

# Free WALK-IN COUNSELLING

## OFFERING VIRTUAL AND IN-PERSON SESSIONS

We offer **FREE** 1-hour counselling sessions (virtual and in-person) with trained clinicians.

### Every Tuesday and Wednesday.

- Same-day sessions
- First-come, first-served basis
- New clients prioritized
- Wait times vary
- All ages welcome (parental consent under 12)
- Individual, couples, and family counselling
- No OHIP or referral required



Counselling provided by registered professionals for a wide range of concerns such as: anxiety, depression, anger management and difficulties with work, school or relationships.

### In-Person Sessions

- Available on Tuesdays
- **Location: 815 Danforth Ave**
- Walk-in between 4pm and 6:15pm to book a session (limited spots available)
- Time: Registration/Intake starts at 4pm and ends at 6:15pm (or when spots are filled up)
- Sessions start between 5pm-7pm and end between 6:30pm-8:30pm based on the intake time

### Virtual Sessions

- Available on Wednesdays
- Phone and Video sessions
- **Call 416-645-6000 Ext. 1990** on Wednesday between 4pm-6:15pm to book - **leave a voicemail**
- Time: Registration/Intake starts at 4pm and ends at 6:15pm (or when spots are filled up)
- Sessions start between 5pm-7pm and end between 6:30pm-8:30pm based on the intake time

Call or Email for more info:

416-645-6000 Ext. 1990

[WIC@woodgreen.org](mailto:WIC@woodgreen.org)



Opportunity made here.



[WOODGREEN.ORG](http://WOODGREEN.ORG)

# WoodGreen Community Services Financial Empowerment Counselling



Our trained Registered Social Workers provide individuals & families living on a low-income with **FREE** support to:



Access benefits to increase income & decrease expenses



Understand credit & explore debt management options




Budget and track expenses



Learn about savings tools & create a savings plan

## For appointments by phone or in-person contact:

 **416-645-6000 ext. 1330**

 **[fe@woodgreen.org](mailto:fe@woodgreen.org)**

 **815 Danforth Ave.,  
3rd floor**



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# HOMWORK HELP CLUB

FOR YOUTH GRADES 7-12  
SCIENCE, MATH, COMPUTER SCIENCE

WEEKLY ON TUESDAYS, 4-6PM  
THROUGHOUT THE YEAR



COME GET THE SUPPORT YOU  
NEED WITH HOMEWORK

SPOTS ARE LIMITED!!!

To register

<https://bit.ly/HomeWorkHelp2023>

For more information, contact  
Oge Nwachukwu James on 647-302-3296 OR  
Email: [ojames@woodgreen.org](mailto:ojames@woodgreen.org)



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# Post Secondary Series

*Navigate life after high school with us...whatever that looks like for you.*



## CHOOSING A SCHOOL

Thinking about applying to college or university? Not sure which school is the right one for you? Join us as we go over what to look for when choosing schools.



REGISTER HERE



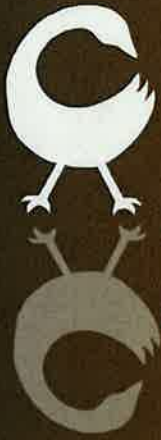
## When & Where

Thursday October 18th  
2206 Eglinton Ave E. 7<sup>th</sup> Fl.  
and online

## Who

Youth 14-29 considering higher education, upgrading their career, or at any stage in their school or employment journey.

 [ywc@woodgreen.org](mailto:ywc@woodgreen.org)  
 [@woodgreenywc](https://www.instagram.com/woodgreenywc)



# idagbà

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## RITES OF PASSAGE



### IDAGBA RITES OF PASSAGE

is an African-inspired process that supports young people of African descent between the ages of 18-25 on their journey to self-discovery and maturity.

