

**Christian Mental Health-Related Supports in GTA and others:**

**This list is maintained by**  
**Working Group for the Promotion of Mental Health in Faith communities**  
**<www.mentalhealthandfaith.com>**

<b>Organization / Church</b>	<b>Name of M.H. related ministry</b>	<b>Brief description</b>
<ul style="list-style-type: none"> <li>New Hope Fellowship (Toronto and Mississauga)</li> </ul>	<ul style="list-style-type: none"> <li>Micah 6:8 justice ministry</li> <li><a href="http://newhopefellowship.ca/ministries/outreach-ministry/">http://newhopefellowship.ca/ministries/outreach-ministry/</a></li> </ul>	<ul style="list-style-type: none"> <li>Partner with the Boarding Homes Ministry, sending teams to visit and support boarding homes on a bi-weekly basis</li> </ul>
<ul style="list-style-type: none"> <li>Bloor Lansdowne Christian Fellowship (Toronto)</li> </ul>	<ul style="list-style-type: none"> <li>BLCF Café</li> <li><a href="http://www.blcfchurch.ca/ministry-in-the-heart-of-toronto.php">http://www.blcfchurch.ca/ministry-in-the-heart-of-toronto.php</a></li> </ul>	<ul style="list-style-type: none"> <li>Provides a free community meal every week (feeds 150 street involved people weekly), provides free clothing, time of worship and fellowship, etc.</li> </ul>
<ul style="list-style-type: none"> <li>Church of the Redeemer (Toronto)</li> </ul>	<ul style="list-style-type: none"> <li>Drop-in meal and outreach</li> <li><a href="http://www.theredeemer.ca/Page/LunchProgram.html">http://www.theredeemer.ca/Page/LunchProgram.html</a></li> </ul>	<ul style="list-style-type: none"> <li>Offer free community meals, counseling services, employment assistance, etc.</li> </ul>
<ul style="list-style-type: none"> <li>St. Andrew's Church (Toronto)</li> </ul>	<ul style="list-style-type: none"> <li>Out of the Cold</li> <li><a href="http://www.standrewstoronto.org/share/serve/ootc_about.html">http://www.standrewstoronto.org/share/serve/ootc_about.html</a></li> </ul>	<ul style="list-style-type: none"> <li>Offer free community meals and outreach</li> <li>St Andrew's also partners with the Boarding Homes Ministry</li> </ul>
<ul style="list-style-type: none"> <li>Summit Community Church (Markham)</li> </ul>	<ul style="list-style-type: none"> <li>Celebrate Recovery</li> <li><a href="http://www.summitcommunity.ca/ministries/celebraterecovery/">http://www.summitcommunity.ca/ministries/celebraterecovery/</a></li> </ul>	<ul style="list-style-type: none"> <li>A 12-step program for those struggling with addiction, loss, grief or depression related issues</li> </ul>
<ul style="list-style-type: none"> <li>Sanctuary Ministries of Toronto (Toronto)</li> </ul>	<ul style="list-style-type: none"> <li>Sanctuary Ministries of Toronto</li> <li><a href="http://www.sanctuarytoronto.ca/programs/programs.php">http://www.sanctuarytoronto.ca/programs/programs.php</a></li> </ul>	<ul style="list-style-type: none"> <li>Offers a range of programs and services – drop-ins, health clinic, worship services, street outreach</li> </ul>
<ul style="list-style-type: none"> <li>Scott Mission (Toronto)</li> </ul>	<ul style="list-style-type: none"> <li>Scott Mission Ministries</li> <li><a href="http://www.scottmission.com/programs/services">http://www.scottmission.com/programs/services</a></li> </ul>	<ul style="list-style-type: none"> <li>Offers a range of men's and women's ministries – drop-ins, meals, socials, worship services</li> </ul>
<ul style="list-style-type: none"> <li>Shalem Mental Health Network (Hamilton)</li> </ul>	<ul style="list-style-type: none"> <li>Shalem Mental Health Network</li> <li><a href="http://shalemnetwork.org/support-programs/short-programs-overview/">http://shalemnetwork.org/support-programs/short-programs-overview/</a></li> </ul>	<ul style="list-style-type: none"> <li>Provides faith-based mental health supports and resources to individuals, families and faith communities (with a fee for services)</li> </ul>

