



Young Adult
Mental Health

416-461-2345

www.stellasplace.ca

connect@stellasplace.ca

*Serving young adults ages 16-29

Drop in Services

(No intake required)

Cafe

Monday -Thursday Noon-5:00pm

Our Cafe space is open for young adults to come and hang out, work on their own, have some coffee or tea, use the free wifi, play a board game, wait for their appointments, or make some art in a safe space.

Walk-In Counselling

Tuesdays and Thursdays 3:00pm-5:00pm

Available on a first-come, first-served basis.

Stella's Studio

Wednesdays 5:30pm-7:30pm

Stella's Studio is an arts-based community. It is a welcoming space where peers can create and share art, including drawing, writing, painting, improv and music; experiment with new ideas, and help lead activities and creative sharing. Come early to secure a seat! Contact Liz for more information - lbeeforth@stellasplace.ca

Spectrums

Every other Tuesday 5:30pm-7:30pm

A drop-in group for LGBTQQ2SAI+ young adults. A chill, affirming and safer space for folks to gather socially and express creatively through activities, discussion and more. Offered in partnership with EGALE Youth Outreach (EYO). For more info, contact Franky fbartol@stellasplace.ca

Fitness Group

Wednesdays 3:30-5pm

All fitness levels are welcome. All materials supplied, just bring a water bottle, comfortable clothes, and running shoes. *RSVP is encouraged to:*

jwaithe@stellasplace.ca

Yoga @ Lululemon

Tuesdays 3:30pm-5:15pm

Classes include a 10 minute group check-in and check-out with a peer supporter and an hour of beginner yoga. All mats and props provided by Lululemon. Meet at 3:30pm in the Stella's Place cafe, sign up at front desk. Availability is first-come, first-served. Contact Funmi for more information ftaiwo@stellasplace.ca

Finding My Path Gatherings

Mondays 5:15pm-7:30pm, Sept 10th - Nov 5th

Finding My Path aims to support young adults interested in developing skills toward obtaining meaningful employment or education through community and peer support. Contact Venessa at vdsouza@stellasplace.ca for more information.

Other Programs

Consult a Doctor

*Wednesdays 6pm-8pm by appointment**

Talk with a doctor familiar with mental health. Ask about general health, mental health, sexual health, chronic illnesses, or anything you'd see a doctor for! *To book an appointment please contact:* connect@stellasplace.ca

BeanBag Chat App *Online Peer Support App*

Monday-Thursday 4:30pm-7:30pm

Get some individual support from one of our peer support staff online. Download the free app in the app store.

NexJ Connected Wellness Research Project

We are evaluating a new tool that is designed to help young adults manage their mental health care online. This project is only open to those who have already completed an intake session. Contact ebyrnes@stellasplace.ca for more information

Intake Information: Group, drop-in intake sessions are offered Thursdays at 3pm every week. Arriving early is recommended to ensure you get a spot. This is the first step in the intake process. If you have any questions about intakes, please contact us at connect@stellasplace.ca

Last updated: Aug 7th, 2018



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Individual Support

(Intake Required)

Individual Counselling

Monday – Friday by appointment

Stella's Place offers free individual short-term counselling for 8 sessions per participant. This short-term model helps us to keep waitlists as short as possible.

Navigator

Monday - Friday by appointment

Get some support navigating the social service system. The navigator can help with finding employment, applying for ODSP/OW, financial literacy, etc.

Group Support

(Intake Required)

DBT Skills

Mondays & Wednesdays, 12:45-3pm

**Interested participants can be added to waitlist*

Learn to apply Dialectical Behavioural Therapy Skills to your life. You will learn how to identify and cope with your emotions, how to manage difficult situation, and how to build communication skills with family and friends.

DBT Skills (Evening)

Mondays, 5:30pm-7:30pm

**Interested participants can be added to waitlist*

Our DBT Skills group will be offered in the evening in the spring.

Weathering the Storms: A DBT Skills Group for Queer and Trans Substance Users

Wednesdays, 5:30pm-7:30pm, Oct 17th - Dec 12th

In partnership with Pieces to Pathways, we will focus on learning DBT skills of mindfulness, distress tolerance, and emotion regulation. In a supportive, harm reduction environment, participants will expand their coping strategies while exploring their relationship to substance use. Participants must identify as LGBTIQQ2SA+ to join this group.

Sacred Minds

Dates and Times TBD (Check our website for updates!)

A group for people who experience alternative realities, such as seeing, hearing, sensing, and thinking things that others don't. These experiences are often called 'psychosis.' Participants are welcome to explore spirituality and meaning making through discussion and art. We also offer 1:1 peer support for people who experience alternative realities or psychosis.

Wellness Recovery Action Plan (WRAP)

Thursdays, 5-7pm, Oct 11th- Nov 29th

WRAP is a peer-facilitated wellness program that helps you be in charge of your mental health recovery. WRAP discusses concepts like hope, education, peer support, self-determination and self advocacy. Along with a variety of activities and group discussions, participants will develop a wellness toolbox and action plans around triggers, identify signs of crisis and develop a crisis plan.

Skills for Safer Living

Thursdays, 12:30-2:30pm, Sept 20th-Dec 20th

The Skills for Safer Living group focuses on living life more safely. It offers skills to help participants learn to identify needs, regulate emotions, problem solve when distressed, and improve one's effectiveness in relationships. This program invites the participant to consider engaging with life and consider thinking about the future differently.

People are Scary: Therapeutic Supports and Skills for Folks Living With Social Anxiety

Thursdays 11:45am - 2:00pm, Sept 13th-Nov 15th

For young adults who self-identify as living with social anxiety. The group is informed by acceptance and commitment therapy, experiential learning and mindfulness approaches. Participants will get in touch with their values and learn to set value driven goals. They will also build skills to stay attuned to moment to moment experiences, bring acceptance and compassion too difficult feelings, and gain distance from their worries and fears.

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