THE DIRECTORY OF SELF-HELP/MUTUAL AID GROUPS

York Region

Compiled by:
The Self-Help Network of York Region,
A program of The Krasman Centre

2006 Edition
USING THIS DIRECTORY

Welcome To the 2006 edition of the Directory of Self-Help and Mutual Aid Groups in York Region. In this edition, you will see that some groups that you saw in the last edition (2003 Edition) are no longer meeting, regrettably, but for a variety of reasons and that some of the groups names have changed. However, you will also see the creation of a few new and unique groups since the last edition.

The Directory is meant to serve as a comprehensive guide to the self-help community and as a useful tool for linking individuals with appropriate self-help resources. You will not only see self-help groups in the pure sense, but also groups that may perhaps be in the transition from a professionally-led group to a peer-led group, hybrid groups (a blend of both forms of support) or some support groups that are professionally-facilitated but allow for some group support amongst members. Groups that are professionally facilitated by service providers are identified with a *P after the group’s name.

The Directory of Self-Help and Mutual Aid Groups in York Region 2006 Edition is compiled by the Self-Help Network of York Region, a program of The Krasman Centre. A modified version of the Directory’s listings can be found on our website, http://www.krasmancentre.com. You will also find any changes or amendments to group information since printing on the online version as well.

Although there are hundreds, if not thousands, of self-help groups across Ontario, only the ones that meet or serve York Region are included in this Directory. If you are looking for a certain group that does not, or no longer, meet in York Region, see the end of this article for other self-help resource centres. Or, if you are looking to refresh an old group or start a new one, the Self-Help Network of York Region is here to support you.

Please note that inclusion in this Directory does not signify endorsement. Similarly, omission of a group’s information does not signify lack of endorsement. Every effort has been made to include all interested groups and to ensure accuracy of information.
THE SELF-HELP NETWORK OF YORK REGION

The Self-Help Network of York Region was established in order to provide education, information and referral to the community about self-help groups and initiatives in York Region. The Network is located at The Lance Krasman Memorial Centre for Community Mental Health (The Krasman Centre) in Richmond Hill, but serves all of York Region.

The Network also raises awareness and provides information regarding the self-help/mutual aid method of support and advocacy, as well as the philosophy behind it. Through this program, we support those starting new groups and help maintain existing ones. We offer a variety of services and supports to self-help groups such as promotion, access to photocopier/fax, phone use, help with finding a meeting space and other such practical assistance. We also host a yearly educational event for the self-help community, a self-help fair for the general community and publish a newsletter semi-annually.

For more information, please contact:

The Self-Help Network of York Region  
c/o The Krasman Centre  
10121 Yonge Street  
Richmond Hill, ON  
L4C 1T7

Phone: (905) 780-0491 or toll-free 1-888-780-0724  
Fax: (905) 780-1960

Website: http://ww.krasmancentre.com  
E-mail: postmaster@krasmancentre.com

For information about self-help groups outside of York Region:

Barrie-Simcoe: C.M.H.A. Barrie-Simcoe (705) 726-5033

Greater Toronto: Self-Help Resource Centre (416) 487-4355 or 1-888-283-8806  
Website: http://ww.selfhelp.on.ca
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ABUSE

- Survivors of Childhood Sexual Abuse *P
- When Love Hurts (formerly RESOLVE) *P
- Women’s Support Group *P
SURVIVORS OF CHILDHOOD SEXUAL ABUSE *P

POPULATION SERVED: All survivors of childhood sexual abuse and their families

MEETING INFORMATION: Various referral process

For information, please call the office:

Contact: (905) 773-5706 or (905) 853-3040
Toll-Free: 1-800-263-2240

ACTIVITIES:
- Group treatment, education and support groups
- Telephone Support
- Adult and Adolescent Program
- Child and Family Program
- Abuse Prevention Program
- Volunteer Program
- Group Therapist Training Program

ADDITIONAL INFORMATION:
- There are several varied programs for males, females, children, teens, non-offending caregivers and offenders.
- No fee for service.
- All groups are professionally-led.

E-mail: yrap@yrap2.org

MAILING ADDRESS:
York Regional Abuse Program
17705 Leslie Street
Unit 12
Newmarket, Ontario
L3Y 3E3
WHEN LOVE HURTS (formerly RESOLVE) *P
YELLOW BRICK HOUSE

POPULATION SERVED: Women and children where there has been spousal abuse.

MEETING INFORMATION: ▪ Meets in various locations in York Region
▪ Day and evening groups

Call for more information

Phone: (905) 727-1944 or 1-800-263-2231

ACTIVITIES: ▪ Groups conducted in a confidential, safe, sharing, supportive and validating environment.

ADDITIONAL INFORMATION: ▪ Groups are led by professional facilitators
▪ A meeting with an Intake Worker must be completed before attendance
▪ No fee for service
▪ Childcare available in some locations

MAILING ADDRESS: Not Available
WOMEN’S SUPPORT GROUP *P

POPULATION SERVED: Abused women

MEETING INFORMATION: Meetings held in Keswick and other areas where need is present

Call for more information

Staff: (905) 476-8992
Toll-Free: 1-888-698-8986
Sandgate Shelter: 1-800-661-8294

ACTIVITIES:
- Group Support, individual counselling, outreach, advocacy
- Transitional Support available (helping women with housing and legal issues)

ADDITIONAL INFORMATION:
- Groups are led by professional facilitators
- Groups also for women from the ethnic minority community
- ‘Lets Talk Program’ for mothers and children who have witnessed abuse

MAILING ADDRESS:
Sandgate Community Programs Office
P.O. Box 248 Sutton West
Jackson’s Point, Ontario
L0E 1R0
ADDITIONS

- Adult Children of Alcoholics (ACA)
- AL-ANON Family Groups
- Alcoholics Anonymous
- GAM-ANON
- Gambler's Anonymous
- NAR-ANON – The Family Group
- Narcotics Anonymous
ADULT CHILDREN OF ALCOHOLICS (ACA)

POPULATION SERVED: Adult children of alcoholic parents and other dysfunctional backgrounds

MEETING INFORMATION: Meetings in various locations

For meeting information please call and leave a message

Contact: A.C.A. office (416) 631-3614

For meeting information in York Region please call:

905-939-2314

ACTIVITIES: Support and therapy for adult children of alcoholics using a 12 step program

ADDITIONAL INFORMATION: Website: http://www.adultchildren.org

MAILING ADDRESS: Adult Children of Alcoholics
20 Bloor Street East
P.O. Box 75061
Toronto, Ontario
M4W 3P3
AL-ANON FAMILY GROUPS

POPULATION SERVED: Family members and friends of alcoholics

MEETING INFORMATION: Groups meet at various times (usually evenings) and days of the week in the following areas:

- Aurora
- Bradford
- Keswick
- King City
- Newmarket
- Richmond Hill
- Stouffville
- Sutton
- Thornhill

Contact: Office staff at (905) 989-0107 Answering service 7 days a week, 9am to 9pm (416) 410-3809

Outside of Toronto, call: 1-888-425-2666

Activities: Support to family members and friends: weekly meetings using a 12 step program

Additional Information: Website: [http://al-anon.alateen.on.ca](http://al-anon.alateen.on.ca)

E-mail: ldc@al-anon.alateen.on.ca

Mailing Address: Ontario South Literature Distribution Centre P.O. Box 272 Keswick, Ontario L4P 3E2
ALCOHOLICS ANONYMOUS

POPULATION SERVED: Those suffering from alcohol addition: must feel that you have a problem with alcohol for closed meetings. Anyone can attend open meetings

MEETING INFORMATION: Various locations and times throughout the Greater Toronto Area

