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

THE DIRECTORY OF SELF-HELP/MUTUAL AID GROUPS
York Region
Welcome to the 2013 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 (2006 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 2013 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://www.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://www.selfhelp.on.ca
E-mail: shrc@selfhelp.on.ca
CONTENTS

ABUSE
- Survivors of Childhood Sexual Abuse *P ........................................... 1
- When Love Hurts (formerly RESOLVE) *P ......................................... 2
- Women’s Support Group *P ............................................................... 3

ADDCCTIONS
- Adult Children of Alcoholics (ACA) .................................................. 4
- AL-ANON Family Groups .................................................................. 5
- Alcoholics Anonymous ..................................................................... 6
- GAM-ANON ..................................................................................... 7
- Gambler’s Anonymous .................................................................... 8
- NAR-ANON – The Family Group ....................................................... 9
- Narcotics Anonymous .....................................................................10
- Debtors Anonymous .......................................................................11

BEREAVEMENT
- Bereaved Families of Ontario – York Region .................................... 12
- Community Grief / Bereavement Support Group *P ......................... 13
- Community Members Bereavement Group ....................................... 14
- Lift Bereavement Self-Help Group ..................................................... 15
- Perinatal Bereavement Services Ontario .......................................... 16
- Sharing Grief .....................................................................................17

FAMILY
- Association of Parent Support Groups of Ontario ............................. 18
- Aurora/Newmarket Parent Finders .................................................... 19
- Autism Society of Ontario – York Region ....................................... 20
- Canadian Mental Health Association ............................................... 21
- Jewish Family and Child Service ....................................................... 22
- Infertility Network ........................................................................... 23
- La Leche League .............................................................................. 24
- One Parent Families Association of Canada ................................... 25
- PFLAG (Parents, Families, and Friends of Lesbians and Gays ........ 26
- Separated Anonymous .................................................................... 27
- Women’s Centre of York Region ....................................................... 28
LGBTQ (Lesbian, Gay, Bisexual, Transsexual, Queer)

- Gay Women Support Group .......................................................... 29
- PFLAG (Parents, Families, and Friends of Lesbians and Gays) .................. 30
- Rainbow Youth York Region Support Group ...................................... 31
- My House Rainbow Resources of York Region ................................... 32

MENTAL HEALTH

- Adults with learning disabilities .................................................... 33
- Alzheimer Society York Region ...................................................... 34
- Krasman Centre Peer Support Program ........................................... 35
- Markham Area Mood Disorder Association (MAMDA) ....................... 36
- Overeaters Anonymous .................................................................. 37
- Schizophrenia Society of Ontario – York Region Chapters .................. 38
- SWIFT (Strength to Walk In Freedom Together) .................................. 39
- York Region – Family Support Group (Krasman Centre) ..................... 40

MISCELLANEOUS

- In Search of Justice ......................................................................... 41
- MADD Canada (Mothers Against Drunk Driving) ............................... 42

PHYSICAL HEALTH

- AIDS Committee of York Region .................................................... 43
- Arthritis Blue Bird Club - North ...................................................... 44
- Association for Differently Abled People Together ............................ 45
- Canadian Diabetes Association Self-Help Group ............................... 46
- Chronic Pain Peer Support Group .................................................. 47
- Connecting Rainbows (Breast Cancer Support Group) ....................... 48
- Doane House Hospice ..................................................................... 49
- Down’s Syndrome Association of York Region .................................. 50
- Epilepsy (Ontario) York Region ........................................................ 51
- Fibromyalgia (FM) and Chronic Fatigue Syndrome ........................... 52
- Hepatitis C Society of Canada – York Region Chapter ....................... 53
- Hospice King-Aurora ..................................................................... 54
- Hospice Richmond Hill .................................................................. 55
- Hospice Thornhill .......................................................................... 56
- Multiple Sclerosis Self-Help Group .................................................. 57
- Newmarket Senior’s Meeting Place .................................................. 58
- Parkinson’s Disease Support Group ................................................ 59
- Prostate Cancer Support Group ...................................................... 60
- Sleep Wake Disorders Association of Toronto ................................... 61
- Stroke Recovery Canada (Richmond Hill) ......................................... 62
York Region Chronic Fatigue/Fibromyalgia Syndrome Group ........ 63
York Region Head Injury Support Group ................................. 64

