



# THE DOWNTOWN PSYCHOLOGY CLINIC

## Clinical Psychology Residency Program

2024-2025 Academic Year

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Profession Practice Leader: Noah Lazar, Ph.D., C.Psych.

For more information, please visit:

[www.downtownpsychologyclinic.com](http://www.downtownpsychologyclinic.com)

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## Who We Are

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Located in the heart of Downtown Toronto, and providing virtual services across the province, The Downtown Psychology Clinic is a multidisciplinary private practice focused on providing high-quality, evidenced-based treatments for children, adolescents and adults. Given our location in downtown Toronto, our clientele is extremely diverse, and delivering culturally competent care is central to our practice.

In the residency program, our focus is on providing the highest level of clinical training. In keeping with our commitment to evidence-based practice, we focus on training residents in treatments such as Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT), Mindfulness-Based Therapy and Acceptance and Commitment Therapy (ACT).

We are able to provide supervision in the areas of clinical and health psychology for adults, children and adolescents, in the areas of:

- Anxiety Disorders, including obsessive compulsive disorder, worry, phobias, panic disorder, social anxiety, and health anxiety
- Post-Traumatic Stress Disorder
- Mood Disorders, including depression and bipolar disorder
- Psychosis and Schizophrenia
- Coping with chronic health conditions and medical concerns
- Grief and bereavement
- Fertility concerns and perinatal mental health
- Sexuality and sexual health
- Workplace issues and return to work
- Relationship issues

We offer a warm, supportive and collegial atmosphere, and aim to support the career development of our associates, residents, students to foster an atmosphere of collegiality, consultation, and mentorship amongst our team members.

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## Philosophy of Training

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At the Downtown Psychology Clinic, we provide training in firm alignment with the scientist-practitioner model, focusing on integrating leading-edge research in clinical practice with a compassionate and client-centered approach. We focus on utilizing evidence-based treatments, such as Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Mindfulness-Based Therapy and Acceptance and Commitment Therapy to help our clients achieve positive and meaningful outcomes.

Residents will learn to assess clients, with a focus on case conceptualization, in order to develop evidence-based and client-centered treatment plans. Residents will also be encouraged to monitor client progress through outcome monitoring, as well as develop termination and relapse prevention plans.

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## Goals of Training

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Our overarching goal at the Downtown Psychology Clinic is to prepare our residents to become successful autonomous health service psychologists. Through responsive and supportive supervision, our program will help residents advance their clinical skills in assessment, treatment, consultation and ethical skills to prepare them to excel as psychologists and professionals, beyond residency. We are deeply committed to preparing our residents to confidently advance to the next step in their careers, and be prepared to succeed in any area within the scope of practice of a psychologist. As such, residents are expected to develop core, profession-wide competencies in the following areas:

- 1) Development of assessment skills.** Residents will become proficient with the use of semi-structured diagnostic interviews, psychometric testing, differential diagnosis, and the provision of treatment recommendations and feedback. Case conceptualization is also an important focus during initial treatment sessions in order to formulate the presenting problem, as well as select appropriate interventions.
- 2) Development of treatment skills.** Residents will become proficient in planning treatment goals and plans, and providing evidence-based psychological treatments, such as Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Mindfulness-Based Therapy and Acceptance and Commitment Therapy. Process issues related to the interventions will also be an important focus.

- 3) **Development of professional ethics and standards.** Residents will become proficient in their knowledge and application of ethical and professional principles of psychologists, especially in the context of a private practice setting. Ethical standards are regularly discussed in supervision to ensure that residents demonstrate a comprehensive and advanced knowledge of ethical standards, codes of conduct, ethical decision-making, and legal obligations related to the practice of psychology.
- 4) **Development of consultation skills.** Residents will become proficient in collaborating with diverse mental health professionals, and develop the necessary professional and interpersonal skills to work within a multidisciplinary team of healthcare professionals.
- 5) **Development of cultural competency skills.** Residents will become proficient in working with clients from diverse cultural backgrounds, and to become aware of cultural differences in the context of their assessment and treatment work.
- 6) **Development of professional identity.** Residents will be guided in the development of their professional identities. Residents will also have opportunities to attend other educational and professional development events, as well as being aware of the current literature and treatment manuals.
- 7) **Development through supervision.** Supervision will be provided by doctoral-level psychologists, and it matched to each residents' training needs and skills. Both group and individual supervision will be provided. Initial supervision sessions may be more instructive, with the intention of the resident taking more autonomy in later supervision sessions.

