both a fulfilling and satisfying way.

**Name / Nom: Alisha Simeron**

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Afro-Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?** Registered Social Worker, Psychotherapist; Masters of Social Work



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** In my roles as a CBT therapist as well as a psychotherapist in private practice, I currently employ an anti-oppressive and anti-racist framework. I see this as critical as I provide therapy to a variety of clients, many of whom identifying as Black.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère):** I provide psychotherapy to clients who practice various religions, identify as LGBTQ, as well as those who have experienced trauma.

**What is the cost of your services? / Quel est le coût de vos services?:** \$125 for students, \$140 for individual sessions

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** For graduate level students with Greenshield Insurance

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, \$125 for individual sessions

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** (647) 559-9005

**Email / Courriel:** [alisha@well-nest.ca](mailto:alisha@well-nest.ca)

**Website / Site web:** [https://wellnest.janeapp.com/#/staff\\_member/8](https://wellnest.janeapp.com/#/staff_member/8)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:**

I am trained to provide individuals with coping skills to effectively deal with their concerns as well as gaining insight into the cause of their problems. I utilize interpersonal, cognitive, and behavioural techniques to support individuals in learning to manage their worries, improve their mood, develop communication skills, and improve relationships.



**Name / Nom:** Amanda George

**Gender identity / Identité de genre:** Female (she/her)

**Ethnicity / Ethnie:** Black Guyanese

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Counselling and Psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered Psychotherapist (Qualifying), MA Counselling and Spirituality

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** MA course work in cultural competency; keeping current with research, literature and training; utilize strengths-based, values-based approach which acknowledges impact of cultural, historical, systemic factors on mental health presentation.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** new immigrants, anger management, childhood trauma

**What is the cost of your services? / Quel est le coût de vos services?:** 136\$

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they?  
/ Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** \$30-60 through partnership with Open Path Psychotherapy Collective

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** October 2020

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 613-447-0728

**Email / Courriel:** [amanda.pgeorge@gmail.com](mailto:amanda.pgeorge@gmail.com)

**Website / Site web:** [www.amandageorgecounselling.ca](http://www.amandageorgecounselling.ca)

**Name / Nom:** Bernard Piprah

**Gender identity / Identité de genre:** Male

**Ethnicity / Ethnie:** Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Individual and couples psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters degree, Membership to the B.C. Association of Clinical Counsellors



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have led numerous Black Canadian history symposiums and workshops here in B.C. I am very competent working with Black individuals and currently provide counselling to many.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:**  
LGBTQ+, Grief and loss clientele, anger management, Adolescent populations

**What is the cost of your services? / Quel est le coût de vos services?:** \$130.00/session for individuals and \$150.00/session

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** My Registered Clinical Counselor designation through the B.C. Association of Clinical Counselors covers a wide range of extended health companies.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, I offer \$80 per hour

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 604-375-2369

**Email / Courriel:** [bkpcounselling@gmail.com](mailto:bkpcounselling@gmail.com)

**Website / Site web:**

<https://www.psychologytoday.com/ca/therapists/bernard-piprah-langley-bc/733036>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:**

I have provided counselling, training and mentorship for the past twelve years to individuals and families coping with a wide range of circumstances. My experience includes working in school districts, halfway houses, community agencies, assessment centers, inpatient psychiatric units and outpatient mental health treatment programs.

This is your space to be who you really are with a professional who listens, focuses & accepts you. I am sincerely curious about engaging and understanding what you are going through. If you have any questions about my services or the counselling process, call me for a no-fee consultation.





**Name / Nom:** Carla Ribeiro

**Gender identity / Identité de genre:** Female (she/her)

**Ethnicity / Ethnie:** Black/Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Individual counselling/psychotherapy for adults

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?** MEd, EdD (ABD)

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** My practice has focused on providing mental health services for BIPOC populations in Toronto for many years

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère):**  
LGBTQ+, trauma survivors, newcomers

**What is the cost of your services? / Quel est le coût de vos services?:** \$160 per 50 minute session

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, \$125-\$160, also offer low cost supervised services with therapists in training



**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** September 2020

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-588-1505

**Email / Courriel:** [caribcounselling@gmail.com](mailto:caribcounselling@gmail.com)

**Website / Site web:** [www.caribcounselling.ca](http://www.caribcounselling.ca)

**Name / Nom: Carmen Chui**

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Chinese

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui



**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Counselling and psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered Social Worker, Master of Social Work

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** In graduate school, my entire research and thesis was centered around decolonizing Western mental health practices. Currently, I have dedicated my entire therapeutic practice to trauma-focused, intersectionality-centered, and anti-racist care. I also actively volunteer for a local organization whose work lies at the intersection of arts and mental health, while promoting social justice and anti-oppression.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex.**



**LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ+, racialized individuals and families

**What is the cost of your services? / Quel est le coût de vos services?:** \$120 per 50-minute individual session; \$150 per 50-minute family or couples session

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No. I provide receipts after sessions which folks can submit to their insurance companies.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Range \$100-\$150

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Email / Courriel:** carmen.chui.msrsrw@gmail.com

**Name / Nom:** Carolina Rojas

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Latina

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Individual and couples counselling



**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Master of Counselling Psychology

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have experience working with the refugee population and other vulnerable populations. I have focused my work on anti-oppressive and empowerment practices. I have worked mainly with social justice therapies. As a refugee and a woman of colour, I have a personal and professional understanding of the importance of anti-racist and anti-oppressive practice in and out of the therapy room.

**Languages offered / Langues offertes:** English / Anglais, Spanish / Espagnol

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ+, Muslim, refugee, survivors of violence, ESL and international students and indigenous and latinxs



**What is the cost of your services? / Quel est le coût de vos services?:** 50 min individual session \$120, couples \$140.

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, I do have sliding scale, based on income: under 20K - \$60, under 30K - \$70, under 40K - \$80, under 60K - \$100. I am also able to provide some session at not cost on a case by case basis.

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 778-835-5622

**Email / Courriel:** carolina@dcrcs.com

**Website / Site web:** <https://www.dcrs.com>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:**

I have experience working with diverse populations in educational settings and community-based organizations. As a therapist working with vulnerable and diverse communities, I have learnt to craft a safe and welcoming space for my clients. My practice is culturally sensitive, and I am an LGBTQ2\*S ally.

The goal of our therapeutic relationship would be to help you feel empowered to be yourself, supported to make decisions and safe to explore your life without pressure or judgement.

**Name / Nom:** Catherine Flegel

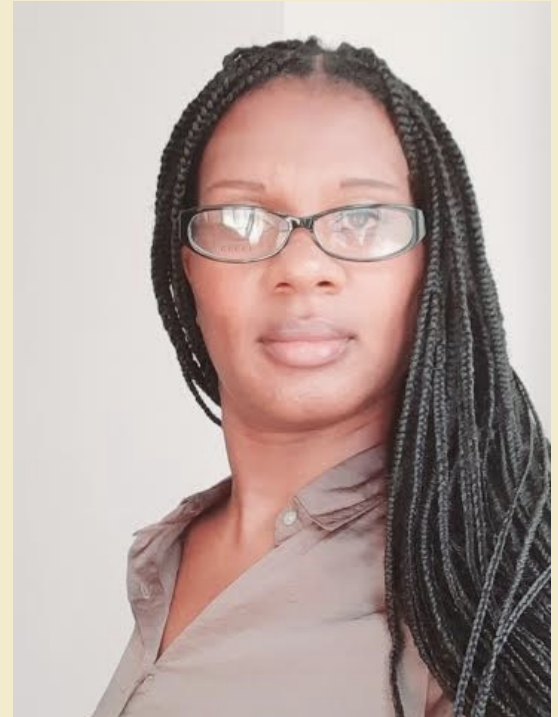
**Gender identity / Identité de genre:** Woman

**Ethnicity / Ethnie:** Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Clinic counselling for individuals with mental-health difficulties

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex. travailleur social, Maîtrise en travail social)?:** BSW in Social Work and Special Care Counselling degree



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have been practicing for over 20 years using both an anti oppressive and trauma informed approach when assisting clients in their healing. I have a deep comprehension of the complexities and challenges that marginalized people encounter utilizing all form of health services and address these issues during the sessions.

**Languages offered / Langues offertes:** French / Français, English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** I specialize working with victims of conjugal violence, individuals from the LGBTQ+++ community and individuals with mild to severe mental health problems

**What is the cost of your services? / Quel est le coût de vos services?:** 65\$ per session 85\$ per evaluation

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** No / Non

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 514-882-8718

**Email / Courriel:** cath.flegel@gmail.com

**2-3 sentences about yourself / 2-3 phrases à propos de vous :**

I am a Health Professional who is very invested in healing marginalized communities and believe that during the process of counseling it is imperative to acknowledge the impact of life stressors such as colonialism, racism, oppression, homophobia, xenophobia.





**Name / Nom:** Cecelia Arscott

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Jamaican Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Psychological assessments and therapy/Consultation and Therapy for a range of issues including depression, mood disorders, anxiety, grief, adjustment disorders, PTSD, trauma, etc.

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Clinical Psychologist/ Doctorandus Degree (equivalent to an MA in Psychology) plus a 4 year Post Masters training in Psychotherapy

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Lived experience as a Black person and therapist/psychologist. Training in multicultural therapy/ training in diversity and inclusivity/volunteer work with minority and racialized groups including sitting on advisory committees and selection committees in the service of the black population.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ, Muslim, refugee, survivors of violence etc.