YOUTH

• Alateen.............................................................................. 65
• Association for Bright Children (ABC) ............................. 66
• Rainbow Youth – Richmond Hill ........................................ 67

INDEX .................................................................................. x
ABUSE

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

YORK REGIONAL ABUSE PROGRAM

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

MEETING INFORMATION: Various referral process

For information, please call the office:

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

ACTIVITIES:
- Caregiver Counselling/Therapy Program
- Adult and Adolescent Program
- Child and Family Sexual Abuse Program
- Outreach & Prevention Program
- Sexualized Behaviour Program
- Group Therapist Training Program
- Group Therapy 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@yrap.org
Web: www.yrap.ca

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) 709-0900 or 1-800-263-2231

ACTIVITIES:   Groups conducted in a confidential, safe, sharing, supportive and validating environment.
 Children’s Programs

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

Web:  www.yellowbrickhouse.org
E-mail:  info@yellowbrickhouse.org

MAILING ADDRESS:  52 West Beaver Creek, Unit 4
Richmond Hill, ON
L4B 1L9
WOMEN’S SUPPORT GROUP  *P

SANDGATE WOMEN’S SHELTER OF YORK REGION INC.

POPULATION SERVED: Abused women

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

Call for more information

Toll-Free: 1-800-661-8294
Jackson’s Point Shelter: 1-800-661-8294
Richmond Hill Shelter: 905-787-8604

ACTIVITIES:

 Group Support, individual counselling, outreach, advocacy
 Transitional Support available (helping women with housing and legal issues)
 Child Witness

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

Web: www.sandgate.ca

MAILING ADDRESS: Sandgate, Women’s Shelter of York Region Inc.
P.O. Box 248
Sutton West, Ontario
L0E 1R0
ADDICTIONS

- 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
117 Bloor Street East
P.O. Box 75061
Toronto, Ontario
M4W 3T3
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 or (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.ca

MAILING ADDRESS: Al-Anon 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 or Toll Free 1-877-404-5591
- Fax number (416) 487-5855

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
- Website: www.aatoronto.org

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 - GA 24 Hours Help-Line (416) 366-7613

ACTIVITIES: Group support using a 12 step program

ADDITIONAL INFORMATION: Website: www.gamblersanonymouso ntario.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: E-Mail: info@naronontario.com
Web: www.naronontario.com

MAILING ADDRESS: c/o Nar-Anon Ontario
P. O. Box 20046
2900 Warden Ave
Scarborough, ON
MIW 3Y9
NARCOTICS ANONYMOUS

POPULATION SERVED: Must be affected by a drug problem

MEETING INFORMATION:

St. Philips Anglican Church
9400 Kennedy Rd. N of 16th Ave.
Unionville
Sundays at 7:00pm

10350 Yonge St. park at back of building, enter at back, downstairs, first door on right
Richmond Hill
Sundays at 7:00pm

M.L. McConaghy Seniors Centre,
10100 Yonge Street, 2nd Floor, Rm. 201/205
Enter side door
Richmond Hill
Mondays at 8:00pm

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

Toll-Free: 1-888-696-8956

ACTIVITIES:
• A 12-step support program

ADDITIONAL INFORMATION:

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

MAILING ADDRESS:
Toronto Area of Narcotics Anonymous
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) 895-6631
Website: www.roadhouseandrose.com
Email: info@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: Eight-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, ectopic pregnancy, medical termination, stillbirth, or neonatal death.

MEETING INFORMATION: Meetings held in Markham and approximately **10 other locations** across Ontario

Contact: (905) 472-1807
Toll-Free: 1-888-301-PBSO (7276) x 5323
Fax: (905) 472-4054
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
- Monthly newsletters
- Literature

ADDITIONAL INFORMATION: Website: [www.pbso.ca](http://www.pbso.ca)
E-mail: pbso@pbso.ca

MAILING ADDRESS: Perinatal Bereavement Services Ontario
P. O. Box 177
Pickering, ON
L1V 2R4
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 Gwillimbury

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 childhood; 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
- Canadian Mental Health Association
- 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 7:30pm – 9:30pm

Contact: 1-800-448-5666 (24Hrs)

14 groups in various locations

ACTIVITIES:
- Self-help and mutual support; support network
- Weekly meetings, workshops

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:** Taylor Funeral Home Community Room, 524 Davis Dr in Newmarket.
Contact: Sharon (905) 895-1436
E-Mail: sharvirt372@hotmail.com

**ACTIVITIES:**
- Support, information on conducting searches for birth parents, siblings, other family members
- Information sharing, search and reunion support in a confidential environment. 12-15 members.

