



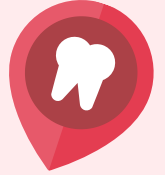
WELLNESS RESOURCE GUIDE

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DENTISTRY

MIDDLESEX-LONDON HEALTH UNIT – HEALTHY LIVING - ORAL HEALTH

- Citi Plaza, 355 Wellington St, Suite 110, London, ON, N6A 3N7
- 519-663-5317 ext. 2231



WESTERN UNIVERSITY - SCHULICH MEDICINE AND DENTISTRY - DENTAL CLINIC

- Dental Sciences Building, University of Western Ontario, 1003, London, ON, N6A 5C1
- Main Adult Clinic: 519-661-3326
- Children's Clinic: 519-661-3329
- Dental Emergency Clinic: 519-661-3331

WESTERN UNIVERSITY - SCHULICH MEDICINE AND DENTISTRY - DENTAL CLINIC - DENTAL OUTREACH COMMUNITY SERVICE (DOCS)

- Dental Sciences Building, University of Western Ontario, Rm 0160M, London, ON, N6A 5C1
- 519-661-2111

RIVERPARK DENTAL

- <https://riverparkdental.ca/tour-new-patients/stress-free-dentistry-west-london>
- 305 Boler Road, Byron, ON, N6K 2K1
- 226-270-1411
- relax@riverparkdental.ca
- Offers payment plans

SENSATIONAL SMILES (HYGENIST ONLY)

- <https://sensationalsmiles.ca/>
- 1736 Hyde Park Rd, London, ON N6H 5L7
- 519-318-3486
- Only offers teeth cleaning services

PHYSIOTHERAPY

THE FOWLER KENNEDY SPORT MEDICINE CLINIC

- <http://www.fowlerkennedy.com/services/for-western-students/>
- 3M Centre
- 1151 Richmond Street, London, ON, N6A 3K7
- 519-661-3011

OPTIMAL PHYSIO

- <https://www.optimalphysio.ca/index.php/our-rates/>
- 1695 Wonderland Road North, Unit C2, London, ON, N6G 4W3
- 519-204-7787
- reception@optimalphysio.ca

CANADA PHYSIO

- <http://www.canadaphysio.ca/>
- 510 Southdale Rd E #203, London, ON, N6E 1A5
- 519-913-2892

SKYE HEALTH

- skyehealth.ca
- 627 Maitland St Unit 1, London, ON N5Y 2V7
- 519-857-SKYE (7593)

WESTERN PHYSIO

- <https://www.uwo.ca/health/shs/services/physio.html>
- University Community Centre, Lower-Level, Room 25
- 519-286-0113



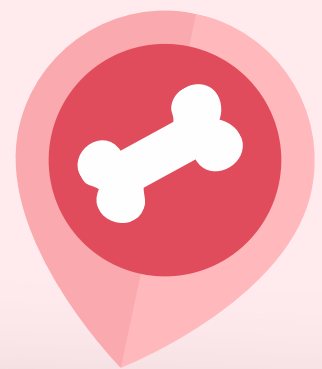
VETERINARIANS

EAST VILLAGE ANIMAL HOSPITAL

- evah.ca/london.html
- 1777 Dundas Street, Unit #1, London, ON, N5W 3E7
- 519-455-3824
- Accepts clients with income under \$40,131
- CRA notice of assessment must be presented to become a new client

OXFORD ANIMAL HOSPITAL

- oxfordanimalhospital.net/
- 954 Oxford Street E, London, ON, N5Y 3K2
- 519-601-6789



THERAPY

LONDON PSYCHOLOGICAL SERVICES

- www.londonps.ca/
- 1135 Adelaide St N, London, ON, N5Y 5K7
- 226-234-0713
- Therapy Offered: Cognitive Behavioural therapy (CBT), Insight-Oriented Therapy, Psychodynamic therapy, Cognitive processing therapy (CPT), Acceptance and Commitment therapy (ACT), Dialectical Behaviour therapy (DBT), Relaxation training and Mindfulness based psychotherapy
- Cost: 50 minute session for individual counselling - \$200
50 minute session for couple counselling - \$220 (approximately)

