



## CAREGIVER SUPPORT AND COUNSELLING – ETOBICOKE

AGENCY	PHONE #	DESCRIPTION
<b>Alzheimer Society Toronto</b> 20 Eglinton Ave W, 16 <sup>th</sup> Fl Toronto, ON M4R 1K8 <a href="http://www.alz.to">www.alz.to</a>	<b>416-322-6560</b>	Dementia Support Groups -By joining a dementia support group, you will: <ul style="list-style-type: none"> <li>• Meet and get to know others who are going through similar experiences.</li> <li>• Have the opportunity to discuss topics that are relevant to your situation</li> <li>• Learn more about the disease and how to care for someone.</li> <li>• Offer peer support to people with common experiences.</li> </ul>
<b>Aphasia Institute – Pat Arato</b> <b>Aphasia Centre</b> 73 Scarsdale Rd Toronto, ON M3B 2R2 <a href="http://www.aphasia.ca">www.aphasia.ca</a>	<b>416-226-3636</b>	Education and training for family members, service providers, and caregivers on communicative accessibility
<b>Brain Injury Society of Toronto</b> 40 St Clair Ave E, Suite 205 Toronto, ON M4T 1M9 <a href="http://www.bist.ca">www.bist.ca</a>	<b>416-830-1485</b>	Support, advocacy and social activities for survivors of acquired brain injuries * information and referral * public and professional awareness and education * run by a volunteer group of community stakeholders
<b>Canadian Cancer Society</b> <b>Ontario Division</b> 55 St Clair Ave W, Suite 500 Toronto, ON M4V 2Y7 <a href="http://www.cancer.ca">www.cancer.ca</a>	<b>416-488-5400</b> <b>1-800-268-8874</b>  <b>Central Peer Support Office:</b> <b>1-888-939-3333</b>	<b>Peer Support</b> - support for cancer patients and caregivers such as one-on-one home visits and support groups. Types of support vary depending upon local area. <b>One to One Peer Support</b> - Canada-wide telephone support program providing help to those living with cancer and their families through a trained volunteer who has had a similar cancer experience or who has cared for someone with cancer <b>Cancer Connection</b> – on-line support - For family and friends, caregiving can be a lonely and exhausting experience. Our online community – <a href="http://CancerConnection.ca">CancerConnection.ca</a> – helps people with cancer and their loved ones share their experiences and build supportive relationships Call central peer support office to find support groups in your area

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<b>Canadian Mental Health Association, Toronto Branch</b> Lawrence Square 480-700 Lawrence Ave W North York, ON M6A 3B4 <a href="https://toronto.cmha.ca/">https://toronto.cmha.ca/</a>	<b>416-789-7957</b>	CMHA Toronto offers a continuum of services for people living with serious and persistent mental health illness. Programs include: ACT teams, case management, housing and employment, mental health court support, and a cross-cultural program (Tamil and Somali workers), social support groups, and social resource centre.
<b>CANES Community Care</b> 135 Queens Plate Dr, Suite 400 Etobicoke, ON M9W 6V1 <a href="http://www.canes.on.ca">www.canes.on.ca</a>	<b>416-743-3892 ext. 243 or 237</b>	<b>Caregiver support and Counselling</b> Service for family members and/or others caring for a senior or an adult with a disability. Our counselor provides individual support, advocacy and resources, assisting with a variety of social and emotional issues <b>Monthly Caregiver Support Group</b> provides a non-judgmental atmosphere for sharing and problem solving, led by the counselor
<b>Carefirst Seniors and Community Services Association</b> 300 Silver Star Blvd Toronto, ON M1V 0G2 <a href="http://www.carefirstseniors.com">www.carefirstseniors.com</a>	<b>416-585-2013</b>	Support services for older adults and other adults with disabilities * helps people remain independent * personal wellness through a range of social, health care and supportive services planned and delivered through an integrated model of care
<b>Centres d'Accueil Héritage (CAH)</b> 33 Hahn Pl, Unit 104 Toronto, ON M5A 4G2 <a href="http://www.caheritage.org">www.caheritage.org</a>	<b>416-365-3350 ext. 242</b>	Caregiver Support: Assistance, support, and provision of information for family members and other caregivers of frail and/or cognitively impaired seniors For French speaking seniors and their caregivers
<b>Dorothy Ley Hospice</b> 220 Sherway Dr Etobicoke, ON M9C 0A7 <a href="http://www.dlhospice.org">www.dlhospice.org</a>	<b>416-626-0116</b>	Offers programs and services to meet the physical, emotional, spiritual, informational and practical support needs of individuals living with a life-limiting illness, their families and their caregivers. Available Programs: <b>Community Program-</b> care coordination and in-home volunteer support provided in the individual's home or other settings <b>Day program-</b> provides participants with the opportunity to socialize and support one another while engaging in a variety of activities
<b>Etobicoke Services for Seniors</b> 2245 Lawrence Ave W Etobicoke, ON M9P 3W3 <a href="http://www.esssupportservices.ca">www.esssupportservices.ca</a>	<b>416-243-0127</b>	Client-centred care with programs and services for older adults, seniors and caregivers in a caring and supportive environment * services and programs help people remain independent in their own homes for as long as possible and offers respite for caregivers and families * referral to other community services
<b>Family Association for Mental Health Everywhere (FAME)</b> 268 Royal York Rd, 2 <sup>nd</sup> Fl. Toronto, ON M8V 2V9 <a href="http://www.fameforfamilies.com">www.fameforfamilies.com</a>	<b>416-207-5032 ext. 29</b>	Drop-in, monthly peer-based support groups facilitated by FAME staff. Educational speaker events also offered. Please call for more info. Second Monday of the month in Etobicoke. Fourth Monday of the month in North York. Please call to confirm time and location