**ADDITIONAL INFORMATION:** Membership - $45 lifetime (include search manual)

**MAILING ADDRESS:** N/A
AUTISM ONTARIO – YORK REGION

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

MEETING INFORMATION: Monthly meetings (Everyone welcome) from 7 – 9pm at Loyal True Blue and Orange Home, 11181 Yonge Street, Richmond Hill, ON Meeting Room B13
For meeting times call: (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.autismontario.com
E-mail: autismyork.adults@gmail.com

MAILING ADDRESS: Autism Society of Ontario – York Region Chapter
11181 Yonge Street #303-305
Richmond Hill, Ontario
L4S 1L2
CANADIAN MENTAL HEALTH ASSOCIATION
( FAMILY AND CAREGIVER GROUP)

POPULATION SERVED: Family members and friends of Mental Health
MEETING INFORMATION: - Family and caregiver group
Phone: 905-853-8477 | Toll Free: 1-866-208-5509

ACTIVITIES:
• Increase your understanding of mental illnesses, treatment options, and effects of medication
• Reduce your stress and feelings of isolation
• Understand how you can best support your loved one
• Develop effective coping strategies

ADDITIONAL INFORMATION: Email: yorkregion@cmha-yr.on.ca
Website: www.cmha-yr.on.ca
MAILING ADDRESS: 1091 Gorham Street, Suite 300
Newmarket, ON, L3Y 8X7
JEWSH 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

E-Mail: info@jfandcs.com
Web: www.jfandes.com

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:
- $35.00 basic membership fee
- Website: www.lllc.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

Richmond Hill Public Library
(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: Web: www.oneparentfamilies.net

MAILING ADDRESS: One Parent Families Association of Canada
National Office
P. O. Box 628
Pickering, ON L1V 3T3
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: Support meetings are held on the 4th Tuesday of the month at 7:30 PM
Meeting Location for October & November
Innervate Health, Suite 204, 8199 Yonge St at Kirk Drive
Thornhill, ON
Contact: 1-888-905-5428 Ext. 73

ACTIVITIES: Support and education, occasional guest speakers

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

MAILING ADDRESS: PFLAG Canada York Region, 333 Crosby Ave., Richmond Hill, ON L4C 2R5
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: Meetings: Thursdays, 7:00pm-10:00pm; call for meeting location is at Square One, 100 City Centre Dr. Mississauga, ON

ADDITIONAL INFORMATION: Not Available

MAILING ADDRESS: Not Available
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: (905) 905-853-9270
Toll Free: 1-855-853-9270

ACTIVITIES:
- Counselling Services
- Bridging The Gap
- Making Changes
- Enterprising Women
- Information For Clients
- Childminding FAQS

ADDITIONAL INFORMATION: Languages: Chinese, Farsi, Italian, Russian and Tamil
Office Hours: Monday to Friday, 9am - 4:30pm
Email: info@wyr.ca

MAILING ADDRESS: Women’s Centre of York Region
120 Harry Walker Parkway N.
Newmarket, ON  L3Y 7B2
LGBTQ
(Lesbian, Gay, Bisexual, Transsexual, Queer)

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

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

MEETING INFORMATION: Group meets the third Tuesday of the month.
For more information contact:
(905) 780-0491 extension 118
Toll-Free 1-888-780-0724 extension 118
(private and confidential voice mail box)

ACTIVITIES: Casual Support Group

ADDITIONAL INFORMATION: Not available
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: Support Meetings are holding on the 4th Tuesday of the month at 7:30pm.