- Call for more information (416) 487-5591
- Volunteers answer phones weekdays 9am-10:30 pm, weekdays/holidays 9am-10 pm (answering machine outside of these hours)
- Phone number for the hearing impaired (416) 487-5062
- Fax number (416) 487-5855
- Email ckeenan@aatoronto.org

ACTIVITIES: Guest speakers and group support using the 12 step program

ADDITIONAL INFORMATION:

- Literature Department for sale of books, pamphlets and medallions available (416) 487-9865
- No membership fees
- Website: http://www.alcoholics-anonymous.org
- Volunteers answer phones weekdays 9am-10:30 pm, Weekdays/holidays 9am-10 pm (answering machine outside of these hours)
- Requirement for membership in AA is a desire to stop drinking
- Meeting books are available for $1.00 (cost price) at the library tables at the open meetings
- Meeting books list all AA meetings in the GTA, 7 days a week

MAILING ADDRESS: Alcoholics Anonymous
234 Eglinton Avenue East, Suite 202
Toronto, Ontario
M4P 1K5
GAM-ANON

POPULATION SERVED: For families of compulsive gamblers

MEETING INFORMATION: All meetings held outside of York Region at this time

Contact: Gamblers Anonymous Helpline:

(416) 366-7613
Toll-Free: 1-888-391-1111

ACTIVITIES: Group support using a 12 step program

ADDITIONAL INFORMATION: Website: http://www.gam-anon.org

MAILING ADDRESS: Not available
GAMBLERS ANONYMOUS

POPULATION SERVED: Anyone for whom gambling is causing a problem in any area of their life.

MEETING INFORMATION: Thornhill United Church
25 Elgin Street (meets in basement)
Thornhill, ON
Thursday evenings at 7:30pm

ACTIVITIES: Group support using a 12 step program

ADDITIONAL INFORMATION: General Information Line: (416) 366-7613
Website: http://www.gamblersanonymous.org

MAILING ADDRESS: Not available
NAR-ANON - THE FAMILY GROUP

POPULATION SERVED: For family and friends of those with substance addictions.

MEETING INFORMATION: Call for information

Contact: (416) 239-0096 (Answering machine)
1-877-239-0096 (Outside of GTA only)

ACTIVITIES:
- Mutual aid; Self-help
- Group support using 12-step program
- Guest speakers
- Literature available

ADDITIONAL INFORMATION: Not available

MAILING ADDRESS: Not available
NARCOTICS ANONYMOUS

POPULATION SERVED: Must be affected by a drug problem

MEETING INFORMATION:
Elgin Barrow Arena  
43 Church Street  
Richmond Hill  
Mondays at 8:00pm

Trinity Anglican Church  
79 Victoria Avenue (rear entrance)  
Aurora  
Wednesdays at 8:00pm

Trinity United Church  
(Corner of Park and Main Street)  
Newmarket  
Fridays at 8:00pm

Woodbridge United Church  
8090 Kipling Avenue North (just north of Hwy 7)  
Woodbridge  
Tuesdays at 8:30pm

For more information contact (416) 410-3689 (York Region)

Or Toll-Free: 1-877-414-4464

ACTIVITIES:
• A 12-step support program

ADDITIONAL INFORMATION:
Toronto area Helpline: (416) 236-8956
Website: http://www.torontona.org

MAILING ADDRESS:
Toronto Area Service Committee  
Box 5700, Depot A  
Toronto, Ontario  
M5W 1N8
DEBTORS ANONYMOUS

POPULATION SERVED: Debtors Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive debting.

MEETING INFORMATION: For Meeting information, please visit:

http://www.debtorsanonymous.ca/

Email: toronto@debtorsanonymous.ca

ACTIVITIES: ▪ A 12-step support program based on Alcoholics Anonymous

ADDITIONAL INFORMATION: Not Available

MAILING ADDRESS: Not Available
Bereavement

- Bereaved Families of Ontario (York Region)
- Community Grief/Bereavement Support Group
  *P
- Community Members Bereavement Group
- Lift Bereavement Self-Help Group
- Perinatal Bereavement Services Ontario
- Sharing Grief
BEREAVED FAMILIES OF ONTARIO – YORK REGION

POPULATION SERVED: Families or individuals grieving the death of a family member.

MEETING INFORMATION: 17070 Yonge Street, Suite 203
Newmarket
Call for times of meetings

Contact: Program Coordinator (905) 898-6265
(Monday through Friday 9:00am-4:00pm)
Toll-Free: 1-800-969-6904

ACTIVITIES:
- Bereaved Families of Ontario is a volunteer, self-help organization
- Mutual aid/Self-Help support groups for children, adolescents and adults

ADDITIONAL INFORMATION:
- Offers facilitator-training and volunteer opportunities
- Resource lending library

Website: www.bfoyr.com
E-mail: bfoyr@bellnet.ca

MAILING ADDRESS:
Bereaved Families of Ontario – York Region
17070 Yonge Street, Suite 203
Newmarket, Ontario
L3Y 8Z4

Fax: (905) 898-5870
COMMUNITY GRIEF / BEREAVEMENT SUPPORT GROUP *P

POPULATION SERVED: Anyone grieving over loss of a loved one.

MEETING INFORMATION: Roadhouse and Rose Funeral Home
157 Main Street South
Newmarket

Contact: For meeting times and information call:
Genesis Bereavement Resource Centre at (905) 895-7750
Website: www.roadhouseandrose.com
Email: keith@roadhouseandrose.com

ACTIVITIES:
- Group support on stages of bereavement – 7 week sessions
- Community Lending Resource Library
- Private grief counselling

ADDITIONAL INFORMATION:
- Professionally-led groups
- No fee for service
- Director: Keith Taylor

MAILING ADDRESS: Roadhouse and Rose Funeral Home
157 Main Street South
Newmarket, Ontario
L3Y 3Y9
COMMUNITY MEMBERS BEREAVEMENT GROUP

POPULATION SERVED: Open to any widow or widower needing emotional support, seniors 55+.

MEETING INFORMATION: Meetings held in North York
Contact: (416) 785-2500

ACTIVITIES: Various support groups

ADDITIONAL INFORMATION: Not available

MAILING ADDRESS: Community Members Bereavement Group
c/o Baycrest Centre
3560 Bathurst Street
Toronto, Ontario
M6A 2E1
LIFT BEREAVEMENT SELF-HELP GROUP

POPULATION SERVED: People who have had a significant loss and are three months into their grieving.

MEETING INFORMATION: Call for more information

Contact: Hayward Hann at (905) 294-5237

ACTIVITIES: Nine-week support group offered three times a year in January, March and September

ADDITIONAL INFORMATION: E-mail: hhann@sprint.ca

MAILING ADDRESS: Life Bereavement Self-Help Group
c/o Hayward Hann
3 Elm Street
Markham, Ontario
L3P 2V2
PERINATAL BEREAVEMENT SERVICES ONTARIO

POPULATION SERVED: Parents who have experienced the death of a baby through miscarriage, etopic pregnancy, medical termination, stillbirth, or neonatal death.

MEETING INFORMATION: Meetings held in Markham and other locations across Ontario

Contact: (905) 472-1807
Toll-Free: 1-888-301-PBSO (7276)

Subsequent Pregnancy Support Group Available in Markham and Etobicoke

ACTIVITIES:
- One-to-One Support (telephone support available for parents unable to attend one of the Self-Help support groups)
- Memorial events
- Quarterly newsletters
- Literature

ADDITIONAL INFORMATION: Website: www.pbso.ca
E-mail: pbsocares@pbso.ca

MAILING ADDRESS: Perinatal Bereavement Services Ontario
6060 Highway 7 East, Suite 205
Markham, Ontario
L3P 3A9
SHARING GRIEF

POPULATION SERVED: All grieving adults (spousal, friends, family members, bereaved parents).

