



**Canadian Mental  
Health Association**  
Peel Dufferin  
*Mental health for all*

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

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# QUICK GUIDE

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## **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.



**BRAMPTON**

**REXDALE,  
NORTH ETOBICOKE,  
WEST WOODBRIDGE**



## 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

📷 CMHAPeelDufferin

🌐 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

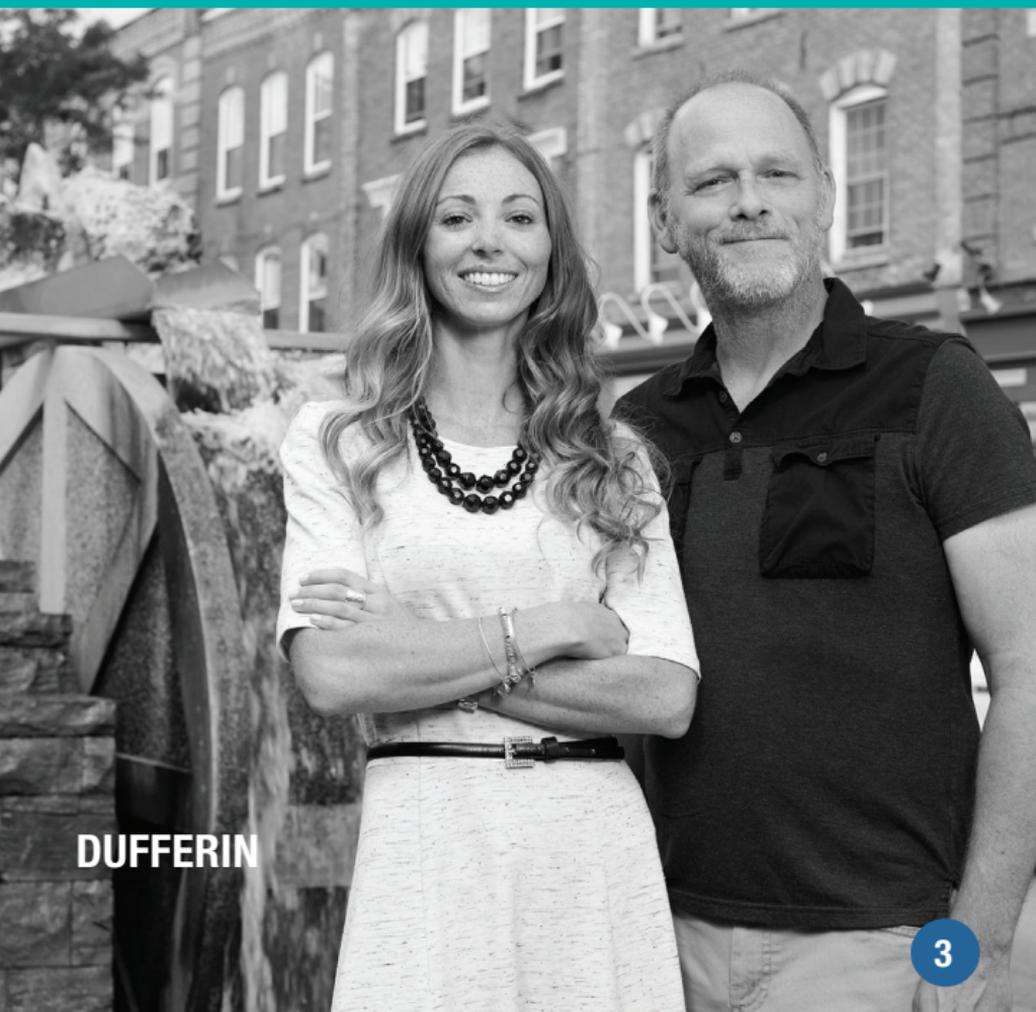
For anyone 16 years or older

#### EveryMind

For those under 18 years of age

**905-278-9036 • 1-888-811-2222**

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



**DUFFERIN**

# 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 x2548

## Dufferin Sexual Abuse Helpline **D**

☎ 519-942-1980

## EveryMind / Sexual Abuse Treatment **P**

☎ 905-451-4655 🌐 www.wheretostart.ca

## 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 🌐 www.hope247.ca

☎ 1-800-810-0180

## Interim Place - South (Women & Children) **P**

☎ 905-403-0864 ✉ womensadvocatesouth@intermplace.com

## Interim Place - North (Women & Children) **P**

☎ 905-676-8515 ✉ womensadvocatesouth@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 withdrawal from substances. The clinic operates in several 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 x2  
✉ info@cmhapeel.ca

☎ 1-877-451-2123  
🌐 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**

A Christian based support group for people struggling with an addiction, and for those who have someone they care about dealing with an addiction.