**What is the cost of your services? / Quel est le coût de vos services?:** \$180 - \$200/hr. Lower cost services at \$140/hr and \$160/hr also available with other therapists at this practice

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Yes, any insurance provider that allows it (StudentCare does not seem to)

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, we have a range of psychologists and therapists at my practice who offer services as low as \$140

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** I do however currently have a wait list of approximately 2 months however can often see clients sooner if there are cancellations

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 905-491-1152

**Email / Courriel:** cmarscott@cbmpsychologicalservices.com

**Website / Site web:** <http://www.cbmpsychologicalservices.com>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:**

I have been practicing psychology for some 20 + years. As a Black professional, I am invested in paying it forward by taking part in volunteer initiatives supporting and empowering Black youth specifically, and the Black community at large. I am married with 3 children and in my free time enjoy travelling near and far, good food, a good book, getting together with extended family and friends, going to the gym and spending a lot of time outdoors.



**Name / Nom:** Célia Esther

**Gender identity / Identité de genre:** Féminin

**Ethnicity / Ethnie:** Caribéenne

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Sexothérapie - psychothérapie

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Sexologue et psychothérapeute, maîtrise en sexologie clinique

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Je travaille auprès de la communauté noire, et plus largement BIPOC, depuis le début de ma pratique en 2015-2016, en thérapie individuelle ou de couple. Mon approche thérapeutique est sans jugement, avec ouverture. Cependant, autre que ma propre expérience de vie en tant que femme noire, et celle de mon entourage, je n'ai pas de formation formelle dans l'offre de thérapie anti-raciste.

**Languages offered / Langues offertes:** French / Français

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ+, sexualités et/ou couples alternatifs

**What is the cost of your services? / Quel est le coût de vos services?:** 100\$ individuel, 130\$ couple

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Oui: Prix étudiant = 70\$ (couple=90\$), difficultés financières (moins de 15 000\$/an) = 45\$ (couple 65\$)

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** Automne 2020-Hiver 2021

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine? :** Yes / Oui

**Phone number / Numéro de téléphone :** 514-629-5978

**Email / Courriel :** [celia.e.esther@gmail.com](mailto:celia.e.esther@gmail.com)

**Website / Site web :** <https://www.cliniqueaccesssexologie.com/celiaesther-sexologuemontreal>

**Name / Nom:** C. Alecia White

**Gender identity / Identité de genre:** Cis Female - She/Her

**Ethnicity / Ethnie:** Black Canadian/Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**

Counselling/Psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Master of Social Work, Registered Social Worker, PhD student majoring in Social Justice Education



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** 13 years' experience with multiple diverse communities, anti-racist, equity focused approach to clinical support. See website for further details.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ, Trans and Non Binary, Survivors of Sexual Violence, Individuals experiencing disabilities.

**What is the cost of your services? / Quel est le coût de vos services?:** \$150 per hour, \$185 for 90 minute sessions

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Sliding scale options are available

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-365-3113

**Email / Courriel:** caleciawhite@outlook.com

**Website / Site web:** [www.thrivingrootswellnesscollective.com](http://www.thrivingrootswellnesscollective.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous :**

I provide holistic counselling and therapy supports to communities impacted by a number of struggles, including racialized trauma, sexuality/gender identity issues, low self-esteem, anxiety, depression, adjustment, system navigation difficulties, stress management issues, and negative thoughts. I offer services from an anti-oppressive, intersectional lens, with a focus on the holistic self. I use a number of therapeutic modalities including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Dialectical Behavioural Therapy, Narrative Therapy, Mindfulness Based, Solution Focused, Motivational Interviewing, Cognitive Processing Therapy and Compassion Focused therapeutic principles.



**Name / Nom:** Cindy Vielleuse

**Gender identity / Identité de genre:** Cis Woman

**Ethnicity / Ethnie:** Black/white biracial. East African

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Creative arts therapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters in Drama therapy. Registered drama therapist

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Most of my clientele is Black or POC. Experience as a Black biracial person. Systemic anti-oppression work.

**Languages offered / Langues offertes:** French / Français, English / Anglais

**What is the cost of your services? / Quel est le coût de vos services?:** 80-150\$. 120\$ is the regular fee

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?** No. I offer insurance receipts through the naturopaths association of Canada. Client must submit their receipts for reimbursement from their insurance company.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Limited spots per week at 80\$ per session.



**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Email / Courriel:** cindy.vielleuse@gmail.com

**Website / Site web:** <https://www.psychologytoday.com/ca/therapists/cindy-vielleuse-montreal-qc/345199>



**Name / Nom:** Daisy Bai

**Gender identity / Identité de genre:** Female (She, Her)

**Ethnicity / Ethnie:** East Asian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui



**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**

Trauma-informed and queer affirmative counselling therapy for individuals, couples, and family of diverse cultural backgrounds.

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?**

**Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters of Counselling Psychology

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:**

My grad school training and work are grounded in the feminist anti-oppression theory and social justice value. These have equipped me with the holistic lens not only seeing the systemic oppressions and intergenerational trauma weaving into each individual's current issues, but also allowed me to recognize the resiliencies of each individual and their unique culture that has been marginalized. As a person of color with lived experiences across multiple continents, I bring to my therapeutic relationships a genuine appreciation and understanding of cultural diversities that help to establish the solid rapport which provides the healing ground for empowering transformations to occur.

**Languages offered / Langues offertes:** English / Anglais, Mandarin Chinese, Japanese

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex.**



**LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère):** LGBTQ+, survivors of trauma, immigrants, indigenous people

**What is the cost of your services? / Quel est le coût de vos services?:** \$150 per hour

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** ICBC (Car insurance company only BC)

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages :** Limited spots available on first come first serve basis

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** I take in limited number of new clients every 2-4 weeks.

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 778-836-9167

**Email / Courriel:** daisybaicounselling@gmail.com

**Website / Site web:** [www.daisybaicounselling.ca](http://www.daisybaicounselling.ca)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:**

I believe we tend to heal in others what was need healing in ourselves. Therapy is an open-hearted space for the restorative energy to flow where it is most needed. I love what I do, and make sure to take care of my heart and body outside of sessions by retreating into mother nature, practicing yoga and meditation, playing music, traveling, reading, finding fun and creative ways to live and eat sustainably, and attending to workshops that help me to grow as a person and as a healer.



**Name / Nom:** Stephenson Dawn

**Gender identity / Identité de genre:** Female (she/her)

**Ethnicity / Ethnie:** Afro-Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Psychotherapy for individuals

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered Psychotherapist (RP)

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** For the past 10 years of practice, the majority of my clients have been Black (or POC), and therefore have experience in working from a multicultural/anti-oppressive framework.

**Languages offered / Langues offertes:** English / Anglais

**What is the cost of your services? / Quel est le coût de vos services?:** 120 to 140 per session

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No. Receipts are provide for clients to submit to their insurance carriers, if applicable.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, limited slots, subject to availability

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui



**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Phone number / Numéro de téléphone:** 416-504-7231

**Email / Courriel:** [stephenson.dawn@gmail.com](mailto:stephenson.dawn@gmail.com)

**Name / Nom:** Dayamí Fernandes

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Caribbean Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Counselling, coaching, career orientation

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Master's Counselling Psychology



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Understanding microaggressions, personal worth, generational trauma.

**Languages offered / Langues offertes:** English / Anglais, Spanish

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ+, refugees, trauma.

**What is the cost of your services? / Quel est le coût de vos services?:** \$100-\$150

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Green Shield Canada



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** No

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 403-991-3690

**Email / Courriel:** [conscientia.counselling@gmail.com](mailto:conscientia.counselling@gmail.com)

**Website / Site web:** [www.conscientiacounselling.ca](http://www.conscientiacounselling.ca)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:**

I am an empathetic, goal-oriented, passionate counsellor. Together we can create self-awareness, self-understanding and positive change in your life.



**Name / Nom: Dr. Andrea Myrie-Nurse**

**Gender identity / Identité de genre:** female

**Ethnicity / Ethnie:** Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Therapy for individuals, psychoeducational assessments

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Doctorate level Psychologist

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Lived experience

**Languages offered / Langues offertes:** English / Anglais

**What is the cost of your services? / Quel est le coût de vos services?:** \$200.00/session

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires :** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui



**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** I do however currently have a wait list of approximately 2 months however can often see clients sooner if there are cancellations

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 905-601-5888

**Email / Courriel:** andrea@drmyrienurse.com

**Website / Site web:** [www.mississaugapsychology.com](http://www.mississaugapsychology.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:**

I am a registered member of the College of Psychologists of Ontario since 2002. I provide therapy services since 1995, I also provide psychoeducational assessments for students





**Name / Nom: Dr. Natasha M. Ali**

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Trinidadian of East Indian descent, born in Canada

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Individual & couple counselling; some family consultations

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Doctorate in Counselling Psychology, registered as a Psychologist to practice in Manitoba

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** This was an important component of my doctoral training (took 2 courses in multicultural counselling which is more than what most doctoral programs provide). I actively work with, and provide services to, the Indigenous community at the University of Manitoba, regularly attend events in the Indigenous community & take courses to improve my knowledge of Indigenous issues (e.g. a Working with Elders course, currently taking Native Studies summer class). I have lived in the Caribbean for 10+ years of my life, and visit almost yearly. I have provided services to many Black clients and many of my close friends are Black. I'm passionate about eliminating racism because I have personally experienced racism and prejudice in Canada, England, in my own family, and my community. My goal is to continue working on my humility and compassion to strengthen my anti-racist identity.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex.**



**LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Muslim populations, addictions counselling

**What is the cost of your services? / Quel est le coût de vos services?:** \$190/hr, but offer sliding scale for university students

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Canada Life, Sun Life, Manulife, Desjardins

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, calculated on a case-by-case situation

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** Fall 2020

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 204-296-9904

**Email / Courriel:** natashaali80@gmail.com

**Website / Site web:** Dr. Ali views individuals as a dynamic system with the potential to evolve, revolve, and involve. Like planets or atoms, she believes that multiple gravitational forces can impact the trajectory of an individual, such as past experiences (positive and traumatic), family and other significant influences, cultural identity, biological factors, the systems that people operate within, current relationships, current stage of life, and future goals, such as career aspirations. As such, Dr. Ali adopts an integrative approach in counselling, and this includes emotion-focused, cognitive-behavioural, developmental, psychodynamic, anti-oppressive, community, and existential perspectives to promote healing and strength resiliency.

