



CANADIAN MENTAL HEALTH ASSOCIATION

PEEL BRANCH



Quick Guide

Mental Health Resources
serving Peel Region



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

as of 12/2007

ABUSE	
Armagh	905-855-0299 M
Assaulted Women's Helpline	416-863-0511 T 1-866-863-0511
Caledon Dufferin Victims Services	905-951-3838 C 519-942-1452 O
Catholic Family Services – Man to Man Group aims to help men stop violent, abusive and controlling behaviours towards their partners, in an educational setting. Call for meeting information	905-450-1608 B 905-450-1608 I www.cfspd.com
Catholic Family Services – Rediscovering Our Voices For adult women survivors of childhood abuse; runs alternately as an open 9-session drop-in, and as a closed 10-week group. Thurs. 6:30 p.m., 10 Gillingham Dr., Unit 201, Brampton	905-450-1608 B
Catholic Cross Cultural Services – Violence Against Women Individual counselling and group support for immigrant women victims of assault/abuse - call for information	905-457-7740 B 905-273-4140 M
Chantel's Place	905-848-7580 x 2548 M
(Peel) Children's Aid Society	905-363-6131 M
Honeychurch Family Life Resource Centre Emergency shelter for abused women and children	905-451-4115 B
Family Services of Peel - Family Violence and Women Abuse Program Individual and group counselling for women and children who have experienced family violence (physical, emotional and sexual); specialized group programming for men who are and have been abusive to female partners and wish to stop the use of violence - call for information	905-453-5775 I
Family Transition Place Shelter for abused women and children; serves Caledon Counselling for sexual abuse survivors; referrals for men	1-800-265-9178 O
Interim Place I (women & children)	905-403-0864 M
Interim Place II (women & children)	905-676-8515 M
Peel Collaborative Child & Adolescent Sexual Abuse Treatment	905-451-4655 I
Sexual Assault/Rape Crisis Centre	905-273-9442 M 1-800-810-0180 C
Victim Services of Peel	905-568-1068 B
ADDICTIONS	
Addiction Counselling Services	905-796-3005 B
Adult Children Of Alcoholics	416-631-3614 T
Alanon and Alateen 12-step program for adults and teens interested in learning how to cope with the effect of someone else's drinking on their lives. Alateen is strictly for youth (12-20 yrs). Mississauga: Thur., 8:00 p.m. at Eden United Church, 3051 Battleford Rd, Mississauga Brampton: Alateen Meetings Thur., 8:00 p.m., St. Augsburg Church, 224 Mill St. S, Brampton	416-410-3809 T
Alcoholics Anonymous (A.A.) A self-help organization for people with alcohol abuse problems. Fifth Wheel Group; Friday, 8:30 p.m. at Bloor Community Centre at Bloor and Fieldgate Plaza. Mississauga Group; Fri., Sun, 8:30 p.m., at St. Hilary's Anglican Church, Hwy 10 at QEW. Streetsville Group; Tues., 8:30 p.m., at Meadowvale West Church Centre, 6945 Meadowvale Town Centre Circle Streetsville Group; Thurs., 8:00p.m., at Eden United Church, 3051 Battleford Rd at Winston Churchill	416-487-5591 T