<ul style="list-style-type: none"> <li>• Living Room (B.C., Canada)</li> </ul>	<ul style="list-style-type: none"> <li>• Living Room</li> <li>• <a href="http://sanctuary-ministries.com/living-room/about/">http://sanctuary-ministries.com/living-room/about/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Peer support group ministry for people with mood disorders</li> </ul>
<ul style="list-style-type: none"> <li>• Midtown Alliance Church (Toronto)</li> </ul>	<ul style="list-style-type: none"> <li>• Brunch Club every 3<sup>rd</sup> Saturday morning</li> <li>• <a href="http://www.midtownac.ca/contactus/">http://www.midtownac.ca/contactus/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Fresh cooked nutritious brunch with worship after</li> </ul>
<ul style="list-style-type: none"> <li>• Toronto Alliance Church (Toronto)</li> </ul>	<ul style="list-style-type: none"> <li>• Community evenings takes place on Saturday evenings from 4-8pm</li> <li>• <a href="http://torontoalliancechurch.ca/community-night/">http://torontoalliancechurch.ca/community-night/</a></li> </ul>	<ul style="list-style-type: none"> <li>• It is a full evening serving a group of 125 – 150 mainly street-involved people. Community Night includes a hot meal, food bank, clothing bank, nursing care and worship service</li> </ul>
<ul style="list-style-type: none"> <li>• Toronto Chinese Baptist Church</li> </ul>	<ul style="list-style-type: none"> <li>• Cantonese Bible Study for women take place on Friday 11:00am</li> <li>• Contact person : Alisa Cheung &lt;alisacheung7@gmail.com&gt;</li> </ul>	<ul style="list-style-type: none"> <li>• Peer support for women experiencing mental health issues through Bible study</li> </ul>
<ul style="list-style-type: none"> <li>• St Paul Anglican Church on Bloor (Toronto)</li> </ul>	<ul style="list-style-type: none"> <li>• Grief Care and Dealing with Depression</li> <li>• Small groups for peer support</li> <li>• <a href="http://www.stpaulsbloor.org/programs-courses">http://www.stpaulsbloor.org/programs-courses</a></li> </ul>	<ul style="list-style-type: none"> <li>• Groups are open to public</li> </ul>
<ul style="list-style-type: none"> <li>• Bramlea Baptist Church (Brampton)</li> </ul>	<ul style="list-style-type: none"> <li>• Counselling</li> <li>• Stephen Ministry</li> <li>• Visitation Ministry</li> <li>• Coping with Bereavement</li> <li>• Hospitality</li> <li>• <a href="http://www.bramalea.org/ministries/care-ministries">http://www.bramalea.org/ministries/care-ministries</a></li> </ul>	<ul style="list-style-type: none"> <li>• Care Ministries include a number of classes, services and support groups for hurting people.</li> </ul>
<ul style="list-style-type: none"> <li>• Restore Canada (Markham)</li> </ul>	<ul style="list-style-type: none"> <li>• Care Planner</li> <li>• Partnership with churches meeting local needs</li> <li>• Training for churches in community support</li> <li>• <a href="http://www.restorecanada.org/">http://www.restorecanada.org/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Works through local church partners to help with food, shelter, counselling or spiritual support</li> </ul>
<ul style="list-style-type: none"> <li>• Trinity Church Aurora (Aurora)</li> </ul>	<ul style="list-style-type: none"> <li>• Clothes Closet</li> <li>• Strengthening Families Together</li> <li>• Horizons of Hope</li> <li>• Visitation and support from pastoral staff</li> </ul>	<ul style="list-style-type: none"> <li>• Cloth bank</li> <li>• Educational program for caregivers with mental illness</li> <li>• Monthly support for caregivers of people with mental illness</li> <li>• Advocacy and support for families impacted by mental illness</li> </ul>

