



# COMMUNITY RESOURCES

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

---

# TABLE OF CONTENTS

Resource Search Engines	Pg. 3
Phone and Text Line Support	Pg. 4-6
One-On-One Supports	Pg. 7-8
Friendly Support Lines	Pg. 9
Group and Community Grief Supports	Pg. 10
Community Supporters	Pg. 11-12
Group and Community Grief Supports	Pg. 13
Anticipatory Grief Services	Pg. 14
Addiction and Rehab Services	Pg. 15-16
2SLGBTQIA+ Services	Pg. 17
Indigenous Supports	Pg. 18
South Asian Supports	Pg. 19
Abuse and Assault Services	Pg. 20
Shelter and Housing	Pg. 21-22
Grief Information	Pg. 23

Please note that this document is updated annually. Some information may be outdated or incorrect at the time of use.

# RESOURCE SEARCH ENGINES

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

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

**Visit:** [www.211ontario.ca](http://www.211ontario.ca)

**Phone:** 2-1-1

**Text:** 2-1-1

## The Healthline

**About:** Find local health and community services across Ontario.

**Visit:** [www.thehealthline.ca](http://www.thehealthline.ca)

## Settlement.Org

**About:** 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](http://www.settlement.org)

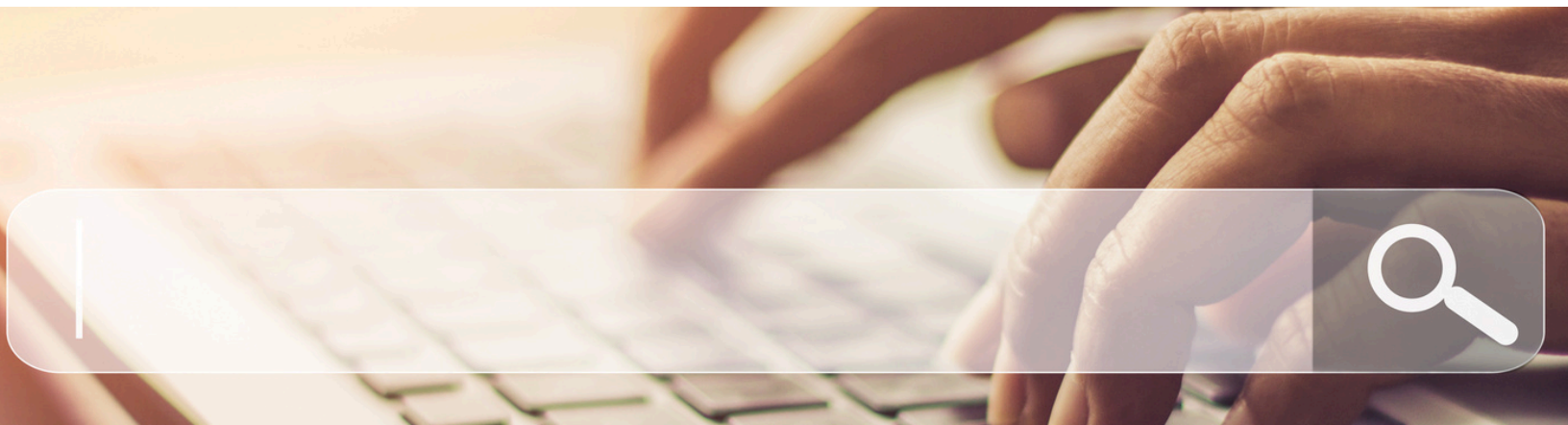
**Phone:** 2-1-1

**Text:** 2-1-1

## eMentalHealth.ca

**About:** Find mental health help in your area.

**Visit:** [www.ementalhealth.ca](http://www.ementalhealth.ca)



# PHONE AND TEXT LINE SUPPORT

4

## ONTARIO

### Kids Help Phone

**About:** Free, unlimited phone/text counselling and crisis support for young people.

**Text:** CONNECT to 686868 for immediate support

**Call:** 1-800-668-6868 for immediate support

**Live Chat:** [www.kidshelpphone.ca/urgent-help](http://www.kidshelpphone.ca/urgent-help)  
*Visit their website for information.*

### ConnexOntario

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

**Text:** "CONNEX" to 24747 for immediate support

**Call:** 1-866-531-2600 for immediate support

**Live Chat:** [www.connexontario.ca/Chat](http://www.connexontario.ca/Chat)

### Suicide Crisis Helpline

**About:** 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:** 9-8-8

**Call:** 9-8-8 for immediate support

### Good2Talk

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

**Text:** "GOOD2TALKON" to 686868 24/7 for immediate support

**Call:** 1-866-925-5454 for immediate support

## ONTARIO

### Hope for Wellness Helpline

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

**Call:** 1-855-242-3310 for immediate support

**Live Chat:** [www.hopeforwellness.ca/](http://www.hopeforwellness.ca/)

### Trans Lifeline

**About:** Free peer support phone service run by trans people for trans and questioning peers. Mon-Fri 1pm-9pm.

**Call:** 1-877-330-6366 for immediate support

### LGBT Youthline

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

**Call:** 1-800-268-9688 for support

**Text:** 647-694-4275

**Live Chat and Information for Operating**

**Hours:** [www.youthline.ca](http://www.youthline.ca)

### Assaulted Women's Helpline

**About:** Free 24/7 support to listen and guide women who have experienced any type of abuse anywhere in Ontario.

**Call:** 1-888-794-2721 for immediate support

**Live Chat and Its Operating Hours:**  
[www.awhl.org/online-chat](http://www.awhl.org/online-chat)

### Senior's Safety Line

**About:** Provides free, 24/7 contact and referral information for local agencies across the province that can assist in cases of elder abuse.

