



SCAN TO LEARN MORE ABOUT OUR SERVICES



ywho Toronto East Youth Wellness Hub

We are a welcoming and inclusive space dedicated to youth aged 12-25 and their wellbeing needs. By providing a range of mental health and community services, the YWHO offers youth the choices to create a pathway of support unique to each person.

SERVICES



COUNSELLING

CARE NAVIGATION



HEALTH SERVICES

HARM REDUCTION COUNSELLING

PSYCHIATRY CONSULTATION

PEER SUPPORT



HOURS

Connect with us virtually:
Mon, Tues, Fri: 9AM - 5PM

Visit us in-person:
Wed, Thurs: 11AM - 7PM

LOCATION

815 Danforth Ave, 3rd Floor
Toronto, ON
M4J 1L2
*Co-located with Woodgreen's
Youth Wellness Centre

YOUTH WELLNESS DROP -INS WED AND THURS 3PM-7PM

***SNACKS AND TTC TICKET PROVIDED!**



Follow us on Instagram:
[@torontoeast_youthhub](#)



Call us:
647-382-4153



Email us:
TEYWHO@stridestoronto.ca

