access employment

RESOURCE GUIDE
Programs and Services in Brampton

Stay up to Date
Subscribe to our monthly newsletter:

You belong in a job that reflects your skills and experience. ACCES will give you the support, coaching and connections you need to realize your full potential and make a lasting impact in your new job.

How can we help you find a job?

ACCES Employment offers a wide variety of sector-specific programs to support internationally trained professionals in finding work in their field.

Connections to employers who are hiring through job fairs, networking, mentoring and employment opportunities.

Specialized services for women, and bilingual (English/French) newcomers

Online services & programs:
- Connecting Canada (pre-arrival)
- Electrical Engineering Connections
- Webinars and online resources

Job search support and guidance including customized one-to-one support and a variety of job search workshops.

Visit our website to learn more: accesemployment.ca

ACCES Brampton
44 Peel Centre Drive,
Suite 201
Brampton, ON, L6T 4B5
905.454.2316

ACCES Markham
8500 Leslie Street,
Suite 470
Markham, ON, L3T 7M8
905.840.2660

ACCES Scarborough
2100 Ellesmere Road,
Suite 250
Scarborough ON, M1H 3B7
416.431.5326

ACCES Mississauga
2085 Hurontario Street,
Suite 210
Mississauga ON, L5A 4G1
905.361.2522

ACCES North York
2001 Sheppard Avenue E.
Suite 201
North York, ON, M2J 4Z8
416.443.9008

ACCES Toronto
489 College Street,
Suite 100
Toronto, ON, M6G 1A5
416.921.1800

ACCES Newmarket
1091 Gorham Street,
Unit 302
Newmarket, ON L3Y 8X7
647.827.1241

ACCESEmployment

ACCESemployment

ACCESEmployment

ACCESEmployment

Table of Contents

Housing Supports 5
- Housing Support Services 5
- Legal Services for Tenants 5
- Financial Assistance with Housing 6
- Shelters & Supportive Housing 7
- Housing Supports for Men 7
- Housing Supports for Women & Families 8
- Housing Supports for Youth 9
- Housing Resources with Mental Health Support 9

Mental Health Supports 10
- Virtual and Phone Supports 10
- In-person Supports 13
- In-person Supports for Black Communities 15
- In-person Supports for 2SLGBTQIA+ Communities 16
- In-person Supports for Newcomers & Refugees 17
- In-person Supports for Youth 18

Food & Practical Supports 19
- Food Banks & Grocery Supports 19
- Clothing & Furniture 20

Disability Supports 21
- Income & Employment 21
- Assistive Devices & Other Supports 23

Immigration & Legal Services 24
- Immigration & Settlement Services 24
- Community-based Legal Services 27
- Specialized and Multilingual Support 28

Language Supports 29
- Enhanced Language Skills Training (ELT) 29
- English Language Training 31
- French Language Training 34
- Language Assessment & Referral Services (For ESL & LINC) 35
- Occupation-specific Language Training 35
- English Conversation Circles 36

Sexual Health Supports 37
- Sexual Health Clinics & Services 37

Parent & Family Supports 38
Support for New Parents 38
EarlyON Programs & Playgroups 40
Child Care Services & Subsidies 41
Child, Youth & Family Programs 41

Housing Supports

Housing support services may include assistance with accessing subsidized or low-cost rental options, support for those experiencing or at risk of homelessness, emergency and transitional shelter options, and guidance in navigating housing systems and tenant rights.

Housing Support Services

Agency	Service Description	Clientele Served	Agency Contact Info
Immigration Peel	Provides information and resources for newcomers to find housing in Peel region.	Newcomers/new immigrants to Peel Region.	immigrationpeel.ca
La Passerelle-I.D.É	Provides personalized and culturally adapted support with social workers to help black and racialized Francophones who are homeless or at risk of becoming homeless find housing and stabilize.	Black and racialized francophones at risk or experiencing homelessness.	416-934-0588 passerelle-ide.com
Peel Region	Provides supports with accessing subsidized rental housing finding affordable market-rate rentals and navigating affordable housing resources. Homeless supports include emergency and transitional shelters, street outreach, and support services to find permanent housing.	Peel residents requiring help and information on subsidized housing, affordable market-rent units and help with avoiding homelessness.	905-453-1300 1-888-919-7800 peelregion.ca

Legal Services for Tenants

Agency	Service Description	Clientele Served	Agency Contact Info
Advocacy Centre for Tenants Ontario	Provides remote advice, legal assistance, resources and referrals to unrepresented tenants on or before the day of their scheduled hearing at the Landlord and Tenant Board (LTB).	Low-income tenants who qualify. Priority is given to tenants facing eviction.	tdc.acto.ca
Black Legal Action Centre (BLAC)	Provides free legal service to Black Ontarians eligible for legal aid.	Black Ontarians eligible for legal aid.	416-597-5831 1-877-736-9406 blacklegalactioncentre.ca

Canadian Centre for Housing Rights (CCHR)	Provides free, individualized services to renters in Ontario who are facing challenges in their housing.	All tenants.	416-944-0087 1-800-263-1139 housingrightscanada.com
Centre for Spanish-Speaking Peoples (CSSP)	Serves low-income members of the Spanish-speaking community in Ontario regardless of their immigration status in Canada.	Eligible for Spanish-speaking tenants.	416-533-8545 spanishservices.org
Centre Francophone du Grand Toronto	Offers free summary legal advice in French for Peel, York and Durham regions.	French-speaking people in Peel, York and Durham regions.	1-844-966-7345 ac.centrefranco.org
Chinese and Southeast Asian Legal Clinic (CSALC)	Provides free legal services to low-income, non-English speaking clients from the Chinese, Vietnamese, Laotian and Cambodian communities in Ontario.	Low-income tenants from the Chinese, Vietnamese, Laotian, and Cambodian community.	416-971-9674 1-844-971-9674 csalc.ca
Landlord & Tenant Board (LTB)	Settles disputes between property owners and tenants and provides information to landlord and to tenants about their rights and responsibilities under the Residential Tenancies Act.	Anyone wanting to resolve a dispute with a landlord or tenant, and/or end a tenancy or co-op member's occupancy in the province of Ontario.	416-645-8080 1-888-332-3234 tribunalsontario.ca
Legal Aid Ontario (LAO)	Free legal advice to low-income tenants.	Qualified low-income tenants.	1-800-668-8258 416-979-1446 legalaid.on.ca
Northern Peel & Dufferin Community Legal Services	Free legal services for low-income residents of Brampton, Caledon & Dufferin County.	Low-income residents of Brampton, Caledon and Dufferin County.	905-455-0160 1-866-455-0160 northpeeldufferinjustice.ca
South Asian Legal Clinic of Ontario	Provides advice, brief services, and/or legal representation to low-income South Asian tenants.	Low-income South Asian tenants in Ontario.	416-487-6371 salc.on.ca

Financial Assistance with Housing

Agency	Service Description	Clientele Served	Agency Contact Info
Dixie Bloor Neighbourhood Centre - Low-Income Energy Assistance and Ontario Electricity	Provides a one-time for low-income households who are behind their hydro bills and may face service shut off. It is intended for emergency situations only.	Clients must meet income eligibility criteria, reside in Peel, and be an existing residential customer of Alectra Utilities.	905-629-1873 dixiebloor.ca

Support Programs			
CMHA Peel Dufferin – McEvenue Home Works	Grants emergency financial assistance to individuals living with mental health concerns who are experiencing a housing crisis.	Individuals 16+ years of age experiencing mental health concerns in Peel, Dufferin, North Etobicoke and West Woodbridge.	905- 451 2123 1-877-451-2123
Peel Region - Housing Subsidy	Apply for housing subsidy, eligibility, wait times, and other available housing support.	Residents in need in Peel Region who meet eligibility criteria.	905- 791-7800 peelregion.ca
Peel Region - Keep Housing and Avoid Eviction	Provides one-time financial assistance to help residents who are behind on rent or utility payments and are at risk of eviction. Support may cover arrears for electricity, heating, and other essential utilities to help stabilize housing and prevent loss of tenancy.	Peel Region residents behind in their bills or facing eviction.	905-453-1300 acto.ca

Shelters & Supportive Housing

Agency	Service Description	Clientele Served	Agency Contact Info
Peel Region - Shelter Intake Line	Support for a safe place or access to shelters.	Adult, youths and families in need of shelter in Peel Region.	905-450-1996
Peel Region - Street Helpline	The Peel Outreach team is a responsive, mobile, multi-disciplinary team that meets people where they are at, working in partnership with community agencies to provide support, advocacy, and referrals to help with access to basic needs.	Underhoused adults in Peel Region.	1-877-848-8481

