

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

*Krasman*centre

**THE DIRECTORY OF SELF-HELP/MUTUAL AID GROUPS**

**York Region**

## 2013 Edition

### **USING THIS DIRECTORY**

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](mailto: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](mailto:shrc@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**

## **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](mailto:yrap@yrap.org)

Web: [www.yrap.ca](http://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](http://www.yellowbrickhouse.org)

E-mail: [info@yellowbrickhouse.org](mailto: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](http://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 addiction: 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](http://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.gamblersanonymousontario.org](http://www.gamblersanonymousontario.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@naranonontario.com](mailto:info@naranonontario.com)  
Web: [www.naranonontario.com](http://www.naranonontario.com)

**MAILING ADDRESS:** c/o Nar-Anon Ontario  
P. O. Box 20046  
2900 Warden Ave  
Scarborough, ON  
M1W 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](mailto: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](http://www.bfoyr.com)

E-mail: [bfoyr@bellnet.ca](mailto: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](http://www.roadhouseandrose.com)  
Email: [info@roadhouseandrose.com](mailto: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](mailto: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](mailto: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 10<sup>th</sup> 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 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
- 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
- 14 groups in various locations
- Contact: 1-800-448-5666 (24Hrs)
- ACTIVITIES:**
- Self-help and mutual support; support network
  - Weekly meetings, workshops
- ADDITIONAL INFORMATION:**
- Website: [www.apsgo.ca](http://www.apsgo.ca)
  - E-mail: [mail@apsgo.ca](mailto: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](http://www.autismontario.com)  
E-mail: [autismyork.adults@gmail.com](mailto: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:  
MEETING INFORMATION:**

Family members and friends of Mental Health  
- 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](mailto:yorkregion@cmha-yr.on.ca)

Website: [www.cmha-yr.on.ca](http://www.cmha-yr.on.ca)

**MAILING ADDRESS:**

1091 Gorham Street, Suite 300  
Newmarket, ON, L3Y 8X7

# 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

E-Mail: [info@jfandcs.com](mailto:info@jfandcs.com)

Web: [www.jfandes.com](http://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](http://www.infertilitynetwork.org)
- E-mail: [info@infertilitynetwork.org](mailto: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](http://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](http://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 4<sup>th</sup> 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](http://www.pflagyork.ca)  
Email: [pflagyork@yahoo.ca](mailto: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@wcyr.ca](mailto:info@wcyr.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 4<sup>th</sup> 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](http://www.pflagyork.ca)  
Email: [pflagyork@yahoo.ca](mailto: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](http://www.rainbowyouthyork.com)

Email: [info@rainbowyouthyork.com](mailto: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

# MY HOUSE RAINBOW RESOURCES OF YORK REGION

**POPULATION SERVED:** All members of the LGBTQ community in York Region  
**MEETING INFORMATION:** -Women's Social Group  
- Rainbow Youth Group (York Region)  
For more information, please contact Andrea:  
Email: [info@myhouseyr.com](mailto:info@myhouseyr.com)  
Or 1-888-905-5428 ext. 74

**ACTIVITIES:** Not available  
**ADDITIONAL INFORMATION:** <http://myhouseyr.com>

**MAILING ADDRESS:** 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:** For more information, contact: (905) 884-7933, ext. 21

- 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](http://www.ldayr.org)  
E-mail: [info@ldayr.org](mailto: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](http://www.alzheimer-york.com)  
E-mail: [daycentre@alzheimer-york.com](mailto: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](http://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.aa.org](http://www.aa.org)  
Email: [info@aa.org](mailto:info@aa.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.schizohrenia.on.ca](http://www.schizohrenia.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@schizohrenia.on.ca](mailto:info@schizohrenia.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](http://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](mailto: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

**ADDITIONAL INFORMATION:**

For more information, please call above numbers

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

E-mail: [supportacyr@bellnet.ca](mailto: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 through 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](mailto: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 1<sup>st</sup> 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](mailto:info@diabetes.ca)  
Website: [www.diabetes.ca](http://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 1<sup>st</sup> and 3<sup>rd</sup> 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](http://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](mailto: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.epilepsyork.org](http://www.epilepsyork.org)  
E-mail: [praymond@epilepsyork.org](mailto:praymond@epilepsyork.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](mailto:fibro4support@hotmail.com)

Twitter: [www.twitter.com/fibro4support](https://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](http://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](mailto: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: 2<sup>nd</sup> & 4<sup>th</sup> 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](http://www.hospicerh.org)  
E-mail: [info@hospicerh.org](mailto: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](mailto: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](http://www.mssociety.ca/yorksouth)  
E-mail: [info.yorksouth@mssociety.ca](mailto: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](http://www.newmarket.ca)  
Email: [kwillins@newmarket.ca](mailto: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**  
Armada 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 Monday Thursday every month from 1:30pm

**Contact:** 1-800-565-3000 Ext. 3372 or  
Email: [www.cno.parkinson.ca](http://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](mailto:info@newmarketprostatecancer.com)**  
**Website: [www.newmarketprostatecancer.com](http://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](mailto:swda@bigfoot.com)

**MAILING ADDRESS:** N/A

# **STROKE RECOVERY CANADA (RICHMOND HILL)**

**POPULATION SERVED:** For stroke 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](mailto: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](http://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](mailto:fibro4support@hotmail.com)

Twitter: [www.twitter.com/fibro4support](http://www.twitter.com/fibro4support)

Facebook: <http://www.facebook.com/pages/Fibromyalgia-and-CFS-Support-Group-of-York-Region/195910983809214>

YouTube: [www.youtube.com/user/fibrosupport](http://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](mailto: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](mailto: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](mailto: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

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