



# Quick Guide to Reconnect's Services

## Our Mandate

Reconnect Health Services is a not-for-profit healthcare provider in Toronto. We work with people 16+ who are in need of mental health and addictions supports, including counselling for their loved ones and caregivers. We support older adults 55+ with a wide range of services from food delivery to home care, exercise classes, opportunities for social interaction and more.

Reconnect is embedded in the community with several locations across the GTA. We know that healthcare can be complicated. We will ensure that accessing our services is as simple, straightforward, and timely as possible. We are collaborative, client-centred, goal-driven, and we work hard to make sure our clients have the best possible experience with us.

## What Services Do We Offer?

- Support Services for Seniors
- Health and Wellness Centres
- Mental Health and Addictions Programs
- Caregiver Support Services

## Want To Learn More?

For more information, please see our website [www.reconnect.on.ca](http://www.reconnect.on.ca). To refer yourself or someone else, please contact our intake team at **416-653-3100** or email [intakegroup@reconnect.on.ca](mailto:intakegroup@reconnect.on.ca).



## Support Services for Seniors

*55 years+*

Many seniors prefer to stay in their homes, living as independently as possible, for as long as possible. Reconnect provides support services to help with this goal, including meal delivery (Meals on Wheels), transportation services, help with personal care, and programming for seniors living with dementia. We also offer crisis services and mental health and addictions programs aimed at older adults.



## Mental Health and Addictions Programs

*15 years+*

When dealing with mental health challenges, it can be hard to know where to turn. Reconnect offers services designed to guide and support people every step of the way. Our staff will work with you to understand your goals and create a plan, helping you access services, coordinate appointments and address challenges as they arise. We offer a range of programs and services that vary in the intensity of support, from therapeutic groups to case management to wrap-around supports for those with very complex situations.



## Health and Wellness Centre

*55 years+ or Adults with Disabilities*

We know that seniors in our communities are looking for opportunities to come together to socialize, sing, dance, play games, share hobbies, and stay fit. To meet that need, Reconnect has established Health and Wellness Centre locations across the west end of Toronto, providing free in-person and virtual groups and activities Monday to Friday, from 9 am - 4 pm.



## Family and Caregiver Support Services

*7 years+*

Caregiving can be fulfilling but also very challenging. The Reconnect FAME programs offer free education, resources, solution-focused assistance and supportive counselling for those caring for someone who is experiencing mental health and/or age-related challenges.