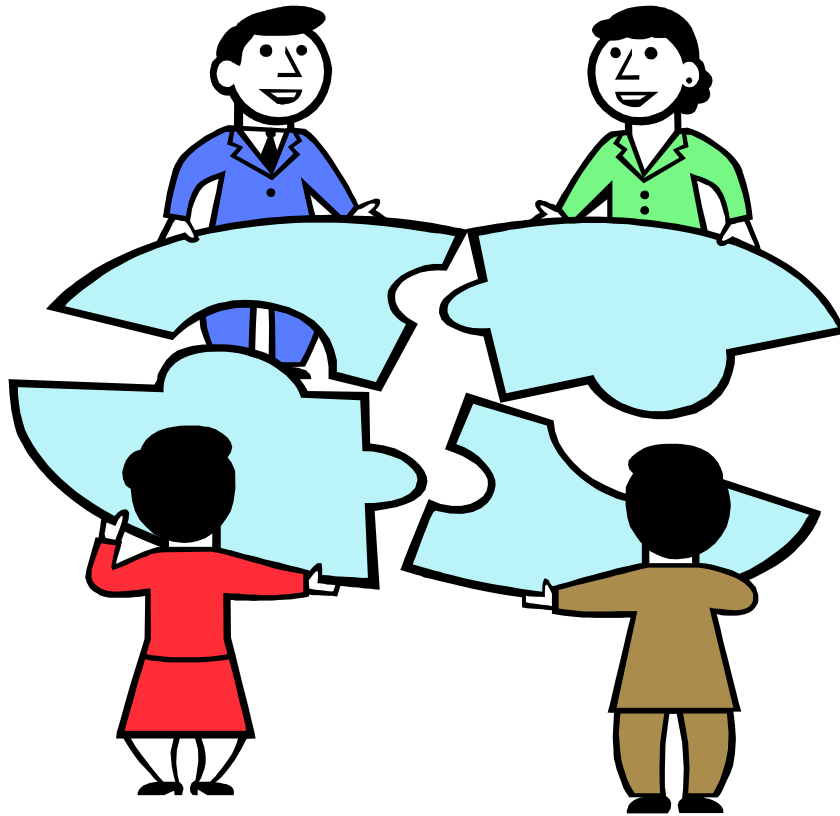


Community Resources



For Individuals and Families
Living with the Effects of Brain
Injury & Stroke

Introduction

Within the City of Toronto, there is an Advisory Committee, which assesses the need for services for those living with the effects of acquired brain injury (ABI). As a result of a needs assessment completed by this Advisory Committee, a support and education group was formed for spouses and partners of individuals with ABI. This group became known as The Spousal/Partner Support and Education Series, otherwise known as SPESS. This support and education series consists of educational seminars specifically designed to help spouses and partners of individuals with ABI understand the effects of these injuries. This series is also an inter-agency initiative involving: Bloorview MacMillan Centre; CHIRS (Community Head Injury Resources Services); COTA (Community Occupational Therapists and Associates); Neuro-Rehabilitation Consultants, Feldman & Associates; Toronto Rehabilitation Institute; Bridgepoint Health (formerly known as The Riverdale Hospital); St. Michael's Hospital; and West Park Health Centre.

As part of a two-weekend SPESS workshop in February of 2000, spouses and partners requested information with regards to community resources as they felt they were lacking sufficient information in this area and were not feeling adequately linked to services for support. Consequently, this resource directory was prompted by the needs of these individuals. It therefore became evident that other individuals and family members of those living with the effects of ABI were also in need of similar resources. Ms. Ramona Bray consequently compiled this ABI & Stroke directory, which is updated on a yearly basis.

It is important to note that while many community resources are listed, this directory does not represent a comprehensive listing of all available resources. For further information please contact the Ontario Brain Injury Association (OBIA) at (905) 641-8877 or 1(800) 263-5404. It must also be emphasized that although children may be affected by ABI, this directory is not child focused. While there is a small listing of support groups for children and teenagers living with an adult with ABI, this resource is primarily adult focused. With this information in mind, I hope you find all that you are looking for!

I would like to thank Bridgepoint Health for providing the resources required to update this extensive resource directory. All rights reserved. No part of this directory may be reproduced without written permission from the author.

Sincerely,

Ramona Bray, B.S.W., M.S.W., R.S.W.
Clinical Social Worker,
Bridgepoint Hospital, Neurological Care Program
416-461-8251 ext. 2215 or Private Practice 416-255-9835
Specialty In Trauma and Rehabilitation

Revised November, 2004

Note of Disclaimer:

As we do not endorse any particular community resource, we will not be held accountable for any dissatisfaction or unlawfulness with regards to these services.

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COMMUNITY GROUPS

For Individuals with Acquired Brain Injury

Adult Social Support Group Family Support Service, Bloorview MacMillan Centre

350 Rumsey Rd.

Toronto, ON, M4G 1R8

Tel: 416-424-3855 ext. 3694

Contact: Val Lusted

Website: www.bloorviewmacmillan.on.ca

Website: www.abinetwork.ca

This centre runs a series of support groups for people with brain injuries and their care partners. These groups are facilitated throughout the year and can be found on the ABI Network website.

ABI Support Group West Park Acquired Brain Injury Behaviour Services

82 Buttonwood Avenue

Toronto, ON M6M 2J5

Tel: 416-263-3600 ext. 2614

Fax: 416-243-0832

Contact: Laura Forma

Website: www.westpark.org

Website: www.abinetwork.ca

Individuals with an acquired brain injury who wish an opportunity to seek the support of others in discussion and problem solving around issues brought to the group. Issues such as relationships, loss, family, sexuality, dating, sharing information, stereotyping, making new friends, back to school, and world of work. **Criteria for inclusion:** 18 to 65 years of age, moderate to severe ABI. Areas of focus: neuro-education and its sequelae; relationships; life changes; sexuality/intimacy; grief issues/loss; isolation vocation; meeting new people.

Brain Tumour Support Group Brain Tumour Foundation of Canada

620 Colborne St. Suite 301

London, ON, N6B 3R9

Tel: 1-800-265-5106 or 519-642-7755

Website: www.braintumour.ca

The Brain Tumour Foundation of Canada offers support groups in the North York region, Mississauga, and Ajax for persons who have experienced a brain tumour. For more information please contact the Brain Tumour Foundation of Canada at the above number.

COTA Stroke Groups

Community Occupational Therapists and Associates (COTA)

700 Lawrence Ave. W. (Lawrence Square Plaza). Suite 362

Toronto, ON, M6A 3B4

Tel: 416-785-9230 or 1-888-785-2779

Website: www.cotarehab.ca

COTA offers social, recreational and educational groups for adults recovering from a stroke. A small membership fee is required.

Head Injury Association of Brantford & District

PO Box 468,

Brantford, ON, N8T 5N9

Tel: 519-756-3350

Fax: 519-756-4727

Contact: Arthur Lebevre

Head Injury Association of Dufferin

19 Wellington St.

Orangeville, ON, L9W 2L2

Tel: 519-941-0322

Contact: Ken Norris

Head Injury Association of Durham

459 Bond St. E.

Oshawa, ON, L1G 1B9

Tel: 905-723-2732

Fax: 905-723-4936

Contact: Frank Murphy

Regular support meetings; social activities; lending library

Head Injury Association of Hamilton-Wentworth

PO Box 57603, Jackson Station
Hamilton, ON, L8P 4X3
Tel: 905-521-2100 ext. 74632
Regular support meetings; social activities;
lending library

Head Injury Community Adjustment Program (HICAP)

Community Occupational Therapists and Associates (COTA),
700 Lawrence Ave. W. (Lawrence Square Plaza), Suite 362
Toronto, ON
Tel: 416-785-9230

This is a community-based home visiting rehabilitation service. Interventions may include skill training, educational support and linkage with other programs and/or agencies.

Mind Co-op

Community Occupational Therapists and Associates (COTA),

700 Lawrence Ave. W. (Lawrence Square Plaza), Suite 362
Toronto, ON
Tel: 416-785-9230

This is a social therapeutic group that meets three times a week. Activities include social events, production of a newsletter, and projects related to advocacy for individuals with an acquired brain injury.

Peel & Halton Brain Injury Association

2155 Leanne Dr. Suite 240
Mississauga, ON L5K 2K8
Tel: 905-823-2221
Email: biaph@biaph.com
Website: www.biaph.com

Simcoe County Brain Injury Association

580 Bryne Ave. #D-2
Barrie, ON, L4N 9P6
Tel: 705-734-2998 Fax: 705-734-2866
Regular support meetings; social activities;
lending library
Email: scbia@csolve.net

York Region Head Injury Support Group

11181 Yonge St.
Richmond Hill, ON, L4S 1L2
Tel: 905-780-1236
Contact: Carolyn Barton.
This group usually meets on the first Saturday of each month from 10:00 am to 12:00 noon at the Loyal True Blue & Orange Lodge, on the 2nd floor.

**For Spouses/Partners and
Adult
Family Members**

CHIRS Family Support Group
Community Head Injury Resource Services (CHIRS)

62 Finch Ave. West
Toronto, ON, M2N 7G1
Tel: 416-240-8000
Fax: 416-240-1149
Contact: Diana Brouwer
Website: www.chirs.com

The Community Head Injury Resource Services (CHIRS) provides a place for family members of people involved with CHIRS to get together to share information, problem solve and support each other.

Hamilton-Wentworth Head Injury Family Support Group

Chedoke-McMaster Hospitals,
Holbrook Building, Box 2000,
Hamilton, ON, L8N 3Z5
Tel: 905-521-2100, ext. 4632
Fax: 905-521-7927
Contact: Victoria Newman

York Region Caregiver Support Group

11181 Yonge St.
Richmond Hill, ON, L4S 1L2
Tel: 905-472-6826
Contact: Elizabeth Dilley
This group usually meets on the first Thursday of each month from 7:00-9:00 p.m. at the Loyal True Blue & Orange Lodge, on the 2nd floor.

For Children and Adolescents

Let's Talk, Let's Play Family Support Services,

Bloorview MacMillan Centre
350 Rumsey Rd.

Toronto, ON, M4G 1R8

Tel: 416-424-3855 ext. 3625

Contact: Monica Gemeinhardt

This activity support group for children ages 6-13 years provides a fun and supportive environment for children to come together to share their experiences around living with a parent or sibling with a brain injury.

COUNSELING

Counseling offered by psychiatrists is covered by OHIP, unlike that of psychologists or social workers. There is a fee for service for the latter two.

Psychiatrists

Dr. Kathy Behsnilian

**Community Health Centre,
St. Joseph's Hospital,**
30 The Queensway
Toronto, ON, M6R 1B5
Tel: 416-530-6591

Centre for Addiction and Mental Health

250 College St.
Toronto, ON, M5T 1R8
Tel: 416-535-8501
Website: www.camh.net
Provides Psychiatric referral services

Dr. Adrian Hanick

120 Eglinton Ave. E., Suite 702
Toronto, ON, M4P 1E2

Tel: 416-322-3522

Fax: 416-322-6448

Accepts adolescents and adults. Full psychiatric assessment with treatment involving medication, psychotherapy, and referral to any additional care necessary.

Dr. M. Mamelak

4800 Leslie St. Suite 313

Toronto, ON, M2S 2K9

Tel: 416-236-5650

Accepts all ages. Assessment, counseling for individuals and family treatment, diagnostic services.

Dr. Chanth Seyone

**Toronto Western Hospital, UHN
Department of Psychiatry, ECW-3D**

399 Bathurst Street,

Toronto, ON, M5T 2S8

Tel: 416-603-5009

Fax: 416-603-5292

E-mail: chanth.seyone@uhn.on.ca

Dr. Seyone is Director of the ABI clinic at the Toronto Western Hospital and Assistant Professor at the University of Toronto.

Dr. Rob Van Reekum

Baycrest Centre,
3560 Bathurst St.

Toronto, ON, M6A 2E1

Tel: 416-785-2500, ext. 2521

Fax: 416-785-2450

Accepts adults. Languages: English, Dutch. Physician referral required. Neuropsychiatric assessments, recommendations and treatment. Pharmacological therapy. education. Supportive psychotherapy for families. Referral to community resources.

Psychologists

Dr. Elizabeth A. Bolger

2901 Bayview Ave.
Toronto, ON, M2K 1E6
Tel: 416-487-7475
Fax: 416-487-8430

Dr. Clare Brandys

Private Practice in Neuropsychology
Tel: 416-686-0412
Accepts individuals from 8 to 65.
Neuropsychological assessments. Planning and review of rehabilitation programs and recommendations for cognitive and psychological rehabilitation. Education regarding the effects of brain injury. Individual and family adjustment, and supportive counseling following brain injury.

Dr. Barry Brooker

14 Hospital Court.
Oshawa, ON, L1G 8A1
Tel: 905-725-1534
Fax: 905-725-1534
Accepts adolescents and adults.
Languages: English, French, German, and Italian. Neuropsychological assessments. Consultation for rehabilitation programs for individuals with traumatic brain injury/neurological disorders.

Dr. Andy Cancelliere

156 Sheppard Ave. W.
North York, ON M2N 1M8
Tel: 416-226-4082
Fax: 416-226-4734
Accepts ages 4 and up.
Languages: English, French, Cantonese, Italian, Mandarin. Neuropsychological, psychological, and family assessments. Cognitive rehabilitation to facilitate educational and vocational reintegration. Social skills retraining. Individual, family, and pain management psychotherapy.

Dr. Robert Camargo

679 Davis Drive, Suite 101
Newmarket, ON, L3Y 5G8
Tel: 905-895-7442
Accepts individuals from 13 to 65.
Supporting and characterological therapy for adaptation to acquired brain injury. Clinical diagnostic and clinical neuropsychological assessments.

