



Family Support Information for Families

Who is this service for?

This service is for the caregivers of children and youth with mental health difficulties.

The children/youth are 0 to 17 years of age (referred before their 18th birthday).

They live in Guelph Wellington.

What supports do we offer in this service?

We provide group and individual supports:

- We help a caregiver understand their child's/youth's mental health needs.
- We help a caregiver learn ways to support their child/youth.
- We connect a caregiver to other caregivers with similar experiences.
- We connect a caregiver with community resources for themselves.

How do I access this service?

- If someone at CMHA WW already works with your child/youth:
Talk to that person.
- If someone at CMHA WW does not already work with your child/youth:
Start with a Single Session.

A Single Session is an opportunity for a child/youth (6 to 17 years of age) to meet once with a Mental Health Clinician to explore the need for services.

In Guelph:

Attend the Children's Walk-In Service for a Single Session.

The Walk-In Service is every Tuesday from 10:00 a.m. to 3:30 p.m.

The location is the CMHA WW office at 737 Woolwich Street, Guelph.

In the County:

Phone Here24/7 to book a Single Session: 1-844-437-3247.

The Single Session will be at a CMHA WW office in the County.

You can access this service even if your child/youth will not participate in CMHA WW service.



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

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For more information about Services for Children, Youth, and Families, visit:

<https://cmhaww.ca/services/children-youth-families/>

To locate a local Parents for Children's Mental Health peer support chapter, go to the Family Care Centre on the Children's Mental Health Ontario website:

[https://www.family.cmho.org/.](https://www.family.cmho.org/)

“CMHA WW” means Canadian Mental Health Association Waterloo Wellington.

“Caregiver” means parent, caregiver, guardian.