

ODSP PNP Resource Guide

Last peer reviewed May 2017

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***Please be advised that subsections can fall into multiple categories**

ADVOCACY

Acorn Toronto: www.acorncanada.org/toronto

- An independent national organization of and supporting low-income families and individuals
- Resources for being an ally and for gaining advocacy

Accessibility Directorate of Ontario (AODA) Newsletter:

www.tinyurl.com/accessibilitynewsletter

- **AODA Toolbox** will be published monthly and will focus on current and upcoming accessibility requirements and deadlines, tools and resources to help you comply, and upcoming webinars and events
- **On the Path to an Accessible Ontario** will be published quarterly and will feature stories about:
 - * Ontario's progress towards becoming accessible by 2025
 - * Updates on the Accessibility for Ontarians with Disabilities Act and accessibility standards
 - * Workplace and community success stories

Icarus project: www.theicarusproject.net

- Support network and education project by and for people who experience the world in ways that are often diagnosed as mental illness.

ipetitions: www.ipetitions.com

- Free online petitions
- Offers the physical space to host your petition, and give you the tools to gather signatures, blog about your cause, and build a community around the issues that you care about.
- Contact: Email: support@ipetitions.com

ODSP Action Coalition: www.odspaction.ca

- A province-wide network of people with lived experience on ODSP, disability organizations, community agencies, anti-poverty groups and community legal clinics
- Resources for being an ally and for gaining advocacy.

Ontario Coalition Against Poverty (OCAP): www.ocap.ca

- Direct action on issues affecting the homeless, immigration/ deportation and squatting

Rufus May: www.rufusmay.com

- Part of wider movements in mental health that includes the hearing voices movement, community development approaches and other self help and holistic health movements

The Stop Community Food Centre www.thestop.org

- Weekly ID clinic, housing and legal services, settlement services, workshops on tenants' and employment rights, community advocacy.
- 1884 Davenport Rd
- 601 Christie St
- Contact: Call: 416 651 7867

World Advocacy: www.worldadvocacy.com/index.html

EMPLOYMENT: ACCESSIBLE EMPLOYMENT

A-Way Delivery Service: www.awayexpress.ca/#intro

- A-Way Express was established by survivors of mental health challenges to provide meaningful employment for survivors able to work. They created a supportive business environment that promotes stability and recovery for all staff

Good Foot Delivery: www.goodfootdelivery.com/jobs

- Good Foot provides a personalized point-to-point delivery service on foot and public transit creating employment opportunities for people with developmental disabilities.
- 720 Bathurst St, #411
- Contact: Call: 416 572 3771 Email info@goodfootdelivery.com

Sound Times: www.soundtimes.com/

- A member-driven consumer/survivor initiative providing mental health support services
- Contact : Call: 416 979 1700

Suit Yourself: www.suityourselfclothes.org/about-us/

- Suit Yourself strives to increase the confidence and self-esteem of disadvantaged women searching for employment or making a transition into the workforce through the collection and distribution of quality wardrobe items
- Contact: Call: 780 488 9930

EMPLOYMENT: FINDING EMPLOYMENT

Charity Village: www.charityvillage.com

- CharityVillage has been the HR partner for recruitment in the Canadian nonprofit sector through eLearning courses, volunteer and event listings, webinars, newsletters, articles, tools and resources
- Contact: Call: 1 800 610 8134 Email: help@charityvillage.com

Career Foundation

- Services include job search, placement and HR solutions for employers.
- 5 Employment Centres:
 - * **Central** Toronto Employment Centre: 21 St. Clair Avenue East, Suite 1200
Contact: Call: 416 920 5144 Email: CentralToronto@CareerFoundation.org
 - * **Scarborough** Employment Centre: 2437 Kingston Road, Suite 102
Contact: 416 264 2100 Email: Scarborough@CareerFoundation.org

- * **Lawrence Sq** Employment Centre: 700 Lawrence Avenue West, Suite 435
Contact: 416 789 4862 Email: Lawrencesquare@CareerFoundation.org
- * **Etobicoke Employment Centre**: 2150 Islington Avenue, Suite 210
Contact: 416 235 1091 Email: Etobicoke@CareerFoundation.org
- * **Weston** Employment Centre: 2100 Lawrence Avenue West, Suite 103
Contact: Call: 416 243 0066 Email: Weston@CareerFoundation.org

CMHA Toronto Employment Services

- Contact: Call: 416 789 7957 ext 3441 Email: employment@cmhato.org

Employment Works

- Recruitment and retention initiative targeted to recruit people with lived experience of mental health and/or addiction challenges, into vacant CAMH positions
- Contact: Call: 416 535 8501 x31646 Email: Employment.Works@camh.ca

Houselink

- Supportive housing and recovery for people living with persistent mental health challenges and addiction issues
- 805 Bloor St W
- Contact: Angela Zaglul
Call: 416 516 1422 Email: AngelaZa@houcelink.on.ca

Link Up: www.linkup.ca

- Employment Services for persons with disabilities

Ontario Job Opportunity Information Network: www.joininfo.ca

- Connecting employers with employees with disabilities

Pathways

- Helping youth in low-income communities graduate from high school and successfully transition into postsecondary education, training, or employment
- Locations:
 - * **Regent Park**: 411 Parliament Street, 2nd Floor
Contact: Call: 416 642 1570
 - * **Lawrence Heights**: 700 Lawrence Avenue West, Suite 440B
* Contact: Call: 416 787 6800
 - * **Rexdale**: 2141 Kipling Ave, Unit 3
Contact: Call: 416 743 5552 ext. 222
 - * **Scarborough** Village: 1-3545 Kingston Road
Contact: Call: 647 351 0091 x 222

Persons With disABILITIES:

www.onwin.ca/en/special_interest_groups/persons_with_disabilities

- Resources list of organizations that provide, career planning, employment supports for people with disabilities

Progress Place, The Clubhouse

- Peer based community for people with mental health challenges with support for housing, employment, 3 affordable meals a day and social recreation program.
- 576 Church street
- Contact: Call: 416 323 0223 Email: theclub@progressplace.org

St. Stephen's Community House

- Specialty youth, people who have immigrated and those with high school education or less
- 1415 Bathurst Street
- Contact: Call: 416 925 2103 ext 4000 Email: infoETC@sscto.ca

Thrive: Fried Victor Employment and Training Center

- Mondays 1:30 to 4:30 pm for people who identify as Trans or Genderqueer. Accessible and sex worker positive space.
- 248 Queen Street East
- Contact: Call: 416 364 8986

Times Change Women's Employment Service www.timeschange.org

- Offers career and educational counselling, a wide range of computer services and a comprehensive resource centre, all free of charge
- 365 Bloor Street East, Suite 1003
- Contact: Call: 416 297 1900 Email: women@timeschange.org

Working for Change: www.workingforchange.ca

- Provides education and employment opportunities for people disadvantaged by mental illness and addiction issues
- 1499 Queen Street West, Suite 203
- Contact: Call: 416 504 1693 or 1 866 504 1693

Woodgreen Community Employment Center

- Specialty youth, people who have immigrated, single mothers program and mental health
- 1080 Queen Street East
- Contact: Call: 416 462 3110

Yesability (Through Youth Employment Services)

- Youth and adults with disabilities. Individualized support, job coaching, work placement, disability accommodation support, accommodation devices and services and sign language interpreters.
- 1610 Bloor street West

- Contact: Call: 416 535 8448

EMPLOYMENT: TRAINING PROGRAMS

Rise Asset Development Self-Employment:

www.riseassetdevelopment.com/about-us

- In partnership with Rotman School of Management and CAMH, provide low interest small business loans and mentorship to people living with mental illness and addictions who are interested in pursuing self-employment
- 105 St. George Street
- 1 855 464 RISE (7473) or 647 232 RISE Email: info@riseassetdevelopment.ca

Partnership to Advance Youth Employment (PAYE):

www1.toronto.ca/wps/portal/contentonly?vgnextoid=9911234a8263b410VgnVCM10000071d60f89RCRD

- Contact: Call: 416 397 JOBS (5627) Email: paye@toronto.ca

HEALTH

EMOTIONAL HEALTH: COUNSELLING

Central Neighborhood House Street Survivor Outreach: www.cnh.on.ca

- Programs for children and youth, new Canadians, families, women and seniors
- 349 Ontario Street
- Contact: Call: 416 9254363 Email: central@cnh.on.ca

Canadian Mental Health Association (CMHA) Toronto: www.toronto.cmha.ca

- 700 Lawrence Avenue West,
- Contact: Call: 416 789 7957

Community Mental Health Centre:

www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Community_Mental_Health

- Provide mental health services, including individual and group therapy
- Toronto Western Hospital East Wing - 9th Floor - 399 Bathurst St
- Contact: Call: 416 603 5747

Contact Mental Health Outreach:

www.stmichaelshospital.com/programs/mentalhealth/community.php

- St. Michael's Hospital - 30 Bond St.
- Care for adults experiencing mental health and concurrent disorder difficulties

Family Matters Peer Support and Recovery Program:

www.mooddisorders.ca/program/family-matters-peer-support-and-recovery-program

- Free support and recovery programs
- Mood Disorders Association of Ontario - 36 Eglinton Ave W Suite 602
- Contact: Call: 416 486 8046

Gatehouse Child Abuse Investigation & Support Site: www.thegatehouse.org

- Supports, resources, and advocacy on behalf of those impacted by childhood sexual abuse
- Services for children and youth
- 3101 Lakeshore Blvd. West
- Contact: Call: 416 255 5900

Margaret's: www.margarets.ca

- Provides a continuum of housing and support services for individuals with mental illness, encompassing crisis, interim and long-term solutions for women 18 years and over, and their families
- 301 Broadview Ave
- Contact: Call: 416 463 1481

Narrative Competence Therapy

- Joan Barr
- OHIP covered
- 19 Alvin Ave
- Contact: Call: 416 929 4587

Out of the Storm: www.outofthestorm.website

- Online support forum for people experiencing Complex Post Traumatic Stress Disorder
- Contact: Email: OOTSManager@gmail.com

Renasant Family Care: www.renascent.ca

- Addictions care and support
- 38 Isabella St
- Contact: Call: 1 866 232 1212 Email: info@renascent.ca

Supporting Transitions and Recovery (STAR) Learning Centre:

www.stmichaelshospital.com/programs/mentalhealth/star.php

- St. Michael's Hospital - 30 Bond St
- Helps people discover or rediscover activities that are meaningful to them
- Contact: Call: 647 302 STAR (7827) or 1-855-592-STAR Email: STAR@smh.ca

Street Health Mental Health Outreach: www.streethealth.ca

- Improves the health and wellbeing of homeless and under housed people in downtown Toronto
- Supports clients' ability to access other services
- 338 Dundas Street East & 301 Broadview Ave
- Contact: Call: 416 463 1481

Woodgreen Community Service: www.woodgreen.org

- Walk-in Counselling Service
- 815 Danforth Ave, Suite 100
- Contact: Call: 416-645-6000 x 1100 Email: info@woodgreen.org

Youthdale Treatment Centre www.youthdale.ca

- Residential treatment centres in various locations for youth 12-18 years with emotional and behavioural challenges
- Outpatient counselling and assessment for youth and their families
- Sleep centre
- 227 Victoria St
- Contact: Call: 416 368 4896

Counselling & Social Support in Toronto, Free & Low-Cost:
www3.sympatico.ca/beth/free_counselling_Greater_Toronto_Area.htm

OHIP Covered CBT Therapists
www.selfhelp.on.ca/2015/08/cbt-therapists-ohip-covered

EMOTIONAL HEALTH: CRISIS

Dixie Bloor Neighbourhood Centre

- Walk in hours: Thursdays 9am-8pm, last walk in session is at 6pm
- 3650 Dixie Rd

Gerstein Crisis Line and Mobile Team www.gersteincentre.org

- Contact: 416 929 5200

Integrated Community Mental Health Crisis Response program

- Etobicoke and North York
- Contact: 416 498 0043

Mobile Crisis program

- Scarborough & East York
- Contacts: 416 289 2434

St. Elizabeth Mobile Crisis

- North York & Etobicoke
- Contact: 416 498 0043

EMOTIONAL HEALTH: EXERCISES/ACTIVITIES

Eye Movement Desensitization and Reprocessing (EMDR):

- Therapeutic care for people reliving images, sounds, feelings etc. from a traumatic event www.youtube.com/watch?v=OlfQIRJEsYk
- Recommended you have supportive therapist, peer worker, friend, etc. to debrief experiences.

Narrative Therapy Exercise

www.nathanbweller.com/tree-life-simple-exercise-reclaiming-identity-direction-life-story

- Nathan Weller
- Exercise creates a visual metaphor of the past, present, and future while creating a story of how one may move forward while understanding the past

Snoezalan Room: www.tinyurl.com/zeobvyx

- Multi-sensory environment filled with lighting effects, shapes, textures, aromatherapy, soft music and colours.
- Creates a stress-free environment designed specifically for individuals with disabilities.
- \$6.50 for 45 min session
- Inside the Agincourt Recreation Centre, 31 Glen Watford Dr
- Contact: Call: 416

EMOTIONAL HEALTH: HELPLINES

Connex Ontario Health Services: www.connexontario.ca

- Drug and Alcohol Helpline 1 800 656 8603 www.drugandalcoholhelpline.ca
- Mental Health Helpline 1 800 531 2600 www.mentalhealthhelpline.ca
- Ontario Problem Gambling Helpline 1 800 230 3505 www.problemgamblinghelpline.ca

Distress Centre of Toronto

- Contact: 416 408 HELP

Krasman Centre Warm Line: www.krasmancentre.com

- Contact: 1 888 777 0979

Mood Disorders Association of Ontario Warm Line: www.mooddorders.ca

- 9:30am-5pm Monday to Friday
- Contact: 1 866 363 MOOD (6663)

Progress Warm Line: www.warmline.ca

- 8pm-12am Every night
- Contact: Call: 16-960-WARM Text: 647-557-5882

EMOTIONAL HEALTH: MEDITATION

Center for Mindful Self-compassion: www.centerformsc.org/practice-msc/guided-meditations-and-exercises

- Online practice resources and audio meditations

Free Mindfulness Project: www.freemindfulness.org/download

- Online resource with audio meditations

Greater Good: A Science of a Meaningful Life

www.greatergood.berkeley.edu/topic/mindfulness/definition

- Online resource for understanding and implementing mindfulness into life

Mindful Mood: www.mindfulmood.com

- Ginny McFarlane
- OHIP covered
- 2243 Queen St E
- Contact: Call: 416 686 2138

Mindful Self-Compassion: www.mindfulnesscompassion.org

- Online resources and audio meditations

Mindfulness Everyday: www.mindfulnessseveryday.org

- Online resources and Toronto based workshops and resources for youth and adults
- 20 Guildwood Parkway PH03
- Contact: Call: 416 267 4707 Email: info@mindfulnessseveryday.org

Mindfulness Without Borders: www.mindfulnesswithoutborders.org

- Toronto workshops for youth and adults
- 1 Benvenuto Place, Suite 501
- Contact: Email: info@mwithoutborders.org

Meditation for Health Lucinda Sykes: www.meditationforhealth.com

- OHIP covered
- 720 Spadina Ave Suite 509
- 416 413-9158

St. Joseph's MBCT collaboration: www.mindfulnessstudies.com/social-program/st-josephs-mbct-collaboration/

- Provides quality, effective mental health services to the most vulnerable and under-served populations in Toronto

MIND/BODY HEALTH: PRACTICES: Tai Chi/Qigong

Canadian Chinese Health Qigong Organization:

www.cchealthqigong.ca/aboutus/membership.html

- \$20 for 6 months!!
- Cummer Community Centre Health
- 6000 Leslie Street, North York
- Contact: Email: info@cchealthqigong.ca

Eight Branches: www.eightbranches.ca/qi-gong/

- \$17 per class on Monday nights from 6:30pm-7:30pm
- 358 Dupont Street

Toronto Qigong: www.torontoqigong.com/index.php/contact-us/

- \$20 a class, with lower overall prices if you sign up for more
- Wuji Xuan Life Wellness Center - Shops @ AURA (lower level)
- 384 Yonge St, #86 Toronto, ON
- Contact: Call: 647 932 7888 Email: zac@zacharylui.ca

Tai Chi Toronto Moving Meditation:

www.central.canada.taoist.org/content/standard_ca_to.asp?name=CA_Toronto_Home

Contact for class times or check website for locations outside of the GTA

- 1376 Bathurst Street
Contact: 416-656-7479
- 1430 Kingston Road
Contact: 416-461-1043
- 134 D'arcy Street
Contact: 416-656-2110

Tai Chi for Beginners

Instructional 45 minute video

www.youtube.com/watch?v=hIOHGrYCEJ4

MIND/BODY HEALTH: PRACTICES: Yoga

Breathe Yoga: www.breatheyogastudio.com

- Trade your time cleaning and working reception for yoga classes
- 2968 Dundas St W
- Contact: Call: 416 926 YOGA (9642)

Esther Myer Yoga: www.estheriyoga.com

- 390 Dupont, Suite 203
- Contact: Call: 416 944 0838

Lotus Yoga Centre: www.lotusyogacentre.com

- The techniques in Kundalini Yoga help you to connect more deeply with yourself, and become more fully present and aware in each moment.
- 100 Harbord Street, 2nd Floor
- Contact: Email: info@lotusyogacentre.com

Meet up: www.meetup.com/topics/free-yoga-classes/ca/on/toronto/**Moksha (hot) Yoga**

- Trade your time cleaning and working reception for yoga classes
- www.mokshayogadanforth.com / 372 Danforth Ave / 416 778 7744
- www.mokshayogadowntown.com / 577 Wellington St W / 416 361 3033
- www.mokshayogabloorwest.com / 2454 Bloor St W #2 / 416 766 9642

Sahaja Yoga: www.sahajayoga.ca/Ontario/Meetings.htm#TorontoBeaches

- Free yoga
- Beaches Toronto Public Library - 2161 Queen Street West
 - Mondays from 6:30 to 8pm
- UofT O.I.S.E campus - 252 Bloor Street West
 - Thursdays at 6:30pm
- Call 1 866 850 YOGA for more info

Healing Yoga for Trauma

Reconnect mind, body, and spirit 25 minute video

www.youtube.com/watch?v=QAa6H3QHPL8

Many yoga studios throughout the city offer work exchange for classes.

