

CONNECTING YOU TO CARE: **COMMUNITY RESOURCES**

Diverse community resources for individuals living in Halton/Peel communities.

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**Centre for Grief and
Healing (BFO-H/P)**

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Please Note:

This resource booklet was created to help connect community members with a wide range of supports beyond the programs we offer. While our work focuses on grief and loss, we recognize that grief can affect many areas of life, including experiences of secondary loss. This booklet aims to support individuals more holistically by highlighting additional resources that may be helpful. All resources listed are free unless otherwise stated. This document is updated annually; however, some information may change over time. If you cannot find what you are looking for in one section, we encourage you to explore others, as some resources may appear in related categories.

Search Engines and Directories



This page provides a curated list of search engines and websites designed to help you find local resources and services in your area. Whether you're looking for community organizations, support services, or other essential resources, these tools can assist you in locating the help you need quickly and efficiently. If you don't see something in this document that meets your needs, be sure to check out these search engines for additional options.

2-1-1 Ontario

A free and confidential service that easily connects people to the critical social and community supports they need.

Visit: www.211ontario.ca

The Healthline

Find local health and community services across Ontario.

Visit: www.thehealthline.ca

Settlement.Org

A resource for newcomers to Ontario, offering information on finding housing, employment, health care, and other essential services. The site also provides a directory of local organizations that support immigrants and refugees.

Visit: www.settlement.org

eMentalHealth.ca

Find mental health help in your area.

Visit: www.ementalhealth.ca

PsychologyToday

Find a licensed therapist near you.

Visit: www.psychologytoday.com

Find a Helpline

Free confidential support to find the right helpline for your needs.

Visit: www.bekind.findahelpline.com

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Region of Peel One-Link

Coordinated access (referral/intake) to addictions and mental-health services in Mississauga/Halton, helps connect to counselling supports.

Visit: www.one-link.ca/

Senior's Resources and Supports

Central West (Dufferin, Bolton, Caledon, Bramalea, Brampton, North Etobicoke)

Visit: www.centralwesthealthline.ca/listcategories.aspx?id=10019

Mississauga Halton

Visit: www.mississaugahaltonhealthline.ca/listcategories.aspx?id=10019

Peel Senior Link

Support to seniors, including advocacy, health and wellness programs, caregiver support, and assistance with accessing services.

Visit: www.peelseniorlink.org

Caregiver Resources and Support

Visit: www.caregiverexchange.ca/

Therapist Search Tools

1

PsychologyToday

Search for therapists, psychologists, and counsellors across Canada with filters for location, issues, and specialties (e.g., grief, trauma).

2

Inclusive Therapists – Canada

A directory focused on therapists who centre inclusive, affirming care for people with marginalized identities across Canada.

3

Affordable Therapy Network

A Canada-based directory of therapists offering low-cost, sliding scale, or affordable options—including online and in-person listings across provinces.

4

Open Path Collective

Accessing a network of therapists who offer sessions between \$50-\$90 (requires a small one-time membership fee).

5

Rainbow Health Ontario – 2SLGBTQ+ Service Directory

A listing of health and social service providers in Ontario with a commitment to welcoming 2SLGBTQ+ people; includes providers who may offer therapy or referrals.

6

Our Landing Place

A collective of queer-identified and neurodiverse-affirming therapists serving Canada.

7

Black Therapist List

Directory dedicated to connecting Black individuals with Black mental health professionals, including many in Ontario.

Therapist Search Tools

8

Healing in Colour – BIPOC Therapist Directory

A directory of BIPOC mental health professionals (therapists who have agreed to community-centered values).

9

Asian Mental Health Collective

Explore 3000+ profiles of Asian therapists across Canada. Use the filters to help find the right fit for you.

10

SouthAsianTherapists.org

Directory of South Asian therapists, including searchable listings by region (including Ontario).

11

Canada's Queen and Trans Therapists

A curated directory of queer and trans therapists who share your lived experience.

Not sure what to expect from therapy or how to find the right support? Our 'Finding Your Fit' guide might help. Email us at info@bereavedfamilies.ca to receive a copy.



PHONE AND TEXT LINE SUPPORT

Ontario Supports

Kids Help Phone

Free phone and text counselling and crisis support for young people.

Visit: www.kidshelpphone.ca

ConnexOntario

Free, 24/7 confidential health services information for people experiencing problems with alcohol and drugs, mental health and/or gambling.

Visit: www.connexontario.ca/Chat

Suicide Crisis Helpline

Free, 24/7 nationwide crisis support for those thinking about ending their life, feeling a loss of hope for the future, or experiencing emotional pain.

Text or Call: 9-8-8 for immediate support

Good2Talk

Free, 24/7 confidential support services for post-secondary students in Ontario.

Visit: www.good2talk.ca

Hope for Wellness Helpline

Free, 24/7 mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Visit: www.hopeforwellness.ca

Trans Lifeline

Free peer support phone service run by trans and non-binary people for trans, non-binary, and questioning peers. Monday-Friday, 1:00-9:00pm EST.

Visit: www.translifeline.org/hotline

LGBT YouthLine

Free peer support offered by trained peer supporters aged 16-29 for those ages 29 or below.

Visit: www.youthline.ca

Assaulted Women's Helpline

A 24-hour telephone and TTY crisis line to all women who have experienced abuse. Support in over 200 languages provided.

Visit: www.awhl.org

Ontario Supports

Senior's Safety Line

Free, 24-hour crisis and support line for seniors in Ontario who have experienced any type of abuse or neglect.

Call: 1-866-299-1011

Black Youth Helpline

Serves all youth and specifically responds to the need for a Black youth specific service.

Visit: www.blackyouth.ca

RiseUp by Kids Help Phone

Free, 24/7 bilingual e-mental health support service for Black youth.

Text: Text RISE to 686868

Beendigen's Talk4Healing Helpline

Offers help, support, and resources 24/7 through talk, text, and chat for Indigenous women and their families.

Visit: www.beendigen.com

Residential School Crisis Line

Offers 24/7 phone support for Survivors and those affected by residential schools.

Call: 1-866-925-4419

MMIW Crisis Line

Provides 24/7 phone support to family, friends and community members who are being impacted by the loss of a missing or murdered Indigenous woman, girl or Two-spirit person.

Call: 1-844-413-6649

Mandarin Hotline (Mental Health Mutual-Aid Hub Canada)

Provides emotional support for a range of issues such as stress, anxiety, depression, health challenges, grief or bereavement, isolation, family conflict, unemployment, newcomer challenges.

Visit: www.mhmf.ca

Distress Centres of Greater Toronto - Multilingual Distress Lines

Provides free immediate emotional and crisis support in 8 different languages, Monday to Friday, 10am to 10pm EST.

Visit: www.dcofgt.com/multilingual-distress-lines

Ontario Supports

Naseeha Muslim Helpline

A helpline for anyone who identifies as Muslim or comes from a Muslim background seeking mental health support.

Visit: www.naseeha.org/helpline-textline

Nisa Helpline

A confidential, anonymous and free 16-hour helpline for Muslim women and girls across North America, with support available in French, Urdu, Arabic, Somali and English.

Visit: www.nisafoundation.ca/programs/nisa-helpline

Additional Phone and Text Line Support Options

Visit: www.camh.ca/en/health-info/crisis-resources

Peel Supports

Distress Centres of Greater Toronto

Supporting people 24/7. Dedicated to providing timely emotional support, crisis intervention, and suicide prevention to people in distress. Offers multilingual support Mon-Fri from 10am-10pm.

