

DUFFERIN  
KEEP  
THIS CARD



# ARE YOU CONNECTED?

Ageing Well in Caledon Dufferin (AWICD) empowers older adults with the knowledge to help make informed decisions to support staying active, independent and socially connected.

[awicd.org](http://awicd.org)



## CONNECTION

### **211 Ontario**

211.ca

Call 211

### **Dufferin County**

#### **Multicultural Foundation**

905-872-5070

### **Orangeville and District Senior Centre**

519-941-6012

### **TeleCheck - Headwaters**

#### **Health Care Centre**

519-415-3764

### **Town of Grand Valley**

519- 928-5652

### **Town of Orangeville**

519-941-0440

### **Town of Shelburne**

519-925-2600

### **Grand Valley Public Library**

519-928-5622

### **Orangeville Public Library**

519-941-0610

### **Shelburne Public Library**

519-925-2168

## WELLNESS

### **Alzheimer Society of Dufferin County**

519-941-1221

### **Caregivers in the Hills**

519-216-6671

### **Dufferin Area Family Health Team**

519-938-8802

### **Hospice Dufferin**

519-942-3313

## SUPPORTS

### **Dufferin County Community Support Services**

519-925-5452

### **Caledon Meals on Wheels**

905-857-7651

### **Community Paramedics**

519-941-0509

### **Orangeville Foodbank**

519- 942-0638

### **Shelburne Foodbank**

519-925-2600 Ext 350

### **Grand Valley Foodbank**

905-586-5130

### **Canadian Mental Health Association Peel Dufferin (CMHA)**

#### **Crisis 24/7**

1-888-811-2222

**Intake** 519-941-0465

#### **Seniors at Risk**

519-217-8068

### **Home and Community Care Central West**

1-888-733-1177

### **Caledon/Dufferin Victim Services**

905-951-3838

### **Family Transition Place**

519- 942-4122