

Specialized Support and Therapy Groups Offered to Adults and Children with Brain Injury

In Toronto and GTA

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Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
Brain Injury Association of Peel and Halton (BIAPH) To register please email headspin@biaph.com or call 905-823-2221 or 1-800-565-8594	Headspin! Youth and Young Adult Support Group	Youth and Young Adults impacted by ABI	To view event dates, visit http://biaph.com/support-groups/youth-young-adult-support-group/	Location will vary, please visit http://biaph.com/support-groups/youth-young-adult-support-group/	Social Activity based support group	Open Registration required
Brain Injury Association of Peel and Halton (BIAPH) To register please email supportgroups@biaph.com or call 905-823-2221 or 1-800-565-8594	BIAPH Support Groups	Survivors of acquired brain injury and caregivers - All Welcome!	One evening per month For dates, times and address visit: http://biaph.com/spring-2017-support-group-dates/	There are 3 locations: <ul style="list-style-type: none"> • Burlington • Georgetown • Mississauga/Brampton For more details visit: http://biaph.com/spring-2017-support-group-dates/	Travel/parking costs Share, listen and express experiences as an ABI survivor or caregiver. Periodically, guest speakers join to address a topic of interest.	Open Registration required

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Brain Injury Society of Toronto (BIST) Julie Notto, Programs & Services Coordinator T: 647-990-1486 connections@bist.ca	Young Adult Program and Parent Support Group The groups run concurrently	Survivors who are 18-27yrs old and parents of individuals with ABI, ages 12 to adult	Every third Wednesday of the month, 6:30 – 8 pm	BIST Office #205 - 40 St. Clair Ave. East (above Deer Park Library), Toronto ON www.bist.ca	Travel/parking costs Young Adult Group is lead by a social worker, and engages in education, support and recreation Parent Support Group is lead by a Behavioural Therapist and a family member with lived experience	Open Registration required

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Brain Injury Society of Toronto (BIST) Julie Notto, Programs & Services Coordinator T: 647-990-1486 connections@bist.ca	ABI Survivor Support Group	ABI Survivors who are 27 yrs old and up	First Tuesday of the month, 6:30 – 8 pm	BIST Office #205 - 40 St. Clair Ave. East (above Deer Park Library), Toronto ON www.bist.ca	Travel/parking costs Facilitated by a social worker	
Brain Injury Society of Toronto (BIST) Julie Notto, Programs & Services Coordinator T: 647-990-1486 connections@bist.ca	Peer Led Caregiver Support Group	Adult family members and loved ones of people living with ABI	Last Wednesday of the Month, 6:30 – 8:30 pm	BIST Office #205 - 40 St. Clair Ave. East (above Deer Park Library), Toronto ON www.bist.ca	Travel/parking costs Peer Led Support Group	
Brain Injury Society of Toronto (BIST) Julie Notto, Programs & Services Coordinator T: 647-990-1486 connections@bist.ca	Women's Support Group	ABI Survivors who identify as women	Every 3rd Thursday of the month, evenings	BIST Office #205 - 40 St. Clair Ave. East (above Deer Park Library), Toronto ON www.bist.ca	Travel/parking costs Facilitated by a social worker	

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CHIRS Diana Brouwer 416-240-8000 ext. 256 dianab@chirs.com	CHIRS Family Support Group	Family members of CHIRS active and waiting list clients	One evening per month	62 Finch Ave. W., North York, ON For further information please see program descriptions at www.chirs.com	Public/private funded. No fee. Discussion/ Information Sharing/ Social Support	Open to family members of CHIRS active and waiting list clients.
CHIRS Intake Services OR Marjie Brown 416-240-8000 Intake@chirs.com MarjieB@chirs.com	<ul style="list-style-type: none"> • Educational Workshops • Living Well with a Brain Injury • cTech • Positive Psychology • Skills for Emotional Well Being 	Adults with ABI (age 18-60) who are interested in learning new skills and behaviours	Weekly sessions for 12 weeks. Offered each Fall, Winter and Spring quarter.	62 Finch Ave. W., North York, ON For further information please see program descriptions at www.chirs.com	Public/private funded. Cost varies depending on public/private funding source. Educational group	Open Clients will be screened.

