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BIPOC MENTAL HEALTH

**LIST OF MENTAL  
HEALTH  
PROFESSIONALS  
OF COLOR IN  
MONTRÉAL**

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# BIPOC MENTAL HEALTH

" There are mountains of barriers for POC to find therapists of colour. Sometimes it's about location; people like Lin who live in predominantly white Canadian cities have an especially hard time. Others have a hard time accessing therapists or paying for it. Sometimes there are language barriers for immigrants who don't speak English as their first language, so it can even be difficult to describe what you're going through in your mother tongue. For some, conversations around depression, anxiety or abuse don't happen in the households, and the thought of telling a stranger can seem overwhelming. Some POC also fear that if they tell someone in their community their most personal traumas, it may somehow get back to their family members or friends. There's a larger problem within the profession itself with a lack of representation of POC — whether it's in counselling, psychological or social services, said psychologist and educator Dr. Jeffrey Ansloos of the University of Toronto. "

- Arti Patel

*"Therapists of color are not automatically in a position to better serve clients of color, .. they often are more equipped by virtue of being able to identify with the reality of those clients."*

From "[Why I left my white therapist](#)"

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Please note: This is a community-based effort, and we are still in the process of constructing a sounder screening process for our mental health specialists.

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# Please note:

Following is the list including information such as: the names of the professionals, their professional titles, their services, , their email, their phone number, their ethnicity, their language(s), their gender(s), whether they identify as LGBTQ, whether they require a referral, whether they are a sex worker affirmative therapist, their addresses, the accessibility of their spaces, their prices and whether insurance is accepted.

\*Compiled by Jodie-Ann Muckler as a stagiaire for Project10\* (2018)  
Updated and made on Canva by Rebeca-Abigail Irazabal-Toro (2020)

## What is a sex worker-affirmative therapist ?

Someone who recognizes that sex work can be a normal part of the sexuality spectrum, is able to distinguish sex work from non consensual sexual behavior, is aware of what constitutes safe and less safe types of sex work (acknowledging that different people may have different standards for this) and approaches therapy from a harm-reduction perspective.

The therapist is aware that for many sex workers, their work might not have anything to do with the reason that the client is coming in for therapy.

More info [HERE](#)

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# Psychologist

Monique Lahoud

Professional title : Psychologist

Services : Psychotherapy and coaching in both cognitive-behavioural and humanistic approaches

Email : [psychologue.mlahoud@icloud.com](mailto:psychologue.mlahoud@icloud.com)

Phone number : 514-298-4438

Ethnicity : Lebanese

Languages : English, French

LGBTQ-identified? : No

Gender: Cis woman

Sex worker affirmative therapist ? : Yes

Referral necessary? : No

Address : Online through FaceTime or Skype

Accessibility : Only work through telepsychotherapy (even outside of the COVID-19) circumstances.

Cost : 120\$/50 minutes

Insurance accepted : Yes

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## Fahimeh Mianji

Professional title : Psychologist

Services : Psychological services

Email : fahimehmianji@gmail.com

Phone number : 514-467-3389

Ethnicity : Persian

Languages : English, Persian (Farsi)

LGBTQ-identified? : No

Gender: Not specified

Sex worker affirmative therapist ? : Not specified

Referral necessary? : No

Address : 2015 Drummond, Unit 250 (Montreal)

Accessibility : Ramps or an elevator, fully accessible washrooms, wheelchair-accessible space, accessible parking spaces.

Cost : Not specified

Insurance accepted : Yes



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## Shirlette Wint

Professional title : Psychotherapist, Social Worker

Services : Psychotherapy

Email : swint67@hotmail.com

Phone number : 514-773-4658

Ethnicity : Black

Languages : English, French

LGBTQ-identified? : No

Gender : Not specified

Sex positive therapist? : Not specified

Referral necessary? : No

Address : 1 René Levesque. Bureau #221, Mtl. H2X 3Z5 (René Levesque & St. Laurent)

Accessibility : Fully accessible gender neutral bathrooms.

