



COUNSELLING & PSYCHOTHERAPY SERVICES

INDIVIDUAL / COUPLE / FAMILY COUNSELLING

Counselling to individuals, couples, and their families with self-confidence, education, marriage, career, parenting, interpersonal or intergenerational relationships.

VIOLENCE AGAINST WOMEN PROGRAM / TRANSITIONAL AND HOUSING SUPPORT

Ensures women's safety and protection via individual & group counseling services, information and referrals, crisis intervention and case management for transition and housing support.

MENTAL HEALTH COUNSELLING PSYCHOTHERAPY

Counselling and psychotherapy for individuals and families challenged by mild to moderate emotional, psychological, psychosocial, addictions, mental health, and behavioral issues, to build resilience and prevent relapse.

PARTNER ASSAULT RESPONSE

Court-ordered, fee-based program provided for domestic abusers serving probation orders or on bail and are living in the community, for anger management and behavioral regulation. Referrals accepted from John Howard Society of Toronto.

COUNSELLING SERVICES FOR PROBATIONERS

Individual counselling is provided for probationers and their family members, to re-integration into community and develop better coping skills.

PROGRAM FOR PROBLEM GAMBLERS

Counselling, outreach, psychoeducation, and self-exclusion for individuals and their families affected by gambling addiction.

YOUTH SERVICES

One-on-one counselling and psychoeducational groups to address the psychosocial needs of youth, to prevent bullying, suicide, and victimization; and build awareness and resilience.

GROUP COUNSELLING

Group therapy for individuals and family members via parenting training, problem gambling prevention, violence against women prevention and trauma-based groups, disabilities and special needs support and rehabilitation groups, Partner Assault Response program, and youth program.



SETTLEMENT SERVICES

For Permanent Residents and Convention Refugees, we provide information, orientation, referral and needs assessment, supportive settlement counselling, crisis intervention, educational workshops, outdoor orientation trips, basic employment support and training, settlement interpretation and translation, and Commissioner of Oath services.



DISABILITY AND SPECIAL NEEDS PROGRAM

This program seeks to address the needs of individuals and families affected by various types of visible and invisible disabilities as well as special needs. Psychoeducation and support groups are provided for caregivers for individuals who are affected by disabilities or special needs. Rehabilitation groups are provided to individuals affected by disabilities or special needs to improve their life skills. Support is also provided for subsidy applications.

OUR LOCATIONS

MAIN OFFICE:

4051 Gordon Baker Rd, Unit A, Scarborough, ON M1W 2P3

SATELLITE LOCATIONS By Appointment Only

TORONTO: 602 Queen St West, Toronto, ON M6J 1E3

MARKHAM: 5665 14th Ave, Markham, ON L3S 3K5

UNIONVILLE: 600 Village Pkwy, Markham, ON L3R 6C2

MISSISSAUGA: 720 Burnhamthorpe Rd West, Unit 2, Mississauga, ON L5C 3G1

REACH US AT

Tel: 416-979-8299

Fax: 416-979-2743

Toll Free: 1-866-979-8298

Email: info@cfsocare.com

LANGUAGES

English, Mandarin, Cantonese, Vietnamese

語言 英語、粵語、國語、越南語

HOURS OF OPERATIONS

Mon, Wed & Fri: 9 am – 5 pm

Tues & Thurs: 9 am – 8:30 pm (Appointment only after 5pm)

辦公時間

星期一、三、五：上午九時 至 下午五時

星期二、四：上午九時 至 晚上八時半 (五時後需預約)

客戶資料 絕對保密

CONFIDENTIALITY ASSURED



YOUR SUPPORT MEANS EVERYTHING TO US

您的資助能幫助家和維持機構的運作

CREDIT CARD VISA / MasterCard / American Express

WECHAT / ALIPAY Donation QR Code

PAYPAL GIVING FUND <https://www.paypal.com/ca/fundraiser/charity/3423887>

CHEQUE Payable to Community Family Services of Ontario

ONLINE Payment at <https://www.canadahelps.org/dn/2393>

CHARITABLE REGISTRATION NO. 13232-0508-RR-0001.