Look for a studio in your area www.yogatoronto.ca

For More Free Yoga Resources

www.shevasana.ca/2015/02/17/free-yoga-toronto

MIND/BODY HEALTH: SERVICES: Acupuncture**Acupuncture for Addictions Service**

- Toronto Western Hospital
- 399 Bathurst Street, East Wing – 9th floor
- Contact: Call: 416 603 5776

- Monday to Friday 8:30 am to 4:30 pm

Shiatsu School of Canada: www.shiatsucanada.com

Professional and Student Clinics

- 455 Spadina Avenue, Suite 300
- Contact: Call: 416 323 1818 Ext. 23 Email: info@shiatsucanada.com

Six Degrees Health: www.sixdegreeshealth.ca

- Community Acupuncture: Regular treatment (60 mins) \$30-\$75, Additional sessions same week (45-60 mins) \$15-\$35
- 204 Spadina Avenue, 2nd Floor
- Contact: Call: 416-866-8484

Toronto Acupuncture Studio: www.torontoacupuncturestudio.com

- \$20-\$40 per visit or volunteer and trade your time working reception for acupuncture sessions. Ask for discounts if on OW/ODSP.
- 1116 College Street
- Contact: Call: 647 700 4644

Toronto Community Acupuncture: www.communityacupuncturetoronto.ca

- \$20-\$40 per visit
- 27 Davies Ave
- Contact: Call: 416 405 8222

MIND/BODY HEALTH: SERVICES: Chiropractic

Canadian Memorial Chiropractic College: www.cmcc.ca

- Initial visit \$30, Subsequent visits \$20
- 6100 Leslie St
- Contact: Call: 416 482 2546

PHYSICAL HEALTH: DENTAL HEALTH: Free Dental Care

NORTH	SOUTH
<p>Lawrence Heights Community Health Centre</p> <ul style="list-style-type: none"> • 12 Flemington Rd • Contact: 416-338-2025 <p>North York Civic Centre</p> <ul style="list-style-type: none"> • 5100 Yonge St., Ground Floor, • Contact: 416-338-839 <p>Rexdale Community Centre</p> <ul style="list-style-type: none"> • 8 Taber Road, on Kipling north of Rexdale • Contact: 416-338-1790 <p>York Community Centre</p> <ul style="list-style-type: none"> • 1651 Keele St • Contact: 416-338-1224 	<p>235 Danforth Ave., east of Broadview</p> <ul style="list-style-type: none"> • Contact: 416-392-0934 <p>277 Victoria St., 2nd floor at Dundas St.</p> <ul style="list-style-type: none"> • Contact: 416-392-6680 <p>340 College St., suite #370 at Major St., west of Spadina</p> <ul style="list-style-type: none"> • Contact: 416-392-1410 <p>791 Queen St. East at Boulton, one block east of Broadview</p> <ul style="list-style-type: none"> • Contact: 416-392-6683
WEST	EAST
<p>2340 Dundas St W at Bloor St. West</p> <ul style="list-style-type: none"> • Contact: 416-392-0988 <p>95 Lavinia Ave. near Runnymede and Bloor</p> <ul style="list-style-type: none"> • Contact: 416-392-1777 <p>Etobicoke Civic Centre</p> <ul style="list-style-type: none"> • 399 The West Mall, • Contact: 416-338-1486 <p>L.A.M.P. 185 Fifth St, north of Lakeshore Boulevard</p> <ul style="list-style-type: none"> • Contact: 416-252-8576 <p>Smile City Dental: www.dentistrywithcaretoronto.ca</p> <ul style="list-style-type: none"> • Accepts OW, ODSP, conventional refugee/refugee claimant, First Nations. • 1554A Bloor St. West • Contact: 416-539-9887 	<p>Dr. Hilary Ma</p> <ul style="list-style-type: none"> • ODSP Dental cards accepted • 1000 Gerrard St E • Contact: 416-466-4788 <p>Scarborough Civic Centre</p> <ul style="list-style-type: none"> • 160 Borough Dr • Contact: 416-338-7442 <p>The Hub</p> <ul style="list-style-type: none"> • 2660 Eglinton Avenue East • Contact: 416 -338-3764

PHYSICAL HEALTH: DENTAL HEALTH: Low Cost Dental Care

<p>Faculty of Dentistry, U of T</p> <ul style="list-style-type: none"> • 101 Elm Street, Toronto • Adult Clinic Contact: 416-979-4927 • Paedodontic (children) Clinic Contact: 416-979-4925 ext. 4319 • Orthodontic (straightening of teeth) Clinic Contact: 416-979-4931 ext 4351 • Open September to June <p>George Brown College, Casa Loma Campus</p> <ul style="list-style-type: none"> • Low cost cleanings, small fillings and dentures • 175 Kendal Avenue, Toronto • Contact: 416-415-4547 <p>Inner City Health Associates: www.icha-toronto.ca/node/211</p> <p>Maddison Centre Hygiene</p> <ul style="list-style-type: none"> • Hygiene services only • 4950 Yonge St. Unit 15 (Concourse level) • Contact: 416-222-0500 <p>Queen West Community Health Centre</p> <ul style="list-style-type: none"> • All Toronto residents, reduced prices • 168 Bathurst Street, Toronto • Contact: 416-703-8481 <p>Regency Dental Hygiene Academy</p> <ul style="list-style-type: none"> • Hygiene services only • 481 University Ave. • Contact: 416-341-0100 	<p>Regent Park Community Centre</p> <ul style="list-style-type: none"> • All Toronto residents • 465 Dundas St. E., Toronto, • Contact: 416-364-7019 <p>Shout, Dental Treatment Clinic</p> <ul style="list-style-type: none"> • Free services for youth, aged 16-24 years, must be homeless • 467 Jarvis Street • Contact: 416-927-8553 <p>Smiles 4 Canada: www.smiles4canada.yourmileourspecialty.ca/</p> <ul style="list-style-type: none"> • Facilitates the orthodontic treatment of young Canadians who would otherwise not be able to afford treatment. • 2800 – 14th Ave., Suite 210 • Contact: E-mail: administration@smiles4canada.ca <p>Toronto College of Hygiene</p> <ul style="list-style-type: none"> • Hygiene services only • 300 Steep Rock Drive • Contact: 416-423-3099 <p>Urban Dental Clinic</p> <ul style="list-style-type: none"> • For youth and low-income adults • Free emergency dental care • 3000 Lawrence Ave. East, Building A, 2nd floor • Contact: 416-289-4349
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PHYSICAL HEALTH: ENVIRONMENTAL HEALTH

David Suzuki Foundation: www.davidsuzuki.org

- Green cleaning and personal hygiene product recipes
- Helps to conserve our environment and find solutions that will create a sustainable Canada through science-based research, education and policy work

Environmental Working Group: www.ewg.org

- Consumer guides for environmentally friendly and healthy cosmetics, personal care products, produce, seafood, water filters, cleaning products, & much more!
- Helps to empower people to live healthier lives in a healthier environment. With breakthrough research and education, we drive consumer choice and civic action.

PHYSICAL HEALTH: FOOD BANKS

<p>416 Community Support for Women 416 Dundas St. E. Dundas/Parliament 416-928-3334 x223</p> <p>Adelaide Resource Centre for Women 67 Adelaide St E 416-392-9243</p> <p>Agincourt Community Services</p> <p>4155 Sheppard Ave. E., Suite 100, Midland/Sheppard 416-321-4901</p> <p>Agincourt Pentecostal Church 2885 Kennedy Rd. Kennedy/Finch 416-291-9575 x 247</p>	<p>All Nations International Development Agency, Project NOAH: www.anida.org No fee, open to all ID and proof of address required Wheelchair accessible Wednesdays 9am-2pm 4401 Steeles Ave West 416 665 9964 ext 224</p> <p>Allan Gardens www.dailybread.ca Wheelchair accessible Thurs 12:30-3:30 Fri 10:30-12 & 1-3:20 353 Sherbourne St. Carlton/Sherbourne 416-509-7478</p> <p>Archway 1451 Queen St. W. Queen/Jameson 416-535-8501 x7531</p>	<p>ArtHeart www.artheart.ca 237 Sackville St. 416-203-0034</p> <p>Beach Interfaith Lunch Program 140 Wineva Ave Woodbine Ave/Queen St 416-691-8082</p> <p>Braeburn Neighbourhood Place 75 Tandridge Cres. Albion/N. of Weston 416-745-3113</p> <p>Calvary Baptist Church 72 Main St. Main/Kingston 416-691-2899</p> <p>Canadian Red Cross Mobile Food Bank 21 Randolph Ave. York Mills/Leslie 416-444-4537 x117</p>
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<p>Canadian Red Cross, Scarborough Drop-In Centre: www.redcross.ca Intake: proof of income, address and ID Wheelchair accessible Mon 9-5 Sat 10-2 202 Markham Road 416-267-0115</p> <p>Caribbean Canadian Catholic Centre 867 College Street 416-534-1145</p> <p>Christie Ossington Neighbourhood Centre www.conccommunity.org 854 Bloor Street W. 416-534-8941</p> <p>Christ Church St. James Food Pantry 194 Parklawn Rd. Parklawn/Queensway 416-251-8711</p> <p>Church in the City Cornerstone Outreach 152 The Esplanade 416-203-7117</p> <p>Church of the Holy Trinity 10 Trinity Sq 416-598-4521</p> <p>Church of the Redeemer 162 Bloor St W (lower level) 416-922-4948</p> <p>The Corner Drop-in 260 Augusta Ave 416-925-2103 ext.2260</p>	<p>Churches by the Bluffs www.bluffsfoodbank.com Proof of income and address Wheelchair accessible Thurs 1-3:30pm & 6-7pm 33 East Rd. Warden/Kingston 416-436-8464</p> <p>Churches On The Hill 230 St. Clair Ave. W 416-967-3842</p> <p>Community Alliance 1 McCowan Rd. McCowan/Kingston 416-282-9786 x2</p> <p>Community Food Room at Ryerson 55 Gould St. SCC-212 Church/Gould 416-979-5255 x2334</p> <p>Community Share Food Bank Church of the Ascension www.communitysharefoodbank.org Proof of address, income and expenses, wheelchair accessible Tues, Sat 9:30-11:30am 33 Overland Drive 416-444-8881</p> <p>Council Fire Native Cultural Centre 439 Dundas St. E. Parliament/Dundas 416-360-4350 x245</p> <p>Covenant House 20 Gerrard St. E. Yonge/Gerrard 416-204-7045</p> <p>CRC 40 Oak St 416-363-4234</p>	<p>Daily Bread Food Bank www.dailybread.ca Wheelchair accessible Mon & Fri 10:30-3 Tues & Wed 1-6 191 New Toronto St. Islington/Lakeshore 416-203-0050 x265</p> <p>Delta Family Resource Centre: www.dfrc.ca Wheelchair accessible 1430 Sheppard Ave. West Every 2nd Wed, 2-4pm 416-395-2860</p> <p>Eastview Community Centre 86 Blake St. Pape/Danforth 416-392-1750 x307</p> <p>Eva's Phoenix 11 Ordnance St. King/Wellington 416-364-4716 x234</p> <p>East End Meeting Place 4100 Lawrence Ave E 416-847-4141</p> <p>Emmanuel Howard Park United Church 214 Wright Ave 416-536-1755</p> <p>Evangel Hall 552 Adelaide St W 416-504-3563</p>
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<p>Flemingdon Park Ministry: Intake assessment wheelchair accessible Tues/Wed 2:30-4:30 Fri 11am-12:45pm Thurs 10:30-12:30, 2:30-3:30 (singles only/pick-up) *Closed 5th week of the month 10 Gateway Blvd 416-425-1841</p> <p>Fort York Food Ban 797 Dundas St. W. (main floor), Bathurst/Dundas 416-203-3011</p> <p>Fred Victor Centre 145 Queen St E 416-364-8228</p> <p>Fred Victor 24-Hour Women's Drop-In (women only) 67 Adelaide St E 416-392-9292</p> <p>George Brown College Food Bank Casa Loma 142 Kendal Ave., Suite E100, Davenport/Kendal 416-415-5000 x6314</p> <p>George Brown College Food Bank 200 King St. E., Rm 165B St. James, Jarvis/King 416-415-5000 x2845</p> <p>Glen Rhodes United Church 1470 Gerrard St. E Gerrard/Coxwell 416-465-3858</p>	<p>Good Neighbours Club (men 50+) 170 Jarvis St 416-366-5377</p> <p>Good Shepherd Drop-In 412 Queen St E 416-869-3619</p> <p>Grace Church of the Nazarene 624 Annette St 416-762-3322</p> <p>Haven on the Queensway 1533 The Queensway Kipling/Queensway 416-640-2005</p> <p>High Park Baptist Church 9 Hewitt Ave 416-534-4225</p> <p>Hope Community Development International 507 Oakwood Ave Vaughan/Oakwood 416-546-9475</p> <p>Houselink Drop-In Centre 805 Bloor St W 416-539-0690</p> <p>Juliette's Place (Homeward Family Shelter) 1325 Neilson Rd. 416-724-7322 x228</p> <p>LAMP Community Health Centre 185 Fifth St 416-252-6471</p> <p>Lighthouse 1008 Bathurst St. 416-535-6262</p> <p>Lourdes Food Bank 275 Bleeker St. Wellesley/Sherbourne 416-972-0630</p>	<p>Mabelle Food Program 49 Mabelle Ave Dundas/Burnhamthorpe 416-621-6607</p> <p>Malvern Healthy Community Cupboard 20 Sewells Road Sheppard/Nielson 416-321-4901</p> <p>Margaret Frazer House 301 Broadview Ave Broadview/Gerrard 416-463-1481</p> <p>Meadowvale East Apostolic Church 1510 Warden Ave Warden/Ellesmere 416-385-1140</p> <p>Miracle Temple Ministries Food Bank 7 Sheffield St Keele/Lawrence 416-247-1769</p> <p>Native Canadian Centre 16 Spadina Rd Bloor/Spadina 416-964-9087</p> <p>Mustard Seed 791 Queen St E 416-465-6069</p> <p>Native Child & Family Services of Toronto Drop-In 655 Bloor St W 416-969-8510</p> <p>Native Women's Resource Centre 191 Gerrard St. E Sherbourne/Gerrard 416-963-9963</p>
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<p>Oasis Dufferin Community Centre 1219 Dufferin St Dufferin/Bloor 416-536-4431</p> <p>Ontario Vegetarian Food bank 240 Finch Ave West, Unit 10 2370 Midland Ave, Unit B5 416-744-HELP</p> <p>Osgoode Hall 130 Queen St W 416-947-3439</p> <p>Our Place Community of Hope Centre 1183 Davenport Rd 416-598-2919</p> <p>Our Saviour Lutheran Church 2705 Islington Ave 416-741-2110</p> <p>Pape Food Bank 746 Pape Ave 416-466-3040 x13</p> <p>Patterson Presbyterian Church Food Bank 109 Harvie Avenue S 416-654-8072</p> <p>Parkdale Community Food Bank 1316 King St. W King/McCowan 416-532-2375</p> <p>Rainbow/Korean Info and Social Services 720 Ossington Avenue, 416-531-6701</p>	<p>Red Cross Downtown A 41 Earl St 647-883-7133</p> <p>Red Cross Downtown B 54 Hayden St 647-883-7133</p> <p>Red Cross Drop-In Scarborough 202 Markham Rd 416-267-0115</p> <p>Saint Luke's United Church 353 Sherbourne St 416-924-9619</p> <p>Salvation Army 789 Dovercourt Rd 416-532-4511</p> <p>Salvation Army Community and Family Services www.salvationarmy.ca 77 River Street 416-304-1982</p> <p>Salvation Army Gateway Drop-In 107 Jarvis St 416-368-0324</p> <p>Sanctuary 25 Charles St E 416-922-0628</p> <p>Scott Mission 502 Spadina Ave 416-923-8872 x111</p> <p>SDA Oshawa 1170 King St. E Townline/King 1-905-433-8800</p> <p>Sharing Place www.thesharingplace.ca Church of the Nazarene 624 Annette Street NE 416-762-3322</p>	<p>Sistering A Woman's Place (women only) 962 Bloor St W 416-926-9762</p> <p>Sistering Parkdale (women only) 220 Cowan Ave 416-588-3939</p> <p>Simcoe Hall Settlement House 387 Simcoe St. S 905-728-7525</p> <p>Sorauren Food Ban 1499 Queen St. W. Roncesvalles/High Park 416-645-0490</p> <p>St. Ann's Parish Food Bank 121 First Ave Broadview/Gerrard 416-466-2127</p> <p>St. Andrew's Church 73 Simcoe St 416-593-5600</p> <p>St. Bartholomew's Food Programs 509 Dundas St. E. Parliament/Dundas 416-368-9180</p> <p>St. Bart's Breakfast 509 Dundas St E 416-368-9180</p> <p>St. Felix Centre 25 Augusta Ave 416-203-1624</p> <p>St. Francis Table 1322 Queen St W 416-532-4172</p>
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<p>St. James Cathedral 65 Church St 416-364-7865</p> <p>St. James Food Basket 400 Burnhamthorpe Rd 416-622-4114</p> <p>St John the Compassionate Mission www.stjohnmission.org 155 Broadview Avenue 416-466-1357</p> <p>St. Monica's Place 1324 Gerrard St. E Gerrard/Greenwood 416-466-3415</p> <p>St. Ninian's Food Bank 930 Bellamy Rd. N. Brimorton/Bellamy 416-438-3750</p> <p>St. Paul's Basilica Food Bank 83 Power St. Parliament/Queen 416-364-7588</p> <p>St. Stephen's Presbyterian Church 3817 Lawrence Ave. E 416-431-0841</p> <p>Streetlight Support Services 674 Markham St Bathurst/Bloor 416-534-4572</p> <p>Syme Woolner 190 Woolner Ave Jane/Woolner 416-766-2741</p>	<p>Syme-Woolner Neighbourhood and Family Centre 2468 Eglinton Ave W 416-766-4634</p> <p>Teesdale Place Food Bank 40 Teesdale Place Danforth/Pharmacy 416-450-6365</p> <p>The Branch Church 69 Long Branch Ave 905-783-2330</p> <p>The Stop Community Food Centre 1884 Davenport Rd Davenport/Symington 416-652-7867 x227</p> <p>Toronto Adventist Community Services 150 Bentworth Ave Caledonia/Lawrence 416-780-1697</p> <p>Toronto East S.D.A. Church 170 Westwood Ave Pape/Danforth 416-696-5784</p> <p>Toronto People With AIDS Foundation 194 Gerrard St. E Gerrard/Sherbourne 416-506-8606 x208</p> <p>Toronto Council Fire Native Cultural Center 439 Dundas St E Parliament St/Dundas StW 416- 360-4350 ext 245</p> <p>Toronto Vegetarian Food Bank 70 Gerrard St. E. (North side of Gerrard) 647-878-6516</p>	<p>Toronto East Seventh- Day Adventist Church Food Bank 170 Westwood Ave 416-696-5760</p> <p>Toronto Tamil Seniors' Association Adults 55 years and over and their families 275 Bleecker Street, Basement 416-323-9086</p> <p>U of T Food Bank 300 Huron St., 12 Hart House Circle, Huron/Spadina 416-978-4911 x224</p> <p>Vaughan Road Food Bank 275 Vaughan Rd Vaughan/Pinewood 416-652-6209</p> <p>Walmer Road Baptist Church 188 Lowther Ave Spadina/Bloor 416-924-1121</p> <p>Warden Woods CC Teesdale Drop-In 40 Teesdale Pl 416-694-1138</p> <p>Warehouse Mission 252 Carlton St, 3rd Floor 647-228-3472</p> <p>Wesley Mimico United Church 2379 Lakeshore Blvd W 416-251-5811</p>
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<p>West Hill Community Services 4100 Lawrence Ave. E. Galloway/Lawrence 416-847-4141</p> <p>Weston-King Neighbourhood Centre 2017 Weston Rd 416-241-9898</p> <p>Women's Health in Women's Hands (Chakula Bora) 2 Carlton St., Suite 500 Yonge/Carlton 416-593-7655</p> <p>Woodbine Heights Baptist Church 1171 Woodbine Ave. Woodbine/Sammon 416-467-1462</p> <p>WoodGreen Community Services Drop-In 650 Queen St E 416-645-6000</p> <p>Woodgreen's Pet food bank 650 Queen St . E 416-645-6000 ext 100</p> <p>Wychwood Open Door 729 St Clair Ave W 416-652-0857</p> <p>YMCA O'Connor Focus Community 1420 Victoria Park Victoria Park/O'Connor 416-752-8595</p> <p>Yonge St. Mission 270 Gerrard St. E.Parliament/Gerrard 416-929-9614 x256</p>	<p>Yonge Street Mission's Evergreen Centre of Street Youth (youth 16-24) 381 Yonge St 416-977-7259</p> <p>Yonge Street Mission New Hope Fellowship 270 Gerrard St E 416-929-9614</p> <p>YMCA Drop-In (youth 16-24) 7 Vanauley St Contact: 416-603-6366</p>	
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PHYSICAL HEALTH: MEALS: Free

