

RECREATION YOUTH RESOURCES

Young Family Supports

BridgeWay Family Centre

bridgewaycentre.ca | 905-822-1114 ext 243

The BridgeWay Family Centre provides free programs for families with young children, birth to six years, looking for extra help and living on low incomes. The centre offers play programs, nutrition programs, food security, emotional support, and opportunities for networking and information.

Canadian Mental Health Association - Family Outreach Response program

toronto.cmha.ca/family-support | 416-789-7957

The Family Outreach and Response (FOR) Program at CMHA Toronto provides support to family and friends who have a loved one experiencing a mental health issue. The program includes equitable and accessible service, family empowerment and a trauma-informed approach to mental care. This program is for people who have a loved one between the ages of 16 to 65 who are experiencing a mental health issue.

Family Education Centre

oacas.org

A Family Education Centre that focuses on ways to improve parenting skills through online courses, crisis hotline and online resources. Services vary from mental health, to partner violence and alcohol and addictions support.

Family Supports Institute Ontario

fsio.ca | 416-987-7725

Family Support Institute is dedicated to shape the emerging early years and child care system in so many ways. They have enhanced child and family well-being by reducing isolation of parents and caregivers with infants, toddlers, preschoolers and kindergarteners. They also works to enhance child and family well-being through support programs, resources and community services.

RECREATION YOUTH RESOURCES

Young Family Supports

Family Services of Peel

fspeel.org | 905-453-5775

Family Services of Peel is a community-based agency that works to strengthen families, couples and individuals through guidance, coaching, mentoring, education and support.

Family Service Toronto

familyservicetoronto.org | 416-595-9230 ext. 0

Supported by Citizenship and Immigration Canada, the Healthy Families, Healthy Communities program is for newcomer families. This program caters to Iranian, Afghan, Somali and Tamil communities who are trained to become peer leaders and community facilitators. Services are accessible at the Toronto location: 355 Church Street.

- For parents the program provides workshops on topics such as Canadian rights and laws, communication skills, stress and anger management etc.
- For youth the program provides workshops on the rights of youth, culture shock, healthy and unhealthy family dynamics etc.

Family Care Centre

family.cmho.org | 416-921-2109 ext. 128

The Family Care Centre is provided to the public by Children's Mental Health Ontario and Parents for Children's Mental Health. This is a resource hub for parents with young children who have a mental illness. The centre has Parental Survival Guides, Tips for Managing Crisis, and the School Mental Health Backpack with resources and tips to support your child's mental health while they are in school.

Safe Centre of Peel

scopeel.org | 905-450-4650

The Safe Centre of Peel is a safe and welcoming space where many community services agencies work together at one location. The centre offers support and compassionate care to families affected by abuse and violence in Peel.