

# 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.

## How to reach us

To make an appointment or find out more about Family Service Toronto services and programs, please call 416.595.9618

FST welcomes diversity and is committed to a policy of equity and inclusion. Our services are available to anyone living or working in Toronto regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, sex, sexual orientation, gender identity, age, disability, level of literacy, marital or family status, income or political affiliation.

For more information visit our website at [www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)

## Interested in supporting FST?

Donate. If you'd like to donate to Family Service Toronto to help continue our valuable work, please call 416.595.9230 or visit our website to donate online.



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

**PROGRAMS  
AND  
SERVICES**

## Programs and Services

### Counselling Services

When you need someone to talk to – we can help.

Family Service Toronto offers professional, confidential counselling services for individuals, couples, families and groups. We can help with the stress of relationships; separation; divorce; parenting; job loss; immigration; family difficulties; sexual abuse and trauma; depression or anxiety; life transitions; and other personal or family issues. Counselling services are offered downtown and in Scarborough, North York, York, South Etobicoke and Rexdale. We offer counselling services in English as well as other languages such as Spanish and Farsi.

### Seniors and Caregivers Support Services

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

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 a family member, neighbour or friend. We can help you deal with the loss of a partner or close friend, health changes and changes in family relationships.

### Options

Planning and support for inclusive living.

The Options program works in partnership with individuals with intellectual disabilities and 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.



For People For Change

**FAMILY SERVICE TORONTO**



**United Way**  
Toronto & York Region

## **David Kelley Lesbian, Gay, Bisexual, Trans, Queer Community Counselling**

Lesbian? Gay? Bisexual? Trans? Queer? Looking for supportive counselling? We can help.

We provide professional short-term individual, couple and family counselling to people who identify as lesbian, gay, bisexual, trans or queer.

Our counselling helps people face a range of issues including coming out, relationships, sexual orientation, gender identity and self-esteem. Group services, educational forums and training may also be offered.

## **David Kelley HIV/AIDS Community Counselling**

Is HIV/AIDS affecting your life? We can help.

We provide professional short-term and long-term counselling to individuals, couples and families living with and affected by HIV/AIDS on issues such as health and wellbeing, self-esteem, relationships, loss and the impact of diagnosis. Referrals and support groups may also be offered.

## **Violence Against Women**

If you are a woman dealing with abuse in your relationship – we can help.

This program helps women in abusive relationships get the support they need to survive, grow stronger and identify the choices they have to facilitate the changes they want in their lives. Every year we offer confidential support to more than 1,000 women seeking help. On the phone, at appointments or in groups, someone will listen.

Our services are available in a variety of languages to women of diverse backgrounds or with intellectual disabilities, living or working in Toronto. We will also help you link with other community supports you need such as shelter, legal advice and longer-term housing.

## **Families in Transition**

If you are separating, divorcing or remarrying and have children – we can help.

Working along with children and parents who are separating or divorcing, we help to develop strategies for resolving conflict and issues of concern. Based on our research, clinical experience and the separation experiences of hundreds of families, we design programs that build effective parenting partnerships, support children's grieving, develop strong parent-child relationships and build successful stepfamilies.

## **Social Action and Community Building**

Supporting you to make your community stronger.

Our Social Action and Community Building unit focuses on driving system-level change for more just and supportive communities on the local, provincial and national levels. Poverty, marginalization and discrimination are at the root of the inequality that affects our communities. We work with diverse partners at the neighbourhood, city-wide, provincial and federal levels in coalitions and networks. We develop effective policy solutions, engage residents in leadership opportunities and provide public education to communities, advocates, service providers and the general public.

## **Volunteering**

Let your talents shine at FST. Volunteer your skills today to build stronger communities!

We welcome enthusiastic and dedicated volunteers to work with us to deliver high-quality services that support our mission to strengthen individuals, families and communities. Our volunteers come from all walks of life and bring diverse skills to our organization. Become an FST volunteer and you will become a valued member of our team. FST also welcomes the participation of group and corporate volunteers. Possible activities include but are not limited to providing and serving holiday meals, developing and facilitating workshops and helping with special events. We work with your organization to identify suitable activities.