Dr. Marek J. Celinski

27 Roncesvalles Ave., Suite 508
Toronto, ON, M3R 3B2
344 Sheppard Ave. E.
Willowdale, ON, M2N 3B4
Tel: 416-538-6676
Accepts individuals 13 and over. Those under 13 must speak Polish or Russian.
Languages: English, Italian, Polish, Russian, Slavic, Spanish. Interpreters and/or associates for Greek and Mandarin.
Neuropsychology. Assessment of degree of cognitive impairment, emotional and social or vocational adjustment. Pain management and psychotherapy and hypnotherapy.
Family counseling.

Dr. Wendy C. Chan Consultants

5 Fairview Mall Dr., Suite 415
North York, ON, M2J 2Z1
Tel: 416-777-1612
Fax: 416-777-9746
Accepts ages from 12 years and up.
Languages: English, Cantonese, and Mandarin. Vietnamese, Spanish and Portuguese. Life Skills Training, Vocational Rehabilitation, Anxiety /Stress Management, Biofeedback, Clinical Psychology, Neuropsychological Assessment, Individual Psychotherapy, Individual /Family Counseling, Behaviour Management, Pain Management.

Clair & Associates

8077 Islington Ave. Suite 206

Woodbridge, ON, L4L 1X1

Tel: 905-850-0334

Accepts individuals from 20 to 65.

Psychotherapy for depression, anxiety, grief, and feelings of being emotionally overwhelmed is provided to individuals who are trying to adapt to changes arising from a brain injury sustained by a spouse, parent, or child.

Dr. Aurelie K. Collings

47 Main St.

Toronto, ON, M4E 2V6

Tel: 416-462-0792

Accepts all ages. Pediatric and adult neuropsychological assessment. Adult psychotherapy: disability, adjustment, and bereavement.

Family Support Service

Bloorview MacMillan Centre,

350 Rumsey Rd.

Toronto, ON, M4G 1R5

Tel: 416-425-6220

Fax: 416-424-3880

The goals of the Family Support Service are to assist individuals and their family members to facilitate reintegration by helping them select, access and use the appropriate community Resources. The Family Support Service is funded by the Ontario Ministry of Health, and services are provided without charge.

Dr. Margaret Hovanec

Tel: 416-861-1562

Individual & couple counseling.

Specializes in cognitive behavioural therapy.

Dr. Alina Kaminska

2161 Yonge St., Suite 808

Toronto, ON, M4S 3A6

Tel: 416-487-0070

E-Mail: akaminska@neweq.com

Specializes in acquired brain injury issues.

Dr. C. I. Gayle Kumchy

170 St. George St., Suite 316

Toronto, ON, M5R 2M8

Tel: 416-410-0721

Fax: 416-657-4059

197 George St.

Sarnia, ON, N7T 4N6

Tel: 519-339-0113

Fax: 519-339-9255

Accepts individuals up to age 65.

Neuropsychological evaluation, behavioral management, cognitive/behavioral psychotherapy, pain/stress management.

Dr. Bonnie MacDonald

2200 Eglinton Ave. W.

Mississauga, ON, L5M 2N1

Tel: 905-813-2388

Fax: 905-813-3571

Accepts individuals 20 and over.

Neuropsychological assessment, psychotherapy, rehabilitation and vocational recommendations; to identify cognitive strengths and weakness, and emotional changes that have resulted from acquired brain injury and to help individuals and families understand and adjust to these.

Dr. M. McKay

2100 Bloor St. W., Suite 6124

Toronto, ON, M6S 5A5

Tel: 416-580-9570

Fax: 416-767-0433

Accepts individuals up to 65. Psychological assessments for rehabilitation purposes.

Neuropsychological assessments for rehabilitation and legal purposes.

Individualized consultation regarding: child behavior problems, design and assistive needs, cognitive/behavioral psychotherapy in relation to effects of brain injury.

Phillip C. Miller Consultants

55 Eglinton Ave. E., Suite 700
Toronto, ON, M6C 1S9
Tel: 416-484-6415
Fax: 416-485-4171

Accepts individuals 13 and over.
Languages: English, Hindu, Italian, Kokani,
Punjabi, Vietnamese. Psychological and
vocational testing and counseling. Individual
and marital counseling.

Dr. Yvonne M. Parnell

5550 Lawrence Ave. E.
Scarborough, ON, M1C 3B2
Tel: 416-283-0070
Fax: 416-283-1453

Accepts adults. Neuropsychological referral
and psychotherapy for accident victims and
their families.

Prendergast & Associates

89 Humber College Blvd., Suite 223
Etobicoke, ON, M9V 4B8
Tel: 416-740-4047
Fax: 416-740-3883

Contact: Dr David Prendergast
Provides psychological services, treatment
service, assessment services, and
consultation services.

Social Workers

Sue Balough

980 Bathurst St.
Toronto, ON, M5R 3G6
Tel: 416-988-9114
Provides counseling to individuals and
families following ABI.

Ramona R. Bray

181 Harbord St., Main Floor Suite
Toronto, ON, M5S 1H5
Tel: 416-255-9835
Fax: 416-255-6279
Email: ramonabray@hotmail.com

General practice for children, adults, older
adults, couples and families. Acquired Brain
Injury, Addictions, Depression and anxiety,
Eating problems, Body image and self-
esteem, Post traumatic stress, Trauma
counseling, Relationship counseling,
rehabilitation counseling.

Family Support Service

Bloorview MacMillan Centre,
350 Rumsey Rd.
Toronto, ON, M4G 1R5
Tel: 416-425-6220
Fax: 416-424-3880

The goals of the Family Support Service are
to assist individuals and their family
members to facilitate reintegration by
helping them select, access and use the
appropriate community Resources. The
Family Support Service is funded by the
Ontario Ministry of Health, and services are
provided without charge.

Carol Gan, R.N., M.Sc.N

118 Eglinton Ave. W., Suite 750
Toronto, ON M4R 2G4
Tel: 416-485-2284
Fax: 416-486-0989

Email: jccgan@sympatico.ca

Registered marriage and family therapist.
Individual, couple and family therapy
specializing in ABI.

Margery Hecht-Kugelmass

206 St. Clair Ave. W.
Toronto, ON, M4V 1R2
Tel: 416-975-5137
Specializing in traumatic brain injury.
Individual, couple and family therapy.

Barbara Ibbitson

2720 Ireton Street
Innisfil, ON, L9S 2S2
Tel: 416-452-2362 or 705-436-6462
Specializing in traumatic brain injury.
Individual, couple and family therapy.

Patricia Kirby, M.Ed.

399 Woburn Ave.
Toronto, ON, M5M 1L4
Tel: 416-787-7316
Fax: 416-787-5188
Individual and couple therapy. Depression,
Acquired Brain Injury.

Laura Moll, M.S.W., R.S.W.

107 Millcroft Way
Thornhill, ON, L4J 6P5
Tel: 905-707-0531
Coping with personal loss and learning to
adjust and compensate for disability through
a variety of approaches. Individual and
family counseling, education, cognitive
therapy, psychosocial and
psychoeducational assessment, grief and
psychosocial counseling, academic
remediation, and vocational preparation.
Clients work with a professional who had
first hand experience with disability and loss.
Certified Grief Therapist and Certificate in
Bereavement Education.

Lynn W. MacDonell

26 Massingham Road
Toronto, ON M9C 5Z6.
Tel: 416-996-4050
Web Site: www.macdonellassociates.com
Specialty working with individuals who have
experience trauma and addictions.
Relationship issues, grief and bereavement.

Doris Rosenberg

4949 Bathurst St., Suite 201
North York, ON, M2R 1Y1
Tel: 416-512-7373
Fax: 416-512-7374
Accepts all ages (particularly children and
teens). Counseling services including
assessment and treatment. Twenty years
experience in the field with special emphasis
on therapy for children and families in crisis.

Robin Tyler, B.A., M.A, Psych

1110 Sheppard Ave E., Suite 506
Toronto, ON, M2K 2W2
Tel: 416-512-2121
Offers counseling related to stress, anxiety,
depression, trauma and addiction.

**Ontario Association of Social Workers
(OASW)**

410 Jarvis St.
Toronto, ON, M4Y 2G6
Tel: 416-923-4848
Fax: 416-923-5279
Web Site: www.oasw.org
Email: oasw@web.net
For a complete listing with regards to social
workers in private practice, and specifically
those specializing in acquired brain injuries,
please contact this association.

**Counselors Serving the Gay &
Lesbian Community**

Geri Agrey, M.A.

Tel: 416-465-7997
Specializing in orientation issues, self-
esteem, lifestyle choices, spiritual growth,
healthy self/healthy partner,
work/energy/play, voluntary simplicity, and
smoking cessation.

Micky Belliscoso, M.S.W., C.S.W.

#210-489 College St.
Toronto, ON
Tel: 416-929-1816 ext.222
Psychotherapy and mediation services

Ramona R. Bray, B.S.W., M.S.W., R.S.W.

181 Harbord St., Main Floor Suite
Toronto, ON, M5S 1H5
Tel: 416-255-9835
Fax: 416-255-6279
Email: ramonabray@hotmail.com
Servicing the gay and lesbian community.

Laurie C. Chesley, M.S.W., C.S.W.

Tel: 416-516-0511 or 416-972-1935, ext. 3320
Feminist therapy for individuals and couples. Specializing in self-esteem, personal stress, relationship issues and violence or abuse.

Carolyn Dallman Downes, M.Ed.

Tel: 416-363-0065
Gentle, respectful counseling for depression, anxiety, grief, sexual abuse and unresolved childhood issues. Couples or singles.

Family Services Association of Metro Toronto

355 Church St.
Toronto, ON, M5B 1Z8
Tel: 416-595-9618
Website: www.fsatoronto.com
Lesbian & Gay counseling and HIV/AIDS counseling

Jan Tkachuk, M.A.

489 College St., Suite 201
Toronto, ON M6G 1A5
Tel: 416-929-1816 ext. 321
Fax: 416-690-2486
Individual, couple and group counseling.

Lynn MacDonell, B.S., C.A.D.C., S.Ht

Tel: 416-996-4050
www.macdonellassociates.com
Psychotherapy and hypnotherapy services. Specializes in addiction, trauma, grief & bereavement issues.

John Montague, M.S.W., C.S.W.

Tel: 416-523-6449
E-mail: jmontague@sympatico.ca
Gay men suffer unique problems, coming out, relationship conflicts, compulsions, married men and AIDS issues, and capacity assessments.

Bill Polski, M.S.W., C.S.W.

Tel: 416-690-0343
E-mail: billp@idirect.com
Individual, couple and group counseling. Specializing in capacity assessments.

Jeremy Tomlinson, M.Ed.

Tel: 416-486-2161
Specializing in coming out, sexuality issues, self-esteem, separation, HIV/AIDS and bereavement.

HOSPITAL IN-PATIENT PROGRAMS

These are programs aimed towards acquired brain injury patients who require 24-hour hospital care.

Baycrest Hospital

3560 Bathurst St.
Toronto, ON, M6A 2E1
Tel: 416-785-2500
Fax: 416-785-2378
Website: www.baycrest.org
While their neuro-rehabilitation program is not specifically for acquired brain injury, the Behavioral Neurology, Geriatric Psychiatry and Rehabilitation Inpatient units do provide care for patients with acquired brain injury, particularly in complex diagnostic case.

BridgePoint Hospital

14 St. Matthews Rd
Toronto, ON, M4M 2B5
Tel: 416-461-8252

Website: www.bridgepointhealth.ca

Bridgepoint Health is an integrated health services organization focused on providing a continuum of care for patients in the Greater Toronto Area who require complex care, complex rehabilitation and long term care. Bridgepoint Health comprises Bridgepoint Hospital; Bridgepoint Health Research Institute, Bridgepoint Centre for Living (a soon to be constructed complex and long-term care centre), Bridgepoint Community Rehab and Bridgepoint Health Foundation, which supports the programming and development goals of Bridgepoint Health.

Patients are admitted by physician referral or other health care professionals and must be medically stable, Rancho level 5, and ready to participate in a rehabilitation program. An interdisciplinary team provides a full range of service.

Chedoke McMaster Hospitals

Box 200,
Hamilton, ON, L8N 3Z5
Tel: 905-521-2100
Fax: 905-385-3339

Website: www.hamiltonhealthsciences.ca

Through professional referral, individuals between the ages of 16 to 65 can enter one of three programs: 1) slow to recover assessment/rehabilitation (ward program); 2) life skills rehabilitation (cottage program); 3) behavioral program (cottage program). Cottages are on campus, but not in the hospital setting.

Toronto Rehabilitation Institute

Inpatient ABI Program,
550 University Ave.
Toronto, ON, M5G 2A2
Tel: 416-597-3422 ext. 3017

Website: www.torontorehab.on.ca

This unit provides rehabilitation to patients who have sustained serious brain injuries. Patients must have clearly defined and identified rehabilitation goals. Referrals are made through the ABI network.

West Park Healthcare Centre Acquired Brain Injury Behaviour Services (ABIBS)

82 Buttonwood Ave
Toronto, ON, M6M 2J5
Tel: 416-243-3600
Fax: 416-243-7711

Contact: Director Dr. Gary Gerber
Website: www.westpark.org

ABIBS is a Toronto center that provides inpatient and outreach services for clients between the ages of 18 and 65 with challenging behaviours and an acquired brain injury. The services' goals include helping these individuals and their families adapt to their needs due to the brain injury through behavioural rehabilitation. In return, clients continue to lead purposeful and fulfilling lives that include family, friends, productive activities, and leisure pursuits. Both the inpatient and outreach programs provide rehabilitation services for three to six months. The cost of service is covered for patients with a valid Ontario Health Card issued by the provincial Ministry of Health.

