

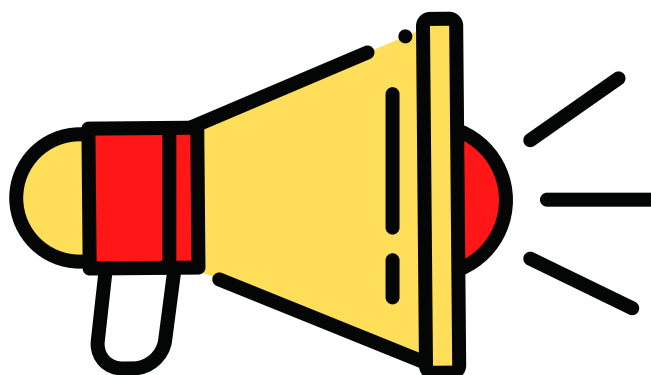
CHINESE PROGRAMS AND SERVICES
IN GREATER TORONTO AREA

大多市華語活動和服務

A GUIDE TO PROGRAMS AND SERVICES FOR
CAREGIVERS IN GREATER TORONTO AREA
為關顧者提供在多倫多地區的長者和社區服務指南



華人關顧者網絡
Chinese Caregiver Network



In light of Covid-19, we recommend service users contact individual agencies directly for their latest updates and information.

由於新冠肺炎疫情關係，請與個別機構聯絡，以取得最新消息和資訊。



華人關顧者網絡
Chinese Caregiver Network

CHINESE PROGRAM AND SERVICES IN GREATER TORONTO AREA

大多市華語活動和服務

SENIORS SERVICES 耆老服務

ADULT DAY PROGRAM 成人日間中心	SUPPORT GROUP 支援小組	COUNSELLING 輔導諮詢	EDUCATION WORKSHOP 專題教育講座	ADDITIONAL SERVICES 服務
20 EGLINTON AVE WEST, 16/F, TORONTO 416-322-6560				
ALZHEIMER SOCIETY OF TORONTO 認知障礙症協會(多倫多) 20 EGLINTON AVE WEST, 16/F, TORONTO 416-322-6560 www.alzheimer.ca	Cantonese TEACH Program for Caregivers (runs 3 times/year) 粵語TEACH關顧者互動小組計劃 Dementia Specific groups (non-Chinese) 認知障礙症支援小組(非華語)	Dementia-specific counselling. Free over the phone interpretation offered 提供失智症相關輔導和免費電話翻譯服務 Teleconnect program- volunteers offers regularly scheduled outreach calls and/or check in calls 義工電話慰問計劃	Dementia specific workshops in Cantonese & Mandarin 粵語和普通話認知障礙教育講座	Music Project – Giving out free MP3 players to people with dementia. Chinese music available 音樂項目 - 為患有認知障礙症者提供免費的MP3播放器(可用中國音樂) Various activities that enhance social inclusion and physical well-being for people with dementia and their care partners. 提供各類康樂活動以促進失智症人士和他們的家人/關顧者的身心健康及社交生活

SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES : 629 MARKHAM RD, UNIT 2, SCARBOROUGH

Recreational social program for individuals living with young onset dementia (under the age of 65). Program is free and includes breakfast and lunch.

為患有早發性失智症人士 (65歲或以下) 提供的康樂社交活動 (費用全免, 包括早、午餐)

AURORA SITE - 240 EDWARD ST, UNIT 2, AURORA, ON L4G 3S9

905-726-3477

ALZHEIMER SOCIETY OF YORK REGION 認知障礙症協會(約克區)	Cantonese & Mandarin speaking staff 粵語和普通話工作人員	Family support groups (English, Cantonese & Mandarin) 家人支援小組 (英語, 粵語和普通話)	Cantonese & Mandarin speaking Social Workers 粵語和普通話社工	Dementia specific workshops in Cantonese & Mandarin 粵語和普通話認知障礙教育講座	Music Project – Giving out free MP3 players to people with dementia. Chinese music available 音樂項目 - 為患有認知障礙症者提供免費的MP3播放器(可用中國音樂)
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THORNHILL SITE - 10 HARLECH COURT, UNIT 2, THORNHILL ON L3L 6L4

905-731-6611

240 EDWARD ST, UNIT 2, AURORA, ON L4G 3S9 905-726-3477 www.alzheimer.ca	Cantonese & Mandarin speaking staff 粵語和普通話工作人員	Family support groups (English, Cantonese & Mandarin) 家人支援小組 (英語, 粵語和普通話)	Cantonese & Mandarin speaking Social Workers 粵語和普通話社工	Dementia specific workshops in Cantonese & Mandarin 粵語和普通話認知障礙教育講座	Music Project – Giving out free MP3 players to people with dementia. Chinese music available 音樂項目 - 為患有認知障礙症者提供免費的MP3播放器(可用中國音樂)
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華人關顧者網絡
Chinese Caregiver Network

ADULT DAY PROGRAM 成人日間中心	SUPPORT GROUP 支援小組	COUNSELLING 輔導諮詢	EDUCATION WORKSHOP 專題教育講座	ADDITIONAL SERVICES 服務
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SCARBOROUGH ADULT DAY PROGRAM - 2/F, 300 SILVER STAR BLVD, SCARBOROUGH 416-847-0277

