



Mature Minds

Mental Health & Wellness for Older Adults

MatureMinds is an all-encompassing holistic program focused on supporting Older Adults in our community through education, advocacy, community programs and connection to community supports.

Simcoe County residents are eligible. Self-referrals are welcome.
No ID is required. There is no cost to participants thanks to our generous funders.

Community Navigation

We're available to help older adults connect to community supports. Looking for mental health, addiction or housing services; financial assistance; or volunteer/social opportunities? Give us a call!

Education & Advocacy

We're committed to a future where older adults are valued and respected. We take an anti-ageist approach to programming and provide opportunities to re-examine harmful stereotypes. Visit cfssc.ca/MatureMinds for community workshops, or call/email to book a session for your organization.

Group Programming

MatureMinds offers many opportunities for community connections. Visit cfssc.ca/MatureMinds or contact Jenna directly to learn more about Virtual Care for Carers, Slow Cooker Club, GrandPals, Pen Pal options and other groups and workshops.

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