Housing Supports for Men

Agency	Service Description	Clientele Served	Agency Contact Info
Salvation Army - Wilkinson Shelter	Emergency homeless shelter for men that includes food, access to clothing and laundry, employment and housing support, assistance applying for Ontario Works, health clinics,	Men 25 years and older who are homeless or at risk of homelessness.	905-450-1996 salvationarmy.ca

	mental health and addiction support, life skills training, AA meetings, pastoral care and recreation.		
St. Leonard's Place Peel (SLPP)	Provides transitional and reintegration housing for men experiencing situations of homelessness, mental illness, addiction and/or conflict with the law.	Men aged 18 and older who have experienced homelessness, mental health challenges, substance use issues, or involvement with the justice system.	437-332-9081 (between 5pm and 8am) stleonardsplace.com

Housing Supports for Women & Families

Agency	Service Description	Clientele Served	Agency Contact Info
EFry Hope and Help	Offers programs and services to support women, girls and children at risk or impacted by the justice system.	Women, girls and children in Peel Region.	905-459-1315 efryhopehelp.com
EFry Hope and Help - Haven House Shelter	Emergency shelter providing supportive environment with access to programs, counseling, and help with finding permanent housing.	Adult women aged 25 and older in Brampton and Caledon.	905-450-1996 efryhopehelp.com
Services and Housing in the Province (SHIP) - Peel Family Shelter (PFS)	Provides emergency housing for homeless families in Peel Region.	Must be a family (one or two parents/guardians with at least one dependent) experiencing homelessness or at risk of homelessness. Priority is given to residents of Peel Region.	905-450-1996 shipshey.ca
Sakeenah Canada	Provides secure, faith-sensitive shelters where Muslim women and children fleeing violence, homelessness, or abuse can find stability, independence, and a sense of home.	Muslim women and children.	1-888-671-3446 sakeenahcanada.com
Salvation Army - Honeychurch Family Life Resource Centre	Emergency shelter for abused women and children, accommodates 18 families on a temporary basis.	Women and children fleeing domestic violence in Brampton.	905-451-4115 tsavawservices.ca

Women & Children Precious Shelter	Shelter for women and their children in Peel Region who have experienced abusive situations.	Women and children in Peel Region who have experienced abusive situations.	437-855-3301 24/7 Crisis Line: 905-452-7485 wcpreciousshelter.ca

Housing Supports for Youth

Agency	Service Description	Clientele Served	Agency Contact Info
Our Place Peel	Provides shelter and support for youth.	Youth 16 to 24 years old.	905-238-1383 ourplacepeel.org
SHIP - Peel Family Shelter (PFS) - Peel Youth Village	Provides stable transitional housing and support services for youth for a maximum of 18 months.	Youth 16 to 24 years old.	905-791-5576 shipshey.ca
REST Centres	Supports to secure safe, affordable and sustainable housing, with ongoing support to maintain their tenancy.	Black, Indigenous and youth of colour.	1-905-863-1118 restcentres.org

Housing Resources with Mental Health Support

Agency	Service Description	Clientele Served	Agency Contact Info
Indus Community Services - Community Mental Health Support Services - Housing and Support Peel (HASP)	HASP in partnership with SHIP (Services and Housing in the Province) delivers housing support services to clients residing in SHIP units.	Adults aged 16 and older who are experiencing mental health challenges, are homeless or at risk of homelessness, and have residential, family, or service connections within Peel Region.	905-275-2369 induscs.ca
Services and Housing in the Province (SHIP) - Short Stay Crisis	Offers voluntary support services to people with serious mental illness, who are experiencing a crisis, and have come into conflict with the criminal justice system. Clients are provided with lodging and support for up to 14 days	Individuals 16+ with mental health symptoms, in crisis, with recent or potential legal involvement, connected to Peel services, and not an immediate safety risk.	416-553-1288 905-460-0107 shipshey.ca

Mental Health Supports

Mental Health Supports connect individuals and families with services that promote emotional well-being, resilience, and recovery. These programs may include counselling, getting help during a crisis, peer support, addiction services, and access to culturally responsive or specialized care. Supports aim to help people manage mental health challenges and navigate available resources.

Virtual and Phone Supports

Agency	Service Description	Clientele Served	Agency Contact Info
CMHA Peel Dufferin -24/7 Crisis Support Peel-Dufferin	For individuals who require immediate crisis support. The line is answered by a crisis support worker who will assess the nature of the crisis and the level of risk and arrange the most appropriate response.	People in need of immediate crisis support.	905-278-9036 1-881-811-2222 (Caledon & Dufferin) cmhapeeldufferin.ca
Assaulted Women's Helpline	A free, confidential, and anonymous 24-hour crisis line. Provides crisis counselling, safety planning, emotional support, information, and referrals.	Women who have experienced any form of abuse.	416-863-0511 1-866-863-051 TTY: 1-866-863-7868 awhl.org
Black Youth Helpline	Serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.	Children, youth, families, school boards & other youth serving organizations.	1-833-294-8650 blackyouth.ca
CNIB - Peer Support Programs	Provides understanding, support, mentorship and advice. Peer Support groups provide the opportunity to connect with others who are living with sight loss.	Canadians who are blind or partially sighted, as well as their families, friends and caregivers.	1-800-563-2642 cnib.ca
ConnexOntario	Information line for mental health, addiction, and problem gambling.	Call for yourself, a loved one, or a client.	Call 1-866-531-2600 Text CONNEX to 247247. connexontario.ca

Distress Centres of Greater Toronto - 408-Helpline	Trained volunteer responders provide support for people struggling with overwhelming emotional distress, social marginalization and mistreatment, or having thoughts of suicide.	People struggling with overwhelming emotional distress, social marginalization and mistreatment, or having thoughts of suicide in Toronto, Peel, and GTA.	Brampton: 905-459-7777 TTY: 905-278-4890 dcogt.com
Distress Centres of Greater Toronto - Multilingual Distress Lines	Assists individuals in the areas of emotional distress, relationship issues, and life changes.	Callers who speak Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu.	905-459-7777
Every Mind - Crisis Support Services	Phone line operated by trained mental health workers who provide support and help to decide next steps.	Peel region residents under 25 with mental health needs, as well as their parents or caregivers.	905-278-9036 everymind.ca
Fem'aide	Offers French-speaking women who have experienced gender-based violence, support, information and referral to appropriate front-line services within their communities.	French-speaking women who have experienced violence.	1-877-336-2433 femaide.ca
Hospice Palliative Helpline	For counselling and emotional support for those seeking information or guidance about Hospice Palliative Care or Bereavement	Adults 18+	905-667-1865 hospicemississauga.ca
Indigenous Hope for Wellness	Helps youth who are experiencing challenges and complex issues, distress and who are looking for other wellness supports.	All Indigenous people across Canada	1-855-242-3310 hopeforwellness.ca
Kids Help Phone	Crisis responders reply to texts, chats and calls from people looking for support, helping them identify how they're feeling, discuss different coping strategies and if required, collaboratively set up a safety plan.	Youth aged 5 to 20 years of age OR Adults.	YOUTH: Text CONNECT to 686868 (phone) OR tap to message online from a web browser OR call 1-800-668-6868 ADULTS: Text WELLNESS to 741741. kidshelpphone.ca
LGBT Youthline	An anti-racist, youth-led organization that connects 2SLGBTQ+ youth across Ontario to resources and community through peer support, training, advocacy, and referrals. Support via phone, online chat, texting and email	2SLGBTQ+ youth (29 and under) across Ontario.	647-694-4275 youthline.ca