**Call:** 1-866-299-1011 for immediate support



# PHONE AND TEXT LINE SUPPORT

5

## ONTARIO

### Black Youth Helpline

**About:** Focuses on the prevention of social, psychological breakdown in communities through a focus on education, health and community development. Their services include development counseling and coaching for youth and families. Initial intakes are followed by professional assessment to identify root causes of issues and challenges.

**Phone:** 416-285-9944 9am-10pm every day

**Email:** [info@blackyouth.ca](mailto:info@blackyouth.ca)

### RiseUp by Kids Help Phone

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

**Text:** text RISE to 686868

### Beendigen's Talk4Healing Helpline

**About:** Offers help, support, and resources 24/7 through talk, text, and chat for Indigenous women and their families. Bilingual services provided.

**Phone:** 1-855-554-HEAL

**Text:** text 1-855-554-HEAL

**Chat:** [www.beendigen.com/programs/talk4healing/](http://www.beendigen.com/programs/talk4healing/)

## ONTARIO

### Residential School Crisis Line

**About:** Offers 24/7 support for Survivors and those affected by residential schools.

**Phone:** 1-866-925-4419

### MMIW Crisis Line

**About:** Offers 24/7 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, in English, French, Cree, Anishnaabemowin (Ojibway) and Inuktitut.

**Phone:** 1-844-413-6649

### SUCCESS Chinese Helpline

**About:** Offers non-English-speaking individuals with confidential emotional support and referrals to community resources that can support them to address a wide range of life issues. Services provided in Mandarin, Cantonese, Korean, Farsi-Dari, and Ukrainian.

**Visit:** [www.successbc.ca/counselling-crisis-support/services/help-lines/](http://www.successbc.ca/counselling-crisis-support/services/help-lines/) for information on the extensions and hours of operation for each language.

Services on this page may be available for use nationwide or across the province.

# PHONE AND TEXT LINE SUPPORT

## ONTARIO

### Wellness Together Canada

**About:** Free grief and loss coaching to help with understanding and managing your grief process.

**Phone:** 1-866-585-0445 for support

**Visit:** [www.wellnesstogether.ca/en-ca/grief-and-loss-coaching/](http://www.wellnesstogether.ca/en-ca/grief-and-loss-coaching/)

### Kemp Hospice

**About:** Free grief text line and online chat support to provide accessible, short-term peer grief emotional support.

**Text:** 289-278-1885 Mon-Fri 10am-4pm EST

**Chat:** [www.resourceconnect.com/dbkh/chat](http://www.resourceconnect.com/dbkh/chat)

## PEEL

### Distress Centres of Greater Toronto

**About:** 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.dccogt.com/](http://www.dccogt.com/)

### Peel Crisis Services (16+)

**About:** Supporting individuals 16+ 24/7 experiencing a mental health crisis.

**Phone:** 905-278-9036 (Toll Free) 1-800-811-2222

### Peel Children's Response Centre

**About:** Supporting individuals 0-18 from 7am-11pm experiencing a mental health crisis.

**Phone:** 416-410-8615

## HALTON

### COAST (Crisis Outreach and Support Team)

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

**Phone:** 1-877-825-9011 for immediate support

### Distress Centre Halton

**About:** 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

They also have "**TeleCheck**" - an outbound call program that supports isolated seniors, people with mental health, caregivers, Alzheimer's patients, clients awaiting mental health services, or people needing additional community mental health support.

### ROCK- Reach out Centre for Kids

**About:** 24/7 crisis support.

**Phone:** 905-878-9785 (24 hours)

# ONE-ON-ONE SUPPORTS

## PEEL

### Heart House Hospice

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

**Phone:** 905-712-8119 for referrals

**Email:** [info@hearthousehospice.com](mailto:info@hearthousehospice.com) for information and referrals

### Heart House Hospice

**About:** Residents of Peel grieving the death of someone may access professional grief counselling (8 sessions), volunteer support such as virtual grief/meditation/journaling/energy healing/support groups, and more (all session-limited).

**Phone:** 905-712-8119 for information

**Visit:** [www.hearthousehospice.com/wp-content/uploads/2021/09/HHHBereavementProgramOfferingsFINALMay21.pdf](http://www.hearthousehospice.com/wp-content/uploads/2021/09/HHHBereavementProgramOfferingsFINALMay21.pdf)

### Bethell Hospice

**About:** Provides free one-to-one supportive social work counselling for those living in Caledon, Brampton, or Dufferin County who are coping with bereavement, loss, and grief.