Alcoholics Anonymous - continued Vision of Hope; Thurs., 1:00 p.m. at St. Mary's Catholic Church, 3624 Cawthra Rd. Bolton Group: Tues., 8:30 p.m. (closed), Sat., 8:30 p.m. (open), Caven Presbyterian Church, 110 King St.W.	416-487-5591 T
Co-dependents Anonymous (CODA) 12-step weekly support group for men and women who are unable to maintain functional relationships. Meets Mondays, 8:00pm-10:00pm, at Unitarian Congregational Church, 84 South Service Rd, Mississauga	905-855-1029 M
Credit Valley Hospital Addictions and Concurrent Disorders Centre	905-813-4402 M
Drugs & Alcohol Registry Treatment Info Line	1-800-565-8603
Family Awareness & Drug Education	905-271-4200 M 1-800-713-8990
Gamblers Anonymous Weekly support group for men and women working to recover from their common gambling problem - Tues.'s 7:30pm at Addiction Counselling Services, 135 McLaughlin Rd. S., Brampton, Sun.'s 7pm at St. Mary's Ukrainian Church in Mississauga, and Fri.'s 7pm at Martin-grove United Church in Rexdale	www.gamblersanonymous.org
Halton Recovery House	905-878-1120 O
Homewood Cmty. Alcohol & Drug Service	1-519-942-2361 O
Hope Place Women's Treatment Centre	1-877-399-7299 O
Narcotics Anonymous Weekly, open support group for recovering addicts helping each other stay clean - Thurs.'s 8:30pm at St. Jude's Anglican Church, 1000 Central Park Drive and Wed.'s 8pm at Trinity United Church, 7113 Airport Rd., Malton	416-410-3689 T 1-877-414-4464
Peel Youth Substance Abuse Program (YMCA) 14-24 years	905-276-9322 x 216 I
Peel Addiction Assessment & Referral Centre (PAARC)	905-629-1007 M
Street Haven at the Crossroads	416-967-6060 T
ANXIETY/PANIC	
Anxiety Empowered A progressive support group for individuals working towards managing their anxiety - 7pm Tues.'s at Heart Lake Presbyterian Church, 25 Ruth Ave., Brampton (Kennedy, north of Bovaird)	905-451-3111 B Community Mental Health Clinic
Freedom from Fear Provides information and outreach services for people suffering from phobias, panic attacks and anxiety disorders - call for meeting information	416-761-6006 T
Recovery Incorporated Provides self-help groups to people suffering from nervous and emotional stress, panic disorders, depression, etc. Meetings: Thursdays, 8:15pm, at Cooksville United Church, 2500 Mimosa Row, Mississauga Mondays, 7:00pm, Grace United Church, 156 Main St N, Brampton (Meeting room posted at front entrance)	George Malowaniec 905-276-2237 B Roseanne R. Agostino 905-812-7935 M
BEREAVEMENT	
Arborcare Follow-up, 6-week support group after bereavement and suicide - Scotts Funeral Home, 289 Main. St. North (north of Queen) in Brampton and 420 Dundas St. East (east of Hwy#10) in Mississauga	905-451-1100 B 905-272-4040 M
Bereaved Families of Ontario, Halton/Peel Self-help groups (closed) for various aspects of bereavement - call for information about meeting dates and times, 6700 Century Ave., Ste. 204, Mississauga	905-813-4337 M www.bereavedfamilies.ca

Community of People Extending Support A 6-week support group for people who share a similar experience: bereavement - 6-week groups, 4 times each year, call for information (Turner & Porter Funeral Homes)	416-767-6793 I
Grief Support Group 10-week bereavement support to anyone 17 yrs and older 10 consecutive week commitment. Fee: working materials \$35.00. 8-15 people (Neweduk Funeral Home)	905-828-8000 M
Hospice of Peel	905-712-8119 M
Perinatal Bereavement Services Ontario	1-888-301-7276
Saint Elizabeth Health Care	905-826-0854 M
Survivor Support Program Supports adult family members, friends or co-workers grieving a death by suicide or homicide – leave a message for meeting information	416-595-1716 T
COUNSELLING	
Associated Youth Services of Peel	905-451-5655 I
Catholic Family Services of Peel	905-450-1608 B 905-897-1644 M
Family Services of Peel	905-453-5775 I
(Peel) HIV/Aids Network	905-362-2025 M 1-866-896-8700
John Howard Society of Peel	905-459-2205 B
Nexus Youth Services, 12-24 years	905-451-4655 I
Peel Children's Centre, Birth - 18 years	905-451-4655 I
Rapport Youth & Family Services, 12- 20 y	905-455-4100 B
The Learning Disabilities Association	905-791-4100 B 905-272-4100 M
Regional Women's Health Centre	416-586-0211 T
Square One Youth Centre	905-566-1883 M
CRISIS SERVICES	
Crisis Response Services (PCC), Birth - 18	416-410-8615 I
Gerstein Centre - Crisis Intervention	416-929-5200 T
Interim Place South	905-403-0864 M
Interim Place North	905-676-8515 M
Mobile Crisis of Peel	905-278-9036 M 1-888-811-2222
Victim Services of Peel	905-568-1068 B
DEPRESSION	
Depression & You A self-help group focusing on dealing with: depression, issues related to depression and other topics. The 2nd and 4th Monday of every month. 7:00 p.m. to 8:30 p.m. at Eden Place Drop-In Centre, CMHA/Peel, #101 – 2600 Edenhurst Dr, east of Hwy #10, Mississauga	905-276-3302 M
DISTRESS LINES	
Distress Centre Peel	905-278-7208 M 1-800-363-0971
Kids Help Phone	1-800-668-6868

