

# Groups Offered to Adults and Children with Brain Injury

## by Public and Private Providers across the Greater Toronto Area (GTA)

**Please note that this is not an all-inclusive list.**

- The information posted is the most recent information provided to the website host from various organizations.
- Every effort is made to provide a comprehensive list of support groups; however, we are limited in that we rely on receiving information from external sources. Therefore, there may be additional groups in the GTA that are not included in the table below.
- There are also additional groups at inpatient facilities which are only available to inpatients at that facility and are closed to external clients. There are not included in the table below.
- Listings are sorted in the following order: (a) public/private membership; (b) organization name; (c) group name.

Target Audience	Name of Group / Type of Group	Organization Name Contact Person / How to Refer	Meeting Frequency	Outcome Measures Utilized	Public/Private Provider Cost/Comments	Open/Closed Membership
Survivors with ABI (21-25 years old)	<b>Brain Injury Group (B.I.G.)</b> Social Support	<b>Bloorview Kids Rehab</b> Douglas Schmidt Tel. 416-4225-6220 ext. 3789 <a href="mailto:dschmidt@bloorview.ca">dschmidt@bloorview.ca</a>	3 <sup>rd</sup> Tuesday evening of the month  September – June	Overall evaluations	Public-funded.  Nominal fee to cover refreshments only.	Open;  Participants must be screen.
Survivors with ABI (7-9 years)*	<b>Brain Waves</b> Structured/Therapeutic (Social and Cognitive Communication Skills)	<b>Bloorview Kids Rehab</b> Lisa Kakonge-Clayton Tel. 416-425-6220 ext. 6426 <a href="mailto:lkakongeclayton@bloorview.ca">lkakongeclayton@bloorview.ca</a>	July or August 2010	1) Goal Attainment Scaling 2) COPM	Public-funded.  No fee.	Closed; Invited participants only.  <i>* Concurrent sessions held for parents of participants.</i>
Survivors with ABI (9-12 years)*	<b>Brain Waves</b> Structured/Therapeutic (Social and Cognitive Communication Skills)	<b>Bloorview Kids Rehab</b> Lisa Kakonge-Clayton Tel. 416-425-6220 ext. 6426 <a href="mailto:lkakongeclayton@bloorview.ca">lkakongeclayton@bloorview.ca</a>	TBA	1) Goal Attainment Scaling 2) COPM	Public-funded.  No fee.	Closed; Invited participants only.  <i>* Concurrent sessions held for parents of participants.</i>
Adult family members of ABI survivors (16 yrs. +)	<b>Family Information &amp; Support Group</b> Discussion/Social Support	<b>Bloorview Kids Rehab</b> Valerie Lusted Tel. 416-425-6220 ext. 3694 <a href="mailto:vlusted@bloorview.ca">vlusted@bloorview.ca</a>	3 <sup>rd</sup> Tuesday evening every month; September – June	Overall evaluations	Public-funded.  \$5/term for refreshments	Open.
Centre Clients (7-10 years)*	<b>Friendship Club</b> Structured/Therapeutic (Life Skills)	<b>Bloorview Kids Rehab</b> Erin Wilkie Tel. 416-425-6220 ext. 3299 <a href="mailto:ewilkie@bloorview.ca">ewilkie@bloorview.ca</a>	Spring	1) Goal Attainment Scaling 2) COPM 3) Various other	Public-funded.  There is a fee. Subsidies may be available.	Closed; Pre-registration required.  <i>* Cross-diagnostic group</i>