In addition to core competencies, our training also encompasses professional development, helping the resident grow into their professional role through self-reflection, critical thinking, and decision-making regarding career planning. We offer training and didactics focused on autonomous registration in Ontario, as well as post-residency employment, particularly in private practice. Our supervisors have worked across diverse settings, such as hospitals, primary care facilities, rehabilitation centers, specialized treatment clinics and private practice – we strongly believe in preparing our residents to enter any practice setting and thrive.

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## Program Structure

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The residency program will run from September through the end of August and will cover a total of 1800 hours of practice under supervision. While specific hours will depend on each resident and their respective clinical interests, residents are expected to work a typical 37.5 hour week, with 3 weeks vacation plus additional professional development time. Anywhere from 25-50% of the week will be spent in direct client contact, which will vary depending on several factors (e.g., resident goals, training modality, preparation, etc.). In addition, residents will also attend training seminars, supervision, complete readings, interdisciplinary team meetings, case conferences, and may also have opportunities to assist in teaching where possible. Residents are required to participate in didactic rounds and group supervision treatment rounds for successful completion of the program.

The provision of supervision is in alignment with APPIC and CPA standards, and our residents receive at least four hours of supervision per week by a doctoral-level, registered psychologist. Residents will be assigned their supervisors based upon matching clinical interests, as well as availability of supervisors. In order to meet resident interests and needs, two supervisors will be available for each resident. Group supervision will also be provided. Supervisors will meet weekly with each resident.

If there is an interest, supervision of more junior practitioners by residents might be available – additionally, our residents will complete didactics and teaching in providing supervision in order build this competency. If residents are interested in teaching, in some cases, there can be involvement with teaching opportunities as our some of our staff teach in the community.

Please note that provision of all clinical services and participation in any residency activity will take place in our office at 65 Queen Street West, or virtually, as appropriate.

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## Didactic Seminars

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Residents will have the opportunity to attend several didactic seminars throughout their residency. Biweekly didactic seminars will focus on a wide range of assessment and intervention topics, with numerous clinical populations. On alternating weeks, residents will attend a Journal Club, during which residents will discuss current research and trends in clinical psychology. In total, there will be a minimum of 2 hours of didactics provided each week.

Below is a list of the seminars that will be offered, with dates to be confirmed closer to the start of the residency:

Seminar Topics
Ethical Issues and Cultural Humility Part 1
Ethical Issues and Cultural Humility Part 2
Profession Wide Competency
Assessment I: Diagnosis
Assessment II: Diagnosis
Assessment III: Cognitive Behavioural Case Formulation
Intervention: Cognitive Behavioural and related therapies
Intervention: Acceptance and Commitment Therapy
Motivational Interviewing in the context of Cognitive Behavioural Therapy
Assessment and Treatment: Mood Disorders
Bipolar Disorder
Assessment and Treatment: Anxiety Disorders
Assessment and Treatment: Trauma- and stressor-related Disorders
Posttraumatic Stress Disorder
Assessment and Treatment Somatic Symptom and Related Disorders
Illness Anxiety Disorder
Assessment and Conceptualization of Psychosis
Treatment of Psychosis
Assessment and Treatment: Feeding and Eating Disorders
Personality Disorders I: Categorical and Dimensional Classification
Personality Disorders II: Treatment
Supervision
Registration for Supervised Practice
Career Development as a Psychologist in Private Practice

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## Areas of Clinical Experience

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At the Downtown Psychology Clinic, we are able to offer clinical experiences in the areas of adult mental health, child and adolescent mental health, and health psychology. The emphasis of each experience is on preparing the resident for the various roles of a psychologist, as a scientist-practitioner. Accordingly, our program focuses on skill development in the area of assessment, intervention and consultation activities - each clinical activity is provided within a framework of evidence-based practice and care. Residents will be able to select their experiences based on interest and on supervisor availability. Residents will see clients from their chosen experiences throughout the residency year.

Residents will also be required to complete 3-5 comprehensive assessments throughout the residency year.

