

Did you know?



- Men's suicide rates are **3 times** than that of women, **8 times** if they are going through a divorce.
- Divorce is the **second most** important nonmedical risk factor for mortality, after smoking.
- Men comprise **75% of victims** of homicide and aggravated assault in Canada.
- Men account for **75% of the homeless** population in Canada.
- Boys are **70% more likely** than girls to drop out of high school and **50% more likely** to engage in substance abuse.
- According to the most recent report from Statistics Canada, **approximately half** of the reported domestic abuse victims are men. Forms of domestic abuse include physical violence, emotional abuse sexual abuse, financial abuse, administrative abuse (such as false allegations) and parental alienation.



Testimonials

“CCMF-York has been an absolute life saver. Finally, to have found a guiding light in a dismal, seemingly endless tunnel of dark turmoil. Thank you to all staff and volunteers. I would be in a much worse spot and condition without your help and compassion.”

*“The value of self-esteem, men supporting men, can't be understated. **CCMF-York** provides a great platform to achieve this.”*

“This is the only service I saw in my life which helps and supports men for recovery. Thank you so much for your brilliant service and help.”

*“The support from **CCMF-York** was of great relief to me at a time when isolation during COVID19 lockdowns and emotional issues with family was affecting my mental health severely. I was experiencing insomnia and anxiety but my therapist suggested activities and supported me to feel better.”*

*“I was in a negative situation with my spouse and I had nowhere to turn. I was fortunate in my research online and I found the **Canadian Centre for Men and Families** and only they were able to help me in my time of need. Several other local help agencies were not there for me. I am thankful that I reached out to the men's centre.”*



Contact Us

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Canadian
Centre
for
Men
and
Families
York Region



"No one is Invincible"



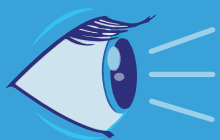
"A hub for the health and well-being of Boys, Men, Fathers and Families."

www.CCMFyork.org

Welcome To Canadian Centre for Men and Families York Region

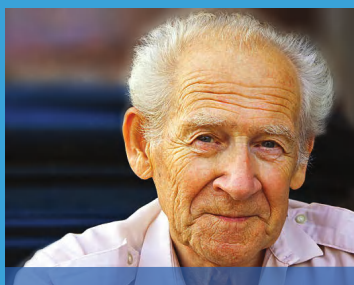
Canadian Centre for Men and Families-York Region is an inclusive registered charitable mental health agency dedicated to supporting men, fathers, boys and their families who have experienced life challenges. We support our clients through a broad range of programs, delivered in a safe and welcoming space.

Our Vision



Safe, Caring and
Thriving Communities

Our Mission



To support Men,
Boys, Fathers and
Families experiencing
life challenges



Our Philosophy



We believe that supporting men and boys who experience trauma due to life challenges creates safer, more caring and prosperous communities. Men, women, boys and girls equally need opportunities, support, encouragement and positive messaging in order to succeed; and when they do, we all win. Everyone regardless of gender, race, sexual orientation, ethnicity, religion and nationality deserves to feel safe, respected, fulfilled, and to be treated equally by the legal system and reach his/her full potential.



Our Programs



Most programs are free of charge or provided at discount. We welcome everyone.

- What-you-can-pay Private Counselling by registered psychotherapists.
- Nexus Recovery (facilitated recovery group for men who have experienced relationship abuse)
- What you-can-pay Marriage Counselling
- Men's Peer Support Group
- Legal Assistance Clinic & Resource Centre
- Legal Aid
- Anger Management (gender inclusive, trauma informed, anti-oppressive)
- Fathering After Separation (helping fathers to stay connected with their children after divorce)
- Survivors of False Allegations (SOFA) support program
- Shelter for Men, Fathers and their Children who have experienced domestic abuse

