

Quotes of Wisdom

“The test of a people is how it behaves toward the old. It is easy to love children. But affection and care for the old, the incurable, the helpless, are the true gold mines of a culture.”

*Abraham Joshua Heschel,
The Insecurity of Freedom*

“ You need to take care of yourself first. If you don’t care for yourself, you can’t take care of someone else.”

Kathleen O’Brien



Phone: 416.373.4093
E-mail: care@supportingfamilycare.com
Website: www.supportingfamilycare.com

Partner Agencies:

Circle of Care
Baycrest

Bernard Betel Centre
Chai Tikvah Foundation
Jewish Family and Child
JIAS Toronto
Reena



Supporting Family Care
in the Home

About Us:

Family Caregiver Connections is a network of services provided by agencies dedicated to supporting family caregivers who are seniors or who are caring for seniors. These agencies are Circle of Care and Baycrest in partnership with Bernard Betel Centre, Chai Tikvah Foundation, Jewish Family and Child, Jewish Immigrant Aid Services Toronto (JIAS) and Reena.

The program is funded by the Central Local Health Integration Network (LHIN) Aging at Home initiative.

Through our partner agencies, the following are available:

- Group Education and Support
- Individual Counseling
- Health, Fitness and Wellness Services
- Holocaust Survivor Services
- Day Programs
- Respite Care
- Transportation
- Caregiver Information Line
- Caregiver Services for Russian Speaking Clients
- Information and Referral Services
- Home-Delivered Meals

For more information about our services,
please visit:
www.supportingfamilycare.com
or call 416-373-4093



Caregivers:

Caregivers are people providing ongoing care for loved ones with physical or mental disabilities, or who are chronically ill or frail.

As caregivers you may be:

- Seniors caring for your spouses
- Children or grandchildren caring for your parents or grandparents
- New immigrants caring for senior family members
- Caring for Holocaust survivors
- Caring for aging individuals with special needs

