

# REGIONAL & PROVINCIAL RESOURCES



Available resources for individuals living at home with chronic health conditions to access regional and provincial virtual resources, programs and services. Click on the underlined title to be directed to the resource link.

**Due to COVID-19, services may be temporarily changed. Please call ahead before accessing services.**

## CENTRAL WEST HEALTH SERVICES:

### Central West Health Line

Search health topics and health care options in the Central West.

## COMMUNITY SUPPORTS:

### Region of Peel

Region of Peel programs and services have been adapted to support residents during COVID-19. There are resources available for seniors, caregivers, food, mental well-being, financial assistance, housing and more.

### City of Toronto

The City of Toronto is providing many supports listed for health advice, city and community settings, social supports, and financial supports.

### Dufferin County

Dufferin County has various supports in place for services involving community housing, food, child care, and seniors.

## HOME & COMMUNITY CARE:

### Home & Community Care - Central West

Information to access the local care you need.

### Home & Community Care - Ontario

Information to access the local care you need.

## VIRTUAL CARE:

### Telemedicine - Central West

Virtual healthcare appointments using technology.

### Ontario Virtual Care Services

A list of services offering virtual care in Ontario.

## NEWCOMER AND LANGUAGE SUPPORTS:

### Immigrant, Newcomer & Refugee Services - Central West

Non-profit or government programs and services that deal with the immigration, refugee and citizenship process.

### Newcomers - Ontario

Provincial page outlining programs and services for newcomers.

## FOOD SUPPORTS:

### Food Programs - Peel Region

An online resource directory of community food services and programs across Peel Region.

### Food Banks & Food Programs - Central West

Listing of services available in the Central West.

## SUPPORTS FOR ELDER ABUSE:

### Peel Elder Abuse Prevention Network

Network of groups, organizations and individuals to promote better practices among service providers.

### Peel Elder Abuse Support Network

Call: 905-453-5775

### Elder Abuse Prevention - Ontario

Seniors Safety Line:  
1-866-299-1011



**SELF MANAGEMENT PROGRAM**  
Central West

Phone: 1-844-643-7393

E-Mail: [cdsm@williamoslerhs.ca](mailto:cdsm@williamoslerhs.ca)