Phone Friend (Telecare) 4-7 p.m. school age children	905-459-4590 B
Telecare Distress Centre Peel	905-459-7777 B
Warm Line for Consumers	416-960-9276 T
EDUCATION	
The Davidson Scholarship Fund CMHA/Peel	905-451-1718 I
Literacy (PAR South, CMHA/Peel)	905-270-6295 I
John Howard Society (anger)	905-459-2205 B
Youth Net Peel (CMHA/Peel)	905-451-2123 B
Resource Centre (CMHA/Peel)	905-451-2123 B
EMPLOYMENT/VOCATIONAL	
Job Connect 16-24 years	905-459-0111 B
Employment Access (Disabilities)	905-459-7890 B 905-755-9734 M 1-800-270-3861
Employment Resources Centre (Peel Youth Village)	905-791-5576 M
Ontario Council of Alternative Business	416-504-1693 T
PAR Clubhouses (CMHA/Peel)	905-796-9030 B 905-270-6295 M
Peel Career Assessment Services Inc.	905-670-1967 M
Youth Employment Services	905-276-9322 M
FAMILY SUPPORT	
Association of Parent Support Groups of Ontario Self-help and support groups for parents of disruptive youth with weekly meetings in Bolton, Brampton, and Mississauga - call for information	416-223-7444 T 1-800-488-5666
Family Assoc. For Mental Health Everywhere (FAME) Support for families who have a member with any mental illness. Individual or group support available in: Mississauga, Brampton, Orangeville and Caledon. Also FameShare for children ages 7-12 for young family members. Call for meeting times and locations.	905-488-7716 B 905-276-8316 M
Family Awareness Centre	905-271-4200 M Crisis: 1-800-713-8990
Family Education Centre	905-452-0332 B
Parents for Children's Mental Health	416-921-2109 T
Schizophrenia Society of Ontario, Halton/Peel Assists the families of people with schizophrenia to cope with the illness through supportive services, including a family support group. Closed for July and August.	905-876-1647 O
FINANCIAL SUPPORT	
Ontario Works (Region of Peel)	905-793-9200 B
Red Cross, Individual Aid	905-890-1000 M 1-866-811-1211
Ontario Disability Support Program (MCSS)	905-897-3146 M

FOOD BANKS

Caledon Food Bank	905-951-2300 C
Eden United Church	905-785-3651 M
Food Path	905-270-5589 M
Meals for \$1 @ Knight's Table	905-454-8725 B
The Open Door	905-276-9136 M
Salvation Army	905-451-8840 B 905-279-3941 M
St. Louis Outreach	905-454-2144 B

SELF-HELP

<p>Chat Room/Consumer Survivor Support Network</p> <p>A confidential self-help group aimed at general conversation among consumer survivors/adults affected by mental health issues. Tuesdays from 5 p.m. - 6 p.m. at Eden Place Drop-In Centre, CMHA/Peel, #101 – 2600 Edenhurst Dr, east of Hwy #10, Mississauga</p>	905-276-3302 M
<p>Emotions Anonymous</p> <p>Twelve-step, weekly meeting built on AA steps, but with reference to emotions rather than alcohol - call for information about local meetings (nearest meetings to Peel Region in Toronto and Burlington)</p>	416-281-9364 T
<p>Positive Space</p> <p>A collective of groups, agencies and individuals working to foster a community free of prejudice, that accepts and celebrates the diversity of the lesbian, gay, bisexual, transsexual, transgendered, questioning and queer (LGBTQQ) community in Peel.</p> <p>PEEL PRIDE (18yrs & under): a weekly drop-in support group that provides LGBTQQ youth a safe place to feel accepted, better understand their sexuality and develop a sense of belonging in the Peel community. A professional facilitator leads the group, although topics and direction are directed by group members. Ages: 18 years and under Tuesdays, 7:00pm-9:00pm in Mississauga; call for location</p>	905-791-7800 x 2869 I pospeel@positivespacepeel.org www.positivespacepeel.org
<p>Self-help Resource Centre</p> <p>Provides a directory of self-help groups and assistance with starting a group, including training - call for information</p>	416-487-4355 T www.selfhelp.on.ca