Eastview Neighbourhood Community Centre: www.eastviewcentre.com

- Multiservice Centre including drop in meals, foodbank, nutrition programs and more. Wheelchair accessible.
- Meal drop in Tuesday and Thursday 12 noon - 2:00 pm
- Toronto Downtown East, 86 Blake Street
- Contact: Call: 416 392 1750

Fort York Food Bank & Community Drop-In Centre: www.fyfb.com

- Drop-in centre includes hot meals and coffee, clothing and book exchange, counselling, resource library, access to computers. Not wheelchair accessible
- Drop-in Centre Hours: Tuesday-Saturday 9am-2pm, *lunch is served 12-2pm
- Toronto Downtown West, 797 Dundas Street West

Parkdale Activity Recreation Centre: www.parc.on.ca

- Co-op Cred Program: In exchange for labour, participants earn co-op creds that can then be used to purchase local, healthy food at the West End Food Co-op or the Sorauren Farmers Market.
- 1499 Queen Street West
- Contact: Call: 416 537 2262

The Stop Community Food Centre www.thestop.org

- Dietetic counselling, drop-in meals, demonstrations on how to make low-cost, healthy, and delicious meals, food bank, perinatal program, community action program, bake ovens and markets, community cooking, community advocacy, sustainable food systems education and urban agriculture.
- 1884 Davenport Rd
- 601 Christie St
- Contact: Call: 416 651 7867

Yonge Street Mission, Evergreen Centre for Street Youth: www.ysm.ca

- Street youth 16-24 years, wheelchair accessible
- Meals and program hours: Monday-Friday 1-5pm
- Toronto Downtown Central, 381 Yonge St, Toronto

PHYSICAL HEALTH: MEALS: Under \$5

Baguette & Co: www.facebook.com/Baguetteco

- Grilled tofu, pork, chicken and beef sandwiches with all the fixings (butter, pâté, pickled daikon and carrot) are all under \$4, \$1 upsize to a large baguette
- 1643 DuPont

East York Meals on Wheels: www.eastyorkmealsonwheels.org

- Older adults and adults with disabilities
- Hot/chilled meals delivered Sunday-Friday, *Sat meals delivered Friday
- *Vegetarian-special diet and frozen meals available
 - * Hot meal: \$6.50
 - * Frozen entrée: \$4.95
 - * Package of 7 frozen entrées: \$33.25 (\$4.75 each entrée)
- Call for pre-registration
- 2 Thorncliffe Park Drive, Unit 52, East York
- Contact: Call: 416 424 3322

Eat Right Ontario: www.eatrightontario.ca/en/Default.aspx

- Speak directly with a Registered Dietitian
- Contact: Call: 1 877 510 5102

EI Furniture Warehouse

- All meals are \$4.95
- Open from 11am-2am
- 410 Bloor St W
- Contact: Call: 647 350 7326

Friends Restaurant: www.fredvictor.org/friends_restaurant_catering

- A community restaurant for people that are on a fixed or low income
- Every weekday, Friends Restaurant serves two, low-cost and nutritious meals
- Hours: 10-11:30am for brunch; 4-5:30pm for dinner
- The cost of brunch is \$1.50 and the cost of dinner is \$2.50
- 145 Queen Street East

FoodShare Toronto: www.foodshare.net

- 120 Industry Street – Unit C
- Contact: Call: 416 363 6441 Email: info@foodshare.net

Gales Snack Bar

- Club sandwiches for \$2.50, a “cheeseburg” for \$1.35 and a hot turkey sandwich with fries for \$3.75, shakes are \$1.50 and “pies per cut” are \$1.25
- Hours: 10am-6pm Mon-Fri, Sat 10am-5pm
- 539 Eastern Ave

Jumbo Empanadas: www.jumboempanadas.ca

- Hefty empanadas stuffed with beef or chicken, hard-boiled eggs, olives and raisins for \$4.50 a piece
- Hours: Mon-Sat 9am-8pm, Sun 11am-6pm

- 245 Augusta Ave
- Contact: Call: 416 977 0056 Email: jumboempanadas@gmail.com

Kitch: www.kitchbar.com

- \$5 menu of carby, cheesy chow, including quesadillas, mac 'n' cheese, pierogi and a stellar burger topped with tortilla chips and nacho
- 229 Geary St
- Contact: Call: 647-350-4555 Email: info@kitchbar.com

Native Canadian Centre

- Lunch \$2 unemployed/\$3 employed
- 16 Spadina Rd
- Contact: Call: 416 964 9087

PHYSICAL HEALTH: NUTRITION SUPPORT SERVICES

Dietitians of Canada: www.dietitians.ca

- Contact: Call: 416 596 0857

Naturopath: www.rsnc.ca

- Adult \$42, Seniors \$31.50, Students \$16.50
- 1255 Sheppard Avenue East, Robert Schad Naturopathic Clinic
- Contact: Call: 416 498 9763

Nutritionist

- Free half hour consultations with Sheila Ream from Nutritionist in the House
- Community Centre 55, 97 Main Street
- Contact: Call: 416 691 1113

PHYSICAL HEALTH: PHYSICAL ACTIVITY

Hone Fitness: www.honefitness.com

- \$10 a month plus \$129.95 enrollment free

Fit4Less: www.fit4less.ca

- \$10 a month for basic membership, \$20 a month for premium membership plus \$44 joining fee

The Running Room: www.runningroom.com/hm/inside.php?id=3012

- Each location has a free Run Club that has practice runs and walks from all Running Room locations

YMCA: www.ymcagta.org/about-us

- Community health that embodies all aspects of physical, mental and social well-being
- Visit website for location nearest you

SVVEAT: www.svveat.com

- Offers a simple way to search for free workouts in your community – making it easy for you to focus on your fitness goals.
- Website updated regularly with free workouts in Toronto.

PHYSICAL HEALTH: SEXUAL HEALTH

Anne Johnston Health Station: www.ajhs.ca

- Birth control pick-up for the youth sexual health clinic finishes 30 min prior to closing hours
- 2398 Yonge Street at Montgomery, 2 blocks north of Eglinton Ave
- Contact: Call: 416 486 8666

Birth Control and Sexual Health Centre: www.birthcontrolsexualhealth.ca

- *Anonymous HIV testing, including rapid HIV test
- Hours: Mon 2-5pm; Tues 4-7pm; Wed 12-5pm; Thurs 5-8pm; Fri 12:30-4:30 pm
By appointment only
- 960 Lawrence Avenue West, Suite 403
- Contact: Call: 416 789 4541

Black Creek Community Health Centre: www.bcchc.com

- Hours (by appointment only): Tuesday 3-4 pm
- Hours (drop-in only): Tuesday 4-6 pm
- 2202 Jane Street, Unit 5, Sheridan Mall site
- Contact: Call: 416 249 8000

Black Creek Community Health Centre: www.bcchc.com

- Hours (drop-in only): Wednesday 2-5:30 pm *New clients arrive before 5 pm
- 1 Yorkgate Boulevard, Suite 202, Yorkgate Mall site
- Contact: Call: 416 246 2388

Crossways Clinic: www.torontocentralhealthline.ca/display/service.aspx?id=151120

- *Rapid HIV testing is available
- Hours: Mon 9:30-12 & 2-6:30; Tues 1-5:30; Wed 9:30-11:30am & 1-3:30pm;
Thurs 12-4; Friday 9:30-12
Drop-in only

- 2340 Dundas Street West
- Contact: Call: 416 392 0999

Flemingdon Health Centre (The Gate): www.fhc-chc.com

- Hours (drop-in only): Monday and Thursday 3-5 pm
- *New clients arrive before 4:30 pm.
- 10 Gateway Boulevard
- Contact: Call: 416 429 4991

Hassle Free Clinic: www.hasslefreeclinic.org

- Provides free medical and counselling services in many areas of sexual health
- 66 Gerrard Street East · 2nd Floor
- Contact: Call: 416 922 0566

Immigrant Women's Health Centre: www.immigranthealth.info

- Providing free, confidential, culturally sensitive and language-accessible sexual health-related clinical services, counselling and support services to women
- Serve clients in 9 languages with all-female Centre and medical staff
- 489 College St., Suite 200
- Contact: 416 323 9986 Email: info@immigranthealth.info

Jane Street Clinic: www.torontocentralhealthline.ca/display/service.aspx?id=151128

- *Rapid HIV testing is available
- Hours (drop-in only): Wed 2-6:30 pm; Thurs 9:30-11:30am & 1-4 pm
- 662 Jane Street
- Contact: Call: 416 338 7272

Planned Parenthood Toronto: www.ppt.on.ca

- Provides primary, sexual and mental health care services to youth ages 13 to 29
- Offers health promotion programming, education, training, and research to improve the health and well-being of Toronto's diverse communities
- Pro-choice, inclusive, youth-friendly, non-judgmental environment.
- 36B Prince Arthur Avenue
- Contact: 416 961 0113 Email: ppt@ppt.on.ca

Rexdale Community Health Centre (John Garland site): www.rexdalechc.com

- Hours (by appointment only): Monday 1-4 pm
- 1701 Martin Grove Road
- Contact: Call: 416 744 0066

Rexdale Community Health Centre: www.rexdalechc.com

- *Anonymous HIV testing, including rapid HIV test
- Hours (by appointment only): Wednesday 1-4 pm

- 8 Taber Road
- Contact: Call: 416 744 0066

Rexdale Youth Resource Centre:

www.centralwesthealthline.ca/display/service.aspx?id=151431

- *Anonymous HIV testing, including rapid HIV test. Clients must be 28 years old or under
- Hours (by appointment only): Thursday 2:45-5:30 pm
- 1530 Albion Road
- Contact: Call: 416 741 8714

Scarborough Sexual Health Clinic:

www.centraleasthealthline.ca/display/service.aspx?id=51535

- *Rapid HIV testing is available.
- Hours (by appointment only): Wednesday 9:30-12 pm; Thursday 9-11:30 am
- Hours (drop-in only): Mon 9:30-12pm & 2-6:30 pm; Tues & Thurs 1-3:30 pm; Wed 2-6:30 pm; Fri 9:30-12 pm
- 160 Borough Drive
- Contact: Call: 416 338 7438

Sexual Education Centre at the University of Toronto: www.sec.sa.utoronto.ca

- Free, confidential, non-judgmental peer support approach to sex education
- Offered to all University of Toronto students, faculty, staff, community members and organizations include: phone support, an informative website, one-to-one peer support, library and resource services, residence and high school talks, Sexual Awareness Week, workshops, referral services
- 21 Sussex Avenue
- Contact: Call: 416 978 8732

Taibu Community Health Centre: www.taibuchc.ca

- Hours (by appointment only): Tuesday 2:30-6:30 pm
- 27 Tapscott Road
- Contact: Call: 416 644 3536

The Talk Shop

- *Rapid HIV testing is available
- Hours (drop in only): Mon & Thurs 2-6:30pm; Wed 9:30-11:30am & 1-3:30 pm
- 5110 Yonge Street
- Contact: Call: 416 338 7000

TRIP Project: www.tripproject.ca

- Provides safer sex and drug information and supplies to party people in Toronto's electronic music communities.
- Contact: Call: 647-822-6435 Email: info@trippproject.ca

Women's College Hospital: Special Treatment Clinic:

www.womenscollegehospital.ca/programs-and-services/bcbc/special-treatment-clinic

- Call Tues, Wed, Thurs between 9-11am to book same day appoint from 4-7pm
- 76 Grenville Street, 3rd Floor
- Contact: Call: 416 351 3800 x2208

