Canadian Mental Health Association
Peel Dufferin
Mental health for all

Association canadienne pour la santé mentale
Peel Dufferin
La santé mentale pour tous

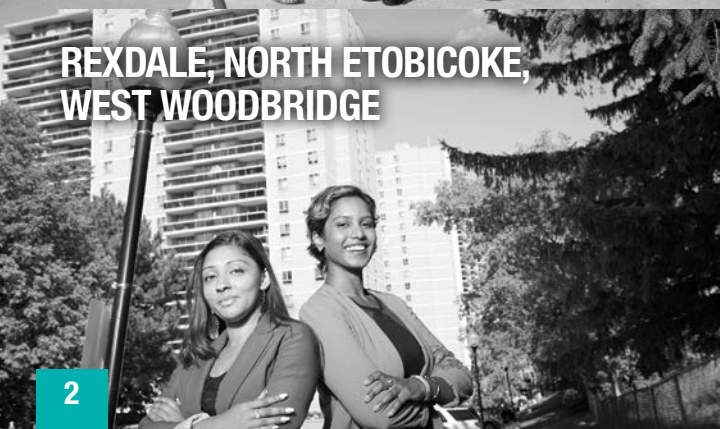
QUICK GUIDE

MENTAL HEALTH & ADDICTIONS RESOURCES

SERVING PEEL REGION, DUFFERIN COUNTY & SURROUNDING AREAS

Everyone has ups and downs in their everyday life, but if your mental health is affecting your daily life or getting in the way of your work or relationships, we can help. If you are worried about a friend or family member's mental health or substance use, we can help.

CMHA Peel Dufferin connects individuals to mental health information, education and support services. We offer personalized services including identification of your needs relating to mental health and substance use/addiction, and can connect you to our programs and other community supports. Our programs focus on helping people recover from mental illness and build resiliency.



For information regarding services and supports, or to make a referral to CMHA Peel Dufferin please contact us:

Monday - Friday: 9am - 5pm

905-451-2123 1-877-451-2123
905-456-7492
info@cmhapeel.ca cmhapeeldufferin.ca
Translation & Interpretation Services Available

/CMHA Peel Dufferin @CMHAPeelDuff
/CMHA Peel Dufferin in/CMHA-Peel-Dufferin

Are you in crisis? If you or someone you know is experiencing a mental health or addiction crisis and needs support contact:

24.7 Crisis Support Peel Dufferin
For anyone 16 years or older
905-278-9036
1-888-811-2222
(Caledon & Dufferin)

EveryMind
For those under 18 years of age
416-410-8615

If you require emergency assistance call 911 or go to the nearest hospital.

ABUSE

Assaulted Women's Helpline T
416-863-0511 1-866-863-0511

Caledon Dufferin Victim Services P/D
Free, one-to-one, confidential assistance 24 hours a day, 7 days a week, to support individuals affected by crime and tragic circumstances.
905-951-3838 (Peel) 519-942-1452 (Dufferin)
1-888-743-6496 info@cdvs.ca

Catholic Cross-Cultural Services / *Women Support Services* P
Confidential counselling services to assist newcomer women and their children who have, or are, experiencing domestic abuse.
905-457-7740 905-273-4140
www.cathcrosscultural.org

Chantel's Place P 905-848-7580 **x**2548

Dufferin Sexual Abuse Helpline D 519-942-1980

EveryMind / *Sexual Abuse Treatment* P 416-410-8615

Family Transition Place P/D
905-584-4357 (Peel) 519-941-4357 (Dufferin)
1-800-265-9178 www.familytransitionplace.ca

Hope 24/7 *(Sexual Assault / Rape Crisis Centre)* P
Clinical intervention and the prevention of sexual abuse and assault. Helping survivors move from cope to hope.
905-792-0821 1-800-810-0180 www.hope247.ca

Interim Place - South *(Women & Children)* P
905-403-0864 womensadvocatesouth@intermplace.com

Interim Place - North *(Women & Children)* P
905-676-8515 womensadvocatenorth@intermplace.com

Peel Children's Aid Society P 905-363-6131

Peel Elder Abuse Support Program / *24/7/365* P
905-453-5775

Salvation Army Family Life Resource Centre P
905-451-4115 info@ShelterBrampton.com

Victim Services of Peel P
905-568-1068 info@vsp.org

ADDICTIONS

The Rapid Access Addiction Medicine (RAAM) Clinic provides barrier free accessible care to clients with or without appointments or medical referrals. The RAAM Clinic provides substance use management strategies, including medications and psychosocial interventions that support safe withdrawl from substances. The clinic operates in 7 locations (Rexdale, Bramalea, Brampton, Mississauga, Bolton and Dufferin County) on different days. To serve you better, contact CMHA Peel Dufferin for more information.