Cost : 105\$

Insurance accepted : Yes



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## Rami Nijjar

Professional title : Psychologist

Services : Individuals, couples, and group therapy

Email : [dr.rami.nijjar@gmail.com](mailto:dr.rami.nijjar@gmail.com)

Phone number : 778-322-0952

Ethnicity : South Asian

Languages : English

LGBTQ-identified? : No

Gender: Not specified

Sex affirmative therapist: Not specified

Referral necessary? : [drraminijjar.com](http://drraminijjar.com)

Address : Online

Accessibility : Online

Cost : \$140 individuals, \$160 couples

Insurance accepted : Yes





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## Sorely Marin

Professional title: Psychotherapist, Sexologist

Services: individual psychotherapy and couples therapy

Email: [sorelymarin@hotmail.com](mailto:sorelymarin@hotmail.com)

Phone number: 514-965-2519

Ethnicity: Latin-American

Languages: French, Spanish

LGBTQ-identified?: No

Gender: Female she/he

Sex affirmative therapist?: Yes

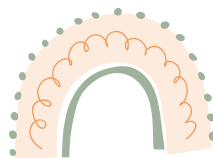
Referral necessary?: By email or phone call [www.sexologue-psychotherapeute.ca](http://www.sexologue-psychotherapeute.ca)

Address: 520 rue Cherrier, suite 101 Montréal (Qc) H2L 1H3

Accessibility: Enough room for wheelchairs to move around freely

Cost: from \$90 to \$120

Insurance accepted: Yes



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## Paola María Akl Moanack

Professional title : Psychologist

Services : Not specified

Email : [paolaakl@meetual.com](mailto:paolaakl@meetual.com)

Phone number : Not specified

Ethnicity : Latino

Languages : French, english, spanish

LGBTQ-identified? : No

Gender: Woman

Sex affirmative? : Yes. And I am also a kinky aware professional.

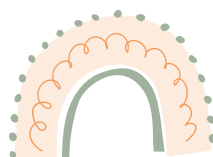
Referral necessary? : Not specified

Address : [www.meetual.com](http://www.meetual.com)

Accessibility : Online therapy

Cost : 39\$/20 minutes

Insurance accepted : Yes



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## David Archer

Professional title: Psychotherapist, social worker, couple and family therapist

Services: Stress reduction, emotion regulation, relationship counselling, mindfulness-meditation, EMDR

Email: david@archertherapy.com

Phone number: 438-320-8507

Languages: English, French

Ethnicity: Black, Jamaican-Canadian

Languages: English, French

LGBTQ-identified?: No

Gender: Male

Sex Affirmative therapist? : Yes But I am not an expert in knowledge about sex work. I am a harm reduction kind of therapist. I don't judge a person's way of working but if it violates confidentiality limits then there are exceptions to be made. I have experience working with clients from the sex work community but I did not explicitly mention this on my website.

Referral necessary?: Give me a call or text at 438-320-8507

or <https://archertherapy.com>

Address: 3420 Avenue Wilson, Suite #101, Montréal, QC H4A 2T5,

CanadaAccessibility:

Cost: \$130 standard for individuals. \$150 for couples/two people therapy.

Insurance accepted: Yes



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## Sarah Marcellin

Professional title: Psychoéducatrice

Services: Psychoéducation (en français)

Email: sara\_marcellin@hotmail.com

Phone number: Not specified

Ethnicity: Niger

Languages: Français

LGBTQ-identified?: No

Gender: Femme

Sex affirmative therapist?: Oui

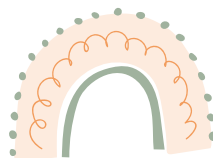
Referral necessary?: Non

Address: H2P 2N6

Accessibility: Je me déplace à domicile

Cost: 75\$

Insurance accepted: À Vérifier



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## Lory Zephyr

Professional title: Doctorante en psychologie

Services: Pratique auprès des enfants, des adolescents, des adultes, des couples et des familles, intérêt marqué pour la psychologie périnatale (grossesse, deuil périnatal, dépression postpartum, anxiété périnatale, etc.).

Email: zephyr.lory@hotmail.com

Phone number: Not specified.

Ethnicity: Haïtienne

Languages: Français

LGBTQ-identified?: Non

Gender: Not specified

Sex affirmative therapist?: Oui

Referral necessary?: Non

Address: Téléthérapie seulement

Accessibility: Not specified

Cost: 100\$

Insurance accepted: La personne doit faire sa réclamation; reçu émis en conséquence.



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# Sexologist

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Celia Esther

Professional title: Psychotherapist, Sexologist

Services: Couple therapy, psychotherapy, sexotherapy

Email: [celia.e.esther@gmail.com](mailto:celia.e.esther@gmail.com)

Phone number: 514-629-5978

Ethnicity: Caribbean

Languages: French

LGBTQ-identified?: No

Gender: Woman

Sex affirmative therapist?: Yes & has worked with a number of clients from the sex work community.