MEETING INFORMATION: Meetings available – Times/Dates Vary
Mind Body Soul which is on the North West corner of Hwy 27 and the 10th of West Gwillumbury

Contact: Donna Chantler (705) 458-9903

ACTIVITIES:
- Sharing life experience in different ways in a group setting
- Support and counselling through the grieving process
- Self-help library; individual and group counselling and support
- Counselling and therapy around inner childwork; physical, emotional sexual abuse, self-esteem issues, life situational crises with stress, relationship counselling with Imago Therapy

ADDITIONAL INFORMATION:
- Professionally-led support group
- Community education

MAILING ADDRESS: Donna Chantler
2996 R.R. #2
Loretto, Ontario
L0G 1L0
Family

- Association of Parent Support Groups of Ontario
- Aurora/Newmarket Parent Finders
- Autism Society of Ontario – York Region
- Jewish Family and Child Service
- Infertility Network
- La Leche League
- One Parent Families Association of Canada
- PFLAG (Parents, Families, and Friends of Lesbians and Gays)
- Separated Anonymous
- Women’s Centre of York Region *P
ASSOCIATION OF PARENT SUPPORT GROUPS OF ONTARIO

POPULATION SERVED: For parents whose children are in trouble with drugs, alcohol, running away, crimes, parent abuse, dropping out of school or acting out.

MEETING INFORMATION: Aurora United Church – York Regional Chapter 15186 Yonge Street Aurora Mondays 7:15pm

Group also available in Markham

Contact: (416) 223-7444 or 1-800-448-5666 (24Hrs)

Stephanie (416) 221-1999

ACTIVITIES:
- Self-help and mutual support; support network

ADDITIONAL INFORMATION:
- Website: www.apsgo.ca
- E-mail: mail@apsgo.ca

MAILING ADDRESS: Association of Parents Support Groups Box 27581 Yorkdale Postal Outlet Toronto, Ontario M6A 3B8
AURORA/NEWMARKET PARENT FINDERS INC.

POPULATION SERVED: All adult members of the adoption community. i.e. adopted, birth parents, birth relatives, adoptive parents.

MEETING INFORMATION: For meeting times and locations, call:

Contact: Sharon (905) 895-1436

ACTIVITIES: • Support, information on conducting searches for birth parents, siblings, other family members

ADDITIONAL INFORMATION: N/A

MAILING ADDRESS: N/A
AUTISM SOCIETY OF ONTARIO – YORK REGION

POPULATION SERVED: Anyone living or working with a person with Autism Spectrum disorder.

MEETING INFORMATION: Meetings – Everyone welcome
For meeting times call:

Contact: (905) 780-1590

ACTIVITIES:
- Summer day camp for children
- Mutual support and information
- Resource Centre & Lending Library
- Community Outings
- Speaker’s Bureau
- Referrals to services
- Workshops, Information Evenings, Guest Speakers
- Summer youth program for teens

ADDITIONAL INFORMATION: Website: www.autismsociety.on.ca
E-mail: asoyork@axxent.ca

MAILING ADDRESS: Autism Society of Ontario – York Region Chapter
11181 Yonge Street #303-305
Richmond Hill, Ontario
L4S 1L2
JEWISH FAMILY AND CHILD SERVICE

POPULATION SERVED: Any resident of York Region.

MEETING INFORMATION: Jewish Family and Child Service – York Region
1 Promenade Circle
Thornhill

Call to find out more about various groups offered and times (day and evening groups available)

Contact: (905) 882-2331

ACTIVITIES: Various self-help groups and support groups offered across the life cycle; groups for families, parents, people who are separated, bereaved, people with special needs, children and adolescents

ADDITIONAL INFORMATION:
- Fees may be applicable
- Wheelchair accessible

MAILING ADDRESS: Jewish Family and Child Service
1 Promenade Circle #313
Thornhill, Ontario
L4J 2Y8
INFERTILITY NETWORK

POPULATION SERVED: Individuals, couples who are experiencing infertility problems.

MEETING INFORMATION: Various meeting times and locations

For more information, contact:
Infertility Network (416) 691-3611

ACTIVITIES:
- Mutual support, information and education, seminars, support groups, books, tapes, info kits, referrals

ADDITIONAL INFORMATION:
- Website: www.infertilitynetwork.org
- E-mail: info@infertilitynetwork.org

MAILING ADDRESS:
Infertility Network
160 Pickering Street
Toronto, Ontario
M4E 3J7

Fax: (416) 690-8015
LA LECHE LEAGUE

POPULATION SERVED: Any women who is interested in or is having difficulty with breast feeding; pregnant women encouraged to attend.

MEETING INFORMATION: Call for more information

Contact: (416) 483-3368

ACTIVITIES:
- Breastfeeding help and support both at regular meetings and by phone
- Lending library at meetings; books and materials available for purchase

ADDITIONAL INFORMATION:
- $40.00 per year (optional) membership fee includes a bi-monthly magazine
- Website: www.lalecheleaguecanada.ca

MAILING ADDRESS: Not available
ONE PARENT FAMILIES ASSOCIATION OF CANADA

POPULATION SERVED: Single parents, weekend parents, or people raising their family alone.

MEETING INFORMATION: For meeting times and locations, call OPFA at (905) 831-7098 or toll-free at 1-877-773-7714

Newmarket Community Centre
200 Doug Duncan Drive, Room #4
Newmarket
Second Tuesday of each month, starting at 7:30pm

Swiss Chalet@Hwy 7 Markham (in front of Markville Mall)
Markham
First Tuesday of each month at 7:30 pm

Richmond Hill Public Library, Room C
(Yonge at Major MacKenzie)
Richmond Hill
Second Wednesday of each month, starting at 8:00pm

ACTIVITIES: Provides support and encouragement to one parent families through social and recreational activities

ADDITIONAL INFORMATION: Membership of $40.00 per year

MAILING ADDRESS: One Parent Families Association of Canada
1099 Kingston Road East, Suite 222
Pickering, Ontario
L1V 1B5

Fax: (905) 831-2580 or Toll-free fax: 1-877-773-7709
PFLAG (PARENTS, FAMILIES, AND FRIENDS OF LESBIANS AND GAYS)

POPULATION SERVED: Parents, families and friends of Lesbians and Gays, Bisexuals, Transgender, Transexual, Two-Spirit, Intersex, Queer, Questioning.

MEETING INFORMATION: Fourth Tuesday of every month (except July and August) at 7:30pm

St. Matthews United Church
333 Crosby Avenue
Richmond Hill, ON

Contact: 905-780-0491, ext. 20

ACTIVITIES: Support and education, occasional guest speakers

ADDITIONAL INFORMATION: Website: www.pflagyork.ca
Email: info@pflagyork.ca

MAILING ADDRESS: PFLAG York Region
P.O. Box 87586
300 John St.
Thornhill, Ontario
L3T 7R3
SEPARATED ANONYMOUS *P

POPULATION SERVED: People separated or divorced; or going through a divorce.

MEETING INFORMATION: Call for times and locations

Contact: (416) 283-3305 or (905) 338-9879

ACTIVITIES: Professional speakers, then broken into discussion groups for 13-week sessions (after 13-week sessions, people usually run groups in their own homes).

ADDITIONAL INFORMATION: Not Available

MAILING ADDRESS: Separated Anonymous
6855 Airport Road, Suite 225
Mississauga, Ontario
L4V 1Y9

Fax: (905) 678-0004
WOMEN’S CENTRE OF YORK REGION *P

POPULATION SERVED: Sole support for mothers in York Region and married women as well.