Mental Health Mobile Crisis Centre of Peel	Immediate crisis outreach and support for individuals who are experiencing a mental health crisis. Team made up of mental health workers and plain-clothes police officers trained in mental health crisis intervention. Mobile visits available.	Individuals 16+ in Mississauga, Brampton and Caledon.	905-278-9036
Naseeha Mental Health - Helpline	A Muslim mental health helpline that provides culturally competent and spiritually appropriate counseling to diverse populations.	Support tailored to the Muslim community, while welcoming individuals of all faith backgrounds.	1-866-627-3342 naseeha.org
Ontario Caregiver Helpline	Dedicated helpline for caregivers in Ontario, providing support and resources and palliative care support		1-833-416-CARE (2273)
Ontario Structured Psychotherapy (OSP)	Free CBT therapy for depression, anxiety, PTSD	Adults 18+.	1-866-585-6485
Progress Place Warm Line	Confidential & anonymous service for adults (18+). NOT a crisis line. Call if you are feeling lonely, isolated, anxious, depressed or in need of a friendly ear.	Adults 18+.	Call: 416-960-WARM (9276) Text: 647-557-5882 Chat: warmline.ca
Salal Sexual Violence Support Centre	Provides immediate crisis assistance and emotional support, information, and referrals to those who have experienced sexualized violence and who are of marginalized genders.	Women, trans, nonbinary, Two-Spirit, and gender diverse people.	1-877-392-7583 salalsvsc.ca
South Asian Canadian Health & Social Services (SACHSS) - Distress Helpline	Talk to someone if you're feeling distressed and/or need emotional support. Service in English and South Asian languages.	Open to all with a priority on South Asian men, women, seniors and youth.	647-367-4452 416-863-0511 sachss.ca
Suicide Crisis Helpline	Offers support that is bilingual, trauma-informed, culturally appropriate and available to anyone in Canada.	Open to all.	Call or text 988 988.ca
Toronto Seniors Helpline	A single point of access for seniors and caregivers to receive information and access to community, home, and crisis services.	Seniors and caregivers.	416-217-2077 1-877-621-2077 torontoseniorshelpline.ca

Trans Lifeline (Transgender Crisis Hotline)	Confidential peer support hotline run by and for trans people. Information, resources and support for issues such as identity, mental health and social challenges.	Trans and questioning individuals.	1-877-330-6366 translifeline.org
Victim Services of Peel	Provides assistance to people who are victims of domestic abuse or traumatic events such as sexual assault, sudden death, and armed robberies.	People across Brampton and Mississauga who have experienced domestic abuse or traumatic events.	905-568-1068 vspeel.org
Where to Start	Access point for free and confidential mental health services for children, youth and families who live in Peel. Leave a voicemail message or fill out a form online and receive a call back within 1-2 business days.	For residents of Mississauga, Brampton and Caledon.	905-451-4655 Crisis: 905-278-9036 wheretostart.ca

In-person Supports

Agency	Service Description	Clientele Served	Agency Contact Info
Afghan Women's Organization	Provides family support and mental health services, including parenting sessions, support groups, counselling, crisis intervention, and a Women's Circle. Childminding is available for clients attending sessions.	Newcomers with a focus on women, their families, refugees and people who have experienced war or persecution.	416-422-2225 afghanwomen.org
Associated Youth Services of Peel	Dedicated to helping children, youth and families manage mental health and/or justice issues.	Children and youth from birth to 17 years of age and their families/caregivers.	905-890-5222 1-800-762-8377 Crisis: 905-278-9036 aysp.ca
CAMH - BounceBack Ontario	Free, publicly funded, short-term cognitive-behavioural therapy with a psychotherapist. Need to be referred by a doctor or mental health care provider.	Adults 18+.	416-535-8501 bouncebackontario.ca camh.ca
Canadian Centre for Victims of Torture (CCVT)	Provides mental health counselling and support, including confidential assessment, crisis intervention, and individual, family, and group counselling. Offers mutual support groups, service coordination, and referrals to treatment.	Survivors of torture and victims of war, and their families, also victims of human trafficking.	416-363-1066 1-877-292-2288 ccvt.org

Canadian Hearing Services - Connect Mental Health Counselling	Counsellors trained in social work, psychotherapy, or related fields have specialized expertise in dealing with issues unique to deaf and hard of hearing individuals.	Deaf and hard of hearing individuals.	1-866-518-0000 TTY: 1-877-215-9530 chs.ca
CarePoint Health - Ontario Structured Psychotherapy (OSP)	Ontario Structured Psychotherapy (OSP) services in Brampton, Halton, Mississauga, and South Etobicoke are delivered through a network of organizations led by CarePoint Health.	Adults 18+ with a primary concern of depression or anxiety.	905-728-1308 1-833-677-0714 ospcarepointhealth.ca
Caribbean African Canadian Social Services	Provides culturally safe individual and group counselling supports, case management services, employment services, youth mentorship, and youth outreach programs.	African Canadian children, youth and families.	416-740-1056 1-877-906-0667 cafcan.org
CMHA Peel Dufferin	Community mental health programs, crisis support, case management, counselling	Adults with mental health and/or addiction issues 16 years and older.	905-451-2123 1-877-451-2123 cmhapeeldufferin.ca
Distress Centres of Greater Toronto	Support services both in a group setting and individually to those who have experienced suicide or homicide loss.	Support for those who have experienced suicide or homicide losses.	416-408-HELP (4357) – English 905-459-7777 (Mandarin, Cantonese, Spanish, Portuguese, Hindi and Punjabi) dcogt.com
Family Services of Peel - Walk-In Counselling	Offers immediate intervention and support to individuals, couples and families experiencing a crisis, requiring immediate support, looking to connect with a service provider, seeking information about specific services in the community, or requiring advocacy and referrals.	Individuals, couples and families in Peel	Office: 905-270-2250 Intake: 905-453-5775 fspeel.org
Indus Community Services - Family Services	Provides crisis intervention, counselling, mediation, case conferencing and day-to-day support to youth and adults to decrease the risk of violence, abuse, exploitation, homelessness, mental health crisis, and hospitalization. Culturally appropriate services for the South Asian community.	Children, youths and parents in Peel Region	905-275-2369 induscs.ca
Ontario Psychological Association	Search tool to find a psychologist or psychological associate in Ontario.	Open to all.	437-242-7809 psych.on.ca
Revive	A trauma-informed organization that centres on the healing and wellness of those who have experienced gender-based violence	Those who have experienced gender-based violence and	905-792-0821 revivehere.com

	and trauma from marginalized communities.	trauma from marginalized communities.	
South Asian Canadian Health & Social Services (SACHSS) - Mental Health & Addiction Services	Provides individual, group and family counselling; anger management; stress management; and healthy living programs.	Open to all with a priority on South Asian men, women, seniors and youth.	647-523-6380 sachss.ca
Tangerine Single Session Counselling	Provides free 45-minute consultations for children and youth up to the age of 18 and their parents or caregivers in Peel.	Children and youth up to the age of 18 and their parents or caregivers in Peel. Youth age 12 and over can request a session independently. Caregivers can request sessions for children and youth under 16.	905-795-3530 905-795-3500 tangerinecounselling.ca

In-person Supports for Black Communities

Agency	Service Description	Clientele Served	Agency Contact Info
African Community Services of Peel (ACSP) - Community Wellness & Development Program	Promote the health and wellness of members of the African/Black community through identified programs and services activities.	Open to all newcomers.	905-460-9514 647-570-9514 africancommunityservices.org
Black Health & Social Services Hub Peel - Mental Health & Addictions	Offers a range of Afrocentric programs and activities in primary care, mental health and addictions, and social services.	People from Black, African and Caribbean (BAC) communities who are impacted by mental health and addictions.	647-812-5226 bhsshubpeel.ca
Caribbean African Canadian Social Services	Provides culturally safe individual and group counselling supports, case management services, employment services, youth mentorship, and youth outreach programs.	African Canadian children, youth and families	416-740-1056 1-877-906-0667 cafcan.org

Revive	A trauma-informed organization that centres on the healing and wellness of those who have experienced gender-based violence and trauma from marginalized communities.	People who have experienced gender-based violence and trauma from marginalized communities.	905-792-0821 revivehere.com
TAIBU Community Health Centre	Offers Black-identifying clients access to primary care, health promotion and disease prevention programs in a culturally affirming environment.	Black adults in the GTA.	416-644-3536 taibuchc.ca

In-person Supports for 2SLGBTQIA+ Communities

Agency	Service Description	Clientele Served	Agency Contact Info
Catholic Crosscultural Services - Newcomer LGBTQ+	Provides a supportive space for LGBTQ+ newcomers and those questioning their identity to discuss concerns and access resources and services.	Newcomers who self-identify within the LGBTQ+ communities.	905-457-7740 cathcrosscultural.org
Family Services of Peel - Walk-In Counselling	Offers immediate intervention and support to individuals, couples and families experiencing a crisis, requiring immediate support, looking to connect with a service provider, seeking information about specific services in the community, or requiring advocacy and referrals.	Individuals, couples and families in Peel.	Office: 905-270-2250 Intake: 905-453-5775 fspeel.org
LGBT Youthline	An anti-racist, youth-led organization that connects 2SLGBTQ+ youth across Ontario to resources and community through peer support, training, advocacy, and referrals.	2SLGBTQ+ youth (29 and under).	Text: 647-694-4275 youthline.ca
Moyo Health & Community Services	Provides a growing array of health promotion, education, social and support services for people living with, affected by, and at systemic risk of HIV.	People living with, affected by, and at systemic risk of HIV in Mississauga, Brampton and Caledon.	905-361-0523 1-866-896-8700 moyohcs.ca
Salal Sexual Violence Support Centre	Provides immediate crisis assistance and emotional support, information, and referrals to those who have experienced sexualized violence and who are of marginalized genders.	Women, trans, nonbinary, Two-Spirit, and gender diverse people.	1-877-392-7583 salalsvsc.ca

