



The
**Teresa
Group**

We are a community of supports.

The Teresa Group advances the dignity and well-being of children, youth, and their families affected by HIV and AIDS through various supports, services, and programs.

**We are
here for
you.**



Our Programs

We provide a full circle of support for children, youth, and families affected by HIV and AIDS through these essential programs:

Family Support Programs

- Ontario Infant Formula Program
- Counselling and Case Management
- Welcome Home Baby Bag Program
- Diaper Program
- Emergency Medical Transport Program
- Leap for Success Program
- Clarins Scholarship Program
- The Stewardship Scholarship Program
- Back-to-School Backpack Program
- Family Holiday Food Hamper Program
- Ready for Winter Clothing Holiday Program
- Childrens Holiday Toy Program
- Youth Holiday Gift Card Program

Support Groups for Parents, Children, and Youth

- Prenatal Group
- New Moms and Toddlers Group
- Parents Club
- Fathers Group
- Leading the Way

Children and Youth Summer Programs

- Camp Mandala
- Camp Counsellor Youth Leadership Development Program



About Us.

For over three decades The Teresa Group has been providing counselling, support groups, practical supports, and children and youth focused programs for children, youth, and their families affected by HIV and AIDS.

We care and are here to support you.



Family Support Programs:



Infant Formula Program

Ontario Infant Formula Program

This essential program eliminates the risk of HIV vertical transmission through breast milk by offering free infant formula for a full year to all HIV+ new mothers in Ontario.

The Ontario Infant Formula Program is implemented by The Teresa Group with funding from the Ontario Ministry of Health and Long-Term Care.



Counselling & Case Management Program

Individual or family counselling is available for children, youth, and adults who feel they need support. In-depth counselling, crisis management and ongoing support are offered, depending on the needs of the person/family.



Welcome Home Baby Bag Program

The Welcome Home Baby Bag program delivers a new baby bag, filled with baby clothes, a toy, a blanket, diapers and feeding bottles to new mothers while in the hospital or at home.



Diaper Program

Diapers are available for infants and toddlers aged 0–2 years.



Emergency Medical Transport Program

TTC public transit tokens are available to make it easier for our families to get to support groups at The Teresa Group, in addition to medical appointments.



Clarins Scholarship Program

This program offers partial tuition support to youth who have completed high school and have been accepted into a post-secondary program at a College or University.

This program is funded through a generous donation from Clarins Canada.



The Loutfy University Completion Scholarship Program

This program offers partial tuition support to youth who have completed high school and have been accepted into a post-secondary program at a college or University. This scholarship will assist with third- and fourth-year programs.

This program is funded through a generous donation from a private donor.



The Stewardship Scholarship Program

This program offers partial tuition support to youth who have completed high school and have been accepted into a post-secondary program at a college or University.

This program is funded through a generous donation from a private donor.



Leap for Success Program

The Leap for Success tutor/mentor program aims to improve the academic performance of children and youth affected by HIV, to help them meet their educational and career aspirations.



Back-to-School Backpack Program

The Back to School Backpack program provides new backpacks, lunch boxes and water bottles for children and youth from Kindergarten to grade 12 on an annual basis.



Family Holiday Food Hamper Program

This program provides the families we serve with a holiday food hamper during the festive season.



Get Ready for Winter Holiday Clothing Program

We offer new warm clothing and accessories in the winter months for children, youth, and their families.



Childrens Holiday Toy Program

Each child of the family receives a toy during the holiday season festivities.



Youth Holiday Gift Card Program

Each teenager of the family receives a gift card during the holiday season festivities.

Support Groups for Parents, Children and Youth provide a safe and supportive environment to connect, engage, and learn. We offer the following support groups:



Prenatal Group

The Prenatal Support Group focuses on expectant mothers and issues specific to HIV and pregnancy. Specialists from other community agencies and health care professionals work with The Teresa Group to present the information through different activities.



New Moms and Toddlers Group

The New Moms and Toddlers Support Group provides a safe space for moms to connect with other moms who have a baby and who also live with HIV. The activities are designed to engage new moms and their babies to get to know one another in their first year together.



Parents Club

Parents have an opportunity to meet and learn parenting skills from each other. The activities are designed to engage, teach, and encourage parents to get to know one another. Many topics are covered including parenting, self-care, and child development. This support group helps reduce the isolation many parents experience while raising a family.



Fathers Group

Fathers Group provides a safe space for dads and their children who are affected by HIV to connect with one another. The activities are designed to engage, teach, and encourage dads and their kids to get to know one another. Many topics are covered including parenting, self-care, and child development. This support group helps reduce the isolation many fathers experience while raising a family.



Leading the Way

Leading the Way is a support group for children and youth living with HIV and AIDS. The support group is available to children/youth ages 9-18 each spring and fall. Children and youth have the chance to meet others in similar situations in a fun, safe and supportive environment.



Power Project Program



Positive Women Empowerment and Resilience (POWER) Peer Support Program

The POWER program is a consortium of five AIDS service organizations, including The AIDS Committee of Toronto (ACT), Black Coalition for AIDS Prevention (Black CAP), PASAN, PWA, and The Teresa Group. This program is grounded in the principles of the Greater Involvement of People Living with HIV and/or AIDS and the Meaningful Engagement of People Living with HIV and/or AIDS (GIPA/MEPA). The goal of POWER is to create opportunities to empower women living with HIV through knowledge exchange, capacity building, and to receive peer support that contributes to the health and well being of women living with HIV.



Summer Camp Program

An overnight summer camp experience for children and youth affected by HIV—giving kids a chance to connect, engage, and have fun!

Camp Mandala

The Teresa Group offers a summer camp experience for children between the ages of 9 and 18 from the Greater Toronto Area and Ottawa. This one-week program allows children and youth who are affected by HIV a chance to connect with their peers. They will have opportunities to build support, learn life skills that will empower them to live self-sufficient, independent, productive lives, and most importantly, have fun!

Camp Counsellors Youth Leadership Development Program

The Counsellors in Training (CIT) program is an exciting opportunity for our older youth and focuses on leadership and team building. It gives teens an opportunity to develop leadership skills and experience.

"I felt really good when I told my story at the open stage and after... everyone was saying 'good story' and high-fiving me."

(Camp Participant; age 11)



How to access our supports:

Online: visit our website at teresagroup.ca to find out more about our programs.

In Person: visit us in person at 355 Church Street, 2nd Floor, Toronto, Ontario—Mon to Fri, 9am to 5pm

By Phone: reach out to us by calling 416.596.7703

By Email: info@ttgtoronto.ca



Our community welcomes you.





The
**Teresa
Group**

Hearing the Voices of Children

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Phone: 416.596.7703
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teresagroup.ca



Interested in Volunteering? The Teresa Group relies on the support of our volunteers. If you would like to join our volunteer program, please reach out to us at info@ttgtoronto.ca or call 416-596-7703. Thank you.

Charitable business number: 133699959RR0001