Vocational Resources

Bridgepoint Hospital **Day Treatment Program**

14 St. Matthews Rd
Toronto, ON, M4M 2B5
Tel: 416-461-8252

Website: www.bridgepointhealth.ca

Among its other interdisciplinary team services, Bridgepoint Hospital also offers vocational assessment and employment planning. They also can refer and/or liaise with ODSP (Employment Supports), Workers' Safety and Insurance Board, or other funding sources, as needed.

Career Dynamics Network Inc.

P.O. Box 38642
3299 Bayview Ave.
North York, ON. M2K 2Y5
Tel: 416-227-0544 or 1-877-212-2147
Fax: 416-227-0540

Email:

careerdynamicsnetwork@attcanada.ca

Employment supports services for ODSP including employment plan development; remediation and vocation life skills, work adjustment training, job trials, job placement, and job coaching.

Community Head Injury Resource Services (CHIRS)

Creative Employment Services

62 Finch Ave. West
Toronto, ON, M2N 7G1
Te: 416-240-8000
Fax: 416-240-1149

Website: www.chirs.com

Among its full array of services, CHIRS has supported employment services, job developers, or other employment initiatives specialized for individuals living with the effects of acquired brain injury.

Corbrook

710 Progress Ave. Suite 6
Toronto, ON, M1H 2X3
Tel: 416-431-9000
Fax: 416-431-4227
Website: www.corbrook.net

581 Tretheway Dr.
North York, ON, M6M 4B8
Tel: 416-245-5565
Fax: 416-245-5358

Provide and develop vocational rehabilitation services for adults with disabilities. Offer vocational assessments in industrial, janitorial and clerical areas. ODSP employment supports.

COSTI

700 Caledonia Rd.
Toronto, ON, M6B 4H9
Tel: 416-789-3420
Fax: 416-789-3499

Web Site: www.COSTI.org

Provides an array of services including work assessment, work trials, and work evaluations.

Crystallizers

25 Taunton Rd.
Toronto, ON, M4S 2P2
Tel: 416-481-8930

Web Site: www.crystallizers.com

Provide assessments for individuals with Information Technology (IT) backgrounds or interest in IT. Fee for service.

FOX Rehabilitation

23 Westmore Drive, Suite 200
Toronto, ON, M9V 3Y6
Tel: 416-740-1646
Toll Free: 1-877-747-4040

Fax: 416-740-6538

Web Site: www.foxhealth.ca

Assist individuals with disabilities to prepare for, find, secure, and maintain employment. Services provided: employment planning, job placement, job coaching. Fee for service.

Goodwill

234 Adelaide St. E.
Toronto, ON, M5A 1M9
Tel: 416-362-4711

Web Site: www.goodwill.ca

Provide effective vocational programs and services including employability skills, job search, employment counseling, vocational counseling, and job placement assistance.

Harmony Rehab Services

Tel: 416-438-1300
Fax: 416-438-2024

Contact Paul Standish, RRP, CCAA Case Manager & Vocational Rehab Specialist
Offering case management, vocational rehabilitation and occupational therapy services to persons with ABI.

JVS of Greater Toronto

74 Tycos Dr.
Toronto, ON, M6B 1V9
Tel: 416-787-1151
Fax: 416-785-7529

Web Site: www.jvstoronto.org

Develops and delivers high quality educational and vocational services including counseling, training and placement services.

Link Up Employment Services

1075 Bay St., Suite 801
Toronto, ON, M5S 2B1
Tel: 416-413-4922
Fax: 416-413-4927
TTY: 416-413-4926

Web Site: www.linkup.ca

Federally funded program that provides vocational counseling and placement services for persons with various disabilities who are "job ready". Many assist with access to training programs.

Northern Lights Vocational Services

P.O. Box 839
Minden, ON, K0M 2K0
Tel: 705-286-4642
Fax: 705-286-4767

Toll Free: 1-800-361-4642

Email: info@northernlightsvs.on.ca

Web Site: www.northernlightsvs.on.ca

Specialize in vocational rehabilitation including resume development, job development, job coaching, job search, and transferable skills analysis and career exploration. Fee for Service.

Ontario Disability Support Program (ODSP)

Ministry of Community, Family and Children's Services

ODSP – Employment Services

477 Mount Pleasant Rd., 3rd Floor
Toronto, ON, M7A 1G1
Tel 416-325-0693

TDD/TYY: 416-314-5701

A provincially funded program, which provides funding for vocational assessment, employment planning and preparation, skills training, job coaching, job placement.

Services are "brokered" to various agencies serving clients with varying disabilities. The goal of IDSP (ES) is to remove or reduce barriers in order to assist the individual to eventually gain competitive employment.

Ontario March of Dimes

10 Overlea Blvd.
Toronto, ON M4H 1A4
Tel: 416-425-3463

Fax: 416-425-1920

Toll Free: 1-800-263-3463

Email: info@dimes.on.ca

Web Site: www.dimes.on.ca

Provides services including job placement, job coaching, and job maintenance. Also operates WORKink Ontario <http://on.workink.com>, a virtual employment resource center for job seekers with disabilities.

The Job Coach

160 Huron St.
Toronto, ON, M5T 2B5
Tel: 416-977-1656
Contact: Claire Stewart
Assisting individuals in securing and succeeding at employment.

TSV Media Services

1370 Don Mills Rd, 3rd Floor
Toronto, ON, M4R 1K8
Tel: 416-885-2472
Email: tsvmedia@idirect.com
Provides customized tutoring and Information Technology (IT) assessments.
Fee for service.

HOSPITAL OUTPATIENT AND DAY PROGRAMS

These programs are aimed towards people with acquired brain injury within the community who must come to the hospital setting to participate in the program. A daily fee is sometimes required.

Baycrest Hospital

Special Adult Day Care Program
3560 Bathurst St.
Toronto, ON, M6A 2E1
Tel: 416-785-2500
Fax: 416-785-2378
Contact: Joyce Laganoff
While there is no specific program for people with acquired brain injury, there is a Special Adult Day Care Program for people over age 55, with cognitive disorders.

Bridgepoint Hospital Day Treatment Program

14 St. Matthews Rd
Toronto, ON, M4M 2B5
Tel: 416-461-8252
Web Site: www.bridgepointhealth.ca
This program is designed for people who do not need to remain overnight in hospital, but who do require an intensive level of service. Services include: nursing, occupational therapy, physiotherapy, social work, speech/language pathology, and cognitive retraining. Referral to: chiropody, dietetic services, neuropsychology, psychiatry, x-ray, and laboratory services.

The Credit Valley Hospital Seniors & Rehabilitation Day Hospital

2200 Eglinton Ave. W.
Mississauga, ON, L5M 2N1
Tel: 905-813-4481
Fax: 905-813-4444
Web Site: www.cvh.on.ca
Patients 18 and over with acquired brain injury are admitted by physician referral. Patients must live: in the Hospital catchment area, have a functional deficit requiring 2 or more services, be able to attend a Day Hospital a minimum of 2 days a week, and arrange own transportation. Services include: cognitive retraining, follow-up assessments, nursing, occupational therapy, and pain management, physiotherapy, psychiatry and speech/language pathology. The program provides: interdisciplinary assessment; preventative, rehabilitative, and therapeutic services; health promotion; education; and community reintegration.

Lisa Hoffman, B.A.Sc., R.D.
Consulting Dietitian

Specializing in eating disorders.
123 Edward St., Suite 718
Toronto, ON, M5G 1E2
Tel: 416-971-7730
Fax: 416-408-2802
For evening and weekend appointments.

Toronto General Hospital
Tel: 416-340-4800 ext. 8408
For daytime appointments.

Trillium Health Centre

100 Queensway W.
Mississauga, ON, L5B 1B8
Tel: 905-848-7100
Fax: 905-848-7139
Web Site: www.trilliumhealthcentre.org
A physician must refer clients. A Trillium Health Centre attending physician would have to be arranged. Priority is given to Peel residents with acquired brain injury. Clients must be able to benefit from the program; be willing to participate; and have some potential for community reintegration. A family member may be required to participate (e.g. conferences, treatment planning and sessions, homework, and community reintegration activities). The program is designed to improve the quality of life and function of the client through assessment, individual and group therapy, education, promotion of independence, and community integration including educational and vocational integration. Services include occupational therapy, physiotherapy, speech/language therapy, social work, recreation therapy, and nursing.

Lakeridge Health Centre

24 Alma St.
Oshawa, ON, L1G 2B9
Tel: 905-576-8711
Fax: 905-433-2794
Web Site: www.lakeridge.on.ca

This hospital offers a client centered, interdisciplinary, outpatient rehabilitation service for adults and their families who are living with neurological and complicated orthopedic conditions. This service provides individuals with skills and options to manage their health and to achieve optimal independence.

Toronto Rehabilitation Institute

The Acquired Brain Injury Day Hospital

550 University Ave.
Toronto, ON, M5G 2A2
Tel: 416-597-4477
Web Site: www.torontorehab.com

This day program provides therapeutic, goal-oriented rehabilitation for brain-injured patients who do not require 24-hour inpatient care. To be eligible for the program, patients must have sustained a brain injury; require two or more services; be mentally, physically and medically stable to enable regular attendance and full participation in therapies. Referrals are made through the Acquired Brain Injury (ABI) Network.

West Park Hospital

Acquired Brain Injury Behaviour Services (ABIBS)

82 Buttonwood Avenue

Toronto, ON, M6M 2J5

Tel: 416-243-3600

Fax: 416-243-7711

Web Site: www.westpark.org

ABIBS is a Toronto center that provides in-patient and outreach services for clients between the ages of 18 and 65 with challenging behaviours and an acquired brain injury. The services' goals include helping these individuals and their families adapt to their needs due to the brain injury through behavioural rehabilitation. In return, clients continue to lead purposeful and fulfilling lives that include family, friends, productive activities, and leisure pursuits. Both the inpatient and outreach programs provide rehabilitation services for three to six months. The cost of service is covered for patients with a valid Ontario Health Card issued by the provincial Ministry of Health.

REHABILITATION SERVICES

Private rehabilitation services charge on a "fee for service" basis. The billings are usually based on an hourly rate for the time spent with or concerning the client, with travel charges and expenses added where applicable. Payment for these services may be covered by Automobile Insurance in the case of motor vehicle accidents, by the Workers Compensation Board where the accident occurred at work, or by Disability Insurance Plans. For individuals not covered by any of the above plans, some rehabilitation companies offer lower rates on a sliding scale basis.

The Association for the Neurologically Disabled of Canada (AND)

59 Clement Rd.

Etobicoke, ON, M9R 1Y5

Tel: 416-244-1992

Fax: 416-244-4099

Web Site: www.and.ca

Functional rehabilitation programs to individuals with non-progressive neurological disabilities. This unique home-based, non-institutionalized rehabilitation program is tailored to meet the special needs of each family. AND provides a functional neurological evaluation, design of an individualized daily program for home implementation.

Bartimaeus Inc.

1009 Scarlett Rd
Toronto, ON, M9P 2V3
Tel: 416-243-3330
Fax: 416-245-4116
Web Site: www.bartimaeus.com

Individualized support provided by skilled and experienced Community Integration Workers. Approaches are implemented within the client's community environment assisting the individual to obtain highest level of functioning possible. The service is flexible, client-directed, and reflects the goals and needs of the individual.

Canadian Rehabilitative Consultations

225 Duncan Mill Rd., Suite 302
Toronto, ON, M3B 3K9
Tel: 416-445-5000 or 1-800-265-4883
Fax: 416-445-1090
Contact: Kelly Ryan
Web Site: www.rehab-management.com

This service provides long and short-term care to clients. Offers job site assessments, in-home assessments, and pain/stress management. Multidisciplinary team approach.

Community Head Injury Resource Services of Metropolitan Toronto (CHIRS)

2150 Islington Ave. Suite 203
Etobicoke, ON, M9P 3V4
Tel: 416-240-8000
Fax: 416-240-1149

Assessment, case management, community outreach, recreation and leisure activities, peer and family support groups, acquired brain injury education and counseling, adult education, supported employment, drop-in centre, cognitive therapy, behavior therapy, individual and family counseling, specialist/therapist services, social club, extensive workshops.

**D. Gary Gibson & Associates
Rehabilitation Consultants Inc.**

77 Bloor St. W., Suite 1902
Toronto, ON, M5S 1S2
Tel: 416-923-5059
Fax: 416-923-2126
Web Site: www.gibsonassociates-rehab.com

Case management, service co-ordination, counseling, individual planning and program implementation applying extensive experience assisting clients achieve optimum vocational planning and, as required assisting with direct job placement. With non-earners, facilitating a return to performing essential tasks as homemaker, caregiver, or student.

**Headway Community Brain Injury
Rehabilitation Program**

Lakeridge Health Centre
24 Alma St. LG-17
Oshawa, ON, L1G 2B9
Tel: 905-433-4413
Fax: 905-433-2859

The service goal is to facilitate optimum community integration. Services include: ongoing development, coordination, and evaluation of the individual's rehabilitation plan; and individual, family, and group education, support, and counseling. There is no charge for these services as they are funded through OHIP.

Health Recovery Group

2155 Leanne Blvd., Unit 118
Mississauga, ON, L5K 2K8
Tel: 905-855-1807
Fax: 905-855-2825

For traumatic brain injury: neuropsychological rehabilitation, psychotherapy and behavioral therapy, occupational therapy, speech/language therapy, and physiotherapy, fitness, psychiatry, family education and counseling, and vocational reintegration.

Innovative Case Management

1054 Centre St., Suite 130

Thornhill, ON, L4J 8E5

Tel: 905-882-5388

Fax: 905-889-9153

Contact: Ellie Lapowich

This service provides case management to persons who have experienced a traumatic brain injury.

Inter-Action Rehabilitation Inc.

75 The Donway W., Suite 1100

North York, ON, M3C 2E9

Tel: 416-445-5125 or 1-800-216-0488

Fax: 416-445-3942

This private practice of physical, occupational and speech therapists assesses and treats the physical, cognitive, language, and perceptual deficits as they relate to the environment and occupational needs of neurologically impaired persons. Related soft tissue, orthopedic, temporomandibular joint, and pain problems are treated manually. Endurance is improved through fitness and tai chi.