**Phone:** 905-452-4979 for referrals

**Visit:** [www.bethellhospice.org/](http://www.bethellhospice.org/)

### Bereaved Families of Ontario

**About:** We are 1 of 10 affiliates across Ontario. Some locations are accepting clients outside their catchments and offer one-on-one supports (not all provide this).

**Visit:** [www.bereavedfamilies.net/index.htm](http://www.bereavedfamilies.net/index.htm)

## PEEL

### Wheretostart

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

**Phone:** 905-451-4655 for intakes

**Email:** [info@cwheretostart.ca](mailto:info@cwheretostart.ca) for information

**Visit:** [www.wheretostart.ca/request-an-intake/](http://www.wheretostart.ca/request-an-intake/) to request an intake

### Tangerine Counselling

**About:** Free counselling for children, youth, and their caregivers.

**Phone:** 905-795-3530 for information

**Visit:** [www.tangerinewalkin.com/request-appointment](http://www.tangerinewalkin.com/request-appointment) to schedule an appointment or for more information

### EveryMind

**About:** Provides help and hope to infants, children, youth, and young adults; offers 24/7 crisis response.

**Phone:** 905-278-9036 for immediate crisis support

**Visit:** [www.everymind.ca/](http://www.everymind.ca/)

### Distress Centres of Toronto

**About:** Offers 24/7 emotional phone support and crisis intervention to Peel residents as well as one-to-one supports for survivors of suicide or homicide loss.

**Phone:** 905-459-7777 for immediate support, or text 45645 between 4pm-12am

**Visit:** [www.dcoct.com/upcoming-groups](http://www.dcoct.com/upcoming-groups) for more information on one-to-one supports

# ONE-ON-ONE SUPPORTS

## PEEL

### Peel Children and Youth Services

**About:** Provides free mental health services, including counselling for children and youth in Peel Region.

**Website:** [www.peelcmha.org](http://www.peelcmha.org)

**Phone:** 905-450-1608

**Email:** [info@peelcmha.org](mailto:info@peelcmha.org)

## HALTON

### Acclaim Health

**About:** 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/](http://www.acclaimhealth.ca/programs/hospice-and-bereavement/bereavement-support-request/) for support requests

**Phone:** 905-827-8800 for more information

**Email:** [www.acclaimhealth.ca/contact](http://www.acclaimhealth.ca/contact)

### CMHA- Halton

**About:** Free individual counselling over the phone or video conferencing Monday-Friday 8:30-4:30 for individuals 16+

**Visit:** [www.halton.cmha.ca/free-walk-in-counselling/](http://www.halton.cmha.ca/free-walk-in-counselling/)

**Phone:** 289-291-5396

**Email:** [info@cmhahrb.ca](mailto:info@cmhahrb.ca)

### ROCK- Reach Out Centre For Kids

**About:** Free group-based and individual based mental health services for ages 0-17.

**Visit:** [www.rockonline.ca](http://www.rockonline.ca)

**Phone:** 289-266-0036

**Email:** [info@cmhahrb.ca](mailto:info@cmhahrb.ca)



# FRIENDLY SUPPORT LINES

## ONTARIO

### Canadian Red Cross “Friendly Calls Program”

**About:** Matches people ages 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 weekdays

**Visit:** [www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program](http://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program) to sign up

### Routes Friendly Calls

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

**Visit:** [www.routescc.org/friendlycalls](http://www.routescc.org/friendlycalls) to sign up

### Chatting to Wellness

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

**Phone:** 437-702-2025 to register or visit below

**Visit:** [www.chattingtowellness.ca/phonechats](http://www.chattingtowellness.ca/phonechats) to register or call the above number

## ONTARIO

### A Friendly Voice

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

**Phone:** 1-855-892-9992

**Visit:** [www.afriendlyvoice.ca](http://www.afriendlyvoice.ca)

### CANES Friendly Visiting

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

**Phone:** 416-743-3892 to request this service

**Visit:** [www.canes.on.ca/services/friendly-visiting](http://www.canes.on.ca/services/friendly-visiting) for more information

### EveryMind

**About:** Provides help and hope to infants, children, youth, and young adults; offers 24/7 crisis response.

**Phone:** 905-278-9036 for immediate crisis support

**Visit:** [www.everymind.ca/](http://www.everymind.ca/)

### Distress Centres of Toronto

**About:** Offers 24/7 emotional phone support and crisis intervention to Peel residents as well as one-to-one supports for survivors of suicide or homicide loss.

**Phone:** 905-459-7777 for immediate support, or text 45645 between 4pm-12am

**Visit:** [www.dcoct.com/upcoming-groups](http://www.dcoct.com/upcoming-groups) for more information on one-to-one supports

# GROUP AND COMMUNITY GRIEF SUPPORTS

10

## HALTON

### **Lighthouse Centre for Grieving Children**

**About:** Free, peer bereavement support groups for children and teens ages 3-18 and their caregivers.

**Phone:** 905-337-2333 for information

**Email:** [info@lighthousegriefsupport.org](mailto:info@lighthousegriefsupport.org) for information

*Located in Oakville for in-person support throughout the school year.*

### **House of Hope**

**About:** Provides free, emotional and group support for children and their families suffering a loss.

**Phone:** 905-340-0431 for information

**Email:** [info@houseofhopeontario.com](mailto:info@houseofhopeontario.com) for information

*Located in Burlington and also offers paid, individual counselling.*

### **Acclaim Health**

**About:** Offers varying 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/](http://www.acclaimhealth.ca/programs/hospice-and-bereavement/bereavement-support-groups/)

