



**FAMILY SERVICE TORONTO**  
For People. For Change.

**SENIORS &  
CAREGIVERS**  
Support Services

## **When you're struggling with the challenges of growing older – we can help.**

### **YOU ARE NOT ALONE**

Growing older isn't always easy. It can bring new challenges such as the devastating loss of a partner or close friends, health changes and changes in family relationships.

### **WE HELP SENIORS AND THEIR CAREGIVERS IN SO MANY WAYS**

At Family Service Toronto we provide crisis support, counselling, advocacy and group supports to people 60 years of age and older and people living with a disability who are 50 years or older. We also offer caregiver education and support for those who provide care to an older person, such as family members, neighbours and friends.

### **WE CAN HELP YOU:**

- Deal with an abusive relationship
- Cope with difficult medical conditions like Alzheimer's disease, stroke or depression
- Learn to live with change and loss
- Deal with caregiver stress, anger, and guilt
- Learn important communication techniques
- Develop strategies for coping with burnout
- Understand family dynamics
- Navigate the health and social service systems

You can count on us to get the support you need with easy access to our services. You have the choice of coming to our office for individual or group meetings, talking to an experienced counsellor by telephone or arranging a home visit. Services can be provided in different languages.

## HOW TO REACH US

To make an appointment, register to one of our groups and caregivers education workshops, or for more information about Seniors and Caregivers Support Services call **416-595-9618**.

Our services are free and available to anyone living or working in Toronto.

For more information about Family Service Toronto services please visit our website at: **[www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)**

## 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 thousands of individuals and families in need each year and advocating for people who are marginalized.

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.

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

**Funding support for Seniors and Caregivers Support Services has been provided by the Toronto Central Local Health Integration Network (LHIN).**



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**United Way**  
Member Agency