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

Contact: 905-780-0491 ext. 120 (Leave message only)
Toll Free: 1-888-905-5428 ext. 73

ACTIVITIES: Support and education, occasional guest speakers

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

MAILING ADDRESS: PFLAG Canada York Region
333 Crosby Ave
Richmond Hill, ON L4C 2R5
RAINBOW YOUTH YORK REGION SUPPORT GROUP
(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: The group meets on the first and third Monday of every month (except on statutory holidays) from 7 – 9 p.m. Locations may vary, so please call 1-888-905-5428 ext. 74 for details.

Website: www.rainbowyouthyork.com
Email: info@rainbowyouthyork.com

ACTIVITIES: Support group.

ADDITIONAL INFORMATION: Not available.

MAILING ADDRESS: c/o York Region Health Services
4261 Hwy 7 E
Unionville, ON
L3R 9W6
All members of the LGBTQ community in York Region

Women's Social Group
Rainbow Youth Group (York Region)

For more information, please contact Andrea:
Email: info@myhouseyr.com
Or 1-888-905-5428 ext. 74

Not available

http://myhouseyr.com

10157 Yonge Street,
Richmond Hill, ON  L4C 1T5
MENTAL HEALTH

- Adults with learning disabilities
- Alzheimer Society York Region
- Krasman Centre Peer Support Program
- Markham Area Mood Disorder Association (MAMDA)
- Overeaters Anonymous
- Schizophrenia Society of Ontario – York Region Chapters
- SWIFT (Strength to Walk In Freedom Together)
- York Region-Family Support Group
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 Third Wednesday of every month(September to June), 7-9pm

Parents of Children with Learning Disabilities or ADD/HD
Meets the First Thursday evening of each month(September to June), 9:30am to Noon

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 of 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
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
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: Susan (905) 780-0491 ext. 112

Activities:
- Mental Health Recovery Education
- Peer Support Training

Additional Information:
Website: www.krasmancentre.com

Mailing Address:
The Krasman Centre
10121 Yonge Street,
Richmond Hill, ON
L6C 1T7
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: Thornhill: Meets once per month (Wednesday’s)
Richmond Hill: Meets once per month (Tuesday’s)

Call for meeting location and time

Contact: Paul (905) 889-4057 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
OVEREATERS ANONYMOUS (Newmarket)

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

MEETING INFORMATION: Meeting: Thursday at 7:30pm
Location: Taylor Funeral Home, 524 Davis Drive, Newmarket, ON
Contact: Leo @ 905-841-1588

ACTIVITIES:

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

ADDITIONAL INFORMATION:

Website: www.oa.org
Email: info@oa.org

MAILING ADDRESS:
c/o Central Ontario IG
Paulist Ministry Centre
830 Bathurst Street
Toronto, ON M5R 3G1
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: Call Head Office: 416-449-6830
Toll Free Phone: 1-800-449-6367
Or check website www.schizophrenia.on.ca for support group locations and times.

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

ADDITIONAL INFORMATION: Email: info@schizophrenia.on.ca

MAILING ADDRESS: 130 Spadina Ave., Ste. 302
Toronto, ON   M5V 2L4
SWIFT INC
(Self Help Support Groups)

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
160 Avenue Road
Richmond Hill, Ontario
Every Thursday evening from 7:00-9:00pm

Contact: 647-343-9395

ACTIVITIES:
- Peer Support
- No cost to attend

ADDITIONAL INFORMATION:
Website: www.swiftselfhelpgroups.org

MAILING ADDRESS:
S.W.I.F.T. Inc
1101 Steeles Avenue, West
North York, ON   M2R 3W5
YORK REGION - FAMILY SUPPORT GROUP
(Krasman Centre)

POPULATION SERVED: The family support program is a service to those supporting someone who is recovering from mental health issues.

MEETING INFORMATION: Call for meetings and information
(905) 780-0491 extension 117
Toll-Free 1-888-780-0724 extension 117

Meeting: Third Tuesday of every month @ 7-9pm
Location: 10121 Yonge Street, Richmond Hill, ON

ACTIVITIES:
- Empowerment
- Growth
- Support
- Recovery

ADDITIONAL INFORMATION: This program gives families an opportunity to learn about recovery and how they can be most helpful to their friend/family member.