### **Heartache2Hope**

**About:** 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/](http://www.heartache2hope.com/programs-and-services/)

## PEEL

### **Wellspring**

**About:** 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/](http://www.wellspring.ca/online-programs/programs/all-programs/)

### **Distress Centres of Toronto**

**About:** 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.

**Phone:** 416-595-1716 for more information

**Visit:** [www.dcoct.com/survivor-support](http://www.dcoct.com/survivor-support) for information

### **Heart House Hospice**

**About:** Offers bereavement support groups, grief chat circles, social walking groups, and more.

**Phone:** 905-712-8119 for more information

**Visit:** [www.hearthousehospice.com/how-we-help/counselling-support/bereavement/](http://www.hearthousehospice.com/how-we-help/counselling-support/bereavement/) for information

# COMMUNITY SUPPORTS

## HALTON

### Halton Food for Thought

**About:** Provides healthy food programs for students, including breakfast programs and nutritious snacks in schools across Halton.

**Visit:** [www.haltonfoodforthought.ca](http://www.haltonfoodforthought.ca)

### Halton Region Social Services

**About:** Offers financial assistance, housing support, child care, and employment support for residents in need.

**Visit:** [www.halton.ca](http://www.halton.ca)

### The Salvation Army Halton

**About:** Offers a range of services, including emergency food, shelter, and community meals.

**Visit:** [www.salvationarmy.ca](http://www.salvationarmy.ca)

### Food4Kids Halton

**About:** Provides free, healthy food to children who may not have enough to eat over the weekends or during school breaks.

**Visit:** [www.food4kids.ca](http://www.food4kids.ca)

### Free Community Meal Programs

**About:** Many local churches, such as St. Andrew's United Church (Oakville) and St. Timothy's Church (Burlington), offer free community meals on specific days.

**Visit:** Check local listings for specific details.

## HALTON

### Halton Multicultural Council (HMC)

**About:** Offers settlement services, language support, and community connections for newcomers to Halton.

**Visit:** [www.haltonmulticulturalcouncil.ca](http://www.haltonmulticulturalcouncil.ca)

### Halton Region Library (Public Libraries)

**About:** Offers free access to books, digital resources, and various community programs, such as tutoring, job search assistance, and workshops.

**Visit:** [www.hpl.ca](http://www.hpl.ca)

### United Way Halton & Hamilton

**About:** Provides funding to local initiatives and supports a range of services for those in need, including housing, food, and mental health services.

**Visit:** [www.uwhh.ca](http://www.uwhh.ca)

### Burlington Community Resource Centre

**About:** Offers food support, employment services, and housing assistance to Burlington residents.

**Visit:** [www.burlingtoncrc.ca](http://www.burlingtoncrc.ca)

### Milton Community Resource Centre

**About:** Provides food programs, housing, family support, and other community resources for Milton residents.

**Visit:** [www.mcrc.on.ca](http://www.mcrc.on.ca)

# COMMUNITY SUPPORTS

## PEEL

### The Mississauga Food Bank

**About:** Provides emergency food assistance to residents of Mississauga. They offer food hampers and support for individuals and families experiencing food insecurity.

**Visit:** [www.themississaugafoodbank.org](http://www.themississaugafoodbank.org)

### Brampton Soup Kitchen and Food Bank

**About:** Offers food assistance through food banks and community meals to individuals and families in need.

**Visit:** [www.bramptonsoupkitchen.org](http://www.bramptonsoupkitchen.org)

### Mississauga and Brampton Public Libraries

**About:** Free access to books, digital resources, learning programs, job search assistance, and workshops. Library membership is free for Peel residents.

**Visit:** [www.bramptonlibrary.ca](http://www.bramptonlibrary.ca) (Brampton)

## PEEL

### Peel Multicultural Council

**About:** Provides settlement services, language classes, employment support, and community connections for immigrants and newcomers to Peel.

**Visit:** [www.peelmc.com](http://www.peelmc.com)

### Peel Senior Link

**About:** Offers free support to seniors, including advocacy, health and wellness programs, caregiver support, and assistance with accessing services.

**Visit:** [www.peelseniorlink.org](http://www.peelseniorlink.org)

### Brampton and Caledon Community Support Services

**About:** Offers programs and services, including food, transportation, home support, and other community resources to seniors and low-income individuals.

**Visit:** [www.bccss.org](http://www.bccss.org)

# GROUP AND COMMUNITY GRIEF SUPPORTS

13

## ONTARIO

### **Bereaved Families of Ontario**

**About:** we are 1 of 11 affiliates across Ontario. Some locations are accepting members outside their catchments and offer different group supports.

