



Aging at Home Program

**Are you an Indigenous adult aged 45 and up
residing in South Simcoe or York Region?**



If so, this program can benefit you! The purpose of this program is to foster a connection to cultural roots. Services provided are transportation, cultural programming, friendly visits and congregate dining!

To access support services, please contact our workers by email or cellphone!

IAAHNY@banac.on.ca 1(705)816-1075

IAAHSS@banac.on.ca 1(705)790-8422

culturalworker@banac.on.ca 1(705)627-0399

Making a difference one community at a time



**Canadian Mental
Health Association**
York and South Simcoe
Mental health for all