Website: http://www.krasmancentre.com

MAILING ADDRESS: Family Support Program
c/o Krasman Centre
10121 Yonge Street
Richmond Hill, Ontario
L4C 1T7
MISCELLANEOUS

- In Search of Justice
- MADD Canada (Mothers Against Drunk Driving)
IN SEARCH OF JUSTICE

POPULATION SERVED: Helps men with custody, access, alimony, divorce, separation, abuse, false accusations, child support, assault charges sexual assault, and sexual harassment.

MEETING INFORMATION: Meeting: Weekly
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 month.

MAILING ADDRESS: In Search of Justice
PO Box 56517
5289 HWY 7, Unit 7
Vaughan, ON L4L 8V3
MADD CANADA (MOTHERS AGAINST DRUNK DRIVING)

**POPULATION SERVED:** MADD Canada chapters are run by volunteers who want to make a difference in the fight against drunk driving.

**MEETING INFORMATION:** Please call for meeting times and locations

**Contact:** 1-800-665-6233

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

**ADDITIONAL INFORMATION:** Website: [www.madd.ca/york/](http://www.madd.ca/york/)
E-mail: maddyorkregion@live.ca

**MAILING ADDRESS:** MADD-York Region
c/o York Regional Police
Traffic Bureau
47 Don Hillock Drive
Aurora, ON L4G 0R1
PHYSICAL HEALTH

- AIDS Committee of York Region
- Arthritis Blue Bird Club – North
- Association for Differently Abled People Together
- Canadian Diabetes Association Self-Help Group
- Chronic Pain peer Support 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 Richmond Hill
- Hospice Thornhill
- 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: Newmarket (905) 953-0248 or Toll-Free 1-800-243-7717, Richmond Hill (905) 884-0613

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

ACTIVITIES:
- Direct Services
- Education & Outreach
- Referrals
- Partnerships
- ACYR Speakers’ Bureau

For more information, please call above numbers

ADDITIONAL INFORMATION:
Website: www.acyr.org
E-mail: supportacyr@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:  Please call 416-979-8366 for more information

Areas served:  Markham

ACTIVITIES:  Provide an opportunity for people with arthritis to learn more about their disease though educational meetings.

ADDITIONAL INFORMATION:  N/A

MAILING ADDRESS:  N/A
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

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@teksavvy.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
5279 Black River Rd.,
Sutton West, ON

Meets every 1st Tuesday of the month @7pm from September to June
Contact: Peter Steinberg, (905)-722-5046

ACTIVITIES:
- Discussion group, speakers, literature

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

MAILING ADDRESS: Canadian Diabetes Association
1400-522 University Ave
Toronto ON M5G 2R5
CHRONIC PAIN PEER SUPPORT GROUP
(KRASMAN CENTRE)

POPULATION SERVED:  People who are currently experiencing chronic pain.

MEETING INFORMATION:  Time: Every Thursday @ 3pm

                      Location: The Krasman Centre
                      10121 Yonge Street
                      Richmond Hill, ON

ACTIVITIES:  Where you will have the opportunity to share experiences, share knowledge and connect with peers who also experience some form of chronic pain.

ADDITIONAL INFORMATION:  Contact: Susan @905-780-0491 ext. 112

                      Website: http://www.krasmancentre.com

MAILING ADDRESS:  The Krasman Centre
                  10121 Yonge Street
                  Richmond Hill, ON  L4C 1T7
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-9:00pm
Contact: Pat Crockford/Donna Miasek, Facilitators
(905)-640-2255, (905)-477-8636

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

ADDITIONAL INFORMATION: Offers bi-monthly self-help groups and support to survivors of breast cancer. Open to caregivers, family and friends of survivors of breast cancer. Meeting location is Canadian Cancer Society 30 East Beaver Creek Road, Unit 100, Richmond Hill
(905) 709-4978
Toll-free: 1 866-889-2345
Website: www.cancer.ca

MAILING ADDRESS:

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

Canadian Cancer Society – South York Region Unit
30 East Beaver Creek Road, Unit 100
Richmond Hill, Ontario L4B 1J2
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: Cathy Kincaide, RN (905) 967-0259 Ext. 103

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.