**Visit:** [www.bereavedfamilies.net/index.htm](http://www.bereavedfamilies.net/index.htm)

### **Pregnancy and Infant Loss (PAIL) Network**

**About:** 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/programs-for-parents/](http://www.pailnetwork.sunnybrook.ca/programs-for-parents/) for more information

### **Canadian Armed Forces: Shoulder to Shoulder**

**About:** 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.

**Visit:** [www.cafconnection.ca/National/Programs-Services/For-Families-of-the-Fallen/Shoulder-to-Shoulder.aspx](http://www.cafconnection.ca/National/Programs-Services/For-Families-of-the-Fallen/Shoulder-to-Shoulder.aspx) for more information

### **Additional Supports, Please Visit...**

- [www.camh.ca/-/media/files/community-resource-sheets/grieving-resources-pdf.pdf](http://www.camh.ca/-/media/files/community-resource-sheets/grieving-resources-pdf.pdf)





# ANTICIPATORY GRIEF SERVICES

## HALTON

### Acclaim Health- Kids Anticipatory Grief & Bereavement

**About:** 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.

**Phone:** 905-827-8800

**Email:** [generalinquiries@acclaimhealth.ca](mailto:generalinquiries@acclaimhealth.ca)

### Wellspring - Birmingham Gilgan House (Cancer Support)

**About:** 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.

**Phone:** 905-257-1988

**Email:** [communications@wellspring.ca](mailto:communications@wellspring.ca)

**Visit:** [www.wellspring.ca](http://www.wellspring.ca)

### Carpenter Hospice

**About:** 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.

**Phone:** 905-631-9994

**Email:** [admin@thecarpenterhospice.com](mailto:admin@thecarpenterhospice.com)

**Visit:** [www.thecarpenterhospice.com](http://www.thecarpenterhospice.com)

### The Darling Home for Kids

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

**Phone:** 905-878-7673

**Email:** [info@darlinghomeforkids.ca](mailto:info@darlinghomeforkids.ca)

**Visit:** [www.darlinghomeforkids.ca](http://www.darlinghomeforkids.ca)

## PEEL

### Hospice Mississauga

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

**Phone:** 905-712-8119

**Email:** [info@hospicemississauga.ca](mailto:info@hospicemississauga.ca)

**Visit:** [www.hospicemississauga.ca](http://www.hospicemississauga.ca)

### Wellspring - Chinguacousy (Cancer Support)

**About:** 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.

**Phone:** 905-792-6480

**Email:** [admin@wellspringbrampton.ca](mailto:admin@wellspringbrampton.ca)

**Visit:** [www.wellspring.ca](http://www.wellspring.ca)

### Ian Anderson House

**About:** Individuals aged 18+ with a life expectancy of three months or less who reside in Mississauga (excluding Malton), Oakville, Milton, Halton Hills and South Etobicoke.

**Phone:** 905-337-8004

**Email:** [info@ianandersonhouse.com](mailto:info@ianandersonhouse.com)

**Visit:** [www.ianandersonhouse.com](http://www.ianandersonhouse.com)

### Bethall Hospice

**About:** Hospice residence, as well as a range of community programs and services for individuals still residing in their own homes.

**Phone:** 905-838-3534

**Email:** [info@bethellhospice.org](mailto:info@bethellhospice.org)

**Visit:** [www.bethellhospice.org](http://www.bethellhospice.org)

# ADDICTION & REHAB SERVICES

## HALTON

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

**About:** Services available for adults and youth

**Phone:** 905-639-6537 ext. 0

**Email:** [adapt@haltonadapt.org](mailto:adapt@haltonadapt.org)

**Visit:** [haltonadapt.org](http://haltonadapt.org)

### **Integrated Addiction Medicine Clinic**

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

**Phone:** 905-845-2571

**Visit:** [www.haltonhealthcare.on.ca](http://www.haltonhealthcare.on.ca)

### **CMHA Halton**

**About:** Providing support to individuals age 16+ as well as families and caregivers. Services include counselling and treatment, crisis services, peer support, health promotion, case management, information and referral.

**Phone:** 1-877-693-4270

**Email:** [info@cmhahrb.ca](mailto:info@cmhahrb.ca)

**Visit:** [www.halton.cmha.ca](http://www.halton.cmha.ca)

### **Rapid Access Addiction Medicine (RAAM)**

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

**Phone:** 1-855-742-9449

**Visit:** [www.hmraam.ca](http://www.hmraam.ca)

## PEEL

### **Peel Addiction Assessment & Referral Centre (PAARC)**

**About:** 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.

**Phone:** 905-629-1007

**Email:** [admin@paarc.com](mailto:admin@paarc.com)

**Visit:** [www.paarc.com](http://www.paarc.com)

### **The Homewood Clinic Mississauga**

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

**Phone:** 289-207-0011

### **Rapid Access Addiction Medicine (RAAM)**

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

**Phone:** 905-451-2133

Email: [info@cmhapeel.ca](mailto:info@cmhapeel.ca)

**Visit:** [www.cmhapeeldufferin.ca](http://www.cmhapeeldufferin.ca)

### **CAMH Medical Withdrawal Management**

**Phone:** 416-535-8501 ext. 26071

**Visit:** [www.camh.ca](http://www.camh.ca)

# ADDICTION & REHAB SERVICES

## PEEL

### Addiction & Concurrent Disorders Centre

**About:** Services include psychiatric and/or addiction medicine consultation, and group treatment. A doctor's referral is required.

