



## CAREGIVER SUPPORT AND COUNSELLING – BRAMPTON, CALEDON, MALTON

AGENCY	PHONE #	DESCRIPTION
<b>Alzheimer Society, Peel</b> <a href="http://www.alzheimerpeel.com">www.alzheimerpeel.com</a> Brampton Mississauga	<b>289-632-2273</b> <b>ext 307</b> <b>905- 278-3667</b>	<p><b>Caregiver Support Group</b> for family members, or friends. Groups are held in both Mississauga and Brampton, and are available both daytime and evening. For a list of current schedules please call 905-278-3667</p> <p><b>First Link Support Group</b> for persons in the very early stages of Alzheimer's Disease or a related Dementia, and their primary caregiver. The person with the diagnosis has to be aware of their diagnosis and able to talk about it. Call 289-632-2273 ext .307 for information</p> <p><b>Counselling Services</b> – support and advice by phone or in person at Brampton or Mississauga locations or in the home as needed at no cost</p>
<b>Bethell Hospice</b> Royal Courtyards, Upper Level 18 King St E, Unit A8 Bolton, ON L7E 1E8 <a href="https://bethellhospice.org/home/">https://bethellhospice.org/home/</a>	<b>905-951-3534</b> <b>1-800-305-7905</b>	<p><b>In-Home Visiting Program</b> - provided by specially-trained volunteers</p> <ul style="list-style-type: none"> <li>•visiting volunteers can provide a reassuring presence, companionship and comfort, both for palliative individuals receiving care at home and for their home caregivers and family members</li> <li>•in-home volunteer support can also be used to provide caregivers with personal time to go out or to rest</li> </ul>
<b>Brain Injury Association of Peel and Halton</b> 2155 Leanne Blvd, Suite 240 Mississauga, ON L5K 2K8 <a href="http://www.biaph.com">www.biaph.com</a>	<b>905-823-2221</b> <b>1-800-565-8594</b>	<p>Support group for survivors of an acquired brain injury and their caregivers</p> <ul style="list-style-type: none"> <li>• information and peer support</li> <li>• recreational and social activities</li> <li>• caregiver services</li> </ul>
<b>Brampton Caledon Community Living</b> 34 Church St W Brampton, ON L6X 1H3 12 Parr Blvd W, Unit 10 Bolton, ON L7E 4H1 <a href="http://www.bramptoncaledoncl.ca">www.bramptoncaledoncl.ca</a>	<b>905-453-8841</b> <b>905-857-9691</b>	<p>Assistance is provided to parents to help them understand special education issues and to provide support and advocacy</p> <p>Respite Supports to out-of-home respite initiatives that are designed to provide families caring for a family member with a developmental disability some time to themselves while their family member is supported in social, recreational, and educational activities that promote skill development and community participation</p>

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<b>Caledon Community Services Respite Care</b> Royal Courtyards, Upper Level 18 King St E Bolton, ON, L7E 1E8 <a href="http://www.ccs4u.org">www.ccs4u.org</a>	<b>905-584-2300</b>	Respite workers provide non-medical care and companionship for seniors and adults with disabilities within their homes. Respite workers supervise and support individuals so their regular caregivers can have some time away from care giving responsibilities. A respite worker will go the client's home to: provide companionship, provide activities and prepare meals - Fee for service
<b>Canadian Cancer Society</b> 55 St Clair Ave W, Suite 500 Toronto, ON M4V 2Y7 <a href="http://www.cancer.ca/en/support-and-services/support-serv...">www.cancer.ca/en/support-and-services/support-serv...</a>	<b>1-888-939-3333</b>	Provides one-to-one, confidential support over the telephone Specialists match people living with cancer or their caregivers with a trained volunteer who has gone through a similar cancer experience CancerConnection.ca / ParlonsCancer.ca - Online community to share and build relationships for support
<b>Canadian Mental Health Association, Peel Dufferin Branch-Family Support</b> 7700 Hurontario St, Unit 314 Brampton, ON L6Y 4M3 <a href="http://cmhapeeldufferin.ca/programs-services/family-support/">http://cmhapeeldufferin.ca/programs-services/family-support/</a>	<b>905-451-2123</b>	Program for people with mental health and/or substance abuse issues Program: identifies and understand own ability to cope and support loved one in their recovery journey, explores family's personal beliefs, values, and knowledge about loved one's illness, provides short-term counselling individually or with loved one involved, identifies family strengths, needs, and awareness around caregiver burnout and self-care, offers support groups and workshops
<b>Canadian South Asians Supporting Independent Living (C-SASIL)</b> 150 Central Park Dr, Suite 19 Brampton, ON L6T 2T9 <a href="http://www.csasil.org">www.csasil.org</a>	<b>905-799-7274</b>	Creates a support network of services for people with disabilities and their families <b>Parents Support Group:</b> Designed for parents of children with disabilities * provides an opportunity to meet other parents and their children or family members and discuss the challenges they face as caregivers  Includes a learning as well as a recreational component for parents as well as family members
<b>CANES Community Care Caregiver Support and Counselling</b> 135 Queens Plate Dr, Suite 400 Toronto, ON M6W 6V1 <a href="http://www.canes.on.ca">www.canes.on.ca</a>	<b>416-743-3892 ext 243</b>	Service for older adults and/or the caregiver caring for the older adult One-on-one caregiver counseling provides emotional support and offers help navigating the health care system
<b>Family Association for Mental Health Everywhere</b> 7700 Hurontario St, Suite 601 Brampton, ON L6Y 4M3 50 Burnhamthorpe Rd W Mississauga, ON L5B 3C2 <a href="http://www.fameforfamilies.com">www.fameforfamilies.com</a>	<b>Brampton 905-488-7716</b>  <b>Mississauga 905-276-8316</b>	Provides a wide range of support services for family members and caregivers of someone with a mental illness. Services include: 1-to-1 supportive counselling * Information and referrals * Educational materials * Support groups for family members (without the illness) call for meeting times Representative available for speaking engagements for public education to various groups

