



Mental Health & Wellness for Older Adults

MatureMinds connects older adults to community services and supports them through the process.

Simcoe County residents are eligible. Self-referrals are welcome. No ID is required. There is no cost to participants thanks to our generous program funders.

Call to Connect: 705-627-1716

Elder Care Navigation

Connecting residents to community services and supporting them in the process.

A Call Away

Professional counselling by licenced social workers and psychotherapists.

Virtual Care for Carers

A workshop series for elder caregivers who are feeling stress and anxiety.

Social Visiting

A program connecting older adults to volunteers for casual companionship.

Slow Cooker Club

An interactive cooking experience highlighting recipes designed for a slow cooker.

GrandPals

A mentoring program with intergenerational learning, storytelling and friendship.