

FAMILY TIPSHEET: Family, Parent and Caregiver Groups in the Community

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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

All/Any caregivers of children with any disabilities

- Centre for Addiction and Mental Health (CAMH):
http://www.camh.ca/en/hospital/care_program_and_services/support_for_families_and_friends/Pages/support_groups_families_friends.aspx
- ConnectABILITY Family Support Groups Directory:
<http://connectability.ca/2013/12/04/family-support-groups/>
- Connected Families: <http://connectability.ca/connected-families/>
- Extend-A-Family (includes but not limited to dads groups and Spanish-speaking families):
<http://extendafamily.ca/our-services/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/>
- Partners for Planning Network: <http://www.partnersforplanning.ca/about-1/>
- Spirit of Life (Chinese-speaking families): <http://solhc.ca/parent-support-group/>
- Woodgreen Community Services:
<http://www.woodgreen.org/OurServices/HealthWellness.aspx>

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/>
- Autism PATH: 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/>
- Sunnybrook Hospital resources: <http://sunnybrook.ca/content/?page=wb-nic-gresources>
- Woodgreen Community Services:
<http://www.woodgreen.org/OurServices/HealthWellness.aspx>

Brain Injury

- Brain Injury Society of Toronto: <http://www.bist.ca/about/programs-and-services/abi-family-support-program/>
- Ontario Brain Injury Association: <http://obia.ca/peer-support2/>
- Toronto ABI Network: <http://www.abinetwork.ca/>

Cancer

- Brain Tumour Foundation of Canada: <http://www.braintumour.ca/621/care-and-support>
- Canadian Cancer Society: <http://www.cancer.ca/>
- Chai Lifeline Canada: <https://www.chailifelinecanada.org/get-involved/>
- Childhood Cancer Canada Foundation: <http://www.childhoodcancer.ca/>
- Ontario Parents Advocating for Children with Cancer: <http://www.opacc.org/>
- Alex's Lemonade Stand Parent to Parent Network:
<http://www.alexslemonade.org/parent-parent-network>
- Alex's Lemonade Stand Supersibs: <http://www.alexslemonade.org/campaign/supersibs>

Cerebral Palsy

- Ontario Federation for Cerebral Palsy: <http://www.ofcp.ca/programs/membership>

Stuttering

- The Canadian Stuttering Association: <http://www.stutter.ca/>

Deaf or Hard of Hearing

- The Canadian Hearing Society: <https://www.chs.ca/>
- Toronto Association of the Deaf: <https://deaftoronto.ca/>

Developmental Disability

- Community Living Ontario: <http://communitylivingontario.ca/>
- Scarborough Residential Alternatives: <http://sralternatives.weebly.com/>
- Surrey Place: <http://www.surreyplace.on.ca>

Down Syndrome

- Circle 21: <http://circle21.com/independent-living/our-global-community/>
- Down Syndrome Association of Toronto: <http://www.dsat.ca/social-activities>

Epilepsy

- Epilepsy Ontario: <http://epilepsyontario.org/>

Facial Differences

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

Fetal Alcohol Spectrum Disorders (FASD)

- FASWorld: <http://www.fasworld.com/fasd-resources/family-support-groups/>

Intellectual Disabilities

- Family Link: familylink@cltoronto.ca

Learning Disabilities

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

Mental Health

- Centre for Addiction and Mental Health (CAMH):
http://www.camh.ca/en/hospital/care_program_and_services/support_for_families_and_friends/Pages/support_groups_families_friends.aspx
- Woodgreen Community Services:
<http://www.woodgreen.org/OurServices/HealthWellness.aspx>
- Youthlink Parent Groups: http://youthlink.ca/?page_id=876

Physical Disabilities

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

Rare Diseases, Disorders and Disabilities

- Rare Disease Foundation:
https://www.rarediseasefoundation.org/family_and_patient_support

Sibling Groups

- Young Carers: <http://www.ycptoronto.com/>
- Extend-A-Family (includes adult sibling groups as well): <http://extendafamily.ca/our-services/family-support-groups/>

Spina Bifida and Spinal Cord Injury

- Spina Bifida and Hydrocephalus Association of Ontario:
<http://www.sbhao.on.ca/programs-services/care-and-support/parent-support>
- Spinal Cord Injury Ontario: <http://www.sciontario.org/>

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!*

This list was last updated by a Family Support Specialist in April 2018