



## Caregiver Resources

**Caregiver Respite Program:** Access to Respite Advisors to help connect you with respite options available in your community (only for Mississauga/Halton residents).  
Call: 905-829-7002 or email: [respitedadvisor@centralregistry.ca](mailto:respitedadvisor@centralregistry.ca)

**The Caregiver Network:** Canada's largest tele-learning network for family/caregivers.  
For free webinars, visit: [www.thecaregivernetwork.ca](http://www.thecaregivernetwork.ca)

**Ontario Caregiver Coalition:** Focuses on advocacy for caregivers.  
Online at [www.ontariocaregivercoalition.ca](http://www.ontariocaregivercoalition.ca)

**Aphasia Institute:** A training, support, and information centre for people with aphasia and their family members/caregivers. **\*\* closed until April 6<sup>th</sup> due to COVID-19\*\***  
Training, resources, and tools available online at [www.aphasia.ca](http://www.aphasia.ca)

**National Aphasia Association:** Provides information, online supports, and resources for people affected by aphasia and their caregivers.  
Visit: [www.aphasia.org](http://www.aphasia.org)

**Stroke Recovery Canada Warmline:** A toll-free phone line that provides information, and support for stroke survivors, their family and caregivers.  
Call: 1-888-540-6666, or go to their website: [www.marchofdimes.ca/src](http://www.marchofdimes.ca/src)

**Mind Forward:** Counselling, community programs, and education for caregivers and their loved ones. **\*\* closed until further notice due to COVID-19\*\***  
Call: 1-877-654-1137 or visit their website: [www.phdabis.org](http://www.phdabis.org) for information

**Baycrest Online Support Group:** Provides online support to people with dementia related diseases including fronto-temporal dementia.  
Call: (416) 785-2500 Ext 2223 or visit [www.baycrest.org](http://www.baycrest.org) to register.

**West GTA Stroke Network:** List of support services and community resources for stroke survivors in the regions of Halton, Peel, Dufferin, and Etobicoke.  
Go to [www.westgtastroke.ca](http://www.westgtastroke.ca)

**Call 211:** Central community information line about resources in your community.  
Call 211 or visit online at [www.211ontario.ca](http://www.211ontario.ca)

**Healthline:** Find community services in your area of Ontario using your postal code.  
Online at [www.thehealthline.ca](http://www.thehealthline.ca)

**24/7 Ontario Caregiver Helpline:** 1-833-416-2273 or [www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)