GOVERNMENT OFFICES

Community & Social Services (MCSS)	905-567-7177 M
Health Canada, Ontario Region Info Line	416-973-4389 T
Ministry of Health Info Line	1-866-532-3161
Mental Health Program (Ministry of Health)	416-482-4103 T
Ministry of Children and Youth Services	905-567-7177 M
Ombudsman Ontario	416-586-3300 T 1-800-263-1830
OHIP - health cards (Min. of Health)	416-896-6000 M
Ontario Drug Benefits (Min. of Health)	416-327-8109 T
Region of Peel (Customer Service)	905-791-7800 x 4636 B

HOMELESSNESS/SHELTERS

Family Transition Place	1-800-265-9178
Gerstein Centre	416-929-5200 T

Housing and Support Peel (HASP)	905-795-8742 I
Street Haven women 16+	416-967-6060 M
Wilkinson Road Shelter	905-452-1335 B 905-272-7061 I
Interim Place I Women's & Children's Shelter	905-403-0864 M
Interim Place II Women's & Children's Shelter	905-676-8515 M
Our Place Peel Youth Shelter, Long-term	905-454-1048 B
Our Place Peel II Youth Shelter, Short-term	905-238-1383 M
<p>Regen Connex</p> <p>A self-help group for the homeless/marginalized population in Brampton. Coffee and light snacks are provided. Every Friday, 11:30 a.m. to 1:00 p.m. at St. Paul's United Church in The Community Room.</p>	905-276-3302 I For more info contact Eden Place
Region of Peel Family Shelter	905-272-7061 M
Salvation Army Family Life Resource Centre	905-451-4115 B
St. Leonard's House	905-457-3611 B
Vita Centre	905-858-0329 M

HOSPITAL SERVICES

BELLWOOD HEALTH SERVICES INC. (Addic.)	416-495-0926 T
CENTRE FOR ADDICTION & MENTAL HEALTH (CAMH)	416-535-8501 T
Addiction Medicine Program	416-535-8501 x 6128 T
Addiction Treatment Program	416-535-8501 x 6616 T
Anxiety Disorders Clinic	416-979-6819 T
Assessment and General Treatment Program	416-535-8501 x 7064 T
Problem Gambling Program	416-599-1322 T
Withdrawal Management Services	416-535-8501 x 7297 T
Concurrent Disorders Services	416-535-8501 x 6096 T
Child, Youth and Family Program (Mood and Anxiety Service)	416-535-8501 x 6248 T
Dual Diagnosis Program (Peel)	416-535-8501 x 2870 T
General Psychiatry	416-979-6878 T
The Law and Mental Health Program (formerly Forensics)	416-535-8501 x 6833 T
Mood Disorders Clinic	416-535-8501 x 6868 T
Geriatric Mental Health Program	416-535-8501 x 2875 T
Schizophrenia Program	416-979-6913 T
FACT Peel 16 -45 years	416-535-8501 x 7700 T
Peel Vocational Services	416-535-8501 T
Women's Program (mental illness and history of trauma)	416-535-8501 x 4269 T

