



Contact Us

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FAME

Family and Caregiver Support Services



**If you have questions
about any of the
information in this
brochure, please see
our website at
www.reconnect.on.ca
or give our office a
call at 416-248-2050.**

Reconnect Community Health Services is grateful to the following funders for supporting our work with clients.



Reconnect is a not-for-profit health service organization in the west end of Toronto serving seniors, caregivers and people living with mental health and addictions issues.

SUPPORTING FAMILY CAREGIVERS

Families who have a loved one with a mental illness experience significant stress, which can impact their own health, relationships, careers, and financial situations.

Caregivers and friends may have difficulty coping with their loved one's mental health concern. Sometimes, it can be challenging to know how best to help.

The goal of Reconnect's FAME Family and Caregiver Support Services is to equip families and caregivers with education to help them care for themselves and their relative.

SERVICE MODEL

Our services are based on a self-help model that respects the expertise that families have regarding the mental health of their relative and their experience with the health care system.

When a caretaker is well supported, they are better able to support their family member who is ill, and to cope with the highs and lows of the recovery journey.

RECONNECT OFFERS THE FOLLOWING FAMILY & CAREGIVER SUPPORT SERVICES:

ONE-ON-ONE SUPPORT

Reconnect offers confidential one-on-one supportive counselling for individuals and families. Counselling includes education, self-care, solution-focused assistance and referrals to other community resources.

One-on-one support can be provided by telephone or in the community.



RECONNECT FAMEkids

Reconnect FAMEkids supports children aged 7-12 and youth aged 13-17 who have a family member with a mental health concern.

Through specialized programming we provide a therapeutic approach to introducing the topic of mental illness to children and youth, promoting resilience in a safe, age-appropriate environment.

The program educates and helps young people understand mental illness through artwork, discussions, and games. Group and individual support is available.

SERVICE LOCATIONS AND REFERRALS

Family and Caregiver Support Services are provided at several locations across Toronto and Peel Region. Referrals can be directed to the staff person serving your area. Please see our website at www.reconnect.on.ca for location and contact information.

MONTHLY SUPPORT GROUPS

Reconnect offers free monthly drop-in family support groups across the Greater Toronto Area. These groups are for family members and caregivers who support a loved one experiencing a mental health concern.