Registration 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:** Chatter Boxes - Occupational Therapy & Speech/Language Therapy Group: beginning in April, with only 6 spots available * contact Anna Calabretta (Program Facilitator) at 647-221-5253 or by email at aurelioc@rogers.com for more details or to register

**ACTIVITIES:** Education, information and family support.

**ADDITIONAL INFORMATION:** Website: [www.dsayr.on.ca](http://www.dsayr.on.ca)  
Email: info@dsayr.on.ca

**MAILING ADDRESS:** Down’s Syndrome Association of York Region  
PO Box 345  
17705 Leslie St, Ste 15  
Newmarket, ON L3Y 3E3
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: Adults with Epilepsy Support Group, meets monthly (Call for times & locations) Parents of Children with Epilepsy Support Group, meets monthly (Call for times & locations) Youths with Epilepsy Group, meets monthly (Call for times & locations)

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

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.org E-mail: praymond@epilepsyyork.org

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

Email: fibro4support@hotmail.com
Twitter: www.twitter.com/fibro4support

ACTIVITIES:
- Group Discussions
- Guest Speakers
- Socials

ADDITIONAL INFORMATION: Website: http://fibrosupport.weebly.com
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
Third Wednesday of every month at 7:30 pm
(West of Main Street, Unionville & Hwy 7)

Contact:
York Region Health Services
(905) 940-1333 or Toll-Free 1-800-361-5653

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 Department
4261 Highway #7 East, Unit B6-9
Unionville, Ontario
L3R 9Z6
HOSPICE KING-AURORA

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

MEETING INFORMATION: Call for information
Contact: (905) 727-6815

ACTIVITIES: Services and support to individuals and families living with life threatening illness or bereavement. Includes volunteer visiting, caregiver support, bereavement services, wellness programs

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

MAILING ADDRESS: Hospice King-Aurora
350 Industrial Parkway South, #4
Aurora, ON L4G 3V7
HOSPICE RICHMOND HILL

POPULATION SERVED: Recent diagnosis of a life-threatening illness or a friend or family member of that person, those experiencing the death of a loved one. Resident of Richmond Hill and Oak Ridges

MEETING INFORMATION: Caregiver Support Group: 2nd & 4th Tuesday of the month, 1pm to 3pm
Programs & services are available free of charge to residents of Richmond Hill & Oak Ridges.

ACTIVITIES:
- Volunteer Support
- Programs & Services for Grieving Children & Youth
- Bereavement Support Groups
*Please call for more details.
(905)884-6683

ADDITIONAL INFORMATION: Volunteer training is provided

Website: www.hospicerh.org
E-mail: info@hospicerh.org

MAILING ADDRESS: Hospice Richmond Hill
10155 Yonge Street
Richmond Hill, ON
L4C 1T5
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: Services and support to individuals facing life threatening illness.
Contact: 905-764-0656

ACTIVITIES:

Grief and Bereavement
- It offers a variety of 10 weeks support groups.

Palliative Programs
- Volunteer visiting
- Wellness beyond diagnosis

Referrals

*Please call for more details.

ADDITIONAL INFORMATION: Volunteer training is provided

E-mail: info@hospicethornhill.org

MAILING ADDRESS:
Hospice Thornhill
220 Charlton Ave
Thornhill, Ontario
L4J 2H2
MULTIPLE SCLEROSIS SELF-HELP GROUP

POPULATION SERVED: People affected by Multiple Sclerosis.

MEETING INFORMATION: Other groups available in York Region. For meeting times and information, contact: Multiple Sclerosis Society of Canada – York South Chapter at (416) 922-6065

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
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:

- Drop-in Activities
- Health Group
- CNIB Support Group
- Prostate Cancer Support Groups

ADDITIONAL INFORMATION: Website: www.newmarket.ca
Email: kwillins@newmarket.ca

MAILING ADDRESS: Newmarket Senior’s Meeting Place
474 Davis Drive
Newmarket, Ontario
L3Y 2P1
PARKINSON’S DISEASE SUPPORT GROUP

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

MEETING INFORMATION: Markham Stouffville
Armadale Community Centre
2401 Dennison Ave (Hwy 48 & Hwy 7)
Markham, ON
First Tuesday every month at 1:30pm
from September to June

Newmarket
Trinity United Church
461 Park Ave
Newmarket, ON
Third MondayThursday every month from 1:30pm

