



CAREGIVER SUPPORT AND COUNSELLING – DUFFERIN COUNTY

AGENCY	PHONE #	DESCRIPTION
Alzheimer Society, Dufferin County 25 Centennial Rd, Unit 1 Orangeville, ON L6W 1R1 Shelburne Satellite Office Mel Lloyd Health Centre www.alzheimerdufferin.org	Orangeville: 519-941-1221 Shelburne: 519-925-4242	Caregiver Pathways Support Group in Orangeville and Shelburne Family Support Groups * offer the opportunity to meet and learn from others who are experiencing the same journey * a safe place to share experiences, laugh, learn and to develop coping strategies
Canadian Mental Health Association, Peel Dufferin Branch-Family Support 7700 Hurontario St, Unit 314 Brampton, ON L6Y 4M3 http://cmhapeeldufferin.ca/programs-services/family-support/	905-451-2123	Program for people with mental health and/or substance abuse issues Program offers: <ul style="list-style-type: none"> 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
Community Living Dufferin 065371 County Rd 3, East Garafraxa, ON L9W 7J8 www.communitylivingdufferin.ca	519-941-8971	Respite care is a family support service that provides temporary relief from the emotional demands involved in caring for their adult family member. Respite provides adults opportunities to engage in community activities while allowing caregivers time for themselves. Weekend respite is available in one of our group homes

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Family Association for Mental Health Everywhere (FAME) 30 Centre St Orangeville, ON L9W 2X1 www.fameforfamilies.com	905-452-7770	Supports family caregivers and friends who are having difficulty coping with a family member who has a mental health concern by providing: <ul style="list-style-type: none"> • individual supportive counseling (drop-in or book an appointment) • monthly support groups (Drop-in) • education • resources and coping strategies Individual Supportive Counselling: Mon 8:30am-4:30pm Family Support Group: First Mon of the month 7pm-9pm
Hospice Dufferin Edelbrock Centre 30 Centre St Orangeville, ON L9W 2X1 www.hospicedufferin.com	519-942-3313	Provide comfort and support to clients and their families who face a life-threatening illness or bereavement Services include: <ul style="list-style-type: none"> • group supports - social groups-Circles, crafting, art therapy, look good-feel better (woman group), therapeutic yoga, transition group (after cancer treatment ends) • resources - library of books, dvds, wigs and hats • bereavement programs
Parkinson's Support Group Alzheimer Society 25 Centennial Rd Orangeville, ON L6W 1R1 www.parkinsonsociety.ca	519-652-9437 1-888-851-7376	Support Group for persons living with Parkinson's disease, their families and friends Second Wed of the month 7pm-8:30pm at the Alzheimer Society office in Orangeville
Peel Halton Dufferin Acquired Brain Injury Services 695 Riddell Rd, Orangeville www.phdabis.org/	905-949-4411	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
The Ontario Caregiver Organization www.ontariocaregiver.ca	1-833-416-2273 Caregiver Helpline (24/7)	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.
Torchlight - TeleCheck-Dufferin 25 Centennial Rd Orangeville, ON L9W 1R1 torchlightcanada.org/	519-415-3764	Telephone reassurance call to seniors 55+. Also offer <ul style="list-style-type: none"> • caregiver support, support to supportive professionals and agencies and emergency response if required • long and short term support provided