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<b>Halton-Peel Community Aphasia Programs</b> 150 Central Park Dr, Room 106 Brampton, ON 529 Main St N Brampton, ON <a href="http://www.h-pcap.com">www.h-pcap.com</a>	<b>905-877-8474</b>	Support for families and caregivers – caregivers support groups for individuals with aphasia and other acquired communication disorder
<b>Heart House Hospice</b> 855 Matheson Blvd E, Unit # 1 Mississauga, ON L4W 4L6 <a href="http://www.hearthousehospice.com">www.hearthousehospice.com</a>	<b>905-712-8119</b>	Offer emotional and practical support to the client and their caregivers * hospice support and counselling * caregiver support groups
<b>Indus Community Services</b> 245 Queen St E, Unit 2 Brampton, ON L6W 2B5 3038 Hurontario St., Ste. 206 Mississauga, ON L5B 3B9 <a href="http://www.induscs.ca">www.induscs.ca</a>	<b>905-595-1669</b>  <b>905-275-2369</b>	<b>Caregiver Support Group</b> - Organized on a monthly basis for caregivers and volunteers * group sessions designed to educate, inform and empower caregivers * participants will learn more about various health related issues and information on other programs available in the community to support and help the care giving process <b>Friendly Visiting Program</b> -screened and trained volunteers engage clients in meaningful activities providing respite and support to caregivers
<b>Kerry's Place, Autism Services</b> 25 Van Kirk Dr, Unit 3 Brampton, ON L6T 5E2 <a href="http://www.kerrysplace.org/support-and-services/central-r...">www.kerrysplace.org/support-and-services/central-r...</a>	<b>905-457-1130</b>	Community Services Program: Provides consultation and support to individuals, families, schools and other agencies regarding the issues surrounding the Pervasive Developmental Disorder Spectrum. Consultation and teaching focuses on behavioural supports, communication strategies, life and social skills, long term planning and school advocacy. Families and individuals can access support groups, workshops, employment support services and social groups for children, teens and adults.
<b>Parkinson Canada</b> Holland Christian Homes 7900 McLaughlin Rd S Brampton <a href="http://www.parkinson.ca">www.parkinson.ca</a>	<b>1-800-565-3000 ext 3301</b>	Brampton Support Group Support Group meet for mutual support, as well as to learn more about living with Parkinson's disease
<b>Peel Children's Centre</b> Children's Mental Health Centre 85A Aventura Court Mississauga, ON L5T 2Y6 <a href="http://www.peelcc.org/en/services/family-group-services">www.peelcc.org/en/services/family-group-services</a>	<b>Office:</b> <b>905-795-3500</b> <b>Centralized Intake:</b> <b>905-451-4655</b> <b>Crisis Line:</b> <b>416-410-8615</b>	Counselling (family, group and individual) Tangerine Walk-In Counselling on Wednesdays (no appointment required) Community-based outreach Group Services- for children and parents- help to manage problems in a family In groups for parents, you can talk to other parents and learn from them.