Phone: 905-459-7777 (PEEL) or 416-408-4357 (GTA)

Visit: www.dcoqt.com/

EveryMind

When you call EveryMind's 24/7 Crisis Response Service at [905-278-9036](tel:905-278-9036) and press 1, you will be connected to a crisis worker who will talk to you about what you're going through and help you make a plan.

Phone: 905-278-9036

Halton Supports

COAST (Crisis Outreach and Support Team)

24/7 support which provides those ages 16+ experiencing a mental health crisis with immediate outreach and support.

Phone: 1-877-825-9011

Visit: www.halton.cmha.ca/our-programs-and-services/#crisis-services

Distress Centre Halton

Supporting people 24/7 in Halton to better cope with crisis, loneliness, and emotional stress.

Phone: (Oakville) 905-849-4541; (Burlington) 905-681-1488; (Milton/Halton Hills) 905-877-1211

Visit: www.dchalton.ca/

Reach out Centre for Kids (ROCK)

ROCK staff is available 24/7 for calls through their confidential ROCK Crisis Line. They provide immediate support for children and youth.

Phone: 905-878-9785

Visit: www.rockonline.ca/



ONE-TO-ONE SUPPORT

Peel Supports

Hospice Mississauga - HUUG Program

The "Help Us Understand Grief" program provides free, short-term support and counselling to children, youth, and families.

Visit: www.hospicemississauga.ca/how-we-help/huug-program/

Hospice Mississauga

Residents of Peel grieving the death of someone may access professional, session-limited grief counselling, volunteer support such as virtual bereavement calls/meditation/journaling/energy healing/walking groups/support groups, and more (all session-limited).

Visit: www.hospicemississauga.ca/how-we-help/grief-and-bereavement/

Bethell Hospice

Provides free one-to-one supportive social work counselling (in-person, phone, or virtual) for those living in Caledon, Brampton, or Dufferin County who are coping with bereavement, loss, and grief.

Visit: www.bethellhospice.org/register-for-community-programs/

WheretoStart

Access point for free and confidential mental health services for children, youth and families.

Visit: www.wheretostart.ca/

Tangerine Counselling

Free 45-minute single-session counselling for children, youth, and their caregivers.

Visit: www.tangerinewalkin.com

MIAG (Mental Health Awareness & Wellness Group)

Offers free one-to-one counselling (phone, virtual or in-person) to residents of the Peel Region with no restriction on age, gender, religion or immigration status.

Visit: www.miag.ca/counselling

Family Services of Peel (FSP) - Walk-In Counselling Program

Offers immediate intervention and support to individuals, couples and families experiencing a crisis, requiring immediate support, looking to connect with a service provider, seeking information about specific services in the community, or requiring advocacy and referrals.

Available every Wednesday from 12:00 pm to 8:00 pm and Saturday from 9:00 am to 12:00 pm, excluding statutory holidays. **FSP also offers a one-to-one Seniors Program and a 2SLGBTQIA+ counselling program.**

Visit: [www.testweb.fspeel.org/counselling-services/?](http://www.testweb.fspeel.org/counselling-services/)

Peel Supports

Associated Youth Services of Peel (AYSP)

Individual/family counselling for youth (12-19) in Halton/Peel on probation/youth justice, dealing with mental-health or behavioural issues.

Visit: www.aysp.ca/programs/halton-peel-counselling-program/?

Safe Centre of Peel

Free short-term trauma & abuse counselling (individual) for victims of intimate partner violence in Peel.

Visit: www.services.settlement.org/en/peel/housing-assistance/safe-centre-of-peel/

WellFort Community Health Services

Offers individual counselling and other mental health supports for registered clients facing issues like sleep, grief, trauma, substance use or relationship difficulties. Located in Bramalea and Malton, some virtual services.

Visit: www.wellfort.ca/home/programs-services/healthcare-services/counselling

Elizabeth Fry Society of Peel/Halton (Women & Girls)

Free programs (including one-on-one counselling) for women and girls involved in or at risk of crime, reintegration, etc in Peel/Halton.

Visit: www.efryhopehelp.com/

Cornerstone Family Counselling

Professional, low-barrier (\$50 per session, no income verification) counselling with supervised interns in Mississauga, Brampton, and Peel Region.

Visit: www.cornerstonefamilycounselling.com/affordable-therapy/

Halton Supports

Sexual Assault & Violence Intervention Services (SAVIS) of Halton

Free, confidential one-on-one counselling (8 or 12 sessions via phone or online) for survivors of sexual violence (16+) in Halton. In-person counselling available in Oakville.

Visit: www.savisofhalton.org/programs/counselling/

John Howard Society of Peel-Halton-Dufferin

Short-term, free individual counselling and crisis support for employment/housing/mental-health/addiction/relationship issues for youth and adults.

Visit: www.johnhoward.on.ca/peel-halton-dufferin/services/community-services-program/

Acclaim Health

Offers free one-to-one grief support with a staff member or volunteer. Sessions can take place in your home or in another place in the community where you feel comfortable.

Visit: www.acclaimhealth.ca/programs/hospice-and-bereavement/bereavement-support-request/

CMHA- Halton

About: Free, individual counselling over the phone or video conferencing Monday-Friday 8:30-4:30 for individuals 16+. In-person service is available in Oakville on Wednesdays and in Milton on Thursdays.

Visit: www.halton.cmha.ca/call-in-counselling/

Thrive Counselling - Walk-In Counselling Clinic

Offers prompt service to Halton residents wishing to access a focused conversation to address an issue of concern. Single-session counselling can provide you with the emotional support, feedback and ideas on how to make positive changes in your life.

Visit: www.thrivecounselling.org/services/walk-in-counselling/

Woodview Mental Health & Autism Services - Woodview Halton Counselling and Outreach

Woodview Halton Counselling and Outreach (WHCO) helps kids and teens ages 7 to 17 who are dealing with anxiety, depression, self-harm, difficulty going to school, managing emotions, controlling impulses, and low self-esteem. No diagnosis is needed. The program is open to all residents of Halton Region.

Visit: www.woodview.ca/halton-mental-health/halton-counselling-and-outreach/



FRIENDLY VISITING & CALLING

Ontario Supports

Canadian Red Cross - Friendly Calls Program

Matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to check in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

Phone: 1-833-979-9779 9am-5pm EST weekdays

Visit: www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program

Routes Friendly Calls

Matches volunteers with anyone who may be feeling lonely, isolated, or would like to engage in friendly conversation over the phone.

Visit: www.routesc.org/friendlycalls

Chatting to Wellness

Free one-on-one friendly phone chats for seniors ages 50+, available Canada-wide every weekday night from 6pm-9pm EST.

Visit: www.chattingtowellness.ca/phonechats

A Friendly Voice

Free, confidential “warm line” for older adults aged 55 and above, open seven days a week from 8am-10pm EST.

Phone: 1 (855) 892-9992

Visit: www.afriendlyvoice.ca

CompanionLink - Befriending Program

Meaningful weekly conversations and connections for older adults. Connects older adults with friendly, trained volunteers for weekly phone conversations. Each senior is matched with the same volunteer every week, so a real relationship can grow over time.

Visit: www.companionlink.org/befriending-program/

Halton/Peel Supports

Links2Care – Friendly Visiting / Calling

Friendly Visiting is a companionship-based program designed to reduce feelings of isolation and loneliness among seniors and adults with disabilities. Clients are matched with trained volunteers who provide friendly visits and/or phone calls once a week. These visits offer conversation, social connection, and informal wellness checks, either at home or out in the community. Serves Burlington, Oakville, Milton, Halton Hills.