CREDIT VALLEY HOSPITAL	905-813-2200 M
Adolescent Services 13 - 18 years	905-813-4421 M
Addictions and Concurrent Disorders Centre	905-813-4402 M
Anxiety Disorders Program	905-813-2388 M
Bio-Behavioural Service	905-813-2388 M
Children's Services 0 - 12 years	905-813-4426 M
Community Treatment Orders (CTO)	905-813-2200 M
Crisis (ask that Crisis Wkr. be paged)	905-813-2200 M
Eating Disorders Program	905-813-4505 M
In-Patient Psychiatric Unit	905-813-2200 M
Outpatient Depot Clinic	905-813-4197 M
Schizophrenia Program Serve Peel Region - referrals and self-referrals	905-813-2371 M
START Program, Day Hospital	905-813-4029 M
HEADWATERS HEALTH CARE CENTRE	1-519-941-2410 O
HOMWOOD HEALTH CENTRE	1-519-824-1010 O
TRILLIUM HEALTH CENTRE/ MISSISSAUGA SITE Family Support Group runs in the Fall and Spring	905-848-7100 M
Child & Adolescent Services birth -18 years	905-451-4655 I
Community Treatment Orders (CTO)	416-521-4006 I
Crisis Intervention	905-848-7495 M
Geriatric M.H. Services	416-521-4006 I
Inpatient Psychiatry	905-848-7610 M
Mental Health Clinics	416-521-4006 I
Miss. Assertive Community Treatment (ACT)	416-521-4006 I
Relinc (North) Case Mgmt.	416-521-4006 I
Relinc (South) Case Mgmt.	416-521-4006 I
WILLIAM OSLER HEALTH CENTRE Please contact the Community Mental Health Clinic to obtain an appropriate referral form. Physician referral letters should be faxed to (905) 451-3118. A team of mental health professionals provides psychiatric consultation and treatment, individual counselling and psychotherapy, group therapy, and referral to other community resources as necessary. Therapy may be offered to couples and/or families when indicated. In addition, a long acting anti-psychotic medication (depot) clinic and drop-in group is offered	905-494-2120 B
Acute Care Inpatient Psychiatry (GA)	905-494-6695 B
Addictions Services, Withdrawal Mgmt. Centre	905-456-3500 B
Adult Community Mental Health Clinic	905-451-3111 B
Adult Day Treatment	905-494-6714 B

Child & Adolescent Inpatient and Day Hospital, up to 18 years (GAD)	905-494-6455 B
Child & Adolescent M.H.Clinic up to 18 years	905-453-1160 B
Community Treatment Orders (CTO)	905-451-3111 B
Consultation Liaison Service	905-451-3111 B
Crisis Intervention Team (ask for Crisis Team)	905-494-2120 x 51722 (stat) 905-494-2120 x 58088 (msg)
Eating Disorders Clinic	905-494-2120 x 22700
M.H. Urgent Care Clinic	905-494-6709
Outpatient Program	905-494-6714
Progressive Treatment Inpatient (GB)	905-796-4049
Etobicoke Campus	416-494-2120 T
Georgetown Hospital	905-873-0111 O
HOUSING	
Homes for Special Care (Min. of Health)	416-583-4315 T
Our Place I 16-21 years	905-454-1048 B
Peace Ranch	905-584-9156 C 1-877-761-6352
Peel Living	905-453-1300 B
Supportive Housing in Peel	905-795-8742 I
INFORMATION AND REFERRAL	
211	211
Brampton Neighbourhood Resource Ctre.	905-452-1262 B
Caledon Community Services	905-951-2300 C 1-800-985-2471
Centre for Addiction & Mental Health R. Samuel McLaughlin Info Line	416-595-6111 T 1-800-463-6273
Community Care Access Centre	905-796-0040 B 1-888-733-1177
Consumer/Survivor Info Centre	416-595-2882 T
Dixie-Bloor Neighbourhood Services	905-629-1873 M
National Eating Disorder Info Centre (NEDIC)	416-340-4156 T 1-866-633-4220
Health Line Peel	905-799-7700 B
INFOline (Ministry of Health)	1-866-532-3161
Malton Community Information Services	905-677-6585 M
Multicultural Inter-Agency Group (MIAG)	905-270-6252 M
Parents Info Line	1-888-603-9100

Peel Newcomer Information Centre	905-595-0722 x 4000 B 905-457-4747 x 3013 B south 905-279-0024 x 1266 M 1-866-277-5462
Resource Centre (CMHA/Peel)	905-451-2123 M
Telehealth	1-866-797-0000
Victim Support Line	416-314-2447 T 1-888-579-2888

