

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 abi.network@uhn.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: obia.ca/support/peer-support-program/

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. During COVID the group meets weekly on Zoom Thursday evenings at 7 pm. 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!	Four evenings per month. Meets on Tuesdays at 7PM. Second Tuesday of the month reserved for Caregivers. For dates, times and address visit: https://biaph.com/support-groups/	There are 4 locations: <ul style="list-style-type: none"> • Burlington • Georgetown • Mississauga/Brampton • Milton During COVID the group meets weekly on Zoom Tuesday evenings at 7pm For more details visit: https://biaph.com/support-groups/	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 Please contact the office to be added to our distribution list of upcoming meetings, speakers & topics.

Updated: Sept 2021

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 abi.network@uhn.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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
Brain Injury Society of Toronto (BIST) Programs & Services Coordinator: Ryan Natale T: 647-990-1485 E: connections@bist.ca <i>(All support groups are now held virtually online)</i>	ABI Survivor Support Group	ABI Survivors who are 27 yrs old and up. A mixed gendered group.	1st and every 3rd Tuesday of the month @ 6:30– 8 pm	Now held virtually online. Register at: bist.ca/online-programs	Connect with other adults living with mild/ moderate ABI. Discuss challenges, successes & share coping strategies & support. Facilitated by a Social Worker specialized in brain injury supports.	Open, registration required for access to support groups
Brain Injury Society of Toronto (BIST) Programs & Services Coordinator: Ryan Natale T: 647-990-1485 E: 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 pm	Now held virtually online. Register at: bist.ca/online-programs	Facilitated by a caregiver with lived experience	Open, registration required for access to support groups

Updated: Sept 2021

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 abi.network@uhn.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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
Brain Injury Society of Toronto (BIST) Programs & Services Coordinator: Ryan Natale T: 647-990-1485 E: connections@bist.ca	Women's Support Group	ABI Survivors who identify as women	Every 1st & 3rd Thursday of the month @ 6:30-8pm	Now held virtually online. Register at: bist.ca/online-programs	Connect with other women living with ABI. Problem solve, learn coping techniques & relieve stress Group is inclusive to women of all ages, ethnic backgrounds, gender/queer identities, including trans women and people who identify as non-binary. Facilitated by a Social Worker specializing in ABI supports.	Open, registration required for access to support groups

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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
Brain Injury Society of Toronto (BIST) Programs & Services Coordinator: Ryan Natale T: 647-990-1485 E: connections@bist.ca	Men’s Social Drop-In (Men’s Support Group)	ABI Survivors who identify as men	Every 2nd Thursday of the month @ 1-3pm	Now held virtually online. Register At: bist.ca/online-programs	Connect with other men living with ABI This group is inclusive to men of all ages, ethnic backgrounds, gender/queer identities, including trans men and people who identify as non-binary. Facilitated by Ryan Natale	Open, registration required for access to support groups

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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
<p>Brain Injury Society of Toronto (BIST)</p> <p>Programs and Services Coordinator Melissa Forrest</p> <p>T: 647-990-1485 E: connections@bist.ca</p>	<p>Social Drop-In for members of the South Asian / East Indian Communities</p>	<p>Members of the South Asian / East Indian Communities who live with the effects of brain injury</p>	<p>Last Thursday of the month 6:30-8:00 pm</p>	<p>Held virtually online.</p> <p>Register At: bist.ca/south-asian</p>	<p>Connect with other brain injury survivors from similar cultural and linguistic backgrounds in a supportive environment facilitated by two members of the East Indian communities who are professionals in brain injury rehabilitation.</p> <p>Discussions will take place in Urdu, Hindi, Punjabi, Gujarati and English as per the needs of group members.</p>	<p>Open, registration required for access to support groups</p>

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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
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 • Men's Support Group • Women's Support Group 	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.

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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
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 T: 416-240-8000 intake@chirs.com	SUBI (Substance Use and Brain Injury) Structured therapeutic group focused on addictions.	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 descriptions at www.chirs.com	Public/Private funded. Cost varies between programs and depending on Public/Private funding sources.	Closed; Individuals must be referred and will be screened prior to participation.

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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
<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 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>	<p>Adults with ABI (age 16-64)</p>	<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>Cota Providence Hospital 3276 St. Clair Ave. East Rooms: K112 and K113 Scarborough, ON M1L 1W1</p> <p>www.cotainspires.ca</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>

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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
			<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 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	Every other monthly	468 Queen street East Suite 210, Toronto www.epilepsytoronto.org	No fee.	Open Intake required

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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
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 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 www.epilepsytoronto.org	No fee.	Drop In Intake Required
Holland Bloorview Kids Rehabilitation Hospital concussion@hollandbloorview.ca	Concussion and You	Children/ youth and their families	Monthly – 1hr session	150 Kilgour Rd, Toronto https://hollandbloorview.ca/services/programs-services/concussion-you	No fee	Open. Register online.