**Phone:** 905-813-4402

### YMCA Youth Substance Abuse Program

**About:** 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.

**Phone:** 905-276-9322 ext. 31216

**Email:** [memberservices@ymcagta.org](mailto:memberservices@ymcagta.org)

**Visit:** [www.ymcagta.org/youth-programs/ysap](http://www.ymcagta.org/youth-programs/ysap)

### Withdrawal Management Centre

**About:** 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

**Phone:** 905-456-3500 or 905-494-2120 ext. 22584

**Visit:** [www.williamoslerhs.ca/en/areas-of-care/addictions-services-for-adults.aspx#Withdrawal-Management-Centre](http://www.williamoslerhs.ca/en/areas-of-care/addictions-services-for-adults.aspx#Withdrawal-Management-Centre)

## PEEL

### OATC Brampton Clinic

**Phone:** 905-450-6679

**Visit:** [www.oatc.ca](http://www.oatc.ca)

### Horizon's Opioid Treatment Services

**About:** Assessment and treatment for people dependent on narcotics.

**Phone:** 1-855-742-9449

**Email:** [info@horizonsclinic.ca](mailto:info@horizonsclinic.ca)

**Visit:** [horizonsclinic.ca](http://horizonsclinic.ca)

# 2SLGBTQ+ SUPPORTS

## HALTON

### PFlag Halton

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

**Visit:** [www.pflagcanada.ca](http://www.pflagcanada.ca)

**Phone:** +1 888-530-6777 ext. 582

**Email:** [haltonon@pflagcanada.ca](mailto:haltonon@pflagcanada.ca)

### LGBT Youthline

**About:** Confidential, non-judgmental and informed 2SLGBTQ+ peer support available for ages 16-29 Sunday to Friday from 4:00pm to 9:30pm through their chat services.

**Phone:** 416-962-9688

**Email:** [askus@youthline.ca](mailto:askus@youthline.ca)

**Text:** 647-694-4275

### Positive Space Network

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

**Phone:** (289)-208-0886

**Email:** [psnyouth@rockonline.ca](mailto:psnyouth@rockonline.ca)

### Prism

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

**Email:** [prismhalton@gmail.com](mailto:prismhalton@gmail.com)

**Visit:** [prismhalton.com](http://prismhalton.com)

## PEEL

### Queer Exposure (QX)

**About:** Social support groups, 1 on 1 support sessions, monthly support meetings, primary health care, including hormone therapy, advocacy referrals to queer and trans positive services including counselling.

**Phone:** 905-602-4082 ext. 455

**Email:** [qxposure@hotmail.com](mailto:qxposure@hotmail.com)

**Visit:** [www.qxposure.blogspot.ca](http://www.qxposure.blogspot.ca)

### Associated Youth Services of Peel

**About:** The Youth Beyond Barriers program provides confidential services for youth 12-17 who identify as 2SLGBTQ+. In-person and/or virtual counselling and weekly youth groups.

**Phone:** 905-451-4655

**Email:** [ybb@aysp.ca](mailto:ybb@aysp.ca)

### Peel HIV/AIDS Network

**About:** Serving people living with/and affected by HIV/AIDS including counselling, case management, health promotion and referrals to improve quality of life.

**Phone:** 905-361-0523

**Email:** [info@phan.ca](mailto:info@phan.ca)

### Rainbow Health Ontario

**About:** Service directory designed to help you find health and social service providers who have expressed a commitment to providing competent and welcoming care to 2SLGBTQ+ people in Ontario.

**Phone:** 416-324-4100

**Email:** [info@rainbowhealthontario.ca](mailto:info@rainbowhealthontario.ca)

# INDIGENOUS SUPPORTS

## HALTON / PEEL

### Grandmothers Voice

**About:** Indigenous and non-Indigenous people and organizations, who desire to learn and grow together in a good way. Services include Navigating Indigenous Services, Personal/Professional development, Indigenous Education Workshops.

**Phone:** 647-226-0014

**Email:** grandmothersvoice@gmail.com

### Indigenous Network

**About:** Services include food banks, peer support, life skills guidance, personalized plan of action, addiction prevention, culturally specific experiences, judicial system support and more.

**Phone:** 905-712-4726

**Email:** info@theindigenousnetwork.com

### Metis Nation of Ontario, Brampton

**About:** Mental health and addiction services, healthy babies/healthy children, prenatal nutrition, employment and training services and educational activities for child, youth and families.

**Phone:** 905-450-4844

**Email:** contactus@metisnation.org

## ONTARIO

### Native Child and Family Services of Toronto

**About:** Native Child and Family Services of Toronto (NCFST) is a multi-service urban Aboriginal agency providing holistic, culture-based programs and services for Aboriginal children and families.

**Phone:** 416-969-8510

**Email:** info@nativechild.org

### Finding Our Power Together

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

**Phone:** 416-536-3676

**Email:** info@findingourpowertogether.com

### Hamilton Regional Indian Centre

**About:** A culturally safe and appropriate space for Indigenous people to access housing supports and connect with peers in a community-based setting. Access meals, connect with elders and knowledge keepers, access traditional medicine, and meet with housing workers.