CAREFIRST
SENIORS AND
COMMUNITY
SERVICES
ASSOCIATION

English, Cantonese & Mandarin speaking staff 英語, 粵語和普通话工作人員	Various groups (i.e. bereavement, family caregivers) 互助小組(包括喪親支援小組, 關顧者支援小組)	General and bereavement counselling, Chinese Elder Abuse hotline :416-646-5108 個人及家庭輔導, 「保護長者」華語熱線服務: 416-646-5108	Various health and caregiver specific workshops 專題健康教育 和與關顧者相關的講座	Personal care and home making services 個人護理和家居護理服務
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VICTORIA PARK ADULT DAY PROGRAM - 3601 VICTORIA PARK AVE, SCARBOROUGH 416-649-1212
YORK REGION ADULT DAY PROGRAM - 9893 LESLIE STREET, RICHMOND HILL 905-780-9646

耆暉會

English, Cantonese & Mandarin speaking staff 英語, 粵語和普通话工作人員			Various health and caregiver specific workshops 專題健康教育 和與關顧者相關的講座	
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TRANSITIONAL CARE CENTER 暫住護理中心 3/F, 300 SILVER STAR BLVD, SCAR 416-572-3838

The Transitional Care Centre provides 30-bed unit that aims to provide an environment promoting exceptional recovery, respite care while enriching the quality of life for individuals and caregivers who are in need.

暫住護理中心提供30床單位, 旨在提供一個環境, 促進恢復, 暫時護理, 並同時豐富有需要的人的生活質量。

ADDITIONAL SERVICES 服務包括

- The Geriatric Assessment and Intervention Network (GAIN)
- Assisted living
- Carefirst Lifeline
- Chronic Disease Management
- Community Support Services
- Family Health Team
- Integrated Dialysis Care
- Supportive Housing
- Transportation
- Vocational Training
- Wellness club
- 老人評估與干預網絡診所
- 高風險長者綜合社區服務
- 平安鐘
- 長期病患管理中心
- 社區支援服務
- 醫療中心
- 綜合透析護理計劃
- 家居支援房屋服務
- 交通服務
- 耆暉職業培訓中心
- 耆康社

HEAD OFFICE
300 SILVER STAR
BLVD,
SCARBOROUGH,
416-502-2323

carefirstontario.ca



華人關顧者網絡
Chinese Caregiver Network

	ADULT DAY PROGRAM 成人日間中心	SUPPORT GROUP 支援小組	COUNSELLING 輔導諮詢	EDUCATION WORKSHOP 專題教育講座	ADDITIONAL SERVICES 服務
<p>DIXON HALL CENTRE FOR SENIORS 奕瑞堂社區中心</p> <p>58 SUMACH ST, TORONTO 416-863-0499 EXT. 3222 (ENGLISH-SPEAKING INTAKE WORKER).</p> <p>dixonhall.org</p>	<p>English speaking staff</p> <p>英語工作人員</p>		<p>Case Management service (Mandarin) for seniors and caregivers</p> <p>為長者及其家人提供個案管理(普通話)</p>		<p>Mandarin Outreach: wellness program, literacy program and recreational programs., please contact: 416-863-0499 ext. 2018</p> <p>普通話外展服務: 娛樂康健活動, 教育活動, 請聯絡416-863-0499 EXT. 2018</p> <p>**meals on wheels, respite care, and client intervention & assistance.** (provided in English)</p>
<p>HARMONY HALL CENTRE FOR SENIORS 樂融社</p> <p>2 GOWER ST, TORONTO 416-752-0101</p> <p>srhc.ca</p>					<p>Social & recreation programs. Client intervention & assistance, Health promotion, Social dining, Exercise classes, Foot clinic</p> <p>社交和娛樂項目, 社區支援服務, 健康推廣, 社交餐飲, 運動課, 足部診所</p>
<p>KIDNEY FOUNDATION OF CANADA -ONTARIO BRANCH 加拿大腎臟基金會 - 安省分區</p> <p>1599 HURONTARIO STREET, SUITE 201 MISSISSAUGA, (905) 278-3003 1-800-387-4474 X 4977</p> <p>kidney.ca</p>		<ul style="list-style-type: none"> Peer Support group (English and Chinese) One-on-one peer support 互助小組 (英語和粵語) 一對一互助支援服務 		<p>Kidney Related Workshops (English and Cantonese)</p> <p>腎臟健康訊息和資源講座 (英語和粵語)</p>	<p>Informational & referral (English and Chinese) Patient Education, Education for health/allied health staff</p> <p>腎臟健康的最新訊息和資源、查詢及轉介、病友支援、教育資料</p>



