

Book a FAME Speaker

At FAME, we believe that the discussion around mental health shouldn't take place only one day a year. We have a relevant, powerful and important message that we are proud and pleased to share every day of the year. FAME offers speakers for:

- Lunch & Learns
- Corporate Presentations
- Health & Wellness Presentations
- School Presentations

For more information about how you can book a speaker from FAME, contact fame@fameforfamilies.com

How You Can Help

One in five Canadians will experience a mental illness. At FAME, we support the other four – the family members and caregivers.

Help families get to the heart of the matter by donating to FAME. Just \$25 a month will make a difference to our families. Your support can help with:

- One-on-one family support;
- Public education and awareness for family members and caregivers;
- Support for children and adolescents whose families are impacted by a mental health concern.

Together, we can foster hope, strength and resilience in families. Please donate today and give from the bottom of your heart. Go to:

fameforfamilies.com/donate
Or call us at 416-207-5032

Contact Us

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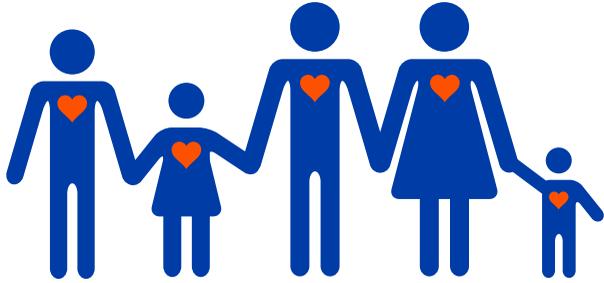
Peel

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FAME is a Registered Charity #132582198RR0001



FAMILY ASSOCIATION FOR
MENTAL HEALTH EVERYWHERE (FAME)

supporting families
and caregivers
who have
a loved one with
a mental health
concern by providing
support, education,
coping skills and
self-care strategies

fameforfamilies.com

Thanks to our Funders:



Our Mission

To facilitate the development of resilience in families living with mental illness by providing support, education, coping skills and self-care strategies. To advocate for the family perspective on mental health issues in our community.

About FAME

Since 1989, the Family Association for Mental Health Everywhere (FAME) has been empowering families and caregivers who have a loved one with a mental health concern by providing support, education, coping skills and self-care strategies.

Supporting Family Caregivers

Families who have a loved one with a mental illness experience significant stress, which can impact their own health, relationships, careers and financial situations.

Family caregivers and friends may have difficulty coping with a family member who has a mental health concern. Sometimes, it can be challenging to know how best to help a loved one.

At FAME, we believe in equipping families with education to help them care for themselves and their relative, even in the face of mental health challenges.

Service Model

We are based on a self-help model that respects and supports the expertise that families have regarding the mental health of their relative and their experience in the system.

Services

When a family caregiver is well supported, they are strengthened and become better equipped to support their family member who is ill and to cope with the highs and the lows of the recovery journey. FAME offers the following services:

One-on-one Support

FAME offers confidential one-on-one supportive counselling for individuals and families. Counselling includes education, self-care, solution-focused assistance and referrals to other community resources. One-on-one support can also be provided by telephone or in the community. Some days it's more difficult to cope and individuals need someone on the other end of the phone to provide support. FAME is just a call away.

Monthly Support Groups

FAME offers families ongoing monthly support groups across the Greater Toronto Area. Support group meetings are in a drop-in format and are facilitated by FAME staff.

Educational Speaker Series

FAME organizes monthly educational speaker events, between September and June, featuring knowledgeable professionals and community members who present on a variety of practical and relevant topics. Families can stay well-informed and updated about changes in the health-care system, and learn about supports that are available to them and their loved one who has a mental health concern.

Young Caregivers Support

It can be tough growing up around mental illness. Maybe it's mom or dad, a brother or sister. Maybe it's a classmate or a friend. It can be hard to understand what that person is going through, and even harder to know how to help. FAME offers one-on-one, confidential support to youth aged 18 to 25 years old.

Resources

Navigating the mental health-care systems can feel like a maze. Knowing what resources are available is important. A Family Support Worker can help.

We share topical resources on the Staff Blog and on social media. Crisis information is listed on our website at:

www.fameforfamilies.com/resources

Let's be social:

-  [Facebook.com/FAMEforFAMILIES](https://www.facebook.com/FAMEforFAMILIES)
-  [Twitter.com/FAMEforFAMILIES](https://twitter.com/FAMEforFAMILIES)
-  [YouTube.com/FAMEforFAMILIES](https://www.youtube.com/FAMEforFAMILIES)
-  [LinkedIn.com/company/516821](https://www.linkedin.com/company/516821)

Our Vision

Our vision for family members who have a loved one with a mental health concern:

Hope. That they can learn to carry on their lives in the face of the challenges of coping with a loved one's mental illness.

Support. In understanding mental illness and navigating the health-care, social service and legal system as advocates for themselves and their loved one.

Resilience. Through the development of self-care strategies, support networks and crisis plans to help families better manage the health, social, family, career and financial situations they experience.

Programs

First Episode Psychosis Program

In partnership with FACT-Peel (CAMH First Assessment Clinical Team), FAME offers family support in dealing with first episode diagnosis. The First Episode Psychosis Program is a community-based clinic dedicated to the assessment of psychosis in adolescents and young adults.



FAMEkids™ Program

FAMEkids™ supports children aged 7 to 12 and youth aged 13 to 17 who have a family member with a mental health concern.

Through specialized programming, FAMEkids™ provides a therapeutic approach to introducing the topic of mental illness to children and youth, promoting resilience in a safe, age-appropriate environment.

The program educates and helps young individuals understand mental illness through artwork, discussions and games.

For more information, please visit famekids.ca

FAMEkids™ Group

FAMEkids™ is a free, ten-week after-school program for children aged 7 to 12, including a nutritious meal. Small group sizes allow participants to explore and share their experiences in a peer-supported environment, reinforcing the knowledge that they are not alone.

Individual support is available.