Trans Lifeline (Transgender Crisis Hotline)	Confidential peer support hotline run by and for trans people. Information, resources and support for issues such as identity, mental health and social challenges.	Trans and questioning individuals.	1-877-330-6366 translifeline.org

In-person Supports for Newcomers & Refugees

Agency	Service Description	Clientele Served	Agency Contact Info
African Community Services of Peel (ACSP) - Community Wellness & Development Program	Promote the health and wellness of members of the African/Black community through identified programs and services.	Open to all newcomers.	905-460-9514 647-570-9514 africancommunityservices.org
Building Multicultural Communities - Enriching Lives & Crisis Counselling	A culturally sensitive self-awareness program about Mental Health and Addictions. provide culturally sensitive care to community members and works to overcome systemic barriers and stigma surrounding mental health and addictions. The program is designed to provide one-on-one counseling along with peer support and workshop-based / group session learning	Individuals ages 16 and up and their families experiencing mental health issues.	905-790-1910 905-790-8482 bmccentre.org
FCJ Refugee Centre	Provides primary health care, mental health, and self-care to individuals without insurance (OHIP, IFH), prioritizing the well-being of uprooted people.	People with precarious migration status including refugee claimants, people without status, people who have experienced human trafficking.	416-469-9754 fcjrefugeecentre.org
Indus Community Services - Family Services	Provides crisis intervention, counselling, mediation, case conferencing and day-to-day support to youth and adults to decrease the risk of violence, abuse, exploitation, homelessness, mental health crisis, and hospitalization.	Children, youth and parents in Peel Region.	905-275-2369 induscs.ca

In-person Supports for Youth

Agency	Service Description	Clientele Served	Agency Contact Info
Associated Youth Services of Peel	Programs focusing on managing mental health; school/employment; housing and connection to services, including transitions to adult services; and support for youth who identify as 2SLGBTQ+.	Children and youth from birth to 17 years of age and their families/caregivers.	905-890-5222 1-800-762-8377 Crisis: 905-278-9036 aysp.ca
Every Mind - Crisis Support Services	Phone line operated by trained mental health workers who provide support and help to decide next steps	Peel residents under age 25 who have mental health needs or their parents.	905-278-9036 everymind.ca
Kids Help Phone	Delivered by trained, volunteer crisis responders who work remotely (from anywhere with a computer and secure internet connection). Crisis responders reply to texts from people looking for support, helping them identify how they're feeling, discuss different coping strategies and if required, collaboratively set up a safety plan.	Youth aged 5 to 20 years of age OR Adults.	YOUTH: Text CONNECT to 686868 1-800-668-6868 ADULTS: Text WELLNESS to 741741 kidshelpphone.ca
LGBT Youthline	An anti-racist, youth-led organization that connects 2SLGBTQ+ youth across Ontario to resources and community through peer support, training, advocacy, and referrals. Support via phone, online chat, texting and email	2SLGBTQ+ youth (29 and under)	647-694-4275 youthline.ca
Tangerine Single Session Counselling	Provides free 45-minute consultations for children and youth up to the age of 18 and their parents or caregivers in Peel. Telephone, video or in-person sessions.	Children and youth up to the age of 18 and their parents or caregivers in Peel. Youth age 12 and over can request a session independently. Caregivers can request sessions for children and youth under 16.	905-795-3530 905-795-3500 tangerinecounselling.ca

Food & Practical Supports

Food supports help individuals and families access food through services such as food banks, free grocery programs, meal delivery, and community-based outreach. These programs provide essential items like fresh and non-perishable foods, culturally relevant options, and household necessities to ensure residents facing food insecurity can meet their daily needs with dignity.

Food Banks & Grocery Supports

Agency	Service Description	Clientele Served	Agency Contact Info
Eden Food for Change - Food Bank	Food bank services.	Low-income residents.	905-785-3651 edenffc.org
Heart Lake Community Food Cupboard	Food bank services.	Families in need primarily in Wards 2 and 6.	905-846-4519 heartlakeunitedchurch.com
Journey Neighbourhood Centre, The - Food Haven & Feminine Product Pantry	Monthly food distribution. Food and gifts at Christmas. Candy at Easter and Halloween.	Children and adults in Brampton.	905-230-8666 thejourneyneighbourhoodcentre.ca
Knights Table - Good Neighbour	GOOD NEIGHBOUR – BREAD AND BAKED GOODS Clients receive donated bread and baked goods. GOOD NEIGHBOUR – MOBILE Mobile service of bread, desserts, baked goods, and food supplies are delivered to vulnerable seniors, and low income families in high needs neighbourhoods in the community.	Vulnerable seniors and low-income families in Peel Region.	905-454-8725 knightstable.org
Langar Seva - Meal Delivery	Volunteers will deliver 5 North-Indian, vegetarian, hot meals once-a-week.	Services are available to all individuals who are: • unable to cook due to a serious health issue and • are living at home • have no support from family, and • are able to direct their own dietary needs	416-628-7041 langarseva.ca
Regeneration Marketplace	A free grocery store-style model.	Individuals and families in need.	905-796-5888 regenbrampton.com

Sakeenah Canada - The People's Market Mississauga	A free grocery store-style model.	Individuals and families facing food insecurity in Brampton and surrounding area and in particular, women and children fleeing violence, homelessness or poverty.	1-888-671-3446 ext. 123 sakeenahcanada.com
Ste. Louise Outreach - Ste. Louise Food Bank	Provides the following: food (perishable and non-perishable – fresh/canned/frozen) beverages (milk, juice, ensure, coffee, tea, hot chocolate) personal products (shampoo, soap, razors, toilet paper and more) cleaning products (laundry soap, dish soap, etc.) baby items (formula, diapers, blankets, clothes, strollers and toys miscellaneous items (books, pictures, household items, linens back to school packages in August and September new toys (Christmas, birthdays and new baby packages	Individuals and families in need.	905-454-2144 stelouisefoodbank.ca

Clothing & Furniture

Agency	Service Description	Clientele Served	Agency Contact Info
Birthright of Brampton	Crisis pregnancy services and supports for girls and women including clothing for mother and baby.	Distressed pregnant girls and women in Dufferin-Peel Halton Regions needing assistance.	905-874-0607 1-800-550-4900 (24/7) birthright.org
Regeneration Outreach Community - Essential Care Program	Provides the basic, primary necessities of survival—food, hygiene, and clothing.	Teens and adults. Children under 16 years must be accompanied by an adult.	905-796-5888 regenbrampton.com
Salvation Army - Citadel Community Church	Provides assistance to those in need including food, clothing, counselling, toys, community referrals, advocacy and financial management.	Low income and families in need and living in postal code areas beginning with L4T, L6P, L6R, L6S,	905-791-1085 ext. 103 salvationarmy.ca

		L6T, L6V, L6W, L6X, L6Y, L6Z and L7A.	

Disability Supports

Disability Supports help people with disabilities access the tools and services they need for daily living, independence, and participation in the community. These programs may include assistive devices, home or vehicle modifications, personal supports, and help finding employment, housing, or community services.