## ORIENTATION SESSION

Tuesday, OCT 9TH

6PM-7:30PM

95 Wellesley St E.

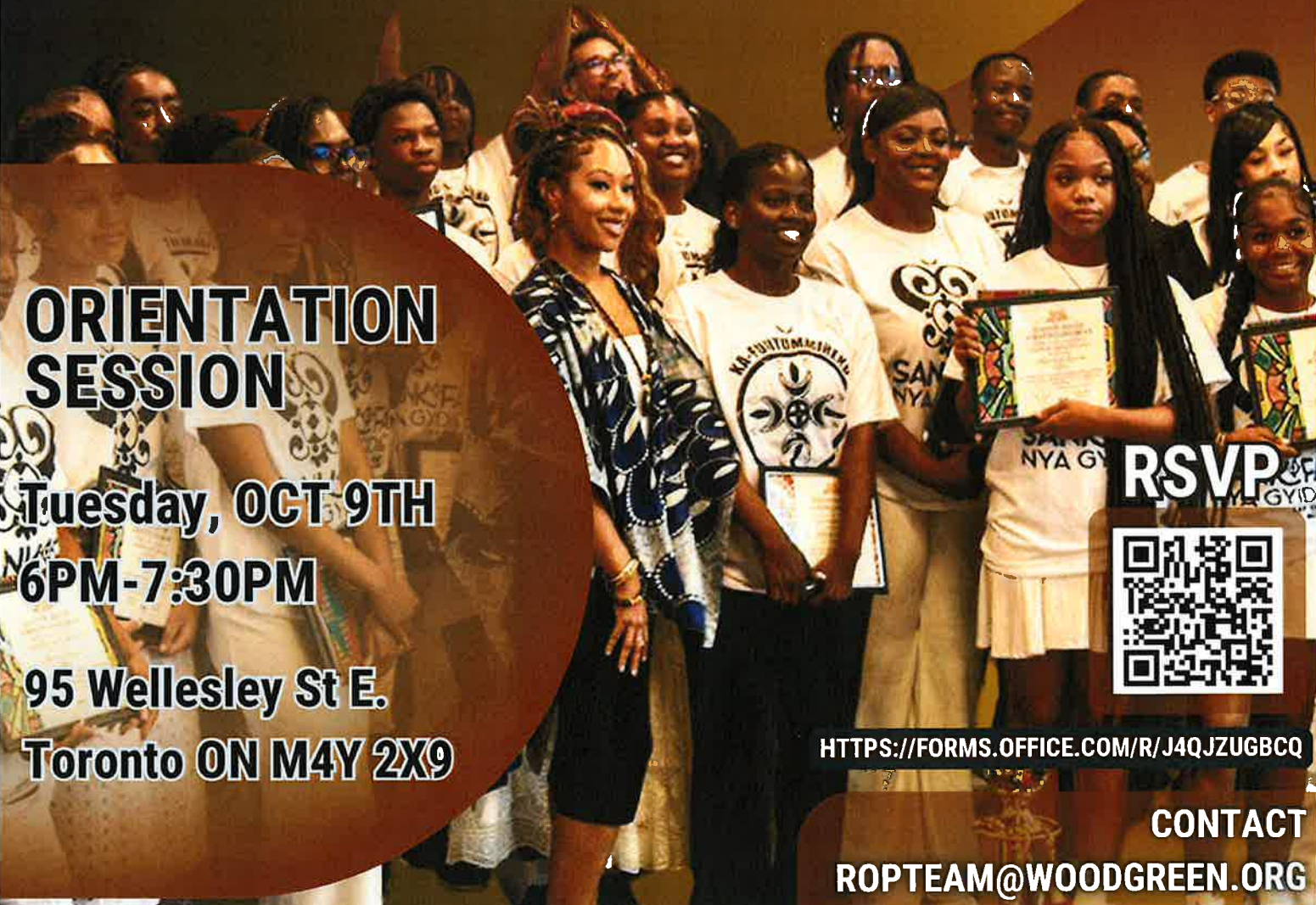
Toronto ON M4Y 2X9

RSVP



[HTTPS://FORMS.OFFICE.COM/R/J4QJZUGBCQ](https://forms.office.com/R/J4QJZUGBCQ)

CONTACT  
ROPTeam@WOODGREEN.ORG



# Integrated Employment Services for JOB SEEKERS

**WOODGREEN IS HERE TO HELP YOU FIND WORK**

## Services include:

- Pre-Employment Support
- Individual Job Coaching
- Mock Interview Support
- Resume Cover Letter & Interview Preparation
- Work Trials & Job Placements
- Access to Job Postings
- Programs for Persons with Disabilities
- Settlement Support Services
- Apprenticeship Information
- Career Exploration

### Eligibility

Individuals of legal working age; must be resident of Ontario and eligible to work in Canada



## Offering services at 4 locations in the GTA:

- 2930 Lake Shore Blvd West (Lakeshore & Islington)
- 219 Dufferin St. Suite 1C (Dufferin & King)
- 1533 Victoria Park Ave. (Victoria Park & Eglinton)
- 811 Danforth Ave (Danforth & Pape)



For more information or to register for WoodGreen's services, please email [findajob@woodgreen.org](mailto:findajob@woodgreen.org) OR call (416) 405-5254

 woodgreen.org



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# YOUTH OUTREACH TEAM (YOT)

The YOT is a collaborative and intensive community-based service offered to youth 16-29 years of age with complex mental health and substance use issues by meeting them in their communities. Our program is driven by the voices of youth located in East Toronto and prides itself on delivering accessible and comprehensive care founded in harm reduction, trauma-informed, anti-oppressive, and anti-racist practices.



## Case Management

Hands-on services to help you find, access, and navigate different resources related to housing, legal support, healthcare, and so on.

01

## Peer Support

A unique form of support based on shared lived experiences to help youth build connection, resiliency and community in their lives.