MEETING INFORMATION: Call for more information

Contact: Office staff at (905) 727-5837

ACTIVITIES:

- Workshops and Support Groups: offers a ‘Making Changes Course’ (a 10-week life skills group empowering women to make positive changes on their journey to financial and emotional independence)
- ‘Making Changes Toward Employment’ course
- ‘Enterprising Women’ for women interested in starting their own business
- Transitional Support Program: Goal of program is to assist women make the transition to a life free from violence
- Support group for lesbian/bisexual/queer/transgendered population

ADDITIONAL INFORMATION:

- Free childcare available during counselling, programs and workshops
- The Women’s Centre is closed on Fridays
- Groups are professionally-facilitated

MAILING ADDRESS:

Women’s Centre of York Region
15208 Yonge Street, Suite #1A
Aurora, Ontario
L4G 1L9
LGBTQ
(Lesbian, Gay, Bisexual, Transsexual, Queer)

- Gay Women Support Group
- PFLAG (Parents, Families, and Friends of Lesbians and Gays)
- Rainbow Youth
GAY WOMEN SUPPORT GROUP

POPULATION SERVED: For women who are gay, or think that they might be gay.

MEETING INFORMATION: Group meets in various locations, once per month. For more information contact:

(905) 780-0491 extension 18
Toll-Free 1-888-780-0724 extension 18
(private and confidential voice mail box)

ACTIVITIES: Discussion, information exchange, mutual support in a safe and confidential environment.

ADDITIONAL INFORMATION: E-mail: gaysupportyorkregion@sympatico.ca

MAILING ADDRESS: Not available
PFLAG (PARENTS, FAMILIES, AND FRIENDS OF LESBIANS AND GAYS)

POPULATION SERVED: Parents, families and friends of Lesbians and Gays, Bisexuals, Transgender, Transexual, Two-Spirit, Intersex, Queer, Questioning.

MEETING INFORMATION: Fourth Tuesday of every month (except July and August) at 7:30pm

St. Matthews United Church
333 Crosby Avenue
Richmond Hill, ON

Contact: 905-780-0491, ext. 20

ACTIVITIES: Support and education, occasional guest speakers

ADDITIONAL INFORMATION: Website: www.pflagyork.ca
Email: info@pflagyork.ca

MAILING ADDRESS: PFLAG York Region
P.O. Box 87586
300 John St.
Thornhill, Ontario
L3T 7R3
RAINBOW YOUTH – RICHMOND HILL
(formerly York Region Lesbian, Gay, Bisexual Youth Support Group)

POPULATION SERVED: Youth 26 years and under who are Lesbian, Gay, Bisexual, Transgendered, Queer or questioning.

MEETING INFORMATION: First and Third Monday (except Statutory Holidays)
7:00-9:00pm
For meeting directions/location
Contact: 1-800-361-5653
or E-mail: rainbowyouth@york.ca

ACTIVITIES: Support group.

ADDITIONAL INFORMATION: Not available.

MAILING ADDRESS: Elaine Hampson
York Region Health Services
465 Davis Drive, Main Floor
Newmarket, Ontario
L3Y 6Z1
MENTAL HEALTH

- Adults with learning disabilities
- Attention Deficit Resource Network
- Alzheimer Society York Region
- Anorexia Nervosa & Bulimia Self-Help Group
- Bipolar and Depression Self-Help Group (Krasman Centre)
- Eating Disorders of York Region
- Krasman Centre Peer Support Program
- Markham Area Mood Disorder Association (MAMDA)
- Newmarket Obsessive Compulsive Disorder Network
- Overeaters Anonymous
- Schizophrenia Society of Ontario – York Region Chapters
- Support for Depression
- SWIFT (Strength to Walk In Freedom Together)
- York Consumer/Survivors
- Women’s Group (Krasman Centre)
## ADULTS WITH LEARNING DISABILITIES

**POPULATION SERVED:** Adults with Learning Disabilities, Attention Deficit Disorder, or Parents of Children with ADD/HD.

**MEETING INFORMATION:**
- **Adults with learning Disability or ADD/HD**
  - Meets the fourth Tuesday of every month (September to June)
- **Parents of Children with Learning Disabilities or ADD/HD**
  - Meets the first Thursday evening of each month (September to June)

**ACTIVITIES:**
- Provides information on learning disabilities and ADD/HD
- Promotes greater comprehension and acceptance
- Provides support in a safe and caring environment
- Social Skills groups for children with Learning Disabilities and ADHD
- Parenting course (10 week program) for parents of children with Learning Disabilities or ADD/HD

**ADDITIONAL INFORMATION:**
- Website: www.ldayr.org
- E-mail: info@ldayr.org

**MAILING ADDRESS:** Learning Disabilities Association of York Region
11181 Yonge Street, Unit 221
Richmond Hill, Ontario
L4S 1L2

Fax: (905) 770-9377
ATTENTION DEFICIT RESOURCE NETWORK

POPULATION SERVED: Adults and children with Attention Deficit Disorder

MEETING INFORMATION: For more information, contact:
The Attention Deficit Resource Network
(416) 208-3141

ACTIVITIES:
- Speakers, seminars and resources
- Parent Support Group

ADDITIONAL INFORMATION:
Website: www.adrn.org
E-mail: info@adrn.org

MAILING ADDRESS: Not available
ALZHEIMER SOCIETY YORK REGION

POPULATION SERVED: Families and caregivers of people with Alzheimer’s Disease

MEETING INFORMATION: Contact: (905) 895-1337 or Toll-Free 1-888-414-5550

ACTIVITIES:
- Family support
- Community and Family Education
- Resource Centre
- Maintains a Wandering Person Registry in partnership with York Region Police
- Social Worker Support Program
- D.A.Y. Centre (Day Respite Programs)

ADDITIONAL INFORMATION:
Website: www.alzheimer-york.com
E-mail: daycentre@alzheimer-york.com

MAILING ADDRESS:
Alzheimer Society of York Region
800 Davis Drive, Unit 6
Newmarket, Ontario
L3Y 2R5

Fax: (905) 895-1736
ANOREXIA NERVOSA & BULIMIA SELF-HELP GROUP

POPULATION SERVED: Anyone age 20+ who is suffering, or knows someone who is suffering from anorexia nervosa, bulimia and/or compulsive overeating

MEETING INFORMATION: St. Mary’s Anglican Church
10030 Yonge Street (Entrance off Major MacKenzie)
Richmond Hill
Thursdays: 7:00pm-8:30pm

Contact: Gail (905) 884-9237 or (905) 889-2665

ACTIVITIES: ▪ Self-help and mutual support, information, non-judgmental environment

ADDITIONAL INFORMATION: Please call before attending meeting

MAILING ADDRESS: Anorexia Nervosa and Bulimia Self-Help Group
10023 Yonge Street
Richmond Hill, Ontario
L4C 1T7
BIPOLAR AND DEPRESSION SELF-HELP GROUP

POPULATION SERVED: The group is designed to create a safe and friendly environment whereby participants can maintain a positive support network through friendly peer discussions for those who suffer from depression.

MEETING INFORMATION: The Krasman Centre  
10121 Yonge Street (Just North of Major Mackenzie)  
Richmond Hill, ON  
L4C 1T7  

Every Thursday Night, 6:30pm—8:30pm

ACTIVITIES: ☐ Collectively, the group will determine various discussion topics, guest speakers, social activities, and workshops with a strong emphasis placed on mutual respect, understanding, in addition to developing strategies for on-going support for one another.

ADDITIONAL INFORMATION: email: supportgroup@krasmancentre.com  
Tel: 905-780-0491 ext. 13

MAILING ADDRESS: N/A
EATING DISORDERS OF YORK REGION

POPULATION SERVED: Individuals with Anorexia, Bulimia, Compulsive Overeating or Disordered eating. Including families, friends and loved ones of the above.