Sexual Health Ontario: www.sexualhealthontario.ca

Public health sponsored site, resource to help you find the nearest sexual health centre for counseling and testing

SPIRITUAL HEALTH

Christian Centre Church: www.ccctoronto.com

- 4545 Jane St. Toronto, ON
- Affiliated with Pentecostal Assemblies of Canada
- Contact: Call: 416-661-6770 Email: christiancentre@bellnet.ca

Dodem Kanonhsa

- 55 St. Clair Ave East, 6th Floor
- A space for learning and fostering greater acceptance, understanding and harmony between Aboriginal and non-Aboriginal peoples
- Contact: Call: 416-952-9272

First Unitarian Congregation of Toronto: www.firstunitariantoronto.org

- We are united not by “beliefs” but by “values” including tolerance, compassion and a desire to make the world a more just and humane place for all.
- 175 St Clair Ave W
- Contact: Call: 416 924 9654

ISKCON www.iskcontoronto.blogspot.ca

- 243 Avenue Road
- Toronto Hare Krishna Temple (ISKCON Toronto)
- Contact: Call: 416-922-5415 Email: info@torontokrishna.com

Jain Society of Toronto: www.jsotcanada.org

- A forum to observe and perform various activities related to Jainism, to preserve Jain culture for future generations, and to promote fellowship

- Active engagement in promoting Ahimsa (non-harm) through community awareness and support activities.
- 48 Rosemeade Avenue
- Contact: Call: 416 251 8112 Email: info@jsotcanada.org

Kadampa Meditation Centre Canada: www.kadampa.ca

- Provides a peaceful and relaxed environment in which people can discover the benefits of meditation and modern Buddhism for themselves.
- 631 Crawford Street
- Contact: Call: 416 762 8033 Email: info@kadampa.ca

Kabbalah Centre Toronto: www.toronto.kabbalah.com

- Non-profit organization that makes the principles of Kabbalah understandable and relevant to everyday life
- 678 Sheppard Ave W
- Contact: Call: 416 631 9395 Email: kctoronto@kabbalah.com

Muslim Association of Canada-Masjid Toronto: www.masjidtoronto.com

- 168 Dundas St W
- Contact: Call: 416 596 0507 Email: info@masjidtoronto.com

Toronto Meditation Centre

- 427 Bloor St W
- Contact: Call: 416 539 0234

Toronto Sridurka Hindu Temple: www.durka.com

- 30 Carnforth Rd
- Contact: Call: 416 759 9648 Email: temple@durka.com

Unify: www.unify.org

- We unite community and an audience hungry for transformation and connection through content, classes, synchronous mediation events and social action campaigns.

HOUSING/SHELTER

Central Shelter Intake

- Contact: 416-397-5637

Eva's Initiatives: www.evas.ca

- Homeless youth 16-24, food, transportation, referrals, case management, counselling, harm reduction services for substance use, housing support services

- Not wheelchair accessible, capacity 32
- Contact: Alan Simpson Call: 416 229 1874

Housing Connections: www.housingconnections.ca

- Manages the centralized waiting list for subsidized housing in the City of Toronto.
- Supports singles, seniors and families through the process of applying for and waiting for subsidized housing.
- 176 Elm Street
- Self-serve options 24/7 or Speak to a representative:
 - * Monday to Friday 8:30 am- 4:30 pm
 - * Last Tuesday of every month 10 am - 4:30 pm
- Contact: Call: 416 981 6111

Na Me Res Outreach: www.nameres.org

- Helping Aboriginal men in Toronto lead healthy, self-determined lives
- Emergency shelter for Toronto-based Aboriginal men who are homeless
- 14 Vaughan Road
- Contact: Call: 416 652 0334 Email: general@nameres.org

Toronto Hostel Services Central Family Intake: www.toronto.ca/housing/index.htm

- Centralized hostel access system for homeless individuals and families requiring emergency shelter
- Coordinated shelter placement with family shelters, assaulted women's shelters, shelters for single women and single men, and youth 16 years and older
- Contact: Call: 416 397 5637 Email: cfi@toronto.ca

Woodgreen Community Housing: www.woodgreen.org/ourservices/housing.aspx

- Supports individuals in finding safe, affordable housing, childcare, after-school programs, employment, and training
- Contact: Call: 416 645 6000 ext 1100 Email: info@woodgreen.org

YMCA's LGBTQ2SA Youth Transitional Housing Program: www.ymcagta.org/sprott

- YMCA Sprott House LGBTQ2SA program for ages 16 to 24
- Includes access to a case manager, outreach counsellor and other experienced youth workers who will help them develop personal goals as they prepare for independent living
- To apply, fill out an application form at www.ymcagta.org/sprott

LEGAL

TORONTO AND AREA: **Central**

Downtown Legal Services: www.downtownlegalservices.ca

- Services provided by law students supervised by lawyers
- 655 Spadina Ave, University of Toronto
- Contact: 416 978 6447

Kensington-Bellwoods Community Legal Services: www.kbcls.org

- 489 College St., Suite 205
- Contact: 416 924 4244

Law at the Library:

www.torontopubliclibrary.ca/programs-and-classes/featured/law-at-the-library.jsp

- Free info for common legal problems

Neighbourhood Legal Services: www.nlstoronto.org

- 333 Queen St. E
- Contact: 416 861 0677

Services d'aide juridique du CFT: www.centrefranco.org/daide-juridique

- 555 Richmond St. W., Suite 303 H
- Contact: 416 922 2672, ext. 300 or 1 800 268 1697
- Summary legal advice in French: 1 877 966 7345

TORONTO AND AREA: **East**

East Toronto Community Legal Services: www.etcls.ca

- 1320 Gerrard St. E
- Contact: 416 461 8102

Flemingdon Community Legal Services: www.flemingdonlegal.org

- 1 Leaside Park Dr., Unit #1
- Contact: 416 441 176 TTY: 416-441-9156
- SATELLITE OFFICE: Crescent Town Club
- Contact: 416 441 1764 ext. 28 (2nd and 4th Wed of each month)

Scarborough Community Legal Services: www.scarboroughcommunitylegal.ca

- 695 Markham Rd Unit 9
- Contact: 416 438 7182

West Scarborough Community Legal Services: www.westscarboroughlegal.ca

- 2425 Eglinton Ave. E., Suite 201
- Contact: 416 285 4460

TORONTO AND AREA: **North**

Community and Legal Aid Services Programme (CLASP):

www.osgoode.yorku.ca/clasp

- Services provided by law students supervised by lawyers
- 4700 Keele St., York University, Osgoode Hall Law School
- Contact: 416 736 5029

Community Legal Clinic of York Region: www.clcyr.on.ca

- 21 Dunlop St., Suite 200, Richmond Hill
- Contact: 905 508 5018 or 1 888 365 5226

Downsview Community Legal Services:

www.downsviewcommunitylegalservices.com

- 540 Finch Ave. W
- Contact: 416 635 8388

Jane Finch Community Legal Services: www.janefinchcommunitylegalservices.ca

- 1315 Finch Ave. W., Suite 409
- Contact: 416 398 0677
- SATELLITE OFFICE: 20 Falstaff Ave.
- Contact: 416 398 0677

Rexdale Community Legal Clinic: www.rexdalecommunitylegalclinic.ca

- Rexdale Community Hub, 21 Panorama Court, Suite 24
- Contact: 416 741 5201

Willowdale Community Legal Services: www.willowdalelegal.com

- 245 Fairview Mall Dr., Suite 106
- Contact: 416 492 2437

TORONTO AND AREA: **West**

Mississauga Community Legal Services: www.legalclinicsinpeel.ca

- 130 Dundas St. E., Suite 504, L5A 3V8
- Contact: 905 896 2050 / TTY: can access from main line

Parkdale Community Legal Services: www.parkdalelegal.org

- 1266 Queen St. W
- Contact: 416 531 2411

South Etobicoke Community Legal Services: www.southetobicokelegal.ca

- 5353 Dundas St. W., Suite 210
- Contact: 416 252 7218

Unison Health and Community Services: www.unisonhcs.org

- Keele-Rogers Site 1651 Keele St
- Contact: 416 653 5400, ext. 1244

West Toronto Community Legal Services: www.wtcls.org

- 2333 Dundas St. W., Suite 404
- Contact: 416 531 7376

CENTRAL ONTARIO: **Orilla**

Community Legal Clinic – Simcoe, Haliburton: www.communitylegalclinic.ca

- Kawartha Lakes 71 Colborne St. E., Box 275
- Contact: 705 326 6444 or 1 800 461 8953
- SATELLITE OFFICES:
 - * Barrie: 1-800-461-8953
 - * Collingwood: 1-800-461-8953
 - * Haliburton: 1-800-461-8953
 - * Lindsay: 1-800-461-8953
 - * Midland: 1-800-461-8953
 - * Minden: 1-800-461-8953

EASTERN ONTARIO: **Belleville**

Community Advocacy & Legal Centre: www.communitylegalcentre.ca

- 158 George St., Level 1
- Contact: 613 966 8686 or 1877 966 8686
- TTY: 613 966 8714 or TTY: 1 877 966 8714
- SATELLITE OFFICES:
 - * Amherstview: 1-877-966-8686
 - * Bancroft: 1-877-966-8686
 - * Madoc: 1-877-966-8686
 - * Napanee: 1-877-966-8686
 - * Picton: 613-966-8686

- * Trenton: 613-966-8686

EASTERN ONTARIO: **Cobourg**

Northumberland Community Legal Centre: www.thehelpcentre.ca

- 1005 Elgin St. W., Suite 301
- Contact: 905 373 4464 or 1 800 850 7882
- SATELLITE OFFICES:
 - * Bewdley: 1-800-850-7882
 - * Brighton: 1-800-850-7882
 - * Campbellford: 1-800-850-7882
 - * Colborne: 1-800-850-7882
 - * Hastings: 1-800-850-7882
 - * Port Hope: 1-800-850-7882

EASTERN ONTARIO: **Cornwall**

Clinique juridique Stormont, Dundas & Glengarry Legal Clinic: www.sdglegal.com

- 1 McConnell Ave
- Contact: 613 932 2703 or 1 800 267 2434
- SATELLITE OFFICES:
 - * Alexandria (Glengarry County): 1-800-267-2434
 - * Williamsburg (Dundas County): 1-800-267-2434

EASTERN ONTARIO: **Hawkesbury**

Clinique juridique populaire de Prescott et Russell Inc: www.cjppr.on.ca

- 352 Main St. W., Suite 201
- 613 632 1136 or 1 800 250 9220

EASTERN ONTARIO: **Kingston**

Kingston Community Legal Clinic: www.kclc.ca

- 345 Bagot St
- Contact: 613 541 0777

Queen's Legal Aid: www.queenslawclinics.ca/queenslegalaid

- Services provided by law students supervised by lawyers
- 303 Bagot St., Suite 500, Queen's University, Faculty of Law

- Contact: 613 533 2102
- SATELLITE OFFICE:
 - * Napanee: 613-533-2102 (Tues; by appoint only)
 - * Kingston Community Health Centre: 613-533-2102 (Wed; by appoint only)
 - * St. Lawrence College: 613-533-2102 (Mon; drop-in)

EASTERN ONTARIO: **Oshawa**

Durham Community Legal Clinic: www.durhamcommunitylegalclinic.ca

- Entrance from rear of building, main floor 111 Simcoe St. N
- Contact: 905 728 7321 or 1 888 297 2202
- SATELLITE OFFICES:
 - * Ajax: 905-441-1752
 - * Uxbridge: 905-441-1752

EASTERN ONTARIO: **Ottawa**

Clinique juridique francophone de l'Est d'Ottawa: www.cscvanier.com/fr/juridique

- 290 Dupuis St.
- Contact: 613 744 2892, ext. 1111

Community Legal Services Ottawa Centre: www.socls.ca

- 1 Nicholas St., Suite 422
- Contact: 613 241 7008

South Ottawa Community Legal Services: www.socls.org

- 1355 Bank St., Suite 406
- Contact: 613 733 0140 / TTY: 613 733 4113

University of Ottawa Legal Clinic: www.uoclc.uottawa.ca

- Services provided by law students supervised by lawyers.
- 17 Copernicus St.
- Contact: 613 562 5600 / TTY: available through main line upon request

West End Legal Services of Ottawa: www.westendlegal.ca

- 1301 Richmond Rd
- Contact: 613 596 1641

EASTERN ONTARIO: **Perth**

The Legal Clinic: www.legalclinic.ca

- 10 Sunset Blvd
- Contact: 613 264 8888 or 1 800 597 4529
- SATELLITE OFFICES: (by appointment only)
 - * Brockville: 613-498-1888 (Toll-free:1-800-597-4529)
 - * Carleton Place: 1-800-597-4529
 - * Gananoque: 1-800-597-4529
 - * Kemptville: 1-800-597-4529
 - * Prescott: 1-800-597-4529
 - * Smiths Falls: 1-800-597-4529

EASTERN ONTARIO: Peterborough**Peterborough Community Legal Centre:** www.ptbo-clc.org

- 150 King St., 4th Floor
- Contact: 705 749 9355

EASTERN ONTARIO: Renfrew**Renfrew County Legal Clinic:** www.renfrewlegalclinic.org

- 236 Stewart St., Suite 101
- Contact: 613 432 8146 or 1 800 267 5871

EASTERN ONTARIO: Sharbot Lake**The Legal Clinic:** www.legalclinic.ca

- 1020 Elizabeth St., P.O. Box 359
- Contact: 613 279 3252 or 1 888 777 8916
- SATELLITE OFFICE: (by appoint only)
 - * Northbrook: 613-336-8934 or 1-888-777-8916

NORTHERN ONTARIO: Bracebridge**Lake Country Community Legal Clinic:** www.lcclc.ca

- 8-B Ontario St
- Contact: 705 645 6607 or 1 800 263 4819
- SATELLITE OFFICES: (by appoint only)
 - * Huntsville: 705-645-6607 or 1-800-263-4819
 - * Parry Sound: 1-800-263-4819
 - * South River: 1-800-263-4819

NORTHERN ONTARIO: **Elliot Lake**

Elliot Lake & North Shore Community Legal Clinic: www.northshorelegal.ca

- 31 Nova Scotia Walk, Suite 300
- Contact: 705 461 3935 or 1 800 465 2479
- SATELLITE OFFICES (by appoint only):
 - * Blind River: 1-800-465-2479
 - * Cutler: 1-800-465-2479
 - * Spanish: 1-800-465-2479

NORTHERN ONTARIO: **Fort Frances & Kenora**

Northwest Community Legal Clinic: www.northwestcommunitylegalclinic.ca

- Fort Frances Office
 - * 206 Scott St.
 - * Contact: 807 274 5327 or 1 800 799 2485
- Atikokan Office
 - * 305 Main St. W., P.O. Box 1676, P0T 1C0
 - * Contact: 807 597 2811
- Kenora Office
 - * 308 Second St. S., Suite 6, P9N 1G4
 - * Contact: 807 468 8888 or 1 800 403 4757
 - * SATELLITE OFFICES:
 - Ear Falls: 1-800-403-4757
 - Red Lake: 1-800-403-4757

NORTHERN ONTARIO: **Kapuskasing**

Clinique juridique Grand-Nord/Grand-Nord Legal Clinic

- 2 Ash St., Suite 5
- Contact: 705 337 6200 or 1 800 461 9606
- SATELLITE OFFICES: (by appointment only)
 - * Cochrane: 1-800-461-9606
 - * Hearst: 1-800-461-9606

NORTHERN ONTARIO: **Little Current**

Manitoulin Legal Clinic

- 12A Hillside Rd. (Hwy. 540) R.R. #1, Comp. 30, P0P 1K0, Aundeck Omni Kaning First Nation
- Contact: 705 368 3333

NORTHERN ONTARIO: **Moosonee**

Keewaytinok Native Legal Services

- 40 Revillon Rd., Box 218
- Contact 705 336 2981 or 1 866 336 2981
 - * SATELLITE OFFICE:
 - * Moose Factory: 705-658-4010

NORTHERN ONTARIO: **North Bay**

Nipissing Community Legal Clinic

- 107 Shirreff Ave., Suite 214 (by appointment only)
- Contact 705 476 6603 / TTY: 705 476 5370
- SATELLITE OFFICES:
 - * Mattawa: 705-476-6603 (First come, first served)
 - * Sturgeon Falls: 705-476-6603 (First come, first served)

NORTHERN ONTARIO: **Sault Ste. Marie**

Algoma Community Legal Clinic: www.algoma-legal-clinic.org

- 473 Queen St. E., Suite 301
- Contact 705 942 4900 or 1 800 616 1109
- SATELLITE OFFICE: (as needed basis)
 - * Wawa: 1-800-616-1109