☎ 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**

☎ 1-877-404-5591    ☎ 416-487-5591    🌐 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](http://www.williamoslerhc.on.ca)

## William Osler Health System Addiction Counselling Services **P**

☎ 905-796-3005      🌐 [www.williamoslerhc.on.ca](http://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@cdvs.ca](mailto:info@cdvs.ca)

🌐 [www.bereavedfamilies.ca](http://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](mailto:comments@turnerporter.ca)

## Hospice Dufferin **D** ☎ 519-942-3313

## Heart House Hospice **P**

☎ 905-712-8119      ✉ [info@hearthouse.com](mailto: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](mailto:alex@torontodistresscentre.com)

# COMMUNITY HEALTH CENTRES

## Albion Neighbourhood Services **E**

☎ 416-740-3704      ✉ [ans@albionservices.ca](mailto: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](mailto: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 **T**

☎ 416-745-0062

🌐 [www.rexdalewomen.org](http://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](mailto:info@cmhapeel.ca)

🌐 [www.cmhapeeldufferin.ca](http://www.cmhapeeldufferin.ca)

### Associated Youth Services of Peel **P**

☎ 905-890-5222

🌐 [www.aysp.ca](http://www.aysp.ca)

### Canadian Hearing Services **P**

☎ 1-866-518-0000

☎ 877-215-9530 (TTY)

✉ [connectmentalhealth@chs.ca](mailto:connectmentalhealth@chs.ca)

### Catholic Family Services of Peel Dufferin **P/D**

☎ 905-450-1608 (Peel)

☎ 905-897-1644 (Mississauga)

☎ 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](http://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.

☎ 905-451-4655

🌐 [www.wheretostart.ca](http://www.wheretostart.ca)

### Family Services of Peel / *Family & Community Support Services* **P**

☎ 905-453-5775

✉ [fsp@fspeel.org](mailto:fsp@fspeel.org)

### Family Transition Place **D**

Woman Abuse, Sexual Abuse (women & men), Groups & Workshops.

☎ 519-942-4122

☎ 905-584-4357

🌐 [www.familytransitionplace.ca](http://www.familytransitionplace.ca)

### Hope 24/7 **P**

Individual and group counselling for survivors of sexual assault.

☎ 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](http://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](http://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 x384

### **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](http://www.safamilyservices.com)

### **Tangerine Walk-in Counselling** **P**

☎ 905-795-3530

🌐 [www.tangerinewalkin.com](http://www.tangerinewalkin.com)

### **Vita Centre** / *Short stay for pregnant / parenting youth* **P**

☎ 905-502-7933

🌐 [www.vitacentre.org](http://www.vitacentre.org)

## **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](http://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**

☎ 905-278-9036 or 1-888-811-2222

🌐 [www.EveryMind.ca](http://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](http://www.here247.ca)

## Kids Help Phone **O**

☎ 1-800-668-6868 🌐 [www.kidshelpphone.ca](http://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**

☎ 905-403-8860 x5253 ✉ [info@polycultural.org](mailto:info@polycultural.org)

🌐 [www.polycultural.org](http://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](http://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](http://www.cathcrosscultural.org)

## Indus Community Services **P**

☎ 905-275-2369 ✉ [info@induscs.ca](mailto: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](mailto:admin.brampton@pchs4u.com)

## South Asian Welcome Centre Inc. **P**

☎ 905-790-0676

## United Achievers Community Services **P** ☎ 905-455-6789

## 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 x2010 (Orangeville)

☎ 519-941-6991 x5711 (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 x7058

### **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](http://www.cmho.org)

### **Dufferin Child and Family Services** **D**

Mental health support for children, youth and families.

☎ 519-941-1530    🌐 [www.dcafs.on.ca](http://www.dcafs.on.ca)

### **Dufferin Coalition for Kids** **D**    🌐 [www.dufferincoalitionforkids.ca](http://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](mailto:info@familyedcentre.org)

🌐 [www.dufferincoalitionforkids.ca](http://www.dufferincoalitionforkids.ca)

### **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](http://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](mailto: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)

### **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

## Yorktown Child and Family Services **T**

Offers a range of mental health services to children, youth & their families.

