

Quick Guide (2016 Updates)

FRONT PAGE

CMHA Peel Dufferin Branch

Dufferin Office

CRISIS LINES

24.7 Crisis Support Peel

Peel's Children Centre

Here 247 Dufferin

Place
ABUSE
Assaulted Women's Helpline
Caledon Dufferin Victim Services
Catholic Cross-Cultural Services /Women Support Services
Chantel's Place
Dufferin Sexual Abuse Helpline
Family Transition Place
Hope 24/7 <i>Sexual Assault / Rape Crisis Centre</i>
Interim Place - South <i>(Women & Children)</i>
Interim Place - North <i>(Women & Children)</i>
Peel Children's Aid Society
Peel Children's Centre/ <i>Sexual Abuse Treatment</i>
Peel Elder Abuse Support Program /24/7/365
Salvation Army Family Life Resource Centre
Victim Services of Peel

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Place
ADDICTIONS
Alcoholics Anonymous
Born to be Free
CAMH Medical Withdrawal Management Services
CMHA Peel Dufferin - Impact/ <i>Canadian Mental Health Association Peel Dufferin (For youth ages 12 -18)</i>
Community Alcohol & Drug Service (Homewood)
Credit Valley Addictions and Concurrent Disorders Centre
Drug & Alcohol Helpline
Family Transition Place
Hope Place Centres/ <i>Men's Treatment Centre (Halton Recovery House)</i>
Hope Place Centres <i>/Women's Treatment Centre Milton</i>
Hope Place Centres/ Community Based <i>Treatment Centre Oakville</i>
The Jean Tweed Centre
Narcotics Anonymous
Ontario Problem Gambling Helpline
Peel Works Needle Exchange
Peel Youth Substance Abuse Program <i>/YMCA 14-24 years</i>
Peel Addiction Assessment & Referral Centre (PAARC)
Punjabi Community Health Services
William Osler Health System Withdrawal Management Centre
William Osler Health System Addiction Counselling Services

Place
BEREAVEMENT
Arborcare
Bereaved Families of Ontario, Halton/Peel

Community of People Extending Support
Coping Centre
Hospice Dufferin
Heart House Hospice
Hospice Caledon
Perinatal Bereavement Services Ontario
Saint Elizabeth Health Care
Survivor Support Program

Place
COMMUNITY HEALTH CENTRES
Albion Neighbourhood Services
Bramalea Community Health Centre
East Mississauga Community Health Centre
Four Corners Malton
Homewood Heath Centre
Reconnect Community Health Services
Rexdale Community Health Centre
Rexdale Women's Centre
Transgender Health Care

Place
COUNSELLING
Associated Youth Services of Peel
Canadian Hearing Society
Catholic Family Services of Peel Dufferin
Canadian Mental Health Association Peel Dufferin Counselling services
Dufferin Child & Family Services <i>Children's Mental Health Service (18 and under)</i>
Elizabeth Fry Society of Peel-Halton
Family Services of Peel
Family Transition Place
Hope 24/7
John Howard Society - Peel Halton Dufferin
MIAG - Multicultural Inter-Agency Group of Peel
Newcomer Centre of Peel <i>/Crisis Counselling</i>
Nexus Youth Centre <i>/12-24 years</i>

Peel HIV/AIDS Network / Birth - 18 years
Peel Children's Centre / <i>Birth - 18 years</i>
Rapport Youth and Family Services / <i>12-20 years</i>
Salvation Army Mississauga Branch / <i>Includes Anger Management</i>
Tangerine Walk-In Counselling
The Learning Disabilities Association
Vita Centre / Short stay for pregnant /parenting youth

Place
CRISIS AND DISTRESS LINES
24.7 Crisis Support Peel
408 - Help Line / <i>24-7 / Crisis Support Line</i>
Community Torchlight Crisis Line / <i>Guelph / Wellington / Dufferin</i>
Family Transition Place / <i>Crisis Line</i>
Here 24-7 / <i>Crisis Line</i>
Youthdale Crisis
Kids Help Phone
Peel's Children Centre / Crisis Support for those under 18 years
Peel Crisis Capacity Network (PCCN)
The Postpartum Family Support Line/ <i>Monday- Friday 10am-10pm</i>
Spectra Helpline (<i>Formerly Telecare Distress Centre</i>)
Square One / <i>Older Adult Centre Telephone Reassurance Program</i>
The Warm Line / <i>8pm - Midnight (18+)</i>

Place
CULTURALLY BASED SERVICES
African Community Services Peel
Brampton Multicultural Community Centre
Catholic Cross-cultural Services
Indus Community Services
Muslim Community Services
Ontario Inter-Cultural Community Services

PCHS (Punjabi Community Health Services)
South Asian Welcome Centre Inc.
United Achievers Community Services
White Owl / <i>Aboriginal Services</i>

Place
EMPLOYMENT / VOCATIONAL
ACCESS Employment / <i>8am - Midnight</i>
Dufferin County, Orangeville Employment Resource Centre
Employment Access / <i>Disabilities</i>
Employment Resources Centre (Peel Youth Village)
Employment Ontario Hotline / <i>8am- Midnight</i>
John Howard Society Employment Services
Peel Career Assessment Services Inc.
Ready, Willing and Able / <i>Family Services of Peel</i>
Volunteer MBC
YMCA Youth Employment Services

Place
FAMILY SUPPORT
Angela's Place / <i>Women's Services</i>
Association of Parent Support Groups of Ontario
Children's Mental Health of Ontario
Dufferin Child and Family Services
Dufferin Coalition for Kids
Dufferin Parent Support Network
Family Association for Mental Health Everywhere (FAME)
Family Education Centre
Family Outreach and Response
Mood Disorders Association of Ontario
Schizophrenia Society of Ontario, Halton Peel
Yorktown Child and Family Services
Place

FINANCIAL SUPPORT
Ontario Disability Support Program (ODSP-MCSS)
Ontario Works (Dufferin Country)
Ontario Works (Etobicoke)
Ontario Works (Region of Peel)
Place
FOOD BANKS
Caledon Food Bank
The Compass
The Daily Bread Food Bank
Eden Food for Change
The Exchange (Caledon)
Foodpath
ICNA Relief Canada
Knight's Table / 1\$ meals / Pantry
Malton Neighbourhood Services - Food Pantry
Meals on Wheels / Peel
Meals on Wheels / Orangeville - Shelburne
The Open Door
Orangeville Food Bank
Salvation Army
Seva Food Bank
Shepherds Cupboard (Shelburne)
St. John of the Cross Food Pantry
St. Louise Outreach
Thistleton Community Services Unit / Serving Rexdale and Etobicoke
Place
GOVERNMENT / HEALTH SYSTEM
Central West Local Health Integration Network (LHIN)
Developmental Services Ontario / Adult developmental services
Health Care Connect
Health Canada, Ontario Region Info Line
Ministry of Children and Youth Services
Mississauga Halton Local Health Integration Network (LHIN)
Ombudsman Ontario (Complaints Number)
Ontario Patient Ombudsman (Complaints Number)
Region of Peel (Customer Service)
Service Ontario - Brampton, Caledon and Mississauga

Telehealth / <i>Free medical advice</i>
Place
HOMELESSNESS
Lakeshore Community Outreach Centre, <i>The Compass</i>
Peel Outreach Program & Peel Street Helpline / <i>Peel Outreach Team</i>
Preventing Homelessness in Peel
Regeneration Community Outreach
Torchlight Emergency Shelter Resource Line
Place
HOSPITAL SERVICES
Centre for Addiction and Mental Health (CAMH) / <i>Centralized Assessment, Triage and support</i>
Child, Youth and Family Program / <i>Mood and Anxiety Service</i>
Psychogeriatric Assessment Consultation & Education (PACE Peel) / <i>North of Hwy 401</i>
Headwaters Health Care Centre
Trillium Health Partners
Child & Adolescent Mental Health Services / <i>Birth -19 years</i>
Credit Valley Hospital
Mississauga Hospital
William Osler Health System
Child & Adolescent Services / <i>Birth - 18 years</i>
Mental Health Intake / <i>Brampton Civic Hospital</i>
Mental Health Intake / <i>Etobicoke General Hospital</i>
Place
HOUSING
Peel Living
Supportive Housing Dufferin
Supportive Housing in Peel (SHIP)
Place
INFORMATION & REFERRAL