**Name / Nom: Dr. Terry McQuaid**

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Black Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui



**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Individual counselling, psychological assessment in areas of anxiety, depression, trauma, abuse, disability

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered Clinical Psychologist

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Trained as a clinical psychologist, clinical traumatologist, and having lived experience as a Black female working across education, healthcare, justice, and community programs in providing these services. Lived experience of dealing with systemic racism across the areas above.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Survivors of physical or sexual violence (in childhood, refugee communities), trauma and loss



**What is the cost of your services? / Quel est le coût de vos services?:** \$180 per session

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** I'm covered by most insurance plans but it is not direct bill. Clients pay me, and they submit the claim.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** no

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 905-780-1464

**Email / Courriel:** drterrym@drterrymcquaid.ca

**Website / Site web:** [www.drterrymcquaid.ca](http://www.drterrymcquaid.ca)

**Name / Nom:** Emad Seyed Sadr

**Gender identity / Identité de genre:** Man

**Ethnicity / Ethnie:** Iranian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Counselling

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Master of Arts Counselling Psychology, Master of Science

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** My work is deeply rooted in anti-oppressive, anti-racist approaches. I predominantly work through a solution-focused and Narrative approach which positions those seeking help as experts in their lives and needs. Our

**Languages offered / Langues offertes:** French / Français, English / Anglais, Intermediate Farsi

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ+, Muslim, refugee

**What is the cost of your services? / Quel est le coût de vos services?:** \$75 to \$120





**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** \$75 per 50 minutes session

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 7789525406

**Email / Courriel:** contact@emadseyedsadrcounselling.ca

**Website / Site web:** emadseyedsadrcounselling.ca

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** My name is Emad Seyed Sadr and I am a Registered Clinical Counsellor in Vancouver. I predominantly work through a solution-focused and Narrative approach, which positions those seeking help as experts in their lives and needs. In our work together, we will strive to shed light on the systemic influences that may be getting in the way of your preferred outcomes.

**Name / Nom:** Fiana Andrews

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** 1st generation Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters in Educational Psychology, Educational Specialist in School Psychology, Registered Psychologist with the College of Psychologists of Ontario



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have experience with Black clients for the past 12 years.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Christian counselling, social skills

**What is the cost of your services? / Quel est le coût de vos services?:** \$140 to \$225/hour

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Blue Cross

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** \$140



**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 416-350-7235

**Email / Courriel:** info@fianapatriceconsulting.com

**Website / Site web:** www.fianapatriceconsulting.com - assessments and  
www.cbmppsychologicalservices.com - counselling

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I provide psychoeducational assessments to help clients understand why they are struggling academically, behaviourally or emotionally. I also provide therapy for children, adolescents and adults currently under supervised practice.



**Name / Nom:** Grace Boakye-Agyeman

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** African Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Anxiety, depression, grief and loss, personality disorders

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters in Social Work



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** First I am Black from the community that is underprivileged. I studied in the white privileged environment at McGill. I have extensive work experience in social work with the Black community in child welfare, community organising and social justice, hospital and healthcare and hospice. Additionally, I started groups to help immigrant single mothers and their families in Montreal and I worked with a lot of Black families facing all kinds of challenges in the Canadian system. I am also an ordained minister who has over five years experience as a pastor of a Black community church in Montreal.

**Languages offered / Langues offertes:** English / Anglais, Twi

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Yes. Especially, immigrants, Muslims and people with faith background, trauma survivors and couples

**What is the cost of your services? / Quel est le coût de vos services?:** \$120 for individuals

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** I don't but if there is need, I can arrange that with the said insurance.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, \$80 for sliding scale

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** a

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** Yes / Oui

**Phone number / Numéro de téléphone:** 613.890.9915

**Email / Courriel:** gba@gracerenewal.ca

**Website / Site web:** gracerenewal.ca

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I help young people who are experiencing anxiety, depression, grief, and trauma to learn how to manage their emotions, so that they can have control over their lives and be happy.

**Name / Nom:** Jhanelle Peters

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Afro-Canadian/Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex. travailleur social, Maîtrise en travail social)?:** Registered Psychotherapist (Qualifying)



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Worked with Toronto Community Housing to develop the anti-oppressive and anti-racist framework and construct therapeutic discussions (healing circles) for Black staff to address social/systemic/systematic racial injustice. Healing circles assist with processing emotions and discussing feelings and experiences that many self-isolated. Currently, I support the Black community and other POC with individual therapy where we actively discuss anti-racism and oppression, and the impact it has on mental and general health. I also conduct online forums for Black men and women to help broach the topic; the impact of racism and oppression in the Black community and the generational challenges it carries.

**Languages offered / Langues offertes:** French / Français

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Newcomers, refugees, LGBTQ, young professionals

**What is the cost of your services? / Quel est le coût de vos services?:** \$140 (50-minute session)

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Clients are asked to pay for therapy first, then they are provided with a receipt to submit back to their insurance company for reimbursement. Once the insurance company covers Psychotherapy, clients are able to claim reimbursements. Many of my clients have Psychotherapy coverage through Great West-Life, Sunlife and Blue Cross and have no challenges submitting receipts for reimbursements as long as it's covered in their plan.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, based on availability it ranges from \$80-\$120, where the client gets to pick what price works best for them.

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 416-604-3039

**Email / Courriel:** [jhanelle@psychotherapyinthecity.com](mailto:jhanelle@psychotherapyinthecity.com)

**Website / Site web:** <https://www.psychotherapyinthecity.com/jhanellepeters>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I believe that exploring life's hurdles works better in collaboration. With compassion and understanding at the forefront, I work with clients to identify strengths, tools and personal determination that can lead to positive and lifelong changes.

**Name / Nom:** Ji-Youn Kim

**Gender identity / Identité de genre:** cis-woman

**Ethnicity / Ethnie:** Korean/Corean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**

No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui



**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**

Justice-oriented coaching and counselling

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:**

Professional Counselling Diploma, registered counsellor with the Association of Cooperative Counselling Therapists of Canada

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:**

As a woman of colour, I have been deeply dedicated to intersectional social justice work for the past 6 years with a particular focus around racial justice and decolonizing. Throughout and since my counselling training, I have consistently incorporated anti-oppression into the trauma-informed lens and have been and continue to try to dismantle and decolonize myself from White supremacist, anti-Black, colonial, ableist, capitalist, cis-hetero-patriarchal socialization. The majority of my clients have been non-Black people of colour and I recognize that I will have gaps to address.

**Languages offered / Langues offertes:** English / Anglais



**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Refugee/immigrants, LGBTQ2S+, processing rage through an intersectional lens

**What is the cost of your services? / Quel est le coût de vos services?:** \$135 per 50-minute session

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Unfortunately, not at this time

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, \$100-135 for Black/Indigenous clients

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 778-891-4131

**Email / Courriel:** jiyoun@itsjiyounkim.com

**Website / Site web:** www.itsjiyounkim.com | @itsjiyounkim on IG

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** Ji-Youn is a justice-oriented coach & counsellor of Korean ancestry who aims to support clients in navigating their experiences of systemic oppression. She does this by acknowledging both systemic limitations as well as individual choice. Her work integrates a trauma-informed, anti-oppressive framework with the modalities of somatic and talk therapies. Along with her private practices, Ji-Youn co-facilitates a feminist seminar called Processing Rage.



**Name / Nom:** Judy Lui

**Gender identity / Identité de genre:** She/Her/Hers

**Ethnicity / Ethnie:** Chinese Canadian - Cantonese speaking

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** I am a registered psychotherapist in Ontario, with social work supervision coverage

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** My research background was in systemic oppression and cultural competency, I ensure that the conversation of culture, society, and socioeconomic status are part of the conversation in therapy and part of the awareness in therapeutic goals.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ+ youth, survivors of violence and sexual assault. I am part of the interim refugee health program network, which means that refugees can see me for therapy for free s.