PATRICIA BERENDSEN & ASSOCIATES TRAUMA HEALING CENTRE OF LONDON COUNSELLING & PSYCHOTHERAPY SERVICES

- www.patriciaberendsen.com/
- 474 King St, London, ON, N6B 1T1
- 519-619-8801
- Therapy Offered: Solution Focused Brief (SFBT), Mindfulness-Based (MBCT), Emotionally Focused Therapy, EMDR, Dialectical (DBT), Somatic Experiencing, Psychotherapy and Narrative Therapy
- Cost: Fees for psychotherapy services vary based on the practitioner

LONDON CENTRE FOR TRAUMA THERAPY

- www.londontraumatherapy.com/.
- 1352 Wharncliffe Rd S, London, ON, N6L 1G9
- 226-777-7702
- Therapy Offered: Cognitive Behavioural therapy (CBT), Dialectical (DBT), Emotionally Focused, Attachment-based, Trauma Focused
- Cost: \$120 per session (approximately)

ARCHWAYS CENTRE FOR CBT

- www.archways.ca/.
- 460 Springbank Dr, London, ON, N6J 0A8
- 519-472-6612
- Therapy Offered: Cognitive Behavioural Therapy (CBT)
- Cost: \$200 per session (approximately)

THE THERAPY CONT'D

DR. PATRICIA DORIS

- www.drdoris.ca/
- 219 Oxford St W Suite 204a, London, ON, N6H 1S5
- 519-636-6660
- Therapy Offered: Cognitive Behavioural therapy (CBT), Emotionally focused, interrogative, Interpersonal psychodynamic therapy
- Cost: \$225 per session (approximately)

DR. LISA DESTUN & ASSOCIATES

- oldnorthpsychology.ca/
- 437 Oxford St E, London, ON, N5Y 3H5
- 519-670-6188
- Therapy Offered: Cognitive Behavioural therapy (CBT), Insight-Oriented Therapy, Psychodynamic therapy, Cognitive processing therapy (CPT), Acceptance and Commitment therapy (ACT), Dialectical Behaviour therapy (DBT), Relaxation training and Mindfulness based psychotherapy
- Cost: \$200 - \$225 per session (approximately)

DR. DORIT OSHER

- www.doritosher.com/dorit-osher-ma-msw-rsw#
- 526 Grosvenor St, London, ON, N5Y 3S9
- 519-435-123
- Therapy Offered: Acceptance and Commitment therapy (ACT), Cognitive Behavioural therapy (CBT), Body centered expressive arts psychotherapy, Mindfulness-Based therapy (MBCT), psychoanalytic and psychodynamic.
- Cost: \$140-\$160 per session (approximately)

COUNSELLING

BETTER HELP (ONLINE)

- www.betterhelp.com

COUNSELLING SERVICES OF LONDON

- natashaminor.com/
- 533 Queens Ave, 2nd floor, London, ON N6B 1Y3; OR
- 630 Colborne Street, Unit 102 London, ON N6B 2V2
- 226-270-1242

NEW HOPE COUNSELLING - MYA BARAK

- www.myabarak.com/
- 300 Wortley Rd, London, ON, N6C 3R5
- 519-494-5924

DAYA COUNSELLING CENTER

- dayacounselling.on.ca/
- 333 Dufferin Ave, London, ON, N6B 1Z3
- 519-434-0077

PATRICIA BERENDSEN AND ASSOCIATES

- www.patriciaberendsen.com/
- 474 King St. London, ON, N6B 1T1
- 519-619-8801

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- 519-619-8801

LONDON PSYCHOLOGICAL SERVICES

- www.londonps.ca/
- 1135 Adelaide St N, London, ON, N5Y 5K7
- 226-234-0713

CLAIRE SALISBURY - RAINBOW HEALTH ONTARIO

- www.rainbowhealthontario.ca/service-provider-directory/claire-salisbury-psychotherapist/
- Suite 304 - 186 Albert St., London, ON, N6A 1M1
- 519-520-2906

*OHIP COVERAGE FOR MENTAL HEALTH RESOURCES

- Treatment from a psychiatrist or GP is covered by public health insurance (such as OHIP in Ontario) and will not cost you anything.
- Other mental health care providers, such as psychologists and social workers, may also be free if they work in government-funded hospitals, clinics or agencies or an employee assistance program
- If psychotherapists work in a private practice, their services will not be covered by public health insurance, and you will be charged a fee (The Centre for Addiction and Mental Health (CAMH) website)

