

FAMILY SERVICE TORONTO

SENIORS & CAREGIVERS SUPPORT SERVICES

SCSS program offers the following services:

Counselling for people dealing with:

Chronic or degenerative illness

Abuse in later life

Stress in family relationships

Caregiver Stress

Bereavement

Pat's Place - A safe haven for older people experiencing abuse

Information and education sessions on a range of topics including:

The normal aging process

The caregiver role

Communication

Community services

Stress management for caregivers

Positive aspects of aging

Coping with change and loss

Healthy caregiving

Anger and guilt

Aging and memory loss

Family dynamics

Challenging behaviours

The sandwich generation

Humour and joy in caregiving

Dealing with chronic illness

Long-range planning

Making the "system" work for you

Abuse in later life

Spirituality in caregiving

Long distance caregiving

Talking with your doctor

If you think our services can be of benefit to any seniors and/or family members you come into contact with, or would like more information, please call us at 416.595.9618

Family Service Toronto welcomes diversity and is committed to a policy of equity and inclusion.
www.familyserVICEToronto.org



FAMILY SERVICE TORONTO
For People. For Change.



United Way
Greater Toronto



Ontario

Toronto Central Local Health
Integration Network

