

LOW VISION RESOURCES

LOCAL ORGANIZATIONS:

***Balance for Blind Adults** - www.balancefba.org – Balance has great workshops and events for individuals living with vision loss (located at Dundas/Bloor Subway station- 2340 Dundas St. W, Suite G-06,
PHONE: 416-236-1796

***Toronto Visionaries** -chapter of Canadian Council for the Blind –
www.ccbtorontovisionaries.ca -Toronto Visionaries provides a great social network with many great monthly events and meetings
PHONE: 416-760-2163

***Fighting Blindness Canada** – www.fightingblindness.ca -best source for any research related to eye conditions and diseases **PHONE: 416-360-4200**

***CNIB Community Hub** – 1525 Yonge St. (one block north of St.Clair) – regular events hosted at this community based hub that is close to Yonge/St. Clair subway station.

***CNIB (Canadian National Institute for the Blind)** – www.cnib.ca

Located at 1929 Bayview Ave.,Toronto - Offer peer support programs

PHONE 1-800-563-2642

COUNSELLING AND MENTAL HEALTH WELLNESS

BALANCE FOR BLIND ADULTS OFFERS FOLLOWING SERVICES:

Telesupport team can be reached at: 416-236-1796 and they can offer more information about the following :

- Sharing Space Support Group, facilitated by Social Worker Lisa Derencinovic who is visually impaired.
- Living with Uncertainty: An Anxiety and Stress Management Workshop facilitated by Occupational Therapist Naomi Hazlett.