Visit: www.links2care.ca/program/friendly-visiting-socialization/

Acclaim Health - Tele-Touch Program

Volunteer phone calls to isolated older adults (65+) in Halton.

Visit: www.acclaimhealth.ca/programs/social-supports/tele-touch/

Acclaim Health - Memory Visiting Program

Volunteer visits for people living with the early stages of dementia or memory impairment in Halton.

Visit: www.palliativecareconsultation.ca/programs/social-supports/memory-visiting/

Re-Imagine Ontario - Seniors-On-The-Go Program

A free volunteer transportation program, providing transportation to medical appointments for seniors 55+ in the Halton-Mississauga area who qualify for this assistance.

Visit: www.reimagineontario.ca/west-of-55-activities-and-programs/#

Caledon Meals on Wheels - Friendly Visiting Program

Offers seniors and people with disabilities who have limited social interaction an opportunity to connect (via in person, over the phone, or TeleChat) and socialize with friendly volunteers.

Visit: www.cmow.org/friendly-visiting-program/

Roots Community Services - Seniors Program

The program is a thriving hub for seniors (ages 55+), primarily Black, African, and Caribbean communities. It helps build a sense of pride and well-being through activities that improve health, wellness, quality of life.

Visit: www.rootscs.org/seniors-program

Distress Centre Halton - TeleCheck Program

Outbound call program offering telephone support and friendly social connections to individuals experiencing isolation, and emotional and mental health concerns. Clients receive regularly scheduled check-in calls from our trained volunteers, Monday to Friday from 9am to 5pm EST.

Visit: www.dchalton.ca/telecheckapplication

Halton/Peel Supports

Distress Centres of Greater Toronto - Touching Base Program

A short term support program for individuals over 16 who live in Mississauga, Brampton, Caledon and surrounding area. Volunteers provide registered participants with medication reminders, safety check-ins, or emotional support through friendly social calls.

Visit: www.dcogt.com/outbound-programs/

Indus Community Services - Friendly Visiting

Aims to alleviate the isolation and loneliness experienced by older adults, 55+ by assigning a friendly visitor to assist with social and indoor recreational activities. Provided in-home or assisted-living facility. Also offers a **Telephone Reassurance program** for weekly phone check-ins. Available to Peel residents.

Visit: www.induscs.ca/friendly-visiting/

Other

Distress Centres of Greater Toronto (DCOGT) - Caller Reassurance Program for Seniors

Our Caller Reassurance Program for Seniors (CRP) is designed to service folks over 55 residing in Toronto (including Scarborough, Etobicoke and North York). At this time, our medication reminders, safety check ins and social calls in this program are only made in English. DCOGT also offers a **TeleCheck Program for Seniors program** (servicing individuals aged over 55 residing in the Central West LHIN, offering emotional support, regular safety check-ins, and medication reminders).

Visit: www.dcogt.com/outbound-programs/

CANES Friendly Visiting

Providing a friendly phone call or medication reminder to seniors who feel lonely or isolated. Serves Etobicoke, Brampton, Malton, and Woodbridge areas.

Visit: www.canes.on.ca/services/friendly-visiting



COMMUNITY GRIEF SUPPORTS

Ontario Supports

Bereaved Families of Ontario

We are 1 of 9 affiliates across Ontario. Some locations are accepting members outside their catchments and offer different group supports.

Visit: www.bereavedfamilies.net/

Pregnancy and Infant Loss (PAIL) Network

Provides support to any family in Ontario who has experienced the loss of their pregnancy or the death of their baby up to 12 months of age through peer support.

Visit: www.pailnetwork.sunnybrook.ca/

Canadian Armed Forces (CAF)

Provides compassionate support and information for families who have lost a loved one while serving. Their support includes counselling, support groups, and peer support programs. **CAF also offers a 24-hour, bilingual telephone service.**

Visit: www.cfmws.ca/support-services/families/bereavement-grief

Threads of Life

Free programs for individuals and families impacted by workplace-related deaths, life-altering injuries, and occupational diseases. Support is offered through one-on-one counselling, online workshops, and local gatherings.

Visit: www.threadsoflife.ca/find-support/how-we-can-help/

Carefirst Ontario

Offers services to prepare senior terminally-ill patients. They also offer education around death and dying, individual counselling, support groups, service navigation, hospice visits, and more.

Visit: www.carefirstontario.ca/services/bereavement/

Peel Supports

Wellspring - Chinguacousy

Offers art programs, bereavement support groups, informational and physical groups and workshops for those with cancer or coping with a loss to cancer. Must register with the organization first.

Visit: www.wellspring.ca/online-programs/programs/all-programs/

Distress Centres of Toronto

Offers a Suicide Loss Support Group in the Peel region, as well as virtual group and one-to-one options. Also offers a Homicide Loss Support Group.

Visit: www.dcoegt.com/survivors-of-suicide-and-homicide-loss/

Hospice Mississauga

Services include hospice counselling (one-to-one and group), support for children, wellness programs and more.

Visit: www.hospicemississauga.ca/how-we-help/grief-and-bereavement/

Punjabi Community Health Services (PCHS)

The PCHS Grief Counselling Program provides compassionate, culturally informed support to individuals and families coping with the loss of a loved one.

Visit: www.pchs4u.com/grief-counselling-program.php

The Indigenous Network - Lifelong Care Program

The Lifelong Care program supports urban Indigenous community members who are differently abled, have chronic illnesses and who are frail or elderly.

Visit: www.theindigenousnetwork.com/programs-services/lifelong-care-program/

Bethall Hospice

Hospice residence, as well as a range of community programs and services for people grieving.

Visit: www.bethalhospice.org/register-for-community-programs/

Halton Supports

Lighthouse Centre for Grieving Children

Free peer bereavement support groups for children, youth, and young adults (ages 3-24) and their caregivers.

Visit: www.lighthousegriefsupport.org/

Ian Anderson House

Coffee Connection Drop-In on the last Monday of each month from 10:00am-11:30am EST at the Ian Anderson House Resource Centre. This is an informal, friendly morning with others who are experiencing loss and grief.

Visit: www.ianandersonhouse.com/resources/

House of Hope

Provides emotional and group support for children struggling through a life crisis such as death, parent divorce, or illness, and offers a fun atmosphere where they can interact with others who are in similar life situations.

Visit: www.houseofhopeontario.com/programs/

Acclaim Health

Offers varying wellness, art, and group supports which run all year round across Halton and may focus on a particular type of loss.

Visit: www.acclaimhealth.ca/programs/hospice-and-bereavement/bereavement-support-groups/

Acclaim Health - Kids Anticipatory Grief and Bereavement

One-on-one support for children and youth ages 0-18 who have a loved one living with a life limiting or palliative illness, or have experienced the death of a loved one.

Visit: www.acclaimhealth.ca/programs/hospice-and-bereavement/kids-anticipatory-grief-and-bereavement/

Heartache2Hope

Provides support to adults who have experienced a suicide loss. Offers 12-week support groups, drop-in group meetings, individual support and community education.

Visit: www.heartache2hope.com/programs-and-services/

Wellspring - Birmingham Gilgan House

If you or a loved one is living with cancer, Wellspring is here to help. They can help you overcome the emotional and physical challenges you may be experiencing.

Visit: www.wellspring.ca



Halton Supports

Carpenter Hospice

Offers both residential-based care to people in the last stages of their lives, and community-based programs for people dealing with grief or a life-limiting illness.