CULTRE SPECIFIC HEALING & MENTAL HEALTH CENTRES

INDIGENOUS HEALING SPACE (LONDON HEALTH SCIENCES CENTRE)

- www.lhsc.on.ca/patients-visitors/indigenous-healing-space
- E1-005 Victoria Campus London Health Sciences Centre
- 800 Commissioners Rd E., P.O. Box 5010, London, ON
- 519-685-8500 Ext. 77544
- Affiliated with Western University

ATLOHSA FAMILY HEALING SERVICES

- www.atlohsa.com
- 343 Richmond St, Suite 109, London, ON, N6A 3C2
- 519-438-0068
- Crisis: 519-432-0122
- admin@atlohsa.com

TRANSCULTURAL MENTAL HEALTH CONSULTATION SERVICE (LONDON HEALTH SCIENCES CENTRE)

- www.lhsc.on.ca
- 519-685-8500 ext. 74812
- TransculturalMHCS@lhsc.on.ca

CROSS CULTURAL LEARNER'S CENTRE

- www.lcclc.org/
- 505 Dundas Street, London, ON, N6B 1W4
- 519-432-1133
- cclc@lcclc.org

SAKEENAH HOMES

- www.sakeenahhomes.com
- 5659 McAdam Rd, B4, Mississauga, ON, L4Z 1N9
- 1-888-671-3446 (Toll Free)
- Ages Served: All ages
- Languages Served: English, French, Arabic, Farsi/Persian, Somali, Urdu
- Areas Served: Ontario

COMMUNITY RESOURCES FOR IMMIGRANTS AND REFUGEE YOUTH

- www.kidsnewtocanada.ca/health-promotion/youth-resources
- Services provided across Canada

SUPPORT ENHANCE ACCESS SERVICE CENTRE (SEAS CENTRE)

- www.seascentre.org
- 603 Whiteside Place, Toronto, ON, M5A 1Y7
- 416-362-1375
- Ages Served: All ages
- Languages Served: English
- Areas Served: Toronto

ACROSS BOUNDARIES

- www.acrossboundaries.ca
- 51 Clarkson Avenue, Toronto, ON, M6T 2T5
- 416-787-3007
- Ages Served:
 - 16 + years old
- Languages Served: English, Arabic, Urdu, Somali, Hindi, Gujarati, Filipino, Chinese, Farsi, Tamil, Twi,
- Dari, Pashto, Sinhala, Swahili
- Areas Served: Toronto

IMMIGRANT WOMEN SERVICES

- www.immigrantwomenservices.com/
- 219 Argyle Avenue, ste 400, Ottawa, ON, K2P 2H4
- 613-729-3145
- Ages Served: All ages
- Languages Served: English, French
- Areas Served: Ottawa-Carleton

LEBANESE AND ARAB SOCIAL SERVICES AGENCY OF OTTAWA-CARLETON

- www.lassa.ca
- 1385 Bank Street, Suite 305, Ottawa, ON, K1H 8N4
- 613-236-0003
- Ages Served: all ages
- Languages Served: English, French, Arabic
- Areas Served: Ottawa-Carleton

OTTAWA COMMUNITY IMMIGRANT SERVICES ORGANIZATION

- www.ociso.org
- 959 Wellington Street, Ottawa, ON, K1Y 4W1
- 613-725-0202
- Ages Served: all ages
- Languages Served: English, French, Spanish, Arabic, Urdu, Tirgrina, and Greek

FOOD BANKS

LONDON FOOD BANK

- www.londonfoodbank.ca/
- 926 Leathorne St, London, ON N5Z 3M5
- 519-659-4045

ST. PAUL'S SOCIAL SERVICES

- stpaulsocialservices.ca/
- 472 Richmond St, London, ON, N6A 3E6
- 519-434-8979

HURON'S COMMUNITY PANTRY

SALVATION ARMY CENTRE FOR HOPE

centreforhope.ca/
281 Wellington St, London, ON, N6B 2L4
519-661-0343

WESTERN'S FOOD BANK

westernusc.ca/your-services/food-support-services/
University Community Centre, Room 258
foodsupport@westernusc.ca

