

## Peer Support Self Help

<b>Agency Name</b>	<b>Contact Information</b>	<b>Services Offered</b>
<b>Adult Children of Alcoholics /</b>	416-631-3614 <a href="http://www.acetoronto.org">www.acetoronto.org</a>	Weekly meetings throughout the GTA.
<b>Al-Anon Family Groups</b>	416-410-3809 1-888-425-2666 (1-888-4AL-ANON) <a href="http://www.al-anon.alateen.on.ca">www.al-anon.alateen.on.ca</a>	Al-Anon Family Groups are a community resource providing support to anyone affected by a relative or friend's drinking. Includes Al-Anon and Alateen.
<b>CMHA Peel Dufferin - Recovery West Drop-In</b>	905-451-3934	Drop-in, peer support & outreach. Drop-in at Brampton Community Door, 7700 Hurontario St., Unit 601(north end of plaza), Tues-Fri 4-8pm & Sat 12-4pm
<b>Choices For Living (Women's Support Group)</b>	416-961-5446 x261	The Choices for Living program offers free support groups for women who want to explore mental health wellness, build skills and share knowledge to address loneliness, depression, anxiety, low self-esteem or other mental health issues. With the support of program facilitators, women help each other find positive paths through challenges.
<b>Cocaine Anonymous</b>	1-866-622-4636 <a href="http://www.ca-on.org">www.ca-on.org</a>	
<b>Co-dependents Anonymous</b>	<a href="http://www.codacanada.ca">www.codacanada.ca</a>	12-step weekly support group for people who are unable to maintain functional relationships. Meets Mondays, 8-9pm, Unitarian Congregation, 84 South Service Rd, Mississauga.
<b>Consumer Council</b>	905-451-1718 <a href="mailto:consumercouncil@cmhapeel.ca">consumercouncil@cmhapeel.ca</a>	Advocacy council to create a voice for people with mental health issues.

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<b>Emotions Anonymous</b>	<a href="http://www.emotionsanonymous.org">www.emotionsanonymous.org</a>	Emotions Anonymous (EA) 12-Step Program by providing support to individuals with emotional difficulties in their efforts to live more manageable lives.
<b>Fibromyalgia Support Group</b>	905-791-2032 (Brampton) 905-625-6425 (Mississauga) <a href="mailto:consumercouncil@cmhapeel.ca">consumercouncil@cmhapeel.ca</a>	Advocacy council to create a voice for people with mental health issues.
<b>Friends &amp; Advocates Peel</b>	905-452-1002 <a href="mailto:contact@fapeel.org">contact@fapeel.org</a>	
<b>Gamblers Anonymous</b>	1-855-222-5542 <a href="http://www.gamblersanonymoustoronto.org">www.gamblersanonymoustoronto.org</a>	
<b>GTA Intergroup - Alcohol Anonymous</b>	416-487-5591 1-877-404-5591 <a href="http://www.aatoronto.org">www.aatoronto.org</a>	
<b>Narcotics Anonymous</b>	1-888-811-3887 <a href="http://www.torontona.org">www.torontona.org</a>	Weekly, open support group for recovering addicts helping each other stay clean
<b>Recovery Incorporated</b>	905-812-7935 <a href="http://www.recoverycanada.org">www.recoverycanada.org</a>	Provides self-help groups to people suffering from nervous and emotional stress, panic disorders, depression, etc.
<b>TEACH Peer Initiative at Support &amp; Housing</b>	905-693-8771 x390 <a href="http://www.t-e-a-c-h.org">www.t-e-a-c-h.org</a>	A peer initiative offering peer-led education and support programs to individuals aged 16 and older who struggle with mental health and/or substance use challenges in the communities of the Mississauga/Halton LHIN.
<b>Women for Sobriety</b>	519-581-1208	Group for women with alcohol or drug dependencies