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If you have questions
about any of the
information in this
brochure, please see our
website at
www.reconnect.on.ca
or give our office a call at
416-248-2050.

Reconnect Community Health Services is
grateful to the following funders for
supporting our work with clients.



FAME Family and Caregiver Support Services



Reconnect is a not-for-profit health
service organization in the west end
of Toronto serving seniors, caregivers
and people living with mental health
and addictions issues.

SUPPORTING FAMILY CAREGIVERS

Families who have a loved one with a mental illness experience significant stress, which can impact their own health, relationships, careers, and financial situations.

Caregivers and friends may have difficulty coping with their loved one's mental health concern. Sometimes it can be challenging to know how best to help.

The goal of Reconnect's FAME Family and Caregiver Support Services is to equip families and caregivers with the education and resources to help them care for themselves and their loved one. Services are open to those who live in the Greater Toronto Area and Peel Region, or whose loved one lives in those areas.

SERVICE MODEL

Our services are based on a self-help model that respects the expertise that families have acquired regarding the mental health of their relative and their experience with the health care system.

When a caretaker is well supported, they are better able to support their family member who is ill, and to cope with the highs and lows of the recovery journey.

RECONNECT OFFERS THE FOLLOWING FAMILY & CAREGIVER SUPPORT SERVICES:

ONE-ON-ONE SUPPORT

Reconnect offers confidential one-on-one sessions for individuals and families. These meetings include education, self-care, solution-focused assistance and referrals to other community resources.

One-on-one support can be provided by telephone, virtually, or in the community.



MONTHLY SUPPORT GROUPS

Reconnect offers free virtual monthly drop-in* support groups serving individuals across the Greater Toronto Area and Peel Region. These groups are for family members and caregivers who support a loved one experiencing a mental health concern.

*registration required

RECONNECT FAMEkids

Reconnect FAMEkids supports children aged 7-12 and youth aged 13-17 who have a family member with a mental health concern.

Through specialized programming we provide a therapeutic approach to introducing the topic of mental illness to children and youth, promoting resilience in a safe, age-appropriate environment.

The program educates and helps young people understand mental illness through artwork, discussions, and games. Group and individual support is available. FAMEkids and FAMEyouth are now offered virtually.

SERVICE LOCATIONS AND REFERRALS

Family and Caregiver Support Services are provided in-person at several locations across Toronto and Peel Region, over the phone and virtually. Please see our website at www.reconnect.on.ca for location, contact and referral information.

