

Paternal Mental Health Resources

Toronto East

Individual Therapy:

Greg Babcock, MSW, RSW
www.healingcollective.ca

Individual + Groups:

Men Therapy Toronto:
<https://mentherapytoronto.com>

Toronto West

Father's Mental Health:

A collaboration between St. Joseph's Health Centre + Mount Sinai Hospital
Dr. Andrew Howlett
<https://fathersmentalhealth.com/>

Men's Psychotherapy Group:

214 Wright Avenue
Toronto, ON M6R
Dr. Joshua Weiss + Kayley Wynne
email: info@lifemedicine.ca

Virtual Resources

Post Partum Support International:

Dad's Support Group, every Friday
<https://www.postpartum.net/>