NORTHERN ONTARIO: **Sudbury**

Sudbury Community Legal Clinic

- 40 Elm St., Unit 272, 2nd Floor, Rainbow Centre
- Contact 705 674 3200 or 1 800 697 8719
- SATELLITE OFFICES:
 - * Espanola: 1-800-697-8719
 - * St. Charles/Noelville: 1-800-697-8719

NORTHERN ONTARIO: **Thunder Bay**

Kinna-aweya Legal Clinic: www.kalc.ca

- 86 South Cumberland St., P7B 2V3
- Contact 807 344 2478 or 1 888 373 3309
- SATELLITE OFFICES:
 - * Geraldton: 807-854-1278 (Toll-free: 1-866-875-4952)
 - * Marathon: 807-229-2290 (Toll-free: 1-866-389-1477)

NORTHERN ONTARIO: **Timmins**

**Timmins-Temiskaming Community Legal Clinic/Clinique juridique communautaire
Timmins-Témiskamingue**

- 119 Pine St. S., Suite 212, P4N 2K3
- Contact: 705 267 0300 or 1 866 382 0300
- SATELLITE OFFICES:
 - * Iroquois Falls: 1-866-382-0300
 - * Kirkland Lake: 1-866-382-0300
 - * Matheson: 1-866-382-0300
 - * New Liskeard: 1-866-382-0300

SOUTHWESTERN ONTARIO: **Brampton**

North Peel & Dufferin Community Legal Services: www.legalclinicsinpeel.ca

- 24 Queen St. E., 7th Floor
- Contact: 905 455 0160 or 1 866 455 0160

SOUTHWESTERN ONTARIO: **Brantford**

Community Legal Clinic: www.bhnlegalclinic.ca

- 1100 Clarence St. S., Suite 203, N3S 7N8
- Contact: 519 752 8669 or 1 888 341 5021
- SATELLITE OFFICES:
 - * Dunnville: 1-888-341-5021
 - * Simcoe: 1-888-341-5021

SOUTHWESTERN ONTARIO: **Chatham**

Chatham-Kent Legal Clinic: www.cklc.ca

- 6 Harvey St., Unit A, N7M 1L6
- Contact: 519 351 6771
- SATELLITE OFFICES:
 - * Tilbury: 519-351-6771
 - * Wallaceburg: 519-351-6771

SOUTHWESTERN ONTARIO: **Georgetown**

Halton Community Legal Services: www.haltonlegal.ca

- 72 Mill St
- Contact: 905 877 5256 or Toll-free: 905 875 2069

SOUTHWESTERN ONTARIO: **Guelph**

Legal Clinic of Guelph and Wellington County: www.gwlegalclinic.ca

- 176 Wyndham St. N., P.O. Box 1683
- Contact: 519 821 2100 or 1 800 628 9205

SOUTHWESTERN ONTARIO: **Hamilton**

Hamilton Community Legal Clinic/ Clinique juridique communautaire de Hamilton: www.hamiltonjustice.ca

- 100 Main St. E., Suite 203, Landmark Place
- Contact: 905 527 4572
- SATELLITE OFFICE:
 - * Centre de santé communautaire Hamilton/Niagara: 905 528 0163, ext. 3253

SOUTHWESTERN ONTARIO: **Kitchener**

Waterloo Region Community Legal Services: www.wrcls.ca

- 450 Frederick St., Unit 101
- Contacts: 519 743 0254
- SATELLITE OFFICE: (by appoint only)
 - * Cambridge: 519-743-0254

SOUTHWESTERN ONTARIO: **London**

Community Legal Services: www.law.uwo.ca/cls

- Services provided by law students supervised by lawyers
- 1151 Richmond St, University of Western Ontario, Faculty of Law, Room 126
- Contact: 519 661 3352

Neighbourhood Legal Services: www.nlsim.com

- 151 Dundas St., Suite 507, Market Tower
- Contact: 519 438 2890

SOUTHWESTERN ONTARIO: Owen Sound**Grey-Bruce Community Legal Clinic:** www.gblegalclinic.com

- 945 3rd Ave. E., Suite 2
- Contact: 519 370 2200 or 1 877 832 1435
- SATELLITE OFFICES:
 - * Flesherton: 519-370-2200
 - * Hanover: 519-370-2200
 - * Kincardine: 1-877-832-1435
 - * Port Elgin: 519-370-2200
 - * Wiarton: 519-370-2200

SOUTHWESTERN ONTARIO: St. Catharines**Niagara North Community Legal Assistance (NNCLA):** www.niagaranorthlegal.com

- 8 Church St., Box 1266
- Contact: 905 682 6635
- SATELLITE OFFICES: (by appointment only)
 - * Beamsville: 905-682-6635
 - * Grimsby: 905-682-6635
 - * Niagara Falls: 905-682-6635

SOUTHWESTERN ONTARIO: St. Thomas**Elgin-Oxford Legal Clinic:** www.eolc.ca

- 98 Centre St., N5R 2Z7
- Contact: 519 633 2638 or 1 866 611 2311
- SATELLITE OFFICES:
 - * Aylmer: 1-866-611-2311
 - * Ingersoll: 1-866-611-2311
 - * Tillsonburg: 1-866-611-2311

- * West Lorne: 1-866-611-2311
- * Woodstock: 1-866-611-2311

SOUTHWESTERN ONTARIO: **Sarnia**

Community Legal Assistance Sarnia: www.sarnialegalclinic.com

- 201 Front St. N., Suite 407
- Contact: 519 332 8055 or 1 888 916 2527

SOUTHWESTERN ONTARIO: **Stratford**

Huron/Perth Community Legal Clinic: www.huronperthlegalclinic.ca

- 59 Lorne Ave. E
- Contact: 519 271 4556 or 1 866 867 1027
- SATELLITE OFFICES: (please call for an appoint)
 - * Clinton: 1-866-867-1027
 - * Exeter: 1-866-867-1027
 - * Goderich: 519-524-4406
 - * Listowel: 1-866-867-1027
 - * Wingham: 1-866-867-1027

SOUTHWESTERN ONTARIO: **Welland**

Justice Niagara: www.justiceniagara.com

- 15 Burgar St., Suite 100
- Contact: 905 735 1559 ext. 40 or 1 877 801 5956
- SATELLITE OFFICES:
 - * Fort Erie: 1-877-801-5956
 - * Port Colborne: 905-735-1559
 - * Thorold: 905-735-1559

SOUTHWESTERN ONTARIO: **Windsor**

Community Legal Aid: www.uwindsor.ca/cla

- Services provided by law students supervised by lawyers
- 443 Ouellette Ave. Suite 200, University of Windsor, Faculty of Law
- Contact: 519 253 7150

Legal Assistance of Windsor: www.uwindsor.ca/law/legalassistance

- 443 Ouellette Ave., Suite 200
- Contact: 519 256 7831 / TTY: 519 256 5287

Windsor-Essex Bilingual Legal Clinic/ Clinique juridique bilingue de Windsor-Essex (WINE): www.blc-cjb.com

- 1770 Langlois Ave
- Contact: 519 253 3526 or Bell Relay: 1 800 855 0511

Aboriginal Legal Services of Toronto (ALST): www.aboriginallegal.ca

- Offers legal assistance to Aboriginal people living in Toronto.
- Youth, criminal, and family court workers also provide services. Operates an alternative justice program and prepares “Gladue” reports.
- 211 Yonge St., Suite 500
- Contact: 416 408 3967 or 416 408 4041 (accepts collect calls)

LEGAL: SPECIALTY COMMUNITY LEGAL CLINICS

Advocacy Centre for the Elderly (ACE): www.ancelaw.ca

- Provides direct legal services to low income seniors, public legal education, and law reform. Law services and activities related to areas of importance to seniors’ population of Ontario
- 2 Carlton St., Suite 701
- Contact: 416 598 2656 (call your local clinic first)

Advocacy Centre for Tenants – Ontario (ACTO): www.acto.ca

- Works for the advancement of human rights and justice in housing for low-income Ontarians through legal advice and representation, law reform, community organizing, training, and education.
- Does not provide direct service in individual tenant cases.
- 55 University Ave., Suite 1500
- Contact: 416 597 5855 or 1 866 245 4182

African Canadian Legal Clinic: www.aclc.net

- Uses test case litigation to address anti-Black racism and other forms of systemic and institutional discrimination. Also provides public education about human rights and racial discrimination in Canada.
- 250 Dundas St. W., Suite 402, Toronto, M5T 2Z5
- Contact: 416 214 4747 or 1 888 377 0033

ARCH Disability Law Centre: www.archdisabilitylaw.ca

- Provides info, summary advice, referral service, brief services, representation in cases for people with disabilities and for lawyers and other legal professionals

who represent them. Also provides public legal education and continuing legal education, undertakes law reform, and conducts test case litigation.

- 55 University Ave., Suite 1500
- Contact: 416 482 8255 or 1 866 482 2724
- TTY: 416 482 1254 or TTY: 1 866 482 2728

Canadian Environmental Law Association (CELA): www.cela.ca

- Legal services to individuals and groups with environmental legal problems, and seeks to improve environmental protection through legislation.
55 University Ave., Suite 1500
- Contact: 416 960 2284

Centre for Spanish-Speaking Peoples (CSSP): www.spanishservices.org

- Summary advice and assistance with emphasis on immigration matters, tenants' and workers' rights, to the Spanish-speaking community of Toronto.
- 2141 Jane St., 2nd Floor
- Contact: 416 533 8545 or 416 533 0680 Legal Intake Line

- **CLEO (Community Legal Education Ontario/ Éducation juridique communautaire Ontario):** www.cleo.on.ca www.yourlegalrights.on.ca www.familycourt.cleo.on.ca www.refugee.cleo.on.ca www.stepstojustice.ca www.youth.cleo.on.ca
- Free legal information in many formats and languages that help low-income and disadvantaged communities understand their legal rights.
- 180 Dundas St. W., Suite 506
- Contact: 416 408 4420

HALCO – HIV & AIDS Legal Clinic (Ontario): www.halco.org

- Free legal services to people living with HIV/AIDS in Ontario, public legal education activities across Ontario, law reform and community development activities. Produces a variety of publications and resources including pamphlet, newsletter, information sheets, and website.
- 55 University Ave., Suite 1400
- Contact: 416 340 7790 or 1 888 705 8889

Income Security Advocacy Centre (ISAC): www.incomesecurity.org

- Works with clinics and anti-poverty groups using litigation, policy development, advocacy, and organizing to address income security programs and root causes of poverty (does not give individual service).
- 55 University Ave., Suite 1500
- Contact: 416 597 5820 or 1 866 245 4072

Industrial Accident Victims' Group of Ontario (IAVGO): www.iavgo.org

- Info, advice, and representation to injured workers in Ontario. Provides training and public legal education to advocates, workers and community groups, and

produces publications for workers and advocates. Operates a satellite student legal clinic - Advocates for Injured Workers.

- 55 University Ave., Suite 1500
- Contact: 416 924 6477 or 1 877 230 6311

Injured Workers' Consultants (IWC): www.injuredworkersonline.org

- Provides info, advice, and representation to injured workers. Works with injured worker and community organizations seeking improvements to the workers' compensation system.
- 815 Danforth Ave., Suite 411
- Contact: 416 461 2411 (call your local clinic first)

Justice for Children and Youth (JFCY): www.jfcy.org

- Provides summary advice, referrals, and legal education. Offers case service and test case litigation for children and young people under 18 years of age.
- 55 University Ave., Suite 1500
- Contact: 416 920 1633 or 1 866 999 5329

Landlord's Self-Help Centre (LSHC): www.landlordselfhelp.com

- Provides information and summary advice to small-scale landlords in Ontario. Also develops educational materials and engages in law reform and community development.
- 55 University Ave., Suite 1500, Toronto, M5J 2H7
- Contact: 416 504 5190 or 1 800 730 3218

Metro Toronto Chinese and Southeast Asian Legal Clinic (MCSA):

www.mtcsalc.org

- Provides advice and representation to low-income members of the Chinese, Vietnamese, Laotian, and Cambodian communities in the Greater Toronto Area. Conducts public education and advocacy activities.
- 180 Dundas St. W., Suite 1701
- Contact: 416 971 9674 (walk-in 1pm–4pm every Wed)

South Asian Legal Clinic of Ontario (SALCO): www.salc.on.ca

- Advice and representation to low-income South Asians in the Greater Toronto Area. Also conducts public legal education, law reform, and community development activities in the South Asian communities throughout Ontario.
- 45 Sheppard Ave. E., Suite 106A
- Contact: 416 487 6371

Steps to Justice: www.stepstojustice.ca

- Your Guide to Law in Ontario: Step-by-step information about legal problems.
- It gives comprehensive information on common legal problems that people experience in family, housing, employment and other areas of law.

Toronto Workers' Health & Safety Legal Clinic: www.workers-safety.ca

- Takes on health and safety cases and workers' compensation cases for workers who do not have union representation. Also provides education on safety legislation and workplace hazards as well as public legal education to interested groups on health and safety law.
- 180 Dundas St. W., Suite 2000
- Contact: 416 971 8832 or 1 877 832 6090

MISCELLANEOUS: ACCESSIBILITY

AccessNow (App):

www.cbc.ca/beta/news/canada/newfoundland-labrador/app-helps-people-with-disabilities-determine-document-building-accessibility-1.3462742

- Helps you find buildings and businesses that are mobility accessible with a helpful rating system.

Toronto Accessible Venues

https://docs.google.com/spreadsheets/d/1X--61Dkt_N8Um-t5AaJKt7F_GDtMRAV6qCDjKADK1C8/edit

MISCELLANEOUS: ADDITIONAL SERVICES

Access 2 Program: Easter Seals

- The Access 2 Card is for people of all ages and types of disabilities who require the assistance of a support person.
- Presents Access 2 Card at participating movie theatres or selected attractions across Canada for your support person to get free admission. The person with the disability pays regular admission.

Innovicares: www.innovicares.ca

- Provides a free card that helps you save on select prescription medications, healthcare products and services.
- Covers the cost difference to switch from Generic to Brand name prescription medications.

Partners for Access and Information (PAID): www.neighbourhoodlink.org/partners-for-access-and-identification-paid

- Helps vulnerable people get the identification they need to access health care, sources of income such as pensions, and other services
- Visit the website for a clinic nearest you
- Contact: Call: 416 691 7407 Email: info@neighbourhoodlink.org

Seniors Co-Pay Program for Prescriptions:

www.health.gov.on.ca/en/public/programs/drugs/programs/copayment/copayment.aspx

- Low-income Seniors Co-Payment program under the Ontario Drug Benefit (ODB) Program.
- Eligible seniors can save an average of \$130 per year in out-of-pocket drug costs and pay no annual deductible and a co-payment of up to \$2 for each prescription
- Contact: Shannon Magennis

Call: 416 326 1004 Email: shannon.magennis@ontario.ca

Sherbourne Health Bus www.sherbourne.on.ca/urban-health/health-bus

- Mobile on-the-spot nursing care for homeless and under housed people in the southeast Toronto, as well as other parts of the city
- See website for times and locations of pick up

MISCELLANEOUS: COMPUTER/PHONE USE

Access Alliance Multicultural Health and Community Services: Newcomer Resource Centre

- Free access to computers, Internet, photocopier, fax and telephone
- 3079 Danforth Ave, Toronto, ON M1L 1A8
- Contact: Call: 416 693 8677

Agincourt Community Services Association: Community Access Services

- Free computer training, Internet access, fax, photocopier
- Metro voicemail - persons without telephones receive private phone number to retrieve messages from any touch-tone phone.
- 4155 Sheppard Ave East Ste 100, Toronto, ON M1S 1T4

All Saints Church Community Centre

- Computer work stations with Internet access
- 315 Dundas St East, Toronto, ON M5A 2A2
- Contact: 416-368-7768

Belka Enrichment Centre

- Mobile computer lab; open to all
- 120 Norfinch Dr Unit 37, Toronto, ON M3N 1X3
- Contact: Call: 416 744 3430

Central Eglinton Community Centre

- Computer lab with free Internet access open to the public
- 160 Eglinton Ave East, Toronto, ON M4P 3B5

Christie Ossington Neighbourhood Centre: Drop-In, Home Away from Home

- Free access to phones and computers, Internet access
- Free meals, all ages, includes shower and laundry facilities
- 789 Dovercourt Rd, Toronto, ON M6H 2X4

Community Matters Toronto

- Computer access and training

- 260 Wellesley St East St 102, Toronto, ON M4X 1G6
- Contact: Call: 416 944 9697 Email: info@communitymatterstoronto.org

Dixon Hall Neighbourhood Services

- Low-cost Internet access and training including email, for people who are homeless or who have low incomes
- Service limits: Gerrard St E (north) to Lake Ontario (south), Sherbourne St (west) to River St (east)
- 58 Sumach St, Toronto, ON M5A 3J7

Fort York Food Bank: Community Drop-In Centre

- Access to computers, Internet and resource library
- 797 Dundas St West, Toronto, ON M6J 1V2
- Contact: Call: 416 203 3011

Free Geek Toronto: www.freegeektoronto.org

- Low cost community refurbished/donated Desktops and Laptops
- Community computer classes

Neighbourhood Information Post

- Telephone and computer available for community use
- Service limits: Bloor St E/Danforth Ave (N.) to Lake Ontario (S), Yonge St (W.) to Don Valley Parkway (E.)
- Parliament Street Public Library, 269 Gerrard St
- Contact: Call: 416 924 2543

Ralph Thornton Centre: Exchange Loft

- Access to computers and Internet, free scanning and faxing
- 765 Queen St East, Toronto, ON M4M 1H3
- Contact: Call: 416 392 6810

Street Haven at the Crossroads: Adelaide Resource Centre for Women - Learning Centre

- Access to computer, telephone, photocopier and fax
- Eligibility: Women 19 years and older including women who may have experienced crisis, homelessness, addiction or abuse issues
- 67 Adelaide St East 3rd Fl
- Contact: Call: 416 392 9243

Waterfront Neighbourhood Centre

- Free computer and telephone (local calls) access
- Open to all but priority to local residents
- 627 Queens Quay West Main Fl, Toronto, ON M5V 3G3

- Contact: Call: 416 392 1509

Vision Africana 2000: Community Centre

- Free access to computers, Internet, fax and photocopiers
- 1760 St Clair Ave West
- Contact: Call: 416 361 0806

Toronto Public Libraries:

The Toronto Public Libraries offer free computer usage and free portable wifi hotspots to take home for 6 months at a time, for people who can't afford it at home.