211 Peel
Brampton Neighbourhood Resource Centre
Caledon Community Services
Centre for Addiction & Mental Health R. Samuel McLaughlin Info Line
CMHA Peel Dufferin Information & Referral
Community Care Access Centre/Central West
Consumer/ Survivor Info Resource Centre
Dixie- Bloor Neighbourhood Services
Health Line Peel
Malton Neighbourhood Services
Mental Health Helpline
Multicultural Inter-Agency Group (MIAG)
National Eating Disorder Info Centre (NEDIC)
Newcomer Centre of / <i>Counselling available</i>
Service Ontario
Telehealth
Victim Support Line, Ministry of the Attorney General

Place
LEGAL/ ADVOCACY
ARCH Advocacy Resource Centre
Associated Youth Services of Peel
Canadian Human Rights Commission
CMHA Peel Dufferin Mental Health & Justice Services
Community Legal Education Ontario (CLEO)
Elizabeth Fry Society
John Howard Society / <i>Victim Services</i>
Labour Community Services of Peel
Legal Aid Ontario
Mississauga Community Legal Services
North Peel & Dufferin Community Legal Services / <i>Services serving Brampton, Caledon and Dufferin Country</i>
Ontario Human Rights Commission
Psychiatric Patient Advocate Office
Public Guardian and Trustee
Rexdale Community Legal Clinic
Your Legal Rights

Place
LGBTTI2QQ2SA
LGBT Youth Line <i>Chat online with someone Mon. -Fri. 4-9:30pm</i>
OUTline
Peel HIV/AIDS Network
PFLAG Canada
Positive Space Coalition Of Peel
Queer Exposure
Transgender Health Care
Youth Beyond Barriers (YBB) / (LGBTTIQQ2S)
Place
PEER SUPPORT/ SELF HELP
Adult Children of Alcoholics
Al-Anon and Alateen
Alcoholics Anonymous (A.A)
Anxiety Empowered
CMHA Peel Dufferin - Recovery West Drop- In
Cocaine Anonymous
Co-dependents Anonymous
Consumer Council
Fibromyalgia Support Group
Friends & Advocates Peel
Gamblers Anonymous
Narcotics Anonymous
Recovery Incorporated
Women for Sobriety
Place
SENIOR & OLDER ADULT SERVICES

The Advocacy Centre for the Elderly
Alzheimer Society of Peel and Dufferin Country
CANES
Elder Help Peel
Flower City Seniors Recreation Centre
Government of Canada Services for Seniors
Meals on Wheels / <i>Peel</i>
Peel Elder Abuse Support Program / 24/7/365
Peel Seniors Link <i>Age 65 and up</i>
Peel Public Health
Red Cross Care Partners
Square One Older Adult Centre
Supportive Housing in Peel (SHIP)
TeleCheck for Seniors (55+)
<i>Peel Region</i>
Trillium Health Partners / <i>Seniors Mental Health Services</i>
William Osler Geriatric Outreach Program

Place
SHELTERS
Cawthra Road Shelter
Choices Youth Shelter / <i>Orangeville</i>
Community Torchlight Emergency Shelter
Ernestine Women’s Shelter
Family Transition Place
Our Place Peel II Youth Shelter, Short-Term <i>16-21 years</i>
Peel Family Shelter
Peel Street Helpline / <i>Peel Outreach Team</i>
Wilkinson Road Shelter / <i>Men Only</i>

Place
YOUTH

The Etobicoke Children's Centre
The Dam (Youth Drop-in Centre) / 13-19 years
Dixie Bloor Centre, Mississauga / 13-24years
Dufferin Coalition for Kids
Eclipse Youth Resource Centre
Free For all Foundation / Free
Erin Mills Youth Centre
Mental Health Services for Children & Youth
Nexus Youth Centre
Peel's Children Centre
Peel Youth Village / 16-30 years
Torchlight Youth Support Line
Guelph / Wellington / Dufferin
Youth Beyond Barriers (YBB)
Youth Line
OUTline