MEETING INFORMATION: Thursday evening 7:30-9:00pm

Contact: Robyn (905) 886-6632

ACTIVITIES: Self-help, mutual support and information in a non judgmental caring environment

ADDITIONAL INFORMATION: Website: www.edoyr.com

MAILING ADDRESS: 180 Oakhurst Drive
Thornhill, Ontario
L4J 8H6
KRASMAN CENTRE PEER SUPPORT PROGRAM

POPULATION SERVED: The Peer Support Program at the Krasman Centre promotes mutually supportive relationships in ways that empower recovery, personal growth, and social action.

Peers have the opportunity to participate in training modules to enhance personal communication skills and support personal recovery.

MEETING INFORMATION: The Peer Support Groups are registration based. For more information:

Contact: Doris (905) 780-0491, ext. 11

ACTIVITIES:
- Mental Health Recovery Education
- Peer Support training

ADDITIONAL INFORMATION:

MAILING ADDRESS: The Krasman Centre
10121 Yonge Street
Richmond Hill, ON
L6C 2Z6
MARKHAM AREA MOOD DISORDER ASSOCIATION (MAMDA)

POPULATION SERVED: Anyone with a mood disorder, their family and friends, people with bioplar/unipolar depression, people with Post-Traumatic Stress Disorder, people with anxiety disorder.

MEETING INFORMATION: Meets every second Wednesday, alternating between Richmond Hill and Thornhill

Call for meeting location and time

Contact: Paul (905) 889-4057 or Teresa (905) 898-3116 or Don (905) 895-2807

ACTIVITIES:
- Mutual self-help, education, advocacy and literature

ADDITIONAL INFORMATION: Affiliated with Mood Disorders Association of Ontario

MAILING ADDRESS: MAMDA
c/o Paul Kohn
61 Winchester Lane
Richmond Hill, Ontario
L4C 6Y5
NEWMARKET OBSESSIVE COMPULSIVE DISORDER NETWORK

POPULATION SERVED: Adult sufferers and their family members.

MEETING INFORMATION: Contact: Marianne (905) 836-4777 between 9:00am-4:00pm

ACTIVITIES: Website, phone support

ADDITIONAL INFORMATION: Website: www.gregsmall.com/nmktocd

MAILING ADDRESS: Not available
ONTARIO OBSESSIVE COMPULSIVE DISORDER NETWORK

POPULATION SERVED: Anyone diagnosed with obsessive compulsive disorder or their friends and relatives.

MEETING INFORMATION: Please call for meeting information:
Ontario O.C.D. Network office (416) 410-4772

ACTIVITIES: ▪ Self-help, education and information kits, bi-monthly newsletter

ADDITIONAL INFORMATION: Website:  www.ocdontario.org
E-mail:  info@ocdontario.org

MAILING ADDRESS: Ontario OCD Network
P.O. Box 151
Markham, Ontario
L3P 3J7
OVEREATERS ANONYMOUS

POPULATION SERVED: For men and women affected by compulsive overeating.

MEETING INFORMATION: Meetings in various locations in York Region, for meeting times and locations, contact:

Overeaters Anonymous General Information:
(416) 588-6134 (recorded message)
Toll free: 1-866-221-5061

Please leave your name and number and an Overeaters Anonymous volunteer will contact you.

ACTIVITIES:
- Mutual support and encouragement to help compulsive overeaters to stop eating compulsively using a 12 step recovery program

ADDITIONAL INFORMATION: Website: www.overeatersanonymous.org

MAILING ADDRESS: Not available
SCHIZOPHRENIA SOCIETY OF ONTARIO –
YORK REGION CHAPTERS

POPULATION SERVED: Anyone experiencing Schizophrenia (and related
disorders), as well as friends and families and caregivers.

MEETING INFORMATION: York Chapter:
Old Town Hall
Botsford Street
Newmarket
First Wednesday of the month at 7:30pm
Toll Free: 1-800-449-6367

Markham Chapter:
York Region District 5 Police Association
McCowan and Carlton, (beside Markville Mall)
Markham
Call for meeting dates and times
Contact: (905) 884-6930

ACTIVITIES:
- Self-help, mutual support, friendship, assistance,
education and advocacy, family resource tool kit

ADDITIONAL INFORMATION: Membership fee of $25.00 per year for non members

Schizophrenia Society of Ontario: 1-800-449-6367

Website: www.schizophrenia.on.ca

MAILING ADDRESS: Schizophrenia Society of Ontario
11181 Yonge Street, Suite 302
Richmond Hill, Ontario
L4S 1L2
SUPPORT FOR DEPRESSION

POPULATION SERVED: People experiencing or recovering from depression.

MEETING INFORMATION: Support for Depression Group
Various meeting times and locations across the region

Contact: (905) 841-3977 or (416) 798-8500 for more info

Support for Supporters Group
For those in a supportive role for a loved one or a close friend who has depression or bi-polar disorder (manic depression)

Contact: (905) 841-3977 or (416) 798-8500 for group information
Toll-Free: 1-866-345-0183

ACTIVITIES: Mutual support and assistance and education in a safe, non-judgmental environment. (not a 12 step program)

ADDITIONAL INFORMATION: Program of the Canadian Mental Health Association, York Region

Website: www.cmha-yr.on.ca
Email: yorkregion@cmha-yr.on.ca

MAILING ADDRESS: Canadian Mental Health Association, York Region
15150 Yonge Street, Suite 3A
Aurora, Ontario
L4G 1M2

Fax: (905) 841-3125
**SWIFT INC *P**  
(STRONG TO WALK IN FREEDOM TOGETHER)

**POPULATION SERVED:** Adults with depression, anxiety/panic, experiencing spousal abuse, emotional problems, alcohol and drug issues. Also helps people who have been institutionalized to reintegrate back into society.

**MEETING INFORMATION:** Richvale Community Centre  
100 Avenue Road  
Richmond Hill, Ontario  
Every Thursday evening from 7:00-9:00pm

**Contact:** (905) 707-5691

**ACTIVITIES:**
- Peer Support
- No cost to attend

**ADDITIONAL INFORMATION:**
- Several social events throughout the year
- Serves all of York Region
- All groups are co-ed and professionally-led

Website: [www.swiftselfhelpgroups.org](http://www.swiftselfhelpgroups.org)

E-mail: s.w.i.f.t@rogers.com

**MAILING ADDRESS:** S.W.I.F.T. Inc  
51 Colleen Street  
Thornhill, Ontario  
L4J 5H1
YORK CONSUMER/SURVIVORS

POPULATION SERVED: Psychiatric Consumer/Survivors from York Region.

MEETING INFORMATION: Call for meetings and information
(905) 780-0491 extension 17
Toll-Free 1-888-780-0724 extension 17

ACTIVITIES: Works toward empowerment of Psychiatric Consumer/Survivors to bring about improvement to the mental health system through personal involvement, advocacy, education, exchange of information and mutual support.

ADDITIONAL INFORMATION: Also acts as a resource to the community by providing volunteers to act as speakers, Board members for community mental health and social action committees; assists the consumer/survivor community to access programs both within and outside the mental health system; works to eliminate discrimination and the stigma of ‘mental illness’ as well as many other projects and goals.

MAILING ADDRESS: York Consumer/Survivors
c/o Krasman Centre
10121 Yonge Street
Richmond Hill, Ontario
L4C 1T7
WOMEN’S GROUP
(KRASMAN CENTRE)

POPULATION SERVED: Female Psychiatric Consumer/Survivors from York Region.

