



Reconnect Community Health Services is a not-for profit health service organization in the west end of Toronto. Our services include supports for seniors, caregivers, and people living with mental health and addictions concerns.

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



### Contact Us

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



**Family and  
Caregiver Support  
Services**

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## GROWING UP AROUND MENTAL ILLNESS CAN BE TOUGH

Reconnect FAMEkids allows children aged 7-12 and youth aged 13-17 who have a family member experiencing a mental health concern to access free supportive counselling services.

FAMEkids provides a therapeutic approach to introducing mental illness to children and youth. It aims to promote resilience in a safe and age-appropriate environment. The program educates and equips children and youth with an understanding of mental illness through artwork, discussions and games.

Services can include individual, group, and telephone support to children, youth, and their families. Supports are not limited to a particular service, and are based on individual need.



## INDIVIDUAL SUPPORT

Individual service provides confidential, client-led supportive counselling to children and youth aged 7-17. Designed to build upon existing knowledge and skills, children are assisted in gaining accurate knowledge about mental illness, asking questions, reducing misconceptions, identifying and expressing feelings, exploring healthy coping strategies, and developing personal support networks.

Individual support can be provided throughout the Greater Toronto Area on short-term, intermittent, and/or on-going basis depending on individual needs.

## GROUP SUPPORT

FAMEkids is a free, multi-week after-school program for children ages 7-12. Small group sizes allow participants to explore and share experiences in a peer-supported environment. Topics include an introduction to mental illness, how the brain works, types of illnesses and causes, coping strategies, keeping safe, working through fears, and planning for the future.

Upon program completion, follow-up sessions will be conducted with each child and their caregivers. The purpose of the session is to provide feedback

regarding the child's participation in the group, address questions or concerns, and to provide recommendations for future support.

Reconnect offers periodic FAMEyouth programming for 13-17 year olds as well.

## SUPPORT FOR CAREGIVERS

FAMEkids Support Workers also provide support to parents and guardians who have a child up to age 12 experiencing a mental health concern.

Counselling includes referrals to appropriate community services, support in navigating the system for their child, solution-focused assistance, and promoting self-care strategies.

## SERVICE LOCATIONS AND REFERRALS

Reconnect FAMEkids Services are provided in-person at several locations across Toronto and Peel Region, over the phone and virtually.

Please call 416-248-2050 x 8038 to speak to someone about FAMEkids services. Referral information can also be found on the Reconnect website.