

SHOPLIFTING AND OVERSPENDING

Where to go when you are looking for help

Updated: May 2024

Problematic overspending involves an uncontrollable urge to purchase things, often resulting in financial distress and emotional turmoil. It is not about poor financial management but is often linked to emotional issues such as anxiety, depression and low self-esteem. People may use shopping to cope with negative emotions or to feel a temporary sense of control or happiness. Similarly, shoplifting may be characterized by an urge to steal things, but not out of need or financial gain.

These behaviours can cause significant distress, legal trouble and damaged relationships. Help includes therapy, financial counselling, legal services and education.

Psychotherapy

Springboard – Direct Accountability Program

976 College St., Toronto

www.springboardservices.ca/adult-justice/stop-shop-theft

Tel.: 416 915-7661 ext. 237

Services: Group and individual counselling

Eligibility: People legally charged with shoplifting

Referral: Accepts referrals from direct accountability programs in five criminal courts

Willow Centre

45 Sheppard Ave. East, Suite 202, Toronto

www.thewillowcentre.com/tag/kleptomania

Tel.: 416 250-1540

contact@thewillowcentre.com

Services: Parent-child therapy; adult therapy; family therapy; marital therapy; mediation; parent coordination

Eligibility: Age 2+; residents of Ontario who struggle with shoplifting or overspending

Referral: Self-referral or referral from health care provider

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

Support Groups

Debtors Anonymous

519 Church St., Toronto

www.debtorsanonymous.ca/meetings

Tel.: 289 805-3286

Services: 12-step support group based on Alcoholics Anonymous model

Eligibility: People whose debts or problems with overspending have made their life unmanageable

Referral: Self-referral

Notes: Online support groups available

John Howard Society of Toronto – Shoplifting Education Service

1669 Eglinton Ave. West, Toronto

johnhoward.on.ca/jhs-program/shoplifting-education-service

Tel.: 416 925-4386

contact@johnhowardtor.on.ca

Services: Group session focused on harms of shoplifting, with follow-up one month later

Eligibility: People who have difficulties with shoplifting

Referral: Self-referral

Education

Salvation Army – Theft Intervention Program

1 Greensboro Dr., Suite 301, Toronto

salvationarmyjustice.ca/online-programs

Tel.: 416 304-1974

Services: One-day theft intervention program to meet legal or employer requirements of people charged with shoplifting

Eligibility: People who have difficulties with shoplifting

Referral: By court order, probation order or self-referral

Fees: \$150

Legal Services

Charitsis Law

1000 Finch Ave. West, Suite 705, Toronto (Tel.: 416 731-7113)

220 Duncan Mill Rd., Suite 419, Toronto (Tel.: 289 224-1166)

www.danielbrownlaw.ca/shoplifting-mishchief-theft-lawyer

Nick@CharitsisLaw.com

Services: Criminal lawyer for Shoplifting/Theft Under \$5000 charge under Criminal Code of Canada

Eligibility: People criminally charged with shoplifting/theft

Referral: Self-referral

Fees: Contact for fees

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Daniel Brown Law

103 Church St., Suite 400, Toronto

www.danielbrownlaw.ca/shoplifting-mishchief-theft-lawyer

Tel.: 416 297-7200

Services: Criminal lawyer for Shoplifting/Theft Under \$5000 charge under Criminal Code of Canada

Eligibility: People charged with shoplifting/theft

Referral: Self-referral

Fees: Contact for fees

Oracle Legal Services

40 Wynford Dr., Suite 301, Toronto

www.oraclelegalservices.ca/practice-areas/theft-under-5000-shoplifting

Tel.: 647 872-3484

[Email via website](#)

Services: Paralegal support for Shoplifting/Theft Under \$5000 charge under Criminal Code of Canada

Eligibility: People charged with shoplifting/theft

Referral: Self-referral

Fees: Contact for fees

Relionus Legal

439 University Ave., Suite 1200, Toronto

relionuslaw.ca/theft-shoplifting

Tel.: 416 939-7111

admin@relionuslaw.ca

Services: Paralegal support for Shoplifting/Theft Under \$5000 charge under Criminal Code of Canada

Eligibility: People charged with shoplifting/theft

Referral: Self-referral

Fees: Contact for fees

Toronto Shoplifting Lawyer

994 Queen St. West, Toronto

www.torontoshopliftinglawyer.ca/depression.htm

Tel.: 647 288-5969

contact@torontoshopliftinglawyer.ca

Services: Criminal lawyer for Shoplifting/Theft Under \$5000 charge under Criminal Code of Canada

Eligibility: People charged with shoplifting/theft

Referral: Self-referral

Fees: \$5,000

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