### **Clinical Experiences include:**

#### Adult Mental Health

Residents will work with adults ranging from age 18 to 65 years old, from diverse backgrounds, and presenting with varying clinical presentations. Individuals often present with mood disorders (Major Depressive Disorder or Bipolar Disorder), Anxiety Disorders (Panic Disorder, Agoraphobia, Specific Phobias, Social Anxiety Disorder, and Generalized Anxiety Disorder), Obsessive Compulsive and related disorders, Post-Traumatic Stress Disorder and related disorders, Eating Disorders, health anxiety, psychosis, as well as non-diagnostic issues such as grief, relationship difficulties, role transitions, and work difficulties. Resident will focus on assessment for the purpose of treatment, differential diagnosis, provision of feedback, case conceptualization, as well as the provision of evidence-based treatment for the presenting conditions.

#### Child and Adolescent Mental Health

Residents will work with children and/or adolescents from age 5 to 17 years old, as well as their parents where appropriate, from diverse backgrounds, and presenting with varying clinical presentations. Individuals often present with mood disorders (Major Depressive Disorder or Bipolar Disorder), Anxiety Disorders (Panic Disorder, Agoraphobia, Specific Phobias, Social Anxiety Disorder, Separation Anxiety Disorder, and Generalized Anxiety Disorder), Obsessive Compulsive and related disorders, Post-Traumatic Stress Disorder and related disorders, Eating Disorders, health anxiety, as well as non-diagnostic issues such as grief, relationship difficulties, role transitions, and educational difficulties. Residents will focus on assessment for the purpose of treatment,



differential diagnosis, provision of feedback, case conceptualization, as well as the provision of evidence-based treatment for the presenting conditions.

### Health Psychology

Residents will work with children, adolescents and/or adults who are working on navigating various chronic medical conditions, as well as the healthcare system. Residents will work within a biopsychosocial model, focused on the biological aspects of the medical condition, the psychological factors that enhance or reduce functioning, and the fostering healthy coping and social belongingness. Individuals often present with medical conditions such as, allergies, cancer, endocrinological conditions, gastrointestinal conditions, headaches and migraines, insomnia, neurological conditions, pain, genetic conditions, respiratory conditions, tinnitus and vestibular disorders. Residents will focus on assessment for the purpose of treatment, differential diagnosis, provision of feedback, case conceptualization, as well as the provision of evidence-based treatment to help clients better manage these conditions.

Sample week:

Monday: 3-5 hours direct clinical service

Tuesday: 1-3 hours direct clinical service, group supervision

Wednesday: Supervision, dissertation/research time

Thursday: Supervision, assessment rounds

Friday: 3-5 hours direct clinical service clients

Please note that this is a sample, and will vary considerably based on each resident's interests and rotations.

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### Resident and Supervisor Evaluations

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Over the course of the residency year, three formal written evaluations will be conducted at three months, six months and 12 months, respectively.

The initial written evaluation is completed by the supervisor and reviewed together with the resident. This review is intended to identify areas of strengths and/or weaknesses that can be further developed through the remainder of the residency. These evaluations are competency-based, focusing on assessing profession wide-competencies in key areas.

At the mid-point of the year, the second evaluation is conducted, with supervisor reviewing the evaluation together with the resident. The content from the initial evaluation will guide the evaluation, to ensure that progress regarding goals and objectives are monitored and adjusted, as needed.

The final evaluation occurs near the end of residency, and will assess the overall progress with respect to the entire year. Again, prior evaluations are used to inform the final evaluation and reflect on the growth and the development of the resident, as well as provide an opportunity to provide recommendations for the residency program.

At six and 12 months, residents will have the opportunity to evaluate their experiences, their rotation, and their supervisors.

Each completed evaluation will be submitted to the resident's graduate training director to ensure ongoing communication between the graduate program and the residency program regarding progress.

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### Accreditation

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An application for provisional membership in the *Association of Psychology Postdoctoral and Residency Centers* (APPIC) has been submitted. The Residency Program is not currently accredited by the *Canadian Psychological Association* (CPA).

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### Stipend

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At The Downtown Psychology Clinic, we highly value our residents and strongly believe in the care they deliver. Full time Residents will receive a stipend of \$40,000, for the full year, paid in biweekly installments. Residents will also receive a conference attendance allowance of \$1,000,

Our residents will receive 15 working days of vacation and be allocated 5 business days for professional development of any kind (i.e., dissertation related work, job interviews).