905-451-2123 1-877-451-2123 info@cmhapeel.ca
www.cmhapeeldufferin.ca

Born to be Free D
A Christian based support group for people struggling with an addiction, and for those who have someone they care about dealing with an addiction.
519-942-0736

CAMH Medical Withdrawal Management Services T
416-535-8501 x26071 www.camh.ca

Community Alcohol & Drug Service (Homewood) P/D
289-207-0011 (Peel) 519-824-1010 (Dufferin)

Credit Valley Addictions and Concurrent Disorders Centre P
905-813-4402

Family Transition Place P/D
905-584-4357 (Peel) 519-941-4357 (Dufferin)
1-800-265-9178 www.familytransitionplace.ca

GTA Intergroup - Alcoholics Anonymous T
1-866-831-4657 519-941-4357 www.aatoronto.org

Hope Place Centres / *Men's Treatment Centre (Halton Recovery House)*
905-878-1120

Hope Place Centres / *Women's Treatment Centre Milton*
905-875-3214 x103

Hope Place Centres / *Community Based Treatment Centre Oakville*
1-877-399-7299 905-465-3324

The Jean Tweed Centre T
416-255-7359 www.jeantweed.com

Narcotics Anonymous O 1-888-811-3887

Ontario Problem Gambling Helpline O
1-888-230-3505

Peel Works Needle Exchange P
647-225-1623

Peel Youth Substance Abuse Program / *(YMCA) 14 - 24 years* P
905-276-9322 x31216 ysapadmin@ymca.com

Peel Addiction Assessment & Referral Centre (PAARC) P
905-629-1007 www.paarc.com/programs

Punjabi Community Health Services P
905-677-0889

William Osler Health System Withdrawal Management Centre P
905-456-3500 x231 www.williamoslerhc.on.ca

William Osler Health System Addiction Counselling Services P
905-796-3005 www.williamoslerhc.on.ca

BEREAVEMENT

Centre for Grief and Healing - Bereaved Families of Ontario P
Self-help open groups for various aspects of bereavement - Call for information about meeting dates and times.
905-848-4337 (Halton & Peel)
info@bereavedfamilies.ca
www.bereavedfamilies.ca

Community of People Extending Support P
6-week support group for people who share a similar experience: bereavement - 6 week workshops, 4 times a year, call for info (Turner & Porter Funeral Homes).
416-767-6793 comments@turnerporter.ca

Hospice Dufferin D
519-942-3313

Heart House Hospice P
905-712-8119 info@hearthouse.com

Hospice Caledon P
905-951-3534

Pregnancy and Infant Loss Network P
1-888-303-7245

Survivor Support Program T
Supports friends, family members or co-workers grieving a death by suicide or homicide - leave a message for meeting information.
416-595-1716 alex@torontodistresscentre.com

COMMUNITY HEALTH CENTRES

Albion Neighbourhood Services E
416-740-3704 ans@albionservices.ca

Bramalea Community Health Centre P
Serving people with barriers to accessing health care in L6T, L6R and L6S postal codes.
905-451-8090

East Mississauga Community Health Centre P
Serving people from Lake Ontario to Matheson Blvd; Hurontario St. to Etobicoke Creek.
905-602-4082 mississauga@lampchc.org

Four Corners Health Centre / Malton P
905-677-9599

Homewood Health Centre P/D
905-963-0063 (Peel) 519-824-1010 (Dufferin)

Reconnect Community Health Services E
416-248-2050

Rexdale Community Health Centre T
416-744-0066

Rexdale Women's Centre R
416-745-0062 www.rexdalewomen.org

Transgender Health Care D
519-780-5298

COUNSELLING

CMHA Peel Dufferin offers counselling services to individuals experiencing social, emotional and/or relationship concerns that are impacting their day to day lives.
905-451-2123 1-877-451-2123
info@cmhapeel.ca www.cmhapeeldufferin.ca

Associated Youth Services of Peel P
905-890-5222 www.aysp.ca

Canadian Hearing Services P
1-866-518-0000 1-877-215-9530 (TTY)
connectmentalhealth@chs.ca

Catholic Family Services of Peel Dufferin P/D
905-450-1608 (Peel)
905-897-1644 (Misissauga)
1-888-940-0584 (Dufferin)

Dufferin Child & Family Services / *Children's Mental Health Service (18 and under)* D
1-888-940-0584 519-941-1530

Elizabeth Fry Society of Peel-Halton P
For female offenders, including anger management.
905-459-1315 www.efrypeelhalton.ca

EveryMind / *12 - 24 years* P
Services for youth that live in the Peel Region. Community Counselling program and a variety of services offered.
416-410-8615 www.EveryMind.ca