	<ul style="list-style-type: none"> <li>• <a href="http://www.trinityaurora.ca/ministries.htm">http://www.trinityaurora.ca/ministries.htm</a></li> </ul>	
<ul style="list-style-type: none"> <li>• The Institute of Family Living (Toronto)</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment and Counselling provided by associates and consultants from different faith traditions, including Christian and Jewish</li> </ul>	<ul style="list-style-type: none"> <li>• Individual therapy, marriage counseling, couple and family therapy, pre-marital counseling, family mediation, and child and adolescent counseling, including psycho-educational assessments</li> </ul>
<ul style="list-style-type: none"> <li>• Christian Counselling Centre, CCC (Burlington, Toronto, )</li> </ul>	<ul style="list-style-type: none"> <li>• Counselling</li> <li>• Outreach to vulnerable youth at school</li> <li>• Partnerships with church to provide counseling</li> <li>• <a href="http://www.christiancounselingcentre.ca/">http://www.christiancounselingcentre.ca/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Biblical based counseling for those who are distressed or struggling emotionally, mentally and spiritually</li> </ul>
<ul style="list-style-type: none"> <li>• Tyndale Counselling Services</li> </ul>	<ul style="list-style-type: none"> <li>• Individual, couple &amp; family Counseling</li> <li>• Personality Inventories</li> <li>• Seminars and Events</li> <li>• Consultation and referrals</li> <li>• <a href="http://www.tyndale.ca/counseling">http://www.tyndale.ca/counseling</a></li> </ul>	<ul style="list-style-type: none"> <li>• Tyndale Counselling Services are available to all currently registered students of the University College and Seminary ; Services will be available to public in the near future</li> </ul>
<ul style="list-style-type: none"> <li>• The Oasis in Kanata, Glen Cairn United Church (Kanata)</li> </ul>	<ul style="list-style-type: none"> <li>• A community outreach program and support for caregivers for people with mental illness</li> <li>• Monthly meetings and educational programs</li> <li>• <a href="http://theoasiskanata.ca/who-we-are/">http://theoasiskanata.ca/who-we-are/</a></li> </ul>	<ul style="list-style-type: none"> <li>• A community outreach program of Glen Cairn United Church (GCUC) dedicated to providing support for caregivers of people with mental illness.</li> </ul>
<ul style="list-style-type: none"> <li>• Sanctuary Mental Health Ministries (B.C., Canada)</li> </ul>	<ul style="list-style-type: none"> <li>• Sanctuary M.H. Ministries</li> <li>• <a href="http://sanctuary-ministries.com/about/">http://sanctuary-ministries.com/about/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Create awareness around mental health issues and facilitate the improvement of caring activities within the Church</li> </ul>
<ul style="list-style-type: none"> <li>• Pine Rest Mental Health Services (Michigan and Iowa, USA)</li> </ul>	<ul style="list-style-type: none"> <li>• Full continuum of services including addiction treatment and recovery, extensive child and adolescent programs, senior care services, and Electroconvulsive Therapy (ECT)</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Health facility that offers inpatient and outpatient treatments rooted in Christian values</li> </ul>
<ul style="list-style-type: none"> <li>• Christian Health Care Center, CHCC (New Jersey,</li> </ul>	<ul style="list-style-type: none"> <li>• mental-health services through four programs</li> <li>• <a href="http://www.christianhealthcare.org/me">http://www.christianhealthcare.org/me</a></li> </ul>	<ul style="list-style-type: none"> <li>• Mental Health facility that offers inpatient and outpatient treatments rooted in Christian values</li> </ul>

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If you are running a faith-based support group or ministry and you would like to be listed on this website. Please contact : [info@mentalhealthandfaith.com](mailto:info@mentalhealthandfaith.com)