Lawlor Therapy Support Services

60 Queen St. East, Suite 205

Brampton, ON, L6V 1A9

Tel: 905-451-1772

Fax: 905-451-5960

Contact: Laura Gridel,

Client Services Coordinator

Lawlor Therapy Support Services Inc. was established in 1998. Their goal is to facilitate rehabilitation recommendations to assist people to achieve their optimal level of independence. Lawlor Therapy Support Services Inc. compliments services provided by an interdisciplinary team. We work with other rehabilitation providers, community agencies, and hospital personnel. As Therapy Support Workers, we work under the direction of Regulated Health Care Professionals of the interdisciplinary team.

Martin Kravitz & Associates

37 Snowshoe Crescent

Thornhill, ON, L3T 4M7

Tel: 905-707-0470

Fax: 905-707-0470

Cognitive rehabilitation for clients of any age with traumatic brain injury. Services delivered in-home by educators skilled in cognitive rehabilitation, learning strategies, behavioral self-management, attentional training, computer-assisted learning, socialization skills, and self-esteem enhancement.

Neuro-Rehab Services

1600 Steeles Ave. W., Unit 17

Concord, ON, L4K 4M2

Tel: 416-667-3422

Fax: 416-667-8995

Web Site: www.NeuroRehab.ca

A full range of assessments and community based programming in the home, workplace, and schools for adults, adolescents, and children with brain injury. Services include case management, occupational therapy, physiotherapy, social work, counseling, speech-language therapy, and vocational and academic rehabilitation in a variety of languages.

This organization offers a number of fees for service groups including a workshop series for couples focusing on rebuilding relationships and communication. This service also offers a social skills group to assist people from the ages of 19 to 29 with self-esteem issues.

**Neuro-Rehabilitation Consultants,
Feldman & Associates Inc.**

550 Eglinton Ave. W.
Toronto, ON, M5N 3A8
Tel: 416-489-6062
Fax: 416-489-8237

A team of associated professionals provides vocational rehabilitation, job placement, social work, individual, family, and group counseling, occupational therapy, and case management in the client's home, community, school and/or work associates include occupational therapists, social workers, speech/language pathologists, and accredited rehabilitation professionals.

**Neurologic Rehabilitation Institute of
Ontario (NRIO)**

59 Beaver Bend Cres.
Etobicoke, ON, M9B 5R2
Tel: 416-231-4358
Fax: 416-231-9982

A community based rehabilitation program offering specialized services for individuals with neurobehavioral and neuro motor challenges. Individuals are served in their homes and community through rehabilitation outreach programs. Residential programs are provided for those who require supportive living arrangements.

Rehabilitation Management Inc.

250 Dundas Street W., Suite 404
Toronto, ON, M5T 2Z5
Tel: 416-365-0010 or 1-800-265-6579
Fax: 416-365-1176

Community-based vocational and social rehabilitation services: vocational/career counseling, vocational assessment, job coaching, job search/placement, early intervention assessment, environment assessment (home work), stress management/adjustment counseling, family counseling, cognitive remediation therapy, long term functional needs/costs analysis, and support services.

**PRIVATELY FUNDED
RESPIRE CARE FOR ABI &
STROKE**

Respite care is short-term stay (maximum 30 days) within a long-term care facility. In order to apply, individuals must contact their nearest Community Care Access Centre (CCAC). A daily fee is of \$31.67 required.

• **Durham**

Durham Access to Care

605 Brock St. N.
Whitby, ON, L1N 4J3
Tel: 905-430-3308 Fax: 905-430-3297

• **Etobicoke**

**Etobicoke and York Community Care
Access Centre**

401 The West Mall, Suite 101
Etobicoke, ON, M9C 5J5
Tel: 416-626-2222
Fax: 416-626 9683
Web Site: www.etobicokeandyorkeccac.ca

Albion Lodge

111 Kendleton Drive
Etobicoke, ON, M9W 4L3
Tel: 416-392-3996
Fax: 416-392-3360

Central Park Lodge

1145 Albion Road
Etobicoke, ON, M9V 4J7
TEL: 416-745-4800

Highbourne Lifecare Centre

420 The East Mall
Etobicoke, ON, M9B 3Z9
Tel: 416-621-8000
Fax: 416-621-8003

Ivan Franko Home

767 Royal York Road
Etobicoke, ON, M8Y 2T3
Tel: 416 239-7364
Fax: 416-239-5102

Kipling Acres

2233 Kipling Avenue
Etobicoke, ON, M9W 4L3
TEL: 416-392-2300
Fax: 416-392-3360

Wesburn Manor

400 The West Mall
Etobicoke, ON, M9C 5S1
Tel: 416-394-3600
Fax: 416-394-3606

• **Halton**

Community Care Access Centre of Halton

12 Martin St., 4th Floor
Burlington, ON, L7R 2M1
Tel: 905-639-5228 or 1-800-810-000
Fax: 905-639-5320
Web Site: www.halton.ccac-ont.ca

• **Hamilton / Wentworth**

Hamilton /Wentworth Community Care Access Centre

310 Limeridge Road, W.
Hamilton, ON, L9C 2V2
Tel: 905-523-8600
Fax: 905-528-1883
Web Site: www.hamilton.ccac-ont.ca

• **North York**

North York Community Care Access Centre

45 Sheppard Ave. E., 7th Floor
Willowdale, ON, M2N 5W9
Tel: 416-222-2241
Fax: 416-229-6809
Web Site: www.northyork.ccac-ont.ca

Carfree Lodge

306 Finch Avenue East
North York, ON, M2N 5W9
Tel: 416-397-1500
Fax: 416-229-6809

Casa Verda Health Centre Inc.

3595 Keele St.
North York, ON, M3J 1M7
Tel: 416-633-3431
Fax: 416-633-6736

Cheltenham Nursing Home

5935 Bathurst Street
North York, ON, M2R 1Y8
Tel: 416-223-4050
Fax: 416-416-223-4159

Cummer Lodge

204 Cummer Avenue
North York, ON, M2M 2E8
Tel: 416-392-9500
Fax: 416-392-9499

Extencicare Bayview

550 Cummer Avenue
North York, ON, M2K 2M2
Tel: 416-226-1331
Fax: 416-226-2745

Extencicare North York

1925 Steeles Avenue East
North York, ON, M2H 2H3
Tel: 416-493-4666
Fax: 416-493-4886

Thompson House

1 Overland Drive
North York, ON, M2H 2H3
Tel: 416-447-7244
Fax: 416-493-4886

Villa Colombo

40 Playfair Avenue
North York, ON, M6B 2P9
Tel: 416-789-2113
Fax: 416-789-5435

Yorkview Lifecare Centre

2045 Finch Avenue West
North York, ON, M3N 1M9
Tel: 416-745-0811
Fax: 416-745-0568

• Scarborough

Scarborough Community Care Access Centre

1940 Eglinton Ave. E., 3rd Floor
Scarborough, ON, M1L 4R1
Tel: 416-750-2444
Fax: 416-750-8234
Web Site: www.scarbcccac.org

Altamont Nursing Home

92 Island Road
Scarborough, ON, M1C 2P5
Tel: 416-284-4781
Fax: 416-284-3634

Bendale Acres

2920 Lawrence Avenue East
Scarborough, ON, M1P 2T8
Tel: 416-397-7000
Fax: 416-397-7067

Craiglee Nursing Home

102 Craiglee Drive
Scarborough, ON, M1N 2M7
Tel: 416-264-2260
Fax: 416-267-8176

Extendicare Guildwood

60 Guildwood Parkway
Scarborough, ON, M1E 1N9
Tel: 416-266-7711
Fax: 416-269-5123

Extendicare Scarborough

3830 Lawrence Avenue East
Scarborough, ON, M1G 1R6
Tel: 416-439-1243
Fax: 416-439-4818

Houses of Providence

3276 St. Clair Avenue East
Scarborough, ON, M1L 1W1
Tel: 416-759-9321
Fax: 416-285-3758

Kennedy Lodge

1400 Kennedy Road
Scarborough, ON, M1P 4V6
Tel: 416-752-8282
Fax: 416-752-0645

Leisureworld Scarborough

130 Midland Ave
Scarborough, ON, M1N 4B2
Tel: 416-264-2301
Fax: 416-264-3704

Metro Toronto Legion Village

59 Lawson Road
Scarborough, ON, M1C 2J1
Tel: 416-284-9235
Fax: 416-284-7169

Providence Centre

3276 St. Clair Ave East
Scarborough, ON, M1L 1W1
Tel: 416-759-9321
Fax: 416-285-3758

Rockcliffe Centre

3015 Lawrence Avenue East
Scarborough, ON, M1P 2V7
Tel: 416-264-3201
Fax: 416-264-2914

Seven Oaks Home for the Aged

9 Neilson Road
Scarborough, ON, M1E 5E1
Tel: 416-392-3500
Fax: 416-392-3579

Shepherd Village

3760 Sheppard Avenue East
Scarborough, ON, M1T 3K9
Tel: 416-609-5700
Fax: 416-293-6229

Tendercare Living Centre

1020 McNicoll Avenue
Scarborough, ON, M1W 2J5
Tel: 416-499-2020
Fax: 416-499-3379

Yee Hong Centre

2311 McNicoll Avenue
Scarborough, ON, M1V 5L3
Tel: 416-321-6333
Fax: 416-321-6313

• Toronto

Toronto Community Care Access Centre

250 Dundas St. W., Suite 305
Toronto, ON, M5T 2Z5
Tel: 416-506-9888
Fax: 416-506-0374
Web Site: www.torontoccac.org

Barton Place Nursing Home

914 Bathurst St.
Toronto, ON, M5R 3G5
Tel: 416-533-9473
Fax: 416-538-2685

Castleview-Wychwood Towers

351 Christie St.
Toronto, ON, M6G 3C3
Tel: 416-392-5701
Fax: 416-392-4157

Copernicus Lodge

66 Roncesvalles Ave.
Toronto, ON, M6R 3A7
Tel: 416-536-7122
Fax: 416-536-8242

Fudger House

439 Sherbourne St.
Toronto, ON, M4X 1K6
Tel: 416-392-5252
Fax: 416-392-4174

Heritage Nursing Home

1195 Queen St. E.
Toronto, ON, M4M 1L6
Tel: 416-461-8185
Fax: 416-461-5472

Kensington Gardens

**(The Long-Term Care Residence of
Kensington Health Centre)**
25 Brunswick Avenue
Toronto, ON, M5S 2L9
Tel: 416-963-9640
Fax: 416-964-0234
Contact: Bill O'Neill, Administrator

Leisureworld St. George

225 St. George St.
Toronto, ON, M5R 2M2
Tel: 416-967-3985
Fax: 416-967-3951

Mon Sheong Home for the Aged

36 D'Arcy St.
Toronto, ON, M5T 1J7
Tel: 416-977-3762
Fax: 416-977-3231

Rekai Centre

345 Sherbourne St.
Toronto, ON, M5A 2S3
Tel: 416-964-1599
Fax: 416-964-3907

Spencer House

36 Spencer Ave.
Toronto, ON, M6K 2J6
Tel: 416-531-5737
Fax: 416-531-4722

The O’Neill Centre

33 Christie St.
Toronto, ON, M6G 3B1
Tel: 416-536-1116
Fax: 416-536-6941

• Peel

Community Care Access Centre of Peel

199 County Court Blvd.
Brampton, ON, L6W 4P3
Tel: 905-796-0040 or 1-888-733-1177
Fax: 905-796-5620
Web Site: www.ccacpeel.org

• Peterborough

Peterborough Community Care Access Centre

700 Clonsilla Ave., Suite 202
Peterborough, ON, K9J 5Y3
Tel: 705-743-2212
Fax: 705-743-95590
Web Site: www.peterborough.ccac.ont.ca

• Waterloo

Community Care Access Centre of Waterloo Region

800 King St. West,
Kitchener, ON, N2G 1E8
Tel: 519-748-2222
Fax: 519-883-5555
Web Site: www.ccacwat.on.ca

• York Region

Community Care Access Centre of York Region

1100 Gorham St., Unit 1
Newmarket, ON, L3Y 7V1
Tel: 905-895-1240, 416-221-3212 or
1-888-470-2222
Fax: 905-853-6297
Web Site: www.yorkregion.ccac-ont.ca

OUTREACH ATTENDANT SERVICES

Outreach programs provide attendant services in an individual’s home between the hours of 6:00 a.m. and midnight. Individuals are expected to arrange for their own back-up support system to be available, as emergency services are not provided through outreach.

• Binbrook

Participation House (Hamilton & District) Outreach Attendant Services

Tel: 905-692-4465

• Hamilton

Ontario March of Dimes (OMOD)

Hamilton Outreach

Tel: 905-528-9432

Jason’s Place

Tel: 905-388-0674

St. John’s Place

Tel: 905-527-6653

Villa Verdi SHP

Tel: 905-528-4261

- Milton

Ontario March of Dimes (OMOD)

Halton Outreach

Tel: 905-876-4466

- Mississauga

Ontario March of Dimes (OMOD)

Peel Attendant Services Outreach

Tel: 905-607-3463

- Toronto

Access Apartments for Physically Disabled Adults in Toronto

Outreach Program

Tel: 416-752-2490

Arts with the Handicapped Foundation of Canada

Arts Carousel

Tel: 416-391-2086

Bellwoods Centre for Community Living Inc.