Community Family Services of Ontario

家和

FAMILY HARMONY

家庭和諧

SERVICE OVERVIEW

服務簡介

4051 Gordon Baker Road, Unit A, Scarborough, Ontario M1W 2P3

Tel 查詢電話: 416-979-8299

Toll Free 全加免費查詢電話: 1-866-979-8298

Fax 傳真: 416-979-2743

www.cfsocare.com



WECHAT QR CODE

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ID: CFSO_4169798299



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TWITTER QR CODE

@CFSO_TO



VISION & MISSION

OUR VISION

Community Family Services of Ontario is recognized as the premier provider of family services to support our community, where all families live in a safe and harmonious environment.

展望

家和致力讓所有家庭成員生活於安全及和諧的社區。本中心為支持社區所提供的專業輔導服務，被譽為業界翹楚。

OUR MISSION

Community Family Services of Ontario helps build a safe and harmonious community by providing professional counselling, settlement, disabilities, and special needs services to individuals and families in need.

使命

家和為建立一個安全及和諧的社區，致力於提供優質心理輔導、安居服務、和殘疾及特殊需要服務。

FUNDERS & AFFILIATIONS



Canada



心理輔導諮商, 家庭服務

個人/婚姻/家庭輔導

提供輔導/諮商給個人/夫婦/家庭成員，以應付人生過程中所面對的一般問題。例如：自我形象、情緒、學業、事業、戀愛、教養子女、人際/兩代關係等。輔導過程能助人找出事件或問題的根源及發揮個人的潛能/技巧，增強解決問題及應付危機的能力。輔導的最終目標是使個人能夠有效地處理人生歷程中不同的際遇、變遷或挫折，創造和諧的家庭生活。

家庭暴力受害者的服務/過渡居所及支援服務

這項服務保護受虐婦女的安全，令婦女可自強，得以追尋一個安穩的生活環境；支持她們去作出選擇，達至更理想的生活。除輔導外，我們亦提供諮詢及轉介、危機介入以及其他實質服務的協調，如安排入住臨時婦女中心等。

精神健康心理輔導

向個人或家庭提供心理諮商和輔導，幫助他們處理情緒、心理、精神和行為上的問題。並協助他們得到精神健康上的支持和合適的轉介。

施虐者輔導服務

此輔導服務與法院合作，提供施虐者或假釋者學習暴力行為對自己及對家庭關係的影響。借此服務學習如何健康正面地面對生活的困難以及自我情緒管理的方法。此服務只接受由多倫多 John Howard 機構所轉介之個人，並根據司法部合約要求，收取法定費用。

假釋人仕的輔導服務

為接受感化令者、假釋人仕及其家人提供個人輔導服務，幫助當事人學習良好的適應社會技能。

嗜賭者及其家人的服務

提供嗜賭者本人及(或)其家庭成員，相關心理諮商輔導及推廣教育服務。服務包括自我隔離計劃，為嗜賭者(或)其家庭成員提供心理諮詢輔導。

青少年服務

青少年服務，針對14到24歲青少年所需，提供一對一心理輔導及情緒健康小組。青少年可自行報名參加，或透過學校、家庭或其他個人為之報名參加。

小組輔導服務

開設不同性質的輔導小組，包括教養子女、賭博、家庭暴力受害者、家庭暴力介入、青少年服務、殘疾及特殊教育的相關小組。



安居服務

提供新移民安居查詢、諮詢和轉介、安居情緒輔導、危機介入和其他相關服務。

- 免費諮詢及轉介
 - 移民/難民/公民/外籍勞工/入籍
 - 各種福利金、托兒、公共醫療、法律援助、房屋、社區康樂活動
 - 教育和就業培訓
 - 英語培訓課程
- 安居輔導
- 有關安居服務的中英文翻譯服務
- 專題講座
- 監誓員服務



殘疾及特殊需要服務

對於各式可見及不可見之殘疾的個人及家庭之需求，提供相關協助。對於殘疾或特殊教育者的照顧者，提供心理健康教育及互助小組。對於殘疾或特殊教育需求者，提供復康小組，協助提升他們的生活技能。補助金申請者亦能提出服務申請。



家和網上資料庫的教育視頻和刊物
免費下載

Free Educational Videos and Literature Available at
our Online Resource Library

cfsocare.com/resource-library/