Family Services of Peel / *Family & Community Support Services* P
905-453-5775 fsp@fspeel.org

Family Transition Place D
Woman Abuse, Sexual Abuse (women & men), Groups & Workshops.
519-942-4122 905-584-4357
www.familytransitionplace.ca

Hope 24/7 P
Individual and group counselling for survivors of sexual assult.
905-792-0821

John Howard Society – Peel Halton Dufferin P/D
Counselling and support for individuals experiencing employment, housing, financial, mental health, addiction, relationship, parenting or self-management problems.
905-459-2205 (Peel) 519-940-3061 (Dufferin)

The Learning Disabilities Association P
416-229-1680 905-272-4100 (Peel)
www.ldapr.ca

MIAG - Multicultural Inter-Agency Group of Peel P
Centre for Diverse Women & Families.
905-270-6252

Moyo Health & Community Services (formerly Peel HIV/AIDS Network) / *Individuals, groups, parents* P
905-361-0523 1-866-896-8700
www.moyohcs.ca

Newcomer Centre of Peel / *Crisis Counselling (12 - 24 years)* P
Free counselling service open to Permanent Resident, Convention Refugees and Live-In Caregivers.
905-306-0577 **x**384

Vita Centre / *Short stay for pregnant / parenting youth* P
905-502-7933 www.vitacentre.org

Rapport Youth and Family Services / *12 - 20 years* P
905-455-4100

Salvation Army Mississauga Branch / *Includes Anger Management* P
905-279-3941 www.safamilyservices.com

Tangerine Walk-in Counselling P
905-795-3530 www.tangerinewalkin.com

CRISIS SERVICES & DISTRESS LINES

24.7 Crisis Support Peel Dufferin offers timely response to adults experiencing a mental health or addictions crisis; individuals having difficulties coping; and family, caregivers and friends needing support.
905-278-9036
1-888-811-2222
www.cmhapeeldufferin.ca

408 - Help Line / 24-7 / *Crisis Support Line* T
416-408-4357

Community Torchlight Crisis Line / *Guelph / Wellington / Dufferin* D
1-888-821-3760 (TF) 519-821-3760 (Distress)

EveryMind / *Crisis Support for those under 18 years of age* P
416-410-8615 www.EveryMind.ca

Family Transition Place / *Crisis Line* D
1-800-265-9178

Here 24-7 / *Crisis Line* D
1-844-437-3247 www.here247.ca

Kids Help Phone O
1-800-668-6868 www.kidshelpphone.ca

Peel Crisis Capacity Network (PCCN) P

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

905-273-4900

Polycultural Immigrant & Community Service / *Crisis Intervention Counselling for New Immigrants* P

Monday-Friday 9am-5pm

905-403-8860 **x**5253 info@polycultural.org

www.polycultural.org

Peel Postpartum Mood Disorder Program / Monday - Friday 10am - 10pm P

905-459-7777 (Brampton & Mississauga)

1-877-298-5444 (Caledon) 905-278-4890

Square One / *Older Adult Centre Telephone Reassurance Program* P

905-615-3207

The Warm Line / *8pm - Midnight (18+)* T

416-960-9276 (Night) 416-323-3721 (Day)

647-557-5882 (TEXT) www.warmline.ca

Youthdale Crisis P

416-363-9990

CULTURALLY BASED SERVICES

African Community Services of Peel P

905-460-9514

Brampton Multicultural Community Centre P

905-790-8482 905-828-1328

Catholic Cross-Cultural Services P

905-457-7740 905-273-4140

www.cathcrosscultural.org

Indus Community Services P

905-275-2369 info@induscs.ca

Muslim Community Services P

905-790-1910 (Brampton North)

Ontario Inter-Cultural Community Services P

905-696-9963

PCHS (Punjabi Community Health Services) P

905-677-0889 admin.brampton@pchs4u.com

South Asian Welcome Centre Inc. P 905-790-0676

United Achievers Community Services P

905-455-6789

White Owl / *Aboriginal Services* D

519-772-4399 **x**2798

EMPLOYMENT/VOCATIONAL

CMHA Peel Dufferin offers Vocational Supports Services to assist with recovery goals around employment, education and volunteer opportunities.

