



FAMILY SERVICE TORONTO
For People. For Change.

**OPTIONS
PROGRAM**

Options – Planning and support for inclusive living.

GROWING OUR CAPACITY CONNECTING TO OUR COMMUNITY BUILDING REAL FUTURES

We work in partnership with individuals with intellectual disabilities, their families, friends and communities.

Through person directed life plans, circles of support, self advocacy and mutual support groups, we provide the tools for individuals to empower themselves and to imagine possibilities and create innovative solutions.

We connect people to opportunities for employment, recreation, living arrangements and relationships.

WHO CAN GET SERVICE?

Our services are available to people who have intellectual disabilities and their families, who reside in Toronto. Our services are free and are funded by the Ministry of Community and Social Services.

OPTIONS IS MULTICULTURAL

We provide service in English, Italian, Portuguese, Spanish and Hungarian.

COMPASSION. COMMUNITY. CONNECTION.

At Family Service Toronto, we're passionate about helping people. We are one of Toronto's oldest non-profit social service agencies, serving more than 12,000 individuals and families in need each year and advocating for people who are marginalized. Our solution-focused services help to strengthen families and individuals, and build healthier communities for everyone.

Our range of counselling and community support programs help people struggling to cope with many issues, including depression, physical abuse, sexual orientation, relationships, disabilities and the challenges of getting older.

HOW TO REACH US

To find out more about the Options program, please call **416.971.6326**.

For information about other Family Service Toronto programs, please call **416.595.9618**

Our services are available to everyone living or working in Toronto, regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, age, disability, level of literacy, marital or family status, income or political affiliation.

Visit our website at: www.familyserVICEToronto.org



FAMILY SERVICE TORONTO

FST welcomes diversity and is committed to a policy of equity and inclusion.



**United Way
of Greater Toronto**

A United Way
Member Agency