Place
SOCIAL/RECREATION
City of Brampton & Mississauga
Town of Caledon
Town of Orangeville
Town of Shelburne

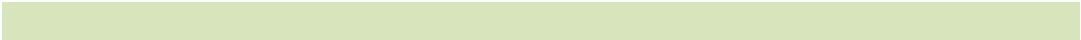
BACK PAGE
CMHA Peel Dufferin Information and Referrals
Monday - Friday: 9am-5pm

YOUTH SERVICES
SENIOR SERVICES



905-451-2123

519-941-0465



905-278-9036 Caledon: 1-888-811-2222

416-410-8615

1-844-437-3247
(HERE247)

Phone	Phone (2)
416-863-0511	1-866-863-0511
905-951-3838 (Peel) 519-942-1452 (Durrerin)	1-888-743-6496
905-457-7740	905-273-4140
905-848-7580 X2548	
519-942-1980	
905-584-4357 (Peel) 519-941-4357 (Dufferin)	1-800-265-9178
905-792-0821	1-800-810-0180
905-403-0864	
905-676-8515	
905-363-6131	
905-451-4655	
905-459-7777 (Brampton & Mississauga)	1-877-298-5444 (Caledon)
905-451-4115	
905-568-1068	

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Phone	Phone (2)
1-866-715-0005	1-877-404-5591
519-942-0736	
416-535-8501 X26071	
905-451-2123	
905-963-0063 (Peel)	519-836-5733 x2396 (Dufferin)
905-813-4403	
1-800-565-8603	
905-584-4357 (Peel) 519-941-4357 (Dufferin)	1-800-265-9178
905-878-1120	
905-875-3214 X103	
1-877-399-7299	905-465-3324
416-255-7359	
1-888-811-3887	
1-888-230-3505	
647-225-1623	
905-276-9322 X216	
905-629-1007	641-462-1547
905-677-0889	
905-456-3500 X231	
905-796-3005	

Phone	Phone (2)
416-863-0511	1-866-863-0511
905-848-0511 (Peel)	519-603-0196 (Dufferin)

416-767-6793	
519-650-0852	1-877-554-4498
519-942-3313	
905-712-8119	
905-951-3534	
1-888-301-7276	
905-826-0854	
416-595-1716	

Phone	Phone (2)
416-740-3704	
905-451-8090	
905-602-4082	
905-677-9599	
905-963-0063 (Peel)	519-824-1010 (Dufferin)
416-248-2050	
416- 745-0062	
416- 745-0062	
519-780-5298	

Phone	Phone (2)
905-451-4655	
905-608-0271	1-877-634-0176 (TTY)
905 450-1608 (Peel)	1 (888) 940-0584 (Dufferin)
905-897-1644 (Mississauga)	
905-451-2123	
519-941-1530	1-888-940-0584
905-459-1315	
905-453-5775	
519-942-4122	905-584-4357
905-792-0821	
905-459-2205 (Peel)	519-940-3061 (Dufferin)
905-270-6252	
905-306-0577 X384	
905-566-1883	

905-362-2025	1-866-896-8700
905-451-4655	
905-455-4100	
905-279-3941	
905-795-3530	
905-791-4100	905-272-4100
905-502-7933	

Phone	Phone (2)
905-278-9036	1-888-811-2222 (Caledon)
416 408 4357	
519-821-0140 (Crisis)	
519-821-3760 (Distress)	
1-800-265-9178	
1-844-437-3247	
416-363-9990	
1-800-668-6868	
416-410-8615	
905-273-4900	
905-459-8441 (Brampton & Mississauga) 289-298-5468 (Caledon)	1-877-298-5444 (TF)
905-459-7777 (Brampton & Mississauga) 1-877- 298-5444 (Caledon)	905-278-4890 (TTY)
416-960-9276 (WARM)	
1-800-668-6868	

Phone	Phone (2)
905-460-9514	
905-790-8482	905-828-1328
905-457-7740	905-273-4140
905-275-2369	
905-790-1910 (Brampton North)	
905-696-9963	

905-677-0889	
905-790-0676	
905-455-6789	
519-772-4399 X2798	

Phone	Phone (2)
905-454-2316	905-361-2522
519-941-6991 x2010	
905-459-7890	1-800-270-3861
905-755-9734	
905-791-5576	
1-800-387-5656	
905-459-0111	
905-670-1967	
905-453-5775	
905-238-2622	
905-276-9322 X200	

Phone	Phone (2)
905-523-6277	
1-800-488-5666	
416-921-2109	
519-941- 1530	
519-940-9092	
519-940-8678	
905-488-7716	905-276-8316
905-452-0332	
416-539-9449	
1-866-363-MOOD (6663)	
905-338-2111	
416-394-2424	
Phone	Phone (2)

905-460-5025	905-897-3100
519-941-6991	
416-392-6402	
905-793-9200	
Phone	Phone (2)
905-951-2300	
905-274-9309	
416-203-0050	
905-785-3651	
289-966-1715	
905-270-5589	
905-858-1067	
905-454-8725	
905-677-6270	
905-453-4140	905-820-4026
905-857-7651	
519- 925-5452	
905-276-9136	
519-942-0638	
905-451-8840 (Brampton) 519953-1203 (Orang	905-2793941 (Mississauga)
905-361-7382	
519-925-2600 x350	
905-821-1331	
905-454-2144	
416-745-2822	
Phone	Phone (2)
905-455-1281	
905-453-2747 (Peel)	1-888-941-1121 (Toll Free)
519-821-5716 (Dufferin)	
1-800-445-1822	
416-973-4389	
905-567-7177	
905-337-7131	
1-800-263-1830	
1-888-321-0339	
905-791-7800	
1-866-532-3161	

1-866-790-0000	
Phone	Phone (2)
905-274-9309	
1-877-848-8487 x2	
905-793-9200	
905-796-5888	
519-767-6594 (24/7)	
Phone	Phone (2)
416-535-8501 X6878 (Outpatient)	416-535-8501 X6885 (Emergency)
416-535-4366 X4366	
416-535-8501 X7716	
519-941-2410	
416-521-4131	905-338-287
905-451-4655	
905-813-2200	
905-813-2200	
905-494-2120	
905-494-6724	
905-494-6709	
905-494-2120 X3236	
Phone	Phone (2)
905-453-1300	
1-877-761-6352	
905-795-8742	
Phone	Phone (2)

211	
905-452-1262	
905-951-2300	
416-595-6111	1-800-463-6273
905-451-2123	
905-796-0040	1-888-733-1177
416-595-2882	
905-629-1873	
905-799-7700	
905-677-6270	
1-866-2600	
905-270-6252	
1-866-633-4200	
905-306-0577	
1-866-532-3161	
1-866-797-0000	
416-314-2447	1-888-579-2888

Phone	Phone (2)
416-482-8255	
905-890-5222	
1-888-214-1090	
905-456-4700 x5666 (Peel)	
519-941-0465 (Dufferin)	
416-408-4420	
905-459-1315	
905-459-0111 (Brampton) 519-940-3061 (Dufferin)	905-275-9117 (Mississauga)
905-696-7444	
905-453-1723	1-800-531-2227
905-896-2050	
905-455-0160	1-866-455-0160
1-800-387-9080	
416-327-7000	
416-326-2220	
416-741-5201	
416-408-4420	

Phone	Phone (2)
416-631-3614	
1-800-282-4505	
905-361-0523	1-866-896-8700
1-888-530-6777	
905-363-6131	
905-602-4082	
519-780-5298	
905-602-4082 x4	
Phone	Phone (2)
416-631-3614	
416-410-3809	1-888-425-2666 1-888-4AL-ANON
1-877-404-5591	
1-866-715-0005 (Dufferin)	
905-846-6657	
905-451-3934	
1-866-622-4636	
416-410-2767	
905-451-1718 X613	
905-791-2032 (Brampton)	905-625-6425 (Mississauga)
905-452-1002	
1-855-222-5542	www.gamblersanonymoustoronto.org
1-888-811-3887	www.torontona.org
905-607-1033	905-812-7935
519-307-3307	
Phone	Phone (2)