Bellwoods Outreach Services

Tel: 416-696-9663

Canadian Paraplegic Association (CPA) Ontario Division

CPA Outreach Program

Tel: 416-422-5644

Canadian Red Cross

Attendant Outreach Etobicoke

Tel: 416-236-3087

Canadian Red Cross

Attendant Outreach Scarborough

Tel: 416-438-5545

Participation Apartments – Metro Toronto Outreach

Tel: 416-785-9906

Three Trilliums Community Place Outreach Program

Tel: 416-598-1043 ext. 3

INDEPENDENT HOUSING

For a listing of long-term care facilities, where individuals require 24hr care, please contact your local Community Care Access Centre (CCAC).

Access Apartments

75 Dufflaw Rd, Suite 204

Toronto, ON, M6A 2W4

Tel: 416-780-1650

Fax: 416-658-6438

Anagram Rehabilitation Community

9 Dixie St.

Niagara-on-the-Lake, ON, L0S 1J0

Tel: 905-468-1607 or 1-877-366-7424

Fax: 905-468-0534

Dedicated to assisting individuals with brain injury to reach their potential. Provide cost-effective community based rehabilitation and residential services.

BALANCE (Blind Adults Learning About Normal Community Environments)

Tel: 416-236-1796

Provides assistance in finding housing.

Bathurst Prince Charles Housing Project

3270 Bathurst St.

Toronto, ON, M6A 3A8

Tel: 416-781-2889

Bellwoods Centre for Community Living Cooperative Living Project

389 Church St., Unit 201

Toronto, ON, M5B 2E5

Tel: 416-598-1153

Contact central office for further information and other services available: 416-696-9663

Mimico Co-op Support Care Project

1 Summerhill Rd.
Etobicoke, ON, M8V 1R9
Tel: 416-255-1807

Breaking Down Barriers

Independent Living Centre

18 School House Lane
Collingwood, ON, L9Y 4H5
Tel: 705-445-1543 or 1-800-843-6943
Fax: 705-445-1656
Provide independent living to individuals with all disabilities in the Georgian Triangle and surrounding area.

Canadian Hearing Society

Connect Housing Project

271 Spadina Rd.
Toronto, ON, M5R 3V3
Tel: 416-928-2512 TDD: 416-964-2243
Web Site: www.chs.ca
For adults with deafness or impaired hearing and emotional or psychiatric disabilities.

Canadian Paraplegic Association

Tel: 416-422-5644
Assistance in finding housing.

Centre for Independent Living (CILT)

205 Richmond St. W., Suite 605
Toronto, ON, M5V 1V3
Tel: 416-599-2458 TDD: 416-599-5077
Fax: 416-599-3555
Provide independent living to individuals with disabilities in Toronto.

Clarendon Foundation

468 Queen St. E., Suite 208
Toronto, ON, M5A 1T7
Tel: 416-865-1582

Community Head Injury Rehabilitation Services of Toronto and Region (C.H.I.R.S.) - St. George House

62 Finch Ave. W.
Toronto, ON, M2N 7G1
Tel: 416-240-8000
Web Site: www.chirs.com

Colbourne Community Services

Tel: 905-666-9555

Independent Living Centre Kingston

859 Princess Street
Kingston, ON, K7L 1G7
Tel: 613-542-8353
Fax: 613-542-4783

Independent Living Centre London and Area (ILCLA)

433 King Street, Suite 101
London, ON, N6B 3P3
Tel: 519-660-4667
Fax: 519-660-6818

Independent Living Centre of Waterloo Region

3400 King Street East
Kitchener, ON, N2A 4B2
Tel: 519-894-6166
Fax: 519-893-2213

Independent Living Resource Centre Thunder Bay

425 Edward Street, Unit 3
Northwood Park Plaza
Thunder Bay, ON, P7C 4P7
Tel: 807-577-6166
Fax: 807-577-6119

Kapuskasing Regional Recourse Centre for Independent Living

29 Byng Avenue, Suite 5
Kapuskasing, ON, P5N 1W6
Tel: 705-335-8778
Fax: 705-335-5666

McLeod House

11 Lowther Ave.
Toronto, ON
Tel: 416-925-7346
For adults 18-35 years. Individuals must be able to manage personal care independently.

Morrison Residence

341 Bloor St. W., Suite 1008
Toronto, ON, M5S 1W8
Tel: 416-598-1867
Must be wheelchair users and able to direct own care.

Mutually Assisting Residential Community

6091 Bathurst St.
North York, ON, M2R 3V7
Tel: 416-223-6010
Residents must be willing to participate in programs and provide services.

North Yorkers for Disabled Persons

2880 Bayview Ave.
North York, ON, M2N 5K3
Tel: 416-222-4448
Group home for person 18 years and older with physical disabilities that are speech impaired or nonverbal.

Niagara Centre for Independent Living (NCIL)

111 Church Street
St. Catherines, ON, L2R 3Cp
Tel: 905-684-7111
Fax: 905-684-1199

Ontario March of Dimes Support Services Unit (SSLU)

22 McCaul St.
Toronto, ON, M5T 3C2
Tel: 416-586-1343

Ottawa-Carleton Independent Living Centre

B10-75 Albert Street
Ottawa, ON, K1P 5E7
Tel: 613-236-2558
Fax: 613-236-4562

Participation Apartments

Metro Toronto
970 Lawrence Ave. W., Suite 210
Toronto, ON, M6A 3B6
Tel: 416-789-7806

RISE

Independent Living Centre
17D Bay Street
Parry Sound, ON, P2A 1S4
Tel: 1-800-634-6828
TDD: 705-746-6996
Fax: 705-746-1448

Rotary Cheshire Apartments for Deaf-Blind Adults

422 Willowdale Ave.
North York, ON, M2N 5B1
Tel: 416-730-9501 TDD: 416-730-9187

St. Clair O'Connor Community Seniors Apartments

2703 St. Clair Ave. E.
Toronto, ON, M4B 3M3
Tel: 416-757-8757
For persons of any age with disabilities.

St. Mark's (Don Mills) Non Profit Housing Corporation

7 The Donway E.
Toronto, ON, M3C 3P8
Tel: 416-445-2706

Three Trilliums Community Place

25 Elm St., Suite 404
Toronto, ON, M5G 2G5
Tel: 416-410-1043 Ext. 3

Neurological Rehabilitation Institute of Ontario (NRIO)

56 Aberfoyle Crescent, Suite 800
Etobicoke, ON, M8X 2W4
Tel: 416-231-4358 or 1-800-561-9158
Fax: 416-231-9982
Contact: Colleen Boyce

151 Froshiber Drive, Suite A-101
Waterloo, ON, N2V 2C9
Tel: 519-888-0306
Fax: 519-888-9579

6 Kelso Street
Hamilton, ON, L9A 1C6
Tel: 905-318-8038
Fax: 905-318-9449
Offers rehabilitation and supported living programs to assist in community re-entry.

**RECREATIONAL RESOURCES
FOR ABI AND STROKE**

Canadian Outward Bound Wilderness School

(Access to Adventure)
966 Chetwynd Rd.
R.R. #2
Burk's Falls, ON, P0A 1C0
Tel: 1-888-688-9273

Canadian Wilderness Trips

(Wilderness Challenge Program)
187 College St.
Toronto, ON, M5T 1P7
Tel: 416-977-5763 or 1-800-667-2887
Integrated disabled and non-disabled canoe trips in Algonquin Park.

Community Association for Riding for the Disabled (C.A.R.D.)

G. Ross Lord Park
4777 Dufferin St.
North York, ON, M3H 5T3
Tel: 416-667-8600
Fax: 416-739-7520
Website: www.card.ca
Specially trained instructors and therapists provide supervision, treatment, and instruction in horseback riding. Therapeutic horseback riding with the support of therapists and instructors

Creative Spirit Art Centre

Box 16, Station P
Toronto, ON, M5S 2S6
Tel: 416-588-8801
Fax: 416-588-8699
Website: www.creativespirit.on.ca
Provide lectures, workshops, information and referral. Centre has an annual Very Special Arts festival.

George S. Syme Seniors Community Centre of York

33 Pritchard Avenue
York, ON, M6N 1T4
Tel: 416-766-0388
Fax: 416-766-2882
Centre offers social and recreational programs for adults with disabilities.

Local and Regional Parks and Recreation Offices

East York	416-392-1111
Etobicoke	416-392-1111
Scarborough	416-392-1111
Toronto	416-392-1111
North York	416-392-1111
Web Site:	www.toronto.ca

Pegasus Community Project for Adults with Special Needs

6 Williamson Road
Toronto, ON, M4E 3L3
Tel: 416-691-5651
Offers social and recreational activities for persons with disabilities.

Reach for the Rainbow

24 Torlake Cres.
Toronto, ON, M8Z 1B3
Tel: 416-503-0088

Provides integration, healthy family respite, and increased public awareness for people with disabilities through five programs: Project Rainbow-Summer Camps; After School; Supported Youth/Adult Training; Adult Holiday Opportunities; and Teaching Camp for Future Leaders.

Scadding Court Community Centre 707 Dundas Street West

Toronto, ON, M5T 2W6
Tel: 416-392-0335
Fax: 416-392-0340

Website: www.scaddingcourt.org

Recreation and fitness activities for all age groups. Swim and social programs, including volunteer assistants for youth and adults with physical or developmental disabilities

St. Clair West Services for Seniors

1669 Eglinton Ave. W.
Toronto, ON M6E 2H4
Tel: 416-787-2114 ext. 219

Provides active programming, peer interaction and socialization for clients affected by mild to moderate dementia or other cognitive impairments resulting from stroke, brain injury or other physical or mental conditions.

Toronto Tai Chi Association

1376 Bathurst St.
Toronto, ON, M5R 3J1
Tel: 416-656-2110

Call to locate a group in your neighborhood.
Free of charge to persons with disabilities

Variety Village

3701 Danforth Avenue
Scarborough, ON, M1N 2G2
Tel: 416-699-7167
Fax: 416-699-5752

Website: www.varietylvillageontario.com

Offers integrated activities in sports and fitness for people of all ages and disabilities. Offers swimming programs, indoor track, weight and circuit training. Variety Village also offers recreational and competitive sports teams, such as wheelchair basketball, swimming, tae kwon do, and fencing.

The Disabled Sailing Association of Ontario:

For information please telephone
416-214-0358
1 Stadium Road
Toronto, Ontario M5V 3H4

Canadian Association for Disabled Skiing, Ontario:

For further information, please contact
Mr. Fred Gaby @ 416-229-6160.
78 Upper Canada Drive. Unit 3
Toronto, Ontario M2P 2A3

Woodgreen Community Centre

835 Queen St. East
Toronto, ON, M4M 1H9
Tel: 416-469-5211
Fax: 416-469-0825

Website: www.woodgreen.org

Recreational activities for English, Cantonese and Mandarin speaking seniors living in the Riverdale community. Activities include special events, health seminars, Tai Chi, Chinese painting and more.

YMCA of Greater Toronto

42 Charles Street East
Toronto, ON, M4Y 1T4
Tel: 416-928-9622 or toll free: 1-800-223-8024
Fax: 416-928-2030

Website: www.ymcatoronto.org

Offers recreational, fitness and social activities for all ages and disabilities.

Yoga Centre Toronto

2428 Yonge St.
Toronto, ON, M4P 2H4
Tel: 416-482-1333

Teaches Iyengar yoga, which lends itself to special, needs resulting from injury, illness, and chronic diseases.

TRANSPORTATION & DRIVER REHABILITATION

Ambutrans, Medical Transfer Professionals

1037 McNicoll Ave.
Scarborough, ON, M1W 3W6
Tel: 416-423-2323

Web Site: www.ambutrans.on.ca

This is an alternative to the public ambulance service for persons requiring transportation by stretcher. Non-emergency transportation is provided for medical appointments or treatments, family gatherings, social events, and transfers to out-of-town destinations. Specializing in on-time service in safe, comfortable vehicles, escorted by government certified attendants. A fee is required.

Canadian Transportation Agency

Ottawa, ON, K1A 0N9
Tel: 1-800-883-1813
Fax: 819-953-6019

Publishes *On the Move*, a series of brochures about accessible transport and travel, including a complaint guide for travelers who encounter discrimination while traveling.

Corporate Transportation Services

10 Sunbeam Avenue
North York, ON, M3H 1W7
Tel: 416-638-1685 or 1-800-775-3815
Fax: 416-638-1699

Safe and reliable transportation covering all of Ontario and southwestern New York through Buffalo office. New cars equipped with phones, trained drivers in suits. Service will arrange and confirm appointment dates/times/address and call to remind patient, as well as call adjusters or doctors for clients. A fee is required.

Driver Rehabilitation Services

Bloorview MacMillan Centre
350 Rumsey Rd
Toronto, ON, M4G 1R8
Tel: 416-425-6220 ext. 3898
Fax: 416-425-6591

Offers persons with disabilities an opportunity for a comprehensive evaluation of their potential to drive an automobile, either for the first time or after an illness or injury for those who have had previous driving experience. The goal is to contribute to the client's personal freedom and mobility through instruction in safe and independent living. Although there is a fee required, Workers Compensation, Motor Vehicle Insurance, Vocational Rehabilitation Services or Easter Seals may pay for this service.

Hope Air

Proctor and Gamble Building
4711 Yonge St., 11th Floor
North York, ON, M2N 6K8
Tel: 416-222-6335

Provides free air transportation to Canadians requiring recognized medical care outside their local communities. Clients must be able to sit in a regular aircraft seat and must not require any medical care during the flight. This is not an emergency service.

Ministry of Transportation (MTO)

General Information 416-235-4686
Disabled Parking Permits 416-235-5337

Vehicle Tax Reimbursement

Ministry of Finance

Tel: 416-920-9048 or 1-800-263-7965

If you are purchasing a vehicle to be used by or for a person with disabilities, you are entitled to a refund of the provincial sales tax.

VIA Rail

Tel: 416-366-8411

Allows for an escort to travel free for those requiring attendant care.