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Centre Clients (11-14 years)*	<b>Going Places Club</b> Structured/Therapeutic (Life Skills)	<b>Bloorview Kids Rehab</b> Erin Wilkie Tel. 416-425-6220 ext. 3299 <a href="mailto:ewilkie@bloorview.ca">ewilkie@bloorview.ca</a>	March Break	1) Goal Attainment Scaling 2) COPM 3) Various other	Public-funded. There is a fee. Subsidies may be available.	Closed; Pre-registration required.  * <i>Cross-diagnostic group</i>
Children and teens with ABI & stroke with hemiplegia*	<b>Helping Hand Modified Constraint Induced Therapy Group</b> Structured/Therapeutic	<b>Bloorview Kids Rehab</b> Janet Woodhouse Tel. 416-425-6220 ext. 6428 <a href="mailto:jwoodhouse@bloorview.ca">jwoodhouse@bloorview.ca</a>	Summer 2010	1) Assisting Hand Assessment 2) COPM 3) Motor Activity Log 4) Quest	Public-funded. No fee.	Closed; Invited participants only.  * <i>Concurrent sessions held for parents of participants.</i>
Centre Clients (7-10 years) or (11-14 years)*	<b>Life Skills Club</b> Structured/Therapeutic (Life Skills)	<b>Bloorview Kids Rehab</b> Erin Wilkie Tel. 416-425-6220 ext. 3299 <a href="mailto:ewilkie@bloorview.ca">ewilkie@bloorview.ca</a>	Fall	1) Goal Attainment Scaling 2) COPM 3) Various other	Public-funded. There is a fee. Subsidies may be available.	Closed; Pre-registration required.  * <i>Cross-diagnostic group</i>
Survivors with ABI (16-21 years old)	<b>Older Teens with ABI Support Group</b> Structured/Social Support	<b>Bloorview Kids Rehab</b> Bev Solomon Tel. 416-425-6220 ext. 6072 <a href="mailto:bsolomon@bloorview.ca">bsolomon@bloorview.ca</a>	3 <sup>rd</sup> Tuesday evening of the month  September – June	Overall evaluations	Public-funded. No fee.	Open;  Participants must be screened.
Centre Clients (7-10 years) or (11-14 years)*	<b>Out and About Club</b> Structured/Therapeutic (Life Skills)	<b>Bloorview Kids Rehab</b> Erin Wilkie Tel. 416-425-6220 ext. 3299 <a href="mailto:ewilkie@bloorview.ca">ewilkie@bloorview.ca</a>	Summer	1) Goal Attainment Scaling 2) COPM 3) Various other	Public-funded. There is a fee. Subsidies may be available.	Closed; Pre-registration required.  * <i>Cross-diagnostic group</i>
Parents of younger teens and children survivors with ABI (15 yrs. And under)	<b>Parent Support Group (Kids/Younger Teens)</b> Social Support/ Psychoeducational	<b>Bloorview Kids Rehab</b> Anna Marie Batelaan Tel. 416-425-6220 ext. 6353 <a href="mailto:abatelaan@bloorview.ca">abatelaan@bloorview.ca</a>	3 <sup>rd</sup> Tuesday evening of the month;  September – June	Overall feedback	Public-funded. No fee.  Group volunteers bring snacks.	Open;  Participants must be screened.
Survivors with ABI (4-7 years)*	<b>Pencil Club</b> Structured/Therapeutic (Printing Skills)	<b>Bloorview Kids Rehab</b> Janet Woodhouse Tel. 416-425-6220 ext. 6428 <a href="mailto:jwoodhouse@bloorview.ca">jwoodhouse@bloorview.ca</a>	Summer 2010	1) Goal Attainment Scaling 2) COPM	Public-funded. No fee.	Closed; Invited participants only.  * <i>Concurrent session held for parents of participants.</i>

