spark
LIFECARE

THERAPY

Social Work Services

We do everything we can to help you live your best life.

Imagine a healthcare experience that's all about you – with personalized care and therapy tailored to your unique needs and goals. That's our vision, and it's *pretty simple*.

At Spark Lifecare, we believe care should be personal, straightforward, and accessible for everyone. With our social work services, we provide support and advocacy to individuals navigating life transitions and challenges with empathy and a commitment to your well-being.

1 888.201.0250 hello@sparkcares.ca sparkcares.ca

Providing Support, Advocacy, and Connection for Lasting Impact

At Spark, we prioritize personalized, person-centred care to support you through life's challenges and transitions.

With Social Work, we focus on helping individuals, couples, families, and communities improve their quality of life. Through counselling, psychotherapy, advocacy, and resource navigation, social workers play a crucial role in promoting mental wellness, equity, and access to care.

At Spark, our team combines professional expertise with genuine cae to ensure you feel seen, heard, and supported every step of the way.

Benefits of Social Work

- Counselling, therapy, and support for the challenges you face
- Strengthening connections within your life, from family to community
- Advocacy and empowered support that allows your voice to be heard
- Facilitated access to community resources and connections
- Navigation of insurance and legal systems after a Motor Vehicle Accident (MVA)

Our Approach

Trust is the foundation of everything we do.

We take a **strengths-based approach** that celebrates abilities, resilience, and potential for growth. Rather than focusing only on what's difficult, we help you build on what's working.

We tailor our care to your goals, needs, and circumstances, whether it's navigating system supports (e.g. ODSP, OW, MVA, OAP, Long-term Care, Housing), managing recovery after an injury, accessing basic needs, or building confidence through therapy.

1 888.201.0250 hello@sparkcares.ca sparkcares.ca

Ways We Can Help

We provide various forms of social work support to meet your needs:

Emotional and Mental Health Support

Providing counselling, psychotherapy, crisis intervention, and emotional support to help individuals manage stress, trauma, and mental health concerns. When more specialized care or diagnostic clarity is needed, social workers can guide individuals toward the right supports

Practical and Resource-Based Support

Helping clients access essential services such as housing, financial assistance, healthcare, and community resources, helping to ease daily pressures and improve quality of life.

Advocacy and Rights-Based Care

Promoting social justice by advocating for clients' rights, challenging discrimination and systemic barriers, and working to ensure fair and equitable access to the services they need.

Why Choose Care with Spark?

- ✓ Inclusive, streamlined care with 1-1 sessions both in-clinic at in-home
- ✓ In-home, community, virtual, or centre-based services
- ✓ A collaborative approach working with all professionals involved in the individual's Circle of Care
- ✓ Navigation of health claims for auto insurance on your behalf
- ✓ Best suitable matching with a therapist of your choice
- ✓ An individualized approach to meeting the specific goals and needs of you and your family
- ✓ Motor Vehicle Accident (MVA) support
- ✓ Direct billing with insurance receipts (for most major insurance plans and any extended health benefit plans under the TELUS Health Umbrella, e.g. Canada Life, Manulife)

For More Information

About our services and offerings, visit:

sparkcares.ca/social-work

spark

Get Started with Spark

Make a Referral

If you are in need of social work support for you and your family, please complete our referral form:

sparkcares.ca/social-work

Schedule a Call

Book a call with us for a general consultation about our services, costs, and support options:

sparkcares.ca/consult

General Inquiries

For general inquiries about our offerings or prices, please get in touch with us at hello@sparkcares.ca or call 1 888-201-0250.

Our Locations

We service different locations across Ontario and Canada.

Headquarters

10 Florence Street
Ottawa, Ontario, K2P 0W7
Canada

hello@sparkcares.ca

1 888.201.0250

You Can Find Us In:

ONTARIO

- ✓ Ottawa
- ✓ Quinte
- ✓ Brockville
- ✓ Kingston
- ✓ Cornwall
- ✓ Hamilton

ALBERTA

- ✓ Calgary

BRITISH COLUMBIA

- ✓ Nelson

Not In Your Area?

If you would like to access Spark services in your area, please contact us to express your interest and help us expand our reach!

About Spark Lifecare: Spark Lifecare is an innovative and award-winning inclusive and equity-focused organization that promotes client access to personalized collaborative care and therapy in homes and communities across Canada.

Learn more at sparkcares.ca

© Copyright 2026 Spark Lifecare, All rights reserved. Last Revision: June 23, 2026