Visit: www.thecarpenterhospice.com/bereavement-support-groups/

The Darling Home for Kids

Offering respite care, residential care, hospice and palliative care and family support programs.

Visit: www.darlinghomeforkids.ca

Information on Grief and Loss

www.whatsyourgrief.com

A place for grief education, articles, sharing, support & more.

www.childrengrieve.org

"National Alliance for Children's Grief" raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them.

www.centreforloss.com

Offering resources to help people who are grieving and those who care for them.

www.mygrief.ca

Confidential and free, this website helps you to understand and move through your grief.

www.grief.com

Dedicated to helping everyone deal with the often unknown terrain that comes along with all kinds of grief. Through education, information and other helpful resources they hope to make the challenging road of grief a little easier.

www.kidsgrief.ca

Resources for talking with kids and teens about serious illness, dying and death. Includes information for parents and educators

www.youthgrief.ca

Online resource developed by grieving youth, for grieving youth

www.teenmentalhealth.org/toolbox/lost-someone-suicide

Downloadable booklet created to support families and friends following youth suicide



SUBSTANCE USE SUPPORTS

Peel Supports

Peel Addiction Assessment & Referral Centre (PAARC)

Provides services to individuals concerned with their own or another's involvement with alcohol or drugs. Offers assessments, as well as short-term individual and group counselling.

Visit: www.paarc.com

Homewood Health

Comprehensive programs addressing trauma, anxiety, addiction, eating disorders and co-occurring conditions.

Visit: www.homewoodhealth.com

Rapid Access Addiction Medicine (RAAM)

Outpatient addiction medicine clinic that provides expert assessment, brief counselling and medication assisted treatment.

Visit: www.cmhapeeldufferin.ca

Trillium Health Partners - Addiction & Concurrent Disorders Centre

Offers treatment for people at moderate to severe risk due to addiction to alcohol, prescription medications, cocaine, cannabis, and various street drugs. We accept people who are participating in methadone treatment and being monitored for this elsewhere.

Visit: [Click Here](#)

YMCA - Youth Substance Awareness Program

Free, confidential, one-on-one substance use counselling for youth with substance use issues ages 14-24, education to make healthier choices and practice safely.

Visit: www.ymcagta.org/youth-programs/ysap

Punjabi Community Health Services - Sahara Addictions Program

Strives to empower clients and their families, through a guided journey to recovery from substance use behaviours and related concerns.

Visit: www.pchs4u.com/sahara-addiction-program.php

John Howard Society of Peel-Halton-Dufferin – Mental Health and Addiction Peer Support Program (MHAPS)

Offers peer support for individuals contending with mental health and addiction.

Visit: www.johnhoward.on.ca/find-services/programs-services-lookup/

Peel Supports

William Osler Health System - Withdrawal Management Centre

Offers safe, non-medical and short-term residential services for people 16+ years of age who are intoxicated, in withdrawal and/or in a crisis related to alcohol, drugs or gambling

Visit: [Click Here](#)

Canadian Addiction Treatment Centres - OATC Brampton Clinic

Offers methadone, suboxone, Sublocade, Kadian, and hepatitis C screening treatment.

Visit: www.canatc.ca/company/locations/brampton/

Horizon's Opioid Treatment Services (Brampton)

Assessment and treatment for people dependent on narcotics.

Visit: www.horizonsclinic.ca

Halton Supports

ADAPT: Alcohol/Drug/Gambling Assessment, Prevention & Treatment

Provides assessment, counselling, and treatment for substance use and gambling concerns in Halton.

Visit: www.haltonadapt.org

Integrated Addiction Medicine Clinic

Services include overdose prevention education, management of withdrawal symptoms, counselling and assessment.

Visit: www.haltonhealthcare.on.ca

Rapid Access Addiction Medicine (RAAM)

Outpatient addiction medicine clinic that provides expert assessment, brief counselling and medication assisted treatment.

Visit: www.hmraam.ca

Peel Addiction Assessment & Referral Centre (PAARC)

Supportive individual and group counselling for persons with substance / gambling / internet use and co-occurring mental-health concerns in Peel.

Visit: www.paarc.com/counselling/

Hope Place Centres

Provides pathways to sustainable recovery from addictions through bed-based and community-based programming.

Visit: www.hopeplacecentres.org/

Halton Public Health – Substance Use and Harm Reduction

Offers harm reduction supplies, safe disposal, and health referrals.

Visit: www.halton.ca/for-residents/public-health/substance-use



DISABILITY SUPPORTS

Peel Supports

Family Services of Peel – Developmental Services

Offers 1-to-1 counselling, life skills, independent living supports for adults with developmental disabilities or dual diagnosis in Peel. Low-barrier for eligible clients.

Visit: www.fspeel.org/developmental-services/

Brampton Caledon Community Living (BCCL)

Supports children, youth, and adults with developmental disabilities and their families in Brampton and Caledon with service coordination, community participation support, and connection to counselling/therapy-type services. (\$) Eligible for persons with developmental disabilities; fees vary by program.

Visit: www.bramptoncaledoncl.ca/en/

Peel Behavioural Services

Helps individuals (children and adults) with developmental disabilities (including autism) through behaviour assessments, individual programs, brief intervention in Peel.

Visit: www.peelbehaviouralservices.ca/

March of Dimes Canada – After Stroke Peer Support Network

Free peer-support (including one-to-one) for stroke survivors and caregivers in Halton/Peel.

Visit: www.marchofdimes.ca/en-ca/aboutus/contact/

Community Living Mississauga

Supports people with intellectual disabilities across walking-through life goals, community participation, planning & support coordination.

Visit: www.clmiss.ca/community-supports/

Links2Care – Care at Home for Seniors & Adults with Disabilities

In-home support services (friendly-visiting, social connection) for adults with disabilities to help maintain community living.

Visit: www.links2care.ca/

Peel Respite Services

Provides relief/support for families/caregivers of children/adults with disabilities in Peel; includes one-to-one support options.

Visit: www.infopeel.ca/respice/

Peel Supports

Mary Centre – Peel Region Office

Community-based supports for adults with developmental disabilities/families in Peel; includes day programs, independent living supports, community connection. (\$) Some program fees; varies.

Visit: www.marycentre.com/

Alzheimer Society Peel – Mississauga Halton – Behavioural Supports Ontario (BSO)

Offers counselling and support for people with dementia/neurological disabilities and their caregivers in Peel and Halton.

Visit: www.alzpeel.com/en/home.html

Halton Supports

Community Living North Halton (Milton/Halton Hills)

Supports children and adults with developmental disabilities in Halton Hills & Milton with life-skills programs, independent living supports, and community participation. (\$). Some 'fee-for-service' day programs.

Visit: www.clnh.on.ca/

Halton Support Services

Provides service coordination and short-term supports for children/youth/adults with developmental disabilities in Halton; no cost to families.

Visit: www.cwsds.ca/

Karis Disability Services – Community Participation Supports

Offers programs for adults (18+) with ASD or developmental disability to build skills, recreation, employment/volunteer support in Halton/Peel.

Visit: www.karis.org/find-services/community/halton/halton-community-participation-supports?

Independent Living Halton

Supports adults with physical disabilities in Halton with home/independent living supports (e.g., attendant care) which helps stability and access to other supports.

Visit: www.independentliving.org/

ODSP – Region of Halton

Provides income support and benefits for people with disabilities in Halton, helping with stability so other supports (including therapy) can be accessed.