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Survivors with ABI (under 5 years)*	<b>Play with Words — Parent-Child Communication Skills Play Group</b>  Structured/Therapeutic (Language Skills)	<b>Bloorview Kids Rehab</b> Lisa Kakonge-Clayton Tel. 416-425-6220 ext. 6426 <a href="mailto:lkakongeclayton@bloorview.ca">lkakongeclayton@bloorview.ca</a>	May 2010 (6 weeks)	MacArthur Communicative Development Inventory	Public-funded. No fee.	Closed; Invited participants only.  <i>* Concurrent session held for parents of participants.</i>
Survivors with ABI (in grade 1 or 2)*	<b>Printing Club</b>  Structured/Therapeutic (Printing Skills)	<b>Bloorview Kids Rehab</b> Janet Woodhouse Tel. 416-425-6220 ext. 6428 <a href="mailto:jwoodhouse@bloorview.ca">jwoodhouse@bloorview.ca</a>	Summer 2010	1) Goal Attainment Scaling 2) COPM	Public-funded. No fee.	Closed; Invited participants only.  <i>* Concurrent session held for parents of participants.</i>
Survivors with ABI (10-25 years) and/or their parents*	<b>Sexuality, Safety &amp; Smarts Workshop</b>  Psychoeducational	<b>Bloorview Kids Rehab</b> Caron Gan Tel. 416-425-6220 ext. 3514 <a href="mailto:cgan@bloorview.ca">cgan@bloorview.ca</a>	Tuesday, February 16, 2010 (evening)	Overall evaluations.	Public-funded. Nominal fee to cover refreshments only.	Open; Pre-registration is required.  <i>* Various age-appropriate concurrent breakout sessions held.</i>
Siblings (6-13 years old) of youth survivors with ABI	<b>Siblings' Support Group</b>  Structured/Therapeutic (Life Skills)	<b>Bloorview Kids Rehab</b> Erin Wilkie Tel. 416-425-6220 ext. 3299 <a href="mailto:ewilkie@bloorview.ca">ewilkie@bloorview.ca</a>	3 <sup>rd</sup> Tuesday evening of the month  September – June	Overall evaluations	Public-funded. No fee.  Group volunteers bring snacks.	Open.
Centre Clients (7-10 years) or (11-14 years)*	<b>Snack Club</b>  Structured/Therapeutic (Life Skills)	<b>Bloorview Kids Rehab</b> Erin Wilkie Tel. 416-425-6220 ext. 3299 <a href="mailto:ewilkie@bloorview.ca">ewilkie@bloorview.ca</a>	Fall & Winter	1) Goal Attainment Scaling 2) COPM 3) Various other	Public-funded. There is a fee. Subsidies may be available.	Closed; Pre-registration required.  <i>* Cross-diagnostic group</i>
Survivors with ABI (16-25 years)	<b>Turning Point</b>  Structured/Therapeutic (Life Skills)	<b>Bloorview Kids Rehab</b> Julie Osbelt Tel. 416-425-6220 ext. 3298 <a href="mailto:josbelt@bloorview.ca">josbelt@bloorview.ca</a>	Overnight stay. July 2010	1) Goal Attainment Scaling 2) COPM 3) Various other	Public-funded. There is a fee. Subsidies may be available.	Closed; Invited participants only.

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Survivors with ABI (8-10 years)*	<b>Writing Club</b> Structured/Therapeutic (Cognitive Communication; Writing Skills; Organization)	<b>Bloorview Kids Rehab</b> Lisa Kakonge-Clayton Tel. 416-425-6220 ext. 6426 <a href="mailto:lkakongeclayton@bloorview.ca">lkakongeclayton@bloorview.ca</a>	Winter or Spring 2010	1) Goal Attainment Scaling 2) COPM 3) Test of Written Language (TOWL)	Public-funded. No fee.	Closed' Invited participants only.  * <i>Concurrent session held for parents of participants.</i>
Survivors with ABI (15 years and younger)	<b>Younger Teens &amp; Children with ABI Support Group</b> Scheduled/Social/Information/Support	<b>Bloorview Kids Rehab</b> Kathy Gravel Tel. 416-425-6220 ext. 6402 <a href="mailto:kgravel@bloorview.ca">kgravel@bloorview.ca</a>	3 <sup>rd</sup> Tuesday evening of the month. 7:00 pm – 8:30 pm, Bloorview Kids Rehab  September – June each year	1) Overall evaluation in June each year	Public-funded. No –fee.  Members are invited to contribute to potluck socials in December and June.	Open;  Participants must be screened and registered before attending.
Centre Clients* (16-25 years)	<b>Youth Weekend Retreat</b> Structured/Therapeutic (Life Skills)	<b>Bloorview Kids Rehab</b> Julie Osbelt Tel. 416-425-6220 ext. 3298 <a href="mailto:josbelt@bloorview.ca">josbelt@bloorview.ca</a>	Overnight stay.  January 2010	1) Goal Attainment Scaling 2) Overall evaluations	Public-funded. There is a fee. Subsidies may be available.	Closed; Invited participants.  * <i>Cross-diagnostic group</i>
Survivors with mild TBI	<b>Meet &amp; Learn</b> Educational	<b>Brain Injury Society of Toronto / Sunnybrook Health Sciences Centre TBI Clinic</b>	Weekly for six weeks  <i>This group runs intermit-tently, as required.</i>	N/A	Travel/parking costs	Closed
Family of Mild TBI Survivors	<b>Meet &amp; Learn</b> Educational	<b>Brain Injury Society of Toronto / Sunnybrook Health Sciences Centre TBI Clinic</b>	Weekly for 3-6 weeks. Runs con-currently with survivors group.  <i>This group runs intermit-tently, as required.</i>	N/A	Travel/parking costs	Closed
Family members of CHIRS active and waiting list clients	<b>CHIRS Family Support Group</b> Discussion/ Information Sharing/ Social Support	<b>CHIRS</b> Diana Brouwer Tel. 416-240-8000 ext. 256 <a href="mailto:dianab@chirs.com">dianab@chirs.com</a>	One evening per month	Overall feedback.	Public/Private funded. No fee.	Open to families associated with CHIRS