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CHIRS Intake Services 416-240-8000 intake@chirs.com or Apply using ABI Client Community Profile application at www.abinetwork.ca	Adult Day Services Over 30 structured Social/Recreational Groups, Drop-In, Mentor Program and Toastmasters	Adults with ABI (age 18-60) Participants must be independent with personal care or able to provide their own attendant during program hours.	Groups meet weekly (morning, afternoon or evening), Monday to Friday. 12-week sessions	Most programs, Drop In, Mentor Program and Toastmasters are at 62 Finch Ave. W., North York, ON Some groups (e.g. swim, bowling, billiards) are at various locations across Toronto For further information please see program descriptions at www.chirs.com	Public/Private funded. Cost varies between programs and depending on Public/Private funding sources.	Open
CHIRS Intake Services or Judy Moir T: 416-240-8000 intake@chirs.com judym@chirs.com	SUBI (Substance Use and Brain Injury) Structured therapeutic	Individuals with acquired brain injury and substance use issues (age 18-60)	Weekly	62 Finch Ave. W., North York, ON For further information please see program	Public/Private funded. Cost varies between programs and depending on	Closed Individuals must be referred and will be screened prior

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Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
	group focused on addictions.			descriptions at www.chirs.com	Public/Private funding sources.	to participation.
<p>Cota For information: Contact the ABI Day Service Team at 416-755-2239 ext. 0</p> <p>To make a referral, visit www.abinetwork.ca/referral-forms and print the 'ABI Client Community Profile'. Fax to the Toronto ABI Network at 416-597-7021</p> <p>Note: Applicants must be ready to begin attending the program within four months of referral.</p>	<p>ABI Adult Day Service (Scarborough)</p> <p>Participants must be independent with personal care or able to provide their own attendant during program hours.</p>	Adults with ABI (age 16-64)	<ul style="list-style-type: none"> Day Program operates on a semester basis (Fall, Winter, Summer) each of which is 16 weeks While the Day Service operates 5 days/week (Mon to Fri) applicants only register for the sessions they are interested in 	<p>Location: Cota Providence Hospital 3276 St. Clair Ave. East Rooms K112 and K113 Scarborough, ON M1L 1W1</p> <p>http://www.cotainspires.ca/content.php?doc=630</p>	<p>Public-funded.</p> <p>Free.</p> <p>Transportation is not provided.</p> <ul style="list-style-type: none"> Specific group descriptions and schedule for the current term can be obtained by contacting a Day Program Facilitator. 	<p>Closed</p> <p>People must apply to the program, be interviewed and admitted per the registration process for semester.</p>

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			<ul style="list-style-type: none"> Sessions offered typically relate to skills training, education, recreation, personal development & mutual support. 			
Epilepsy Toronto T: 416-964-9095 info@epilepsytoronto.org	Adult Support Group	Adults with Epilepsy	Monthly	468 Queen street East Suite 210 Toronto m5A 1T7 www.epilepsytoronto.org	No fee.	Open Intake required
Epilepsy Toronto T: 416-964-9095 info@epilepsytoronto.org	Parent Support Group	Parents of children with epilepsy	Monthly	468 Queen street East Suite 210 Toronto m5A 1T7 www.epilepsytoronto.org	No fee.	Open Intake required

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Epilepsy Toronto T: 416-964-9095 info@epilepsytoronto.org	Partners Support Group	Partners of People with Epilepsy	Quarterly	468 Queen street East Suite 210 Toronto m5A 1T7 www.epilepsytoronto.org	No fee.	Open Intake required
Epilepsy Toronto T: 416-964-9095 info@epilepsytoronto.org	Recreation/Social Group	Adults with Epilepsy	Weekly Fridays 1pm - 4pm	468 Queen street East Suite 210 Toronto m5A 1T7 www.epilepsytoronto.org	No fee.	Drop In Intake Required
Holland Bloorview Kids Rehabilitation Hospital Lisa Kakonge T: 416-425-6220 ext. 6426 lkakonge@hollandbloorview.ca	Brain Waves	Survivors with ABI (Junior Group: 8-12; Senior Group: 13-18)	On Demand	150 Kilgour Road, Toronto ON www.hollandbloorview.ca	Public-funded. No fee. Structured/Therapeutic (Social and Cognitive Communication Skills)	Closed; Invited participants only. <i>*Concurrent sessions held for parents of participants.</i>