華人關顧者網絡
Chinese Caregiver Network

ADULT DAY PROGRAM 成人日間中心	SUPPORT GROUP 支援小組	COUNSELLING 輔導諮詢	EDUCATION WORKSHOP 專題教育講座	ADDITIONAL SERVICES 服務
MON SHEONG HOME FOR THE AGED, 36 D'ARCY STREET, TORONTO				416-977-3762
MON SHEONG RICHMOND HILL LTC CENTRE, 11199 YONGE STREET, RICHMOND HILL				905-883-9288
MON SHEONG SCARBOROUGH LTC CENTRE, 2030 MCNICOLL AVENUE, SCARBOROUGH				416-291-3898
				24 hours nursing care facilities and short stay respite services 長期護理服務中心及短期住宿服務
MON SHEONG ADULT DAY CENTRE, 11199 YONGE STREET, RICHMOND HILL				905-883-9288
English, Cantonese and Mandarin speaking staff 英語、粵語及普通話工作人員		Counselling for ADP clients 為日托參加者提供輔導	Various health and care giving seminars 專題健康教育和與關顧者相關的講座	
MON SHEONG COMMUNITY & VOLUNTEER SERVICES CENTRES SCARBOROUGH: 2020 MCNICOLL AVENUE, SCARBOROUGH DOWNTOWN: N206, 222 SPADINA AVENUE, TORONTO				416-297-5883 416-506-1520
				Recreational Courses / Community Wellness and Education Talk 興趣班、康樂活動、社區健康教育講座、義工中心
MON SHEONG PRIVATE CARE RICHMOND HILL: BLDG. B, 11211 YONGE STREET, RICHMOND HILL MARKHAM: 2 SUN YAT-SEN AVENUE, SCARBOROUGH				289-399-2273 416-452-0110
				24 hours retirement & care facilities and short stay respite services 私家護理服務及短期住宿服務

MON SHEONG

孟嘗會

11199 YONGE STREET,
RICHMOND HILL
(905) 883-9288

36 D'ARCY STREET,
TORONTO
416-977-3762

2030 MCNICOLL
AVENUE,
SCARBOROUGH
416-291-3898

monsheong.org



華人關顧者網絡
Chinese Caregiver Network

ADULT DAY PROGRAM 成人日間中心	SUPPORT GROUP 支援小組	COUNSELLING 輔導諮詢	EDUCATION WORKSHOP 專題教育講座	ADDITIONAL SERVICE 服務
KENSINGTON GARDENS-25 BRUNSWICK AVE, TORONTO (416) 963-9640 EXT. 3620 AND 3611				
<p>SECOND MILE CLUB</p> <p>-A DIVISION OF KENSINGTON HEALTH</p> <p>多倫多再進會</p> <p>25 BRUNSWICK AVE, TORONTO</p> <p>secondmileclub.kensingtonhealth.org/</p>	<p>Peer Caregiver Club</p> <p>關顧者互助小組</p>	<p>In-home case management (Cantonese and Mandarin)</p> <p>上門個案管理服務 (粵語和普通話)</p>	<p>Information sessions on Caregiver (in English)</p> <p>與關顧者相關的講座(英語)</p>	<p>Home help, respite care, Drop-in Recreation center, transportation, friendly visiting, Community Day Hospice</p> <p>社交娛樂中心, 家居服務, 交通服務暫託服務</p>
<p>SENIOR PERSONS LIVING CONNECTED</p> <p>耆樂中心</p> <p>3333 FINCH AVE EAST, SCARBOROUGH 416-493-3333</p> <p>splc.ca</p>	<p>Caregiver Support Group, Cancer support groups</p> <p>關顧者支援小組和癌症病人互助小組</p>	<p>Supportive counselling for seniors, clients and caregivers</p> <p>為長者及其家人提供個案輔導</p>	<p>Various health and caregiver - specific workshops</p> <p>專題健康教育和與關顧者相關的講座</p>	<p>Personal care and home - making services</p> <p>個人護理和家居護理服務</p>
<p>Additional services includes: The Geriatric Assessment and Intervention Network (GAIN) Clinic, Care Management, Meals on Wheels, Health promotion program, transportation and recreation 服務包括：老人評估與干預網絡診所 (GAIN), 保健管理, 送餐服務, 健康教育推廣, 交通服務, 社交娛樂</p>				
<p>ST. STEPHEN'S COMMUNITY HOUSE</p> <p>聖士提反社區中心</p>	<p>English, Cantonese, Mandarin and Portuguese speaking staff</p> <p>英語, 粵語, 普通話和葡萄牙語工作人員</p>	<p>Supportive Counselling for seniors and caregivers</p> <p>為長者及其家人提供個案輔導</p>	<p>Wellness workshops and cultural events</p> <p>健康教育講座和文化活動</p>	
<p>340 COLLEGE ST., SUITE 360, TORONTO (416) 925-2103 X 3100</p> <p>sschto.ca</p>	<p>Senior Activities Center – social, recreational activities for Mandarin, Cantonese, Korean, Portuguese speaking seniors 長者活動中心, 為粵語, 普通話, 韓語, 葡萄牙語長者提供活動 Seniors Information and Assistance—connect seniors and caregivers with government and community resources 為長者及其家人提供個案輔導</p>			