905-451-2123 1-877-451-2123
info@cmhapeel.ca www.cmhapeeldufferin.ca

ACCES Employment / *8am - midnight* P
905-454-2316 905-361-2522
www.accessemployment.ca

Dufferin County, Orangeville Employment Resource Centre D
519-941-6991 **x**2010 (Orangeville)
519-941-6991 **x**5711 (Shelburne)

Employment Access / *Disabilities* P
905-459-7890 905-755-9734 1-800-270-3861

Employment Ontario Hotline / *8am - midnight* P
1-800-387-5656

Employment Resources Centre (Peel Youth Village) P
905-791-5576 www.peelyouthvillage.ca

Georgian College Career & Employment Services D
519-942-9986

John Howard Society Employment Services P
905-459-0111 info@johnhowardphd.ca
www.johnhowardphd.ca

Peel Career Assessment Services Inc. P
905-670-1967 www.peelcareer.com

Ready, Willing and Able / *Family Services of Peel* P
905-453-5775 www.fspeel.org

Volunteer MBC P
905-238-2622 www.volunteermbc.org

YMCA Youth Employment Services P
905-276-9322

FAMILY SUPPORT

CMHA Peel Dufferin offers Family Support to those that are concerned about a loved one's mental health and substance use issues.

905-451-2123 1-877-451-2123
info@cmhapeel.ca www.cmhapeeldufferin.ca

Angela's Place / Women's Services P
For mothers 21 and younger experiencing overwhelming responsibilities.
905-791-3887 **x**7058

Association of Parent Support Groups of Ontario O
Self-help and support groups for parents of disruptive youth with weekly meetings in Bolton, Brampton, and Mississauga.
1-800-488-5666

Children's Mental Health Ontario O
Evidence-based resources to help families and those working with kids to find trust-worthy, reliable information.
416-921-2109 www.cmho.org

Dufferin Child and Family Services D
Mental health support for children, youth and families.
519-941-1530
www.dcafs.on.ca

Dufferin Coalition for Kids D
www.dufferincoalitionforkids.ca

Dufferin Parent Support Network D
519-940-8678

Family Association for Mental Health Everywhere (FAME) P/D
Support for families who have a member with any mental illness. Individual or group support available in: Mississauga, Brampton, Orangeville and Caledon. Also support for youth 13 - 17 and children 7 - 12 years old. Call for meeting times and locations.
905-488-7716 905-276-8316

Family Education Centre P
905-452-0332 info@familyedcentre.org
www.familyedcentre.org

Family Outreach and Response T
Counselling for families, including specialized support for families whose loved one has Borderline Personality Disorder.
416-539-9449 www.familymentalhealthrecovery.org

Institute for Advancements in Mental Health P
Assists families of people with schizophrenia through supportive services.
1-855-449-9949 support@iamentalhealth.ca

Mood Disorders Association of Ontario O
Offers telephone, counselling, and video counselling for families that have a loved one with a mental health issue.
1-866-363-MOOD (6663)

Yorktown Child and Family Services T
Offers a range of mental health services to children, youth & their families.
416-394-2424

Ontario Disability Support Program (ODSP-MCSS) P/D
905-460-5025 (Brampton)
519-822-7500 (Guelph)
1-877-466-5025 (TF)
905-897-3100 (Mississauga)
1-800-567-2953

Ontario Works (Dufferin County) D
519-941-6991

Ontario Works (Etobicoke) E
416-392-6400

Ontario Works (Region of Peel) P
905-793-9200

FOOD BANKS

Caledon Food Bank P
905-951-2300 **x**276 info@ccs4u.org

The Compass P
905-274-9309 info@thecompass.ca

The Daily Bread Food Bank E
416-203-0050 www.dailybread.ca

Eden Food For Change P
905-785-3651 info@edenfoodbank.org

The Exchange (Caledon) P
289-966-1715

Mississauga Food Bank P
905-270-5589 info@themississaugafoodbank.org

ICNA Relief Canada P
4-6120 Montevideo Rd. Mississauga, ON L5N 3W5
905-997-8777 www.icnareliefcanada.ca/food-banks

Knight's Table */ $1 meals / Pantry* P
905-454-8725 www.knightstable.org

Malton Neighbourhood Services - Food Pantry P
905-677-6270 www.mnsinfo.org

Meals on Wheels / *Dufferin & Peel* P/D
Provides nutritious meals to seniors and people with disabilities who can't prepare meals for themselves.
905-453-4140 (Brampton)
905-857-7651 (Caledon)
519-925-5452 (Dufferin)
905-821-3254 (Mississauga)
www.mealsonwheels.ca

The Open Door P
905-276-9136 theopendoor@hotmail.com

Orangeville Food Bank D
519-942-0638 orangevillefoodbank@hotmail.com

The Salvation Army P/D
905-791-1085 (Brampton)
905-279-3941 (Mississauga)
519-943-1203 (Orangeville)