**What is the cost of your services? / Quel est le coût de vos services?:** 140 for individual, 160 for couples



**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes between 60-130 range

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** October 2020, my staff and my clinic are taking on new clients though

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 4164733333

**Email / Courriel:** [judy@yourstorycounselling.com](mailto:judy@yourstorycounselling.com)

**Website / Site web:** [judy@yourstorycounselling.com](mailto:judy@yourstorycounselling.com)





**Name / Nom:** Kanica

**Gender identity / Identité de genre:** Femme

**Ethnicity / Ethnie:** Cambodgienne

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue?/ Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Counseling individuel et de couple

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Sexologue, membre de l'Ordre professionnel des sexologues du Québec

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Je travaille avec communauté BIPOC

**Languages offered / Langues offertes:** French / Français, English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** demandeurs d'asile et réfugié.e.s

**What is the cost of your services? / Quel est le coût de vos services?:** 110\$/individual and couple

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** No / Non

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Email / Courriel:** [kanica@sofasexologique.com](mailto:kanica@sofasexologique.com)

**Website / Site web:** [www.sofasexologique.com](http://www.sofasexologique.com), <https://www.facebook.com/kanicasaphan>

**Name / Nom:** Kimberly Cato

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Black - Jamaican/Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Individual, couple and family therapy, online

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered psychotherapist



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have been providing therapy for more than 25 years through my private practice, True Roots Counselling Services. I am open to everyone but I specialize in Trauma in the Black community, learning from Dr. Joy Degruy on Post Traumatic Slave Syndrome.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Disability awareness, HIV/AIDS community, body positivity

**What is the cost of your services? / Quel est le coût de vos services?:** \$120/hour

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** I offer bundle packages that range from \$90 - \$100/hour, depending on the bundle

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 9053372566

**Email / Courriel:** Kimberlycato@trueroots.org

**Website / Site web:** <https://www.trueroots.org/>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** "Rev. Kimberly Cato is a Registered Psychotherapist in Private Practice for more than 25 years at True Roots Counselling Services. Rev. Cato's delight is coming alongside people in crisis, who are blindsided and overwhelmed by life-altering circumstances, and empowering them with supports, strategies and keys necessary to Transform Their Trauma Into Triumph.

Rev. Cato provides individual, couple and family therapy in a non-judgmental, inclusive and edifying atmosphere that fosters personal growth and freedom from oppression. She is committed to creating a safe, accepting, and responsive environment that honors individual uniqueness, diversity, comfort level, and pace.

Please know, You Do NOT Have To Journey Alone.

If you are dissatisfied with your current situation and you seek to break free from feelings of distress, Rev. Cato invites you to explore your True Roots."

**Name / Nom:** Lisa Ndejuru

**Gender identity / Identité de genre:** She/her

**Ethnicity / Ethnie:** African Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Psychotherapist



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have been a community organiser since the 1990s and a psychotherapist for the past 15 years. I have served the Rwandan diaspora for over 20 years, working with life stories of war, genocide and other human rights violations. I have been working with Afro descendent and Afro Caribbean clients for over a decade.

**Languages offered / Langues offertes:** French / Français, English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** I have worked extensively with LGBTQ+, Muslim, refugee and survivors of violence.

**What is the cost of your services? / Quel est le coût de vos services?:** 120\$/hr

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** 2 pay-what-you-can spots

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** Refer to <https://lisa-ndejuru.clientsecure.me/>

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 15149283160

**Email / Courriel:** Lndejuru@gmail.com

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I'm a African-Canadian therapist and coach with over 15 years of professional experience. I help people think more clearly, act more confidently, and live more happily, despite whatever microaggressions, discriminations and trauma they may have experienced. I am fluently bilingual in English and French.

My OPQ license number is #61106-15

**Name / Nom:** Luisa Ospina

**Gender identity / Identité de genre:** Woman

**Ethnicity / Ethnie:** Latinx

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui


**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Clinical Counselling Services



**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Master of Arts in Art Therapy and Counselling- Registered Clinical Counsellor in British Columbia

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I work from an intersectional feminist, anti-oppressive framework grounded in social justice principles. I have attended conferences on anti-racism and anti-oppression and worked in feminist organizations primarily working with survivors of sexualized violence including trans, non-binary, and Two-Spirit people. The graduate program I attended was grounded on social justice. I practice accountability, collaboration, and transparency in my practice as a counsellor and bring awareness to and validate the harm that racism, amongst other systems of oppression, has on mental health and Black and Indigenous people's sense of safety and connection. I identify as an activist and support BLM and Indigenous movements.

**Languages offered / Langues offertes:** English / Anglais, Spanish



**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** 2SLGBTQ+, survivors of sexualized and gender-based violence, and immigration.

**What is the cost of your services? / Quel est le coût de vos services?:** \$150 per hour including GST

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** None but I provide an official receipt for reimbursement

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** For 2SLGBTQ+ and BIPOC folk (\$85 - \$130 choose what you pay within that range)

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** August/ September 2020

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Phone number / Numéro de téléphone:** (604) 330-1636

**Email / Courriel:** hello@luisa-ospina.com

**Website / Site web:** www.luisa-ospina.com

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I am a cisgender, queer, Latinx, Mestizx, immigrant settler, woman offering trauma counseling and art therapy services in Vancouver, BC on stolen xʷməθkʷəy̓əm (Musqueam), skwxwú7mesh (Squamish,) and sel̓wítulh (Tsleil-Waututh) land. I was born and raised in Medellín, Colombia and spent a long time living and learning in the United States. In the counseling room, I try to offer a direct, transparent, caring, and nonjudgmental environment. I support clients in processing their experiences and deepening their understanding of themselves and their relationships. I affirm clients' needs and desires and value reciprocity and collaboration. In honoring clients' knowledge, I invite them to co-create safety and exercise their self-determination. I am specialized in





working with people who have experienced trauma, including sexual violence, experiences of ongoing oppression, family separation, and grief and loss. I have experience working with youth, adults, BIPOC, and people in the LGBTQI2S+ communities.

**Name / Nom:** Maverick Lumen

**Gender identity / Identité de genre:** Genderqueer  
(they/them)

**Ethnicity / Ethnie:** Chinese-Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui


**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
one-on-one counselling & tarot reading services

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Professional Counselling Diploma, Registered Therapeutic Counsellor-candidate (RTCc) with Association of Cooperative Counselling Therapists (ACCT)

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I am a newly graduated counsellor so my experiences in providing anti-oppressive and anti-racist therapy specifically are limited. However, as I am queer, and see primarily queer clients, the work I do is based on anti-oppression. My practice was born out of how we often have to do an extra layer of educating our counsellors to just receive a basic understanding of either our gender identities, sexual orientations, sexualities, or relationship dynamics to name a few.

However, despite my lived experience, I do not position myself as an expert. The client still has the most intimate knowledge of their experience. This extends into competencies with clients who are Black and queer/transgender/non-binary in that I do not ask my clients to educate me. Instead, if I am finding there's an experience I am less familiar with, I will take it upon myself to educate myself outside of the session both proactively and reactively.





I have been in anti-oppression and advocacy work for the LGBTQIA2s+ community since coming out, and of course that intersected with anti-racism work. The learning I have done is on my own time, learning from people of different groups to gain a broader understanding of experiences beyond my own."

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQIA2s+ individuals, especially people who are transgender/non-binary

**What is the cost of your services? / Quel est le coût de vos services?:** 50 min session / \$120 counselling

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No, clients must contact their insurance themselves as different providers have different standards around counselling services.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, usually determined through conversation with clients directly. Ranges from \$50-full rate. I offer free 15 min tarot readings for people that are marginalized by society and a sliding scale of \$30-65 for a 30min session.

I also allow for clients of financial means to choose to pay a sliding scale fee for counselling above my going rate as a way of sponsoring the clients I see for no-cost. I post on my IG when I have new space for a no-cost client, which at the time of writing this is full.

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** No / Non

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No, not as a regular offering. If an ongoing client finds that one week they need a weekend session, my Saturdays can be opened depending on schedule. Weekdays are preferred.



**Email / Courriel:** [hello@mavericklumen.com](mailto:hello@mavericklumen.com)

**Website / Site web:** <https://www.mavericklumen.com/>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** As a Counsellor, I believe that you have all the wisdom within yourself that you need. Only you know your life as intimately as you do and can make the choices that align with your core. I am here to help you get in touch with your Self so that you can reconnect with your whole being; with your Self, your Loving, and the Others around you.



**Name / Nom:** Melissa Taylor

**Gender identity / Identité de genre:** Femme

**Ethnicity / Ethnie:** Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Master of Social Work

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I went to AOP social work program, and I am avid reader of post-modern and critical race theory.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** My focus is trauma and I work with all population with the exception of children.

**What is the cost of your services? / Quel est le coût de vos services?:** 130/50

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Greenshield

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Limited sliding scale 80-100



**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 6476673710

**Email / Courriel:** [ancestralpsychotherapy@gmail.com](mailto:ancestralpsychotherapy@gmail.com)



**Name / Nom:** Melissa-Anne Cobbler

**Gender identity / Identité de genre:** Cis-female

**Ethnicity / Ethnie:** Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Professional counselling services.

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** I am a trained and licensed clinical social worker. I am a member of the Quebec Order of Social Workers.

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I work from a narrative therapy perspective. I ensure within this approach to integrate the principle of intersectionality, ways of knowing, and other specifics related to the larger system that people find themselves in and are doing their best to navigate. My existence as a Black woman considers the ways in which daily microaggressions or daily acts of violence are stored in the Black, Indigenous or Racialized person's body. I look to the approach of cultural humility to broaden discussions around difference and identity.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Yes, I have experience working with the LGBTQ+ community, individuals who are living with or vulnerable to HIV/AIDS, trauma survivors, and individuals from various ethnic backgrounds.

**What is the cost of your services? / Quel est le coût de vos services?:** \$100. I can negotiate this fee once meeting with the client and discussing their current needs.

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No. Usually clients submit their health claims to their insurer. I can assist if need be.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Please see answer above.

