

HELP AND SERVICES FROM FOCUS ON THE FAMILY CANADA

COUNSELLING FOR PASTORS: 1.888.5.CLERGY (1.888.525.3749)

Our registered, professional counsellors are trained to help you and your family.

KERITH RETREATS: 1.800.550.5655 | KERITHRETREATS.CA

Our retreats are designed to help you find rest, renewal and reconnection with God.

HOPE RESTORED: 1.833.999.HOPE (1.833.999.4673) | HOPERESTORED.CA

Our marriage intensive retreats offer focused care and counselling to couples who are in crisis.

COUNSELLING AND REFERRALS: 1.800.661.9800 | FOCUSONTHEFAMILY.CA/HELP

Anyone who is struggling has access to free one-time phone consultations and counsellor referrals.

PRAYER: PRAYER@FOTF.CA | 1.800.661.9800

Need prayer? Every weekday morning, we gather together to pray for families across the country.

ADDITIONAL HELP AND SERVICES*

KIDSHELPPHONE.CA | 1.800.668.6868

A Canada-wide crisis and counselling line for kids and youth.

CRISISERVICESCANADA.CA | TOLL-FREE 1.833.456.4566 | OR TEXT 45645

A Canada-wide suicide-prevention hotline available 24/7.

CASAC.CA

A list of rape crisis hotlines for each region of Canada, provided by the Canadian Association of Sexual Assault Centres.

CYBERTIP.CA/INTERNET_SAFETY

Help for parents and teen victims of sexting and cyberbullying.

NEEDHELPNOW.CA

Help for teen victims of sexting and cyberbullying.

THEPROTECTOR.SORG

A faith-based anti-bullying program for schools and churches.

TWLOHA.COM/FIND-HELP

Hotlines and support agencies for youth involved in cutting and self-injury.