

**Free Counselling and Support Services**

**We are here to listen,  
and to help.**



**When complex situations arise, we can provide options to help make the right decision.**

We offer caring, practical support to individuals and their families so that they do not have to be alone when addressing life changing circumstances and challenges related to aging.

Our Social Workers can assist with accessing a variety of community supports and healthcare resources, and they offer emotional support and guidance to individuals dealing with grief, facing abuse or feeling depressed. We are also there to guide family caregivers through the challenges of caring for their loved one.



Learn more about how we can help you, and sign up for an intake appointment today.



**Circle of Care**  
Sinai Health

**416-635-2860 | [circleofcare.com](https://circleofcare.com)**



## OUR FREE SERVICES

Services are offered in person (including home visits) or virtually.

### Short-term, goal-oriented intervention & case management

- Initial and continuing assessment of in-home needs
- Support for caregivers
- Help navigating the healthcare system and obtaining community services and resources
- Advocacy on behalf of clients, as appropriate
- Assistance accessing government services such as drug benefits, financial and housing supports, legal aid, etc.
- Support for individuals facing elder abuse

### Supportive counselling

We offer individual, short-term counselling related to:

- Grief and bereavement
- Caregiving
- Depression, anxiety, and stress
- Life-changing circumstances
- Family dynamics
- Self-esteem
- Elder Abuse

### Support groups

We offer support groups, including:

- Family Caregiver Support Group
- Stress Management Support Group
- Bereavement Support Group

To sign up for a support group, visit our website at

<https://www.circleofcare.com/support-groups-sessions/>

Funded by:

