



CENTRE FRANCOPHONE
DU GRAND TORONTO

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TORONTO
LEAD AGENCY
for infants, children and
youth mental health

CAFCAN and Centre Francophone Join What's Up Walk-In Network

March 2021 - Toronto's Lead Agency for child and youth mental health, Strides Toronto, and the What's Up Walk-In network of agencies are pleased to announce that Centre Francophone and Caribbean African Canadian Social Services (CAFCAN) have joined and will be delivering single-session therapy in the coming months.

In a "drop in" format, What's Up Walk-In clinics provide free counselling for children, youth, young adults up to 29 years, and their families. During the COVID pandemic, "drop in" happens by telephone or video conferencing.

CAFCAN has a 25-year legacy of supporting families, youth and individuals in Toronto, with a particular focus on the African and Caribbean Canadian communities. This partnership expands the What's Up Walk-In's ability to provide culturally appropriate services to these communities through an increase in our geographic reach into the north part of Toronto. Centre Francophone has provided a range of French language health, settlement and social services in the city since 2004 and will significantly expand What's Up Walk-In's French-language capabilities.

Mental Health TO (MHTO), a central point of access into Toronto's 26 community-based mental health agencies, as a partner to the What's Up Walk-In network, is pleased to welcome CAFCAN and Centre Francophone. Individuals seeking mental health supports can call MHTO to speak to an experienced mental health worker, who will connect them to the right service, including What's Up Walk-In counselling.

To access What's Up Walk-In or any mental health service,
please call 1-866-585-MHTO (6486)
or connect to us at www.mentalhealthto.ca

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