Seva Food Bank P
905-361-7382 **x**2
www.sevafoodbank.com

Shepherds Cupboard *(Shelburne)* D
519-925-2600 **x**350

St. John of the Cross Food Pantry P
905-821-1331

St. Louise Outreach P
905-454-2144 www.stelouisefoodbank.ca

Thistletown Community Services Unit
Serving Rexdale and Etobicoke E
416-745-2822

GOVERNMENT/HEALTH SYSTEM

Central West Local Health Integration Network (LHIN) P
905-796-0040 www.centralwestlhin.on.ca

Developmental Services Ontario / *Adult developmental services* O
905-453-2747 (Peel)
519-821-5716 (Dufferin)
905-453-2747 (Toll Free)

Health Care Connect O
Mon-Fri 9am-5pm. How to find or change family doctor or nurse practicioner.
1-800-445-1822

Ministry of Children, Community and Social Services P
905-567-7177

Mississauga Halton Local Health Integration Network (LHIN) P
905-855-9090 www.mississaugahaltonlhin.on.ca

Ombudsman Ontario *(Complaints Number)* O
1-800-263-1830

Ontario Patient Ombudsman *(Complaints Number)* O
1-888-321-0339 www.patientombudsman.ca

Region of Peel *(Customer Service)* P 905-791-7800

Service Ontario - Brampton, Caledon and Mississauga P
1-866-532-3161

Telehealth / *Free medical advice* O
1-866-797-0000

HOMELESSNESS

Peel Outreach Services offers a responsive mobile team, offering short-term support, 7 days a week, to individuals who are homeless or at imminent risk of homelessness.
1-877-848-8481 **x**2 info@cmhapeel.ca
peeloutreachteam@peelregion.ca

Housing Programs & Services Dufferin P
519-941-6991 www.dufferincounty.ca

Lakeshore Community Outreach Centre / *The Compass* P
905-274-9309

Preventing Homelessness in Peel P
905-793-9200

Regeneration Community Outreach P
A self-help group for the homeless/marginalized population in Brampton. Coffee and light snacks are provided. Every Thursday, 11:30am to 1:00pm at St. Paul's United Church in the Community Room.
905-796-5888 info@regenbrampton.com

Torchlight Emergency Shelter Resource Line D
Telephone service for anyone in need of safe, emergency temporary shelter in Dufferin County.
519-767-6594 (24/7)
www.torchlightcanada.org

HOSPITAL SERVICES

Centre for Addiction and Mental Health (CAMH)
Centralized Assessment, Triage and Support T
416-535-8501 **x**6878 (Outpatient)
416-535-8501 **x**6885 (Emergency)
info@camh.ca

Child, Youth and Family Program / *Mood and Anxiety Service* T
416-535-4366 **x**4366
www.camh.ca

Psychogeriatric Assessment Consultation & Education (PACE Peel) / *North of Hwy 401* T
416-535-8501 **x**7716 www.camh.ca

Headwaters Health Care Centre D
519-941-2410 www.headwatershealth.ca

Trillium Health Partners
Mental Health & Addictions Intake via One-Link P
416-521-4131 905-338-4123
www.one-Link.ca

Child & Adolescent Mental Health Services / *Birth - 19 years* P
905-451-4655

Credit Valley Hospital P
905-813-2200 www.trilliumhealthpartners.ca

Mississauga Hospital P
905-848-7100 www.trilliumhealthpartners.ca

William Osler Health System P
905-494-2120 www.williamoslerhs.ca

HOUSING

Peel Living P
905-790-7335 www.peelregion.ca/peelliving

Housing Programs & Services Dufferin D
519-941-6991

Services and Housing in the Province (SHIP) P
905-795-8742 info@shipshey.ca

INFORMATION & REFERRAL

CMHA Peel Dufferin provides referrals & information about mental health or addiction services and supports in Peel Region, Dufferin County, Rexdale, North Etobicoke and West Woodbridge. Walk-Ins Welcome: 314-7700 Hurontario Street, Brampton & 1 Elizabeth Street, Suite L2, Orangeville.
905-451-2123 1-877-451-2123
info@cmhapeel.ca www.cmhapeeldufferin.ca

211 Peel P
Three-digit dialing for comprehensive information and referral assistance.
211

Caledon Community Services P
905-951-2300 info@ccs4u.org

Centre for Addiction & Mental Health
R. Samuel McLaughlin Info Line T
416-595-6111
1-800-463-6273
www.camh.ca

Consumer/Survivor Info Resource Centre T
416-595-2882 csinfo@camh.ca

Dixie-Bloor Neighbourhood Services P
905-629-1873 info@dixiebloor.ca

Health Line Peel P
905-799-7700

Home & Community Care / *Central West* O
905-796-0040 1-888-733-1177
www.healthcareathome.ca