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## Application Process

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### **Qualifications**

All candidates must be enrolled in a CPA or APA accredited Clinical Psychology Doctoral program, and have completed some CBT coursework prior to application submission. Two resident positions are currently available.

Prior to commencing the Residency, Residents must have completed all requirements of their doctoral program, excluding the completion of their dissertation. A minimum of 600 practicum hours, including at least 300 direct client contact hours (i.e. assessment and/or group and individual treatment), will also be required.

We are committed to offering equal opportunity employment and encourages applications from all qualified individuals regardless of race, religion, cultural or ethnic background, gender, sexual preference, and disability. The program will make all efforts to ensure program access to those with disabilities by ensuring the accessibility of the physical site and by making further necessary accommodations on a case-by-case basis through our Director of Training and Professional Practice Leader.

### **Applications:**

Applications should be emailed to [Training@downtownpsychologyclinic.com](mailto:Training@downtownpsychologyclinic.com) and addressed to Dr. Daniel Peluso.

Applications should include:

- (1) A copy of your APPI online application
- (2) Cover Letter
- (3) Graduate Transcripts
- (4) Curriculum Vitae
- (5) Three letters of reference
  - One from an individual familiar with the applicant's research skills
  - One from an individual familiar with the applicant's clinical skills.
  - Referees should email their letter to [Training@downtownpsychologyclinic.com](mailto:Training@downtownpsychologyclinic.com) with the applicant's name in the Subject Line.

- (6) A CBT case conceptualization and treatment plan for a client. Please ensure all information is de-identified to protect client confidentiality.

**Applications will be accepted until December 1, 2023. Interview notifications will be sent to successful applicants by December 15, 2023.**

***Questions regarding the Clinical Residency Program or Application Process should be directed (preferably by email) to: [Training@downtownpsychologyclinic.com](mailto:Training@downtownpsychologyclinic.com)***

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## Clinical Supervisors

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### **Dr. Karin Almuhtadi, C.Psych.**

Dr. Karin Almuhtadi is a registered clinical psychologist with the College of Psychologists of Ontario, and works with adults with a broad range of difficulties including trauma, emotion regulation problems, depression, anxiety, and interpersonal challenges.

Dr. Almuhtadi offers an integrative approach informed by Cognitive Behavioural Therapy, Mindfulness-Based Interventions, Acceptance and Commitment Therapy, and Self-Compassion frameworks. Her overarching clinical objectives are to help clients identify and move towards their meaningful goals, increase their awareness of their inner experience, and learn skills to allow them to effectively navigate life's hurdles. She values the therapeutic relationship between herself and her clients, and believes the quality of the relationship is crucial to optimizing treatment gains.

Dr. Almuhtadi completed her doctorate in Clinical Psychology at Lakehead University and her residency training with the Northern Ontario Psychology Residency Consortium, providing psychological assessment and treatment in general outpatient and inpatient services at St. Joseph's Health Centre and the Thunder Bay Regional Health Sciences Centre.

### **Dr. Maddy Burley, C. Psych.**

Dr. Maddy Burley enjoys working with people from all walks of life and believes that the best therapeutic outcomes are achieved when evidence-based practice is provided in the context of a genuine, caring and respectful relationship between client and therapist. Dr. Burley strives to be non-judgmental, anti-racist, and LGBTQ2IA+ positive. She works with clients to understand their concerns and develop a treatment plan centered around their unique goals.

Dr. Burley is registered as a Clinical and Health Psychologist with the College of Psychologists of Ontario. She provides evidence-based assessment and treatment for adults with mental health and/or health concerns including mood disorders, anxiety disorders, obsessive-compulsive and related disorders, psychosis, chronic pain, cancer, perinatal mental health concerns, chronic illnesses, bereavement, trauma, adjustment to major life transitions, burnout, and stress.

Dr. Burley completed her Ph.D. in clinical psychology at Toronto Metropolitan University in 2016. She completed her predoctoral clinical residency with the Northern Ontario

Psychology Residency Consortium (NORPIC). Throughout her training she worked in a variety of settings, including St. Joseph's Care Group in Thunder Bay, Thunder Bay Regional Health Sciences Centre, the Children's Centre of Thunder Bay, the Schizophrenia and Dual Diagnosis Programs at the Centre for Addiction and Mental Health, and in the Department of Family and Community Medicine at St. Michael's Hospital in Toronto. In addition to providing assessment and treatment in private practice, Dr. Burley currently works as a clinical consultant for the Ontario Structured Psychotherapy Program at the Canadian Mental Health Association York Region and South Simcoe; this role includes developing and providing trainings and high-level consultation on structured CBT-based treatment approaches for psychotherapy practitioners.

