



**Canadian Mental
Health Association**
Oxford County
Mental health for all

Seniors Outreach and Recovery (SOAR)



Contact: 1-800-859-7248

cmhaoxford.on.ca

Seniors Outreach and Recovery (SOAR) is a specialized service that assists community members aged 65+ with mental health concerns. Treatment plans are based on the goals of our clients.

Benefits of the program include:

- Mental health support around individual growth and recovery
- Assistance with life skills
- Advice and assistance with mental and physical health
- Mobile service in the Oxford County community
- Help with accessing resources and linking with other community agencies
- Support for families and loved ones