Visit: www.halton.ca/For-Residents/Employment-and-Financial-Assistance/Ontario-Works/ODSP



SENIOR & OLDER ADULT SUPPORTS

[See also: Friendly Calling & Visiting.](#)

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Peel Supports

CASE Community Services - Seniors Connect Program

Designed to promote and support the social inclusion and participation of seniors in the community. The program entails activities that help seniors acquire new skills and implement those skills. Also includes a grocery, financial literacy, wellness and recreational programs.

Visit: www.casecommunity.org/seniors-connect/

Ontario Intercultural Community Services

Provides seniors with meaningful opportunities to engage, socialize, and learn through various programs designed to promote well-being and cultural exchange.

Visit: www.oics.ca/our-services/seniors-program-and-services/

Indus Community Services - Seniors Wellness Program

For healthy, active seniors aged 55+, it is important to maintain an active and healthy lifestyle. Once a week, members of the Seniors Wellness Groups (seven groups throughout Mississauga and Brampton) engage in various stimulating physical and mental activities that are beneficial to their overall wellbeing. Also includes leadership and volunteer opportunities, and educational presentations.

Visit: www.induscs.ca/seniors-wellness-program/

Peel Senior Link

Provides personalized, impactful support to seniors and caregivers. Each story we share showcases our commitment to promoting independence, resilience, and community connection. Offering a Senior's Active Living program, personal support, home making, medication management, and housing services.

Visit: www.peelseniorlink.com/our-services/

African Community Services - Senior's Program

Black seniors experience multifaceted social isolation and marginalization. The Seniors program is a thriving hub for seniors. It helps build a sense of pride and well-being through culturally appropriate activities that improve health, wellness, quality of life, personal independence, and community life.

Visit: www.africancommunityservices.org/seniors-program

Seniors Forum Canada

Offers many programs, such as the Seniors Fitness Program, one-on-one virtual consultations with personal trainers, outdoor socialization, reducing social isolation, sisters' circle, and 'Seniors Helping Seniors'.

Visit: www.seniorsforumcanada.com/

Peel Supports

VirtualRecConnect.ca

A network of 9 organizations in the Mississauga Halton Region that provide recreational and social activities for vulnerable and isolated seniors.

Visit: www.virtualreconnect.ca/who-we-support

Additional Information

Explore the programs and services available to adults aged 55 and older in Peel Region, and find important information for older adults living in the City.

- [Mississauga Residents](#)
- [Brampton Residents](#)
- [Caledon Residents](#) and [Here](#)

Halton Supports

Links2Care - Seniors and Adults with Disabilities Programs

Support clients' personal preferences and promote independence for them to remain safely in their homes for as long as possible. These programs are provided to those 65 years and older or to adults with a proven disability residing in Halton Region, Mississauga and South Etobicoke. Offers bathing, community navigation, shopping, social connection, housing, home, meals, and caregiver assistance and support.

Visit: www.links2care.ca/program_category/seniors-adults/

VirtualRecConnect.ca

A network of 9 organizations in the Mississauga Halton Region that provide recreational and social activities for vulnerable and isolated seniors.

Visit: www.virtualreconnect.ca/who-we-support

Additional Information

Explore the programs and services available for:

- [Oakville Residents and Here](#)
- [Burlington Residents](#)
- [Halton Hills Residents](#)
- [Milton Residents](#)

Visit: www.connectioninaction.ca/resources/

Other Supports

Arthritis Society Canada

Offers online peer support groups, an arthritis telephone line, mental health and nutrition support.

Visit: www.arthritis.ca/support-education/

Alzheimer Society Peel

Offers support groups, telephone line, mental health and educational support.

Visit: www.alzpeel.com/en/home.html



SHELTER AND HOUSING SUPPORT

Peel Supports

Region of Peel Housing and Unhoused Supports

Centralized emergency, transitional shelters and housing support for individuals and families in Peel.

Visit:

- [Help With Housing](#)
- [Homeless Support](#)
- [Shelters](#)

Our Place Peel (Youth Shelter, Peel)

Youth shelter for ages 16–24 – emergency stay and support services.

Visit: www.ourplacepeel.org/contact-us/

Wilkinson Road Shelter (Brampton)

Emergency men’s shelter for adults 25+, offering lodging, meals, support services.

Visit: www.centralwesthealthline.ca/displayservice.aspx?id=60135

Cawthra Road Shelter (Mississauga)

Adult shelter in Mississauga for single adults needing emergency housing.

Visit: www.mississaugahaltonhealthline.ca/displayservice.aspx?id=176179

St. Leonard’s Place Peel

Transitional/residential support housing for adults (mental-health/substance-use or justice-involved).

Visit: www.slcs.ca/contact/

Peel Street Helpline / CMHA Peel-Dufferin

24/7 helpline and outreach for people experiencing homelessness or housing crisis in Peel (1-877-888-8481).

Visit: www.cmhapeeldufferin.ca/mental-health-information/find-help/

Services and Housing in the Province (SHIP)

Offers housing support, rental assistance, crisis support and case management. Also offers “Peel Youth Village”; a transitional housing and support program for youth ages 16–24 for a maximum of 18 months.

Visit: www.shipshey.ca/housing/

Brampton Queen Street Youth Shelter

Youth Shelter providing access to financial assistance, health care services, housing search assistance and more for youth, ages 16–24.

Visit: www.peelregion.ca/housing/shelters

Halton Supports

Halton Housing and Shelter Support

Affordable housing support and referral services for individuals and families across Halton Region.

Visit: www.halton.ca/for-residents/housing-supports-and-services/housing/halton-housing-help

Wesley Urban Ministries Shelter Services

Emergency shelter & transitional housing for women, children, families in Halton.

Visit: www.wesley.ca/services/housing-homelessness/

Salvation Army Lighthouse Shelter

A 40 bed emergency shelter operated by the Salvation Army and Halton Region Social Services. It is the general emergency shelter for Halton Region.

Visit: www.salvationarmyhnb.ca/programs-services/location-1/



FOOD INSECURITY SUPPORT

Peel Supports

The Mississauga Food Bank

Provides food support to Mississauga residents through a network of food banks and programs.

Visit: www.foodbanksmississauga.ca/contact-us/

Eden Food for Change

Operates food banks and community kitchens to provide nutritious food to people in need (postal code must start with L5K, L5L, L5M or L5N).

Visit: www.edenffc.org/contact/

The Compass Food Bank

Provides groceries, hot meals, and support services to people in south Mississauga.

Visit: www.thecompass.ca/contact/

HalalServe Food Bank

Provides halal food hampers and support services to Muslim and low-income families in Peel.

Visit: www.dawanetservices.ca/contact/

ISNA Canada Food Bank

Offers halal food support and essential supplies to families in need through the ISNA mosque community.

Visit: www.isnacanada.com/contact-us/

Sai Dham Food Bank

Delivers food hampers and hot meals to low-income families, seniors, and newcomers across Peel.

Visit: www.saidhamfoodbank.com/contact-us/

Seva Sikh Community Food Assistance

Provides vegetarian meals and groceries to anyone in need through Sikh community volunteers.

Visit: www.sevafoodbank.com/contact

Peel Supports

Regeneration Outreach Community

Provides groceries, meals, and emergency supports to vulnerable individuals and unhoused residents.

Visit: www.regenbrampton.com/contact-us/

Knight's Table

Offers hot meals, food baskets, and support programs to people experiencing food insecurity in Peel.

Visit: www.knightstable.org/contact-us/

Brampton Islamic Centre – Food Pantry

Offers halal food hampers and essentials to families in need within the Brampton Muslim community.