**Email:** HDICP@hric.ca



# SOUTH ASIAN SUPPORTS

## PEEL

### Soch Mental Health

**About:** 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.

**Email:** [info@sochmentalhealth.com](mailto:info@sochmentalhealth.com)

**Visit:** [www.sochmentalhealth.com](http://www.sochmentalhealth.com)

### South Asian Canadians Health & Social Services (SACHSS)

**About:** Services include Individual Counselling, Group Counselling, Couple Counselling, Family Counselling and Counselling for Children and Youth. SACHSS also offers Health Education, Health Promotion, Mental Health, Addictions, Stress Management, Anger Management and social services along with building a healthy community through empowerment of community members.

**Phone:** 647-523-6380

**Email:** [info@sachss.org](mailto:info@sachss.org)

### South Asian Family Enrichment (SAFE) Program

**About:** 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.

**Phone:** 905-564-2844

**Email:** [info@vspeel.org](mailto:info@vspeel.org)

**Visit:** [www.vspeel.org/southasianfamilyenrichment](http://www.vspeel.org/southasianfamilyenrichment)

## PEEL

### South Asian Welcome Centre

**About:** Ethnically sensitive support. Services include marital, family and individual counselling, anger and abusive behaviour management counselling.

**Phone:** 647-338-1708

647-449-0502

**Email:** [sawcentre18@gmail.com](mailto:sawcentre18@gmail.com)

**Visit:** [www.southasianwelcomecentre..com](http://www.southasianwelcomecentre..com)

### Hum-WE Women's Hub

**About:** Providing assistance to women facing domestic abuse whether emotional, psychological, financial or physical. Supports include support groups, programs and classes to survivors that are culture and age group appropriate and assistance in strengthening survivors emotional, social and financial situations.

**Email:** [info@hum-we.ca](mailto:info@hum-we.ca)

**Visit:** [www.hum-we.ca](http://www.hum-we.ca)

# ABUSE & ASSAULT SERVICES

## HALTON

### Thrive Counselling- Violence Against Women Program

**About:** Free individual and group counselling for women who have experienced verbal, emotional, physical, sexual and/or financial abuse from their partner \* group programming available for children of women exposed to abuse.

**Visit:** [www.thrivecounselling.org/program-registration/toregisterandformoreinformation](http://www.thrivecounselling.org/program-registration/toregisterandformoreinformation)

**Phone:** [www.thrivecounselling.org/contact-us/to-find-contact-numbers-for-various-cities](http://www.thrivecounselling.org/contact-us/to-find-contact-numbers-for-various-cities)

**Email:** [info@thrivecounselling.org](mailto:info@thrivecounselling.org)

### Catholic Family Services of Peel-Dufferin- Heal Programs

**About:** Free counselling and programs for women and/or children with a trained clinical counsellor to process experiences of exposure to Intimate Partner and Family Violence.

**Visit:** [www.cfspd.com](http://www.cfspd.com)

**Phone:** 905-450-1608 ext.112

**Email:** [info@cfspd.com](mailto:info@cfspd.com)

### Savis of Halton

**About:** Free, confidential, and non-judgmental 24 hour support to all survivors of violence including female-identified, male-identified, and members of the trans community.

**Visit:** [www.savisofhalton.org](http://www.savisofhalton.org)

**Phone:** 905-875-1555 (line is 24/7)

**Email:** [savis@savisofhalton.org](mailto:savis@savisofhalton.org)

**IF YOU OR SOMEONE YOU ARE WITH IS IN IMMEDIATE DANGER PLEASE CALL 911.**

## PEEL

### Trillium Health Partners: Chantel's Place

**About:** Chantel's Place provides a secure and supportive environment for survivors of sexual assault and domestic violence. Open 24/7, visits are confidential.

**Phone:** 905-848-7580 ex. 2548

**Visit:** [www.thp.ca/patientservices/Womens-Services/SexualAssault-DomesticViolence/Pages/Chantels-Place.aspx](http://www.thp.ca/patientservices/Womens-Services/SexualAssault-DomesticViolence/Pages/Chantels-Place.aspx)

### Peel Region's Hope Place (Crisis Line)

**About:** Victims of sexual assault.

**Phone:** 1-800-810-0180

### Assaulted Women's Help Line

**About:** Provides 24-hour, 7-days-a-week crisis counselling, emotional support, information and referrals to women in up to 154 languages.

**Phone:** 1-866-863-0511

**Visit:** [www.awhl.org](http://www.awhl.org)

### Interim Place

**About:** Provides shelter, support, counselling, and advocacy for abused women and their children.

**Crisis Line:** 905-403-0864

### Revive

**About:** Free services ages 12+ for females who have experienced gender-based violence and/or sexual and interpersonal violence.