Wheelchair Accessible Taxis

Able Atlantic	416-298-1111
Beck Taxi	416-751-5555
Bee Line Taxi	416-292-8400
Celebrity Taxi	416-398-2222 (no advance booking)
Royal Taxi	416-777-9222 (no advance booking)
Scarborough City	416-292-1212

Wheelchair Accessible Service

Phiacs 416-663-5544
(\$21.75 for first 8km, \$1.69/km thereafter)

Driver Assessment & Training Centre

This program is designed to help people with medical conditions return to safe driving, and lead more independent lives. The Centre provides programs and equipment to assist clients in reaching that goal.

53 The Links Road; Unit #47-49
North York, Ontario M2P 1T7
Telephone: 416-470-6716
Email: driverrehab@bridgepointhealth.ca
www.bridgepointhealth.ca

Wheel-Trans

Wheel-Trans Interviews

Metro Hall

55 John St., 4th floor

Toronto, ON

Tel: 416-393-4222 or 416-393-4333 (to make an appointment)

To apply for Wheel-Trans service, the individual needing the service must make an appointment for an interview at the above address. This interview takes about 20 minutes. If the individual is accepted, the fee is equivalent to TTC fare.

FINANCIAL RESOURCES

Automobile Insurance

If you were injured in an accident involving an automobile, as a passenger, pedestrian or cyclist, you are eligible for benefits.

Canada Pension Plan Disability (CPPD)

You may apply for disability benefits (short or long term disability) if you are unable to work due to a disability that is considered "severe and prolonged". You must be between the ages of 18 and 65 and have made contributions for a minimum number of years. For information call, 1-800-277-9914.

Criminal Injuries Compensation Fund

Innocent victims of violent crime may apply for compensation. For information and to apply, call 1-800-372-7463.

Employment Insurance

Most people who work may collect employment insurance if they have to stop work because of injury or illness. If you have applied for employment insurance (EI), you may qualify for General Welfare Assistance (GWA) before your EI begins. For information call 416-730-1211

Ontario Disability Support Program

(ODSP)

A provincially funded program providing long-term financial assistance to people who are unemployed for medical reasons or because of disabilities. Income and assets are taken into account when determining eligibility. All people receiving ODSP also receive a health card that will pay for some prescription drugs, eye care and emergency dental care. It is best to have General Welfare Assistance start the application for you. The application can take several months to process. For information call the office closest to you:

770 Birchmount Ave.	416-325-0123
815 Danforth Ave.	416-314-5700
252 Parliament St.	416-314-5000
1870 Wilson Ave.	416-325-5900
2195 Yonge St.	416-314-6514

Ontario Health Insurance Plan (OHIP)

Provides hospital (inpatient and outpatient) and medical care insurance for residents of Ontario, including the services of certain health practitioners.

Ontario Works

Ministry of Community, Family, and Children's Services
Client Services Unit
900 Bay Street, M1-57 MacDonald Block
Toronto, ON, M7A 1N3
Tel: 416-325-5666
Toll Free: 1-888-789-4199
Fax: 416-325-7136
Ontario Works replaced Ontario's old welfare system with a practical way of delivering both financial and employment assistance to people in temporary financial need.

Private Insurance

If you have insurance coverage, either privately or through your employer, call the claims office immediately to inform them of the situation and to get details on your coverage.

Workplace Safety and Insurance Board

(WSIB)

To be eligible for benefits, the injury must have happened at the workplace and be caused by the work. The injury must be reported to the employer immediately. For more information contact the WSIB at:
200 Front St. W.
Toronto, ON, M5V 3J1
Tel: 416-344-1000

LEGAL SERVICES

Bennett Best Burn, Barristers & Solicitors

150 York St., Suite 1700
Toronto, ON M5H 3S5
Tel: 416-362-3400
Fax: 416-362-2211

Blaney, McMurtry, Stapells & Friedman

20 Queen St. W., Suite 1400
Toronto, ON, M5H 2V3
Tel: 416-593-1221
Fax: 416-593-5437
E-Mail: wcmurtry@blaney.com

Bogoroch & Associates

Sun Life Centre,
150 King Street W. Suite 1707
P. O. Box 56
Toronto, ON, M5H 1J9
Tel: 416-599-1700
Fax: 416-599-1800

Carbonaro, Stewart, Kligerman & Sugar

390 Bay St., Suite 1600
Toronto, ON, M5H 2Y2
Tel: 416-366-6060
Fax: 416-368-0909

Carranza Barristers & Solicitors

1280 Finch Ave. W., Suite 200
Toronto, ON, M3J 3K6
Tel: 416-633-1065
Toll Free: 1-877-633-1065
Fax: 416-633-9782
Website: www.carranza.on.ca

Daniel Daly, Barrister

20 Holly St., Suite 206
Toronto, ON, M4S 3B1
Tel: 416-485-6700
Fax: 416-485-6711

Genest, Murray, Desbrisay & Lamek

130 Adelaide St. W., Suite 700
Toronto, ON, M5H 3P5
Tel: 416-368-8600
Fax: 416-360-2625

Gluckstein & Associates

595 Bay St., Suite 401
P. O. Box 53
Toronto, ON, M5G 2C2
Tel: 416-408-4252
Fax: 416-360-2625
E-Mail: gluckstein@echo-on.net

Ipacs Law Office

5464 Dundas St. W., Suite 100
Toronto, ON, M9B 1B4
Tel: 416-239-8990
Fax: 416-239-3557

Lerner & Associates

130 Adelaide St. W., Suite 2400
Toronto, ON, M5H 3P5
Tel: 416-867-3076
Fax: 416-867-9192

Levinter & Levinter

1 Richmond St. W., Suite 901
Toronto, ON, M5H 3W4
Tel: 416-863-1930
Fax: 416-361-6168

R. C. Lofranco Barristers

5255 Yonge St. Suite 1300
North York, ON, M2N 6P4
Tel: 416-223-8333
Fax: 416-223-3404

John McLeish & Dale Orlando

1 Queen St. East, Suite 1620
Toronto, ON, M5C 2C5
Tel: 416-366-3311
Fax: 416-366-3330

Katrina Mulligan, Criminal Lawyer

1000 Finch Ave W, Suite 600
Toronto, ON, M3J 2V5
Tel: 416-518-1288
Fax: 416-650-1980
Experienced criminal lawyer dealing with all types of criminal charges.

Neinstein & Associates

1200 Bay St., Suite 700
Toronto, ON, M5R 2A5
Tel: 416-920-4242
Fax: 416-923-8358

Outerbridge, Sefton and Miller

4 King St. W., Suite 920
Toronto, ON, M5H 1B6
Tel: 416-360-6182
Fax: 416-862-4839

Alan Rachlin

Rachlin & Wolfson
390 Bay St., Suite 1500
Toronto, ON, M5H 2Y2
Tel: 416-367-0202
Fax: 416-367-1820
Email: arachlin@rachlinlaw.com

William R. Sherwood
Sherwood Hunt Barristers

360 Bay St., Suite 401
Toronto, ON, M5H 2V6
Tel: 416-366-7976
Fax: 416-366-0580

Simon Schneiderman

8 King St. E., Suite 1807
Toronto, ON, M5C 1B5
Tel: 416-361-0680
Fax: 416-361-0248

Sommers & Roth

268 Avenue Rd.
Toronto, ON, M4V 2G7
Tel: 416-961-1212
Fax: 416-961-2827

Nancy Ralph & Associates

439 University Ave., Suite 1920
Toronto, ON, M5G 1Y8
Tel: 416-977-1966
Fax: 416-977-7332

Thomson, Rogers, Barristers & Solicitors

390 Bay St., Suite 3100
Toronto, ON, M5H 1W2
Tel: 416-868-3100
Fax: 416-868-3134
Specializing in personal injury, MVA, ABI

**TRANSLATION &
INTERPRETATION
SERVICES**

ABCO Translations International

330 Bay St., Suite 710
Toronto, ON, M5H 2S8
Tel: 416-359-0873
Fax: 416-359-0874

All Languages Ltd.

421 Bloor St. E., Suite 306
Toronto, ON, M4W 3T1
Tel: 416-975-5000
Fax: 416-975-0505
E-mail: translations@alllanguages.com
Website: www.alllanguages.com

All International Translators

94 Cumberland St., Suite 807
Toronto, ON, M5R 1A3
Tel: 416-962-4176
Fax: 416-944-1324
Website: www.lexperts.com

Allspeed Translation & Consultants

20 Eglinton Ave. E., Suite 239
Toronto, ON, M4P 1A9
Tel: 416-483-9978
Fax: 416-483-0238

Artra Translation and Desktop Publishing

1235 Bay St., Suite 400
Toronto, ON, M5R 3K4
Tel: 416-925-2500
Fax: 416-925-7745
E-mail: mail@artrainternational.com
Website: www.artrainternational.com

**Associated North American Translators
& Interpreting Services**

25 King St., W., Suite 2875
Toronto, ON, M5L1B9
Tel: 416-862-5555
Fax: 416-862-8482

Canada International Translation Service

344 Bloor St. W., Suite 401
Toronto, ON, M5S 1W9
Tel: 416-921-7185
Fax: 416-925-4359

Global Translations & Interpreters

277 Wellington St. W.
Toronto, ON, M5V 3E4
Tel: 416-593-1444
Fax: 416-593-6344

Middle East Consultants

368 Queen St. E.
Toronto, ON, M5A 1T1
Tel: 416-362-0304
Fax: 416-861-0238
E-mail: allam@idirect.com
Web Site: www.egyptplus.com/mec

Omnicom Translators & Interpreters

5 Park Home, 6th Floor
Toronto, ON, M2N 6L4
Tel: 416-224-0750
Fax: 416-224-0813
E-mail: omnicom@omnicomtranslations.com

ADVOCACY & OTHER RESOURCES

Acquired Brain Injury (ABI) Network

550 University Ave., Room 1110
Toronto, ON, M5G 2A2
Tel: 416-597-3057
Established in 1995 to improve coordination and enhance services for persons living with the affects of an acquired brain injury. Membership includes facilities and agencies providing service and support from early acute stages, through rehabilitation, to community reintegration. Referrals are coordinated with the use of a common referral form.

Advocacy Centre for the Handicapped (ARCH)

425 Bloor St. E., Suite 110
Toronto, ON, M4W 3R5
Tel: 416-482-8255
This is a non-profit community legal clinic, dedicated to defending the rights of people with disabilities in Ontario.

Aphasia Centre

73 Scarsdale Road
Toronto, ON, M3B 2R2
Tel: 416-223-3636
Website: www.aphasia.ca
This centre provides conversational opportunities for aphasic adults and provides learning and support for people who have an aphasic family member. Please contact the Aphasia Centre for more information.

Association for the Neurologically Disabled of Canada

59 Clement Rd.
Etobicoke, ON, M9R 1Y5
Tel: 416-244-1992
Website: www.AND.ca

Canadian Hearing Society

271 Spadina Rd.
Toronto, ON, M5R 2V3
Tel: 416-964-9595 TDD: 416-964-0340
Web Site: www.chs.ca

Canadian National Institute for the Blind (CNIB)

1929 Bayview Ave.
Toronto, ON, M4G 3E8
Tel: 416-486-2500 TDD: 416-480-7419
Web Site: www.cnib.ca

Canadian Paraplegic Association

520 Sutherland Dr.
Toronto, ON, M4G 3V9
Tel: 416-422-5644
Website: www.cpaont.org

Mothers Against Drunk Driving, Canada (MADD)

1580 Yonge St., Rm 3C
Toronto, ON, M4T 1Z8
Tel: 416-924-2666
Toll Free: 1-800-665-MADD
Website: www.madd.ca
A national network of concerned citizens and victims committed to stopping the crime of impaired driving.

North American Chronic Pain Association of Canada (NACPAC)

150 Central Park Dr. Unit 105
Brampton, ON, L6T 2T9
Tel: 905-793-5230
This is a self-help organization dedicated to providing support group opportunities to people with chronic pain.

Ontario Brain Injury Association (OBIA)

PO Box 2338, 341 Lake St.
St. Catharines, ON, L2M 7M7
Tel: 905-641-8877 or 1-800-263-5404
Website: www.obia.on.ca

Toronto Community Care Access Centre (CCAC)

Acquired Brain Injury Program
250 Dundas St. W., Suite 305
Toronto, ON, M5T 2Z5
Tel: 416-506-9888
Website: www.torontoccac.com
This program provides a number of therapy services (e.g. social work, occupational therapy, nursing, behavioral management and psychological services) as well as rehabilitation support workers.

Massage Therapy

The Harbord Centre

181 Harbord St.,
Toronto, ON, M5S 1H5
Att: Richard Todhunter
Tel: 416-535-9305

175 Dorset St. W.
Port Hope, On, L1A 1G4
Tel: 905-342-2522

Madeline Mount, RMT

Registered Massage Therapist
160 The Westway (at Islington)
Etobicoke, ON, M9P 2C1
Tel: 416-249-9228

Genevieve Nolet, RMT

Registered Massage Therapist
181 Harbord Street, 2nd Floor
Toronto, ON, M5S 1H5
Tel: 416-702-2056

PHYSIOTHERAPY

Rosemary Anderson

208 Kingswood Road
Toronto, ON, M4E 3N7
Tel: 416-657-4237

Sian Own Physiotherapy

P.O. Box 98090
970 Queen St. East
Toronto, ON, M4M 1J8
Tel: 416-406-2329
Fax: 416-406-3341

"LIFE AFTER A BRAIN INJURY"

These excerpts are taken directly from individuals who have acquired brain injuries who share small fragments of their grief.

"My life has been robbed in the prime stage of my life...." "I have a life sentence and the driver gets off with nothing..." "I am a burden to my family and my friends... I am ruining their lives by being alive...." "I am told that I have half a brain...." "I don't know who I am anymore... I look in the mirror and I don't even recognize my own face..." "I'm sick of my own pains and I'm sick of the pain I see in the faces that look at me..." "I am not a child, therefore don't treat me like one..." "Groups, activities, arts and crafts, programs may make you feel better to get me back in the community, but I was a lawyer..." "Do you understand...?"