Visit: www.bsia.ca/contact-us/

Halton Supports

Food For Life

Rescues surplus food and distributes fresh and healthy food to families across Halton.

Visit: www.foodforlife.ca/contact-us/

Kerr Street Mission

Offers food market access, meals, and support programs for individuals and families in need.

Visit: www.kerrstreet.com/contact/

Oakville Fareshare Food Bank

Provides food hampers to Oakville residents experiencing financial hardship.

Visit: www.oakvillefoodbank.com/contact-us/

Burlington Food Bank

Supplies food to Burlington residents in need through delivery and pickup services.

Visit: www.burlingtonfoodbank.ca/contact



DOMESTIC VIOLENCE SUPPORT

Peel Supports

Family Services of Peel

Multiservice agency supporting victims via counselling (one-on-one, group, family), education programs, employment support, etc.

Visit: www.fspeel.org/contact/

Victim Services of Peel

24/7 support with services like crisis response, financial assistance, transitional housing, south asian IPV support, referrals, and a bail education program.

Visit: www.vspeel.org/contact-us

Oasis Centre des Femmes

Centre for French-speaking women with individual counselling and community support programs for sexual assault prevention.

Visit: www.oasisfemmes.org/contactus

Safe Centre of Peel

Umbrella organization of agencies provide access to system navigation, risk assessment, crisis intervention, counselling, housing support, case conferences, parenting support, and much more.

Visit: www.scopeel.org/contact-us/

REVIVE

Support services, including individual counselling, group sessions, specialized interventions, third-party confidential reporting, and education.

Visit: www.isnacanada.com/contact-us/

EMBRAVE: Agency to End Violence

Support services for victims of violence, including 24-hour emergency shelters, crisis lines, and group and one-to-one supports.

Visit: www.embrave.ca/ask-us-anything/

Chantel's Place - Trillium Health Partners

24/7 emergency shelter, confidential access to a secure and supportive environment.

Visit: www.thp.ca/patientservices/Womens-Services/SexualAssault-DomesticViolence/Pages/Who-We-Are.aspx

Peel Supports

Family Transition Place

Shelter and transitional housing service for women and children with a 24-hour support line, counselling services, and educational support as well.

Visit: www.familytransitionplace.ca/contact/

Halton Supports

Halton Women's Place

Empowering women through various means and supporting survivors of violence: counselling, employment coaching, legal clinic, family court support, and peer support.

Visit: www.thewomenscentreofhalton.com/contact-us/

SAVIS - Sexual Assault and Violence Intervention Services

Supports all genders, ages 16+ with 24-hour crisis line, counselling services, anti-human trafficking supports, police/court accompaniments.

Visit: www.savisofhalton.org/office-hours/

Nina's Place: Joseph Brant Hospital

Safe space and shelter for victims of assault and abuse, providing compassionate, confidential, and sensitive care and support.

Visit: www.josephbranthospital.ca/areas-of-care/nina-s-place

Thrive Counselling

Comprehensive counselling agency with specific services for partner abuse, violence against women, and a safety zone where children and their mothers can come and discuss domestic abuse.

Visit: www.thrivecounselling.org/contact-us/

HVPC - Halton Violence Prevention Council

Multi-agency council that coordinates initiatives within and across service sectors working against violence and abuse.

Visit: www.hvpc.ca/contact/

Halton Supports

The Ironwood Project

Nonprofit that provides support for survivors of childhood sexual abuse with support groups and prevention resources.

Visit: www.theironwoodproject.ca/contact-us/

Ontario Supports

AWHL - Assaulted Women's Helpline

24-hour helpline available to women across Ontario, crisis counselling, safety planning, information and referrals.

Visit: www.awhl.org/contact-us

Ontario Network of Sexual Assault and Domestic Violence Treatment Centres

A network that provides victims of sexual assault, domestic abuse, or child abuse access to support, counselling, referrals via centres across Ontario.

Visit: www.sadvtreatmentcentres.ca/

Ontario Association of Interval and Transition Houses

Umbrella of women's shelters and transition housing across Ontario, provides support for those fleeing anywhere in Ontario and helps victims locate shelters and understand their rights.

Visit: www.oaith.ca/about-us/contact/

Legal Aid Ontario: Domestic Violence

Provide advice, legal aid, and representation from certified lawyers.

Visit: www.legalaid.on.ca/more/corporate/contact-legal-aid-ontario/

Métis Nation of Ontario - MNO Victim Services Program

Offers culturally relevant victim services within all of its Healing and Wellness programs to address, deter, and end violence against Métis women and children.

Visit: www.metisnation.org/programs-and-services/community-wellbeing/victim-services/



2SLGBTQIA+ COMMUNITIES

Directory Supports

- **Access Alliance - Resources for Rainbow Newcomers**: Provides resources specifically designed for rainbow newcomers in Ontario.
- **Children's Aid Society of Toronto - Rainbow Youth and Families Resources**: Provides rainbow-specific resources across Ontario and within the Greater Toronto Area.
- **Rainbow Health Ontario's Service Provider Directory**: Helps you find health and social service providers across Ontario that are committed to offering competent and welcoming care to 2SLGBTQ+ individuals.
- **LGBT YouthLine's Referral Database**: A resource for in-person and location-based organizations, collectives, and resources tailored for rainbow youth in Ontario.
- **2SLGBTQ+ Community Resources by Capital Pride**: A living list of resources available in the National Capital Region for 2SLGBTQ+ individuals, compiled in collaboration with MAX Ottawa.
- **2SLGBTQ+ Groups in Ontario - York University Resource**: A comprehensive list of support groups, social groups, workshops, and events across Ontario, updated as of May 2021.
- **Toronto Health and Social Services Directory**: A comprehensive listing of health and social services in Toronto, including those catering to rainbow communities.
- **Health Line**: Provides information on programs and services for rainbow communities across Ontario.
- **S.E.C.U. Toronto - LGBT Resources**: Offers a comprehensive list of resources for rainbow communities in Toronto.
- **Gay Church**: Affirming church directory provides an online directory for people to locate and visit welcoming churches around the world.
- **Rainbow Faith and Freedom**: Online resource portal to seek rainbow-affirming faith communities.
- **OCASI Positive Spaces Resource Directory**: Connects you to resources to more effectively serve rainbow immigrants, refugees, and newcomers.
- **Refuge Restrooms**: Seeks to provide safer restroom access for trans, intersex, and gender diverse individuals.
- **Canadian Professional Association for Trans Health**: Support for professionals and search for healthcare providers.
- **Rainbow Railroad**: Helps at-risk rainbow people get to safety worldwide.

Peel Supports

Rainbow Sauga Alliance

LBGTQ+ focused social events across Mississauga, including singles meetups, drag events, educational events, and more.

Visit: www.rainbowsauga.ca/contact/

Associated Youth Services of Peel - Youth Beyond Barriers Program

A free and confidential service for queer and trans youth ages 12-17 offering in-person and/or virtual individual counselling, weekly youth groups, and other community events.

Visit: www.aysp.ca/programs/youth-beyond-barriers-ybb/

Family Services of Peel - LGBTQIA+ Program

This program provides counselling for individuals questioning their sexual identity, “coming out”, family members seeking information on how to support a gay family member, and teenagers experiencing intra and interpersonal challenges. They provide educational workshops to community partners on gay issues and outreaches into the community.

Visit: [www.testweb.fspeel.org/counselling-services/?](http://www.testweb.fspeel.org/counselling-services/)

Halton Supports

PFlag Halton

Offers peer support for 2SLGBTQ+ individuals and their families, with a focus on mental health and community support.

