It is our goal as a team to help support our community members with the information and tools they need to live the good way of life. Each of our team members can support you throughout your health journey.
Counselling services are offered to individuals at risk of or living with Diabetes. Our service integrates Traditional and Western approaches to alleviate mental health challenges across the life cycle. Experiencing chronic health issues can create powerful feelings. Our services are for all people with concerns about their emotional, psychological, behavioural, and or cognitive health.

- Want someone to listen?
- Experience high levels of stress?
- Have a hard time coping with illness?
- Feel overwhelmed?
- Feel like your emotions are out of balance?
- Need support with housing or other services?
- Want to explore life experiences?

What to expect from your first appointment:

- Space will be held for you to share your story.
- Your feelings and ideas will be at the forefront during this process.
- Your strengths, values, and experiences will be honoured.
- You will work collaboratively to set goals and explore ways to creatively meet them.

416-360-0486 ext.254

ANISHNAWBE
HEALTH TORONTO