<p>Agincourt 155 Bonis Avenue Contact: 416-396-8943</p>	<p>Beaches 2161 Queen Street East Contact: 416-393-7703</p>	<p>Centennial 578 Finch Avenue West Contact: 416-395-5490</p>
<p>Albert Campbell 496 Birchmount Road Contact: 416-396-8890</p>	<p>Bendale 1515 Danforth Road Contact: 416-396-8910</p>	<p>City Hall 100 Queen Street West Contact: 416-393-7650</p>
<p>Albion 1515 Albion Road Contact: 416-394-5170</p>	<p>Black Creek 1700 Wilson Avenue Contact: 416-395-5470</p>	<p>Cliffcrest 3017 Kingston Road Contact: 416-396-8916</p>
<p>Alderwood 2 Orianna Drive Contact: 416-394-5310</p>	<p>Bloor/Gladstone 1101 Bloor Street West Contact: 416-393-7674</p>	<p>College/Shaw 766 College Street Contact: 416-393-7668</p>
<p>Amesbury Park 1565 Lawrence Avenue West Contact: 416-395-5420</p>	<p>Brentwood 36 Brentwood Road North Contact: 416-394-5240</p>	<p>Danforth/Coxwell 1675 Danforth Avenue Contact: 416-393-7783</p>
<p>Annette Street 145 Annette Street Contact: 416-393-7692</p>	<p>Bridlewood 157A-2900 Warden Avenue 416-396-8960</p>	<p>Davenport 1246 Shaw Street Contact: 416-393-7732</p>
<p>Armour Heights 2140 Avenue Road Contact: 416-395-5430</p>	<p>Brookbanks 210 Brookbanks Drive Contact: 416-395-5480</p>	<p>Dawes Road 416 Dawes Road Contact: 416-396-3820</p>
<p>Barbara Frum 20 Covington Road Contact: 416-395-5440</p>	<p>Burrows Hall 1081 Progress Avenue Contact: 416-396-8740</p>	<p>Deer Park 40 St. Clair Avenue East Contact: 416-393-7657</p>
<p>Bayview 123A-2901 Bayview Avenue Contact: 416-395-5460</p>	<p>Cedarbrae 545 Markham Road Contact: 416-396-8850</p>	<p>Don Mills 888 Lawrence Avenue East Contact: 416-395-5710</p>

<p>Downsview 2793 Keele Street Contact: 416-395-5720</p> <p>Dufferin/St. Clair 1625 Dufferin Street Contact: 416-393-7712</p> <p>Eatonville 430 Burnhamthorpe Road Contact: 416-394-5270</p> <p>Eglinton Square Eglinton Square, Unit 126 Contact: 416-396-8920</p> <p>Elmbrook Park 2 Elmbrook Crescent Contact: 416-394-5290</p> <p>Evelyn Gregory 120 Trowell Avenue Contact: 416-394-1006</p> <p>Fairview 35 Fairview Mall Drive Contact: 416-395-5750</p> <p>Flemingdon Park 29 St. Dennis Drive Contact: 416-395-5820</p> <p>Forest Hill 700 Eglinton Avenue West Contact: 416-393-7706</p> <p>Fort York 190 Fort York Boulevard Contact: 416-393-6240</p> <p>Gerrard/Ashdale 1432 Gerrard Street East Contact: 416-393-7717</p> <p>Goldhawk Park 295 Alton Towers Circle Contact: 416-396-8964</p>	<p>Guildwood 123 Guildwood Parkway Contact: 416-396-8872</p> <p>High Park 228 Roncesvalles Avenue Contact: 416-393-7671</p> <p>Highland Creek 3550 Ellesmere Road Contact: 416-396-8876</p> <p>Hillcrest 5801 Leslie Street Contact: 416-395-5830</p> <p>Humber Bay 200 Park Lawn Road Contact: 416-394-5300</p> <p>Humber Summit 2990 Islington Avenue Contact: 416-395-5840</p> <p>Humberwood 850 Humberwood Boulevard Contact: 416-394-5210</p> <p>Jane/Dundas 620 Jane Street Contact: 416-394-1014</p> <p>Jane/Sheppard 1906 Sheppard Avenue West Contact: 416-395-5966</p> <p>Jones 118 Jones Avenue Contact: 416-393-7715</p> <p>Kennedy/Eglinton 2380 Eglinton Avenue East Contact: 416-396-8924</p> <p>Leaside 165 McRae Drive Contact: 416-396-3835</p>	<p>Lillian H. Smith 239 College Street Contact: 416-393-7746</p> <p>Locke 3083 Yonge Street Contact: 416-393-7730</p> <p>Long Branch 3500 Lake Shore Boulevard West Contact: 416-394-5320</p> <p>Main Street 137 Main Street Contact: 416-393-7700</p> <p>Malvern 30 Sewells Road Contact: 416-396-8969</p> <p>Maria A. Shchuka 1745 Eglinton Avenue West Contact: 416-394-1000</p> <p>Maryvale 85 Ellesmere Road, Unit 16 Contact: 416-396-8931</p> <p>McGregor Park 2219 Lawrence Avenue East Contact: 416-396-8935</p> <p>Merril Collection of Science Fiction, Speculation & Fantasy 239 College Street Contact: 416-393-7748</p> <p>Mimico Centennial 47 Station Road Contact: 416-394-5330</p> <p>Morningside 4279 Lawrence Avenue East Contact: 416-396-8881</p> <p>Mount Dennis 1123 Weston Road Contact: 416-394-1008</p>
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<p>Mount Pleasant 599 Mt. Pleasant Road Contact: 416-393-7737</p> <p>New Toronto 110 Eleventh Street Contact: 416-394-5350</p> <p>North York Central Library: International Board on Books for Young People www.torontopubliclibrary.ca/ibby 5120 Yonge St, Toronto, ON Computer centres Books for and about children and teens with disabilities Contact: 416-395-5630</p> <p>Northern District 40 Orchard View Boulevard Contact: 416-393-7610</p> <p>Northern Elms 123B Rexdale Boulevard, Unit 5 Contact: 416-394-5230</p> <p>Oakwood Village Library & Arts Centre 341 Oakwood Avenue Contact: 416-394-1040</p> <p>Osborne Collection of Early Children's Books 239 College Street Contact: 416-393-7753</p> <p>Palmerston 560 Palmerston Avenue Contact: 416-393-7680</p> <p>Pape/Danforth 701 Pape Avenue Contact: 416-393-7727</p> <p>Parkdale 1303 Queen Street West Contact: 416-393-7686</p>	<p>Parliament Street 269 Gerrard Street East Contact: 416-393-7663</p> <p>Perth/Dupont 1589 Dupont Street Contact: 416-393-7677</p> <p>Pleasant View 575 Van Horne Avenue Contact: 416-395-5940</p> <p>Port Union 5450 Lawrence Avenue East Contact: 416-396-8885</p> <p>Queen/Saulter 765 Queen Street East Contact: 416-393-7723</p> <p>Rexdale 2243 Kipling Avenue Contact: 416-394-5200</p> <p>Richview 1806 Islington Avenue Contact: 416-394-5120</p> <p>Riverdale 370 Broadview Avenue Contact: 416-393-7720</p> <p>Runnymede 2178 Bloor Street West Contact: 416-393-7697</p> <p>S. Walter Stewart 170 Memorial Park Avenue Contact: 416-396-3975</p> <p>Sanderson 327 Bathurst Street Contact: 416-393-7653</p> <p>Scarborough Civic Centre 156 Borough Drive Contact: 416-396-3599</p>	<p>Spadina Road 10 Spadina Road Contact: 416-393-7666</p> <p>St. Clair/Silverthorn 1748 St. Clair Avenue West Contact: 416-393-7709</p> <p>St. James Town 495 Sherbourne Street Contact: 416-393-7744</p> <p>St. Lawrence 171 Front Street East Contact: 416-393-7655</p> <p>Steeles C107-375 Bamburg Circle Contact: 416-396-8975</p> <p>Swansea Memorial 95 Lavinia Avenue Contact: 416-393-7695</p> <p>Taylor Memorial 1440 Kingston Road Contact: 416-396-8939</p> <p>Thorncliffe 48 Thorncliffe Park Drive Contact: 416-396-3865</p> <p>Todmorden Room 1081 ½ Pape Avenue (at Torrens) Contact: 416-396-3875</p> <p>Toronto Reference Library 789 Yonge St, Toronto, ON M4W 2G8 Free computer and Internet access</p> <p>Victoria Village 184 Sloane Avenue Contact: 416-395-5950</p>
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<p>Weston 2 King Street Contact: 416-394-1016</p> <p>Woodside Square 1571 Sandhurst Circle Contact: 416-396-8979</p> <p>Woodview Park 16 Bradstock Road Contact: 416-395-5960</p> <p>Wychwood 1431 Bathurst Street Contact: 416-393-7683</p> <p>York Woods 1785 Finch Avenue West Contact: 416-395-5980</p> <p>Yorkville 22 Yorkville Avenue Contact: 416-393-7660</p>		
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MISCELLANEOUS: EXCHANGE/BORROW

Bark n' Borrow (App)

- Borrowers can care for your dog whenever needed, and you can find a play-date for your dog.

Bike Chain: www.bikechain.ca/services/bike-lending

- Hub for cycling activity by providing DIY services, affordable repairs, unique educational opportunities.
- 563 Spadina Cres
- Contact: 416 978 6849 Email: bikechainuoft@gmail.com

Bunz: www.bunz.com

- Create posts for trade when you're offering an item to trade, create posts for discussion when you want to grab the community's attention.
- If you search Bunz on Facebook, you can also find other kinds of Bunz zones, such as helping zone, employment zone, health zone, etc.

Tool Library: www.torontotoollibrary.com

- Membership is \$50/year, sliding scale option available

- Toronto public library card gets you \$5 off membership

Toronto Seed Library: www.torontoseedlibrary.org

- Free and easy access to viable seeds to support as many people as possible in growing their own organic food.
- See website for locations
- Contact: Call: 647 379 2324 or 647 890 0758

MISCELLANEOUS: REPAIR SERVICES

Repair Café Toronto

- Grassroots, volunteer group that organizes events where neighbours help neighbours learn how to repair.
- Contact: Email: info@repaircafetoronto.ca

Toronto Clothing Repairathon: www.repairathon.com

- Free public events, where anyone can bring clothing to be repaired by volunteers

MISCELLANEOUS: RESOURCE LISTS/DATABASE

City of Toronto:

www1.toronto.ca/wps/portal/contentonly?vgnextoid=ef7964445c780410VgnVCM10000071d60f89RCRD&vgnnextchannel=5e018fb738780410VgnVCM10000071d60f89RCRD

- Support and employment services

Community Navigation and Access Program (CNAP): www.cnap.ca

- Service for seniors to access community support in the Toronto area
- Contact: Call: 1 877 540 6565

Drug Rehab: www.drugrehab.com

- Mission is to spread awareness of substance abuse and to be an info resource for those impacted by alcohol and drug dependence.
- Resource includes extensive information on commonly abused drugs, support groups, help guides for teens, parents, college students and more.

Toronto Drop In Network: www.tdin.ca/search_resources.php

Online resources for:

- ID clinic
- Harm reduction, overdose prevention, Naloxone pharmacies
- Housing, social justice, appealing social assistance

- Finance counselling
- Extreme cold & heat shelters, meals, drop in services
- And much more!

Toronto 211: www.211toronto.ca

- A directory of over 20,000 community, social, health and government services
- Contact: Call: 211

PEER SUPPORT

Alternatives: www.alternativestoronto.org

- 1245 Danforth Avenue
- Contact: Call: 416 285 7996 Email: info@alternativestoronto.org

Centre for Independent Living in Toronto: www.cilt.ca/peer_support_resources.aspx

- Offers peer support programs
- See link for additional peer support resources
- Contact: Call: 416 599 2458

Consumer Survivor Information Resource Centre: www.csinfo.ca/bulletin.php

- Provide resource assistance and referral for Consumer/Survivors and others
- Publish a free newsletter twice a month available by mail or email
- Year round, free Tax Clinic for people with low income
- 1001 Queen Street West, CAMH near the Mall
- Contact: Call: 416 595 2882 Email: csinfo@camh.ca

Copeland Centre for Wellness and Recovery: www.copelandcentre.com
www.mentalhealthrecovery.com

- Online resources for peer support and peer run/created workshop Wellness Recovery Action Plan

Davenport-Perth Drop-In: www.dpnchc.com

- Provides adults in the community with social, rec & educational activities
- 61 Pelham Park Gardens
- Contact: Call: 416 656 8025 ext. 370

Family Association for Mental Health Everywhere: www.fameforfamilies.com

- Peer support for families, caregivers and friends of people experiencing mental health challenges.
- Provides support, education, coping skills and self-care strategies
- Contact: Call: 416 207 5032

Family Outreach & Response: CMHA Toronto: www.toronto.cmha.ca/news/family-outreach-and-response-program/#.WOP9nNlrKUK

- Supportive counselling and group programming to families and friends of people experiencing a mental health issue
- Program staff are mental health professionals who also have either personal or family lived experience
- 2333 Dundas St. W, Suite 501

- Contact: Call: 416-539-9449
- 1200 Markham Road, Suite 500
- Contact: Call: 416 789 7957 x3329

Gerstein Crisis Centre: www.gersteincentre.org

- Offers various peer support groups, workshops, one-on-one services
- 100 Charles St E & 1045 Bloor St W
- Contact: Call: 416 929 0149 Email” admin@gersteincentre.org

Houselink: www.houselink.on.ca

- Offers a range of peer support programs for Houselink and other community members
- Main drop-in: 805 Bloor St W
- Contact: Call: 416-539-0690

Intentional Peer Support: www.intentionalpeersupport.org

- Online resources for peer support

International Association of Peer Supporters: www.inaops.org

- Online resources for peer support

Mental Health/Addictions Consumer Survivors Project for Simcoe County:
www.mentalhealthandaddictions.com

- 41 Elgin Street unit #201
- Contact: Kathy Dudley, chairperson
- Call: 705 444 1844 Email: cspkdudley@gmail.com

Mental Health Commission of Canada: www.mentalhealthcommission.ca

- Provides research, education, guidelines, & best practices for peer support among other resources.

Mississauga-Halton LHIN Sustaining & Enhancing Peer Support Initiative:
www.mississaugahaltonlhin.on.ca/goalsandachievements/programareaandinitiatives/mentalhealthandaddiction/peersupport.aspx

- Contact: Debbie Jones, director, TEACH
Call: 905 693 8771 x320 Email: djones@shhalton.org
- Contact: Christina Jabalee, peer support systems lead
Call: 905 693 8771 x340 Email: cjabalee@shhalton.org
- Contact: Betty-lou Kristy, peer support substance abuse use systems lead
Call: 905 845 9212 x145 Email: bkristy@shhalton.org

Mood Disorders Association of Ontario:

www.moordisorders.ca/program/peer-recovery-programs

- Provide a variety of peer support groups and activities
- 36 Eglinton Ave. West, Suite 602
- Contact: Call: 1 888 486 8236 or 416 486 8046 Email: info@mooddisorders.ca

Nellie's: www.nellies.org/programs-and-services/group-support-programs

- Shelter, education and advocacy for all women and children
- Offer peer support groups to overcome violence and oppression, as well as rec and art activities
- Contact: Call: 416 461 8903 Email: community@nellies.org

North York General Participants' Council:

www.nygh.on.ca/Default.aspx?cid=2275&lang=1

- Offer peer advocacy, one-on-one peer support & peer counselling, peer-to-peer recovery educations groups including WRAP and Pathways to Recovery
- Contact: Call: 416 633 9420 ext. 6967

Ontario Peer Development Initiative: www.opdi.org

- Offer peer support training, advocacy, resources and workshops
- Contact: Call: 416 484 8785

Pathways: CMHA Toronto

- Peer Support community workshops and activities
- 25 Neilson Road
- Contact: Call: 416 208 0131 ext 233

Peer Support Accreditation & Certification: www.pfac-canada.com

- Provide national certification based on the Standards of Practice for mental health peer supporters, as well as research and evaluation

Peers For Progress: www.peersforprogress.org

- Online peer support resources for peer programs, training, evaluation, management and more.