MEETING INFORMATION: Every Friday 12:00 noon to 1:00pm
The Krasman Centre
10121 Yonge Street
Richmond Hill, ON

ACTIVITIES: It is an informal group that discusses topics such as assertiveness, relationships, mental health, and other topics.

ADDITIONAL INFORMATION: N/A

MAILING ADDRESS: N/A
MISCELLANEOUS

- In Search of Justice
- MADD Canada (Mothers Against Drunk Driving)
- New Beginnings Group
- York Region Vegetarian Group
IN SEARCH OF JUSTICE

POPULATION SERVED: Men’s issues and fathers pursuing information concerning non-custodial parents and their rights; plus, men’s issues in labour and criminal matters (sexual assault, domestic assault charges etc.)

MEETING INFORMATION: Call for more information

Contact: (905) 850-3344

ACTIVITIES: Emotional support, legal advice workshops, support and custody workshops, political information and educational literature.

ADDITIONAL INFORMATION: Membership fee of $20.00 per year.

MAILING ADDRESS: In Search of Justice
56517-93C Woodbridge Avenue
Woodbridge, Ontario
L4L 8V3
(Mailing address only; not a physical location.)
MADD CANADA
(MOTHERS AGAINST DRUNK DRIVING)

POPULATION SERVED: MADD Canada chapters are run by volunteers and include not only mothers but fathers, friends and business professionals, experts in the field and concerned citizens who want to make a difference in the fight against drunk driving.

MEETING INFORMATION: Please call for meeting times and locations

Contact: (905) 508-2158

ACTIVITIES: Educational programs, victim support, internet support, community events

ADDITIONAL INFORMATION: Website: www.madd.ca
E-mail: maddyork@on.aibn.com
Fax: (905) 508-7178

MAILING ADDRESS: MADD-York Region
9350 Yonge Street
Richmond Hill, Ontario
L4C 5G2
NEW BEGINNINGS *P

POPULATION SERVED: For separated, widowed or divorced Christians.

MEETING INFORMATION: Monthly support groups for widowed, separated and divorced

Held the first Tuesday of every month in Morrow Park

Operates Parish Support Groups in various cities

Contact: Office staff
(416) 222-1101 Monday to Friday 9:00am-4:30pm

ACTIVITIES:
- Support groups, retreats and counselling
- New Beginnings is a ministry to help widowed, separated and divorced persons make a new beginning in life. We hold retreat weekends, monthly meetings and parish support groups

ADDITIONAL INFORMATION: Christian individual/family counselling is available by appointment

MAILING ADDRESS: New Beginnings
3377 Bayview Avenue
Toronto, Ontario
M2M 3S4
YORK REGION VEGETARIAN GROUP

POPULATION SERVED: People of all ages who are vegetarian, want to be, or want to learn more.

MEETING INFORMATION: Every second Saturday of the month 6:30pm – 8:30pm.
Contact Fiona at: 905-770-7876 regarding venues.

ACTIVITIES:
- Sharing of information food demos

ADDITIONAL INFORMATION: Events page: http://www.veg.ca

MAILING ADDRESS: N/A
PHYSICAL HEALTH

- AIDS Committee of York Region
- Arthritis Blue Bird Club – North
- Association for Differently Abled People Together
- Canadian Diabetes Association Self-Help Group
- Connecting Rainbows (Breast Cancer Support Group)
- Doane House Hospice
- Down's Syndrome Association of York Region
- Epilepsy (Ontario) York Region
- Fibromyalgia (FM) and Chronic Fatigue Syndrome
- Hepatitis C Society of Canada – York Region
- Hospice King-Aurora
- Hospice Thornhill
- Infertility Network
- Multiple Sclerosis Self-Help Group
- Newmarket Senior's Meeting Place *P
- Parkinson's Disease Support Group
- Prostate Cancer Support Group
- Sleep Wake Disorders Association of Toronto
- Stroke Recovery Canada (Richmond Hill)
- York Region Chronic Fatigue/Fibromyalgia Syndrome Group
- York Region Head Injury Support Group
AIDS COMMITTEE OF YORK REGION

POPULATION SERVED: People affected or infected with HIV/AIDS living in York Region.

MEETING INFORMATION: Contact: (905) 953-0248 or Toll-Free 1-800-243-7717

Monday-Friday 8:00am-4:00pm.

ACTIVITIES:
- Counselling services
- Education
- Direct Services:
  - HIV Drive to Care Program
  - Healthy Hamper Program

ADDITIONAL INFORMATION:
- Individual Support
- Outreach
- Information Resourcing
- Referral to other services

Website: www.acyr.org
E-mail: acyr@bellnet.ca

MAILING ADDRESS: AIDS Committee of York Region
194 Eagle Street East
Newmarket, Ontario
L3Y 1J6
ARTHRITIS BLUE BIRD CLUB - NORTH

POPULATION SERVED: People suffering from arthritis and their families.

MEETING INFORMATION: Group meets monthly in the Newmarket area from September-June

For more information
Contact: Donna Glionna (905) 656-7434

ACTIVITIES:
▪ Self-help and mutual aid for the entire family

ADDITIONAL INFORMATION: N/A

MAILING ADDRESS: Arthritis Bluebird Club North
c/o Donna Glionna
21 Silverstone Cres.
Keswick, Ontario
L4P 4A5
ASSOCIATION FOR DIFFERENTLY ABLED PEOPLE TOGETHER (A.D.A.P.T.)

POPULATION SERVED: Differently abled people, as well as seniors.

MEETING INFORMATION: Newmarket Health Centre  
194 Eagle Street  
Newmarket  
First Wednesday every month at 7:00pm  
(September to June)

Contact: Office staff at (905) 868-9523

ACTIVITIES:  
- Mutual support, social meetings  
- Mobility Van seven days a week for transportation throughout York Region and beyond (rate applicable for use of van is according to distance)

ADDITIONAL INFORMATION: E-mail: adapt@on.aibn.com

MAILING ADDRESS: ADAPT  
c/o Newmarket Health Centre  
194 Eagle Street  
Newmarket, Ontario  
L3Y 1J6
CANADIAN DIABETES ASSOCIATION
SELF-HELP GROUP

POPULATION SERVED: People with Type I diabetes and family members.

MEETING INFORMATION:

Georgina Diabetes Support Group
Peter Gzowski Public Library (Black River Road in Sutton)
Meets Second Wednesday of every month at 7:00pm
July-August Closed
Contact: Shirley Matt (705) 437-1928

Markham-Stouffville Diabetes Support Group
Markham York Region Police Station (McCowan/Hwy 7)
Meets at 7:30pm
Contact: Audra Noble (905) 940-8610

ACTIVITIES:
- Discussion group, speakers, literature

ADDITIONAL INFORMATION:
Website: www.diabetes.ca

MAILING ADDRESS:
Canadian Diabetes Association
235 Yorkland Blvd
Toronto, Ontario
M2J 4Y8
CONNECTING RAINBOWS  
(BREAST CANCER SUPPORT GROUP)

POPULATION SERVED: Anyone who is experiencing or has experienced breast cancer; their family and friends.