華人關顧者網絡
Chinese Caregiver Network

MOUNT SINAI
HOSPITAL
WELLNESS
CENTRE, SINAI
HEALTH SYSTEM

西乃醫療體
系- 西乃山醫
院恆康中心

3660 MIDLAND AVE.
UNIT 103
SCARBOROUGH
(416) 291-3883
mountsinai.on.ca

ADULT DAY PROGRAM 成人日間中心	SUPPORT GROUP 支援小組	COUNSELLING 輔導諮詢	EDUCATION WORKSHOP 專題教育講座	ADDITIONAL SERVICE 服務
	<p>Support Group:</p> <ul style="list-style-type: none"> - Technology Tutor Program for caregivers – Using Tablet to combat social isolation Wellness Yoga Class "資訊情懷線上牽" - 關顧者利用科技舒緩壓力及增加與外界聯繫 恆康養生瑜珈班 	<ul style="list-style-type: none"> Psychogeriatric assessment & treatment for seniors (65+) / caregivers Pharmacotherapy psychotherapy, supportive counselling (Individual or group therapy) Chinese CARERS Group (dementia-specific) Group psychotherapy for caregivers (psychiatric disorders) 老年心理及精神健康評估及治療(65歲或及其關顧者) 藥物治療、個別或小組心理治療及支援輔導 「惠民」關顧者小組, 專為腦退化患者的關顧者而設 「有您護航」情緒病關顧者心理治療小組, 為照顧長者患有精神科疾病的關顧者而設 	<p>Various seniors' mental health and care giving education workshops</p> <p>有關老年心理及精神健康及關顧長者的教育講座</p>	

NEIGHBOURHOOD
LINK SUPPORT
SERVICES

睦鄰社

3060 DANFORTH
AVE, TORONTO
416-691-7407

neighbourhoodlink.org

Pui Hong Chinese Senior's Program in Cantonese and Mandarin

為長者提供粵語和普通話服務

Social & recreation , client intervention assistance, congregate dining, Meals on Wheels, Respite service & Caregiver relief, security check
社交和娛樂項目, 社區支援服務, 聚餐, 送餐服務, 暫託服務和安全檢查

NORTHWOOD
NEIGHBOURHOOD
SERVICES

1860 WILSON AVE,
SUITE 400, TORONTO
416-748-0788
416-560-7506
northw.ca

Chinese program every Tuesday at Driftwood Community center
每週二
在 Driftwood Community center提供中文服務

Wellness workshops and cultural events
健康教育講座和文化活動

Seniors Recreational Programs
社交和娛樂項目



華人關顧者網絡
Chinese Caregiver Network

ADULT DAY PROGRAM 成人日間中心	SUPPORT GROUP 支援小組	COUNSELLING 輔導諮詢	EDUCATION WORKSHOP 專題教育講座	ADDITIONAL SERVICE 服務
<p>English, Cantonese and Mandarin speaking staff</p> <p>英語, 粵語和 普通話工作人 員</p>				<p>Personal care and home - making services, Meals on Wheels service, Outdoor Maintenance, Transportation and Home at last</p> <p>送餐服務, 戶外維修, 親善探訪, 家庭護理供應部, 個人和家居護理和離院返家支援服務</p>

TRANSCARE

1045 MCNICOLL AVE, TORONTO
416-750-9885

tcare.ca

<p>WEST NEIGHBOURHOOD HOUSE 西區鄰社中心</p> <p>248 OSSINGTON AVE, TORONTO (416) 532-4828 westnh.org</p>	<p>English, Cantonese, Mandarin, Spanish, Portuguese, Italian and Vietnamese speaking staff</p> <p>英語, 粵語, 越南語, 西班牙語, 葡萄牙語, 意大利語和工作人員</p>	<p>CARERS group (in Portuguese)</p> <p>關顧者支持小組(葡萄牙語)</p>	<p>various health and caregiver specific (non-Chinese)</p> <p>專題健康教育和與關顧者相關的講座(非華語)</p>	<p>Personal care and home - making services, Meals on Wheels service and Transportation services</p> <p>個人護理和家居護理服務, 送餐服務, 交通服務</p>
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TORONTO WESTERN HOSPITAL

多倫多西區醫院

399 BATHURST ST. TORONTO
416-603-3717

uhn.ca

Family support social worker 416-603-3717				
	<p>Family Peer support group for mental health</p> <p>家庭同伴支持小組, 提供心理健康服務</p>	<p>1-1 supportive counselling, psycho-education and home visit</p> <p>一對一個案輔導, 心理教育和家訪服務</p>	<p>psychoeducation workshop</p> <p>心理健康講座</p>	
Asian Initiative in Mental Health (AIM) 416-603-5349				
	<p>Non-dementia specific for AIM patients - Mental Health Promotion and peer support group in Chinese</p> <p>針對亞州人士而設的心理健康及同伴支援小組</p>	<p>General psycho social and psychiatry assessment for adults 18 and up; individual and group psychotherapy (Integrated Behavioral Group Psychotherapy; Group psychoeducation (Journey to Healing)</p> <p>為歲以上的成人提供心理和精神病學評估; 個人和團體心理治療(綜合行為心理治療); 心理教育小組(治癒之旅)</p>	<p>2 annual community events to raise mental health awareness and to decrease stigma against mental illnesses</p> <p>每年兩次的社區活動, 以提高心理健康意識和減少精神病的恥辱感</p>	



