



## CAREGIVER SUPPORT AND COUNSELLING – WOODBRIDGE

AGENCY	PHONE #	DESCRIPTION
<b>Alzheimer Society of York Region</b> 8611 Weston Rd, 2nd Fl, Unit 35B Vaughan, ON L4L 9P1 <a href="http://www.alzheimer-york.com">www.alzheimer-york.com</a>	<b>905-726-3477</b> <b>1-888-414-5550</b>	For people who regularly provide physical, social, or emotional supports to people living with Alzheimer's Disease or related dementias - peer support groups, education, and training for family members, service providers, and caregivers * sessions may include information such as advanced directives and safety issues
<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 Association of York Region (BIAYR)</b> 11181 Yonge St, 3 <sup>rd</sup> Fl. Richmond Hill, ON L4S 1L2 <a href="http://www.biayr.org">www.biayr.org</a>	<b>905-773-7758</b>	Events, activities and support groups provide helpful resources, techniques, strategies, coping suggestions, and most of all, a forum for communication and support  Support Group - A monthly gathering is available for survivors of brain injury, their caregivers as well as family members
<b>Canadian Cancer Society</b> <b>South York Region Community Office</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>1-888-939-3333</b>	<b>1-888-939-3333</b> -- telephone peer support services * matches people with cancer and their caregivers with trained volunteers who have had similar experiences * volunteer transportation to and from treatment centres may be available * information pamphlets, presentations, displays, educational seminars

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<b>Canadian Mental Health Association (CMHA)-York Region Branch</b> 201-15150 Yonge St Aurora, ON L4G 1M2 <a href="http://www.cmha-yr.on.ca">www.cmha-yr.on.ca</a>	<b>905-841-3977</b> <b>1-866-345-0183</b> <b>ext. 3321</b>	This group offers support to people who care for someone with a mental illness. Groups are offered throughout the year and meet once per week over a 10-week period. Through participation in the group, participants will increase their understanding of mental illnesses, relevant medications and their side effects enabling them to make more informed decisions; reduce the stress they face through increased access to information, services, and a support network; meet other people in like situations for coaching, mentoring, brainstorming, problem resolution, and sharing; learn about stigma and its impact on recovery; and, develop a plan of action for self-care
<b>Community and Home Assistance to Seniors(CHATS)</b> 240 Edward St, Suite 1 Aurora, ON L4G 3S9 <a href="http://www.chats.on.ca">www.chats.on.ca</a>	<b>905-713-6596</b> <b>1-877-452-4287</b>	Supports caregivers through personal consultations/individual counselling, support groups, workshops and information and referral services * Promotes caregivers' health and well-being, enhancing caregivers' coping capacity and helping to prevent caregiver burnout
<b>Hospice Vaughan</b> 31 Woodbridge Ave Woodbridge, ON L4L 2S6 <a href="http://www.hospicevaughan.com">www.hospicevaughan.com</a>	<b>905-850-6266</b>	Support to caregivers and family members by providing support groups, bereavement programs, wellness programs
<b>Kerry's Place Autism Services – York/Simcoe</b> 38 Berczy St, Unit B Aurora, ON L4G 1W9 <a href="http://www.kerrysplace.org">www.kerrysplace.org</a>	<b>905-713-6808</b> <b>Ext. 350</b>	Provides residential supports through DSO and community outreach for individuals with Autism Spectrum Disorder (ASD) * Kerry's Place includes an extensive community outreach program for children, adolescents and adults and their families in York/Simcoe
<b>Mosaic Home Care Services and Community Resource Centre</b> 2900 Steeles Ave E, Suite 218 Thornhill, ON, L3T4X1 <a href="http://www.mosaichomecare.com">www.mosaichomecare.com</a>	<b>905-597-7000</b>	<b>First Link Memory Café at Mosaic – Alzheimer York Region</b> Held the last Tuesday of every month from 1pm-2:30pm * for individuals diagnosed with Alzheimer's disease and/or dementia * for caregivers of individuals diagnosed with Alzheimers disease and/or dementia *offers socialization and information * beneficial to be active physically, socially, and mentally
<b>Parkinson Canada-Newmarket Support Group</b> Trinity United Church 461 Park Ave Newmarket <a href="http://www.parkinson.ca">www.parkinson.ca</a>	<b>1-800-565-3000</b> <b>ext. 3372</b>	Support and Education for caregivers Support Groups are safe places for people living with Parkinson's and their family members to share their experiences. From time to time speakers may make presentations

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<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.