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Holland Bloorview Kids Rehabilitation Hospital Heather Keating T: 416-425-6220 ext. 6208 hkeating@hollandbloorview.ca	Therapeutic Recreation, Life Skills Development and Transitions	Holland Bloorview clients ages 7-14	Year round	150 Kilgour Road, Toronto ON www.hollandbloorview.ca	There is a fee for group programming. Provide 1:1 consultation as well as group life skills and recreation programs. Structured/Therapeutic (Life Skills)	Closed; Pre-registration required. <i>*Cross-diagnostic group</i>
Holland Bloorview Kids Rehabilitation Hospital Janet Woodhouse T: 416-425-6220 ext. 6428	Helping Hand: A Constraint Induced Therapy Group	Children and teens with ABI & stroke with hemiplegia	Daily for a two week period from 9:30am to 1:00pm	150 Kilgour Road, Toronto ON www.hollandbloorview.ca	Public-funded. No fee to participate. Fee for constraint device.	Closed; Invited participants only.

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jwoodhouse@hollandbloorview.ca					Structured/ Therapeutic	<i>*Concurrent sessions held for parents of participants.</i>
Holland Bloorview Kids Rehabilitation Hospital Janet Woodhouse T: 416-425-6220 ext. 6428 jwoodhouse@hollandbloorview.ca	Fast Hands: A Bimanual Therapy Group	Children and teens with ABI & stroke	Daily for a one week period, 9:00 am - 12:00 pm and Monday to Wednesday a second week, 9:00 am - 12:00 pm.	150 Kilgour Road, Toronto ON www.hollandbloorview.ca	Public-funded. No fee to participate. Structured/Therapeutic (bimanual skills)	Closed; Invited participants only.
Holland Bloorview Kids Rehabilitation Hospital Lisa Kakonge T: 416-425-6220 ext. 6426	Play with Words – Parent-Child Communication Skills Play Group	Survivors with ABI (under 5 years)*	May (6 weeks)	150 Kilgour Road, Toronto ON www.hollandbloorview.ca	Public-funded. No fee. Structured/	Closed; Invited participants only.

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lkakonge@hollandbloorview.ca					Therapeutic (Language Skills)	<i>*Concurrent sessions held for parents of participants.</i>
Holland Bloorview Kids Rehabilitation Hospital Heather Keating T: 416-425-6220 ext. 6208 hkeating@hollandbloorview.ca	Therapeutic Recreation, Life Skills Development and Transitions Turning Point	ABI and physical disabilities (16-25 years)	Overnight stay.	150 Kilgour Road, Toronto ON www.hollandbloorview.ca	There is a fee. Subsidies may be available. Structured/Therapeutic (Life Skills)	Closed: Invited participants only.
Holland Bloorview Kids Rehabilitation Hospital Maria Wong T: 416-425-6220 ext. 3607 mwong@hollandbloorview.ca	Writing Club	Survivors with ABI (8-10 years)*	Winter or Spring	150 Kilgour Road, Toronto ON www.hollandbloorview.ca	Public-funded. No fee. Structured/Therapeutic (Cognitive Communication;	Closed; Invited participants only. <i>*Concurrent session held</i>

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					Writing Skills; Organization)	<i>for parents of participants.</i>
March of Dimes Canada June Thurston, Secretary 905-773-7758 ext. 6217 13311 Yonge St. #202 Richmond Hill, On L4E 3L6	Aphasia and Communication Disabilities Program	Adults (18+years) with Aphasia and related acquired communication disabilities	Varies according to program site	Six different locations available. Call for more information. www.marchofdimes.ca	Publicly Funded. Some locations have a fee. Subsidies may be available.	Closed; Pre-screening is required.
March of Dimes Canada June Thurston, Secretary 905-773-7758 ext. 6217 13311 Yonge St. #202 Richmond Hill, On L4E 3L6	Aphasia Peer Support Group	Adults (18+years) with Aphasia and related acquired communication disabilities	Weekly/Monday	1850 Rossland Rd East, Whitby ON www.marchofdimes.ca	No cost	Closed: Pre-screening is required
March of Dimes Canada Mhairi Watson, Senior Conductor 416-425-3463 ext. 7264 10 Overlea Blvd.	Conductive Education Program	Children and adults with neurological motor disorders or who have had a stroke or brain	Weekly	10 Overlea Blvd. Toronto, On M4H www.marchofdimes.ca	There is a fee. Subsidies may be available.	Closed; Pre-screening is required.