Income & Employment

Agency	Service Description	Clientele Served	Agency Contact Info
Abilities to Work - Brampton	Supports persons with disabilities by connecting them with opportunities in employment, education or training.	All persons with self-disclosed disabilities in Peel Region.	905-459-7890 1-866-969-9734 abilitiestowork.ca
Brampton Caledon Community Living	Supports individuals with intellectual disabilities in partnership with their families and the community to lead enriched and meaningful lives.	Individuals with intellectual disabilities.	905-453-8841 TTY: 905-456-6911 bramptoncaledoncl.ca
Canadian Council on Rehabilitation and Work (CCRW)	Promotes and supports meaningful and equitable employment of people with disabilities. Employment Services that support and train job seekers and workers with disabilities and support to business with recruitment and ongoing support	Job seekers with disabilities and their prospective employers.	416-260-3060 1-800-664-0925 ccrw.org
Canadian Hearing Services - Employment Services	Provides employment services created for the needs of deaf and hard of hearing job seekers.	Deaf and hard-of-hearing job seekers aged 16 and older.	1-866-518-0000 chs.ca
CMHA Peel Dufferin - Vocational Support Services	Helps with recovery goals around employment, education and volunteer opportunities through individual and group support.	Adults 16+ who are experiencing mental health challenges and are ready and motivated to enter the workforce and reside in Peel Region.	905-451-2123 1-877-451-2123 24/7 crisis support: 905-278-9036 1-888-811-2222 cmhapeeldufferin.ca

Jake's House - Employment Training Program	Supports the integration of young adults with autism into the workforce through paid placements, skills development and mentorship.	Individuals 16+ years with autism or developmental disability.	416-247-5253 (416-247-JAKE) jakeshouse.ca
The Job Centre	Provides a range of employment supports, including customized employment plans, job development, job placements, employment coaching, job retention and monitoring, life stabilization supports, and financial supports to remove barriers to employment.	Youth and adults with physical, mental health, autism spectrum disorder, learning disabilities, hard of hearing and visual impairment. Serves Halton, Peel and the Waterloo regions.	905-842-8787 1-800-350-8361 thejob-centre.ca
Ontario Disability Support Program (ODSP) - Income & Employment Supports	Provides income, health benefits and employment support to people with disabilities.	To qualify for ODSP, you must: be 18 years or older, live in Ontario, be financially eligible and have a physical or mental health disability, expected to last one year or longer, that substantially limits one's ability to work, look after oneself or carry out daily activities.	905-460-5025 1-877-466-5025 ontario.ca
Ready, Willing & Able	An employer-focused national partnership that connects Canadian businesses to working age adults with intellectual disabilities and/or who are on the autism spectrum.	Employers and supported employment partner agencies serving individuals who have an intellectual disability or who are on the autism spectrum.	readywillingable.ca

Assistive Devices & Other Supports

Agency	Service Description	Clientele Served	Agency Contact Info
Brampton Library	Offers a range of assistive technology programs and equipment that are helpful to users with many types of accessibility needs.	All residents of Ontario.	905-793-4636 TTY: 1-866-959-9994 bramptonlibrary.ca
Erinoak Kids - Assistive Devices Resource Service	Assists children and youth with physical, developmental and communication disabilities to maintain or improve physical function to attain their personal goals in the areas of: augmentative and alternative communication (AAC), single switch access to computers, and toys and electronic aids for daily living.	Children and youth with physical, developmental and communication disabilities and their parents.	905-855-2690 1-877-374-6625 erinoakkids.ca
March of Dimes Canada - Ontario Home and Vehicle Modification Program	Provides funding for home adaptations and devices, home modifications (construction) and vehicle modifications.	Ontario residents in financial need and have a permanent ongoing or recurring disability that impedes mobility and results in substantial restrictions in activities of daily living and/or getting in and out of one's home to access essential medical care or community services.	1-877-369-4867 marchofdimes.ca
Ministry of Health - Assistive Devices Program	The Assistive Devices Program (ADP) helps people with long-term physical disabilities pay for customized equipment, like wheelchairs and hearing aids. The ADP also helps cover the cost of specialized supplies, such as those used with ostomies.	Individuals who qualify are Ontario residents, have a valid Ontario health card and have a disability requiring the equipment or supplies for 6 months or longer	416-327-8804 1-800-268-6021 ontario.ca

Ontario Health at Home	Coordinates local home and community care, long-term care placement and help finding services in the community.	Ontario residents with a valid Ontario Health Insurance Plan (OHIP) card are eligible to receive an assessment completed.	310-2222 (no area code required) TTY: 711 1-877-336-9090 ontariohealthathome.ca

Immigration & Legal Services

Immigration and legal services help newcomers understand their rights, responsibilities, and options in Canada. These programs offer support with settlement, immigration applications, legal information, and referrals. They can help with documents, housing or employment issues, and connecting newcomers to services in the community.

Immigration & Settlement Services

Agency	Service Description	Clientele Served	Agency Contact Info
Achev - Newcomer Information Centre - Brampton East	Newcomer walk-in information centre funded by Immigration, Refugees and Citizenship Canada to provide free, up to date settlement information and referral for newcomers.	Permanent Residents, and Convention Refugees	905-595-0722 achev.ca
Achev - Newcomer Information Centre - Brampton South	Newcomer walk-in information centre funded by Immigration, Refugees and Citizenship Canada to provide free, up to date settlement information and referral for newcomers.	Permanent residents, convention refugees and prospective immigrants.	905-457-4747 1-800-668-1179 achev.ca
Afghan Association of Ontario	Established to provide settlement, integration and adaptation services to the Afghan community, it now assists newcomers from different backgrounds to better integrate, adapt and enable them to fully participate into the Canadian society.	Newcomers.	416-744-9289 aaocanada.ca
Afghan Women's Organization Refugee and Immigrant Services	Works with refugees and immigrants, particularly those who have experienced wars and persecution, with a special focus on women and their families.	Refugees and immigrants who have experienced wars and persecution, with a special focus on women and their families.	416-588-3585 afghanwomen.org

African Community Services of Peel (ACSP) - Newcomer Settlement Program	Community based organization providing settlement and integration services and programs to facilitate early settlement of newcomers to Peel and the surrounding areas.	Open to all newcomers - families, adults, youth and seniors from diverse ethno-specific communities mainly from newcomers of African descent as well as those from other regions.	905-460-9514 647-570-9514 africancommunityservices.org
Arab Community Centre of Toronto	Settlement and integration services: helps newcomers find housing, employment, citizenship information, language classes, medical services, legal advice, and emotional support.	Newcomers.	416-231-7746 acctonline.ca
Building Multicultural Communities, Brampton North - Settlement	Helps newcomers adapt and settle in Canada efficiently and effectively. This includes information and orientation on immigration, healthcare, education, employment, form filling, translation/interpretation, supportive crisis counselling and referrals to government and community resources.	Newcomers.	905-790-8482 www.bmccentre.org
Building Multicultural Communities, Brampton South - Settlement	Helps newcomers adapt and settle in Canada efficiently and effectively. This includes information and orientation on immigration, healthcare, education, employment, form filling, translation/interpretation, supportive crisis counselling and referrals to government and community resources.	Permanent residents of Canada. Temporary residents working in Canada with a work permit under the Live-in Caregiver program.	905-790-8482 bmccentre.org
Canadian Centre for Victims of Torture (CCVT)	Provides support for survivors of torture, war, genocide and crimes against humanity to overcome the lasting effects of torture and war. Settlement services, mental health counselling, training and legal advocacy.	Survivors of torture, war, genocide and crimes against humanity.	905-277-2288 1-877-292-2288 ccvt.org
Canadian Information Centre for International Credentials (CICIC)	Helps individuals and organizations on the recognition of academic and occupational credentials for working and studying in Canada and abroad.	Internationally trained professionals.	416-962-9725 cicic.ca

Catholic Crosscultural Services, Brampton - Newcomer LGBTQ+	Provides newcomer individuals in LGBTQ+ community and those who are questioning their sexual identity a safe place to discuss LGBTQ+ topics and discuss their concerns and questions as well as be connected to resources and services that can support them.	Newcomer individuals in LGBTQ+ communities.	905-457-7740 cathcrosscultural.org
Catholic Crosscultural Services, Brampton - Settlement and Integration Services	Provides settlement needs assessments and personalized plans. Offers information on life in Canada and community services, helps with government forms, connects clients to volunteer opportunities, supports citizenship test preparation, and assists with ongoing settlement and integration needs.	Permanent residents, convention refugees, live-in-caregivers.	905-457-7740 cathcrosscultural.org
Centre Francophone du Grand Toronto	Settlement and integration services for newcomers in French.	French-speaking new immigrants, temporary residents, refugees in Peel and Halton regions.	437-317-5648 centrefranco.org
CEREFRAC (Centre culturel de ressources francophone pour les communautés ethniques)	Settlement services and supports for the whole family.	Francophone immigrants in Peel Region.	905-488-9181 cerefrac.ca
College Boreal - Settlement and Integration Services	Provides immigration and integration support, offering orientation, information, and assistance to help newcomers adapt to life in Canada.	Newcomers.	1-800-361-6673 collegeboreal.ca
COSTI - Refugee Services	Services include hostel accommodations, intake and assessment, legal aid referrals, initial settlement assistance, and ongoing housing support.	Newcomers.	905-567-0482 costi.org
Indus Community Services, Brampton - Newcomer Services	Information about life in Canada, orientation, English language training with childcare, employment support, as well as community connection programs.	Newcomers, international students, refugees, and naturalized Canadians.	905-275-2369 induscs.ca

