

Crisis lines

Distress centres of Toronto

416-408-HELP(4357)

Gerstein Crisis Centre

416-929-5200

Aboriginal Services

416-891-8606

- 24/7 crisis management

Assaulted Women's helpline

416-863-0511

CAMH

416-535-85901 ext.6885

- For self-referral

Toronto Rape Crisis Centre

416-597-8808

Warm Line

416-960-9276 (Progress Place,
open 8PM to midnight)

1-888-777-0979 (Krasman Cen-
tre, open 24Hours)

- 8PM-midnight, to chat with
someone that understands
how you are feeling

Seniors Crisis Access Line

416-619-5001

Monday-Friday: 10AM-9:30PM

Saturday & Sunday: 10AM-6PM

@ The Monadnock Center



Helplines

Drug & Alcohol Helpline

www.drugandalcoholhelpline.ca

1-800-565-8603

Mental Health Helpline

www.mentalhealthhelpline.ca

1-866-531-2600

Gambling Helpline

www.problemgamblinghelpline.ca

1-888-230-3505

Services to Help
You Outside the
Hospital

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GENERAL INFORMATION

211 Toronto
211toronto.ca

- For clothing banks, meal programs & employment

311 Toronto
Toronto.ca/311

- For City of Toronto services such as emergency shelter, dental clinics, parks/recreation & reporting poverty issues

Service Canada
1-800-622-6232
Servicecanada.gc.ca

FOOD BANKS

To find a food bank near you contact
416-203-0050

Parkdale Community Food Bank
416-392-6696
1316 King Street West
Wednesday & Thursday: 1:30PM-4PM
Saturday: 11:30AM-1:30PM

Fort York Food Bank
416-203-3011
797 Dundas Street West
Drop-In: Tuesday—Saturday from 9AM-2PM

St. Francis Table
416-532-4172
1322 Queen St. West

www.capuchinoutreach.org/home/

EMPLOYMENT CENTRES

Employment Ontario
1-800-387-5656
tcu.gov.on.ca/eng/employmentontario

West Neighbourhood House
416-532-4828
www.westnh.org
248 Ossington Avenue

HOUSING/TENANT RIGHTS

211
Tenant Hotline
416-921-9494
Aboriginal Housing Support Centre
416-260-6011
Aboriginalhsc.org

MENTAL HEALTH INFORMATION

Consumer Survivor Information centre
416-595-2882
1001 Queen St. West
www.csinfo.ca

HEALTH & WELLNESS

Parkdale Community Health Centre
416-537-2455
1229 Queen St. West
Monday, Tuesday & Thursday: 9AM-8PM
Wednesday: 9AM-12PM, 3PM-8PM
Friday: 9AM-5PM
Saturday: 10AM-1PM

Queen West Toronto Community Centre
168 Bathurst Street
416-703-8482
Monday, Wednesday, Thursday: 8AM-8PM
Tuesday: 1:30PM-8PM, Friday: 8AM-5PM
Saturday: 10AM-2PM

LEGAL SERVICES

Legal Aid Ontario
1-800-668-8258

Aboriginal Legal Services Toronto
416-408-3967, 416-408-4041
211 Yonge Street, Suite 500
Aboriginallegal.ca
Monday-Friday: 9AM-5PM

Parkdale Legal Services
416-531-2411
1266 Queen St. West
Monday, Tuesday, Thursday: 2PM-6PM
Closed on Wednesday
Friday: 10AM-1PM, 2PM-5PM

RECREATION & SOCIAL PROGRAMS

Christie-Ossington Neighbourhood Centre
416-534-8941
854 Bloor St. West
Conccommunity.org
Monday– Thursday: 10AM-5PM
Friday: 9AM-2PM
Sunday: 11AM-4PM

Good Neighbours' Club

416-366-5377
170 Jarvis St.
Monday-Sunday: 8AM-5PM

Parkdale Activity Recreation Centre
416-537-2262
1499 Queen St. West
Drop-In: Monday-Thursday 9AM-1PM
Friday: 12:30PM-4:30PM, 6PM-9PM
Saturday-Sunday: 11AM-3PM