

CHATS Supports are still available!

We know seniors are experiencing new challenges due to the COVID-19 pandemic, but we want to assure you that CHATS is here to help.

We've adapted some of our existing supports and have come up with some new ways to help.



Local Grocery Shopping – for seniors on their own without supports

You order, we deliver (NEW!)
Give us your list, we'll shop and deliver (NEW!)

Telephone Socials

Another new program that provides group social and support programming by phone!

Telephone Visit & Safety Check

Telephone Reassurance; peace of mind when you need it most

Meals on Wheels

Same great program you're used to... you order, we deliver frozen meals right to your door.

Supports for Caregivers are also still available

Support Groups by phone or skype and One to One Supportive Counselling



CALL US! Tell us what you need, we're here to help

Local: 905-713-6596

Toll Free: 1-877-452-4287