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<b>Peel Halton Dufferin Acquired Brain Injury Services</b> 176 Robert Speck Pkwy Mississauga, ON L4Z 3G1 <a href="http://www.phdabis.org/">www.phdabis.org/</a>	<b>905-949-4411</b>	Caregiver/Family services – offers services specifically directed towards caregivers, independent from their loved one. Psychological/ Family Counselling, Neuro-Psychiatric Consultation, ABI education (including online programs), peer support groups facilitated by a Registered Social Worker, and access to select Day Services events and programs are all included in Caregiver Services. PHD ABIS has begun implementing pilot initiatives to expand respite opportunities
<b>Peel HIV / AIDS Network</b> 7700 Hurontario St, Suite 601 Brampton, ON L6Y 4M3 <a href="http://www.phan.ca">www.phan.ca</a>	<b>905-361-0523</b> <b>1-866-896-8700</b>	Provides community education * speakers bureau by people infected with/affected by HIV/AIDS * resource centre * health promotion information for people living with HIV/AIDS * targeted prevention education in the community * one to one counselling and support * peer support * financial assistance * groups for those infected with/affected by HIV/AIDS, their caregivers and bereaved
<b>Peel Infant-Parent Program</b> 9996 Kennedy Rd N Brampton, ON L6V 0A1 <a href="http://www.peelregion.ca/children/programs">www.peelregion.ca/children/programs</a>	<b>Referral: 905-791-7800, ext 7627</b> <b>Info: 905-791-1585 ext 3818</b>	Intensive parent-child program for parents who are struggling to meet the emotional needs of their infant or toddler either due to their own mental health, isolation or lack of parenting knowledge or because their child is hard to parent due to adoption, trauma or other special needs. The program includes in-home counselling and participation in a parent-child group
<b>Punjabi Community Health Services</b> 50 Sunny Meadows Blvd, Unit 201 Brampton, ON L6R 0Y7 2980 Drew Rd, Unit 241 Mississauga, ON L4T 0A7 <a href="http://www.pchs4u.com">www.pchs4u.com</a>	<b>905-790-0808</b>  <b>905-677-0889</b>	Provides services and supports to seniors and caregivers  One-on-one supportive counselling Caregiver support workshops Educational sessions and presentations in the community with existing groups Respite services providing short term relief for caregivers
<b>Distress Centres of Greater Toronto</b> <a href="mailto:info@dcogt.com">info@dcogt.com</a>	English: <b>289-569-1201</b> Cantonese or Mandarin: <b>289-569-1203</b> Portuguese or Spanish: <b>289-569-1202</b> Hindi, Punjabi or Urdu: <b>289-569-1204</b>	Provides free telephone support in 8 languages, for the diverse population of the Region of Peel through the following programs and services: <b>TeleCheck Seniors Program</b> -for individuals over the age of 55, offered in English, Punjabi Hindi, Urdu, Spanish and Portuguese, emotional and listening support <b>Touching Base Program (16+)</b> - Program provides: medication reminders, safety checks <ul style="list-style-type: none"> <li>emotional support</li> </ul> Program worker and clients work together to reduce feelings of isolation, provide positive coping skills, encourage recovery, and keep people safe
<b>The Ontario Caregiver Organization</b> <a href="http://www.ontariocaregiver.ca">www.ontariocaregiver.ca</a>	<b>1-833-416-2273</b> <b>Caregiver Helpline (24/7)</b>	It provides caregivers with a one-stop resource for information and support. The Ontario Caregiver Helpline is available to all caregivers – regardless of age, diagnosis or where they live in the province. If you're caring for someone and you need support or have care questions, call the 24/7 Ontario Caregiver Helpline or use the live chat Mon-Fri from 7 am-9 pm at ontariocaregiver.ca.

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<b>Wellspring Chinguacousy Support Centre for Cancer Patients and Caregivers</b> 5 Inspiration Way Brampton, ON L6R 0L7 <a href="http://www.wellspring.ca">www.wellspring.ca</a>	<b>905-792-6480 1-800-499-9904</b>	<p><b>Caregivers Connect:</b> Support and Relaxation is a group program that provides a community for caregivers of cancer patients to meet with one another. This is a combined support group and relaxation program that provides caregivers (family members, friends or others who play a significant role in the care of the cancer patient) the opportunity to meet with others to share and discuss the challenges of the caregiving role. This is a drop-in program, requires no ongoing commitment and is especially helpful for those who are not feeling well, are in treatment or are coping with symptoms that make commitment difficult</p> <p><b>Peer Support:</b> Peer support volunteers are cancer survivors and caregivers of cancer patients who are specially trained to provide emotional and coping support to individuals who are in similar situations. Peer Support is Wellspring's primary individual support program. Members meet in private with a peer support volunteer where they are invited to share their story, their circumstances and to express any concerns they may have. Peer support volunteers also provide program navigation to help members select programming that is appropriate for their current needs, interest and time. As members' needs change over time, the peer support volunteers will remain periodically in contact to ensure members are receiving the care they need. Peer Support is available at all centres from 10am-4pm on a drop-in basis</p>