華人關顧者網絡
Chinese Caregiver Network

WOODGREEN
COMMUNITY
SERVICES

活賢社

721 BOARDVIEW AVE,
TORONTO
416-645-6000 EXT.1222

ADULT DAY PROGRAM 成人日間中心	SUPPORT GROUP 支援小組	COUNSELLING 輔導諮詢	EDUCATION WORKSHOP 專題教育講座	ADDITIONAL SERVICE 服務
<p>Cantonese and Mandarin speaking staff (721 Boardview Ave)</p> <p>粵語和普通話工作人員(721 BOARDVIEW AVE)</p>		<p>Counselling and psycho-geriatric case management; Toronto Seniors Helpline: 416-217-2077 (Mon - Fri 9:00 am- 8:00 pm; Sat, sun and statutory holiday : 10:00am - 6:00pm</p> <p>為長者提供個案輔導; 老年人熱線: 416-217-2077 週一至週五: 早上 9:00-下午8:00 週六, 週日及假日, 早上 10:00-下午6:00</p>	<p>Mental health and caregiver-specific workshops</p> <p>專題健康教育和與關顧者相關的講座</p>	<p>Personal care and home - making services 個人護理和家居護理服務</p>

ADDITIONAL SERVICES: 服務包括
CENTRAL INTAKE LINE: 416572-3575 EMAIL: CCCENTRALINTAKE@WOODGREEN.ORG

- Assisted Living Services
- Cluster Care
- Community Exercise
- Home at Last
- Home Maintenance
- Home Support
- Meals on Wheels
- Outreach to Diverse Seniors
- Respite Care
- Right Place of Care
- Seniors Active Living Centres
- Transportation
- Visiting and Safety services
- 家居支援房屋服務
- 家居服務
- 社區運動班
- 離院返家支援服務
- 家居服務
- 送餐服務
- 社區外展服務
- 暫管服務
- 活力長者中心
- 交通服務
- 親善探訪服務

815 DANFORTH AVENUE,
TORONTO, ON

CENTRAL INTAKE LINE:
416-572-3575

woodgreen.org



華人關顧者網絡
Chinese Caregiver Network

ADULT DAY PROGRAM 成人日間中心	SUPPORT GROUP 支援小組	COUNSELLING 輔導諮詢	EDUCATION WORKSHOP 專題教育講座	ADDITIONAL SERVICES 服務
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SCARBOROUGH SITE - 2311 MCNICOLL AVE, SCARBOROUGH 416-321-6333 EXT.2621

<p>Cantonese speaking staff (for post stroke, dementia) 服務專為中風, 年老體弱或失智的長者 (粵語服務)</p>	<p>Caregiver support group, Pakinon's Disease Self Management Group 關顧者支援小組 (粵語), 帕金森綜合症自我管理小組</p>	<p>Supportive counselling for seniors, clients and caregivers 為長者及其家人提供個案支援服務</p>	<p>Various health and caregiver - specific workshops 專題健康教育和與關顧者相關的講座</p>	<p>Information and Referral Hotline – 416-412-4570 諮詢及服務轉介熱線 - 416-412-4570</p>
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CHEC SITE - 2330 MIDLAND AVE, , SCARBOROUGH 416-412-4571 EXT.2361

<p>Mandarin and Cantonese speaking staffs to provide services for older adults with Parkinson Disease, dementia and frailty 專為年長體弱、患有失智症及帕金森症長者提供普通話及粵語服務</p>	<p>Pakinon's Disease Self-Management Support Group 柏金遜症互助小組</p>	<p>Supportive counselling for seniors, clients and caregivers 為長者及其家人提供個案支援服務</p>		<p>Free ballroom dance class for older adults with Parkinson's Disease and other chronically illness 為柏金遜症及其他長期病患者而設的免費社交舞班</p>
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MARKHAM SITE - 2780 BUR OAK AVE, MARKHAM, 905-471-3232

<p>Mandarin and Cantonese speaking staff 英語, 粵語和普通話工作人員</p>	<p>Various support groups 支援小組</p>		<p>Various health and caregiver - specific workshops 專題健康教育和與關顧者相關的講座</p>	
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RICHMOND HILL SITE - UNIT 17, 360B HIGHWAY 7 EAST, RICHMOND HILL 905-597-9380

<p>Mandarin and Cantonese speaking staff 英語, 粵語和普通話工作人員</p>	<p>Various support groups 支援小組</p>	<p>Supportive counselling for seniors, clients and caregivers 為長者及其家人提供個案支援服務</p>	<p>Various caregiver workshops and online caregiver education 與關顧者相關的講座和網上教育</p>	<p>Private home care services (i.e. housekeeping, escorting, grocery shopping etc.) 私人家居護理服務 (即家務, 護送, 購物等)</p>
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MISSISSAUGA SITE - 5510 MAVIS ROAD, MISSISSAUGA 905-586-0333