MEETING INFORMATION:  
Canadian Cancer Society – Markham Chapter  
227 Main Street North, Station Plaza  
Meets 1st and 3rd Tuesday of every month  
from 7:15pm-9:15pm  
Contact: Sally Gyton (905) 294-5925

Canadian Cancer Society – Holland River Unit  
Meets the 3rd Thursday each month from 7:15pm-9:15pm  
30 Prospect Street, Suite 101 Newmarket  
Newmarket Contact: Ruth (905) 830-0447

Canadian Cancer Society – Major MacKenzie Unit  
11 Headdon Gate, Unit 7 Richmond Hill  
Meets the 2nd Tuesday of each month  
Contact: 1-888-939-3333 (Cancer Information Service)  
1-866-889-2345  
(905) 770-1144

ACTIVITIES: Peer support, mutual aid, caring, sharing and listening

ADDITIONAL INFORMATION:  
Peer Support (phone support for caregivers and family members) 1-800-263-6750

Cancer Information Service: 1-888-939-3333  
Website: www.cancer.ca

MAILING ADDRESS:  
Canadian Cancer Society – Holland River Unit  
30 Prospect Street, Suite 101  
Newmarket, Ontario L3Y 3S9

Canadian Cancer Society – Markham/Whitchurch-Stouffville  
227 Main Street North  
Markham, Ontario L3P 1Y6

Canadian Cancer Society – Major MacKenzie Unit  
11 Headdon Gate Unit 7  
Richmond Hill, Ontario L4C 9W9
DOANE HOUSE HOSPICE

POPULATION SERVED: Supportive care to the terminally ill and their families.

MEETING INFORMATION: Bereavement Support Drop-In
17100 Yong Street
Newmarket
Meets in the afternoon

Contact: Kay Linger (9905) 967-0259

ACTIVITIES: Volunteers support the terminally ill and their families in their homes, providing respite for the family and companionship to the dying.

Oasis Day Program (Thursday and Friday) – clients come to the house for crafts and activities together.

Assessment is Required.

ADDITIONAL INFORMATION: Bereavement support is offered to family members

MAILING ADDRESS: Doane House Hospice
17100 Yonge Street
Newmarket, Ontario
L3Y 8V3
DOWN’S SYNDROME ASSOCIATION
OF YORK REGION

POPULATION SERVED: People who are interested in, work with or are caring for a person with Down’s Syndrome.

MEETING INFORMATION: Call for more information

Contact: Office: (416) 410-DOWN (3696) or Toll-Free 1-800-649-DOWN (3696)

ACTIVITIES: Education, information and family support.

ADDITIONAL INFORMATION: New parent support package and periodic newsletter are available.

Websites: www.dsat.ca or www.cdss.ca

MAILING ADDRESS: Down’s Syndrome Association of York Region
1100 Gorham Street
Suite #11B-345
Newmarket, Ontario
L3Y 7V1
EPILEPSY (ONTARIO) – YORK REGION

POPULATION SERVED: Anyone living with epilepsy and seizure disorders, their families, friends and co-workers and general public interested in epilepsy.

MEETING INFORMATION:

Parent Group Meeting
Loyal True Blue and Orange Home
11181 Yonge Street
Richmond Hill
Meets monthly

Adult Social Support Group and (concurrently)
Parents/Caregivers/Significant Others Social Group
11181 Yonge Street
Richmond Hill
Meets monthly

Epilepsy Awareness – York Region North
Regional Municipality of York Administrative Building
Yonge Street in Newmarket
First Thursday of every month

Group also available in Vaughan

Contact: Epilepsy Ontario – York Region office
(905) 508-5404

Please call for information before attending a meeting as locations and times may vary.

ACTIVITIES:
Counselling, adult social groups, peer-facilitated groups, resource centre, employment assistance, fundraising, information and referral, advocacy, speakers bureau.

ADDITIONAL INFORMATION:
Services are provided in English and in other languages with advance notice.

Website: www.epilepsyyork.ca
E-mail: info@epilepsyyork.ca

MAILING ADDRESS:
Epilepsy (Ontario) – York Region
11181 Yonge Street
Richmond Hill, Ontario
L4S 1L2
FIBROMYALGIA (FM)  
AND CHRONIC FATIGUE SYNDROME

POPULATION SERVED: Anyone living with Fibromyalgia, their families and friends.

MEETING INFORMATION: First Thursday of every month  
St. Mary’s Immaculate Catholic Church (Lower Level)  
10295 Yonge Street (corner of Yonge and Dunlop St.)  
Richmond Hill, Ontario  
11:00 am – 1:00 pm (Free Membership and Admission)

Contact: Gisella at (905) 884-6169  
Dena Lynn (905) 787-1784

ACTIVITIES:  
▪ Group Discussions  
▪ Guest Speakers  
▪ Socials

ADDITIONAL INFORMATION: Website: http://www.FM-CFS.ca

MAILING ADDRESS: N/A
HEPATITIS C SOCIETY OF CANADA
YORK REGION CHAPTER

POPULATION SERVED: People living with Hepatitis C.

MEETING INFORMATION: Please call for meeting information
First and third Wednesday of every month at 7:30 pm
Contact:
York Region Health Services
(905) 940-1333 or Toll-Free 1-800-461-2135

ACTIVITIES: Group support and mutual aid, access to current information related to Hepatitis C and treatment, health information etc.

ADDITIONAL INFORMATION: For more information, please see website: www.hepcyorkregion.org

MAILING ADDRESS: York Region Health Services
4261 Highway #7 East, Unit B6-9
Unionville, Ontario
L3R 9W6
HOSPICE KING-AURORA

POPULATION SERVED: King Township and Aurora south of Wellington Street.

MEETING INFORMATION: Call for information
Contact: (905) 773-0155

ACTIVITIES: Services and support to individuals and families living with life threatening illness or bereavement. Includes friendly visiting, caregiver support, complementary therapies, therapeutic and self-help support groups.

ADDITIONAL INFORMATION: E-mail: info@hospicekingaurora.ca

MAILING ADDRESS: Hospice King-Aurora
155 King Road
Oak Ridges, Ontario
L4E 2W1
HOSPICE THORNHILL

POPULATION SERVED: Supportive care to the terminally ill and their families as well as anyone grieving over the loss of a loved one.

MEETING INFORMATION: Bereavement Group
18 Centre Street
Thornhill
Drop-in on Tuesdays from 1:30-3:00pm
Call for more information

Contact: Isabelle Welch (facilitator)
(416) 221-1232
or Office Staff at (905)764-0656
9:00am-1:00pm

ACTIVITIES: Self-help groups, ‘Take Heart’ 6 week program, drop-in support, Day program Tuesdays 10:00am-2:00pm.

ADDITIONAL INFORMATION: Volunteer training is provided

E-mail: hospicet-thornhill@bellnet.ca

MAILING ADDRESS: Hospice Thornhill
18 Centre Street
Thornhill, Ontario
L4J 1E9
INFERTILITY NETWORK

POPULATION SERVED: Individuals, couples who are experiencing infertility problems.

MEETING INFORMATION: Various meeting times and locations

For more information, contact:
Infertility Network (416) 691-3611

ACTIVITIES: Mutual support, information and education, seminars, support groups, books, tapes, info kits, referrals.

ADDITIONAL INFORMATION: Website: www.infertilitynetwork.org
E-mail: info@infertilitynetwork.org

MAILING ADDRESS: Infertility Network
160 Pickering Street
Toronto, Ontario
M4E 3J7
Fax: (416) 690-8015
MULTIPLE SCLEROSIS SELF-HELP GROUP

POPULATION SERVED: People affected by Multiple Sclerosis.

MEETING INFORMATION: Richmond Hill Presbyterian Church (Yonge Street and Major MacKenzie Drive)
Richmond Hill

Other groups available in York Region. For meeting times and information, contact: Multiple Sclerosis Society of Canada – York South Chapter at (905) 770-1549

ACTIVITIES: Mutual support and information.

ADDITIONAL INFORMATION: Website: www.mssociety.ca/yorksouth
E-mail: info.yorksouth@mssociety.ca

MAILING ADDRESS: Multiple Sclerosis Society (York South Chapter)
9350 Yonge Street
P.O. Box 61528
Richmond Hill, Ontario
L4C 0C9

Fax: (905) 770-2430
NEWMARKET SENIOR’S MEETING PLACE *P

POPULATION SERVED: People affected by Multiple Sclerosis.