Malton Neighbourhood Services P
905-677-6270 www.mnsinfo.org

Multicultural Inter-Agency Group (MIAG) P
905-270-6252 www.miag.ca

National Eating Disorder Info Centre (NEDIC) O
1-866-633-4220

Newcomer Centre of Peel / *Counselling available* P
905-306-0577 info@ncpeel.ca

Service Ontario O
1-866-532-3161 www.serviceontario.ca

Telehealth O
1-866-797-0000

Victim Support Line, Ministry of the Attorney General O
416-314-2447 1-888-579-2888 www.ontario.ca

LEGAL/ADVOCACY

CMHA Peel Dufferin Mental Health & Justice Services
offers supports to individuals experiencing mental health concerns, who are in conflict with the law.
905-456-4700 **x**5663 and **x**5669 (Peel)
1-877-451-2123 www.cmhapeeldufferin.ca

ARCH Advocacy Resource Centre T
416-482-8255 www.archdisabilitylaw.ca

Associated Youth Services of Peel P
905-890-5222 www.aysp.ca

Canadian Human Rights Commission O
1-888-214-1090 www.chrc-ccdp.gc.ca

Community Legal Education Ontario (CLEO) O
416-408-4420 www.cleo.on.ca/en

Elizabeth Fry Society P
905-459-1315 efry@efrypeelhalton.ca

John Howard Society P/D
905-459-2205 (Peel)
519-940-3061 (Dufferin)
www.johnhoward.ca

Labour Community Services of Peel P
905-696-7444

Legal Aid Ontario O
905-453-1723
1-800-531-2227
www.legalaid.on.ca

Mississauga Community Legal Services P/D
905-896-2050 www.legalclinicsinpeel.ca

North Peel & Dufferin Community Legal / *Services serving Brampton, Caledon & Dufferin County* P/D
905-455-0160 1-866-455-0160

Ontario Human Rights Commission O
1-800-387-9080 www.ohrc.on.ca

Psychiatric Patient Advocate Office T
416-327-7000

Public Guardian and Trustee T
416-326-2220

Rexdale Community Legal Clinic T
416-741-5201

LGBTTIQQ2SA

East Mississauga Community Health Centre P
Support services for, but not limited to, lesbian, gay, bisexual, transgender, transsexual, intersex, queer, questioning and Two-Spirit (LGBTTIQQ2S+) people in Peel Region.
905-602-4082 x455 www.eastmississaugachc.org
QTBIPOC Mississauga

LGBT Youth Line / *Chat online with someone Mon.- Fri. 4-9:30pm* P/D
1-800-268-9688 (or Text 647-694-4275)
www.youthline.ca

Moyo Health & Community Services (Formerly Peel HIV/AIDS Network) P
905-361-0523 1-866-896-8700
www.moyohcs.ca

PFLAG Canada P
1-888-530-6777

Positive Space Coalition of Peel P
A collective of groups, agencies and individuals working to foster a community free of prejudice, that accepts and celebrates the diversity of the lesbian, gay, bisexual, transsexual, transgendered, questioning and queer (LGBTTQQ) community in Peel. Call for meeting times and locations.
905-363-6131 positivespacepeel@gmail.com

QTBIPOC Sauga P
The QTBIPOC Sauga group meets once a month from 6-9pm in Central Mississauga. The location is kept private for safety, and the group always meets in accessible/barrier free spaces. Food, drinks, and Mississauga Transit bus tickets are available.
416-993-4221 (TEXT) qtbipocsauga@gmail.com

Transgender Health Care D
519-780-5298

PEER SUPPORT/SELF HELP

CMHA Peel Dufferin's Recovery West program promotes mental health recovery through groups, activities and vocational services with a focus on peer support. Drop-ins are welcome Tuesday - Friday 4pm-8pm & Saturday 12-4pm.
905-451-2123 info@cmhapeel.ca
1-877-451-2123 www.cmhapeeldufferin.ca

Adult Children of Alcoholics / *Weekly meetings throughout the GTA.* T

416-631-3614 www.acetoronto.org

Al-Anon Family Groups P/D

Al-Anon Family Groups are a community resource providing support to anyone affected by a relative or friend's drinking. Includes Al-Anon and Alateen.

416-410-3809 1-888-425-2666 (1-888-4AL-ANON)
www.al-anon.alateen.on.ca

CMHA Peel Dufferin - Recovery West Drop-In P/D

Drop-in, peer support & outreach. Drop-in at Brampton Community Door, 7700 Hurontario St., Unit 601(north end of plaza), Tues-Fri 4-8pm & Sat 12-4pm

905-451-3934

Cocaine Anonymous O

1-866-622-4636 www.ca-on.org

Co-dependents Anonymous P

12-step weekly support group for people who are unable to maintain functional relationships. Meets Mondays, 8-9pm, Unitarian Congregation, 84 South Service Rd, Mississauga.

www.codacanada.ca

Consumer Council P

Advocacy council to create a voice for people with mental health issues.

