

BRIEF HISTORY OF SHRC

| Dates | Organizational Milestones | Dates | Organizational Milestones |
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| 1981-1983 | Formation of the Friends of the Self-Help Clearinghouse | Jun 1991 | Published "The Care & Feeding of a Self-Help Clearinghouse: The Toronto Experience" report |
| 1984-1985 | Feasibility Study | Mar 1992 | "From the Ground Up" conference funded by the Office of Disability Issues |
| 1987 | Funding approved by Health & Welfare Canada for a 3-year demonstration project | May 1992 | "You are not alone- a Showcase of Seniors Self-Help" conference |
| Aug 4, 1987 | Registered as a charity | Jun 1992 | Published "Self-Help: A Guide to Self-Help Groups for Immigrant and Refugee Centres" report |
| Oct 1, 1987 | Date of first service | Sept 1992 | End of "Taking Charge: Seniors Helping Seniors" project |
| Mar 1988 | Official Opening of the Self-Help Clearinghouse of Metropolitan Toronto | Oct 1992 | Ontario Self-Help Network project begins - funded by Health & Welfare Canada and the Ontario Ministry of Health |
| May 1988 | First Annual General Meeting | Jan 1994 | Beginning of 2-year project "Improved Accessibility to Self-Help Group Information" |
| Oct 1988 | 1st Directory of Self-Help Groups published | Apr 1995 | Beginning of 2-year project "Family Caregivers Support Network" funded by Health Canada. Ontario Self-Help Network - OSHNET funded by the Ontario Ministry of Health |
| Oct 1988 | First Self-Help Awareness Week proclaimed by Metro and City Council, and first Self-Help Fair attended by 45 groups | Apr 21, 1995 | 1st annual provincial Self-Help conference |
| Apr 1989 | Beginning of 3-year project "Taking Charge - Seniors Helping Seniors" | 1998 | Creation of Family Councils Program, funded as a pilot by Ontario Trillium Foundation, supporting family caregivers who had relatives living in long-term care homes |
| Mar 1990 | "Women and Smoking" project sponsored | Summer 2000 | First Catalogue of Workshops was developed to capture variety of newly-developed and frequently-used workshops geared towards individuals, communities and professionals |
| Oct 1990 | Published "The Struggle to Serve and Survive" | Sep 2001 | Diversify the Source, Enhance the Force, introduced self-help methodologies to the recruitment, training and maintenance of volunteers from newcomer populations |
| Apr 1991 | Published "Getting Started and Making it Work" | | |

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| Sep 2002 | “Diversify the Source, Enhance the Force, Using Peer Support to Create Volunteer Opportunities for New Canadians Handbook” was developed | 2014 | OSHNET database moved to online searchable platform at selfhelp.on.ca |
| Sep 2002 | First community development project, Mutually Ours, using self-help methodologies to mobilize marginalized communities was developed and funded by United Way | Jan 2015 | Creation of the Peer Support Facilitator Training - Intro & Advanced, and the “Peer Support Facilitator Manual”. Offered free to community, and for a fee to organizations. |
| 2003 | Funding from Ministry of Tourism, Recreation, Culture and Citizenship and The Ontario Trillium Foundation for community-based projects developed by the Mutually Ours graduates | Jan 2015 | Creation of Peer Worker Community of Practice, an ongoing monthly group providing an opportunity for peer support group and one-on-one facilitators to get support from other peer facilitators, share valuable resources and experiences, and brainstorm solutions to challenges in the field. |
| Winter 2003 | Funding from the Ministry of Health and Long-Term Care and the Change Foundation for the Empowering Stroke Prevention Project, which acknowledged benefits of self-help methodologies for mobilizing communities for Chronic Disease Prevention | Sep 2015 | City of Toronto funded pilot of ODSP Peer Navigator Program - a program for people applying, or who are already on ODSP looking to successfully navigate the ODSP system while sharing resources, building social supports and developing wellness tools. |
| Winter 2004 | “Healthy Ways to Prevent Stroke, A Guide For You” and “Healthy Ways to Prevent Stroke, A Facilitator’s Guide” were published providing information and ideas for leading and organizing around a healthy lifestyle | Apr 2016 | 17-year-old program Family Councils Program officially separates from SHRC to become Family Councils of Ontario. This marks the end of funding support for SHRC from the Ministry of Health and Long-term Care. |
| 2004 | Ministry of Health & Long-Term Care announces core funding for the Family Councils Program, acknowledging the role and influence it had in supporting family caregivers who had relatives living in long-term care homes | Apr 2016 | SHRC presents “Self-Help Resource Centre: Engaging the Community in Personal & Professional peer Development” at the National Conference on Peer Support in Toronto. |
| 2009 | End of 5-year funding from Ministry of Health Promotion. | Sep 2016 | SHRC presents “Working Pathways for Peers” at the OPDI Conference in Toronto. |
| 2010 | Established Beth Hoen Memorial Award for Peer Support Group Excellence. Award honours Beth Hoen: former President, Past-President, and Executive Director of SHRC. | | |