MEETING INFORMATION: For meeting information
Contact: Office at (905) 953-5325
Fax: (905) 830-1203

ACTIVITIES: Various groups are offered, such as:
- Osteoporosis Support
- Support for Hard of Hearing issues
- CNIB Support Group
- Prostate

ADDITIONAL INFORMATION: Website: www.newmarket.ca
Social, physical, drop-in.

MAILING ADDRESS: Newmarket Senior’s Meeting Place
474 Davis Drive
Newmarket, Ontario
L3Y 2P1

Fax: (905) 770-2430
PARKINSON’S DISEASE SUPPORT GROUP

POPULATION SERVED: Caregivers, family members and people suffering from Parkinson’s disease.

MEETING INFORMATION: Markham Village Community Centre
Markham
First Tuesday every month at 1:30pm
from September to June
Contact: Frank (905) 472-1137

Edithvale Community Centre
North York
Third Monday every month from 7:00-9:00pm
Contact: Margaret (416) 225-6328

ACTIVITIES: Group support, information and education sessions

ADDITIONAL INFORMATION: Information is available through the Internet at:
http://www.parkinson.ca

MAILING ADDRESS: Parkinson Society Canada
Central & Northern Ontario Region
4211 Yonge Street, Suite 321
Toronto, Ontario
M2P 2A9

Fax: (905) 770-2430
PROSTATE CANCER SUPPORT GROUP

POPULATION SERVED: Men who are affected by prostate cancer and their families.

MEETING INFORMATION: Newmarket Seniors Meeting Place
474 Davis Drive
Newmarket
Meets every third Thursday from 7:00-9:00pm

Please call for meeting information

Contact: Doug Bowers (905) 841-2759

ACTIVITIES: Peer support, guest speakers at every meeting.

ADDITIONAL INFORMATION: No meetings held in July or August.

MAILING ADDRESS: Canadian Prostate Cancer Support Group
c/o 2381 Vivian Road
Newmarket, Ontario
L3Y 4W1
SLEEP WAKE DISORDERS ASSOCIATION OF TORONTO

POPULATION SERVED: Sufferers of all sleep disorders (sleep apnea, narcolepsy, restless legs, insomnia, night terrors, etc.) and their family and friends.

MEETING INFORMATION: North York Civic Centre
Committee Room #1 or #4
5100 Yonge Street
(West side of Yonge Street, just south of Finch)
North York

Contact: Swami (905) 669-5644 or
Alison (905) 868-8793

Monthly meetings held the second Monday of each month, excluding July, August and December. If the second Monday is a holiday (Thanksgiving or Easter) then the meeting is held on the third Monday of the month.

Admission $3.00 per family

ACTIVITIES: Support, education, advocacy, and networking for people with sleep disorders and their family and friends.

ADDITIONAL INFORMATION: Website: http://www.geocities.com/swdatoronto
Email: swda@bigfoot.com

MAILING ADDRESS: 2950 Bayview Ave.
Toronto, Ontario
M2N 5K6
STROKE RECOVERY CANADA (RICHMOND HILL)

POPULATION SERVED: Individuals recovering from a stroke or caring for a stroke victim.

MEETING INFORMATION: O.M.L. McConaghy Senior Centre  
10100 Yonge Street  
Richmond Hill  
Third Tuesday of each month except July and August  
10:00am – 12:00 noon.

Please call for more information

Contact: Albert Ganesh (905) 884-7154  
Email: albertganesh@hotmail.com

ACTIVITIES: Mutual support and encouragement as well as special events.

ADDITIONAL INFORMATION: Toll-free telephone support, information and referrals to resources for individuals and families in distress: Stroke Recovery Canada 1-888-540-6666

MAILING ADDRESS: Stroke Recovery Canada – Richmond Hill Chapter  
95 Weldrick Road East, Unit 18  
Richmond Hill, Ontario  
L4C 0H6
YORK REGION CHRONIC FATIGUE/FIBROMYALGIA SYNDROME GROUP

POPULATION SERVED: For persons suffering from Chronic Fatigue Immune Dysfunction Syndrome (CFIDS) and/or Fibromyalgia Syndrome.

MEETING INFORMATION: York Region Administrative Centre, Committee Room B 17250 Yonge Street Newmarket Meets the last Saturday of each month from 11:am-1:00pm

Contact: Evelyn at (905) 898-1578 or Judy at (905) 709-2041

ACTIVITIES: Informal discussion group usually followed by a lunch social.

ADDITIONAL INFORMATION: N/A

MAILING ADDRESS: Chronic Fatigue/Fibromyalgia Syndrome Support Group c/o Judy Bubnic 8 Idleswift Drive Thornhill, Ontario L4J 1K7
YORK REGION HEAD INJURY SUPPORT GROUP

POPULATION SERVED: People with head injuries, acquired brain injury and stroke.

MEETING INFORMATION:
- Support groups for survivors, caregivers, children with brain injuries and their families
- Social and activity groups available

For details of meeting, times and dates:
Contact: (905) 780-1236

ACTIVITIES:
- Volunteer-run group
- Peer support and family support

ADDITIONAL INFORMATION:
- Wheelchair accessible
- Bi-monthly newsletter available

MAILING ADDRESS:
York Region Head Injury Support Group
C/o Loyal True Blue and Orange Lodge
11181 Yonge Street, 3rd floor
Richmond Hill, Ontario
L4S 1L2
YOUTH

- Alateen
- Association of Bright Children (ABC)
- Rainbow Youth
ALATEEN

POPULATION SERVED: Teen children (12 through 20 years) of alcoholics.

MEETING INFORMATION: Aurora Alateen Group
St. Andrew’s Presbyterian Church, Second Floor
(Mosley and Victoria Streets)
Aurora
Sunday at 8:00pm

St. Mary’s Anglican Church
Richmond Hill
Saturday mornings

Contact: Al-Anon Office (905) 989-0107 or (416) 410-3809

ACTIVITIES: Group support using a 12 step program.

ADDITIONAL INFORMATION: Website: http://al-anon.alateen.on.ca
E-mail: ldc@al-anon.alateen.on.ca

MAILING ADDRESS: Ontario South Literature Distribution Centre
Box 272
Keswick, Ontario
L4P 3E2
ASSOCIATION FOR BRIGHT CHILDREN (ABC)

POPULATION SERVED: Those with bright or gifted children.

MEETING INFORMATION: Please call for meeting information
Contact: ABC answering service (416) 925-6136

ACTIVITIES: Information and support to parents of bright and gifted children/adolescents through newsletters, networking, and annual conference and local workshops.

ADDITIONAL INFORMATION: There are 40 chapters and a quarterly newsmagazine: call answering service for information
Website: http://ww.abcontario.ca
E-mail: abcinfo@abcontario.ca

MAILING ADDRESS: Association for Bright Children
2 Bloor Street West
Box 156, Suite 100
Toronto, Ontario
M4W 2G7
L4P 3E2
RAINBOW YOUTH – RICHMOND HILL
(formerly York Region Lesbian, Gay, Bisexual Youth Support Group)

POPULATION SERVED: Youth 26 years and under who are Lesbian, Gay, Bisexual, Transgendered, Queer or questioning.

MEETING INFORMATION: First and Third Monday (except Statutory Holidays)
7:00-9:00pm
For meeting directions/location
Contact: 1-800-361-5653
or E-mail: rainbowyouth@york.ca

ACTIVITIES: Support group.

ADDITIONAL INFORMATION: Not Available.

MAILING ADDRESS: Elaine Hampson
York Region Health Services
465 Davis Drive, Main Floor
Newmarket, Ontario
L3Y 6Z1
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