Visit: www.pflagcanada.ca

Positive Health Network

Community health services for people with HIV and AIDS. They have specific programming for the MLM community. They have 3 community health vans offering safer sex and harm reduction supplies, including Naloxone. They also have a safe needle disposal program and support groups.

Visit: www.positivehealthnetwork.org/contact/

PRISM

LGBTQ+ youth drop-in for ages 12-25, creating youth-focused programming, providing mental health support and cultivating community partnerships.

Visit: www.prismhalton.com

Queer@ROCK

A safe space offering prevention-based programs 2SLGBTQIA+ youth and their families in Halton region.

Visit: www.rockonline.ca/group/

Conservation Halton - Pride in Nature

Seasonal outdoor programming for 2SLGBTQIA+ people of all ages. Events held during June.

Visit: www.conservationhalton.ca/pride-in-nature/

Pride 365

A joint project between Pride Halton and Prism Halton to celebrate pride and continue advocacy year-round. They host social activities and support local queer services.

Visit: www.pridehalton.com/pride365

Gender Care Clinic at the Prime Care Family Health Team

The trans-focused branch of their healthcare services. They offer education, hormone therapy support, sexual health screenings, surgical referrals, and group therapy.

Visit: www.primecarefht.ca/gender-care-clinic/

Halton Supports

AFFIRM at CMHA

Online group therapy using CBT. Aimed at queer and trans youth and adults. Self-refer through email to: affirm@cmhahrb.ca.

Visit: www.halton.cmha.ca/our-programs-and-services/#groups-workshops-and-webinars

Other Supports

Alliance for South Asian AIDS Prevention (ASAAP)

Settlement services at ASAAP cater to newcomers from South Asia and the Middle East who are living in Ontario and identify as Lesbian, Gay, Bisexual, Trans and Queer (LGBTQ+), and/or living with HIV. They do this by offering one-on-one support, workshops, and referrals to assist individuals in settling into their new life in Canada

Visit: www.asaap.ca/settlementservices

Trans Wellness Ontario

Mental wellness org that provides low barrier support to individuals and families. ID Clinic, Session-limited Individual Counselling. Offers parent peer mentoring and youth peer mentoring.

Visit: www.transwellness.ca/

Umbrella Mental Health Network

Offers psychotherapy and counselling services to individuals, couples, and families in the 2SLGBTQIA community. (\$) Sliding scale fees and a select number of pro bono services for those that qualify.

Visit: www.umhn.ca/services/



BLACK COMMUNITIES

Peel Supports

Roots Community Services (RootsCS) – Peel and Halton

Black-led agency offering culturally responsive programs for Black, African and Caribbean children, youth, adults and seniors, with a focus on mental wellness and community support. They also have Black Family & Youth Education Supports.

- **AMANI Mental Health & Substance Use Program:** Culturally affirming mental health and substance-use counselling, psychiatry and groups for Black youth (12–29) and their families in Peel and Halton.
- **BAC Support Line:** Confidential, non-judgmental phone line for Black, African and Caribbean community members in Peel/Halton who need someone to talk to or help finding supports.
- **Building Healthy Families:** Culturally appropriate counselling and parenting support to Black and racialized families involved with child welfare in Peel, focusing on safety, stability and well-being.

Visit: www.rootscs.org/home

Black Health and Social Services (BHSS) Hub Peel

Afrocentric hub providing primary care (no OHIP needed), mental health/addictions support and social services for Black, African and Caribbean residents in Peel.

Visit: www.bhsshubpeel.ca/

African Community Services of Peel

Newcomer-focused Black/African settlement agency offering settlement help, youth and family programs, seniors' supports and community wellness activities in Peel.

- **Mental Health and Community Wellness:** Mental-health promotion, workshops and support groups specifically for African/Black community members who are experiencing or at risk of mental health challenges.

Visit: www.africancommunityservices.org/

Black Community Action Network (BCAN)

African-centred collective that works to build, heal and advocate for the Black community in Peel through community mobilization, education and systems-change advocacy.

Visit: www.bcanpeel.com/

Peel Supports

Black Youth Success (BYS)

Non-profit in Peel that helps Black children and youth stay engaged in school through tutoring, mentoring, counselling, workshops and leadership programs.

Visit: www.byscanada.ca/

My Neighbourhood Services – Black Family Support Program

Free, culturally-informed parenting groups, drop-ins, youth programs and counselling for Black families living in Peel.

Visit: www.mnsinfo.org/black-family-support/

REST Centres (Restoration and Empowerment for Social Transition)

Black-led charity in Peel that provides transitional housing, case management and life-skills supports for youth experiencing or at risk of homelessness.

Visit: www.restcentres.org/

Family Services of Peel – Counselling & Anti-Black Racism Work

Multi-service agency offering individual, couple and family counselling plus trauma-specific and anti-Black-racism-informed supports for residents of Peel. (\$) First session is often free; ongoing counselling uses sliding-scale fees based on income.

Visit: www.fspeel.org/contact/

University of Toronto - Mississauga (UTM) - Black Youth Mentorship Program

Pairs Black youth (9–14) in Peel and Halton with Black university student mentors to build confidence, belonging and awareness of post-secondary pathways.

Visit: www.utm.utoronto.ca/utm-engage/volunteering/community-mentorship/black-youth-mentorship-program

Peel Children’s Aid - Akoma Wraparound for Black Families

Collaborative wraparound approach (Peel CAS, RootsCS, BCAN, Free For All Foundation) that supports Black families involved with child welfare to reduce racial disparities and improve well-being.

Visit: www.peelcas.org/diversity-equity-and-inclusion/cultural-competency/supporting-black-families

Halton Supports

Halton Black Voices (HBV)

Halton-based Black-led organization creating safe spaces, healing events and leadership/education programs to support Black youth, families and 2SLGBTQIA+ community members.

Visit: www.haltonblackvoices.ca/

Canadian Caribbean Association of Halton (CCAH)

Charity serving Oakville, Milton, Halton Hills and Burlington that promotes Afro-Caribbean culture, diversity, youth engagement and community education.

Visit: www.ccah.ca/contact/

Halton Black History Awareness Society (HBHAS)

Volunteer group that combats racism and promotes Canadian Black history through education, mentoring and community events like the Emancipation Celebration Festival and art exhibitions.

Visit: www.hbhas.ca/

Grandmother's Voice (Indigenous-led, Afro-Indigenous inclusive)

Indigenous women-led organization in Halton offering land-based teachings, healing circles and community events that support trauma recovery, reconciliation and cross-cultural healing (including Afro-Indigenous voices).

Visit: www.grandmothersvoice.com/



INDIGENOUS COMMUNITIES

Halton Supports

Grandmother's Voice (Indigenous-led, Afro-Indigenous inclusive)

Indigenous women-led organization in Halton offering land-based teachings, healing circles and community events that support trauma recovery, reconciliation and cross-cultural healing (including Afro-Indigenous voices).

Visit: www.grandmothersvoice.com/

Halton Community Legal Services - Indigenous Services

If you identify as Indigenous, they may be able to connect you with culturally appropriate services and resources and help you access them.

Visit: www.haltonlegal.ca/indigenous-rights-and-services/

Peel Supports

The Indigenous Network - Lifelong Care Program

The Lifelong Care program supports urban Indigenous community members who are differently abled, have chronic illnesses and who are frail or elderly.

Visit: www.theindigenousnetwork.com/programs-services/lifelong-care-program/

Peel Aboriginal Network

Friendship centre offering cultural programs, healing and wellness for Indigenous Peoples in Peel.