☎ 416-394-2424

# FOOD BANKS

## Caledon Food Bank **P**

☎ 905-951-2300 x276

✉ 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**

☎ 905-361-7382x2 🌐 www.sevafoodbank.com

### Shepherd's Cupboard (Shelburne) **D**

☎ 519-925-2600 x350

### St. John of the Cross Food Pantry **P**

☎ 905-821-1331

### St. Louise Outreach **P**

☎ 905-454-2144 🌐 www.stelouisefoodbank.ca

### Thistleton Community Services Unit

*Serving Rexdale and Etobicoke* **E**

☎ 416-745-2822

## GOVERNMENT/HEALTH SYSTEM

### 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 practitioner.

☎ 1-800-445-1822

### Home and Community Care Support Services Central West **P**

☎ 905-796-0040 🌐 www.centralwesthcin.on.ca

### Home and Community Care Support Services

#### Mississauga Halton **P**

☎ 905-855-9090 🌐 www.mississaugahaltonhcin.on.ca

### Ministry of Children, Community and Social Services **P**

☎ 905-567-7177

### 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 x2

✉ 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 x6878 (Outpatient)

☎ 416-535-8501 x6885 (Emergency)

✉ info@camh.ca

### Child, Youth and Family Program / *Mood and Anxiety Service* **T**

☎ 416-535-4366 x4366 🌐 www.camh.ca

### Psychogeriatric Assessment Consultation & Education

(PACE Peel) / *North of Hwy 401* **T**

☎ 416-535-8501 x7716 🌐 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](http://www.trilliumhealthpartners.ca)

### Mississauga Hospital **P**

☎ 905-848-7100 🌐 [www.trilliumhealthpartners.ca](http://www.trilliumhealthpartners.ca)

### William Osler Health System **P**

☎ 905-494-2120 🌐 [www.williamoslerhs.ca](http://www.williamoslerhs.ca)

## HOUSING

### Peel Living **P**

☎ 905-790-7335 🌐 [www.peelregion.ca/peelliving](http://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](mailto: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](mailto:info@cmhapeel.ca) 🌐 [www.cmhapeeldufferin.ca](http://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](mailto:info@ccs4u.org)

### Centre for Addiction & Mental Health

#### R. Samuel McLaughlin Info Line **T**

☎ 416-596-6111 ☎ 1-800-463-6273 🌐 [www.camh.ca](http://www.camh.ca)

### Consumer/Survivor Info Resource Centre **T**

☎ 416-595-2882 ✉ [csinfo@camh.ca](mailto:csinfo@camh.ca)

### Dixie-Bloor Neighbourhood Services **P**

☎ 905-629-1873 ✉ [info@dixiebloor.ca](mailto: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](http://www.healthcareathome.ca)

### Malton Neighbourhood Services **P**

☎ 905-677-6270    🌐 [www.mnsinfo.org](http://www.mnsinfo.org)

### Multicultural Inter-Agency Group (MIAG) **P**

☎ 905-270-6252    🌐 [www.miag.ca](http://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](mailto:info@ncpeel.ca)

### Service Ontario **O**

☎ 1-866-532-3161    🌐 [www.serviceontario.ca](http://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](http://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.

☎ 416-735-2965

☎ 1-877-451-2123

🌐 [www.cmhapeeldufferin.ca](http://www.cmhapeeldufferin.ca)

### ARCH Advocacy Resource Centre **T**

☎ 416-482-8255    🌐 [www.archdisabilitylaw.ca](http://www.archdisabilitylaw.ca)

### Associated Youth Services of Peel **P**

☎ 905-890-5222    🌐 [www.aysp.ca](http://www.aysp.ca)

### Canadian Human Rights Commission **O**

☎ 1-888-214-1090    🌐 [www.chrc-ccdp.gc.ca](http://www.chrc-ccdp.gc.ca)

### Community Legal Education Ontario (CLEO) **O**

☎ 416-408-4420    🌐 [www.cleo.on.ca/en](http://www.cleo.on.ca/en)

### Elizabeth Fry Society **P**

☎ 905-459-1315    ✉ [efry@efrypeelhalton.ca](mailto:efry@efrypeelhalton.ca)