416-598-2656	
905-278-3667 (Peel)	519-941-1221 (Dufferin)
416-743-3892	
905-457-6055	
905-874-3500	
1-800-O-Canada 1-800- 622-6232	1-800-926-9105 (tty)
905-453-4140 (Brampton)	519-925-5452 (Dufferin) 905-820-4026 (M)
905-857-7651 (Caledon)	
905-459-7777 (Brampton & Mississauga)	1-877-298-5444 (Caledon)
905-712-4413	
905-799-7700	
905-452-7118	1-800-418-1111
905-452-7118	1-866-234-7073
905-795-8742	
289-569-1201 (English support) 289-569-1201 (I	289-569-1203 (Chinese support) 289-569-1204 (South Asian support)
416-521-4006	
905-494-6482	905-494-6608

Phone	Phone (2)
905-281-1272	
519-942-5970	1-866-947-5970
519-767-6594	1-888-821-3760 (from area only)
416-746-3701	1-888-821-3760 (from area only)
905-584-4357 (Peel) 519-941-4357 (Dufferin)	1-800-265-9178
905-238-1383	
905-272-7061	
1-877-848-8481	
905-452-1335	905-272-7061

Phone	Phone (2)

416- 240-1111	
905-826-6558	
905-629-1873 X300	
519-940-9092	
905-866-6900	
905-499-4486	
905-820-3577	
905-451-4655	
905-566-1883	
905-791-5576	
905-791-5576	
519-821-5469 (24/7)	1-888-821-3760
1-800-762-8377 X460	
1-800-268-9688 (or Text 647-694-4275)	
519-836-4550	519-763-2255

Phone	Phone (2)
311 (Within Brampton & Mississauga City Limits)	
905-584-2272	
519-941-0440	
519-925-2600	



Peel 905-451-2123
Dufferin 519-941-0465

Fax 905-456-7492



peel.cmha.ca



Website
www.familytransitionplace.ca
www.hope247.ca
www.womensadvocatesouth@intermplace.com
www.womensadvocatenorth@intermplace.com

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Website
www.aatoronto.org
ww.camh.ca
ww.cmhapeeldufferin.ca
www.familytransitionplace.ca
www.jeantweed.com
ww.connexontario.ca
www.paarc.com/programs
www.williamoslerhc.on.ca
www.williamoslerhc.on.ca

Website

Website
mississauga@lampchc.org
www.rexdalewomen.org

Website
www.efrypeelhalton.ca
www.adminfamilytransition.ca
www.nexusyouth.ca

Website
www.accessemployment.ca
www.peelyouthvillage.ca
www.servicecanada.gc.ca
www.peelcareer.com
www.fspeel.org
www.volunteermbc.org

Website
www.chma.org
www.familyedcentre.org
Website

www.peelregion.ca
www.peelregion.ca
Website
www.dailybread.ca
www.icnareliefcanada.ca
www.knightstable.org
www.mnsinfo.org
www.mealsonwheels.ca
www.sevafoodbank.com
www.stelouisefoodbank.ca
Website
www.patientombudsman.ca

Website
www/tprcj;ogjtcamada.org
Website
www.camh.ca
www.camh.ca
www.headwatershealth.ca
www.one-link.ca
www.trilliumhealthpartners.ca
www.trilliumhealthpartners.ca
www.williamoslerhs.ca
www.williamoslerhs.ca
www.williamoslerhs.ca
www.williamoslerhs.ca
Website
peelregion.ca
Website

www.bnrc.org
www.cmhapeel.ca
www.healthcareathome.ca
www.mnsinfo.org
mentalhealthhelpline.ca
www.miag.ca
www.serviceontario.ca
www.ontario.ca

