



IFARADA
Centre for Excellence

Building Community Through Partnerships

Guiding healing from the roots.



Ifarada Centre of Excellence is more than mental health care. Ifarada is a culturally informed counselling and support services organization that supports the community to improve families and individuals as they navigate school, relationships, work and everything in between. We believe that diversity is key to providing

support that our clients can trust, that is why we are a community-led organization.

We are a member of the Family Services Ontario. Our Agency is designed to support the community with a strong emphasis on equity, holistic care, and empowerment.



Culturally relevant, culturally informed.

We believe that healing occurs through multiple facets. Our culturally informed, anti-oppressive model offers a range of services, from individual counselling to tutoring, workshops and family outreach services.



Community based, community-led.

We provide a safe space to share your challenges with people who understand where our clients are coming from and have lived experience. Over 90% of our staff are from a different ethnic background or represent the 2SLGBTQIA+ or Indigenous communities.

Feel represented, feel heard.

Ifarada offers a safe space to support personal growth and development around mental wellness and healing from trauma for our clients through individual counselling to group-based partner programs like Kujenga or Wonderfully Made.



Counselling

A holistic suite of counselling services that include individual counselling, family therapy, child and youth therapy, group therapy, life coaching, and more.



Therapeutic Group Programs

Supportive and therapeutic group programs for children, teens and adults.



Mentoring

Individualized guidance and coaching to support identity, career development, and leadership skills.



Outreach

Family support geared to promoting family wellbeing, healing relationships, addressing crisis in a holistic way.



Education

Individualized education support to children, youth, and adults geared to improve academic outcomes, build self-confidence and enhance self-esteem.

To see a full listing of our programs and services please visit us online at www.ifaradainstitute.org



OUR PARTNERS

Ifarada works with partners looking to create a lasting impact on the health and wellness of people. Based in the Durham Region Ifarada Southwestern Ontario from Pickering to Newcastle and North to Brock.

As part of the Family Services of Ontario, Ifarada works with: government agencies, school boards, and corporate partners to improve health outcomes for the community.

Social Services

Ifarada can help children's aid, community health, employment and immigration and criminal justice

Education

Ifarada is a trusted and reliable agency that schools can turn to for supporting students, families and teachers.

Corporate Partners

For organizations looking for a health and wellness partner that reflects the diversity of their employees, Ifarada is a safe and welcoming space to which your employees can turn.

Join our growing partner base

Through the generosity of our community partners, volunteers and team we have been able to grow our programs and make a lasting impact on children, youth, individuals, and families throughout Durham Region and the Greater Toronto Area. Some of our previous program partners include:

- TD Bank
- Second Harvest
- Canadian Red Cross
- CDI SNAP



We strive to build our community foundation, promote holistic teaching and education, and promote mental wellness and healing from trauma.

Partnering to improve your overall wellbeing?

To learn more about becoming one of our partners please contact us today:

Call: (289) 624-9341 | Email: info@ifaradainstitute.org



Ifarada Mission

We strive to build our community foundation, promote holistic teaching and education, and promote mental wellness and healing from trauma.

Our organization is founded on ancestral knowledge created by leaders and elders of our past. We acknowledge our connection with the spirit, faith, and spirituality. We recognize the impact of intergenerational trauma brought upon by systemic oppression, racism, and colonization. To heal, we incorporate our history, our spiritual self, our experience of trauma, and cultural practices, new and old, to create stronger people, stronger families, and stronger communities.