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** Please have potential clients contact me and we will discuss what my availability will look like.

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** (438) 225-2209

**Email / Courriel:** mel.anne.cobbler@gmail.com

**Website / Site web:** <https://www.centrelighthouse.ca/>



**Name / Nom:** Michel'e Bertrand

**Ethnicity / Ethnie:** Caribbean: Black & East Indian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue?/ Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Psychotherapy: Relational & Somatic



**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Doctor of Education (EdD) Counselling Psychology; Registered Psychotherapist (RP); Canadian Certified Counsellor (CCC)

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Over 20 years' experience in direct service (post-secondary, community) organizations and collective with anti-racist/anti-oppressive praxis. Several years' clinical experience working with Black women and trans people on identity and relational issues and anti-Black racism

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Racialized LGBTQ+ communities; people with chronic illness; caregiver/healthcare burnout; life transitions; developmental, relational and/or systemic trauma

**What is the cost of your services? / Quel est le coût de vos services?:** \$140 for 60 minute session



**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 4169390238

**Email / Courriel:** michelebertrand@hushmail.com

**Website / Site web:** michelebertrand.ca

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** Over 10 years' clinical experience; currently focusing on relational & body-mind therapies for resilience and wellbeing. Writer, researcher and Restorative/Nada Yogi.

**Name / Nom:** Michelle L Nicholls

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Afro-Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**

Psychotherapy/Counselling; Mindfulness training; CBT; EMDR; Mindfulness-based groups

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex. travailleur social, Maîtrise en travail social):**

Masters of Social Work



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I work from anti-Black racist, anti-oppression, trauma-informed frameworks. My education focused on anti-oppression, anti-Black racism and social justice, and trauma.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère):** I have several years experience in community health care, working with community members who identify as having multiple intersectionalities such as race, gender, sexual orientation, different abilities, and low-income.

**What is the cost of your services? / Quel est le coût de vos services?:** \$120

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** I can bill Green Shield, Empire Life, and Blue Cross.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** I offer a sliding scale to a limited number of clients. The range can be discussed with the client.

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-370-2346

**Email / Courriel:** info@michellenichollscounseling.com

**Website / Site web:** www.michellenichollscounseling.com

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** My hope is to destigmatize seeking therapy for BIPOC community members. I approach my work with compassion and mindful presence, and creativity. I am here to be with you through your journey.

**Name / Nom:** Michelle Wing

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Filipino/Chinese/Vietnamese

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** I provide mental health services/treatment that address PTSD, intergenerational trauma, addiction, depression and anxiety

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters in Social Work, Registered Social Worker and Registered Clinical Counsellor

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** My undergraduate and graduate Social Work studies were rooted in anti-oppressive approaches. My Master's paper was about racialized women who experienced intimate partner violence. I am an active member with the BC Association of Social Worker Anti-Racism Committee for over 5 years. I am a student of Decolonization School at the Centre for Babaylan Studies which is rooted in pre-colonial Filipino Indigenous Knowledge. My private practice is rooted in anti-oppressive approaches and prioritizes working with BIPOC people. Considering how few Black folk populate Vancouver, I'd say I have a high-representation of Black folk on my client caseload. I feel honoured and privileged to serve the Black community. I am a consultant for the Health Science Association Union in BC in addressing and implementing anti-racist policies within their institution for their union members.

**Languages offered / Langues offertes:** English / Anglais





**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?** I've been working with Trans, Queer BIPOC, Indigenous youth, and survivors of violence for over 15 years.

**What is the cost of your services? / Quel est le coût de vos services?:** \$140

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Not as this time

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** I offer discount rates for Black/Indigenous/Women of colour who have experienced violence

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 6047206794

**Email / Courriel:** [contact@pamaticounselling.com](mailto:contact@pamaticounselling.com)

**Website / Site web:** [www.pamaticounselling.com](http://www.pamaticounselling.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I've been intentionally centering BIPOC within myself and community to disrupt white supremacy and serve racial justice through laughter, joy and resilience.





**Name / Nom:** Nadia MacKinnon

**Gender identity / Identité de genre:** Woman, she/her

**Ethnicity / Ethnie:** West Indian/South Asian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Individual and group therapy for teens and young adults

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Master's of Occupational Therapy

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Master's of Occupational Therapy      Training in trauma and extensive work with refugees, immigrant groups

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ+, Muslim, survivors of violence, DBT/borderline personality disorder

**What is the cost of your services? / Quel est le coût de vos services?:** \$110/individual session; \$125 for parent/child group session

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Not at this time

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Nothing official but willing to negotiate

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Phone number / Numéro de téléphone:** 204-815-5815 ext 4

**Email / Courriel:** [nadia@middlepathwpg.com](mailto:nadia@middlepathwpg.com)

**Website / Site web:** [www.middlepathwpg.com](http://www.middlepathwpg.com)



**Name / Nom:** Nadine Tilma

**Gender identity / Identité de genre:** Woman

**Ethnicity / Ethnie:** Canadian-Haitian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Counselling

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Master's in Counselling



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** My entire practice is founded on these premises and the decolonization of mental health

**Languages offered / Langues offertes:** French / Français, English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ2S+

**What is the cost of your services? / Quel est le coût de vos services?:** 120 + GST

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes 80-110 no questions asked. Limited slots

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Email / Courriel:** [nadine@liveonpointcounselling.com](mailto:nadine@liveonpointcounselling.com)

**Website / Site web:** [www.liveonpointcounselling.com](http://www.liveonpointcounselling.com)



**Name / Nom:** Nazanin Moghadami

**Gender identity / Identité de genre:** Woman

**Ethnicity / Ethnie:** Iranian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Counselling and clinical supervision

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Master in Counselling Psychology, Registered Clinical Counsellor

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I draw from my lived, employment and training experiences. My practice as an Iranian immigrant is embedded in anti-O values and lense. As a non-Black, non-Indigenous person, I am committed to learning and listening to those who can educate me and allow me to self-reflect, learn and unlearn anti-Black racism both within a Canadian context and within an Iranian context.

**Languages offered / Langues offertes:** English / Anglais, Farsi

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** QTBIPOC folks. Refugees. Survivors of GBV. Immigrants and newcomers.

**What is the cost of your services? / Quel est le coût de vos services?:** \$130



**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Only to Black and Indigenous folks-I offer 5 free sessions until September 2020

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Email / Courriel:** nmoghadami@my.adler.edu

**Website / Site web:** <https://counsellingbc.com/listings/nmoghadami.htm>



**Name / Nom:** Neisau Ramcharan

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Afro-Caribbean Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Counselling, CBT, Brief Solution Focused and Narrative for anxiety, depression, stress and trauma

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters of Social Work

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Graduated from Ryerson University's Social Work program which is AOP. I practice from anti-racist, Black feminist thought, structural lens, acknowledging the oppression in clinical work while ongoing exercises of decolonizing my clinical social work practice.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ+, neuro divergent, differently-abled.

**What is the cost of your services? / Quel est le coût de vos services?:** \$150 per hour.

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Alberta Blue Cross & Medavie Blue Cross



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** No / Non

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** September 2020

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 587-778-7634

**Email / Courriel:** marigoldcounsellingconsulting@gmail.com

**Name / Nom:** Nicole Franklin

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Live Free CS provides client-centered, anti-oppressive and trauma informed mental health services. This includes: therapy sessions (in-person & virtual care), self-care and wellness workshops

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?**

**Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered Social Worker - Masters of Social Work, Psychotherapist

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I am a Black Therapist with over 10 years experience in anti-oppressive practice (AOP) within a trauma-informed framework.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** I also have an expertise in trauma-informed care and experience providing mental health care to LGBTQ2+ and People of Colour (BIPOC) from various religions and backgrounds

**What is the cost of your services? / Quel est le coût de vos services?:** Current Session is 155\$/ hour for individual sessions (reduced cost & sliding scale rates available)





**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** N/A

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** We do offer waitlist check-in & supports while you await service & provide direct referrals as needed.

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** (647) 812-0845

**Email / Courriel:** nicole@livefreecs.com

**Website / Site web:** Website: [www.livefreecs.com](http://www.livefreecs.com) & Instagram: @livefreecs

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** Live Free Counselling Services helps you: Reduce Stress, Increase Coping Strategies and Restore Life Balance. When you choose Live Free, you can expect professional, high quality, client-centered services that help move you forward.

A Live Free session is not just your typical 'talk therapy', but a safe space for you to design an effective plan to meet your goals including: reducing stress and anxious feelings, increasing coping strategies, strengthening relationships and healing trauma, while bringing forward hope, resilience. ARE YOU READY FOR CHANGE?



**Name / Nom: Nicole Haughton**

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Jamaican Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Psychoeducational Assessments and Counselling

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** M.Ed., C.Psych.



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Many of my clients are Black and the topic of racism, oppression, and self-identity are often discussed throughout our work together.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Newcomers

**What is the cost of your services? / Quel est le coût de vos services?:** \$200/clinical hour (50 mins)

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Not at this time



**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** September 2020

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 9053304574

**Email / Courriel:** nicole@nicolehaughton.com

**Website / Site web:** www.nicolehaughton.com

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I have several years of experience working with children and adolescents. I provide psychoeducational assessments for students who require further clarification of their learning strengths and needs (e.g., "giftedness", learning disabilities, attention/ADHD, emotional well-being). I also provide brief counselling services and parent consultations.

I have travelled to many different parts of the world and love to learn from and about others. I am passionate about health and lifestyle balance.



