

Welcome to Shanti!

You are not alone.

Culturally Attuned Care at Shanti Psychotherapy

Reaching out for support can feel difficult, especially when navigating cultural expectations, family roles, and stigma.



Many people are taught to:

- Stay strong
- Keep struggles within the family
- Avoid burdening others

Balancing family expectations, cultural identity, and daily stress can feel overwhelming — but you do not have to navigate it alone. You deserve support that honours both your culture and your well-being.

Yalnız değilsiniz - You are not alone.

Contact us:

☎ [\(437\) 747-0692](tel:(437)747-0692)

✉ hello@shantipsychotherapy.ca

🌐 www.shantipsychotherapy.ca

📍 4 locations across the GTA

Shanti
Psychotherapy

Community & Multilingual Support

Turkish Community Heritage Centre of Canada

Contact via 211 or community listings
Support for families, women, and newcomers

Better Life Counselling Centre

(647) 726-2999

Multilingual therapy

Hamilton Psychological Services

Contact via website

Turkish-language therapy available

Free & Crisis Support (24/7)

- Text HOME to 686868
- Kids Help Phone: 1-800-668-6868
- Good2Talk: 1-866-925-5454
- Distress Centres: (416) 408-HELP
- 211 Ontario: Call 211



Taking the first step can feel difficult, especially when it's not something openly talked about.

Reach out for a free consultation.



Mental Health Support for the Turkish Community



Scan for our website and information on how to book a consultation!



Contact us:

☎ [\(437\) 747-0692](tel:(437)747-0692)

✉ hello@shantipsychotherapy.ca

🌐 <https://www.shantipsychotherapy.ca>

📍 745 Danforth Ave Suite 202, Toronto, ON M4J 1L4

Shanti
Psychotherapy

Understanding your experience



Therapy that honors both your roots and your growth

Living between cultures can bring unique challenges:

- Balancing family expectations and personal needs
- Feeling caught between identities
- Language or communication barriers
- Feeling isolated or disconnected



When to Seek Support

- Stress or anxiety feels overwhelming
- Family or life responsibilities feel too heavy
- You feel alone, stuck, or emotionally exhausted
- Adjusting to a new environment has been difficult

You don't have to choose between culture and healing.

Book a free 15-minute consultation

- Turkish-speaking therapy available
- Virtual & in-person sessions
- Affordable/sliding scale options available

Meet Irem



IREM KOC
REGISTERED PSYCHOTHERAPIST
(QUALIFYING)

I'm **Irem**, a Turkish-speaking therapist offering a warm and culturally sensitive space where individuals can feel heard, understood, and supported while navigating life transitions, identity, and emotional well-being.



My practice supports: Children & Teens, Adults & Couples



International University and College students

I can help with:

- Anxiety & Overthinking
- Depression
- Mood Issues
- Cultural Expectations & Identity
- Relationship concerns
- Sessions in English & Turkish

Resources

Turkish-Speaking & Culturally Relevant Support through:

- Turkish-speaking therapists
- Community organizations
- Multilingual mental health services



Culturally Accessible (OHIP or Free / Low-Cost)

Across Boundaries

(416) 787-3007 ext. 222

Culturally responsive mental health services



Gerstein Crisis Centre (24/7)

(416) 929-5200

24/7 crisis support with interpretation available



Interim Federal Health Program (IFHP)

1-888-614-1880

Free health coverage for refugees and newcomers



Community Health Centres (CHCs)

Call 211

Free mental health services; interpretation often available