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<b>Family Service Toronto</b> 128 Sterling Rd, Unit A, Suite 202 Toronto, ON M6R 2B7 <a href="http://www.familyserVICEToronto.org">www.familyserVICEToronto.org</a>	<b>416-595-9618</b>	Seniors and Caregivers Support – provides social work services to older people and caregivers, includes counselling, group work, advocacy, training and educational sessions on a variety of topics such as aging and memory loss, anger and guilt, how to access community resources, abuse of older adults, caregiver role, healthy caregiving, etc.
<b>Kerry's Place Autism Services</b> 222 Lesmill Rd Toronto, ON M3B 2T5 <a href="http://www.kerrysplace.org">www.kerrysplace.org</a>	<b>416-537-2000</b>	Consultation support to individuals, families and the community Family support groups, Parent education and training
<b>Parkinson Canada</b> 4211 Yonge St, Suite 321 Toronto, ON M2P 2A9 <a href="http://www.parkinson.ca/">www.parkinson.ca/</a>	<b>1-800-565-3000 ext. 3372</b>	Support Groups are safe places for people living with Parkinson's and their family members to share their experiences Support Group in Etobicoke: Second Wednesday of each month (except July & August), 1:30pm-3:30pm, at Christ the King Anglican Church, 475 Rathburn Rd
<b>Schizophrenia Society Of Ontario-Toronto Region</b> 302-130 Spadina Ave Toronto, ON M5V 2L4 <a href="http://www.schizophrenia.on.ca">www.schizophrenia.on.ca</a>	<b>416-449-8434 1-800-449-6367</b>	Provides information, system navigation, and supportive counselling to families of a loved one experiencing a first episode of psychosis  This program can be accessed via telephone, email, or in person
<b>The Ontario Caregiver Organization</b> <a href="http://www.ontariocaregiver.ca">www.ontariocaregiver.ca</a>	<b>1-833-416-2273 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.
<b>Wellspring -Downtown Toronto</b> 4 Charles St E, Suite 400 Toronto, ON M4Y 1T1 <a href="http://www.wellspring.ca">www.wellspring.ca</a> <b>Westerkirk House at Sunnybrook</b> 105 Wellness Way Toronto, ON, M4N 3M5	<b>416-961-1928 1-877-499-9904</b>  <b>416-480-4440</b>	Peer support and various other support groups for caregivers, family members, patients, survivors Support groups: Bereavement Support Group * Caregiver support group, * Dealing with anxiety * Discussion series – educational presentations and workshops *
<b>West Toronto Support Services</b> 1709 Bloor St W, 2nd Fl. Toronto, ON M6P 4E5 <a href="http://www.wtss.org">www.wtss.org</a>	<b>416-653-3535</b>	Supports for older adults, and adults with disabilities through different programs. Adult Day Program-helps to support family caregivers who provide day-to-day care Friendly visiting and telephone Security check, Respite care and Community dining