Website
www.archdisabilitylaw.ca
www.aysp.ca
www.servicecanada.gc.ca
www.cleo.on.ca/en
www.johnhoward.ca
www.lcspeelbmdlc.org
www.legalaid.on.ca
www.legalclinicsinpeel.ca
www.ohrc.on.ca
www.yourlegalrights.on.ca

Website

www.acetoronto.org

www.qlinks.ca/outline

www.qxposure.blogspot.ca

www.qxposure.blogspot.ca

Website

www.acetoronto.org

www.al-anon.alateen.on.ca

www.aatoronto.org

www.ca-on.org

ca-on.org

torontona.org

Website

www.advocacycentreelderly.org
www.canes.on.ca
www.mealsonwheel.ca

Website
www.familytransitionplace.ca

Website

www.thedam.org
www.youthline.ca
www.nwxusyouth.ca
www.torchlightcanada.org
www.youthline.ca
www.qlinks.ca/outline

Website

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info@erinmillsyouthcentre.com	Peel
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	Dufferin

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Written Info

Free, one-to-one, confidential assistance 24 hours a day, 7 days a week, to support individuals affected by crime or terrorism.
Confidential counselling services to assist newcomer women and their children who have, or are, experiencing domestic abuse.

Clinical intervention and the prevention of sexual abuse and assault. Helping survivors move from cope to hope.

Written Info

A Christian based support group for people struggling with an addiction, and for those who have someone they care about dealing with an addiction.

The IMPACT program (youth 12-18) focuses on substance abuse education and harm reduction strategies. Individual

Written Info

Follow-up, 6 week support group after bereavement and suicide at Scott's Funeral Home, 289 Main St. North, Brampton and 420 Dundas St. East in Mississauga.

Self-help groups (closed) for various aspects of bereavement - Call for information about meeting dates and times

A 6-week support group for people who share a similar experience: bereavement - 6week workshops, 4 times a year, call for information (Turner & Porter Funeral Homes)

Supports friends and family members, friends or co-workers grieving a death by suicide or homicide - leave a message for meeting information.

Written Info

Serving people with barriers to accessing health care in L6T, L6R, and L6S postal codes
Serving people from Lake Ontario to Matheson BLVD; Hurontario St. to Etobicoke Creek.

Written Info

For female offenders, including anger management.
Family and community support services.
Woman Abuse, Sexual Abuse (women & men), Groups and workshops
Individual and group counselling for survivors of sexual assault.
Counselling and support for individuals experiencing employment, housing, financial, mental health, addiction, relationships
Centre for Diverse Women & Families.
Free counselling service open to Permanent Resident, Convention Refugees and Live-In Caregivers.
Services for youth between the ages of 14 and 24 years who live in Peel Region. Community Counselling program and

Individuals, groups parents.

Individuals, groups and parents.

Written Info

Provides time-limited crisis support to individuals (aged 11 and over) with a developmental disability or a dual diagnosis

Multilingual lines Mon- Fri 10am-10pm Cantonese, Hindi, Mandarin, Portuguese, Punjabi, Spanish, Urdu and English

Written Info

Written Info

Written Info
For mothers 21 and younger experiencing overwhelming responsibilities.
Self-help and support groups for parents of disruptive youth with weekly meetings in Bolton, Brampton and
Assisting families of people with schizophrenia through supportive services.
Assisting families of people with schizophrenia through supportive services.
Support for families who have a member with any mental illness. Individual or group support available in: Mississauga, Brampton, Orangeville and Caledon. Also Support for youth 13-17 and children 7-12 years old. Call for meeting times and locations.
Counselling for families, including specialized support for families whose loved one has Borderline Personality Disorc
Offers telephone, counselling, and video counselling for families that have a loved one with a mental health issue.
Assists families of people with schizophrenia through supportive services .
Offers a comprehensive range of mental health services to children, youth and their families.
Written Info

Written Info

Provides nutritious meals to seniors and people with disabilities who can't prepare meals for themselves.

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Mon - Fri 9am-5pm. How to find or change family doctor or nurse practitioner.