**Name / Nom:** Nicole Price-Thomas

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Counselling and psychoeducational assessment

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en  
travail social)?:** Registered Psychologist in Ontario (Masters level)

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist  
therapy? What competencies do you have working with Black individuals? / Quelles expériences et  
qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles  
compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have worked  
with Black individuals providing both counselling and psychoeducational assessment. I bring a unique  
perspective, not only because I am Black myself, but I focus on cultural and ethnic nuances.

**Languages offered / Langues offertes:** English / Anglais

**What is the cost of your services? / Quel est le coût de vos services?:** Sessions start at \$200 per therapy  
hour in accordance with the recommended \$225 per hour from the College of Psychologists of Ontario

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement  
à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à  
d'autres assurances? Si oui, lesquelles?:** No, clients pay me and then submit to their insurance.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? /  
Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces  
avantages?:** Not at this time. This is something I will consider in the future.

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en  
ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui



**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 416-951-3235

**Email / Courriel:** [info@seekinganswers.ca](mailto:info@seekinganswers.ca)

**Website / Site web:** [www.seekinganswers.ca](http://www.seekinganswers.ca)

**Name / Nom:** Noriko Baba

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Japanese

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Art Therapy, Couple and Family Therapy (including working with children/ adolescents) & Individual Therapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** MS.c: Couple and Family Therapy/ M.A: Art Therapy

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Trained in a psychiatry hospital with experiences in working with various populations by anti-oppressive and anti-racist therapy & Studied Master's level multicultural ethics and social work/ couple and family therapy courses regarding anti-oppression, anti-racist approaches as well as cultural humility.

**Languages offered / Langues offertes:** English / Anglais & Japanese / Japonais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ, Refugees/ Immigrants (including 1st, 2nd, 3rd generations), Trauma survivors (PTSD/ C-PTSD), anger management,





GAD: General Anxiety Disorder, Depression, Suicidal Ideation/ Self-Harm, Autism Spectrum Disorder, Learning Disability, etc

**What is the cost of your services? / Quel est le coût de vos services?:** \$120 (individuals)/ \$140 (couples & families)

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes - Based on discussion during the 1st session

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 514-294-1773

**Email / Courriel:** [norikoarttherapy@gmail.com](mailto:norikoarttherapy@gmail.com)

**Website / Site web:** [www.norikobaba.com](http://www.norikobaba.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** My areas of specialization include helping individuals who are suffering from chronic stress, anxiety, depression, self-esteem issues, ADHD, and various types of physical illnesses. I have helped people struggling with family conflicts, work/ school related difficulties, identity issues, and life transitions such as divorce, loss/grief, aging, and severe illness, such as cancer etc. By understanding each client's background and experience, I offer individualized treatment that is focused on the person, rather than issues to work towards increasing self-awareness, insights, and improving well-being.

**Name / Nom:** Parneet Chohan

**Gender identity / Identité de genre:** Gender Queer

**Ethnicity / Ethnie:** South Asian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui



**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**

Individual Counselling Therapy, Somatic Experiencing Therapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?**

**Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** M.A Counselling Psychology, Somatic Experiencing Practitioner

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Specialization in PTSD, C-PTSD including

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ, Survivors of childhood sexual assault, social anxiety, grief and loss

**What is the cost of your services? / Quel est le coût de vos services?:** \$60 - \$115/hour



**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, \$60 - \$115

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** 1.5 years. Folks may add their name to my waitlist

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Email / Courriel:** [parneetchohanmtk@gmail.com](mailto:parneetchohanmtk@gmail.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** Trauma therapist who believes in the healing and transformative power of mindbody unification.



**Name / Nom:** Patricia Paul

**Gender identity / Identité de genre:** Female,  
preferred pronoun she

**Ethnicity / Ethnie:** Mixed race

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Oui

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** M.Ed.  
Educational Psychology, M. Sc. (A) Couple and Family Psychotherapist



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Personal, professional, and working with marginalized and immigrant population

**Languages offered / Langues offertes:** French / Français & English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Couples and families, refugees, individuals or groups that have experienced trauma prior to or after immigrating, interracial couples

**What is the cost of your services? / Quel est le coût de vos services?:** \$100-\$150

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Offers insurance receipts for OTSTCF and Order of psychotherapists of Quebec (OPQ), which can be claimed directly with insurers covering such services.



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Email / Courriel:** [patricia.paul@mail.mcgill.ca](mailto:patricia.paul@mail.mcgill.ca)

**Name / Nom:** Phaedra Gryz

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Psychotherapy and Counselling

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters of Education, Counselling and Psychotherapy



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have been working with and supporting clients who identify as Black for over 12 years in both post secondary education and in private practice.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Perinatal Mental Health, Trauma, Self Esteem, Anxiety, Depression, Life Transitions, Grief

**What is the cost of your services? / Quel est le coût de vos services?:** \$150/50 minute session

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Phone number / Numéro de téléphone:** 613-702-1664

**Email / Courriel:** [phaedra@calmwaterspsychotherapy.ca](mailto:phaedra@calmwaterspsychotherapy.ca)

**Website / Site web:** <https://www.calmwaterspsychotherapy.ca/>

**Name / Nom:** Phuong Nguyen

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Vietnamese-Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui



**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Art Therapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Certified Art Therapist and Registered Psychotherapist (qualifying), Art Therapy Diploma

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Worked with BI-POC clients during my training, and currently working at a Newcomer/Refugee Shelter where the majority of clientele are from African countries.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Clients with substance use disorder



**What is the cost of your services? / Quel est le coût de vos services?:** Sliding scale: \$60 - \$120

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, Art Therapy at \$60/\$80/\$100/\$120 rates per hour

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-673-4414

**Email / Courriel:** [phu.q.ngu@gmail.com](mailto:phu.q.ngu@gmail.com)

**Website / Site web:** [www.arttherapywithphuong.ca](http://www.arttherapywithphuong.ca)

**Name / Nom:** Rami Nijjar

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Indian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Individual therapy, couples therapy, sex therapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** PhD in Clinical Psychology

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have spent the last couple of years trying to adapt self compassion protocols for BIPOC. To be honest, there is not a lot of good anti-racist training out there for counsellors (yet). What I know I've learned through coping with anxiety and stress as a POC in academia and in a very white profession. I work to understand how the many ways in which traditional psychology overlooks the experience of oppression and hope to be able to provide better therapy to the Black community by validating their experiences and attempting to undo some of the gaslighting and disrespect that is experienced out in the world.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** I have worked with





survivors of trauma, the LGBTQ community (last year I facilitated a mindful self compassion workshop for the trans student population at Stanford University).

**What is the cost of your services? / Quel est le coût de vos services?:** In Vancouver \$200; in Montreal \$160; sliding scale is available to 20% of my caseload based on need and availability.

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes I do, I offer a sliding scale to 20% of my caseload based on need. Those in need can pay what they can for 8 sessions.

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** No / Non

**Phone number / Numéro de téléphone:** 778-322-0952

**Email / Courriel:** [dr.rami.nijjar@gmail.com](mailto:dr.rami.nijjar@gmail.com)

**Website / Site web:** [www.resiliencepsychotherapy.com](http://www.resiliencepsychotherapy.com)



**Name / Nom:** Reece Malone

**Gender identity / Identité de genre:** Male

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Sex Therapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Doctorate of Human Sexuality, Masters of Public Health, Certified Sexologist, Certified Sex Therapist, Certified Sexuality Educator Supervisor

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Lived experience, teach issues in anti-oppression, intersectionality, colonization, CEO of Diversity Essentials - organization that delivers training and policy consultation on DEI, anti-oppression including direct and systemic racism as it intersects with sexuality.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:**





2SLGBTQI+/LGBTQ+, Indigenous populations, those with diverse sexual attractions and expressions including (non-monogamy, and fetishes, kink and BDSM)

**What is the cost of your services? / Quel est le coût de vos services?:** \$135/individual & \$155/relationship

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Arete Human Resources

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Negotiated

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 204-471-8771

**Email / Courriel:** [info@reecemalone.com](mailto:info@reecemalone.com)

**Website / Site web:** [www.reecemalone.com](http://www.reecemalone.com)

**Name / Nom:** Renee Raymond

**Gender identity / Identité de genre:** Female

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes/Oui

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue? / Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** N/A

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Individual, Couples, and Family Psychotherapy and Counselling

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?**

**Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered Psychotherapist, Registered Kinesiologist, Clinical Counsellor (C.C.C)

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** 90% of my clients are black and areas we cover include the workplace. I've done continuing education on anti-oppressive/anti-racist

**Languages offered / Langues offertes:** English / Anglais & French/Français

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Students, young professionals, professional transitions (work), new Immigrants, international students, refugees

**What is the cost of your services? / Quel est le coût de vos services?:** \$130 for a 50 minute session (individuals)/ \$145 couples





**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Not at this time

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, but there is currently a waitlist

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Late January

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-824-1213

**Email / Courriel:** renee@renucounselling.ca

**Website / Site web:** <https://renucounselling.ca>

**2-3 sentences about yourself (optional) / 2-3 phrases à propos de vous:** If you are ready to make a change, please call or email me to discuss if my services are right for you. It can seem intimidating to reach out, but it may be one of the most rewarding steps you can take.