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Adults with ABI who would benefit from an educational overview	<b>Living Well with a Brain Injury Workshop</b> <i>(Jointly developed with FSS, Bloorview Kids Rehab)</i> Educational group	<b>CHIRS</b> Intake Services or Diana Brouwer Tel. 416-240-8000 <a href="mailto:intake@chirs.com">intake@chirs.com</a> <a href="mailto:dianab@chirs.com">dianab@chirs.com</a>	Weekly sessions for 12 weeks.  Offered each Fall, Winter and Spring quarter.	1) Satisfaction with Life Scale 2) Outcome Rating Scale 3) Goal Attainment Scaling	Public/Private funded.  Cost varies depending on Public/Private funding source.	Open;  Clients must be screened.
Adults with ABI  Must be a client of CHIRS Community or Residential programs	<b>Men's and Women's Groups</b>  Therapeutic Problem-solving / Social support	<b>CHIRS</b> Intake Services or Diana Brouwer Tel. 416-240-8000 <a href="mailto:intake@chirs.com">intake@chirs.com</a> <a href="mailto:dianab@chirs.com">dianab@chirs.com</a>	Weekly.	Under review	Public/Private funded.  Cost varies depending on Public/Private funding source.	Closed;  Clients must be screened.
Adults with ABI	<b>Over 30 different Social, Fitness, Sports, and General Interest Groups (Adult Day Services)</b>  Groups offered at CHIRS site (62 Finch Ave. W., Toronto) and in the community.  For further information please see program descriptions at <a href="http://www.chirs.com">www.chirs.com</a>	<b>CHIRS</b> Intake Services Tel. 416-240-8000 <a href="mailto:intake@chirs.com">intake@chirs.com</a> or Apply using Community Profile application at <a href="http://www.abinetwork.ca">www.abinetwork.ca</a>	Groups meet weekly (morning, afternoon or evening), Monday to Friday.  12-week sessions	Goal Attainment Scaling	Public/Private funded.  Cost varies between programs and depending on Public/Private funding sources.	Open

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Adults with ABI (16–64 yrs.)	<b>ABI Adult Day Service (Scarborough)</b>  <i>Location:</i> Providence Healthcare 3276 St. Clair Ave. E.	<b>COTA Health</b>  <i>For information:</i> Contact the ABI Adult Day Service Team at: (416) 755-2239  <i>To make a referral:</i> Visit <a href="http://www.abinetwork.ca">www.abinetwork.ca</a> click on the quick link 'Applications for Service'. Print the 'ABI Client Community Profile' and fax a copy to the Toronto ABI Network at (416) 597-7021.	<ul style="list-style-type: none"> <li>The Day Program operates on a semester basis (Fall, Winter, Summer) each of which is 12 to 16 weeks in duration.</li> <li>While the Day Service operates 5 days per week (Monday to Friday) applicants only register for the sessions that they are interested in.</li> <li>Sessions offered are typically related to skills training, education, recreation and mutual support.</li> </ul>	N/A	Public-funded.  Free	Closed;  People must apply to the program, be interviewed and admitted per the registration process for semester.
Adults with ABI (16+ years)	<b>Toronto and Scarborough Stroke Group</b>  <i>Locations:</i>  a) Scarborough Providence Healthcare 3276 St. Clair Ave. E.  b) Toronto Wellesley Community Centre Sherbourne/Wellesley St. E.	<b>COTA Health</b>  <i>For information and to make a referral:</i>  Contact COTA Health's Client Service Centre at: (416) 785-9230 ext. 1311	<ul style="list-style-type: none"> <li>Each group meets once per week for 2.5 hours.</li> <li>Groups focus on reducing social isolation and promoting mutual support among members</li> </ul>	N/A	Public-funded.  Free	Closed;  People must apply to the program, be interviewed and admitted when space becomes available.
AVM, Aneurysms survivors and caregivers	<b>The Toronto AVM and Aneurysm Support Group and Mentorship Program</b>	<b>Toronto Western Hospital</b> <i>Contact through email, phone, referral, drop in</i>  Dawn Tymianski Tel. 416-603-5800 ext. 2799 <a href="mailto:dawn.tymianski@uhn.on.ca">dawn.tymianski@uhn.on.ca</a>  Pam McFarlane Tel. 416-603-5800 ext. 5621 <a href="mailto:pam.mcfarlane@uhn.on.ca">pam.mcfarlane@uhn.on.ca</a>	Once monthly, 1 <sup>st</sup> Thursday of every month (approx. 15-30 per month)	Questionnaire completed at initial meeting and again at 6 months	Public-funded;  Trained mentors speak one-to-one with patients and their families through monthly support group, phone or Internet support.  Support and mentoring is also provided to people across Canada through email.	N/A
Moderate – Severe ABI	<b>Client Support Group</b>	<b>West Park Healthcare Centre</b> Christine Zilli, Social Work Tel. 416-243-3600 ext. 2622 <a href="mailto:Christine.Zilli@westpark.org">Christine.Zilli@westpark.org</a>	Every Wednesday evening (7:00 pm – 9:00 pm) from October to May	Satisfaction with group	Public-funded.  No cost.	Closed; Pre-screening is required.