Dr. Burley has extensive training in CBT and integrates techniques and philosophies from other evidence-based treatments such as Mindfulness Based Cognitive Therapy and Dialectical Behavior Therapy when appropriate. Dr. Burley is a member of the College of Psychologists of Ontario and the Ontario Psychological Association. She currently volunteers on the Membership Committee of the Canadian Association of Cognitive and Behavioural Therapies (CACBT) and served as a member of the board of CACBT from 2018-2021.

### **Dr. Dean Carcone, C.Psych.**

Dr. Carcone provides assessment and cognitive behavioural therapy (CBT) for adults with a range of mental health concerns, including anxiety disorders, obsessive compulsive disorder (OCD), phobias, and depression. He also integrates techniques from Mindfulness-based Cognitive Therapy (MBCT) and Acceptance and Commitment Therapy (ACT). He always works collaboratively with his clients to implement individually-tailored treatment plans and help them learn strategies to manage challenging life stressors and mental health symptoms.

Dr. Carcone received his Ph.D. in Clinical Psychology from the University of Toronto in 2022 and his master's degree from the same school in 2016. His doctoral research examined the relationship between life stress and mental health and how cumulative stress can impact the brain and cognitive ability. Dean completed his clinical residency at the Centre for Psychological Services and Research and the Ottawa Institute for CBT. He has also received training at the Centre for Addiction and Mental Health Psychological Trauma Program, the Centre for Student Development and Counselling, and the Frederick W. Thompson Anxiety Disorders Centre at Sunnybrook Hospital.

### **Dr. Noah Lazar, C. Psych.**

Dr. Lazar offers assessment and cognitive behavioural therapy (CBT) for a wide range of difficulties, including depression, schizophrenia and psychosis, as well as anxiety, with particular interests in generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, agoraphobia and social anxiety disorder.

Dr. Lazar is certified by the Canadian Association of Cognitive Behavioural Therapies (CACBT) in the provision of CBT, and takes an evidence-based, non-judgmental, empathic, and client-centred approach to his practice in order to suit the individual needs of each client.

Dr. Lazar completed his Ph.D. in Clinical Psychology at Western University, and completed his clinical residency at St. Joseph's Healthcare, Hamilton, in their Mood Disorders Clinic, Neuropsychology Service, and their Schizophrenia and Severe Mental Illness Clinic. He also worked in numerous inpatient and outpatient psychiatric clinics before beginning work full-time in private practice, and co-founding The Downtown Psychology Clinic in 2019.

Throughout his career, he has been actively involved in teaching and training endeavours. He designed and instructs many courses and workshops at the University of Toronto and the Sick Kids Centre for Community Mental Health. He has also taught in many other educational institutions, hospitals and workplaces. He is an Adjunct Lecturer with the Department of Psychiatry at the University of Toronto, where he teaches the CBT seminar for 2<sup>nd</sup> year psychiatry residents. Dr. Lazar is also involved in supervising numerous clinicians-in-training in the use of CBT.

### **Dr. Houyan Luo, C. Psych.**

Dr. Houyan Luo is a registered Counselling and Clinical Psychologist with the College of Psychologists of Ontario. He provides psychological assessment and psychotherapy to adults with various difficulties such as mood, anxiety, trauma, grief and loss, relationship, stress management, self-criticism, psychosis and medical concerns. He works primarily from Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) approach. He values empathy, compassion, and understanding in clinical work. Also, he routinely seeks feedback from clients to make sure his work meets clients' needs.

Dr. Luo earned a Ph.D. in Counselling Psychology at the University of Alberta. He completed the Pre-Doctoral Clinical Psychology Residency at CBT Associates. He has worked in university counseling centres, as well as numerous psychiatric and health

clinics. Additionally, he has received training in CBT and ACT from the Evidence-Based Practice Institute.

Dr. Luo is a member of the Canadian Psychological Association (CPA) and Association for Contextual Behavioural Science (ACBS). He provides services in English and Mandarin (普通话).