Life after a brain injury is multifaceted and there is no discrimination to age, culture, gender, sexual orientation and social class. It affects all walks of life and sustains its own segment of paradigms.

Firstly, the psychological, emotional, cognitive, functional and personality changes an individual is impacted with as a result of a traumatic brain injury are horrendous. Their overall psychological infrastructure and adjustment towards acceptance of such a catastrophic event is often a lengthy and laborious journey of grief.

Secondly, for some, what was once described as a life of richness, personal autonomy, self-direction, privilege, financial security, employment, social recreation, friends, family, significant others and personal power becomes drastically altered. Similarly, and conversely for others, the experience is more debilitating as they have been predisposed to a previously

compromised economical and social position. What now emerges is a traumatic life course that becomes an inexperienced lifestyle to which one has no former training.

This life becomes instantaneously filled with long-term rehabilitation, which includes insurance issues. In cases where there are insurance claims, treatments as well as what is considered "reasonable and necessary", are defined for 'you'. Legal and litigation issues become appendages to your emotional pain. Therapists coming in and out of your home, privacy invasion, home and therapy become one and the same. In addition, people are providing your direction, structure, recommendations, relationship changes, while simultaneously you are experiencing employment loss, significant role changes, loss of parenting, and recreational/social deprivation. Most importantly, and perhaps the greatest ruination – a loss of 'oneself'.

Moreover, when a disabling illness or traumatic event affects one member of a family system, this becomes an umbilical cord to other members of the family unit experiencing the injury. This is especially notable when this dramatic change takes place within the life of a partner who is brain injured. The unimpaired partner generally must assume extraordinary levels of responsibility for a variety of tasks and family roles, which are abruptly, and most often permanently transposed.

Families and partners are often the 'missed victims' as they are regularly perceived as the caregivers who 'have to' manage their loved one's care. They are bombarded by medical and legal information that is overpowering, frightening and retraumatizing. They are subjected to a disempowering system that challenges their already weakened emotional infrastructure. They sequentially begin to lose sight of their emotional needs and what is important to

them as every thought of *'themselves'* triggers deep feelings of guilt and anguish.

In addition, their priorities in life have also been shifted without choice and there is a grieving cycle, which they undergo. However, often their grief cycle is not simultaneous to that of their injured partner as they are at different stages of awareness and within the process of acceptance. Often a majority of their grief is in silence. An utter stillness that no one could possibly comprehend.

Finally, it is imperative that one understands that when a person has suffered from a traumatic brain injury that their life now becomes a journey of healing. The recovering process is not just from a singular, physical or emotional place, but also from a system of approach and collaboration. The traumatic brain injury aftermath does not stop at acute care, rehabilitation hospitals, or community rehabilitation, either from the public or private sector.

Consequently, for most, the rehabilitation process is for the remainder of their natural life. Even when an individual and family have retailored to their 'new life', goals have been re-established and community reintegration begins anew. Every new milestone and developmental stage in their life can trigger little or moderate feelings of grief, which they will require support to process and readjust once again.

Grief is a continuum, which can reveal itself throughout one's life in various distinct forms. Even if years have passed, the triggering of painstaking memories, events, losses and sadness can be just as intense as the day the traumatic event occurred.

As a clinical social worker working in the area of traumatic brain injury in the public and private sector, I have learned that traumatic brain injury continues to be an evolving area. It is crucial that professionals

comprehend the intercommunication between the statutory benefit system and the issues of rehabilitation and treatment. Brain injury litigation is becoming increasingly challenging as lawyers and the insurance industry struggle with complex medical, legal and insurance related issues.

Individuals and their families can heal and progress to a place where their quality of life is subjectively acceptable and meaningful. However, please remember how their changes began and where they are. This, in itself, is a miracle of "survival."

Ramona Bray,
Social worker, BSW, MSW, RSW
Specializing in Trauma & Rehabilitation
Published in Ontario Brain Injury Association
Magazine (OBIA), December 2001, Vol 4

FOR INTERNET USERS

ARCH (A Legal Resource Centre for Persons with Disabilities)

Web Site: www.arch-online.org

Advocacy Centre for the Elderly

Web Site: www.advocacycentreelderly.org

Alberta Brain Injury Helpline

Web Site: www.abihelp.org

Assistive Technology Information

Web Site: www.abledata.com

BIAM (Brain Injury Awareness Month)

Web Site: www.biam.ca

Barbara Schlifer Commemorative Clinic

Web Site: www.schliferclinic.com

Brain Injury Association of London and Region

Web Site: www.braininjurylondon.on.ca

Brain Injury Association of Chatham-Kent

Web Site: www.biack.com

Brain Injury Association of Nova Scotia

Web Site: www.ns.simpatico.ca

Brain Injury Association of Peel and Halton

Web Site: www.biaph.com

Brain Injury Association (USA)

Web Site: www.biausa.org

Care Watch Toronto

Web Site: www.carewatchtoronto.org

Caregiver Online

Web Site: www.caregiver.com

This is a general caregiver's website which offer message boards and chat rooms.

Center for Neuro Skill- Traumatic Brain Injury Resource Guide

Web Site: www.neuroskills.com

Children's Health: The Institute for Child Health Policy

Web Site: www.ichp.edu

Directory for Accessibility, Ontario March of Dimes

Web Site: www.accessibilitydirectory.ca

Educating Educators About ABI

Web Site: www.abieducation.com

Family Service Association of Community Care Access Centers

Web Site: www.fsatoronto.com

General Patient Advocacy: Families USA

Web Site: www.familiesusa.org

Head Injury Hotline

Web Site: www.headinjury.com

This is an interactive, self-directed learning center that includes discussion, support for family members and survivors, and research.

Head Injury Society of New Zealand

Web Site: www.head-injury.org

Headway – The Brain Injury Association
Web Site: www.headway.org

Headway Brain Injury Association (UK)
Web Site: www.headway.org.uk

Heart and Stroke Foundation
Web Site: www.heartandstroke.ca

In My Solitude
Web Site: www.angelfire.com
In the *Search* section, select Angel fire in the top box, type “in my solitude” in the second box, and press the *Go* button. Select from the options listed.
This web site offers brain injury stories, poems, jokes, inspirational thoughts and brain injury links.

International Brain Injury Association
Web Site: www.internationalbrain.org

Kessler Institute for Rehabilitation – The Patient Link
Web Site: www.2patientlink.com

MGH Neurology Chat Rooms
Web Site: www.mgh.harvard.edu
This Massachusetts General Hospital (MGH) based web site offers services for survivors and caregivers, including chat rooms.

Manitoba Brain Injury Association
Web Site: www.escape.ca/mhia

National Rehabilitation and Rediscovery Foundation
Web Site: www.nrrf-roh.org
Neurosurgery On-Call
Web Site: www.neurosurgery.org

Newfoundland Brain Injury Association
Web Site: www.nbia.nf.ca
Ontario Association of Community Care Access Centers
Web Site: www.oaccac.on.ca

Ontario Brain Injury
Web Site: www.obia.on.ca

The Brain Injury Glossary
Web Site: www.waiting.com

The Brain Injury Information Network
Web Site: www.tbinet.org
This site offers brain injury resources, links and support groups.

The Dana Alliance for Brain Injury Initiatives
Web Site: www.dana.org
See also their online radio series “Gray Matters” at Web Site: www.dana.org/books/radiotv

The Hospital for Sick Children & B.R.A.I.N. Child
Web Site: www.sickkids.on.ca

The Neurotrauma Law Nexus
Web Site: www.neurolaw.com

The Traumatic Brain Injury (TBI) Chat Room & Homepage
Web Site: www.tbichat.org
This web site offers chat rooms for survivors, caregivers, and family members. It also offers discussion groups, personal stories, poems, and other traumatic brain injury links.

The Violence of Persons with Disabilities

Web Site: www.vbii.org

Toronto Acquired Brain Injury Network

Web Site: www.abinetwork.ca

Saskatchewan Head Injury

Web Site:

www.sfn.saskatoon.sk.ca/health/shia

Vancouver Island Head Injury Society

Web Site: www.bc1.com/vihis

While Brain Atlas – Harvard Medical Web

Web Site: www.med.harvard.edu

WORKink Ontario

Web Site: www.workink.com

World Association of Persons with Disabilities

Web Site: www.wapd.prg

**MULTILINGUAL HEALTH
EDUCATION MATERIAL WEB
SITE LINKS**

WWW.multilingual-health-education.net

www.ethnomed.org

www.hlth.gov.bc.ca/hlthfile/httoc/html#S

www.babelfish.altavista.com

www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/publications/langindex.html

BOOKS ABOUT ACQUIRED BRAIN INJURY

- Assee-Aquan, Anthony (2003). ***Second Life; Second Chance “A Teacher’s Chronicle of Despair, Recovery, and Triumph.”***
- Callwood, June (2000). ***The Man Who Lost Himself: The Terry Evanshen Story.***
- Cohen, Lainie (2003). ***The Crooked Smile: One Family’s Journey to Healing.*** ECW Press
www.lainiecohen.com
www.crookedsmile.org
- Crimmins, Kathy (2000). ***Where is the Mango Princess: “A Journey Back from Brain Injury.”***
- Dale, Mitchell (1999). ***Managed Care and Developmental Disabilities.***
- Dominique, Jean. ***The Diving Bell and Butterfly.***
- Fries, Kenny (1997). ***Staring Back: “The Disability Experiences: From the Inside Out.”***
- Fevotto-Post, Edda Maria (can’t find book). ***One Day She Will Fly.***
- Guilmartin, Nance (2002). ***Healing Conversation “What to Say When You Don’t Know What to Say.”***
- Interactive Therapeutic Incorporated (1996 revised). ***Traumatic Brain Injury (A guide for the Patient and Family).***
- Klein, Bonnie Sherr (1997). ***Slow Dance***
- Lerner, Harriet PHD (1985). ***The Dance of Anger.***
- Miller, Laurence (1993). ***Psychotherapy of the Brain Injured Patient: “Reclaiming the Shattered Self.”***
- Osborn, Claudia (1998). ***Over My Head.***
- Poinsett, Brenda (1996). ***Why Do I Feel This Way?”***
- Real, Terrence (1997). ***I Don’t Want to Talk About it: “Overcoming the Secret Legacy of Male Depression***
- Sacks, Oliver. ***The Man Who Mistook His Wife for a Hat.***
- Schoendroat Lisa Ed.d.(2001). ***Children with Traumatic Brain Injury: “A Parent’s Guide.”***
- Schoendroat Lisa Ed.d.(2001) Stewart, Ian. ***Freetown Ambush, A Reporter’s Year in Africa.***
- Swanson, Kara L. (1995) ***I’ll Carry the Fork: “Recovering a Life After Brain Injury.”***
- Lynn S. Gruen and Andrew K. Gruen (1994). ***Traumatic Brain Injury Activities: “Back into Life.”***
- Virginia Stark-Vance M.D; and M.L. Dubai (2004). ***A Hundred Questions and Answer about Brain Tumors.***
- Wedelsellors, Carole; Candace Hill Vegeter; Susan Sivertsen Ellerbusch; Erin Pickering (2004). ***Pediatric Brain Injury.***
- Winslade, William J.(1998). ***Confronting Traumatic Brain Injury: “Devastation, Hope, and Healing.”***

Stroke Directory

The Power of Words:

Stroke survivor rather than victim or patient

Disabled person or person with limitations rather than cripple, handicapped, or invalid (Remembering healthy or not we all have limitations)

Weak of affected side rather than “bad” or “dead” side

Unaffected rather than “good” or “normal” side

Care partner rather than care giver or care taker

Experience a stroke rather than suffered a stroke

“Vol. 4 issue, Toronto Central Stroke Recovery Network newsletter, August 2004.”

DAY PROGRAMMES

BOOST Program

Downsview Services to Seniors
Northwood Community Centre
15 Clubhouse Court
Downsview, ON, M3L 2L7
Tel: 416-633-9519
Fax: 416-633-7548
Contact: Nancy Fazzalari
Web Site: www.downsviewservices.com
Monday to Friday 9:00 am to 3:00 pm.
Stroke Survivors day program providing social support, exercise, lunch and recreational programs.

Central Neighbourhood House

349 Ontario St.
Toronto, ON, M5A 2V8
Tel: 416-925-4363
Fax: 416-925-1545
Contact: Robert Butler
Website: www.cnh.on.ca

The Stroke Survivors Day Program runs from Monday to Wednesday, and Fridays 10:00 am to 3:30 pm. The focus of this program includes social support, exercises, lunch and recreational activities.

Mid-Toronto Community Services Inc.

Adult Day Centre
188 Carlton Street
Toronto, ON, M5A 2K8
Tel: 416-975-4535
Fax: 416-975-4485
Website: www.midtoronto.com

Provides supportive social-recreational programs for seniors and persons who require assistance due to a physical and/or cognitive impairment. Activities include outings, exercise, and information programs. Fee for service.

Vita Community Living Services

4301 Weston Road
Toronto, ON, M9L 2Y3
Tel: 416-749-6234
Fax: 416-749-1456
Website: www.villacharities.com

Day program for stroke survivors, skill training, respite care, physiotherapy, behavior and communication therapy services.

Woodgreen Community Services

835 Queen St. East
Toronto, ON, M4M 1H9
Tel: 416-469-5211
Fax: 416-469-0825

Website: www.woodgreen.org

Day programs for frail or cognitively impaired people. Activities include crafts, experience, health discussions, physical exercise, community visits and cultural celebrations. Day programs are offered in both English and Chinese.

Nominal fee for meals, snacks, and transportation.

SUPPORT GROUPS FOR STROKE SURVIVORS

Comprehensive Rehabilitation and Mental Health Services (C.O.T.A.)

