

Where healthy minds grow



Parenting isn't easy, especially when your child is struggling with emotions, anxiety, or physical challenges. Those worries can be overwhelming and hard to navigate on your own. sparrow offers support for your whole family with tools built to help kids feel stronger, calmer, and more confident, and to give you peace of mind along the way.

Start building stronger days together, with sparrow:

Better tools for big feelings

Our children's mental health program is expertly developed and scientifically proven to reduce outbursts and teach calming skills in a fun, pressure-free way kids can use at home. Real mental health support designed to feel like play, for ages 4-17.

Therapy that meets them where they are

For teens navigating stress, identity, friendships, or family changes, sparrow offers counselling that's flexible, approachable and judgement free. Match with clinicians specialized in these issues – virtually or in-person.

Culturally safe care for Indigenous youth

Healing often begins with being understood. Noojimo Health, Canada's first all-Indigenous virtual mental health clinic, offers culturally rooted counselling led by Indigenous clinicians to allow young people to share their truths and experiences.

Fun, functional fitness for every stage

Well-being's on-demand fitness classes help kids ages 3-14 build strength, mobility, and confidence through play-based movement. By focusing on core training and locomotor skills, children can lay the foundation for a lifetime of healthy activity.

Approachable support, one step at a time

First Step is a non-clinical program led by Canadian sports journalist, Michael Landsberg, that helps your child build mental strength and confidence without stigma, pressure, or judgement.

1.6 million Canadian children and youth live with anxiety and depression.

Children's Healthcare Canada, 2023

Care that shows up - just like you do

Support is a few taps away. Get started with sparrow to explore tools that help your child thrive, and give you real peace of mind.

Learn how to register



solutions.grouphealth.ca/sparrow