Updated: Sept 2021

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 abi.network@uhn.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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
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 7-18 (up to 21 if still in high school) ABI and physical disabilities	Year round	150 Kilgour Road, Toronto www.hollandbloorview.ca	There is a fee for group programming. Provide 1:1 coaching/consultation as well as group life skills and adapted recreation programs. Structured/Therapeutic (Life Skills)	Referral to service required (can be a self-referral) Closed; Pre-registration required. <i>*Cross-diagnostic group</i>
Holland Bloorview Kids Rehabilitation Hospital Janet Bernstein T: 416-424-3855 ext. 6430 jbernstein@hollandbloorview.ca	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 Next session Summer 2021 – dependent on COVID situation	150 Kilgour Road, Toronto www.hollandbloorview.ca	Public-funded. No fee to participate. Fee for constraint device. Structured/Therapeutic	Closed; Invited participants only. <i>*Concurrent sessions held for parents of participants</i>

Updated: Sept 2021

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 abi.network@uhn.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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
Holland Bloorview Kids Rehabilitation Hospital Janet Bernstein T: 416-424-3855 ext. 6430 jbernstein@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. Next session Summer 2021 – dependent on COVID situation	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 Heather Keating T: 416-425-6220 ext. 6208 hkeating@hollandbloorview.ca	Therapeutic Recreation, Life Skills Development and Transitions Turning Point (5 days)	ABI and physical disabilities (16-25 years)	Residential Overnight stay (College Residence setting)	150 Kilgour Road, Toronto, ON www.hollandbloorview.ca	There is a fee. Subsidies may be available. Structured/Therapeutic (Life Skills)	Referral to service required (can be a self-referral) Closed; Pre-registration required.

Updated: Sept 2021

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 abi.network@uhn.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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
	The Independence Program (20 days)					<i>*Cross-diagnostic group</i>
March of Dimes Canada Suzanne Marson Administrative Assistant 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	Subscription payment yearly Subsidies may be available.	Closed; Pre-screening is required.
March of Dimes Canada Suzanne Marson Administrative Assistant 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. Toronto, On M4H 1A4	Conductive Education Program	Children and adults with neurological motor disorders or who have had a stroke or brain injury (Age 1 year +)	Weekly	10 Overlea Blvd. Toronto, On M4H www.marchofdimes.ca	There is a fee. Subsidies may be available.	Closed; Pre-screening is required.

Updated: Sept 2021

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 abi.network@uhn.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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
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 x 6236	ABI Groups	Survivors with ABI	Weekly	Varies throughout York Region and Simcoe County	No fee	Open
March of Dimes Canada 1-800-567-0315 x 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

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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
Mind Forward Brain Injury Services, previously-Peel Halton Dufferin Acquired Brain Injury Services T: 905-949-4411 E-mail: intake@mindforward.org	Day Program	Survivors with ABI	Please contact Mind Forward for more details	Offered in 4 locations: <ul style="list-style-type: none"> • Mississauga • Oakville • Brampton • Orangeville www.mindforward.org	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 During Covid we are only offering virtual/by phone sessions Monday - Friday 10-3	The Paula Cassin Learning Centre 300 New Toronto Street, Unit 1 Toronto, ON https://www.pace-il.ca/virtual-programs-andevents	No fee	Open Registration Required

Updated: Sept 2021

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 abi.network@uhn.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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
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	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 Janet Grange Behavior Therapist 416-243-3600, ext. 2618	ABI Adult Day Program	18 years old and up, with moderate to severe brain injury. May also have challenging behaviours and/or physical disabilities	Groups run at 10 a.m. and 1 p.m. from Monday to Wednesday. Duration ranges from 1 to 2 hours. The Thursday group is a movie watch party followed by a discussion.	82 Buttonwood Ave. Toronto www.westpark.org	Publically funded. No fee.	Open. Apply through the Toronto ABI Network.

Updated: Sept 2021

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 abi.network@uhn.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 abi.network@uhn.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: obia.ca/support/peer-support-program/

Organization Name & Contact Information	Name of Group	Target Audience	Meeting Frequency	Location and Webpage	Cost/Details	Open/Closed Membership
West Park Healthcare Centre & Cota Amelia 416-243-3600 x2609 Amelia.Wynter@westpark.org	ABI Peer-led Support Group The group provides opportunity for social interaction with people who have similar lived experience. This is not a counselling group, it is a peer-led support group facilitated by a social worker and an ABI case manager.	18-64 years of age with history of a moderate to severe acquired brain injury and able to communicate in English or arrange own interpreter.	September to May, ongoing every Wednesday from 4:30-6:30pm	Temporarily virtual. When able to gather in person, the group is hosted at West Park Healthcare Centre near Jane/Eglinton in Toronto.	No fee.	To request an intake interview contact Amelia (see contact information listed in first column)