Written Info

A mobile team, offering short-term support, 7 days a week, to individuals and families who are homeless or at innine

A self-help group for the homeless/marginalized population in Brampton. Coffee and light snacks are provided. Even
Telephone service for anyone in need of a safe, emergency temporary shelter in Dufferin County.

Written Info

Mental Health & Addictions Intake via One-link

Written Info

Written Info

Three-digit dialing for comprehensive information and referral assistance.

Written Info

Written Info

Chat online with someone Mon. - Fri. 4-9:30pm
Supports LGBT community youth. Online chat open everyday from 5-10pm

A collective of groups, agencies and individuals working to foster a community free of prejudice, that accepts and ce
Support services for lesbian, gay, bisexual, transgender, transsexual, intersex, queer, questioning and 2 spirit (LGBTTIQQ2S) adults (18 years +) in Peel Region.

LGBTTIQQ2S youth, 12-17 years

Written Info

Weekly meetings throughout the GTA.

12-step program to cope with the effect of someone else's drinking.
Alateen is strictly for youth 12-20yrs.

Tues. 7pm, Heart Lake Presbyterian Church, 25 Ruth ave., Brampton
Drop-in, peer support & outreach. Drop-in at Brampton Community Door,
7700 Hurontario St., Unit 601 (North end of plaza), Tues. - Fri. 4-8pm and Sat. 12-4pm.

12-step weekly support group for people who are unable to maintain functional
relationships. Meets Mondays 8-9pm, Unitarian Congregation, 84 South Service Rd, Mississauga
Advocacy council to create a voice for people with mental health issues.

Weekly, open support group for recovering addicts helping each other stay clean
Provides self-help groups to people suffering from nervous and emotional stress, panic
disorders, depression etc. A freewill offering is taken at each meeting
Meetings: Thursdays - 7:30pm, at Cooksville United Church, 2500 Mimosa Row Mississauga.
Mondays- 7:00pm, Grace United Church, 156 Main St. N. Brampton (Meeting room posted at front entrance)
Group for women with Alcohol or drug dependencies.

Written Info

Ages 55 and up - Serves Brampton ; Etobicoke Central, Etobicoke North, Malton, Mississauga, Toronto, Woodbridge
Ages 55 and up - Social recreational activities.
A seniors club centrally located at the Square One complex, which offers a variety of recreational activities designed for
Multilingual support for isolated seniors (i.e. check-ins, medication reminders)
65 years (or older) reside within the area served by the Central West LHIN. Referred by a Physician or Geriatric Emergency Management (GEM) Nurse

Written Info

Written Info

Newcomer Youth community engagement/youth lounge

Centralized intake services for access to: Associated Youth Services Peel, Nexus Youth Centre, Peel Children's Centre,

Treatment services for children, teenagers, and families who are having serious issues with relationships, feelings, or

A drop-in social and support group for queer and trans adults over age of 18 who live in Peel Region.

Queer and trans youth, 12-17 years

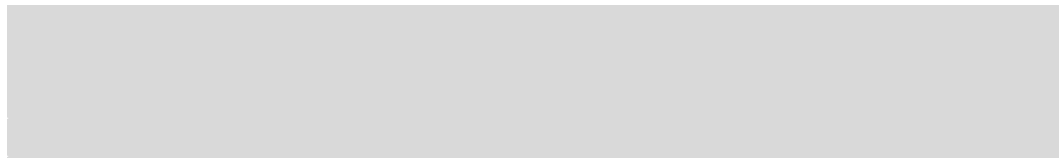
Toll free line, provided for youth by youth.

Supports LGBTTIQQ2S youth, 12-17 years. Online chat open everyday from 5-10pm

Written Info



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alized, community-based supportive counselling is also available to youth regarding subs

ionship, parentings or self-management problems.

d a variety of services offered at Nexus Youth Center. The Nexus Youth Centre is a drop-i

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y Thursday, 11;30 sm - 1pm at St. Paul's United Church in the Community Room.

lebrates the diversity of lesbian, gay, bisexual, transexual, transgendered questioning an

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· behaviour.