<p>Mandarin and Cantonese speaking staff, evening & weekend program 英語, 粵語和普通話工作人員, 黃昏和週末服務時間</p>	<p>Caregiver Support Group in Cantonese 關顧者支援小組 (粵語)</p>	<p>Supportive counselling for seniors, clients and caregivers 為長者及其家人提供個案支援服務</p>		
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YEE HONG
CENTRE FOR
GERIATRIC CARE

頤康中心

HEAD OFFICE
2311 MCNICOLL AVE,
SCARBOROUGH
416-321-6333

SCARBOROUGH
2330 MIDLAND
AVE,
SCARBOROUGH

MARKHAM
2780 BUR OAK AVE

RICHMOND HILL
UNIT 17, 360B
HIGHWAY 7 EAST

MISSISSAUGA
5510 MAVIS ROAD

yeehong.com



華人照顧者網絡
Chinese Caregiver Network

SOCIAL SERVICES

社區服務

CHINESE FAMILY SERVICES OF ONTARIO

家和專業輔導中心

4051 GORDON BAKER ROAD, UNIT A,
SCARBOROUGH, ON
M1W 2P3
416-979-8299

chinesefamilyso.com

TORONTO ALLIANCE CHURCH, 602 QUEEN STREET WEST, TORONTO, ON M6J 1A3
AANIIN COMMUNITY CENTRE, 5665 14TH AVENUE, MARKHAM, ON L3S 3K5
UNIONVILLE PRESBYTERIAN CHURCH, 600 VILLAGE PARKWAY, MARKHAM, ON L3R 6C2
TCCSA MISSISSAUGA, 10 KINGSBRIDGE GARDEN CIRCLE, UNIT 400, MISSISSAUGA, ON L5R 3K6

They provide counselling and therapy to individuals, couples, and families to improve psychosocial well-being for individuals and harmony for families. Specialties include mental health, problem gambling, addictions, domestic abuse, immigrant settlement, and disabilities and special needs

家和專業輔導中心為個人，夫婦和家庭提供心理輔導及情緒治療，以改善個人的心理健康和家庭的和諧。專業包括心理治療，戒除賭癮，各種癮癖問題，家暴，移民安居，殘疾和特殊需要。

CANADIAN HEARING SERVICES

加拿大聽覺服務

271 SPADINA ROAD,
TORONTO,
437-317-3708
chs.ca

TORONTO: 271 SPADINA ROAD, TORONTO ON M5R 2V3
YORK REGION: 713 DAVIS DRIVE, SUITE 105, NEWMARKET ON L3Y 2R3

CHINESE LINE: 437-317-3708
CHINESE LINE: 289-319-1023

They provide home-visiting program for seniors (55+) with hearing loss. Service focuses on supporting clients to manage their hearing loss, conducting home safety assessments, as well as recommending communication and alerting systems.

為有聽覺障礙的成年人，在聆聽家人，照顧者，朋友，電視或電話等方面有困難人士，提供家庭探訪，教育服務，示範和建議溝通設備等服務。

CATHOLIC CROSS CULTURAL SERVICE 天主教跨文化服務機構

AGINCOURT LIBRARY
155 BONIS AVENUE
647-517-4175

cathcrosscultural.org

They provide settlement services to individuals. Every year they run groups such as English Conversation Group, Citizenship test preparation class, and many other sessions to meet newcomers' needs.

他們為個人提供安居服務。每年他們都會舉辦英語會話小組，公民考試準備課程以及其他課程，以滿足新移民的需求。

CENTRE FOR IMMIGRANT AND COMMUNITY SERVICES (CICS)

華諮處

2330 MIDLAND AVE.,
SCARBOROUGH
416-292-7510 X 0

cicscanada.com

CICS settlement services are offered to newcomers, immigrants, citizens and refugees, and customized programming is available to women, youth and seniors. Settlement support services include the following areas: Immigration, citizenship, housing, health, education, employment, labour, welfare & benefits, taxation, business, transportation, recreation. Services are available at all CICS offices located in Toronto and York Region, in TDSB and TCDSB schools in North York, and at public libraries. CICS also offers LINC language training at all levels as well as specialized classes.

他們為新移民，移民，公民和難民提供安居服務，並為女性，青年和老年人提供定制節目。安居服務包括：移民，公民身份，住房，健康，教育，就業，勞務，福利，稅收，商業，交通，娛樂。

所有CICS辦事處均設在多倫多和約克地區，北約克的TDSB和TCDSB學校以及公共圖書館。CICS還提供各級LINC語言培訓以及專業課程。

CANADIAN LIVER
FOUNDATION

加拿大肝臟
基金會

3100 STEELES AVE EAST,
SUITE 801, MARKHAM
416-491-3353
liver.ca

They offer liver disease peer support program, community liver talks, free information through their National Help Line and online, as well as "Living with Liver Disease Program" provided monthly, in English and Chinese in GTA.