905-451-1718
consumercouncil@cmhapeel.ca

Fibromyalgia Support Group P

905-791-2032 (Brampton) 905-625-6425 (Mississauga)
fibrosupport@rogers.com

Friends & Advocates Peel P/D

905-452-1002 contact@fapeel.org

Gamblers Anonymous T

1-855-222-5542
www.gamblersanonymoustoronto.org

GTA Intergroup - Alcohol Anonymous T

416-487-5591 1-877-404-5591

www.aatoronto.org

Narcotics Anonymous T

Weekly, open support group for recovering addicts helping each other stay clean.

1-888-811-3887 www.torontona.org

Recovery Incorporated P

Provides self-help groups to people suffering from nervous and emotional stress, panic disorders, depression, etc.

905-812-7935 www.recoverycanada.org

TEACH Peer Initiative at Support & Housing P
A peer initiative offering peer-led education and support programs to individuals age 16 and older who struggle with mental health and/or substance use challenges in the communities of the Mississauga/Halton LHIN.
905-693-8771 x390 www.t-e-a-c-h.org

Women for Sobriety D
Group for women with alcohol or drug dependencies.
519-581-1208

SENIOR & OLDER ADULT SERVICES

CMHA Peel Dufferin offers a range of services for older adults and seniors, including intensive case management, specialized geriatric services, supportive counselling and advocacy, as well as a seniors at risk program for those who may be experiencing abuse or neglect.
905-451-2123 info@cmhapeel.ca
1-877-451-2123 www.cmhapeeldufferin.ca

The Advocacy Centre for the Elderly T
416-598-2656
www.advocacycentreelderly.org

Active Adult Centre of Mississauga (AACM) P
A seniors club centrally located at the Square One complex, which offers a variety of recreational activities designed for people over the age of 50.
905-615-3207

Alzheimer Society of Peel and Dufferin Country P/D
905-278-3667 (Peel)
519-941-1221 (Dufferin)
www.alzheimer.ca/peel

CANES T
Ages 55 and up - Serves Brampton, Etobicoke Central, Etobicoke North, Malton, Mississauga, Toronto and Woodbridge,
416-743-3892 www.canes.on.ca

CMHA Peel Dufferin Senior Services P/D
905-451-2123 (Peel)
1-877-451-2123 (Dufferin)

Elder Help Peel P
Ages 55 and up – Social recreational activities.
905-457-6055 info@elderhelppeel.org

Flower City Seniors Recreation Centre P
905-874-3500

Government of Canada Services for Seniors O
1-800-O-Canada (1-800-622-6232) 1-800-926-9105 (tty)

Meals on Wheels / *Peel* P/D
905-453-4140 (Brampton)
905-857-7651 (Caledon)
519-925-5452 (Dufferin)
905-820-4026 (Mississauga)
www.mealsonwheels.ca

Peel Elder Abuse Support Program */ 24/7/365* P

905-459-7777 (Brampton & Mississauga)
1-877-298-5444 (Caledon)

Peel Seniors Link */ Age 65 and up* P

905-712-4413

Peel Public Health P

905-799-7700

Red Cross Care Partners P

1-800-418-1111
905-452-7118

Square One Older Adult Centre P

A seniors club centrally located at the Square One complex, which offers a variety of recreational activities designed for people over the age of 50.

905-452-7118
1-866-234-7073

Services and Housing in the Province P

905-795-8742
info@shipshey.ca

TeleCheck for Seniors (55+) */ Dufferin County* D

Check-in call seven days a week (including holidays) offering assurance and security to seniors in Dufferin County.

519-415-3764 (English support)

TeleCheck for Seniors (55+) */ Peel Region* P

Multilingual support for isolated seniors (i.e. check-ins, medication reminders).

289-569-1201 (English support)
289-569-1203 (Cantonese or Mandarin)
289-569-1202 (Portuguese or Spanish)
289-569-1204 (Hindi, Punjabi or Urdu)

Trillium Health Partners */ Seniors Mental Health Services* T

416-521-4006

William Osler Geriatric Outreach Program P

65 years (or older) reside within the area served by the Central West LHIN. Referred by a Physician or Geriatric Emergency Management (GEM) Nurse.