### John Howard Society **P/D**

☎ 905-459-2205 (Peel)

☎ 519-940-3061 (Dufferin)

🌐 [www.johnhoward.ca](http://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](http://www.legalaid.on.ca)

### Mississauga Community Legal Services **P/D**

☎ 905-896-2050 🌐 [www.legalclinicsinpeel.ca](http://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](http://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

## 2SLGBTQ+

### 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.ohrc.on.ca](http://www.ohrc.on.ca)

f 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](http://www.youthline.ca)

### Moyo Health & Community Services (Formerly Peel HIV/AIDS Network) **P**

☎ 905-361-0523 ☎ 1-866-896-8700 🌐 [www.moyohcs.ca](http://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](mailto: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) ✉ [qtbipecsauga@gmail.com](mailto:qtbipecsauga@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**

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

☎ 905-791-2032 (Brampton)    ☎ 905-625-6425 (Mississauga)

✉ consumercouncil@cmhapeel.ca

## **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](http://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](http://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](http://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](mailto:info@cmhapeel.ca)

☎ 1-877-451-2123 🌐 [www.cmhapeeldufferin.ca](http://www.cmhapeeldufferin.ca)

### **The Advocacy Centre for the Elderly T**

☎ 416-598-2656 🌐 [www.advocacycentreelderly.org](http://www.advocacycentreelderly.org)

### **Active Adult Centre Mississauga (AACM) P**

A seniors club which offers a variety of recreational activities designed for people over the age of 50.

☎ 905-615-3207 🌐 [www.aacmiss.ca](http://www.aacmiss.ca)

### **Alzheimer Society of Peel and Dufferin Country P/D**

☎ 905-278-3667 (Peel)

☎ 519-941-1221 (Dufferin)

🌐 [www.alzheimer.ca/peel](http://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](http://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](mailto:info@elderhelppeel.org)

## Flower City Seniors Recreation Centre **P**

☎ 905-874-3500

## Government of Canada Services for Seniors **O**

☎ 1-800-0-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](http://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

## Services and Housing in the Province **P**

☎ 905-795-8742 ✉ [info@shipshey.ca](mailto: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](http://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](mailto:info@cmhapeel.ca)  
☎ 1-877-451-2123 🌐 [www.cmhapeeldufferin.ca](http://www.cmhapeeldufferin.ca)

### The Etobicoke Children's Centre **E**

☎ 416-240-1111 ✉ [ecc@etobicokechildren.com](mailto:ecc@etobicokechildren.com)

### The Dam (Youth Drop-in Centre) / 13 - 19 years **P**

☎ 905-826-6558 🌐 [www.thedam.org](http://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](http://www.dcafs.on.ca)

### ECLYPSE Youth Resource Centre **P**

☎ 905-866-6900

### Erin Mills Youth Centre **P**

☎ 905-820-3577 ✉ [info@erinmillsyouthcentre.com](mailto:info@erinmillsyouthcentre.com)

### EveryMind **P**

Treatment services for children, teenagers, and families who are having serious issues with relationships, feelings or behaviour.

☎ 905-451-4655    🌐 [www.wheretostart.ca](http://www.wheretostart.ca)

### Free For All Foundation / Free **P**

☎ 905-499-4486    🌐 [www.ffaf.ca](http://www.ffaf.ca)

### Mental Health Services for Children & Youth **P**

Centralized intake service for access to: Associated Youth Services Peel, Nexus Youth Centre, EveryMind, Rapport Youth and Family Services, Trillium Health Partners, William Osler Health System.

☎ 905-451-4655    🌐 [www.youthline.ca](http://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](http://www.torchlightcanada.org)

### Youth Beyond Barriers (YBB) **P**

Queer and trans youth, 12-17 years.

☎ 1-800-762-8377 x460    ✉ [ybb@aysp.ca](mailto: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](http://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](http://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](http://www.cmhapeeldufferin.ca) for more information and to make a secure online donation.



**CALEDON**



**MISSISSAUGA**



**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**

**CMHAPeelDufferin**

**in/CMHA-Peel-Dufferin**

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### 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

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### Contact / Symbol Legend

Phone    Mobile    Fax    Email    Website

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CMHA Peel Dufferin programs are funded by:



**Ontario  
Health**



**United Way  
Greater Toronto**



**Dufferin  
county**



**Region of Peel  
working with you**