Contact: 1-800-565-3000 Ext. 3372 or
Email: www.cno.parkinson.ca

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
**PROSTATE CANCER SUPPORT GROUP**

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

**MEETING INFORMATION:** Newmarket Community Centre & Lions Hall  
200 Doug Duncan Drive  
Meets every third Thursday evening of each month  
(September to June) from 7:00-9:00pm  
Please call for meeting information

**Contact:** 905-853-2665  
**Email:** info@newmarketprostatecancer.com  
**Website:** www.newmarketprostatecancer.com

**ACTIVITIES:** Peer support, guest speakers at every meeting.

**ADDITIONAL INFORMATION:** No meetings in the summer.

**MAILING ADDRESS:** N/A
SLEEP WAKE DISORDERS ASSOCIATION
OF TORONTO

POPULATION SERVED: Sufferers of all sleep disorders
MEETING INFORMATION: No regular meetings at present *online support only

Contact:
Swami (905) 669-5644 or
Alison (519) 208-1037 (Day time only)

ACTIVITIES: Support, education and advocacy for sleep wake disorders

ADDITIONAL INFORMATION: Website: http://www.sleepwaketoronto.org
Email: swda@bigfoot.com

MAILING ADDRESS: N/A
STROKE RECOVERY CANADA
(RICHMOND HILL)

POPULATION SERVED: For stoke survivors and their families

MEETING INFORMATION: Richmond Hill
Third Tuesday of each month except July and August
10:00am – 12:00 noon at Stroke Recovery Association
York Region
Rexall Health Centre
9625 Yonge Street, Richmond Hill

Attend meeting or call Carmela Marchione for more information (905)726-2960 or Email: marchione3@rogers.com

ACTIVITIES: Peer support group for stroke survivors and their families
* offering ideas on how to better cope with stroke *
* information on rehabilitation, diet, exercise *
* guest speakers and specialists *
* participation in group activities *
* making new friends

ADDITIONAL INFORMATION: Office Phone: (905)884-7154
Website: www.marchofdimes.ca

MAILING ADDRESS: c/o Stroke Recovery Association
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: Meeting: Held first Thursday of every month from 11am to 1pm
St. Mary Immaculate Catholic Church
10295 Yonge Street, Richmond Hill

ACTIVITIES: N/A

ADDITIONAL INFORMATION: Email: fibro4support@hotmail.com
Twitter: www.twitter.com/fibro4support
YouTube: www.youtube.com/user/fibrosupport

MAILING ADDRESS: N/A
YORK REGION HEAD INJURY SUPPORT GROUP

POPULATION SERVED: People with head injuries, acquired brain injury in York region.

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 (voicemail)

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 Home  
11181 Yonge Street  
Richmond Hill, Ontario  
L4S 1L2
YOUTH

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

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

MEETING INFORMATION: For more information, please contact Al-Anon Office:
(416)-410-3809 (answering service)

ACTIVITIES: Group support using a 12 step program.

ADDITIONAL INFORMATION: Website: http://al-anon.alateen.on.ca
E-mail: gtais.updates@gmail.com

MAILING ADDRESS: Greater Toronto Al-Anon
Information Services (GTAIS)
P.O.BOX 1304
145 THE WEST MALL
Etobicoke, ON M9C 1C0
ASSOCIATION FOR BRIGHT CHILDREN (ABC)

POPULATION SERVED: Those with bright or gifted children.

MEETING INFORMATION: Monthly meetings (call for location)

Contact: (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: Provides information and support to parents of bright and gifted children and adolescents and offers the parents' voice to local school boards, educators, professional groups and the Ontario Ministry of Education * speakers and exchange of ideas

Website: http://www.abcontario.ca
E-mail: volunteer@abcontario.ca

MAILING ADDRESS: Association for Bright Children
2 Bloor Street West
Box 156, Suite 100
Toronto, Ontario
M4W 2G7
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: 905-884-8379
or E-mail: rainbowsupport@myhouseyr.com

ACTIVITIES: Support group.

ADDITIONAL INFORMATION: Not Available.