基金會提供肝病病友支持活動、社區肝臟健康講座、全國幫助熱線及中文網站的信息服務，以及每月進行的護肝生活中文講座系列。

CHINESE AND
SOUTHEAST ASIAN
LEGAL CLINIC

華越東寮法律
援助中心

180 DUNDAS STREET
WEST, SUITE 1701,
TORONTO
多倫多電話:
416-971-9674
安省免費長途電話:
1-844-971-9674
scalc.ca

They provide free legal advice to low income, non-English speaking clients from the Chinese, Vietnamese, Laotian and Cambodian communities in Ontario

They also provide legal representation in the following areas of law: immigration, tenant's rights, employment standards, employment insurance, Canada Pension Plan, old age security and social assistance (Ontario works and Ontario Disability support Program). Clients must meet Clinic's income and asset criteria.

他們提供免費法律諮詢給安省低收入，非英語的華人、越南、老撾和柬埔寨社區人士。

他們還在以下領域提供法律代表：移民，租客權利，工人權利，就業保險金，加拿大退休福利金、養老金，和社會援助福利金（安省社會援助福利和安省殘疾福利金）。客戶必須符合中心的收入和資產標準。

HONG FOOK
MENTAL HEALTH
ASSOCIATION

康福心理健
康協會

3320 MIDLAND AVENUE,
SUITE 201,
SCARBOROUGH
416-493-4242
hongfook.ca

NORTH YORK: 1751 SHEPPARD AVENUE EAST, G/F, NORTH YORK
TORONTO: 407 HURON STREET, 3RD FLOOR, TORONTO (OFFICE OPENING DATE TBA)

Hong Fook Mental Health Association is the leading ethno-cultural community mental health agency with a consolidated culturally competent team serving Asian and other communities in the Greater Toronto Area. Hong Fook provides a continuum of mental health services covering the spectrum from "promoting wellness" to "managing illness" in Cambodian, Chinese (Cantonese and Mandarin), Korean, Vietnamese and English.

康福心理健康協會是大多倫多地區提供族裔文化社區心理健康服務的主要機構，擁有具經驗及多元文化能力的綜合團隊，為說柬埔寨語、華語(包括廣東話和普通話)、韓語、越南語和英語的人士，提供從「促進健康」至「管理疾病」全面的心理健康服務。

MEALS ON WHEELS
AND MORE

送餐服務

80 SHEPPARD AVE. WEST
TORONTO, ON M2N 1M2
TEL: 416-225-6041

mealsonmealandmore.ca

Meals on Wheels and More provides nutritious hot lunches to people with nutritional needs. Special diets may be accommodated, e.g. diabetic, low sodium, low fat... Frozen food, fruit and vegetables boxes, milk are also available. Provides counselling and assistance to clients.

送餐服務為有需要人士提供營養午餐，餐單可按個別人士健康需要，如糖尿、低油、低鹽...等等。除熱餐服務外，機構還為客戶提供急凍餐、蔬果籃、鮮奶等選擇。為客戶提供輔導及支援。

Catchment Area服務範圍: : Bathurst Street (east side of Bathurst), Victoria Park (west side of Victoria Park), Highway 401/Sheppard Avenue (north side of HWY 401/Sheppard) and Steeles Avenue (south side of Steeles).

**POLY CULTURAL
IMMIGRANT AND
COMMUNITY
SERVICES**

**多元文化移
民社服區服
務中心**

3660A MIDLAND
AVENUE,
SCARBOROUGH
416-439-1293
polycultural.org

They provide a wide range of services and programs for newcomers to Canada, communities, adults, youth and seniors which include: settlement support services, learn English, get assistance with government programs, know your rights and responsibilities, youth job connections and homework club, crisis counselling, problem gambling, partner assault response, seniors services and clubs, senior connection to community, and employment assistance service and programs.

他們為新移民，社區，成年人，青年和老年人的新移民提供廣泛的服務和計劃，包括：安置支援服務，學習英語，申請政府計劃，了解您的權利和責任，青年工作聯繫和功課俱樂部，危機諮詢，問題賭博，老年人服務，與社區聯繫，以及就業援助服務和計劃。

**SOUTH RIVERDALE
COMMUNITY
HEALTH CENTRE**

**南河谷社區
中心**

955 QUEEN ST E
TORONTO, M4M 3P3
PHONE: (416) 461-1925
CLINIC PHONE:
(416) 461-2493
srchc.ca

They offer Choose programs for community members living with long term health concerns, their caregivers, as well as their health care providers. Their trainings, programs, and services promote skills to help people live well with long term health issues.

SRCHC clinical staff provide on-site medical care. for The WoodGreen's First Step to Home. It is a new program model for helping homeless seniors make a successful transition from living on the street to a stable, healthy lifestyle.

他們為有長期健康問題的社區成員，以及他們的照顧者和他們的醫療保健提供者提供選擇計劃。他們的培訓，計劃和服務可以提高技能，幫助人們更好地適應長期健康問題。

SRCHC臨床工作人員為WoodGreen's First Step to Home提供現場醫療服務。這是一個新的計劃模式，幫助無家可歸的老年人成功地從街頭生活過渡到穩定，健康的生活方式。

**ST. JOHN MCNICOLL
CENTER**

**葡萄園社區
中心**

1038 MCNICOLL AVE.
SCARBOROUGH, ON
M1W 0A4
PHONE: (416) 725-2255
sjmctoronto.ca

They offer a wide range of programs and activities that correspond to client's demands.

