



Who do we serve?

Currently our program is offered across the city of Toronto.

We serve low-income families with newborns, children aged 0-4 years old, multiples (twins, triplets, etc.) and families in situations where they require short-term assistance in caring for their children while they work to bring their current situation in-hand.

Who are our workers?

- VHA Child and Family Program staff are experienced and trained Child and Family Workers.
- VHA Child and Family Workers perform all personal care needs of children aged 0-4+ years old.
- VHA Child and Family Workers are experienced working with families with multiple children—setting up routines and schedules.

About VHA Home HealthCare

Founded in 1925 as the Visiting Homemakers Association, VHA Home HealthCare (VHA)—a not-for-profit, charitable organization—provides 24/7 health care and support services to people of all ages and cultural backgrounds when, where and how they want it. We offer high-quality, multi-lingual care to people throughout Ontario to support a more independent life. We also offer community support programs to people of all ages, cultures and orientations through its charitable resources and funding partners.

- VHA proudly meets the national standards of excellence in health care set out by Accreditation Canada with Exemplary Standing.
- VHA is a partner agency for United Way Greater Toronto.
- VHA is a Registered Nurses Association of Ontario (RNAO) Best Practice Spotlight Organization (BPSO).



Intake Social Worker, Child and Family Program
Tel: 416-489-2500 x4349
Fax: 416-489-7533

30 Soudan Avenue, Suite 600
Toronto, Ontario M4S 1V6
Tel: 416-489-2500
Toll-free: 1-888-314-6622
Fax: 416-489-7533
www.vha.ca



Registered charitable number: 108185141RR0002



Child and Family Programs

Eligibility and Intake

- At least one child in the household is between the ages of 0-4 years old
- Vulnerable, low income families in marginalized neighborhoods/environment
- Program is offered to families across Toronto
- Parent is having difficulty providing care for child and has no other means of support
- Newcomers who face isolation or may otherwise struggle to feel part of their community.

If you think your family may benefit from any of VHA’s **free** Community Support services and programs, give us a call today!

Call our Intake Social Worker, available **Monday to Friday** from **8:30AM to 4:30PM**, for a thorough assessment to determine eligibility for any of our programs at **416-489-2500 x4349**.



Child and Family Programs at VHA

Helping families live with more independence



Support for Families in Crisis

Short-term in-home childcare support for families with children (who are 0-4 years old and are at home full-time) who need hands-on care while parents are recovering following a hospital discharge, medical emergency or crisis situation.

Support for Families in Crisis allows parents to:

- Have a timely recovery from illness or crisis.
- Access community resources for ongoing support.
- Have peace of mind in knowing their child is being well cared for.

Home Support Services

This service is available to assist families with young children (0-4 years old). Services are provided in clients’ homes while parent(s) are recuperating from surgery or other medical situation.

Skilled and trained workers in home management provide short-term services:

- Help to maintain a clean, safe, and healthy environment.
- Perform duties such as light housekeeping, laundry, meal preparation or other duties as needed.
- Prepare healthy nutrition meals, snack, school luncheons, etc.

Parent Relief and Connect

This program offers short-term in-home support for parents at risk of or are experiencing PPD, mental health issues and/or isolation. This program assists parents in need of temporary relief from the demands of childcare for kids who are 0-4 years old and are at home full-time.

Parent Relief and Connect allows parents to:

- Focus on their own self care.
- Attend support groups and counselling, parenting classes or medical appointments.
- Connect with their community.
- Get much needed rest and sleep.

Scarborough Perinatal Support Network

Toronto Public Health partners with VHA Home HealthCare, TAIBU, and other community agencies to offer a Postpartum Support Group to parents who are having emotional challenges.

VHA provides in-home Child Minders as an option to allow parents to attend this support group at TAIBU Community Centre.

For more information about the group or for support, please contact:

Toronto Public Health
416-338-7600