YOUTH ACTION CENTRE

- www.informationlondon.ca/services/groups/display/15358/youth_action_centre_the
- 332 Richmond St, Suite 102, London, ON, N6A 3C3
- 519-432-1112 ext. 101

FANSHAWE COLLEGE (STUDENT SHARING SHOP)

- www.fanshawec.ca/student-life/campus-services/sharing-shop
- 1460 Oxford St. E., Room B1050 @ First Ave
- 519-452-4109

GLEN CARIN COMMUNITY RESOURCE CENTRE

- www.gccrc.ca/
- 244 Adelaide St. S, London, ON, N5Z 3L1
- 519-668-2745
- Emergency Food Kits available

LUSO COMMUNITY SERVICES

- www.lusocentre.org/
- 1193 Oxford St E, London, ON, N5Y 3M2
- 519-452-1466

GROCERY STORES

FOOD BASICS

- 1225 Wonderland Rd N, London, ON, N6G 2V9
- 10% Student Discount every Tuesday

LOBLAWS

- 1740 Richmond St, London, ON, N5X 2S7
- 10% Student Discount every Tuesday

SOBEYS EXTRA

- 661 Wonderland Rd, London, ON, N6H 0H91
- 10% Student Discount every Tuesday

METRO

- 301 Oxford St W, London, ON, N6H 1S6
- 10% Student Discount every Tuesday

BULK BARN

- Masonville Square, 50 N Centre Rd, London, ON, N5X 3W1
- 10% Student Discount every Wednesday



HOUSING

HOUSING ACCESS CENTER

- london.ca/living-london/community-services/homeless-prevention-housing/social-affordable-housing
- 355 Wellington St, London, ON, N6A 3N7
- (519) 661-0861

To qualify for social housing in the City of London and the County of Middlesex, applicants must:

- Be 16 years of age or older and be able to live independently.
- Each member must be a Canadian citizen, landed immigrant or refugee claimant.
- No members of the household has a deportation order, departure or exclusion order under the Immigration Act.
- No member of the household owes arrears for either rent or damage to any social housing unit.



GYM & RECREATION CENTRES

THOMPSON RECREATION AND ATHLETIC CENTRE THROUGH WESTERN UNIVERSITY

- www.uwo.ca/campusrec/
- 1231 Western Rd, London, ON N6G 1H3
- (519) 661-3090
- Valid Student ID Required

FIT4LESS

- 710 Proudfoot Lane, London, ON, N6H 1T2
- 519-641-1397

LOST CYCLE

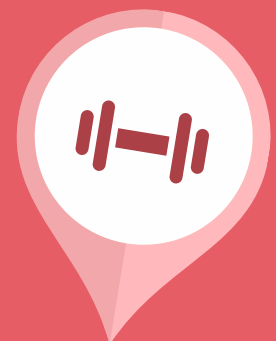
- lostcycle.ca/
- 34 Commissioners Road West, London, ON, N6J 1X8
- 647-501-4723
- 10% student discount when purchasing in studio (valid student ID required)

HI-IGNITION FIT LAB

- hi-ignitionfitlab.com/
- 241 Oxford St E, London, ON N6A 1V2
- (519) 204-8006
- Save the tax (13%) discount on all packages and memberships (valid student ID required)

CREATE BALANCE

- www.createbalance.ca
- 1828 Blue Heron Dr Unit 14, London, ON, N6H 0B7
- 519-471-6688
- 15% for all students (valid student ID required)



PURPLECARE & WESTERN RESOURCES

STUDENT INSURANCE AT WESTERN (PURPLECARE):

- PurpleCARE Student Plan: www.mystudentplan.ca/purplecare/en/plan-details.
- Making a Claim: www.mystudentplan.ca/purplecare/en/making-a-claim.
- PurpleCARE Mental Health Support (mywellness) provides video counselling, financial support, campus support, suicide prevention, crisis lines: www.mystudentplan.ca/purplecare/en/mywellness

MENTAL HEALTH AND WELLNESS RESOURCE GUIDE AT WESTERN

- studentexperience.uwo.ca/student_experience/wellness_initiatives/mhwrg.pdf
- Includes on campus, off campus and online support for mental health and wellness

WESTERN'S HEALTH AND WELLNESS RESOURCES

- www.uwo.ca/health/mental_wellbeing/resources.html