

CALEDON
**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

AWICD
AGEING WELL IN
CALEDON DUFFERIN

WELLNESS

Caledon Meals on Wheels

Hot and frozen meals, friendly visiting, wellness programs and Project Lifesaver.

cmow.org

905-857-7651

Caledon Public Library

Visiting Library Service, virtual programs, technical support, digital resources, and accessible services.

caledon.library.on.ca

905-857-1400

Caledon Seniors Centre

Fun, fitness & fellowship programs for the 55+ at CSC or by home phone & virtual.

caledonseniors.ca

905-951-6114

Dufferin Area Family Health Team

Mental health counselling, 'Single Session' Counselling Clinic.

dafht.ca

1-855-938-8802 ext. 401

COMMUNITY ACCESS

Caledon Community Services

PSWs in-home & transitional beds, specialist care, respite, wellness, and accessible transportation.

ccs4u.org

905-584-2300

Town of Caledon

Information and local resources for Adult 55+ programs, services and supports.

caledon.ca/adult55

Call 3-1-1

Punjabi Community Health Services

Seniors services including individual care plans.

pchs4u.com

905-677-0889

211 Ontario

Find the right community and social services supports easier.

211ontario.ca

Call: 2-1-1

Toll free: 1-877-330-3213

URGENT NEED

Caledon/Dufferin Victim Services

24/7 support and referral agency for victims and families of victims of crime or tragedy.

cdvs.ca

905-951-3838

Canadian Mental Health Association

Case management, specialized geriatric services, supportive counselling and advocacy.

cmhapeeldufferin.ca

1-888-811-2222

Bethell Hospice

Supports and services to enhance quality of life for individuals with life-limiting illness.

No cost for service.

bethellhospice.org

905-452-4979

Family Transition Place

Safety. Support. Hope. Building healthier communities – one relationship at a time.

24/7 support.

familytransitionplace.ca

1-800-265-9178