**Phone:** 905-792-0821

**Email:** [info@revivepeel.com](mailto:info@revivepeel.com)

# SHELTER AND HOUSING

## HALTON

### Halton Region Housing Services

**About:** Provides support for those in need of affordable housing and emergency housing services.

**Visit:** [www.halton.ca](http://www.halton.ca)

### The Halton Women's Place

**About:** Provides shelter, support, and counseling for women and children affected by domestic violence.

**Visit:** [www.haltonwomensplace.com](http://www.haltonwomensplace.com)

### Milton Transitional Housing & Support Services

**About:** Provides transitional housing, support programs, and referrals to individuals and families in need.

**Visit:** [www.mthss.ca](http://www.mthss.ca)

### The Salvation Army- Halton Lighthouse Emergency Shelter

**About:** A men's emergency shelter providing safe, secure, short-term accommodations.

**Phone:** 905-339-2918

**Visit:** [www.salvationarmyhnb.ca](http://www.salvationarmyhnb.ca)

### Shifra Homes Inc

**About:** Maternity residence located in Burlington, Ontario that provides support to young, unhoused, pregnant women between the ages of 16 and 27.

**Phone:** 905-681-9633

**Visit:** [www.shifrahomes.com](http://www.shifrahomes.com)

## PEEL

### Interim Place

**About:** Provides shelter, support, counselling, and advocacy for abused women and their children.

**Visit:** [www.interimplace.com](http://www.interimplace.com)

**Phone:** 905-403-0864

**Email:** [info@interimplace.com](mailto:info@interimplace.com)

### Ellen House

**About:** Short-term shelter for single women age 25+ for women leaving violence and/or are unhoused.

**Phone:** 437-688-2634

**Email:** [cmonteiro@efryhope.com](mailto:cmonteiro@efryhope.com)

### Brampton Queen Street Youth Shelter

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

**Phone:** 905-450-1996

**Visit:** [www.peelregion.ca/housing/shelters](http://www.peelregion.ca/housing/shelters)

### Our Place Peel

**About:** Emergency Youth Shelter providing shelter, basic needs and counselling and for youth, ages 16-24.

**Phone:** 905-238-1383

**Email:** [info@ourplacepeel.org](mailto:info@ourplacepeel.org)

**Visit:** [www.ourplacepeel.org](http://www.ourplacepeel.org)

# SHELTER AND HOUSING

## PEEL

### **Wilkinson Shelter**

**About:** Shelter for adult males age 25+ providing food, clothing, employment and housing support, health clinics and more.

**Phone:** 905-452-1335

**Email:** [peelaccesstohousing@peelregion.ca](mailto:peelaccesstohousing@peelregion.ca)

### **St. Leonard's Place**

**About:** Support for males who have had conflict with the law, males who are unhoused or are at risk of being unhoused and have mental health challenges and/or challenges with addiction, for ages 18+.

**Phone:** 905-457-3611

**Email:** [info@slpp.ca](mailto:info@slpp.ca)

### **Armagh**

**About:** Transitional housing offering secure and affordable housing to abused women with or without children.

**Phone:** 905-855-0299

**Email:** [info@armaghhouse.ca](mailto:info@armaghhouse.ca)

### **Cawthra Shelter**

**About:** Single men and women ages 25+, no couples or children.

**Phone:** 905-281-1272

**Email:** [Blessing.Anyanwue@salvationarmy.ca](mailto:Blessing.Anyanwue@salvationarmy.ca)

### **Peel Youth Village**

**About:** Transitional housing and support services for youth between 16-24.

**Phone:** 905-791-5576

**Visit:** [www.shipshey.ca/housing/peel-youth-village/](http://www.shipshey.ca/housing/peel-youth-village/)

## PEEL

### **Angela's Place**

**About:** Shelter for families, must have a dependent, be considered a resident of peel and be in receipt of social assistance or considered low income.

**Phone:** 905-791-3887

**Visit:** [www.caredove.com/supportivehousinginpeel/service/detail/sid/4903](http://www.caredove.com/supportivehousinginpeel/service/detail/sid/4903)

### **Peel Family Shelter**

**About:** Support for individuals and families. Support includes meals, counselling, employment support and referrals to longer-term housing.

**Phone:** 905-272-7061

**Email:** [info@peelregion.ca](mailto:info@peelregion.ca)

# GRIEF INFORMATION

## GRIEF INFORMATION

### **www.whatsyourgrief.com**

**About:** a place for grief education, articles, sharing, support & more.

### **www.childrengrieve.org**

**About:** "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**

**About:** offering resources to help people who are grieving and those who care for them.

### **www.mygrief.ca**

**About:** confidential and free, this website helps you to understand and move through your grief.

### **www.grief.com**

**About:** 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**

**About:** resources for talking with kids and teens about serious illness, dying and death. Includes information for parents and educators

### **www.youthgrief.ca**

**About:** online resource developed by grieving youth, for grieving youth

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

**About:** downloadable booklet created to support families and friends following youth suicide

## PODCASTS

### **What's Your Grief**

**About:** speakers demystify the complicated and sometimes crazy experience of life after loss.

**[Listen Here](#)**

### **Healing with David Kessler**

**About:** David Kessler is a grief expert whom explores ways to focus on the power of healing our grief and trauma.

**[Listen Here](#)**

### **The Grief Sofa**

**About:** opening conversations surrounding grief and remembering those lost along the way.

**[Listen Here](#)**

### **Philotimo of Life**

**About:** learn about death literacy to help you live a happier life.

**[Listen Here](#)**

### **More Podcasts, Please Visit...**

**[Listen Here](#)**

**Find Mental Health Help in Your Area:**

[www.ementalhealth.ca/](http://www.ementalhealth.ca/)