Peer Zone: www.peerzone.info

- Peer Zone offers support through workshops, toolkits, employment programs, and more
- Workshops hosted through Gerstein Crisis Centre, Routes: CMHA Toronto, and others. Contact Routes for more info 416 781 4199

Routes: CMHA Toronto: www.routes-cmha.webs.com

- Peer Support drop in programs
- 2700 Dufferin St
- Contact: Call: 416 781 4199

Sound Times: www.soundtimes.com

- Consumer/survivor initiative offering a peer run drop in centre, workshops, activities, case management, mental health and justice, and more
- 280 Parliament St
- Contact: Call: 416 979 1700

Stella's Place: www.stellasplace.ca

For youth and young adults, offers online, drop in, one-on-one and group peer support

- 18 Camden St
- Contact: Call: 416 461 2345

Working for Change: www.workingforchange.ca

- Peer support workshops, advocacy and leadership training
- 1499 Queen Street West, Suite 203
- Contact: Call: 416 504 1693 or 1 866 504 1693

SOCIAL

ACTIVITIES: No Fee/Reduced Fee

AGO - Art Gallery of Ontario

- **No fee:** Wednesday 6-8:30
- Permanent collection available for viewing
- 317 Dundas St. W

Allan Gardens Conservatory

- **No fee:** 10-5pm, everyday
- Toronto botanical garden
- 777 Lawrence Avenue East

Bata Shoe Museum

- **Pay-what-you-can:** Thursdays 5-8pm
- 327 Bloor St. W

Canadian Opera Company:

www.coc.ca/PerformancesAndTickets/FreeConcertSeries.aspx

- **Free concert series**
- Late September-May, Tuesdays/Thursdays 12pm or 5:30pm
- Performances in vocal, jazz, piano, chamber, world music and dance

Deaf Culture Centre:

- 15 Mill Street
- Contact: Email: info@deafculturecentre.ca

High Park

- Small lake for fishing, mini zoo, outdoor theater, leash-free area for dogs
- 1873 Bloor St. W.

Meet Up: www.Meetup.com

- Free support groups
- Discover local meetups for the things you love
- Create your own meetup

Museum of Contemporary Canadian Art

- **Pay-what-you-can:** Every day of the week
- 952 Queen St. W.

TAG (Tangled Art + Disability)

- Organization dedicated to enhancing opportunities for artists with disabilities to contribute to the cultural fabric of our society
- 401 Richmond St W

Textile Museum of Canada

- **Pay-what-you-can:** Wednesdays 5-8pm
- 55 Centre Ave.

The VanDuzer Studio

- Promotes artists – painters, poets, musicians – and other creative activities
- 196 Beverley Street
- Contact: Call: 416 977 3655

SOCIAL: COMMUNITY CENTRES, SERVICES, AND PROGRAMS

416 Community support for women: www.416community.com

- Free meals: Breakfast and lunch served
- Drop-in crisis centre, women's only 16+ years, not wheelchair accessible
- 416 Dundas Street East, Downtown East
- Contact: Call: 416 928 3334

519 Community Centre: www.the519.org

- Free meals
- Meeting place for LGBT communities, open to all (including all ages), wheelchair accessible
- 519 Church Street, Downtown Central
- Contact: Call: 416 392 6874 Email: info@the519.org

Agincourt Community Services Association: www.agincourtcommunityservices.com

- Free meals
- Multiservice agency with harm reduction approach, not wheelchair accessible
- Scarborough North 4155 Sheppard Ave East, Suite 100

Albion Neighborhood Services - Albion Boys and Girls Club:

www.albionneighbourhoodservices.ca

- Free snacks
- \$10 annual membership fee
- Community programs and recreation, children and youth 6-21 years, wheelchair accessible
- 21 Panorama Court, Suite 14, Etobicoke North

Anishnawbe Health Toronto: www.aht.ca

- Offers access to health care practitioners from many disciplines including Traditional Healers, Elders and Medicine People

3 Locations:

- 22 Vaughan Rd Contact: 416-657-0379
- 179 Gerrard, St E Contact: 416-920-2605
- 225 Queen St E Contact: 416-360-0486

Covenant House: www.covenanthousetoronto.ca

- Free meals
- Community support, health care and crisis intervention services
- Homeless and runaway youth, 16-24 years, residents and non-residents
- 20 Gerrard St. E, Toronto Downtown Central
- Contact: Call: 416-740-3704 Email: ans@albionservices.ca

Christie Ossington Neighborhood Centre: www.conccommunity.org

- Free meals: Breakfast and daily lunch Mon-Thurs
- All ages, wheelchair accessible
- Information, referral services, shower & laundry facilities, internet access with access to phones and computers
- 789 Dovercourt Rd, Toronto Downtown West
- Contact: Call: 416 598 4898

Central Eglinton Community Centre: www.centraleglinton.com

- Free meals, some service fees, other nominal fees, wheelchair accessible
- Community centre: rec programs, parent/caregiver and child programs, after school programs, information and referral, financial planning, etc.
- 160 Eglinton Avenue East, Toronto Downtown North
- Contact: Call: 416 392 0511

Dixon Hall Neighborhood Services: www.dixonhall.org

- Fees vary with each program, all ages, wheelchair accessible
- Social, recreation and educational programs for low-income residents
- 58 Sumach St, Toronto Downtown East
- Contact: Call: 416-863-0499 Email: info@dixonhall.org

Harrison Indoor Pool Community Centre:

www.torontocentralhealthline.ca/displayservice.aspx?id=132535

- Free programs
- The pool is 20 yards long and the building is also open for shower use

- 15 Stephanie St
- Contact: Call: 416 392 7984

Haven Toronto: www.haventoronto.ca

- Provide essentials for elder homeless men such as hot meals for a dollar, newly renovated hot showers, washers and dryers for fifty cents, free clothing, winter coats, and shoes, free mail service, free phones, meals on wheels, computers with free internet, private library service, haircutting, peace and quiet, and companionship
- 170 Jarvis Street
- Contact: Call: 416 366 5377 Email: info@haventoronto.ca

Queen West Community Health Centre

- Services including primary care, dental care, health promotion, counselling and mental health supports, HIV and Hepatitis C supports and education, anonymous HIV point of care testing, wellness group programming, practical supports (legal, employment and housing), harm reduction and illness prevention, advocacy, and community engagement and development.
- 168 Bathurst St
- Contact: Call: 416 703 8480

Regent Park Community Health Centre

- Primary health care, health promotion and community capacity building
- 465 Dundas Street East
- Contact: Call: 416 364 2261

Street Health Community Nursing Foundation

- Strives to improve health and wellbeing of homeless and under housed people
- 338 Dundas Street East
- Contact: Call: 416 921 8668

Fred Victor Centre: www.fredvictor.org/home

- Supports positive change in the lives of homeless and low-income people.
- Supports for housing, women, outreach, employment training, etc.
- Contact: Call: 416 364 8228

Indigenous Friendship Centre: www.ofifc.org

- Serves all Aboriginal people regardless of legal definition, primary service delivery agents for Aboriginal people requiring culturally-sensitive and culturally-appropriate services in urban communities
- 219 Front Street East
- Contact: Call: 416 956 7575 Email: ofifc@ofifc.org

Good Shepherd Centre: www.goodshepherd.ca

- Good Shepherd Ministries, a shelter providing services for homeless and disadvantaged people
- 412 Queen Street East
- Contact: Call: 416 869 3619

Neighborhood Link www.neighbourhoodlink.org

- Service agency working to help newcomers, youth, unemployed, seniors and the marginally housed, primarily in the east Toronto community
- 3036 Danforth Avenue
- Contact: Call: 416 691 7407 Email: info@neighbourhoodlink.org

St. Stephen's Corner Drop In: www.sscto.ca

- Offers daytime shelter, nutritious hot food, primary health care services from on-site nurses, doctors and psychiatrists
- Info on affordable housing, mental health support, voluntary financial trusteeship, addiction counselling, workshops and activities
- 260 Augusta Ave
- Contact: Call: 416 925 2103 x 1255 Email info@sscto.ca

Salvation Army Gateway: www.torontohhs.org/shelters/the-gateway

- Provide services in outreach, drop in, shelter, chaplaincy
- 107 Jarvis St
- Contact: Call: 416 368 0324 Email information@thegateway.ca

Sanctuary: www.sanctuarytoronto.ca

- Drop-ins, street outreach, and one-to-one relationships
- Food, clothing, basic health care, help with access welfare, housing, legal counsel, counseling, therapy or drug rehabilitation, friendship
- 25 Charles St. E.
- Contact: Call: 416 922 0628 Email info@sanctuarytoronto.ca

Sistering: www.sistering.org

- Women can access a full range of services, seven days a week including: hot breakfast and hot lunch, laundry facilities (washer & dryer), showers, daybeds for napping, a mailing address, if needed, local phone and email, ESL Classes
- 962 Bloor St W
- Contact: Call: 416 926 9762

Toronto Christian Resources Centre: www.tcrc.ca

- Assist people who are homeless, marginally housed or living with complex needs.
- Services include housing access, housing applications, information and referrals, eviction prevention, housing stabilization, and outreach/liaison with landlords
- 40 Oak St
- Contact: Call: 416 363 4234

West Neighborhood House www.westnh.org

- Housing programs for older adults, people with disabilities and their caregivers
- Woman Abuse Program; Immigrant and Refugee Services Program; Adult Learning Programs; programs for Children and Youth; and Music School
- Visit the website to find other locations and services
- 248 Ossington Ave
- Contact: Call: 416 532 4828 Email: info@westnh.org

TRANSPORTATION

Free Shuttle Bus Service to Vaughan Mills from Union Station:

www.vaughanmills.com/tourism/shopping-shuttle

- 55-passenger shopping shuttle provides free seasonal round-trip transportation from Toronto's Union Station to Vaughan Mills twice a day
- Operates between June 1-Sept 30 and returns Nov 25-Dec 26
- Complimentary WiFi is now available on board the Shuttle, and throughout Vaughan Mills

Toronto Car Sharing: www.entreprisecarshare.ca/ca/en/programs/retail/toronto

- Enterprise CarShare has a variety of vehicles, located all over the city and in your building

Toronto Ride: www.torontoride.ca/our-services.html

- Providing assisted door-to-door transportation services in the Toronto-area to seniors 55+ and adults with disabilities who are not eligible for Wheel-Trans
- Available Monday to Friday, 8am to 5pm
- See website for price and service details
- 140 Merton Street, Second Floor
- Contact: Call: 416 481 5250

Toronto Transit Commission (TTC):

www.ttc.ca/Fares_and_passes/Passes/Metropass/Metropass_MDP/index.jsp

- Metropass Discount Plan, monthly pass \$134 for adults, \$107 for seniors/high school students
- In person: Toronto Transit Commission, 1900 Yonge St
- Weekdays, 8:30am to 5pm, except statutory holidays. Extended hours, 7am to 7pm every Thurs and the first and the last business day of each month
- Contact: Call: 416 397 8827 Email: mdp@ttc.ca

WOMEN'S HEALTH ADVOCACY

A Celebration of Women™: www.acelebrationofwomen.org

- Foundation Inc. is a global women's advocacy foundation created to house women students at the planned safe houses named Celebration House™, offer a direct education bursary, and provide funding internationally for education programs established through the Alumni of Women of Action™ program, providing this information online.
- Contact: Email: acelebrationofwomen@hotmail.com

Central Neighbourhood House Women's Club

www.cnh.on.ca/programs-services/womens-club

- Free language-specific workshops in the Bengali, Tamil, Mandarin, Somali and Swahili language groups on immigration issues, parenting, gang violence, understanding the Canadian school system, yoga, Tai Chi, informal counselling, and advocacy.
- Languages may be added as needed.
- Offered September through June
- 349 Ontario Street, Main House
- Contact: Safia Hirsi Call: 416 925 4363 Email: central@cnh.on.ca

Centre for Spanish Speaking Peoples - Women's Program

www.spanishservices.org/en/programs-and-services/womens-program

- Orientation and information about legal rights and court escorting
- Telephone and in- person crisis counseling, Individual counseling
- Assessment for children/witness of domestic abuse
- Long-term support program for women leaving an abusive relationship
- Support groups for women and children affected by violence
- 2141 Jane St
- Contact: Call: 416 533 8545

Ontario Women's Justice Network (OWJN) www.owjn.org

- Online legal resource for women's organizations and individuals working on issues related to justice and violence against women and children.
- Rural Women's Justice Guide specifically for women living in rural areas.
- See their page on Domestic Abuse: Increasing your safety

The Older Women's Network (OWN)

- Open 12-4 pm on various weekdays, call for schedule
- 115 The Esplanade, 1st fl.
- Contact: Call: 416 214 1518 Email: info@olderwomensnetwork.org

Times Change Women's Employment Service: www.timeschange.org

- Offers career and educational counselling, a wide range of computer services and a comprehensive resource center, all free of charge
- 365 Bloor Street East, Suite 1003
- Contact: Call: 416 297 1900 Email: women@timeschange.org

Women's Counselling, Referral and Education Centre (WCREC):

www.mhw.info.yorku.ca/community/womens-counselling-referral-and-education-centre-wcrec

- Feminist, anti-racist and anti-oppression community-based mental health agency providing free services to the GTA.
- Services include: phone crisis, single session telephone counseling, in-house counseling (up to 16 weeks), referrals to community resources and therapists who charge on a sliding scale, facilitator Training Program (training for women who wish to run a self-help group)
- Hours: Mon & Wed 9:30am-1:30pm, Tues & Thurs 12-4pm & 6-9pm, Fridays Closed
- 489 College Street, Suite 303B
- Contact: Call: 416 534 7501

Working Women Community Centre - Women's Support Services:

www.workingwomencc.org/about-us/what-we-do/

- Counseling and support groups for newcomer and immigrant women working through isolation, family challenges, adaptation to a new culture, family re-unification, domestic and family violence, unfamiliarity with Canadian institutions, barriers to participating in civic activities.
 - **Bloor West/Main Office**
533A Gladstone Avenue
Contact: Call: 416 532 2824 Email: admin@workingwomencc.org
 - **The Victoria Park Hub**
1527 Victoria Park Ave 2nd Floor
Contact: Call: 416 750 9600 Email: admin@victoriaparkhub.org
 - **North York East Centre**
5 Fairview Mall Drive Suite 478

Contact: Call: 416 494 7978 Email: admin@workingwomencc.org

○ **North York West Centre**

2065 Finch Ave. West Suite 106

Contact: Call: 647 346 3700 Email: admin@workingwomencc.org

HEALTH/SUPPORT

416 Community Support for Women: www.416community.com

- Free meals, breakfast and lunch served
- Drop-in crisis center, women's only 16+ years
- Not wheelchair accessible
- 416 Dundas St. E., Dundas/Parliament
- Contact: Call: 416 928 3334 x223

519: www.the519.org

- Women's Coming Out Group is a peer support group for all queer and questioning women to discuss and share the experience of coming out. Topics include: coming out to your family, school or workplace, in a heterosexual relationship, as bisexual when previously identified as a lesbian, for trans women, as a woman of colour, recognizing and overcoming internalized homophobia, etc.
- 519 Church Street
- Contact: Call: 416 392 6874 Email: info@the519.org

Jean Tweed Centre: www.jeantweed.com

- The Jean Tweed Centre day/residential programs and outpatient services operate out of 215 Evans Avenue and Cumberland House (see below). Our outreach counselors are located in the Shelter system, Community Health Centre, Young Parent Resources Centre, Aboriginal Services, and Criminal Justice agencies and Supportive Housing sites in Toronto.
- 215 Evans Avenue
- Contact: Call: 416 255 7359 Email: info@jeantweed.com

June Callwood Centre for Young Women - 'Jessie's' www.jessiescentre.org

- Counselling/Case Management: personal counselling, information and advocacy
- Health Services: pregnancy counselling, prenatal and nutrition classes, housing support, practical help

- Parenting Groups: discuss infant and child development, develop parenting skills, and receive family support
- Respite Care Program: lets parents, under the age of 25, take a temporary, overnight break (usually over a weekend), knowing that their child(ren) is/are being looked after in a safe environment by a qualified caregiver
- High School Education: young prenatal women and young moms can earn compulsory and elective high school credits, Community Education: Each year, young parents make presentations to high schools to dispel myths about being a teenage parent, educate about healthy sexuality and informed decision-making about personal choices surrounding pregnancy options
- 205 Parliament St
- Contact: Call: 416 365 1888 Email: mail@jessiescentre.org