**Name / Nom: Rupinder Bains**

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Indian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
No / Non

**If you do not identify as Black, do you have sufficient knowledge about anti-Black racism to provide therapy to individuals or families dealing with this issue?/ Si vous ne vous identifiez pas comme noir, avez-vous suffisamment de connaissances sur le racisme anti-noir pour accompagner des individus ou des familles confrontés à ce problème à travers un processus thérapeutique?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Psychotherapy

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered Provisional Psychologist / Masters in Counselling (M.A)

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have taken further training/courses in adopting a culturally sensitive approach to therapy, also my anti-oppressive lens in my personal worldview helps guide my work with clients.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** I have a lot of experience with LGBTQ population, I also sit on the Pride Board of Edmonton. I have worked very closely



with BIPOC cultures-- especially Muslim, Punjabi and Asians. My work often involves those who are recent immigrants, experiencing culturally sensitive concerns, or identity issues.

**What is the cost of your services? / Quel est le coût de vos services?:** \$180

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** BlueCross

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui


**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 780-851-2910

**Email / Courriel:** [rupinderbains.inc@gmail.com](mailto:rupinderbains.inc@gmail.com)

**Website / Site web:** <https://lighthousepsychological.ca/>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I have been working in the field of psychotherapy for 8 years. With compassion, and by holding space I strive to work collaboratively with clients towards their own fulfillment.



**Name / Nom:** Sacha Médiné

**Gender identity / Identité de genre:** Male

**Ethnicity / Ethnie:** Black

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Counselling

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered Clinical Counsellor

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Aside from lived experience as a Black person, I have extensive experience working with Black clients facing a variety of struggles (both directly and indirectly connected to anti-Black racism and structural violence), and operate for an explicitly justice seeking anti-racist lens.

**Languages offered / Langues offertes:** English / Anglais & Limited French / Français limitée

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Though I am cisgender and carry heterosexual privilege, I have experience working with QTBIPOC folks as well as folks living at the nexus of other systems of structural violence like citizenship status, Islamophobia, poverty, etc. I also have experience working with men and masc identified folks particularly around accountability for participation in patriarchy and gender based violence.

**What is the cost of your services? / Quel est le coût de vos services?:** \$140 + GST/session (with sliding scale options).

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non



**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** I offer \$30 - \$130/session sliding scale rates to be

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** Unknown. Likely September or October

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 778-318-8084

**Email / Courriel:** [Info@sachamedine.ca](mailto:Info@sachamedine.ca)

**Website / Site web:** [www.sachamedine.ca](http://www.sachamedine.ca)



**Name / Nom:** Sharon Y Ramsay

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Canadian of Caribbean descent

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**

Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**

Psychotherapy (individual, conjugal and family) /  
Psychothérapie (individuelle, conjugale et familiale)

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?**

**Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Registered Psychotherapist, Registered Marriage and Family Therapist, Certified Couple and Family Therapist, Master of Divinity



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:**

I have lived experiences, studied and done specific training course in the area of culture and anti-oppressive, anti-racist practices. I have also attended trainings in Canada and in the United States specifically about working with the impacts of socio cultural trauma with people of the African diaspora and how to ensure that the therapy models I prefer include specific intervention given the systemic barriers encountered by people due to issues of racism, class, socioeconomic status, etc. Having been a Psychotherapist since 1994, I've worked with a multicultural client base, including members of the Black community, individuals, couples and families. / J'ai de l'expérience vécue, des études et formations spécifiques dans les domaines de culture, et les pratiques anti-oppressives et anti-racistes. J'ai assisté à des formations au Canada et aux États-Unis particulièrement au sujet de comment travailler avec les impacts du traumatisme socio-culturelle des personnes de la diaspora Africaine ainsi que comment assurer que les modèles de thérapie dont je préfère inclus des intervention spécifique vu les barrière systématique qu'affronte les personnes à cause du racisme, la classe, statut socioéconomique, etc. Étant psychothérapeute depuis 1994, je travaillais avec une clientèle multiculturelle, y inclus les membres de la communauté noire - des individus, des couples et des familles.

**Languages offered / Langues offertes:** French / Français & English / Anglais



**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Yes. I have worked with individuals, couples and families from Hindu, Muslim, Jewish and Christian faiths, persons who have survived childhood trauma, sexual assault, domestic violence, those who are navigating the expected and unexpected transitions of life, those seeking pre-marital counselling, marital enrichment, navigating the unintended consequences of separation/divorce, recovery post-infidelity. / Oui. Dans le passé j'ai travaillé avec des individus, couples et familles Hindu, Musulmane, Juif et Chrétiennes, des personnes ayant survécu des traumatismes d'enfance, agression sexuelle, violence domestique, ceux en train de naviguer les événements prévu et imprévue des transition de vie, ceux à la recherche de thérapie avant mariage, enrichissement matrimonial, naviguer les conséquences imprévues des séparations ou divorces et rétablissement après infidélité.

**What is the cost of your services? / Quel est le coût de vos services?:** \$170/session including HST.

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** This is a difficult question to answer in that who is covered depends on a) which professionals a given insurance provider has selected and b) how the insurance program is structured. When an insurer has covered Registered Marriage and Family Therapists and/or Registered Psychotherapists, some expect to be billed directly (therapist to insurer) and others expect for the client to pay out of pocket and then submit receipts to the insurer for reimbursement. That being said it's important for students to verify and understand how their insurance works. / C'est une question difficile à répondre, qui est couvert dépend de a) quel professionnels un fournisseur d'assurance ai choisi et b) comment le programme d'assurance est structuré. Quand un assureur couvre les Thérapeutes de Mariage et famille autorisé ou bien les Psychothérapeute autorisé certain peuvent s'attendre à être facturé directement (thérapeute à assureur) et d'autre peuvent s'attendre à payer de leur poche et ensuite soumettre leur facture à l'assurance pour un remboursement. Ceci étant dit, il est important que les étudiants vérifie leurs assurance et comprennent comment ça fonctionne.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes. I will negotiate an affordable price for students in need. / Oui. Je négocierai un coût abordable pour les étudiant(e)s qui en auront besoin.

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** No / Non



**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** I believe I will be able to take on new clients mid-september 2020. / J'imagine que je sera en position d'accepter en mi-septembre 2020.

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-225-7638

**Email / Courriel:** [ramsay.rmft@sympatico.ca](mailto:ramsay.rmft@sympatico.ca)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** At the heart of psychotherapy is the relationship between the therapist and client, whether an individual, a couple or a family. What sets this relationship apart from others is that the client is very clearly the centre of attention; the therapist's focus is to understand the client's worldview and situation, assess the strengths they bring to the therapeutic relationship and then work with the client to put those strengths into action. / Au coeur de la relation thérapeutique est l'expérience d'être vue et entendue sans jugement. Mes services visent comme but, de privilégier l'expérience de chaque individu, couple et famille afin de les aider non seulement à imaginer une meilleure avenir mais de la poursuivre avec toutes leur forces.

**Name / Nom:** Simone Donaldson

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Jamaican / Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Counselling & Psychotherapy, Consulting, Education/Training, Group Facilitation

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:**

Masters of Social Work



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:**

I practice from an anti-Black racist, Afrocentric, trauma informed, attachment and holistic lens in all my work. I have been in the field for over 12 years with a focus on mental health, racialized community and youth. Before starting my practice I was a Social Worker at a community health centre for 7 plus years, where we prioritize the Black community. In this role supported clients through mental health challenges in a variety of ways including counselling, group work, case management and advocacy. In my practice I continue this work through prioritizing Black individuals 12-24 years old. I also work part-time as a School Based Mental Health Specialist using an ABR lens to run mental health groups meanwhile co-leading our Black staff healing circle.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** New immigrants & student visa

**What is the cost of your services? / Quel est le coût de vos services?:** \$130



**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Depends on need but typically \$80 - \$100

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-371-5344

**Email / Courriel:** [agapelensconsult@gmail.com](mailto:agapelensconsult@gmail.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I have intentionally and passionately devoted my life to addressing challenges where anti-Black racism and mental health collide. This devotion has always been both personal and professional as I too have been scarred by anti-Black racism. I love to journey with people on their way to mental wellness with warmth, humour, and transparency. I believe true healing allows people to become their most authentic self, allowing them to thrive and live out their purpose.

**Name / Nom:** Simone Linn

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Jamaican

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** (individual and couples) Extensive Trauma work, Anxiety, Depression, Gender/ Sexual Identity

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex. travailleur social, Maîtrise en travail social)?:** Registered Provisional Psychologist in Alberta  
Master of Counselling degree



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I work primarily with immigrants, and minorities. I'm culturally informed and does intensive research around anti-racist and oppression.

**Languages offered / Langues offertes:** English / Anglais & Jamaican Patois

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ, Muslims, compulsive behaviours, and anger management

**What is the cost of your services? / Quel est le coût de vos services?:** \$140 per 50-55 minutes

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Alberta Blue Cross and Green Shield

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Sliding scale is offered based on the number clients I have that are on the scale. It's based on a honesty system and as such is negotiated and agreement made with clients individually

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui (There's a waitlist)

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 587-220-7789

**Email / Courriel:** [healingjourneyps@gmail.com](mailto:healingjourneyps@gmail.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I strive to offer a safe, non-judgmental, supportive and caring environment that respects every individual. I adopt a person-centered approach which allows individuals to find their inner strength, build resilience and recognize small positive changes in their lives.