My Neighbourhood Services - Settlement Services	Provides support with settlement needs, including information on Canadian culture, schools, and community life. Assists with government forms such as immigration, citizenship, pension, and child tax applications, and offers translation and interpretation support.	Landed immigrants, live-in caregivers and convention refugees.	905-794-7111 mnsinfo.org
Punjabi Community Health Services - Settlement Services for Newcomers/Immigrants to Canada	Settlement services, information and orientation, employment reparedness, community connections and short-term counselling.	Newcomers/permanent residents (PR), Canadian citizens, international students, work permit holders, live-in caregivers and convention/refugee claimants to Canada (proof is required).	905-677-0889 pchs4u.com

Community-based Legal Services

Agency	Service Description	Clientele Served	Agency Contact Info
Brampton Library	Free one-on-one legal advice. In collaboration with the South Asian Legal Clinic of Ontario (SALCO).	Individuals with low-income in Brampton.	905-793-4636 bramptonlibrary.ca
North Peel & Dufferin Community Legal Services	Free legal services including legal advice, tribunal application preparations, representation and referrals.	Low-income tenants living in Brampton, Caledon & Dufferin County.	905-455-0160 northpeeldufferinjustice.ca
Peel Multicultural Council – Newcomer Settlement Program	Settlement services, interpretation, and immigration support.	Newcomers to Canada	905-819-1144 peelmc.ca

Specialized and Multilingual Support

Agency	Service Description	Clientele Served	Agency Contact Info
Aboriginal Legal Services (LAO)	Strengthens the capacity of the Aboriginal community and its citizens to deal with justice issues and provide Aboriginal controlled and culturally based justice alternatives.	All Indigenous families or individuals in need of affordable housing or at risk of being homeless.	416-408-4041 1-844-633-2886 aboriginallegal.ca
Advocacy Centre for the Elderly (ACE) (LAO)	Provides free legal services including legal services, summary legal advice, brief legal services, referrals, and legal representation.	Adults 60+ in the Greater Toronto Area (GTA).	416-598-2656 1-855-598-2656 acelaw.ca
ARCH Disability Law Centre (LAO)	Specialty legal clinic that practices exclusively in disability rights law. Dedicated to defending and advancing the equality rights, entitlements, fundamental freedoms, and inclusion of persons with disabilities with low income in Ontario.	Low-income individuals with disabilities.	416-482-8255 1-866-482-2724 TTY: 416-482-1254 TTY Toll-free: 1-866-482-2728 archdisabilitylaw.ca
Black Legal Action Centre (BLAC) (LAO)	Challenges anti-Black racism through advocacy, education and legal action.	Black Ontarians.	416-597-5831 TTY Line: 1-800-855-0511 blacklegalactioncentre.ca
Centre for Spanish-Speaking Peoples (CSSP) - Legal Clinic (LAO)	Serves low-income members of the Spanish-speaking community in Ontario regardless of their immigration status in Canada.	Eligible for Spanish-speaking tenants.	416-533-8545 spanishservices.org
Centre Francophone du Grand Toronto	Provides low-income francophones with access to legal services that meet their needs, free of charge.	Low-income francophones.	1-844-966-7345 centrefranco.org
Chinese and Southeast Asian Legal Clinic (CSALC) (LAO)	Provides free legal services to low-income, non-English speaking clients from the Chinese, Vietnamese, Laotian and Cambodian communities in Ontario.	Low-income, non-English speaking tenants from Chinese, Vietnamese, Laotian and Cambodian communities in Ontario.	416-971-967 1-844-971-9674 csalc.ca

Injured Workers Community Legal Clinic (IWC) (LAO)	An independent community legal clinic, funded by Legal Aid Ontario, that assists low-income and marginalized injured workers across Ontario.	Open to all injured workers.	416-461-2411 1-833-461-2411 iwclc.org
Justice for Children and Youth (JFCY) (LAO)	Legal services for young people under 18 and up to 25 for homeless or undocum ented young people in Ontario.	Street-involved youth.	416-920-1633 1-866-999-JFCY (5329) jfcy.org
South Asian Legal Clinic of Ontario (LAO)	Provides advice, brief services, and/or legal representation to low-income South Asian tenants	Low-income South Asian people in Ontario	416-487-6371 www.salc.on.ca
Workers' Health & Safety Legal Clinic (LAO)	Provides legal services to low-income non-unionized workers who need assistance with legal matters that relate to their employment rights or their health and safety rights at work. Our legal services include summary legal advice, brief legal services, referrals, and legal representation.	Low-income non-unionized workers looking for assistance with employment rights and health and safety rights at work.	416-971-8832 1-877-832-6090 workers-safety.ca

Language Supports

Language Supports help newcomers build their English skills for everyday life, work, and community participation. Programs may include English classes, literacy and basic skills training, advanced or job-focused language programs, language assessments, and conversation circles.

Enhanced Language Skills Training (ELT)

Agency	Service Description	Clientele Served	Agency Contact Info
Catholic Crosscultural Services - Enhanced Language Training (ELT) for Healthcare Professionals	Supports newcomers with backgrounds in the healthcare sector with sector-specific language training, Canadian workplace culture and volunteer work placements to support their transition to the labour market.	Newcomers with backgrounds in the healthcare sector.	416-757-7010 cathcrosscultural.org

Catholic Crosscultural Services - Enhanced Language Training (ELT) - Connecting Newcomers with Jobs in Ontario's Supply Chain Workforce	This online program supports unemployed and under-employed newcomers with skills development training courses and job search support to meet demands for targeted occupations in the Supply Chain sector.	Newcomers interested in the supply chain sector.	416-289-6766 cathcrosscultural.org
Centre for Skills Developmen t (Online)	A 12-week online intensive course for internationally trained professionals who have work experience in their country of origin but need more orientation to the Canadian corporate (Workplace) culture and help finding a job in Canada.	Must have a valid and up to date CLB skill level assessment 4/5 + (if you do not have this, we can book an assessment for you) Adult immigrants (18+) who are residents of Ontario Permanent residents and convention refugees.	905-333-3499 1-888-315-5521 centreforskills.ca
COSTI - Enhanced Language Training - North Brampton	Enhanced Language Training - Pathways to Trades - suitable for internationally-experienced skills workers in the construction sector or maintenance sector Enhanced Language Training for Internationally Experienced Professionals - for Internationally experienced professionals who have prior experience in Accounting and Finance, Teaching and Education, Health Care, Information Technology, Office Administration and Customer Service	Landed, conventional refugees, or individuals on a Minister's Permit. Internationally Experienced Accounting, Finance, Workplace Communications and Customer Service, Teaching, Healthcare or IT professionals.	905-451-7147 costi.org
COSTI - Online ELT Program	Ideal for professionals with prior experience in Accounting and Finance, Teaching and Education, Health Care, Information Technology, Office Administration and Customer Service for STEM (Science, Technology, Engineering and Mathematics).	For newcomer professionals with international experience. Permanent Residents, Convention Refugees or Protected Persons. Language proficiency at CLB level 5 to 6.	437-473-8620 costi.org
COSTI - Specialized	Separate programs are offered with special focus on	For newcomers with international experience	905-451-7147 or 905-459-6700

ELT programs	Healthcare, Education, STEM (Science, Technology, Engineering, Math) and Transportation and Trades. This program is delivered in both online and blended modes.	in Healthcare, Education, STEM (Science, Technology, Engineering, Mathematics), Transportation, or Trades. Permanent Residents, Convention Refugees or Protected Persons. Language proficiency at CLB level 5 to 6.	costi.org
Peel Multicultural Council	Eight weeks of full-time or twelve weeks of part-time online, job-specific language training.	Permanent residents, Convention Refugees or CUAET holders Canadian Language Benchmark (CLB) of 6 in all skills Intermediate Computer Skills	905-819-1144 peelmc.ca
TDSB - Enhanced Language Training (ELT)	Bridges newcomers' professional backgrounds with new careers in Toronto – for free.	Must be a Permanent Resident or Convention Refugee; CLB 5-6; trained/experienced in sector; committed to full-time 10-week program.	416-395-8270 416-395-3669 tdsb.on.ca