Keele Street Women's Group:

www.toronto.cmha.ca/programs_services/keele-street-women%E2%80%99s-group/#.WPeiEdQrKUk

- Social/recreational program that facilitates the mental health recovery of women living in Toronto, providing opportunities for peer support, skills development and leadership in an inclusive and supportive environment
- 2700 Dufferin St Unit 90
- Contact: Call: 416 781 4199

Native Women's Resource Centre: www.nwrct.ca

- Aboriginal women can share resources, support one another, and practice their traditional ways
- 191 Gerrard St. E, Sherbourne/Gerrard
- Contact: Call: 416 963 9963

Rexdale Women's Centre: www.rexdalewomen.org/aboutUs.html

- **Head Office, Orientation, Violence Prevention & Crisis Intervention:**
- 925 Albion Road, Suite 309
- Contact: Call: 416 745 0062
- Hours: Mon, Tues, Thurs & Fri 9am-5pm Wed 9am-8pm
- **Welcoming Communities, Orientation Services, Children's Services:**
- 21 Panorama Crt, Suite 23
- Contact: Call: 416 745 0062
- Hours: Mon, Tues, Thurs & Fri 9am-5pm Wed 9am-8pm
- **Language Training and Childminding:**

- 925 Albion Rd, Suite 203
- Contact: Call: 416 741 6048
- Hours: Mon to Fri: 9am-3pm Sat 9:30am-12:30pm

Scarborough Women's Centre: www.scarboroughwomenscentre.ca

- Provides: Info and referral, workshops, mentoring, and counselling
- 2100 Ellesmere Road, Suite 245
- Contact: Call: 416 439 7111 Email: ed@scarboroughwomenscentre.ca
- Hours: Mon-Thurs 9-5pm, Fri 9-4pm

HEALTH/SUPPORT: **Sexual Health**

Choice in Health Clinic www.choiceinhealth.ca

- Women-centered pregnancy and abortion clinic. Provides full range of services for women experiencing an unwanted pregnancy including the emergency contraceptive pill (ECP). Entry by appointment only.
- SURGICAL abortions from the time you know you're pregnant to 15 weeks after the start of your last menstrual period (LMP)
- MEDICAL abortions up to 7 weeks LMP
- Exams to tell if you are pregnant and how pregnant you are
- Counselling and information before your abortion
- Medical check-ups after your abortion
- Free interpretation
- All services are free with an Ontario Health Card (OHIP).
- Staffed entirely by women who support your right to control your own body and make informed decisions about your reproductive health.
- Doctors are all women and are all specially trained in the highest quality abortion care. Licensed by the Ministry of Health and inspected by the College of Physicians and Surgeons of Ontario.
- 1678 Bloor Street West, Suite 301
- Contact: Call: 416 975 9300 Toll Free: 1 866 565 9300

Hassle Free Women/Trans Clinic: www.hasslefreeclinic.org/home/women-trans-clinic/programs-and-services-available-at-the-womentrans-clinic

- Sexual health clinic offering free services including check-ups and anonymous STI testing, with a focus on female health, including birth-control. More information on the website

- 66 Gerrard Street East (at Church), 2nd floor
- Contact: Call: 416 922 0566

Immigrant Women's Health Centre: www.immigranthealth.info

- Providing free, confidential, culturally sensitive and language-accessible sexual health-related clinical services, counselling and support services to women
- serve our clients in 9 languages with all-female Centre and medical staff
- 489 College St., Suite 200
- Contact: Call: 416 323 9986 Email: info@immigranthealth.info

La Leche League Toronto: www.lllc.ca/lllc-toronto-central-st-clair-west

- Supporting breastfeeding families
- 791 St Clair Ave West (east of Greensides)
- Contact: Call: 416 536 5044 Email: lllc.st.clair.west@gmail.com

Women's College Hospital - Bay Centre for Birth Control (BCBC):

www.womenscollegehospital.ca

- The Bay Centre for Birth Control clinic offers comprehensive sexual and reproductive health care for women in Ontario. Our confidential services include physical examination, counselling, information and referrals
- Hours: Mon 9am-5pm Tues-Thurs 9am-8pm Fri 9am-5pm Closed on weekends and public holidays.
- The hospital is fully accessible. All clinics have wheelchair accessible washrooms
- 76 Grenville St. 3rd floor
- Contact: Call: 416 351 3700 Email: BCBC@wchospital.ca

Women's Health in Women's Hands www.whiwh.com/programs-services

- Primary medical care for all women from the age of 16, mental health support programs with individual and group counseling, self-advocacy programs, health promotion and education programs, Pre and Post Natal Care programs, HIV-AIDS Prevention, Support and Care, healthy living activities, support groups, supportive self-care activities and a resource information center
- Specializes in the health and wellness needs of racialized women and prioritizes those from African, Caribbean, Latin American and South Asian communities. Offers testing and treatment for STIs, pap smears, HIV/AIDS services, and a wide array of pregnancy support services
- 2 Carlton St., Suite 500
- Contact: Call: 416 593 7655 Email: info@whiwh.com

HELPLINES

Assaulted Women's Helpline

- Contact: 416-863-0511

Talk4Healing: www.talk4healing.com

- Talk4Healing is available to all Aboriginal women living in urban, rural and remote communities, both on and off reserve, throughout Northern Ontario.
- toll-free telephone line is open for calls now at: 1 855 554 HEAL

HOUSING/SHELTER

Anduhyaun - Nekenaan Second Stage Housing

www.anduhyaun.org/nekenaan-second-stage-housing/

- Transitional housing service that provides safe, affordable, temporary housing to indigenous women with or without children
- Substance and violence free environment
- Free laundry facilities and telephones on each resident floor
- Culturally specific programming and workshops available
- 1296 Weston Rd
- Contact: Call: 416 243 7669 ext 226

Birkdale Residence Shelter, Housing and Support Division

www.torontocentralhealthline.ca/display/service.aspx?id=132498

- Crisis intervention, counselling, case management, child advocacy, child care and children's program, housing Connections, and assistance with housing search and application process
- 55 John St, 6th Fl, Metro Hall
- Contact: Call: 416 392 5650

Fred Victor's 24/7 Drop-in: www.fredvictor.org/womens_24/7_drop-in_program

- Warm, safe and welcoming space with health services, food, rest area, clothing, toiletries, hygiene products, laundry, shower facilities, etc. Referrals to doctors, dentists, legal aid, etc.
- Participate in exercise, arts, crafts, organized trip or outing, and other social rec
- Open 24/7
- Adelaide Resource Centre

Fred Victor Women's Hostel: www.fredvictor.org/womens_hostel

- Health intervention providing on-site physical and mental health care, housing access and advocacy, and such basics as food, laundry facilities and hygiene supplies
- This is a heritage site. Very limited access only on main floor.
- 86 Lombard Street
- Contact: Call: 416 368 2642

Fred Victor Women's Transitional Housing: www.fredvictor.org/transitional-housing

- 20 units on the second floor as a transitional housing program for people who are homeless and suffering from addictions.
- For up to one year, residents receive intensive support for daily living from our staff so they may prepare to move into permanent housing.
- Not wheelchair accessible
- 145 Queen Street East, second floor of Fred Victor Housing
- Contact: Call: 416 368 9138

Fred Victor Transitional Shelter for Older Women

- 389 Church Street
- Contact: (416) 644 -1735

HARP- Homeless At-Risk Prenatal:

- HARP clients are homeless, pregnant women who may be experiencing substance use and or mental health issues
- Contact: Call: 416 338 7600 Email: publichealth@toronto.ca

Interval House: www.intervalhouse.ca

- Holistic approach to help women and children escape violence and rebuild their lives. Residential programs, community programs, advocacy & leadership
- Contact: Call: 416 924 1411 ext. 228 Email: besshousing@intervalhouse.ca
- Crisis Support Contact: 416 924 1411 Email: info@intervalhouse.ca
 - TTY: 416 924 0899
- Building Economic Self-Sufficiency (B.E.S.S.): Email: bess@intervalhouse.ca

Korean Canadian Women's Association

www.kcwa.net/pages_en/kcwa-mission_en.php

- KCWA Family and Social Services is a non-profit organization established in 1985 by a group of women who were concerned with women and family issues.
 - **Downtown Office**
27 Madison Ave.

Contact: Call: 416 340 1234 Email: kcwa@kcwa.net

- **North York Office**

540 Finch Ave. West 2nd Floor

Contact: Call: 416 340 1234 Email: kcwa@kcwa.net

Native Women's Transitional House:

www.nativechild.org/children-a-families/native-womens-transitional-house

- The Native Women's Transitional House is a program for single women (16 to 24 years) and children (newborn to 6 years) who need a safe and supportive environment.
- Residents may stay at the house for up to 18 months while making the transition into independent living and stable housing. Rent is based on family size and is geared to the Ontario Works living allowance.
- Contact: Call: 416 969 8510

Shelter Safe: www.sheltersafe.ca/about/

- Online resource to help women and their children seeking safety from violence and abuse.
- The clickable allows you to quickly identify a shelter in a specific geographic area along with its 24 hour emergency phone number.
- This resource is for women directly impacted by violence as well as for their concerned friends, family, colleagues and employers.

Sistering A Woman's Place: www.sistering.org

- Women can access a full range of services, seven days a week. Our basic services include: hot breakfast and hot lunch, laundry facilities (washer & dryer), showers, daybeds for napping, a mailing address, if needed, local phone and email, ESL Classes
- 962 Bloor St W
- Contact: Call:416 926 9762

Sistering Parkdale www.sistering.org

- 220 Cowan Ave
- Contact: 416-588-3939

St. Clare Inn www.stclareinn.org

- Transitional housing that offers accommodation to homeless women between the ages of 30-60 who are struggling with a diagnosed mental health issue.

- Temp residence for a period of up to 1 year. Non-denominational home-like setting where the focus is on re-building lives and self-esteem.
- 1300 Leslie Street
- Contact: Call: 416 690 0330 Email: info@stclareinn.org

The Red Door Family Shelter: www.reddoorshelter.ca

- 24-hour emergency housing, on-site medical assistance and referrals, child care, assistance to find housing, moving program (provides donated furniture and moving assistance), weekly food bank, counselling, case management, safety planning, education, legal, immigration assistance, advocacy, youth and child educational programming, school liaison, parenting and life skills training, ongoing caseworker support and accompaniment.
- 21 Carlaw Ave
- Contact: Call: 416 915 5671

Women's Habitat www.womenshabitat.ca/

- Services include: individual and group counselling, transition and support services, housing assistance, parenting support and services for young women.
- Languages spoken include: English, Spanish, Portuguese, Farsi, Urdu, Hindi, Dari and Pashto
- 140 Islington Ave
- Contact: Call: 416 252 7949 x 221

Yorktown Shelter for Women (YSW)

www.yorktownfamilyservices.com/shelter-for-women

- Safe and secure haven for women and their children fleeing an abusive relationship. Staffed 24 hours a day by a multilingual and multicultural team, the shelter is committed to the well-being and empowerment of women who have been abused and to the healthy development of their children
- 2010 Eglinton Avenue West, Suite 300
- Contact: Call: 416 394 2950 Email: info@yorktownfamilyservices.com
- Crisis Line: 416 394 2999

YOUTH & YOUNG ADULTS: MENTAL HEALTH SUPPORTS

Central Toronto Youth Services: www.ctys.org/contact-us

- 65 Wellesley Street East, Suite 300
- Contact: Call: 416 924 2100

Centre for Addiction and Mental Health:

www.camh.ca/en/hospital/care_program_and_services/child_youth_and_family_program/Pages/youth_addiction_concurrent_disorder.aspx

- Youth Addiction and Concurrent Disorders Service
- 80 Workman Way, CAMH grounds, Intergenerational Wellness Building
- Contact: Call: 416 535 8501 press 2

Covenant House: www.covenanthouseofontario.ca/homeless-youth/Contact-Us

- Youth Homelessness
- 20 Gerrard St. E
- Contact: 1 800 435 7308 or 416 593 4849

Delisle Youth Services: www.delisleyouth.org

- 40 Orchard View Blvd #255,
- Contact: Call: 416 482 0081 Email: info@delisleyouth.org

Edgewest: www.edgewest.ca

- 1900 Davenport Rd
- Contact: 416-562 4636

Evergreen Centre for Youth (Yonge Street Mission): www.ysm.ca

- 381 Yonge St
- Drop-in centre that provides hot meals, informal and formal counselling, shower and laundry facilities, access to emergency clothing, referrals and advocacy, legal advice, ID clinic, other specialized programs
- Contact: 416 929 9614 Email: evergreen@ysm.ca

Griffin Centre: www.griffin-centre.org

- 1126 Finch Ave W
- Contact: Call: 416 222 1153 Email: contact@griffincentre.org

Hincks-Dellcrest Centre: www.hincksdellcrest.org

- 114 Maitland St
- Contact: Call: 1 855 944 4673 or 416 924 1164 Email: info@hincksdellcrest.org

Horizons for Youth: www.horizons4youth.org/index.php

- Advocate for and develop emergency housing for youth
- 422 Gilbert Ave
- Contact: Call: 416 781 9898 Email: info@horizonsforyouth.org

LOFT Community Services: www.loftcs.org/programs/supports-for-youth

- Services for transitional age youth
- 15 Toronto Street, 9th Floor
- Contact: Call: 416 979 1994 Email: info@loftcs.org

Mood Disorders Association of Ontario:

www.moooddisorders.ca/program/students-and-young-adults

- Regular drop in, workshops and support groups for students and young adults
- Contact: Elyse Grieco Call: 416 486 8046 ext 238 or 1 888 486 8236
Email: elyseg@moooddisorders.ca

Native Child & Family Services: www.nativechild.org

- Youth programs include: Native Learning Centre and 7th Generation Image Makers, Children's mental health services and case management, Scarborough Child and Family Life Centre, Developmental services
- 30 College Street
- Contact: Call: 416 969 8510 Email: info@nativechild.org

Shout Youth Clinic: www.ctchc.org/programs-services/youth/shout-clinic-history-of-youth-services

- Health service for homeless and street-involved youth under 25
- 168 Bathurst Street, Queen West Central Toronto Community Health Centre
- Contact: Call: 416 703 8482 Email: info@ctchc.com

Touchstone Youth Winter Drop in

- 32 bed emergency shelter for 16 - 24 year old homeless and at-risk youth
- Offers an employment program, housing help, drop-in and outreach work
- 1076 Pape Avenue
- Contact: Call: 416 696 6932

YouthLink: www.youthlink.ca

- 747 Warden Ave
- Contact: 416-967-1773 Email: info@youthlink.ca

Young Ones: www.youngones.ca

- Treatment, support and education for youth with addiction
- Contact: Call: 416 694 3754 Email: info@youngones.ca

Turning Point Youth Services: www.turningpoint.ca

- 95 Wellesley Street, East
- Contact: Call: 416-925-9250

Additional youth services and supports
www.toronto.cmha.ca/mental_health/youth-zone/#.WOU0tIrKUK

YOUTH & YOUNG ADULTS: MENTAL HEALTH SUPPORTS: Helplines

Good to Talk for Post Secondary: www.good2talk.ca

- Contact: 1 866 925 5454

Kids Help Phone for Teens: www.kidshelpphone.ca

- Contact: 1 800 668 6868

LGBT Youth: www.youthline.ca

- Contact: 1 800 268 9688

YOUTH & YOUNG ADULTS: MENTAL HEALTH SUPPORTS: Walk-In Services

East Metro Youth Services: www.emys.on.ca

- Hours: Mon-Thurs 2-7pm, Fri 10am-4pm, no appointment or OHIP Card needed
- 1200 Markham Rd Suite 200
- Contact: Call: 416 438 3697

Family Services Toronto: www.familyserVICEToronto.org/our-services/programs-and-services/walk-in-clinic

- Wednesdays from 3:30-7:30pm, last registration: 6:15pm
- 128A Sterling Rd, Suite 202
- Contact: Call: 416 595 9230

Oolagen: www.oolagen.org

- Hours: Mon, Thurs, Fri 9am-1pm, Tues 12-8pm, Wed 3-6pm
- 65 Wellesley St East, Suite 500
- Contact: Call: 416 395 0600

Tangerine Counselling Services: www.tangerinewalkin.com

- Contact: Call: 905 795 3530
- **Associated Youth Services of Peel**
 - * Walk in hours: Tuesdays 9am-8pm, last walk-in session

- * 160 Traders Blvd.E, Suite 100
- * Contact: Call: 905 795 3530
- **Peel Children's Centre:**
 - * Hours: Wednesdays 9am-8pm, last walk in session is at 6pm
 - * 85A Aventura Court
- **Rapport Youth & Family Services**
 - * Thursdays 9am-8pm, last walk in session is at 6pm
 - * 71 West Drive, Unit 37