

Counselling, CBT, Grief, VAW Resources and Counselling services for Youth

A Simplified Resource for individuals with little or no coverage

1. Counselling Services

Family Services Durham

Phone: (905) 666-6240

Web address: [Durham Region - Counselling](#)

They are subsidized but there is a fee to access the program.

Catholic Family Services

Phone: 905-725-3513

Web Address: [Catholic Family Services](#)

This is also a subsidized service, and there is a fee to access them. Also, they are only funded by the catholic church, otherwise, they are not Christian counselors.

Fee for Services: Economical Psychotherapy

<https://inkblottherapy.com/>

Website to find counselors doing private practice:

[Psychology Today](#)

*This resource is pricier for someone who does not have coverage

2. Cognitive Behavioral Therapy Resources

AbilitiCBT

Online website to do CBT programming, all digitally, free. Includes modules to work through and a therapist that follows up with your work and you will touch base with you by phone, video or messaging.

[AbilitiCBT](#)

Bounce Back

Participants receive telephone coaching, skill-building workbooks and online videos to help them overcome anxiety and depression symptoms and gain new skills to regain positive mental health. Accepts self-referrals.

[Bounce Back](#)

Wellness Together Canada

This site has a series of programs and services that you can do online. Their programming is founded upon Cognitive Behavioural Therapy (CBT).

[Wellness Together](#)

Mind Beacon

Mind Beacon is a therapist guided program that is completely digital and free of cost, focusing on the Cognitive Behavioural Therapy Model.

[Mindbeacon](#)

Woebot

Woebot is an app that you can download to your cell phone. It's created upon the CBT model. Here is the website.

[Woebot](#)

3. Resources for Grief

Book

The Paradoxes of Morning by Alan D. Wolfelt, 2015

This author specializes in grief and healing. He has many other books that may be of interest. I found some of the titles at the public library and read this off their online book list.

Community Services

Bereaved Families of Ontario, Durham Region

<https://www.bfodurham.net/>

This community service is volunteer based, peer support service, whereby they match you with others who have had a similar loss in their life and have been trained to support others in grief.

Internet Resources

Wellness Together, Canada

Connections with a grief coach or someone to talk with to help process grief.

<https://wellnesstogether.ca/en-CA/grief-and-loss-coaching/>

MyGrief.ca

Online platform that offers online self- directed courses and modules to support people who are grieving.

[MyGrief.ca](#)

Psychotherapist in Private Practice- fee for service

Beach Grove Counselling

Matthew Asser

1 (289) 638-8699

<https://beachgrovecounselling.com/about/>

Operates from an online platform

4. Violence Against Women Resources Services

Catholic Family Services Durham

Women abuse and Child Witness Programs

https://www.cfsdurham.com/english/Woman_Abuse.html

Assaulted Women's Helpline

<https://www.awhl.org/>

Legal Aid Ontario

<https://www.legalaid.on.ca/services/family-legal-issues/>

Luke's Place

<https://lukesplace.ca/for-women/>