### **Dr. Daniel Peluso, C. Psych.**

Dr. Daniel Peluso's clinical focus includes assessment and treatment (cognitive behavioural therapy) of post-traumatic stress disorder (PTSD), trauma-related disorders, anxiety and mood disorders, pain and illness-related disorders, and interpersonal difficulties. He is also firmly committed to training and teaching, and supervises other professionals regularly. Dr. Peluso is a member of the College of Psychologists of Ontario and the Ontario Psychological Association.

Dr. Peluso has experience providing cognitive behavioural therapy (CBT), and related therapies (mindfulness, DBT) in a range of outpatient settings, including mental health hospitals, rehabilitation/pain programs, and Operational Stress Injury Clinics with Veterans of Canadian Forces, and RCMP. Dr. Peluso fosters a collaborative and empathic approach towards treatment, with a focus on empowering clients. Within an atmosphere of compassion and understanding, Dr. Peluso takes an evidence-based approach to address each individual's particular needs.

Dr. Peluso completed his residency at the Royal Ottawa Hospital and received his doctoral degree from the University of Regina.

### **Dr. Kathryn (Katie) Walker, C. Psych.**

Dr. Kathryn (Katie) Walker is a registered clinical and health psychologist with the College of Psychologists of Ontario who works with adults, children, and adolescents. Dr. Walker's areas of clinical specialization include anxiety disorders, obsessive compulsive and related disorders, perfectionism, insomnia, adjustment to and management of health and medical conditions, and body-image distress. She also supports people who are navigating work, relationship or family stressors or times of transition in their lives. The clinical frameworks she formulates from Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Mindfulness-Based Interventions, and Motivational Interviewing



Dr. Walker completed her graduate training at the State University of New York at Buffalo. She completed her residency and postdoctoral fellowships at The Hospital for Sick Children, focusing on the treatment of acute and chronic medical conditions. Dr. Walker worked also as a clinical and health psychologist in clinics treating persistent pain and rare genetic diseases at The Hospital for Sick Children and at Toronto General Hospital. She is also an instructor and is active in training new clinicians. In 2019, she became a co-founder of the Downtown Psychology Clinic.

Dr. Walker's experience in school, community and hospital/medical settings inform her thinking about health promotion, and how to empower individuals to feel good about themselves, navigate stressors in their lives, experience happiness and personal success, and adopt healthy lifestyles via mind and body.

Dr. Natalie Vilhena-Churchill, C.Psych.

Dr. Natalie Vilhena-Churchill is a clinical and counselling psychologist registered with the College of Psychologists of Ontario. She works with adults with a range of mental health concerns, including depression, generalized anxiety, OCD, posttraumatic stress disorder, schizophrenia and other psychotic disorders. Dr. Vilhena-Churchill provides treatment primarily through a Cognitive-Behavioural Therapy (CBT) lens. Her approach is empathic and collaborative, and she works to individualize treatment to each of her clients' unique needs.

Dr. Vilhena-Churchill completed her doctoral degree at the Ontario Institute for Studies in Education at the University of Toronto. She completed her residency training at Ontario Shores Centre for Mental Health Sciences, and postdoctoral training at the Centre for Addiction and Mental Health. She has experience working in a range of settings, with a variety of populations including those with severe mental health concerns in hospital inpatient and outpatient units, university students, injured workers, veterans, members of the Canadian Armed Forces, and RCMP members. Dr. Vilhena-Churchill has also taught graduate courses, provided workshops, supervision, and consultation to other mental health professionals.

*To learn more about our entire team of clinicians, you can visit our website at:*  
<https://downtownpsychologyclinic.com/about-our-clinic/#psychologists>

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## About Toronto

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Toronto is Canada's largest city, with a highly culturally diverse population. Home to nearly 3 million people, Toronto is a vibrant and energetic city, with a variety of entertainment, food, and shopping activities.

There are countless other activities that Toronto has offer - the CN Tower is a destination for visitors and residents alike, with Rogers Centre steps away. There are a variety of museums, such as the Royal Ontario Museum, the Art Gallery of Ontario, and the Ontario Science Centre. Toronto has many parks and beautiful beaches that can provide a peaceful escape from the city life. Less than two hours away is Niagara Falls and the American Border, for weekend road trips.