English Language Training

Agency	Service Description	Clientele Served	Agency Contact Info
Alpha-Toronto	Literacy and basic skills training including numeracy, digital, communication and interpersonal skills. Helps learners prepare for employment, apprenticeship, secondary-school credit, post-secondary education and greater independence.	Francophones. Ontario residents 18 years and older, with reading, writing and math skills below Grade 12 of the Ontario Curriculum.	416-542-1574 alpha-toronto.ca
Canadian Hearing Services - Literacy and Basic Skills	Offers individualized instruction for Deaf adults to develop and apply communication, numeracy, and digital skills to achieve career goals, maintain employment, further education, participate in training opportunities and increase personal independence. Classes are	Residents of Ontario who are deaf and are aged 19 and over.	1-866-518-0000 TTY: 1-877-215-9530

	free and provided in American Sign Language (ASL).		
College du Savoir, Le - Literacy and Basic Skills (Programme AFB)	French Literacy and Basic Skills (AFB) program.	Service for adults 19 and over living in the Region of Peel-Halton who are not attending school and can communicate in French.	905-457-7884 1-877-881-0267 lecollegedusavoir.com
Pathways to Growth - Literacy Program	Teaches the essential literacy and life skills needed for work, home, and the community. Provides individuals with literacy upgrading, social and life skills, as well as employment upskilling.	Adults 19 years of age and older with a mild to moderate developmental disability.	905-793-5400 pathwaystogrowth.ca
Peel Adult Learning Centre - Literacy and Basic Skills	Literacy and basic skills training, including numeracy, digital, communication and interpersonal skills helps learners prepare for employment, apprenticeship, secondary-school credit, post-secondary education and greater independence.	Ontario residents 18 years and older, with reading, writing and math skills below Grade 12 of the Ontario Curriculum.	905-495-2700 palc.ca
Peel District School Board - Adult Literacy and Basic Skills (Brampton)	Offers courses in listening, speaking, reading and writing, computers for ESL learners.	English-speaking adults over age 19 who are currently not enrolled in school.	905-270-6000 peelschools.org
Canadian Hearing Services - LINC	Supports deaf newcomers through programming that provides opportunities to improve official language skills (ASL and written English) as well as life skills which support the individual's successful social and economic integration in Canada.	Adults 18+ who are Deaf or hard of hearing and are permanent residents, convention refugees, or protected persons.	1-866-518-0000, ext. 4220 TTY 1-877-215-9530 chs.ca
Catholic Crosscultural Services (CCS) - LINC	Free English language classes from beginner to advanced language levels.	Be at least 18 years old; and be a Permanent Resident of Canada, or Convention Refugee, or be a Protected Person in Canada; and take a language assessment test at a Language Assessment Centre.	905-272-1703 cathcrosscultural.org

COSTI - ESL	5-week courses of employment-related language training at Canadian Language Benchmark (CLB) levels 1-7.	Adult newcomers residing in Ontario, including asylum claimants and naturalized Canadian citizens.	905-459-6700 905-451-7147 costi.org
Dufferin-Peel Catholic District School Board - Adult ESL	ESL class.	Newcomers to Canada whose first language is not English.	905-366-5703 dpcdsb.org
Dufferin-Peel Catholic District School Board - LINC	ESL class.	Permanent Resident, a Protected Person, a Convention Refugee. At least 18 years old.	905-273-5591 905-366-5703 dpcdsb.org
Indus Community Services - LINC (Brampton)	Part-time in-person and online classes. Professional care for children aged 19 months to 6 years.	Be at least 18 years old; and be a Permanent Resident of Canada, or Convention Refugee, or be a Protected Person in Canada; and take a language assessment test at a Language Assessment Centre.	905-275-2369 induscs.ca
Achev – LINC Home Study Canada	English-language program for newcomers to Canada seeking to improve their listening, speaking, reading, and writing skills. It is specifically for students who are unable to access regular LINC classes.	Be at least 18 years old; permanent resident, convention refugee, protected person; and complete evaluation at a Language Assessment Centre. Cannot be attending another government funded ESL program at the same time as LINC Home Study.	linchsnational.ca
My Neighbourhood Services (MNS) - Brampton LINC	Free English language instruction classes for newcomers to Canada.	Must be a landed immigrant or convention refugee (documents needed). Childcare for children ages 19 months to 12 years old (depending on availability).	905-794-7111 mnsinfo.org
Peel District School Board - Adult ESL	Classes are available in person and online: days, nights and Saturdays.	Newcomers to Canada whose first language is not English.	905-270-6000 peelschools.org

Peel District School Board - ESL for Computers	Comprised of two ten-week courses, the goal is to increase English language skills through basic computer skills taught on the widely used Microsoft Office software (Word, Excel, Access and PowerPoint). The course also includes training on how to navigate the web, and a general overview of workplace issues .	Students planning to enter college, university or the job force.	905-270-6000 peelschools.org
Peel District School Board - LINC	Classes are available in person and online: days, nights and Saturdays.	Newcomers to Canada whose first language (or mother tongue) is not English.	905-270-6000 peelschools.org
Peel Multicultural Council - LINC (Springdale-Brampton)	Multi-level classes from CLB 0 to 6	Be at least 18 years old; and be a Permanent Resident of Canada, or Convention Refugee, or be a Protected Person in Canada; and take a language assessment test at a Language Assessment Centre, to determine their skill level.	905-677-0889 peelmc.com
YMCA Newcomer Services	ESL classes, conversation circles, and enhanced language training	Newcomers and immigrants.	905-276-9322 newcomersincanada.ca

French Language Training

Agency	Service Description	Clientele Served	Agency Contact Info
My Community Services - French Language Training	The CLIC program combines group classes, individual online meetings with a teacher as well as independent work on the platforms. Learners get to meet and communicate with their teacher and with each other in a zoom classroom setting.	Newcomer adults who wish to learn and improve their French and whose first language is not English. Permanent resident, convention refugee, gov't assisted refugee, persons whose permanent residence application is being processed. 18 years and over.	905-790-1910

Language Assessment & Referral Services (For ESL & LINC)

Agency	Service Description	Clientele Served	Agency Contact Info
Achēv CLARS Language Assessment Centre	Provides free English/French language assessments and referrals to classes for eligible immigrants seeking language training in the Regions of Peel, Halton, and Dufferin County	Eligible individuals 18 years or older, or younger than 18 and have a high school diploma	Brampton East: 905-595-0722, ext. 4101 Brampton South: 905-457-4747, ext. 3025 achev.ca

Occupation-specific Language Training

Agency	Service Description	Clientele Served	Agency Contact Info
Centennial College	Workplace Communication Skills Courses - Business/Finance, Construction Trades, Health Sciences, Technology. Work-oriented language training for newcomers. Courses are offered in blended or online formats.	For permanent residents, convention refugees, protected persons, or eligible temporary residents in Ontario who have occupation-specific experience and need to improve job-related communication skills (CLB/NCLC 5+).	416-289-5000 centennialcollege.ca
Collège Boréal – Toronto	Course offered in French. Workplace Communication Skills Courses - Business/Finance, Health Sciences. Work-oriented language training for newcomers. Courses are offered in blended or online formats.		416-289-5130 collegeboreal.ca
George Brown College	Workplace Communication Skills Courses - Business/Finance, Health Sciences, Technology, Writing Professionally for Business or Technology. Work-oriented language training for newcomers. Courses are offered in blended or online formats.		416-415-5000 georgebrown.ca

Humber Polytechnic	Workplace Communication Skills Courses - Business/Finance, Construction Trades, Technology. Work-oriented language training for newcomers. Courses are offered in blended or online formats.		416-675-6622 humber.ca
Seneca Polytechnic	Workplace Communication Skills Courses - Business/Finance, Health Sciences, Technology. Work-oriented language training for newcomers. Courses are offered in blended or online formats.		416-764-9722 senecapolytechnic.ca

English Conversation Circles

Agency	Service Description	Clientele Served	Agency Contact Info
Achēv	English Conversation Circle For Newcomer Women.	Newcomers to Canada.	289-544-8579 achev.ca
COSTI	Click, Connect, Communicate	Permanent residents, convention refugees, refugee claimants.	416-244-9980 costi.org
JIAS Toronto	English Conversation Circle	Open to all but priority given to IRCC eligible.	jiastoronto.org
Brampton Library	English Conversation Circle	Brampton residents.	647-302-0989 416-700-9299 bramptonlibrary.ca
North York Community House	English Development Skills	Newcomers to Canada.	416-419-4037 nych.ca
	English Conversation Circle		
	Music Noon Hour		
Pathway to Possibilities (PTP)	English Conversation Circle	Newcomers to Canada.	416-510-8079 ptp.ca
University Settlement	English Conversation Circle	Open to all.	universitysettlement.ca
	English Writing	Open to all.	
Working Wo men Community Centre (WW CC)	ABC Circle Time	Open to all.	workingwomencc.org
	Chatting Hour	Open to all.	