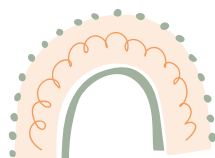
Referral necessary?: No

Address: 6830 Park avenue, H3N 1W7

Accessibility: Ramps or an elevator (if the space has multiple levels), Fully accessible washrooms, Enough room for wheelchairs to move around freely

Cost: 95 for individual therapy, 125 for couple therapy, possibility of lower prices if asked for (sliding scale)

Insurance accepted: Yes



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## Annabel McLaughlin

Professional title : Sexologue et psychothérapeute

Services : Suivi sexologie et psychothérapie

Email : annabelmcl@gmail.com

Phone number : 514-943-2968

Ethnicity : Asiatique

Languages : Français

LGBTQ-identified? : Non

Gender: Femme cis

Sex affirmative? : Oui

Referral necessary? : Non

Address : 2300, rue Sherbrooke Est, Montréal

Accessibility : Salle de bain neutre

Cost : 100\$

Insurance accepted : Oui



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## Alexander McKenzie

Professional title : Sexologist

Services : Counseling (relation d'aide)

Email : alexmcsexo@gmail.com

Phone number : 514-569-9209

Ethnicity : Canadian (afro-carribean descent)

Languages : English, French

LGBTQ-identified? : Yes

Gender: Identify as male and use male pronouns.

Sex affirmative therapist ? : Yes & worked with a number of clients from the sex work community.

Referral necessary? : My services can be accessed by getting in touch directly, or via the websites of the clinics where I rent my office spaces.

Address : Diapason Santé - 4490 rue Ontario Est, Clinique Médicale La Licorne - 808 rue Ontario Est

Accessibility : Ramps or an elevator (if the space has multiple levels), Fully accessible washrooms, Enough room for wheelchairs to move around freely, A gender neutral washroom, These accessibility points are for Clinique Médicale La Licorne exclusively.

Cost : \$90 per session (50 minutes), with the possibility for rates to be adjusted to income.

Insurance accepted : Yes





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## Kanica Saphan

Professional title : Sexologist

Services : Counselling for individuals and couple

Email : [kanica@sofasexologique.com](mailto:kanica@sofasexologique.com)

Phone number : 514-923-9742

Ethnicity : Cambodian

Languages : English, French

LGBTQ-identified? : No

Gender: Woman

Sex affirmative therapist ? : Yes

Referral necessary? : No referrals necessary, contact me through my FB page “Le sofa sexologique”

Address : 5333 Casgrain #720, Montréal

Accessibility : Ramps or an elevator (if the space has multiple levels), Fully accessible washrooms, Enough room for wheelchairs to move around freely, An automated front door, A gender neutral washroom, Accessible parking spaces.

Cost : 104\$ for individuals, 127\$ for couples, and 20\$ off for students who book a session before 5pm.

Insurance accepted : Yes



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# Art therapist

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Shyam Anandampillai

Professional title : Creative arts therapist

Services : Individual sessions and groups

Email : shyamuh@gmail.com

Phone number : 514-894-9239

Ethnicity : South Asian

Languages : English, Hindi, Tamil

LGBTQ-identified? : Yes

Gender: Not specified

Sex Affirmative therapist?: Not specified

Referral necessary? : No.

Address : 5165 Sherbrooke West, suite 300

Accessibility : Ramps & elevators. Fully accessible washrooms.

Cost : 85\$

Insurance accepted : Yes



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## Noriko Baba

Professional title : M.A: Art therapist, Counsellor/ M.Sc: Couple and Family Therapist

Services : Counselling, art therapy (based on one's choice) for all ages, including children, adolescents, adults & Specialized in Couple and Family Therapy

Email : [norikoarttherapy@gmail.com](mailto:norikoarttherapy@gmail.com)

Phone number : 514-294-1773

Ethnicity : Japanese

Languages : English, Japanese

LGBTQ-identified? : No

Gender: pronouns she/her

Sex affirmative therapist ? : Yes, however, no direct clinical experience working with sex workers yet at this point. I support all individuals with all occupations.

Referral necessary? : No. See [www.norikobaba.com](http://www.norikobaba.com)

Address : 4631 Sherbrooke Ouest (Montreal) Accessibility : Waiting room with chairs. Gender neutral bathrooms. Accessible parking spaces.

