

# Family tip sheet: Family, parent and caregiver groups in the community

You can connect with others who might share your experiences. Please see our list below of groups that you can join.

*Please note: The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of organizations, or as a comprehensive resource list. For more information, email [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)*

## All/any caregivers of children with any disabilities

- Centre for Addiction and Mental Health (CAMH): <https://www.camh.ca/en/your-care/for-families>
- ConnectABILITY Family Support Groups Directory: <http://connectability.ca/2013/12/04/family-support-groups/>
- Connected Families: <http://connectability.ca/connected-families/>
- Extend-A-Family: <https://www.extendafamily.ca/family-support-groups>
- Family Alliance Ontario: <https://family-alliance.com>
- Gift People Services (Mandarin-speaking families): <http://giftedpeople.ca/programs/parent/>
- Hand Over Hand: <http://www.handoverhand.ca/parent-support/>
- Lumenus reachOUT (2SLGBTQ+): <https://www.lumenus.ca/programs-and-services/reachout/>
- Lumenus Wraparound: <https://www.lumenus.ca/programs-and-services/wraparound/>
- Parent Advocacy Link (PAL): <https://www.facebook.com/groups/173295489470728/>
- Partners for Planning Network: <https://www.partnersforplanning.ca/>
- Spirit of Life (Chinese-speaking families): <http://solhc.ca/>
- Woodgreen Community Services: <https://www.woodgreen.org/services/disability>

## Apraxia

- Apraxia-KIDS: <http://www.apraxia-kids.org/>
- Ontario Professional and Parent Education Network for Childhood Apraxia of Speech: <http://oppencas.ca/>

## Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder

- Canadian ADHD Resource Alliance: <http://www.caddra.ca/>
- Centre for ADHD Awareness Canada: <http://www.caddac.ca/>
- Children and Adults with Attention Deficit Disorder: <http://www.chadd.org/>

## Autism

- Asperger's Society of Ontario: <http://www.aspergers.ca/>
- Autism Journey: <http://www.autismjourney.org/>
- Autism Ontario: <https://www.autismontario.com/programs-services/children-youth/family-supports>
- Autism PATH: [http://www.autism-path.com/parent\\_supports.html](http://www.autism-path.com/parent_supports.html)
- Geneva Centre for Autism: <https://www.autism.net/>
- My Autism Team: <https://www.myautismteam.com/>

## Bereavement and loss

- Bereaved Families of Ontario: <http://www.bereavedfamilies.net/>
- Chai Lifeline Canada: <https://chailifelinecanada.org/bereavement-counselling-support/>
- Sunnybrook Hospital resources: <http://sunnybrook.ca/content/?page=wb-nic-gresources>
- Yorktown Family Services: <https://www.yorktownfamilyservices.com/programs/grief-and-bereavement/>

## Brain injury

- Brain Injury Society of Toronto: <https://bist.ca/about/programs-and-services/>
- Ontario Brain Injury Association: <https://obia.ca/support/online-caregiver-support-group/>
- Toronto ABI Network: <http://www.abinetwork.ca/>

## Cancer

- Brain Tumour Foundation of Canada: <https://www.braintumour.ca/category/support-group/>
- Canadian Cancer Society: <https://cancer.ca/en/living-with-cancer/how-we-can-help>
- Chai Lifeline Canada: <https://chailifelinecanada.org/what-we-do/>
- Childhood Cancer Canada Foundation: <https://www.childhoodcancer.ca>
- Ontario Parents Advocating for Children with Cancer: <http://www.opacc.org/>
- Alex's Lemonade Stand Parent to Parent Network: <https://www.alexlemonade.org/childhood-cancer/for-families>
- Alex's Lemonade Stand Supersibs: <https://www.alexlemonade.org/childhood-cancer/for-families/supersibs>

## Cerebral palsy

- Cerebral Palsy Canada Network: <https://www.cpcanadanetwork.com/copy-of-resources>
- Ontario Federation for Cerebral Palsy: <http://www.ofcp.ca/programs/membership>

## Stuttering

- The Canadian Stuttering Association: <https://stutter.ca/get-support/support-groups>

## Deaf or hard of hearing

- Bob Rumball Centre: <https://www2.bobrumball.org/earlyon-child-and-family-centre/>
- The Canadian Hearing Society: <https://www.chs.ca/>
- Toronto Association of the Deaf: <https://deafontario.ca/>

## Developmental disability

- Community Living Ontario: <http://communitylivingontario.ca/>
- Community Living Toronto: <https://cltoronto.ca/supports-and-services/>
- Scarborough Residential Alternatives: <https://www.facebook.com/groups/65760059391/>
- Surrey Place: <http://www.surreyplace.on.ca>

## Down syndrome

- Down Syndrome Association of Toronto: <https://dsat.ca/dsat-programs/>
- Down Syndrome Resource Foundation: <https://www.dsrf.org/programs-and-services/parent-groups/>

## Epilepsy

- Epilepsy Ontario: <http://epilepsyontario.org/>
- Epilepsy Toronto: <https://epilepsytoronto.org/about-us/programs-and-services/support-groups/>

## Facial differences

- About Face: <http://www.aboutface.ca/>

## Fetal Alcohol Spectrum Disorders (FASD)

- FASD/TSAF Ontario: <https://fasdinfotsaf.ca/gethelp/>
- FASD Ontario Network of Expertise: <https://fasdontario.ca/service-areas/intervention-and-support/support-groups/>

## Learning disabilities

- Learning Disabilities Association of Toronto: <https://www.ldatd.on.ca/programs/parents/>

## Mental health

- Centre for Addiction and Mental Health (CAMH): <https://www.camh.ca/en/your-care/for-families>
- Children's Mental Health Ontario (CMHO) Family Care Centre: <https://www.family.cmho.org/>
- Peer Support Canada: <https://peersupportcanada.ca/>
- Strides Toronto: <https://stridestoronto.ca/programs-services/>
- Woodgreen Community Services: <https://www.woodgreen.org/services/health-wellness>
- Youthlink Parent Groups: <https://youthlink.ca/services/our-programs/parenting-and-family-support/>

## Physical disabilities

- Easter Seals: <http://www.easterseals.org/>
- War Amps: <http://www.waramps.ca/home/>

## Rare diseases, disorders and disabilities

- Rare Disease Foundation: <https://rarediseasefoundation.org/>

## Sibling groups

- Extend-A-Family (adult sibling group): <https://www.extendafamily.ca/family-support-groups>
- Upopolis: <https://www.upopolis.com/>
- Young Caregivers Association: <https://youngcaregivers.ca/>
- Young Caregivers Connect: <https://youngcaregiversconnect.ca/>
- Young Carers: <http://www.ycptoronto.com/>

## Spina Bifida and Spinal Cord Injury

- Hydrocephalus Ontario: <https://www.hydrocephalus.ca/>
- Spinal Cord Injury Ontario: <http://www.sciontario.org/>

## Stroke

- March of Dimes: <https://www.marchofdimes.ca/en-ca/programs/Pages/Online-Support.aspx>

## Tourette Syndrome

- Tourette Canada: <https://tourette.ca/>

Do you have a suggestion or resource for this tipsheet? We always welcome new ideas.

Let us know at [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)

This list was last updated by a Family Support Specialist in July 2023.