905-494-6482

SHELTERS

Cawthra Road Shelter P

905-281-1272

Choices Youth Shelter */ Orangeville* D

519-942-5970 1-866-947-5970

Community Torchlight Emergency Shelter D

519-767-6594 1-888-821-3760 (from area only)

Ernestine Women's Shelter E

416-746-3701 1-888-821-3760 (from area only)

Family Transition Place P/D
905-584-4357 (Peel)
519-941-4357 (Dufferin)
1-800-265-9178
www.familytransitionplace.ca

Our Place Peel II Youth Shelter / *Short-Term 16 - 21 years* P
905-238-1383

Peel Family Shelter P
905-272-7061

Peel Street Helpline / *Peel Outreach Team* P
1-877-848-8481

Wilkinson Road Shelter / *Men only* P
905-452-1335
905-272-7061

YOUTH SERVICES

CMHA Peel Dufferin offers a variety of services for youth and young adults including early intervention support, counselling, substance abuse/addictions services, as well as mental health education programs and services for youth with complex needs.
905-451-2123 info@cmhapeel.ca
1-877-451-2123 www.cmhapeeldufferin.ca

The Etobicoke Children's Centre E
416-240-1111 ecc@etobicokechildren.com

The Dam (Youth Drop-in Centre) / *13 - 19 years* P
905-826-6558 www.thedam.org

Dixie Bloor Centre, Mississauga / *13 - 24 years* P
Newcomer youth community engagement/youth lounge.
905-629-1873 x300

Dufferin Child & Family Services D
519-941-1530
519-941-1525
www.dcafs.on.ca

ECLYPSE Youth Resource Centre P
905-866-6900

EveryMind P
Treatment services for children, teenagers, and families who are having serious issues with relationships, feelings or behaviour.
416-410-8615 www.EveryMind.ca

Free For All Foundation / *Free* P
905-499-4486 www.ffaf.ca

Erin Mills Youth Centre P
905-820-3577 info@erinmillsyouthcentre.com

Mental Health Services for Children & Youth P
Centralized intake service for access to: Associated Youth Services Peel, Nexus Youth Centre, Peel Children's Centre, Rapport Youth and Family Services, Trillium Health Partners, William Osler Health System.
905-451-4655
www.youthline.ca

Peel Youth Village / *16-30 years* P
905-791-5576

Torchlight Youth Support Line / *Guelph / Wellington / Dufferin* D
519-821-5469 (24/7)
1-888-821-3760
www.torchlightcanada.org

Youth Beyond Barriers (YBB) P
Queer and trans youth, 12-17 years.
1-800-762-8377 **x**460
ybb@aysp.ca

Youth Line T
Toll free line, provided for youth by youth.
Sunday to Friday 4pm - 9:30pm
1-800-268-9688 (or Text 647-694-4275)
www.youthline.ca

The Canadian Mental Health Association (CMHA), provides services and supports to more than 1.3 million Canadians in over 300 communities across Canada each year.

Local CMHA branches provide a wide range of innovative services to people who are experiencing mental illness and their families.

To find other local CMHA branch please visit **www.cmha.ca**

Canadian Mental Health Association
Peel Dufferin
Mental health for all

Association canadienne pour la santé mentale
Peel Dufferin
La santé mentale pour tous

Make a donation to

Canadian Mental Health Association
Peel Dufferin
Mental health for all

Your donation supports our youth, mental health awareness and client wellness activities which don't receive government funding. These initiatives help to ensure individuals and families know where to turn for help when they need it, and provide life-changing support to clients during their recovery.

Visit **www.cmhapeeldufferin.ca** for more information and to make a secure online donation.

Canadian Mental Health Association
Peel Dufferin
Mental health for all

Association canadienne pour la santé mentale
Peel Dufferin
La santé mentale pour tous

CMHA Peel Dufferin Information & Referrals

7700 Hurontario Street, Suite 314
Brampton, ON L6Y 4M3

Monday - Friday: 9am - 5pm

905-451-2123
1-877-451-2123
info@cmhapeel.ca
905-456-7492
www.cmhapeeldufferin.ca

/CMHAPeelDufferin
@CMHAPeelDuff
/CMHA Peel Dufferin
/CMHA-Peel-Dufferin

Highlighted Colour Legend

Youth Services
Senior Services

Region / Area Legend

D Dufferin County
P/D Peel & Dufferin
T Toronto
P Peel Region
E Etobicoke
O Ontario

Contact / Symbol Legend

Phone
Mobile
Fax
Email
Website

CMHA Peel Dufferin programs are funded by:

Ontario
Central West Local Health Integration Network

United Way Greater Toronto

Dufferin County

Region of Peel
working with you

Ontario Trillium Foundation
Fondation Trillium de l'Ontario

This publication is generously supported by the Zonta Club of Brampton-Caledon

Zonta Club of Brampton-Caledon
Member of Zonta International
Empowering Women through Service & Advocacy

Revised December 2020 • English