Visit: www.theindigenousnetwork.com/contact-us/

Other Supports

2-Spirited People of the 1st Nations

A social, support, and advocacy group with membership open across the GTA and some services available across Ontario. Services include: bursaries, addiction recovery support, health programming, and social events. Their physical locations are in Toronto and Thunder Bay.

Visit: www.2spirits.org/contact/

Hope for Wellness Helpline

A 24/7 phone support service for Indigenous people across Canada. An online chat option is also available. Services offered in: English, French, Cree, Ojibway (Anishinaabemowin), and Inuktitut.

Visit: www.hopeforwellness.ca/about-us/

Ontario Federation of Indigenous Friendship Centres

Umbrella organization supporting 31 Indigenous Friendship Centres across Ontario offering culturally-grounded services.

Visit: www.ofifc.org/programs/health-wellness/

Tungasuvvingat Inuit

An Inuit-specific registered not-for-profit Ontario service provider offering social support, cultural activities, employment and education assistance, youth programs, counselling, crisis intervention and more.

Visit: www.tiontario.ca/programs

Finding Our Power Together

Offering a variety of culturally based therapeutic programs and services that foster community, cultural connection, and holistic well-being.

Visit: www.findingourpowertogether.com/

Métis Nation of Ontario

The MNO's Mental Health and Addictions (MHA) Program helps Métis Citizens of all ages in Ontario. We offer support in person, over the phone, or by video call. Our service providers include mental health and addiction professionals. Help is provided in both English and French.

Visit: www.metisnation.org/programs-and-services/community-wellbeing/mental-health-and-addictions-services/



WEST ASIAN COMMUNITIES

Peel Supports

Arab Community Centre of Toronto

Provides settlement, counseling, employment, and family services for Arab newcomers. Serves residents of Peel Region.

Visit: www.acctonline.ca/contact-us/

Indus Community Services

Provides settlement services, mental health support, and women's programs for newcomers, including Middle Eastern families.

Visit: www.induscs.ca/contact-us/

Afghan Women's Organization

Offers settlement services, language classes, and support for Afghan and Middle Eastern women and families.

Visit: www.afghanwomen.org/contact-us/

COSTI Immigrant Services

Provides housing, employment, settlement, and mental health supports for Middle Eastern refugees and immigrants.

Visit: www.costi.org/programs/program_services.php

Peel Multicultural Council

Offers newcomer support, counseling, and community programs for multicultural groups including Middle Eastern newcomers.

Visit: www.peelmc.ca/

Muslim Welfare Centre

Provides food support, counseling, shelters, and family programs, serving a large Middle Eastern community.

Visit: www.mwcanada.org/contact-us-form/

Islamic Society of North America

Offers counseling, mental health referrals, newcomer support, and community programs serving Middle Eastern families.

Visit: www.isnacanada.com/contact-us/

Peel Supports

Syrian Canadian Foundation

Provides settlement help, youth programs, and community support for Syrian and other Middle Eastern newcomers.

Visit: www.syriancanadianfoundation.ca/contact-us/

Crossroads Clinic for Refugees

Provides trauma-informed medical care for refugees including Syrians, Iraqis, Afghans, and Iranians.

Visit: www.womenscollegehospital.ca/care-programs/crossroads-clinic/

Halton Supports

Halton Multicultural Council

Provides settlement services, employment help, and counseling for newcomers, including many Middle Eastern families.

Visit: www.hmconnections.com/contact/

Other Supports

Naseeha Muslim Helpline

A helpline for anyone who identifies as Muslim or comes from a Muslim background seeking mental health support.

Visit: www.naseeha.org/helpline-textline

Nisa Helpline

A confidential, anonymous and free 16-hour helpline for Muslim women and girls across North America, with support available in French, Urdu, Arabic, Somali and English.

Visit: www.nisafoundation.ca/programs/nisa-helpline



SOUTH ASIAN COMMUNITIES

Peel Supports

SACHSS - South Asian Canadian Health & Social Services

Culturally and linguistically attuned health/addiction/social services to South Asians, including a distress line and food bank.

Visit: www.sachss.ca/contact-us/

Peel CAS - Children's Aid Society

Provide culturally sensitive support to parents and families raising South Asian youth to create better homes, including temporary foster care.

Visit: www.peelcas.org/contact-peelcas

Victim Services of Peel - South Asian Family Enrichment (SAFE)

Support for South Asian victims of intimate partner violence.

Visit: www.vspeel.org/southasianfamilyenrichment

South Asian Welcome Centre

Helps people contribute to a community and feel a sense of belonging in Canada, including anger management, addiction counselling, fathering, and domestic-violence support.

Visit: www.southasianwelcomecentre.com/contact

SAWC - South Asian Women's Centre

Providing a community and empowering women socially with free services like settlement, tax clinic, wellness, legal aid, etc.

Visit: www.sawc.org/contact

Indus Community Services

Provide culturally appropriate services to newcomers, families, women, and seniors in Peel.

Visit: www.induscs.ca/contact-us/

Apna Health

Offers relevant health and wellness information and resources in a variety of languages to the South Asian community.

Visit: www.apnahealth.org/faq/

Peel Supports

Screen of Peel Community Association

Connects Tamil families and individuals in Peel via recreational and educational initiatives to increase social integration.

Visit: www.sopca.info/membership

Punjabi Community Health Services

Provides health/community/addiction support to Punjabi people in Canada, including geriatric and settlement support.

Visit: www.pchs4u.com/contact.php

Soch Mental Health

In-person and virtual mental health for the South Asian community. Offers wellness groups focusing on coping, recovery, and fostering hope from a South Asian lens.

Visit: www.sochmentalhealth.com

South Asian Family Enrichment (SAFE) Program

Support to South Asian families who are caught in the cycle of family violence. Offers help with immediate crisis intervention, promotes healing through counseling and advocacy.

Visit: www.vspeel.org/southasianfamilyenrichement

Halton Supports

Mishka Social Services - Sanad Halton Program

Offers case management services, direction to resources, funding, and specific services to Muslims and other newcomers/racialized individuals, etc.

Visit: www.mishkasocialservices.org/contactus/

Centre for Skills Development

Offers newcomer services: settlement help, free English lessons, community connection.

Visit: www.centreforskills.ca/contact-us/

Hum-We Women's Hub

Provides support, education and empowerment to women in the South Asian community who are victims of domestic abuse.

Visit: www.hum-we.ca/contact/

Canadian Indian Association of Halton Region

Helping to build a community for Indians residing in the Halton region via community events, etc.

Visit: www.canadianindianassociation.com/index.php/join-us/

Chinmaya Mission Halton Region

Hindu spiritual and educational organization sharing the wisdom of Vedanta to encourage wellness and happiness and enable people to become positive contributors to society.

Visit: www.chinmayahalton.ca/contact-us/

Mathew's Mar Thoma Church

Provides Orthodox Christian church services and conducts worship in Malayalam and English.

Visit: www.marthomachurch.ca/contact-us/

Apna Health

Offers relevant health and wellness information and resources in a variety of languages to the South Asian community.

Visit: www.apnahealth.org/faq/

Ontario Supports

South Asian Legal Clinic of Ontario

Offering legal advice and representation to low-income South Asians in Ontario.

Visit: www.salc.on.ca/contact-us/

Council of Agencies Serving South Asians

An umbrella organization of agencies, groups, and individuals that provide services to South Asians (member agencies reach across Ontario).

Visit: www.cassa.ca/contact-us/



Thank You!

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