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5-18 yrs.	<b>Academic and Recreational Camp / Summer in the City</b>	<b>Neurologic Rehabilitation Institute of Ontario (NRIO)</b> Martha Sheppard Tel. 416-231-4358 ext. 237	Summer holidays	Overall evaluations	Private-funded. \$700/week	N/A
18 years +	<b>Communication Group</b> - run by SLP	<b>Neurologic Rehabilitation Institute of Ontario (NRIO)</b> David Pearson, Clinic and Outreach Coordinator Tel. 416-231-4358	Once a week	Satisfaction questionnaire and goal attainment scaling	Private-funded. \$60 per session.	N/A
18 years +	<b>Executive Functioning Group</b> - run by OTs	<b>Neurologic Rehabilitation Institute of Ontario (NRIO)</b> David Pearson, Clinic and Outreach Coordinator Tel. 416-231-4358	Bi-monthly	Satisfaction questionnaire and goal attainment scaling	Private-funded. \$60 per session.	N/A
18 years +	<b>Social Group</b>	<b>Neurologic Rehabilitation Institute of Ontario (NRIO)</b> David Pearson, Clinic and Outreach Coordinator Tel. 416-231-4358	Once a week	Satisfaction questionnaire and goal attainment scaling	Private-funded. \$60 per session.	N/A
Individuals with brain injury (19-25 years)	<b>Back in Action</b> Social Skills Group	<b>Neuro-Rehab Services Inc.</b> Linda Levy, Intake Coordinator Tel. 416667-3422 ext. 224  Facilitators: NRS OT, SW, & Rehabilitation Coaches	Every two weeks, for 8-12 sessions	Client interviews.  Goals Attainment Scaling.	Private-funded. \$1200	N/A
Adults with brain injury and their families	<b>Client Education and Support Group</b>  <b>Family Education and Support Group</b>	<b>Neuro-Rehab Services Inc.</b> Linda Levy, Intake Coordinator Tel. 416667-3422 ext. 224  Facilitators: NRS SWs, OTs, and Rehabilitation Coaches	8 sessions	Goal Achievement	Private-funded. \$480	N/A
Adults with brain injury and chronic pain	<b>Pain Management Program</b>	<b>Neuro-Rehab Services Inc.</b> Linda Levy, Intake Coordinator Tel. 416667-3422 ext. 224  Facilitators: NRS PTs, OTs, and SWs	Two days a week for six weeks	Goal Achievement.	Private-funded. \$1015	N/A

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Children and adolescents with brain injury	<b>Neuro-Cognitive Social Skills Group</b>  Run in the client's school with other students who have weak social skills	<b>Neuro-Rehab Services Inc.</b> Linda Levy, Intake Coordinator Tel. 416667-3422 ext. 224  Facilitators: NRS OT or SLP and Rehab Coaches	Tailored to needs of client - often once per week	Goal Achievement	Private-funded.  Client: Normal therapy billing rate per hour. Other students who participate: Material costs only.	N/A

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