**Name / Nom:** Taina Mayberry

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Hatian Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:**  
Individual therapy and mental health workshops

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Ontario College of Social Workers and Social Service Workers

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Training, education and lived experience as Black woman

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Lgbtq+, youth, homeless and housing unstable adults, youth from the child welfare system

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** Greenshield Canada

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes. \$60 - 80 per session for short term therapy (15 sessions total)

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui





**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Email / Courriel:** [Tmayberry.therapy@gmail.com](mailto:Tmayberry.therapy@gmail.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** Self-care is an act of resilience.



**Name / Nom:** Tamara Henningham

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Jamaican

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Talk therapy - families, couples, individual and teen

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)?  
Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** CYW, MSW, RSW

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Aside from lived experience, I understand the privileges I have as a Therapist and how that influences the therapeutic relationship. I try to practice from a strength based approach. This helps with my clients recognizing their own strengths and co-regulate. Additionally, serves as a way to empower themselves.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** LGBTQ, anger management

**What is the cost of your services? / Quel est le coût de vos services?:** \$120 for a single session but I have subscription options (free consultation, \$60 student sessions, \$155 family therapy, \$135 couples therapy, \$120 talk therapy, \$120 life coaching, TBD for parents coaching).

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non



**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-696-2596

**Email / Courriel:** [Info@hnapractice.com](mailto:Info@hnapractice.com)

**Website / Site web:** <https://hnapractice.com/booking/>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** Tamara Henningham is the CEO & Founder of Henningham & Associates. With over a decade of experience in the field, Tamara specializes in parenting and healthy relationships. Her goal is destigmatize therapy by making it accessible and affordable. Seeking therapy should be as 'normal' as a visit to the doctor.

A strong believer in the phrase 'Health is Wealth' Tamara aspires to create a space where individuals can interact, learn and explore within themselves and their perceived reality.

Understanding the power of positive thinking, Tamara developed a wellness group called Musing of Minds. 'Musing of Minds' focuses on self development and empowerment through thoughtful discussion and collective support which encourages others to utilize effective mental health techniques.

**Name / Nom:** Tricia Cooper

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Caribbean

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** I provide mental health assessment and support for a wide range of diagnosis and traumatic experiences through clinical therapy, consultation or education. I also specialize in providing care informed by a Black Caribbean perspective.

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex. travailleur social, Maîtrise en travail social)?:** I am a registered social worker with a masters in Social Work



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** As a social worker and member of the Black community who has experienced oppression and racism, I have relevant, first hand experience that provides me with a sense of competence in providing anti-oppressive practice. Furthermore as an educator in post secondary institutions, I instruct students specifically on anti-oppressive practice and anti racist therapy. As a result I have a strong working knowledge of anti-oppressive theories and how they can be applied in practice. I have extensive experience working in several different Black communities and have provided services focused on Black children, youth and young adults, Black parents and women as well as Black families.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Refugee, LGBTQ, survivors of violence/ trauma, anger manager etc.

**What is the cost of your services? / Quel est le coût de vos services?:** \$120.00 per hour



**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** I do not directly bill to any insurance company at this time.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-274-4870

**Email / Courriel:** [tvh22cooper@outlook.com](mailto:tvh22cooper@outlook.com)

**Website / Site web:** <https://www.coopersupport4u.com/>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I am a reliable and experienced Counselling Professional, who specializes in working with individuals, children and families who are looking for support and making positive life changes. I believe that each of us deserves to live life feeling worthy of happiness and good health. Feel free to contact me with any questions, and learn how to reach your full potential.

**Name / Nom:** Vanessa Akello

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Acholi

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** I provide crisis intervention, consultations, clinical treatment to adults, couples, teens and children who are struggling with mental health issues such as anxiety, depression, trauma, relationship difficulties, eating disorders, identity issues, transition difficulties, personal crisis etc. I work with clients virtually (and in person after quarantine is lifted).



**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters of Clinical Social Work

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I am a person of colour who has deliberately taken a number of training in diversity; and uses anti-oppressive and anti-racist approach in my practice over the years. I have also offered pro bono services to new immigrant students and families, to give back, and help out.

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** Refugee, LGBTQ, survivors of violence/ trauma, anger manager etc.

**What is the cost of your services? / Quel est le coût de vos services?:** \$150 - \$170 (I offer sliding scale to some clients)



**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non. I have received direct referrals from universities and some students have sought me out. I have given them receipts, and they have e-transferred me the fees.

I'm in the process of registering for direct billing with StudentCare.

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes / Oui

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 780-222-7737

**Email / Courriel:** [connectpsychotherapy@gmail.com](mailto:connectpsychotherapy@gmail.com)

**Website / Site web:** <https://www.connectpsychotherapy.ca/>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** We desire good health, connections, and life. We feel at peace and are able to handle challenges when we are well. Healing and hope are easier to attain when we don't feel alone. I provide a safe space to explore and process your struggles or where you feel stuck. I work to identify your desired goal and develop strategies to achieve them. Together we can build your capacity to manage problems and strengthen your relationship. My goal is for you to feel hopeful, understood, and supported. I am an empathetic and experienced Therapist.



**Name / Nom:** Violet Morgan

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** Caribbean / Canadian

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:**  
Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** therapy for any one dealing with depression, anxiety, relationship issues, self-esteem etc

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social)?:** Masters of Social Work with a clinical focus

**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** I have over ten years working with people with mental health and addiction from across a wide range of socioeconomic status.

**Languages offered / Langues offertes:** English / Anglais & Patois

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ+, musulmans, réfugiés, survivants de violence, gestion de la colère)?:** I have experience working with a wide range of presenting problems/issues

**What is the cost of your services? / Quel est le coût de vos services?:** \$180 per hour

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non

**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** I do not bill directly however I do provide a receipt that clients can use to claim through their insurance company





**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** I do try to assist persons who are not able to afford my hourly rate on an individual basis

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 403-399-8995

**Email / Courriel:** [violetjmorgan@gmail.com](mailto:violetjmorgan@gmail.com)

**Website / Site web:** <https://violetjmorgan.com/>

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I'm a Registered Social Worker in good standing with the Alberta College of Social Work. My goal as a therapist is to help you identify and challenge behaviors and patterns that are causing stress or impacting your overall well-being.

**Name / Nom:** Yemi

**Gender identity / Identité de genre:** Female

**Ethnicity / Ethnie:** African

**Do you self-identify as Black? / Est-ce que vous vous identifiez comme étant une personne noire?:** Yes / Oui

**What mental health services do you provide? / Quels services de santé mentale offrez-vous?:** Anxiety; Depression and loneliness; Conflict resolution; School and work issues; Stress and burnout; Trauma and abuse Grief / loses Anger and non-assertiveness; Relationship Difficulties; Group counselling; Assessment & Capacity; Substance use; Difficult life transitions

**What are your professional qualifications and degrees (ex. social worker, Masters of Social Work)? Quelles sont vos qualifications professionnelles et votre diplôme (ex: travailleur social, Maîtrise en travail social):** Masters in Social Work



**What experiences and qualifications do you have in providing anti-oppressive and anti-racist therapy? What competencies do you have working with Black individuals? / Quelles expériences et qualifications avez-vous dans l'offre d'une thérapie anti-oppressive et anti-raciste? Quelles compétences ou expériences de travail avez-vous auprès de la communauté noire?:** Currently enrolled in training to decolonize Black in therapy; other training in racialized trauma

**Languages offered / Langues offertes:** English / Anglais

**Are there any other additional populations you have experience and competencies providing care for (e.g. LGBTQ+, Muslim, refugee, survivors of violence, anger management)? / Y a-t-il d'autres populations pour lesquelles vous avez de l'expérience et des compétences en matière de soins (ex. LGBTQ +, musulmans, réfugiés, survivants de violence, gestion de la colère):** Youth; Seniors; Individuals; Christians; refugee Immigrants

**What is the cost of your services? / Quel est le coût de vos services?:** \$130

**Do you bill directly to StudentCare which covers university students? / Facturez-vous directement à StudentCare qui couvre les étudiants universitaires?:** No / Non



**Do you bill directly to any other insurance? If so, which ones? / Facturez-vous directement à d'autres assurances? Si oui, lesquelles?:** No / Non

**Do you offer any sliding scale benefits for clients who have lower income? If so, what are they? / Offrez-vous des avantages à échelle mobile aux clients à faible revenu? Si oui, quels sont ces avantages?:** Yes, \$90 - \$120

**Do you provide remote sessions online or over the phone? / Offrez-vous des sessions à distance en ligne ou par téléphone?:** Yes / Oui

**Are you taking new clients? / Prenez-vous des nouveaux patients?:** Yes / Oui

**If you are not currently taking new clients, when do you anticipate you will?/ Sinon, veuillez nous informer lorsque cela devrait changer?:** Yes / Oui

**Do you offer sessions during evenings or weekends? / Offrez-vous des séances le soir ou la fin de semaine?:** Yes / Oui

**Phone number / Numéro de téléphone:** 647-490-8324

**Email / Courriel:** [Yemi@yemfadetherapy.com](mailto:Yemi@yemfadetherapy.com)

**Website / Site web:** [www.yemfadetherapy.com](http://www.yemfadetherapy.com)

**2-3 sentences about yourself / 2-3 phrases à propos de vous:** I am a Registered Social Worker with a masters in Social Work. I am a member of the College of Social Workers and Social Services Workers, the Ontario Association of Social Worker. I provide counselling and psychotherapy to adults, youths and seniors. In addition, I provide house calls counselling if needed.

My approach is genuine, client-centered and non-judgmental. My focus is helping individuals face their challenges using counselling model to effectively recapture connections in your relationship, work, and school. I am fluent in English, Yoruba, and Pidgin.