02

## Counselling

Individual client-centered and strengths-based counselling services offered to youth to foster safety, hope and personal healing.

03

## Psychiatry

Intensive mental health care focused on the diagnosis and medical treatment of severe psychological conditions and symptoms.

04

**For more information or to submit a referral, use the QR code or contact the YOT at the email below! Now accepting self-referrals!**



# YOUTH HOUSING NAVIGATOR PROGRAM



- Youth between the ages of 16-30 years old;
- Living in Toronto or the inner-city suburbs of the GTA; and
- Street homeless; or
- In transition from shelter; or
- In transition from transitional/supportive housing; or
- Precariously housed (in transition from housing because of an eviction or unsafe living conditions)



## Housing

### Stabilization Supports

- Housing searches
- Shelter transitions
- Landlord advocacy
- Viewings/Inspections
- Lease review
- Evictions support



## Education

### Self-Empowerment

- Rent Smart workshops
- Hands-on modeling
- Tools & resources
- RTA literacy support
- Legal council referrals



## Financial Aid

### Security

- Financial health assessments
- Short-term rent subsidy
- Budgeting support
- Financial counseling referrals
- Tax clinic referrals
- Employment support



**Apply Now**

[wmccarty@woodgreen.org](mailto:wmccarty@woodgreen.org)

**More Information**

[www.woodgreen.org](http://www.woodgreen.org)



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# BASKETBALL DROP IN THURSDAYS

BEGINS  
THURSDAY  
OCTOBER 2ND

THURSDAYS  
6:30PM

AGE: 13-24

GENDER: co-ed

The Playground (75 Thermos  
Rd, Scarborough, ON M1L 0E6)  
Contact: Erik Wexler -  
ewexler@woodgreen.org



# KITCHEN BUDDIES



With Shauna Kearns

## When:

Winter & Fall Sessions

Exact dates will be provided to those who register

## What:

5-week skill building program where you will learn your way around the kitchen and build confidence in cooking & baking!

## Who:

Youth ages 13-24

## Where:

Online/Virtual

Register here:



[bit.ly/kbYWC](https://bit.ly/kbYWC)

**GROCERY CARDS, VOLUNTEER HOURS & CERTIFICATE OF COMPLETION PROVIDED**

For more info, contact:  
[Ojames@woodgreen.org](mailto:Ojames@woodgreen.org)





**RENT SMART**

EDUCATE **ACTIVATE** ELEVATE

# WoodGreen Tenant Empowerment Course

60 Brant St,  
Toronto, ON  
M5V 3G9  
Canada



All sessions are offered  
virtually and in-person

- > 📞 437-925-9879
- ✉️ [wmccarty@woodgreen.org](mailto:wmccarty@woodgreen.org)
- 🌐 [www.woodgreen.org](http://www.woodgreen.org)

**97%**  
OF ONTARIO  
**RENTSMART**  
GRADUATES REPORT  
THEY ARE A MORE  
**CONFIDENT**  
**TENANT**

AS A RESULT OF A  
RENTSMART COURSE

[LINK TO REGISTER](https://forms.office.com/r/Sw16nXTUaW)

<https://forms.office.com/r/Sw16nXTUaW>

## OUR LEARNING MODULES

Tuesday October 7th  
6:30pm-8:30pm

Tuesday October 14th  
6:30pm-8:30pm

Tuesday October 21st  
6:30pm-8:30pm



### PART 1

Housing Searches  
Inspection  
Securing a location



### PART 2

Budgeting  
Benefits  
Money Matters



### PART 3

Communication  
Caring for your home  
Rights & Responsibilities



Opportunity made here.



# ACTIVATE. ELEVATE. EMPOWER.

## GOT GAME!

 **READY TO LEVEL UP YOUR GAME? JOIN THE ULTIMATE YOUTH BASKETBALL EXPERIENCE AT THE PLAYGROUND - HOME OF HIGH-ENERGY HOOPS, TWICE A WEEK! OUR LEAGUE ISN'T JUST ABOUT BASKETBALL; IT'S ABOUT RISING UP, PUSHING LIMITS, AND PLAYING WITH PASSION. COME BALL WITH THE BEST AND BECOME PART OF SOMETHING LEGENDARY.  **

**DAY: MONDAY EVENINGS**

**TIME: 6:30PM**

**AGE: 14-24 (CO-ED)**

**COST: FREE**

**ADDRESS: THE PLAYGROUND (75 THERMOS RD,  
SCARBOROUGH, ON M1L 0E6)**

## OPEN RUNS

**REGISTRATION:**

**[HTTPS://FORMS.OFFICE.COM/R/39WAX01890](https://forms.office.com/R/39WAX01890)**

**CONTACT: ERIK WEXLER - EWEXLER@WOODGREEN.ORG**



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