MAILING ADDRESS: My House Rainbow Resources of York Region
10157 Yonge Street
Richmond Hill, ON
L4C 1T5
INDEX
# Guide to Groups in the Self-Help Directory

## A

- Adult Children of Alcoholics .......................................................... Page 04
- Adults with Learning Disabilities ......................................................... Page 33
- AIDS Committee of York Region ....................................................... Page 43
- Alateen ............................................................................................... Page 05
- Al-Anon Family Group ....................................................................... Page 05
- Alcoholics Anonymous ....................................................................... Page 06
- Alzheimer Society York Region .............................................................. Page 34
- Arthritis Bluebird Club – North ............................................................. Page 44
- Association for Bright Children (ABC) .................................................. Page 66
- Association for Differently Abled People Together ................................ Page 45
- Association of Parent Support Groups of Ontario ................................ Page 18
- Aurora/Newmarket Parent Finders Inc. .................................................. Page 19

## B

- Bereaved Families of Ontario – York Region ........................................ Page 12

## C

- Canadian Diabetes Association Support Group ..................................... Page 46
- Canadian Mental Health Association .................................................... Page 21
- Chronic Pain Peer Support Group ....................................................... Page 47
- Community Grief/Bereavement Support Group ................................... Page 13
- Community Members Bereavement Group .......................................... Page 14
- Connecting Rainbows (Breast Cancer Support Group) ........................ Page 48

## D

- Debtor’s Anonymous ........................................................................... Page 11
- Doane House Hospice ......................................................................... Page 49
- Down’s Syndrome Association of York Region .................................... Page 50

## E

- Epilepsy (Ontario) York Region ............................................................. Page 51
F
Fibromyalgia (FM) and Chronic Fatigue Syndrome ................................................................. Page 52

G
Gam-Anon .................................................................................................................. Page 07
Gamblers Anonymous .......................................................................................... Page 08
Gay Women Support Group ............................................................................. Page 29

H
Hepatitis C Society of Canada – York Region Chapter .................................................. Page 53
Hospice King-Aurora .......................................................................................... Page 54
Hospice Richmond Hill ........................................................................................ Page 55
Hospice Thornhill ................................................................................................ Page 56

I
Infertility Network .................................................................................................. Page 23
In Search of Justice .............................................................................................. Page 41

J
Jewish Family and Child Service ........................................................................... Page 22

K
Krasman Centre Peer Support Program ................................................................ Page 35

L
La Leche League ....................................................................................................... Page 24
Lift Bereavement Self-Help Group ................................................................ Page 15

M
Markham Area Mood Disorder Association ........................................................ Page 36
My House Rainbow Resources of York Region .............................................. Page 32
Mothers Against Drunk Driving (MADD Canada) ........................................ Page 42
Multiple Sclerosis Self-Help Group ................................................................ Page 57
N
Nar-Anon – The Family Group ................................................................. Page 9
Narcotics Anonymous ............................................................................. Page 10
Newmarket Senior’s Meeting Place .......................................................... Page 58

O
One Parent Families Association of Canada ............................................. Page 24
Overeaters Anonymous ............................................................................ Page 41

P
Parents, Families and Friends of Lesbians & Gays (PFLAG) ..................... Page 26
Parkinson’s Disease Support Group .......................................................... Page 59
Perinatal Bereavement Services Ontario ................................................ Page 16
Prostate Cancer Support Group ............................................................... Page 60

Q

R
Rainbow Youth-York Region Support Group ............................................ Page 31
Rainbow Youth Richmond Hill ................................................................. Page 67

S
Schizophrenia Society of Ontario ............................................................. Page 38
Separated Anonymous ............................................................................. Page 27
Sharing Grief ............................................................................................ Page 17
Sleep Wake Disorders Association of Toronto ......................................... Page 61
Stroke Recovery Association of Ontario ............................................... Page 62
Survivors of Childhood Sexual Abuse .................................................. Page 01
SWIFT (Strength to Walk in Freedom Together) ...................................... Page 39

T

U

V
When Love Hurts .................................................................................................................................................. Page 02
Women’s Centre of York Region ...................................................................................................................... Page 28
Women’s Support Group ..................................................................................................................................... Page 03

York Region Chronic Fatigue/Fibromyalgia Syndrome Support Group .................................................. Page 63
York Region-Family Support Group .................................................................................................................. Page 40
York Region Head Injury Support Group ......................................................................................................... Page 641