LEGAL/ADVOCACY

ARCH Advocacy Resource Centre	416-482-8255 T
Associated Youth Services of Peel	905-451-4655 I
Court Support Services (CMHA/Peel)	905-456-4700 x 5663 & 5666
Cdn. Human Rights Commission	416-973-5527 T 1-800-999-6899
Elizabeth Fry Society	905-459-1315 B
John Howard Society	905-459-2205 B
Labour Community Services of Peel	905-696-7444 M
Legal Aid Ontario	905-453-1723 B
Mississauga Community Legal Services	905-896-2050 M
Psychiatric Patient Advocate Office	416-327-7000 T
Public Guardian and Trustee	416-314-2800 T

MULTICULTURALISM

Bombay Connexion Social Club	905-951-9650 C
Brampton Multicultural Cmty. Centre	905-790-8482 B
Catholic Cross Cultural Services	905-457-7740 B 905-273-4140 M
Inter-Cultural Neighbourhood Services	905-273-4884 M
India Rainbow Community Centre	905-454-2598 B 905-275-2369 M
Muslim Community Services	905-790-1910 B
Peel Community Connections	905-270-2295 M
United Achievers Community Services	905-455-6789 B

OUTREACH

Erin Mills Youth Outreach Program	905-820-9466 M
Regeneration Outreach Community/Regen Connex	905-796-5888 B
Street Helpline Peel (CMHA/Peel)	905-848-4357 M
The Dam Youth Drop-in 13 -19 years	905-826-6558 M

PROFESSIONAL ASSOCIATIONS

Canadian Counselling Association	1-877-765-5565
Canadian Psychiatric Association	1-613-234-2815

College of Physicians & Surgeons of Ont.	416-967-2603 T 1-800-268-7096
Ont. Assoc. of Consultants, Counsellors, Psychometrists and Psychotherapists	416-298-7333 T 1-888-622-2779
Ontario Gerontology Association	416-535-6034 T
Ontario Psychological Association Referral Services	416-961-5552 T 416-961-0069 T 1-800-268-0069
Ontario College of Social Workers and Social Service Workers	1-877-828-9380
Ontario Society of Psychotherapists	416-923-4050 T
Parents for Children's Mental Health	416-921-2109 T

REHABILITATION

Access to Recovery Case Mgmt (CMHA/Peel)	416-521-4006 I
Assertive Community Treatment Team (ACTT) Intake through SHIP	905-795-8742 I
PAR Clubhouses (CMHA/Peel)	905-769-9030 B 905-270-6295 M
Peace Ranch Day Program	905-584-9156 C 1-877-761-6352
Rainbow Adult Day Centre	905-507-6099 M

SELF-INJURY

VOICES (Verbalizing Our Inner Crises and Emotions Safely)	416-841-5379 T
A confidential self-help group aimed at helping individuals learn more about the recovery process. Focus is on self-harm recovery, coping mechanisms and creative alternatives in a non-judgmental, encouraging and supportive environment. Call for meeting times Eden Place Drop-In Centre, 2600 Edenhurst Drive, Unit #101, Mississauga www.voicessupportgroup.com	

SOCIAL/RECREATION

Eclipse Youth Resource Centre	905-790-7707 B
Eden Place Drop-In Centre	905-276-3302 M
Friends & Advocates Peel	905-452-1002 B
Square One Youth Centre	905-566-1883 M 416-410-8515 Crisis

LEGEND FOR PHONE NUMBERS

B Brampton **I** Intake **O** Other
C Caledon **M** Mississauga **T** Toronto

YOUTH SERVICES Highlighted in Green

REFERRALS AND INTAKE

Referral processes vary (doctor, self, family)
An additional call may be required to determine specific referral and intake procedures.

CANADIAN MENTAL HEALTH ASSOCIATION

PEEL BRANCH



Resource Centre

2 County Court Blvd., Suite 102

Brampton, ON L6W 3W8

Ph: 905-451-2123

Fax: 905-456-7492

Email: info@cmhapeel.ca

www.cmhapeel.ca

Hours of Operation:

Monday - Friday 9:00 a.m. - 4:30 p.m.



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Visit

<http://peel.cioc.ca/>

for current information in the
Community Information Database

