Halton-Peel Community
APHASIA PROGRAMS

IMPACT REPORT · 2026

Building Connection Through Communication

How our community supports adults living with aphasia in Peel and Halton.

Our 10th walk, June 19, 2026, Chinguacousy Park

More connection. More confidence. Fewer people facing aphasia alone.

CONNECTION
160+ adults with aphasia join a conversation group every week.

FAMILIES
250 people trained as communication partners since 2021.

WELLBEING
Social work and mental health support, **not just speech.**

Thank you

To every walker, roller and stroller, every volunteer, sponsor and donor: thank you. Together, our 10th walk raised **$26,000**, past our $25,000 goal.

Your gifts support:

- Communication groups
- Caregiver support
- Aphasia awareness
- Community reconnection

Who we are

What is aphasia?

A communication disorder, most often caused by stroke, brain injury or brain illness. It can affect a person's ability to:

- **Speak**
- **Understand**
- **Read**
- **Write**

Intelligence is not affected.

About H-PCAP

Halton-Peel Community Aphasia Programs is a registered charity in Ontario. We support adults living with aphasia and other acquired communication disorders, and their families.

Our conversation groups are led by Speech-Language Pathologists and therapists, with support from a Social Worker. People practise language, build confidence and reconnect with their communities.

More people live with aphasia than with Parkinson's disease or MS, yet **nearly 85% of the public has never heard of it.**

We believe communication is a basic human right.

Where we serve: Brampton · Mississauga · Oakville · Milton · Burlington

Our impact at a glance

160+ clients served weekly

400+ clients and families each year

18+ aphasia groups each week

38+ hours of programming each week

250 trained in Communication Partner Training since 2021

FROM OUR CLIENT AND CAREGIVER SURVEYS (4-POINT SCALE)

96% of clients said the program helped their communication

98% of clients said it made them feel part of a community

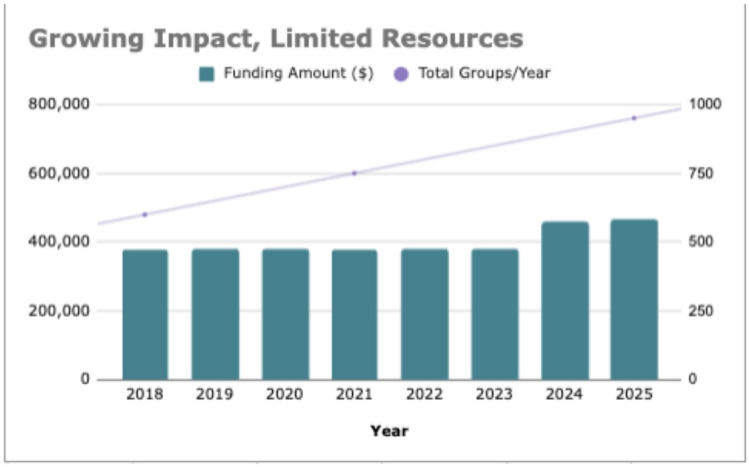
98% of caregivers rated the overall care 2.5 or higher

Why we fundraise

Our programs grew from 600 to 950 group sessions a year since 2018.

That is 58% more programs, but our funding stayed flat.

Since 2021, we added a book club, PPA groups, Social Work led support groups and low mood workshops to meet our clients' needs.



Your support at work

Walk funds go beyond speech. They support the whole experience of living with aphasia.

- **Social work counselling and outreach**
- **Low Mood and Resilience Workshop**
- **Aphasia Communication Partner Training**
- **Reading strategies for people with aphasia**
- **Acceptance and Commitment Therapy**

A STORY FROM OUR GROUPS

The Low Mood & Resilience Workshop

Aphasia can bring isolation, frustration and low self-esteem. Walk funds helped us launch a workshop on emotional wellbeing.

Participants set small, reachable goals. One person who had been hesitant to see friends began going to community events again, starting with short visits.

A lifelong artist found new ways to bring painting back into her week, using her strengths after aphasia.

It is about identity, connection and control.

Gaps in services

- Most South West regions of Ontario Health West have no formal Community Aphasia Program. London-Middlesex and Norfolk are the exceptions.
- Aphasia is often overlooked in general stroke rehab. This leaves gaps in communication, social connection and independence.
- Few virtual or publicly funded options exist outside private therapy. Rural, low-income and mobility-challenged people are hit hardest.

Making a lasting impact

Aphasia affects far more than communication. It can affect confidence, independence and mental health. Our groups help people reconnect socially and take part in activities that matter to them.

We also train caregivers, friends and family, so communication continues at home and in the community. Through workshops, groups and hybrid programs, we educate, advocate and raise awareness.

LOOKING AHEAD

Join us for our 11th walk

Friday, June 18, 2027 ·10:30 AM to 12:30 PM

Chinguacousy Park, Brampton

Walk, sponsor, volunteer or donate. Let's make 2027 our biggest walk yet.

EMAIL	PHONE	WEBSITE	FOLLOW US
info@h-pcap.com	905-875-8474	h-pcap.com/walkathon	@HaltonPeelABI

Thank you for walking with us.

Join us in building a future where every person with aphasia has the support they need to thrive.