



Self-Help Groups

A self-help group consists of individuals with common problems or situations who support each other through discussion, sharing of information and other activities. The group is run by and for members. Professionals may occasionally participate in the group at the request of members.

Benefits of Self-Help Groups

The Ontario Self-Help Network lists these benefits of self-help approaches:

- Validates people's experience
- Provides opportunities to give and receive support
- Enables people to work together on an issue at the individual, organizational or community level
- Nurtures social support networks and supportive communities
- Develops a participatory and empowering approach to community development

Relationship to Funded Agencies

Those agencies in human services which provide self-help programs often also promote independent activity to achieve the same goal. Several individuals can meet more informally in their local community to address self-help needs

Self-Help Groups in York Region

There are other relevant groups than those listed here.

The following listing is restricted, in that it focuses on self-help groups of relevance to individuals with disabilities or mental-health needs. Some of the groups below are supported by funded agencies

ABUSE

Survivors of Childhood Sexual Abuse, York Region Abuse Program-Newmarket

☎ 1-800-263-2240

When Love Hurts (Abuse of female partners) Family Services York Region

☎ 905-883-6572

ANGER MANAGEMENT

Family Services of York Region	www.fsyrr.com
Newmarket	☎ 905-895-2371
Richmond Hill	☎ 905-883-6572
Markham	☎ 905-415-9719
Georgina	☎ 905-476-3611

ATTENTION DEFICIT DISORDER / ATTENTION DEFICIT-HYPERACTIVE DISORDER

The Centre for ADHD Awareness	☎ 416-637-8584 www.caddac.org
Learning Disabilities Association of York Region	☎ 905-884-7933 www.ldayr.org
Maple ADHD, ADD parent Support Group	dothedream@rogers.com
Newmarket Support Group	☎ 905-235-6391 Contact: Cathy Bailey

BEREAVEMENT

Bereaved Families of Ontario-York Region bfoyr@bellnet.ca	☎ 905-898-6265
Lift Bereavement Self-Help Group, Markham	☎ 905-294-5237
Perinatal Bereavement Services of Ontario, Markham	☎ 905-472-1807

DISABILITIES

Association for Differently Abled People Together, Newmarket	☎ 905 868-9523 www.adaptfontario.com
Autism Society of Ontario, YR Chapter, Richmond Hill	☎ 905 780-9190 www.autismontario.com/york
Down Syndrome Association of YR, Newmarket (parent support group)	☎ 1-800-649-3696 www.dsayr.on.ca
Ontario Aphasia Assoc. Newmarket/Richmond Hill/Markham/Maple/Stouffville	☎ 905 773-7758 www.marchofdimes.ca/ydac
York Region Head Injury Support Group, Richmond Hill	☎ 905 780-1236

DISEASES

Epilepsy York Region, Newmarket, Richmond Hill and Vaughan	☎ 905 508-5404 www.epilepsyork.org
York Region Arthritis Bluebird Club, Newmarket	☎ 1-800-321-1433

EATING DISORDERS

Anorexia & Bulimia Support Group, Richmond Hill	support-group@edoyr.com
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Eating Disorders of York Region

☎ 905 886 -6632
info@edayr.com

GAMBLING

Gamblers Anonymous, Thornhill

☎ 416-638-0350
www.gamblersanonymous.org

MENTAL HEALTH

Co-Dependent Anonymous

www.cdrrs.ca

Emotions Anonymous

www.emotionsanonymous.org

Mood Disorders Association of Ontario

☎ 1-888-486-8046
www.moooddisorders.ca

New Directions, Canadian Mental Health Association -York Region

☎ 1-866-208-5509
www.cmha-yr.on.ca

Ontario Obsessive Compulsive Disorder Network

www.neurosurvival.ca/localresources/resources/ontariocompulsivedisorder.htm .

☎ 416 410-4772

Recovery Inc. (aftercare of people suffering from nervous and emotional stress, panic disorders, depression, etc.)

www.recovery-inc.org

Schizophrenia Society, York Chapter

www.schizophrenia.on.ca

Strength to Walk in Freedom Together, Thornhill

(adults with depression, anxiety/panic, experiencing spousal abuse, emotional problems, alcohol and drug issues; institutionalized people reintegrated back into society)

☎ 905 707-5691
www.swiftselfhelpgroups.org

Support for Depression

☎ 905 853-8477
www.cmha-yr.on.ca

PARENT SUPPORT

Association of Parent Support Groups of Ontario, Aurora and Markham

☎ 1-800-488-5666

SENIORS

Newmarket Seniors' Meeting Place

☎ 905 953-5325

SEXUAL ORIENTATION

Gay Women Support Group

☎ 1-888-780-0724x118
www.gayyorkregion.com

Parents, Families and Friends of Lesbians and Gays, Thornhill

☎ 1-888-905-5428 x 73
www.gaycanada.com/pflag-york

Gay York Region

☎ 1-888-905-5428 x 71
www.pflagyork@yahoo.ca

SUBSTANCE ADDICTIONS

Adult Children of Alcoholics
www.adultchildren.org

☎ 416-631-3614
(answering machine)

Alateen, Aurora and Richmond Hill (teen children of alcoholics)

☎ 416-410-3809
<http://al-anon.alateen.on.ca>

Alcoholics Anonymous

☎ 905 522-8399
www.alcoholics-anonymous.org

Al-Anon Family Groups

☎ 1-888-425-2666
<http://al-anon.alateen.on.ca>

Narcotics Anonymous, Newmarket, Aurora, Richmond Hill and Woodbridge

☎ 1-877-414-4464
www.torontona.org

SELF-HELP CENTRES

Lance Krasman Memorial Centre for Community Mental Health, Richmond Hill

☎ 905-780-0491
www.krasmancentre.com

Self-Help Network of York Region, Richmond Hill

☎ 905 780-0491 Ext. 14
www.selfhelp.on.ca

SELF-HELP DIRECTORIES

About Mental Illness

☎ 1-866-531-2600
www.ontario.cmha.ca

Directory for Simcoe-York Region

☎ 905-898-6265
www.bfoyr..com

Assaulted Women's Helpline

☎ 1-866-863-0511

Ontario Self-Help Network

☎ 1-888-283-8806
www.selfhelp.on.ca

York Region Services, Ontario Addiction Treatment Centres

☎ 905-868-9966
www.oatc.ca/

"Together we have the power to break barriers and realize dreams. Everyone belongs."