他們為社區人士、長者、及葡萄園住客可優遊地樂享豐盛的人生。葡萄園中心內有設備完善的活動室，適合提供不同類型活動。考慮到服務對象的需求和意願，他們提供及安排不同形式而且多元化的活動，經常舉辦的學習興趣班。

**THE CROSS-
CULTURAL
COMMUNITY
SERVICE
ASSOCIATION**

多華會

325 BAMBURGH CIRCLE,
UNIT A107TORONTO,
ONTARIO, M1W 3Y1
PHONE: (416) 502-9500

tccsa.on.ca

They offer a wide range of programs and activities including settlement services, education and language training and community services.

他們為新移民，社區，成年人，青年和老年人的新移民提供廣泛的服務和計劃，包括：安置支援服務，學習英語和社區服務。

S.E.A.S CENTER

協群社區服務中心

328-4168 FINCH AVE
EAST, TORONTO M1S
5H6
PHONE: 416-519-5320

seacenter.org

They provide a wide range of services and programs for newcomers, families, youth and seniors. it includes: Neighbourhood support services, family youth and senior services, community development and volunteer training.

他們為新移民，社區，成年人，青年和老年人提供廣泛的服務和計劃，包括：支援服務，青年和老年人服務，與社區聯繫，以及義工培訓。

AGINCOURTH COMMUNITY SERVICE ASSOCIATION

愛靜閣社區

中心

4155 SHEPPARD AVE
EAST, SUITE 100
TORONTO, M1S 1T4
PHONE: 416-321-6912

agincourtcommunity.service.com

They offer child and family, youth, homeless drop-in and outreach services, food security, newcomer services, and the FIX (Scarborough Harm reduction services).

他們提供兒童，成年人，青年服務，無家可歸者及流浪漢支援服務，食物銀行，新移民中心，癮君子支援服務

105 GIBSON CENTER

105 GIBSON 社區中心

105 GIBSON DRIVE,
MARKHAM, ON L3R 3K7
TEL: 905.946.8787

105gibson.com

They offer a wide range of programs and services for people of all ages, including community classrooms, food bank, health services, older adult services, out of the cold, room rental, sports program, tax clinic, Thrift store and youth services and 105 Gibson cultural cafe.

他們為各個年齡段的人們提供廣泛的計劃和服務，包括社區教室，食品銀行，醫療服務，老年人服務，房租，體育計劃，報稅服務，舊貨店，青年服務以及105 Gibson 文化咖啡館。

The "Chinese program and services in Greater Toronto Area" is a resource guide developed by the Chinese Caregiver Network. The objective of this resource guide is to help caregivers navigate support services in the communities. The listed information is for reference only. Service availability subject to change. Please contact individual agencies for service availability, eligibility, and cost.

「大多市華語活動和服務」是一份地區資源指南，由「華人關顧者網絡」編制，目的旨在提供地區內不同的支援服務，使關顧者能接觸相關服務。此指南所提供的資料只供參考，服務的提供內容亦有可能改變，請與服務機構聯絡，以了解其服務提供情況、使用準則及收費。

211 Toronto 社區熱線：

Phone: 211

-Findhelp information service - Information about social and community services ,24/7, Multi-lingual
信息服務-關於社會和社區服務的信息，24小時/7天，提供多種語言服務

311 Toronto 大多市社區熱線:

Phone: 311

-Information about programs and service in City of Toronto. 24/7. Multi-lingual
有關多倫多市計劃和服務的信息，24小時/7天，提供多種語言服務

Connex Ontario

Phone: 1-866-531-2600

Addiction, Mental Health, and Problem Gambling Treatment Services
有關成癮，心理健康和問題賭博治療服務

Distress Center

Phone: 416-408-HELP (4357)

-If you or someone you know need help
如果您或您認識的人需要幫助

Local Health Integration Network (LHIN) :

416-310-2222

-Information, referral and assessment for health & home care services
保健和家庭護理服務，提供推薦和評估

Seniors Info Line 長者熱線

416-314-7511 Toll Free : 1-866-299-1011

- Refer to community services

Senior Safety Line 保護長者熱線

Toll free 1-866-299-1011

- 24/7 hotline to assist abused and at-risk seniors, Multi-lingual
24/7熱線電話，幫助受虐待和處於危險中的老年人，提供多種語言服務

Telehealth Ontario 健康熱線

Toll free 1-866-797-0000

TTY Toll free 1-866-797-0007

Free, confidential advice and health information, 24/7, Multi-lingual
提供免費，機密的建議和健康信息，24/7熱線電話，多種語言服務

TTC Wheel-Trans多倫多公車服務

Customer Service: 416-393-4111

Reservations 416-393-4222

TTY Service 416-393-4555

York Support Services Network's York Crisis Line

1-855-310-COPE (2673)

(TTY) 1-866-323-7785