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Toronto, On M4H 1A4		injury. (Age 1 year +)				
March of Dimes Canada 1-888-540-6666 10 Overlea Blvd. Toronto, On M4H 1A4	Stroke Recovery Canada Peers Fostering Hope	Adult (18 years +) survivors of stroke and their family and caregivers.	Varies according to program.	Various program locations. www.marchofdimes.ca	No cost	Open
March of Dimes Canada 1-800-567-0315 ext 6265 1-800-567-0315 x6236	BIG – Brain Injury Group ABI Outreach Community Groups	Survivors with ABI seeking a safe space to be with other survivors Survivors with ABI	Weekly/Tuesday Weekly Tuesday to Thursday	300 Mapleview Drive West, Barrie ON www.marchofdimes.ca <u>Various program locations throughout York Region</u>	No Cost Peer led with support from March of Dimes No Fee	Open Open
March of Dimes Canada 1-800-567-0315	ABI Groups	Survivors with ABI	Weekly	Varies throughout York Region and Simcoe County	No fee	Open

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Mind Forward Brain Injury Services, previously-Peel Halton Dufferin Acquired Brain Injury Services (PHDABIS) T: 905-949-4411 E-mail: intake@phdabis.org	Day Program	Survivors with ABI	Please contact Mind Forward for more details	Offered in 2 locations: <ul style="list-style-type: none"> • Mississauga • Halton • Orangeville www.phdabis.org/contact.php	Please contact Mind Forward for more details	Open Registration Required
PACE Independent Living Jackie Wilson T: 416-789-7806 ext 314	ABI Day Program	Survivors with ABI	Tuesday to Saturday from 10 – 3pm	The Paula Cassin Learning Centre 300 New Toronto Street, Unit 1 Toronto, ON http://www.pace-il.ca/programsevents	No fee	Open Registration Required

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St. Michael's Hospital mybest@smh.ca	MyBeST	The function of this support group is to empower survivors of traumatic injury by connecting them with other survivors and helping them develop skills to manage day-to-day challenges.	Monthly	mybest.stmichaelshospital.com St. Michael's Hospital 30 Bond Street Toronto, ON M5B 1W8 See website for support group meeting room locations	Free	Open
West Park Healthcare Centre Michelle Riga, MSW, RSW T: 416-243-3600 ext. 2622	Client Support Group	Moderate-Severe ABI	Every Wednesday evening (6:00pm-8:00pm) from October to May	82 Buttonwood Ave., Toronto ON www.westpark.org	Public-funded. No fee.	Closed; Pre-screening is required.
West Park Healthcare Centre	ABI Adult Day Program	18 years old and up, with moderate to severe brain injury. May also have	5 days per week from 10 am to 2:30 pm. Each client attends 1-	82 Buttonwood Ave., Toronto ON www.westpark.org	Program costs are covered by OHIP.	Open.

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The content of this listing is dependent on receipt of information from many community groups and is subject to change. For details about individual groups, contact group/workshop leader directly. For changes or additions to this listing, please contact the Toronto ABI Network at info@abinetwork.ca.

Specialized Support and Therapy Groups Offered to Adults and Children with Brain Injury

In Toronto and GTA

Please note that this is not an all-inclusive list. Every effort is made to provide a comprehensive list of support groups; however, there may be additional groups in the GTA that are not included in the table below. For changes or additions to this listing, please contact the Toronto ABI Network at info@abinetwork.ca.

If you live outside the Toronto and GTA, visit the Ontario Brain Injury Association's website for information on the Peer Support Program, available at various locations throughout the province: <http://obia.ca/peer-support2/>

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
		challenging behaviours and/or physical disabilities.	2 days per week for about 6 months.		There may be costs associated with some outings. Friday drop in sessions with lunch provided are open to all participants. Mon - Thurs, participants must bring their lunch. Light snacks are provided.	Apply through the Toronto ABI Network.

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