Cost : 120\$, sliding scale available (\*During the first intake session, we can decide sliding scale fee together.)

Insurance accepted : Yes



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## Eli Abdellahi

Professional title : Art therapist

Services : Individual and group art therapy

Email : [info@eliabd.com](mailto:info@eliabd.com)

Phone number : 143-877-14731

Ethnicity : Mixed race

Languages : English, French

LGBTQ-identified? : Yes

Gender: Not specified

Sex affirmative therapist? : Not specified

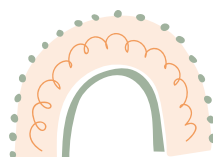
Referral necessary? : I offer free consultations, no referral is needed. Call, email or fill out the forms on [www.eliabd.com](http://www.eliabd.com)

Address : 2383 Rue Beaubien E

Accessibility : A gender neutral washroom

Cost : 100\$/h for individual sessions. Some sliding scales spots available

Insurance accepted : No



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# Professional Coach

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Vesna Antwan

Professional title : Personal and Professional Coach

Services : Certified coach dedicated to helping clients achieve overall well-being.

Email : vesna@coachvesna.com

Phone number : 514-871-0764

Ethnicity : Arab/Latina

Languages : English, French, Spanish

LGBTQ-identified? : No

Gender: Female She/Her

Sex affirmative? : Yes

Referral necessary? : I offer free discovery sessions and no referrals are required. Visit <https://coachvesna.com/> for more information.

Address : 243 Villeneuve west, Montreal (QC) H2T 2R8.

Accessibility : Coaching sessions can take place over the phone or online.

Cost : 80\$-120\$ an hour. Sliding scale available based on financial need.

Insurance accepted : No



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## Laina Benjamin

Professional title : Certified coach in interpersonal relations

Services : Not specified

Email : psycholaigy@gmail.com

Phone number : Not specified

Ethnicity : Haitian

Languages : Français/anglais

LGBTQ-identified? : No

Gender: Woman

Sex affirmative? : Yes

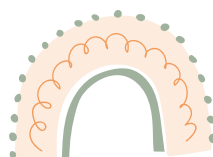
Referral necessary? : No

Address : Via Zoom

Accessibility :

Cost : 80\$/ 50min

Insurance accepted : No



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# Social worker

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Melissa-Anne Cobble

Professional title : Social Worker

Services : Individual Counselling.

Email : mel.anne.cobbler@gmail.com

Phone number : Not specified

Ethnicity : Black

Languages : English

LGBTQ-identified? :Yes

Gender: Cis-Female (she/her/hers)

Sex affirmative therapist? : Yes, I am. However, as of now, I would ask that clients looking for a sex worker specific counsellor be directed to such professional.

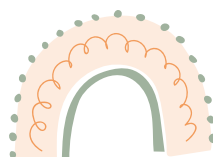
Referral necessary? : <https://www.centreighthouse.ca/>Address : 5890

Monkland Ave #205, Montreal, Quebec H4A 1G2

Accessibility : Yes. Ramp and elevator (if the space has multiple levels)

Cost : 100\$

Insurance accepted : Yes



Daphney Laraque

Professional title : Reiki chakra assessment and consultations

Services : Reiki treatment, chakra balancing and holistic consultations

Email : daphneylaraque@yahoo.ca

Phone number : 450-490-3834

Ethnicity : Black (haitian)

Languages : English, French, Haitian Creole

LGBTQ-identified? : No

Gender: Not specified

Sex affirmative? : Not specified

Referral necessary? : No, you can call me by phone at 450-490-3834 or contact me by FB Reiki Zen

Address : Laval

Accessibility : Not specified

Cost : It depends of the service, 50\$ or 70\$ or more if something “extra” but it is discussed prior to the treatment.

Insurance accepted : No





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# MENTAL HEALTH RESOURCES FOR BLACK QUEER AND TRANS FOLKS

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- Black community forum

This list represents those organizations that have clearly indicated that they expect to be consulted and wish to participate and assist in helping to achieve the general priorities and objectives of the Black Community Forum,

- Anti-Black/Racism Resources MTL/QC
- Ethnic community resources
- Black Health Alliance
- Access and Alternatives: Community Resources
- Toronto/Canada

\*Compiled on Tumblr by Jodie-Ann Muckler as a  
stagiaire for Project10\* (2018)  
Updated and made on Canva by Rebeca-Abigail  
Irazabal-Toro (2020)