Brown School Stroke Group
454 Avenue Road
Toronto, ON, M4V 2J1
Tel: 416-785-9230 ext. 2009
Fax: 416-785-9358
Contact: Rhonda Buchanan
Tuesdays, 12:00 pm to 2:30 pm. Group is not offered in July and August.

Scarborough Stroke Group

Birchmount Bluffs Community Centre
93 Birchmount Road
Scarborough, ON, M1N 3J7
Tel: 416-785-9230 ext. 2041
Fax: 416-785-9358
Contact: Georgina Mares

Islington Day Club

Islington United Church
25 Burnhamthorpe Road
Toronto, ON, M9A 1G9
Tel: 416-231-4732
Fax: 416-231-1575

Contact: Jane Howell

Social/recreational programs for stroke survivors incorporating exercises. Group is for stroke survivors residing in Etobicoke and runs on Thursdays, from September to June, 11:00 am to 2:00 pm. A support group is held for caregivers who have family members in this program. Caregivers meet once per month from 12:00 to 1:30 pm on Thursday.

Ontario March of Dimes Stroke Recovery Network

10 Overlea Blvd
Toronto, ON, M4H 1A4
Contact: Peggy Mann

Website: www.dimes.on.ca

Support Groups for stroke survivors, meets the 3rd Wednesday of every month, from 2:00 pm to 4:00 pm. Yoga classes for stroke survivors, every Wednesday from 3:00 pm to 4:00 pm.

Pat Arato Aphasia Centre,

Aphasia Institute
73 Scarsdale Road
Toronto, ON, M3B 2R2
Tel: 416-226-3636 ext. 16
Fax: 416-226-3706

Contact: Bea Bindman

Website: www.aphasia.ca

Communication programs, recreation programs, drop-in and support groups for family and friends.

Senior Link

2625 Danforth Ave
Toronto, ON, M4C 1L4
Tel: 416-691-7407
Fax: 416-691-8466

Contact: Margaret Morris

Website: www.senior-link.com

Social, recreation, and educational programs. Stroke recovery club runs on Wednesdays from 1:00 pm to 5:00 pm. Services seniors and adults with disabilities.

St. John's Rehabilitation Stroke Recovery Network Chapter

285 Cumber Ave.
Toronto, ON, M2M 2G1

Contact: Gwen Brooks, Group Coordinator
Tel: 416-222-2840

Email: gwen.brooks@utoronto.ca

Support Group:

Meets the third Wednesday of every month from 2 - 4 p.m.

Yoga Class for Stroke Survivors:

Meets every Wednesday from 3 - 4 p.m. Fee is \$10 per class.

Stroke Recovery Association of Ontario – Toronto Central

1416 Bayview Avenue
Toronto, ON, M4G 3A7
Tel: 416-425-4209 or 1-888-540-6666

Stroke Recovery Network Warmline:

Tel: 1-888-540-6666

The Warmline is a confidential, peer support toll-free line for those affected by stroke. We are a non-critical, non-crisis resource for information and support, offering a friendly ear to stroke survivors, family members and caregivers. The volunteer at the end of the line will either be a stroke survivor, a family member of a survivor or another member of the community who is familiar with the stroke experience

Stroke Recovery Network of Ontario, Richmond Hill

March of Dimes
10100 Yonge St. Rm 205
Richmond Hill, ON, L4C 1T8
Contact: Bill Longhurst Tel: 905-883-5030
Contact: Albert Ganesh Tel: 905-884-7154
Support group. Meetings every 3rd Tuesday, from 10:00 am to 12:00 pm.

Stroke Recovery Group, Toronto East

53 Crossburn Drive
Don Mills, ON, M3B 2Z3
Tel: 416-447-1566
Contact: Mardi Read
Stretching exercises and fun. Group runs on Tuesdays and Thursdays from 10:00 am to 11:00 am.

Stroke Recovery Network of Ontario, Toronto Central Chapter

March of Dimes
10 Overlea Blvd.
Toronto, ON, M4H 1A4
Tel: 416-425-3463 ext. 714
Contact: Lynn Collins
Support Group for Stroke Survivors. Group runs every 3rd Thursday of the month, from 1:00 to 3:00 pm.

Toronto Aneurysm Support Group and Mentorship Program

Toronto Western Hospital
399 Bathurst Street
Toronto, ON, M5Y 2S8
Contact: Dawn Potvin
Tel: 416-603-5800 ext. 2799
Email: Dawn.potvin@uhn.on.ca

Toronto Central Stroke Recovery Network Chapter

285 Cumber Ave.
Toronto, ON, M2M 2G1
Contact: Lynne Collins, Chair
Tel: 416-494-1448
Email: lcollins@pathcom.com
Group meets the third Thursday of every month from 1 - 3 p.m.

Toronto Pathfinders Stroke Recovery Network Chapter

Ontario March of Dimes
10 Overlea Blvd.
Toronto, ON, M4H 1A4
Contact: Paul Tessier, Group Coordinator
Tel: 416-755-0454
Group for people who had a stroke before age 50. Meets every other Wednesday from 1:30 - 3:30 p.m.

Wagman Centre Stroke Recovery Group, Baycrest Centre for Geriatric Care

The Joseph E. and Minnie Wagman Centre
55 Ameer Avenue
Toronto, ON, M6A 2Z1
Tel: 416-785-2500 ext. 2263
Fax: 416-785-2496
Contact: Debbie van der Laan
1 ½ hour movement therapy program for stroke survivors combines movement activities and discussion in a supportive group format. The Wagman Centre also has programs in arts & crafts, the greenhouse, land and water exercise classes. Light lunches may be purchased.

Bathurst Jewish Community Centre-Stroke Recovery Group

4588 Bathurst Street
Toronto, ON, M2R 1W6
Tel: 636-1880
Fax: 636-5813
Website: www.bcji.ca
Provides recreation, social and fitness programs for persons who have suffered a stroke.

CAREPARTNER SUPPORT GROUPS

“Compassion stress fatigue or secondary traumatic stress is when all the attention has been directed to the ill person, but not to those who care for and worry about them. They too become traumatized as a result of their caring.”
(B. Hudnall, PhD, 1999: Secondary Traumatic Stress)

Chinese Caregiver Support Group

Yee Hong Centre for Geriatric Care
2311 McNicholl Avenue
Toronto, ON M1V 5L3
Tel: 416-321-6333 ext. 2608
Contact: Ms. Maria Choi
Email: maria.choi@yeehong.com
Support groups for caregivers, educational, care management groups, resources. Groups focus on young adults caring for a parent who has suffered a stroke, older adults taking care of partners, and a group is facilitated for stroke survivors.

Family Service Association

355 Church St
Toronto, ON, M5B 1Z8
Tel: 416-595-9618
Fax: 416-595-0242
Contact: Lynn Gallagher
Website: www.fsatoronto.com
Workshops related to caregiver stress.

Toronto Carepartners Stroke Recovery Network Chapter

Ontario March of Dimes
10 Overlea Blvd.
Toronto, ON, M4H 1A4
Contact: Anna Tirkalas, Chair
Tel: 416-261-3903
Email: atirkalas@hotmail.com
Offers information and support for care partners of stroke survivors.
Meets the third Thursday of every month from 1 - 3 p.m.

STROKE RELATED WEBSITES

Canadian Abilities Foundation

www.enablelink.org

Resource and organizations for people with disabilities.

Toronto Area Support Groups

www.srn.ca

Support groups and their meeting times are updated on this website.

Canadian Cardiovascular Society:

www.ccs.ca

Canadian Council of Cardiovascular Nurses:

www.cardiovascularnurses.com

Canadian Health Network (CHN):

www.candian-health-network.ca

Caregiver Network Inc:

www.caregiver.on.ca

A resource center created to help caregivers

Health Check:

www.health-check.org

Heart and Stroke Foundation:

www.heartandstroke.ca

Intellihealth:

www.intellihealth.com

Comprehensive information on several health topics. Section specifically dedicated to caregivers.

On-Line Support for Caregivers:

www.caregiver-information.com

Ontario Prevention Clearinghouse:

www.opc.on.ca

BOOKS ABOUT STROKES

- ❑ Fries, Kenny (1997). *Staring Back: The Disability Experience: From the Inside Out.*
- ❑ Giroux, Louise (1998). *Taking the Lead-Dancing with Chronic illness.*
- ❑ Mate, Gabor M.D (2003). *When the Body says No: The Cost of Hidden Stress.*
- ❑ Mitchell, Dale (1999). *Managed Care and Developmental Disabilities.*
- ❑ Ronald G. PhD & Marian R. Stuart PHD. (1994). *Coping with the Stressout People in Your Life.*
- ❑ Rocket, Dr. Howard (1999). *Stroke Of Luck.*
www.strokeofluck.com

BOOKS FOR CHILDREN

- ❑ Barbara Baird (1997). *Nana's Stroke*
- ❑ Brenner, Avis. *Helping Children Cope with Stress*.
- ❑ Denboer (1994). *Please Don't Cry Mom*. This is an illustrated book, written for elementary school aged children. However, its description of recurrent major depression is so good that the book would be valuable for adolescents and some adults. It describes a boy's feelings about his mother's depression and her resistance to treatment.
- ❑ The Dougy Centre: The National Centre for Grieving Children & Families. *35 Ways to Help a Grieving Child*.
- ❑ Goldman, Linda (2000). *Life & Loss: A Guide to Help Grieving Children*.
- ❑ Jarrat, Claudia Jewett (1994) *Helping Children Cope with Separation and Loss*.
- ❑ Mundy, Michaelene (1998). *Sad Isn't Bad*. Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss-- that the world is still safe; life is good; and hurting hearts do mend.

GREATER TORONTO LISTINGS FOR HOSPITALS

- Baycrest Centre for Geriatric Care
416-785-2500
- Hospital for Sick Children
416-813-1500
- Humber River Regional Hospital, Church Street Site
416-249-8111
- Humber River Regional Hospital, Keele Street Site
416-651-6111
- Humber River Regional Hospital, Finch Site
416-744-2500
- Markham Stouffville Hospital
905-472-7000
- Mount Sinai Hospital
416-586-4800
- North York General Hospital
416-756-6000
- Princess Margaret Hospital
416-946-2000
- Rouge Valley Health Centre, Ajax/Pickering Site
905-683-2320
- Rouge Valley Health Centre, Centenary Site
416-284-8131
- Scarborough Hospital, Main Site
416-438-2911

- **Scarborough Hospital,
Grace Site**
416-495-2400
- **St. Joseph's Health Centre**
416-530-6000
- **St. Michael's Hospital**
416-360-4000
- **Sunnybrook and Women's College
Health Sciences Centre,
Sunnybrook Campus**
416-480-6100
- **Sunnybrook and Women's College
Health Sciences Centre,
Women's College Ambulatory Care
Centre**
416-323-6400
- **Sunnybrook and Women's College
Health Sciences Centre,
Orthopaedic and Arthritic Institute**
416-967-8500
- **Toronto East General Hospital**
416-461-8272
- **Trillium Health Centre,
Mississauga Site**
905-848-7600
- **Trillium Health Centre,
Queensway Site**
416-259-6671
- **University Health Network,
Toronto General Hospital**
416-340-9800
- **University Health Network,
Toronto Western Hospital**
416-603-5880
- **William Osler Health Centre,
Etobicoke Site**
416-747-3400

- **William Osler Health Centre,
Brampton Site**
905-494-2120
- **York Central Hospital**
905-883-2320

Community Care Access Centres Across Ontario

- **Algoma CCAC**
705-949-1650
- **Brant CCAC**
519-759-7752
- **Chatham/Kent CCAC**
519-436-2222
- **Cochrane District CCAC**
705-267-7766
- **Durham Access to Care**
905-460-3308
- **East York Access Centre**
416-423-3559
- **CCAC for Eastern Counties**
613-936-1171
- **Elgin CCAC**
519-631-9907
- **Etobicoke Site of Etobicoke and
York CCAC**
416-626-2222
- **Grey-Bruce CCAC**
519-371-2112
- **Haldimand-Norfolk CCAC**
519-426-7400
- **Haliburton, Northumberland &
Victoria CCAC**
705-324-9165

- **CCAC of Halton**
905-639-5228
- **Hamilton CCAC**
905-523-8600
- **AC Hastings & Prince Edward
Counties CCAC**
613-966-3530
- **CCAC for Huron**
519-527-0000
- **CCAC Kenora & Rainy River**
807-467-4757
- **Access Centre for Kingston,
Frontenac, Lennox & Addington**
613-544-8200
- **ACCAC in Lanark, Leeds &
Grenville**
613-283-7254
- **CCAC London & Middlesex**
519-473-2222
- **Manitoulin-Sudbury CCAC**
705-522-3460
- **Muskoka-East Parry Sounds CCAC**
705-789-6451
- **Near North CCAC**
705-476-2222
- **CCAC Niagara**
905-684-4811
- **North York CCAC**
416-222-2241
- **Ottawa CCAC**
613-745-5525
- **CCAC Oxford**
519-539-1284

- **CCAC of Peel**
905-796-0040
- **CCAC of Perth County**
519-273-2222
- **Peterborough CCAC**
705-743-2212
- **Renfrew County CCAC**
613-732-7007
- **Sarnia-Lambton CCAC**
519-337-1000
- **Scarborough CCAC**
416-750-2444
- **CCAC Simcoe County**
705-726-0039
- **CCAC Thunder Bay**
807-345-7339
- **CCAC Timiskaming**
705-567-2222
- **Toronto CCAC**
416-506-9888
- **CCAC of Waterloo Region**
519-748-2222
- **West Parry Sound Health Centre
CCAC**
705-746-9352
- **Wellington-Dufferin CCAC**
519-823-2550
- **Windsor-Essex CCAC**
519-258-8211
- **York Site of Etobicoke & York
CCAC**
416-780-1919
- **CCAC of York Region**
905-895-1240 🇺🇳