YMCA-Newcomer Information Centre	LSP – English Conversation Circle – Steps to English Fluency	Newcomers to Canada and for YMCA Newcomer Information Centre clients only.	newcomersincanada.ca

Sexual Health Supports

Sexual health support provides programs and services to help individuals access information, testing, treatment, and counselling related to sexual health. These programs offer birth control options, STI testing and treatment, harm-reduction supplies, education, and referrals.

Sexual Health Clinics & Services

Agency	Service Description	Clientele Served	Agency Contact Info
Moyo Health & Community Services	Provides a growing array of health promotion, education, social and support services for people living with, affected by, and at systemic risk of HIV.	People living with, affected by, and at systemic risk of HIV in Mississauga, Brampton and Caledon. 2SLGBTQ+ inclusive.	905-361-0523 1-866-896-8700 moyohcs.ca
Peel Public Health - Sexual Health Clinics	Provides reduced-cost birth control, free condoms, STI and blood-borne infection testing and treatment, emergency contraception, HIV testing with anonymous options, counselling, referrals, and free harm-reduction supplies including Naloxone kits.	Peel Public Health Clinics support people in Peel who may face challenges getting sexual health services elsewhere.	905-799-7700 1-888-919-7800 peelregion.ca
The PrEP Clinic Brampton	In-person care including assessment, lab tests, STI treatment, vaccinations and medication access.	Open to all.	416-420-1250 prepclinic.ca
Sexual Health Infoline Ontario	A free, anonymous and inclusive eChat and phone service for Ontario residents. This service is staffed by counsellors who provide information, support and referrals in English, French and other	Ontario residents.	1-800-668-2437 416-392-2437 sexualhealthontario.ca

	languages on sexual health topics.		
TAIBU Community Health Centre - Sexual Health Programs	Programs and services to support healthy sexual practices. Services include counselling, contraception and care, testing and treatment of sexually transmitted diseases.	Black community across the Greater Toronto Area as priority population.	416-644-3536 taibuchc.ca

Parent & Family Supports

Parent and Family Supports services may include parenting programs, support for new parents, child development activities, counselling, and referrals to community programs. Families can access guidance, resources, and spaces to learn, connect, and get support.

Support for New Parents

Agency	Service Description	Clientele Served	Agency Contact Info
Black Moms Connection	Space for Black women to connect, navigate parenthood, network and share.	Black women.	blackmomsconnection.com
Bridgeway Family Centre	Prenatal programs and programs for parents/caregivers.	Pregnant women and teens, moms of newborn, parents and caregivers of children, birth to 6 years and living on low incomes.	905-822-1114 bridgewaycentre.ca
BridgeWay Family Centre	Prenatal program offering extra support for pregnant individuals and new mothers, including breastfeeding help, parent education, nutrition, and individual or group counselling.	Children 0 to 6 years old and their families and caregivers.	647-702-6175 bridgewaycentre.ca
Family Education Centre - Parenting Events	Offers free and low-cost parenting events, including in-person sessions, book clubs, and weekly skill-building workshops to support families on their parenting journey.	Open to all parents and caregivers.	905-452-0332 familyedcentre.org

Family Services of Peel - Active Parenting	Provides free virtual workshops for parents and caregivers, covering parenting, communication, child development, school success, and positive discipline.	Parents and caregivers of children ages 0 to 12.	905-270-2250 fspeel.org
MIAG Centre for Diverse Women & Families - Parenting for Success	Provides support and guidance on parenting, communication, child development and school success.	Parents and caregivers and their children who are residents of Peel Region.	416-669-7348 miag.ca
Peel CAS (Children's Aids Society)	Provides free virtual workshops for parents and caregivers of children ages 0–12, offering guidance on parenting, communication, child development, school success, and positive discipline.	Parents in Peel Region.	905-363-6131 peelcas.org
Peel Region - Breastfeeding Companions	Provides peer-to-peer support to breastfeeding mothers.	Support is available for up to three months after birth and can be accessed by registering online or by phone.	905-799-7700 1-888-919-7800 peelregion.ca
Peel Region - Children and Parenting	Provides services and resources for families with children, including licensed child care and baby-feeding support clinics.	Families with children in Peel Region.	905-791-7800 1-888-919-780 peelregion.ca
Peel Region - Healthy Babies Healthy Children	Provides in-person home visits to support healthy pregnancy, positive parent-child relationships, child development, and connection to community resources.	Pregnant people and families with infants and young children.	905-799-7700 1-888-919-7800 peelregion.ca
Vita Centre	Offers support, education and counselling for vulnerable parents (young, living in low income, isolated, newcomers) of children 0 to 5 years of age, living in Region of Peel.	Vulnerable parents (young, living in low income, isolated, newcomers) of children 0 to 5 years of age, living in Region of Peel	905-502-7933 vitacentre.org

Vita Centre - Nobody's Perfect	A free parenting and life skills program providing information and support to recognize parents' strengths and understand their needs, and in turn their children's needs.	Open to mothers, fathers, and caregivers in Peel Region with children up to 6 years old.	905-502-7933 vitacentre.org

EarlyON Programs & Playgroups

Agency	Service Description	Clientele Served	Agency Contact Info
Dixie Bloor Neighbourhood Centre	Offers support to low-income families, including playgroups, nutrition programs, and emotional support.	Children 0-6 years old and their families and caregivers.	416-301-7521 dixiebloor.ca
My Neighbourhood Services	Offers support to low-income families, including playgroups, nutrition programs, and emotional support.	Children 0-6 years old and their families and caregivers.	647-838-3101 mnsinfo.org
Peel Region - EarlyON Child and Family Centres	Drop-in programs, parenting education, child development support.	Children 0-6 years old and their families and caregivers.	905-791-9650 infopeel.ca
Where to Start - EarlyON	Offers online, outdoor, and indoor EarlyON programs where staff support families in understanding their child's development, strengths, and abilities.	Children 0-6 years old and their families and caregivers.	905-795-3527 wheretostart.ca
Where to Start - Parent Program (PIPP)	Offers personalized support to help parents and guardians understand their young child's needs, behavior, and development.	Families living in Peel Region.	905-451-4655 wheretostart.ca

Child Care Services & Subsidies

Agency	Service Description	Clientele Served	Agency Contact Info
Peel Inclusion Resource Services (PIRS)	A free service that helps children who need extra support to participate fully in licensed child care.	Children under 12 years attending licensed child care and requiring additional support to participate, play and learn.	905-791-7800 905-890-9432 peelregion.ca
Peel Region - Participating Licensed Child Care Providers	Child care providers offering reduced fees as part of the Canada-Wide Early Learning and Child Care Plan.	Open to all.	905-890-1010 peelregion.ca
Peel Region - Child Care Subsidy	Helps low-income families with the cost of licensed child care.	Children birth to 6 years old and their families and caregivers living in Peel Region.	905-793-9200 peelregion.ca

Child, Youth & Family Programs

Agency	Service Description	Clientele Served	Agency Contact Info
Associated Youth Services of Peel	Supports children, youth, and families with mental health or justice-related needs, offering counselling and parenting resources.	Children and youth from birth to 17 years of age and their families/caregivers.	905-890-5222 1-800-762-8377 Crisis: 905-278-9036 www.aysp.ca
CEREFRAC (Centre culturel de ressources francophone pour les communautés ethniques)	Mentor training for adults, youth and children. Homework assistance programs. Recreation activities for youth, women, children and families.	Francophone newcomers living in Peel Region.	905-488-9181 cerefrac.ca
Indus Community Services - Child, Youth and Parenting (CYP) Program	Child, Youth and Parenting (CYP) counsellors support parents and families dealing with cultural and inter-generational conflict, providing positive parenting strategies and helping families understand the range of supports available to them	Children, youth and parents living in Peel Region.	905-275-2369 induscs.ca

Peel Children's Centre	Mental health services for children and families, and parenting support.	Children up to 18 and their families.	905-795-3500 peelcc.org
Roots Community Services	Provides children's programs that support learning and development, youth programs focused on leadership, outreach, and wellbeing, and family programs that strengthen relationships, parenting skills, and overall wellness.	Children aged 6 years to seniors from the Black and Caribbean communities in Peel Region.	905-455-6789 rootscs.org
BGC Peel - Youth Programs	Offers leadership activities, peer connections, resume and interview prep, personal development, and opportunities to lead within programs.	Youth (13-18).	905-712-1789 bgcpeel.org
The Dam	Offers a safe, fun place where youth can hang-out and get help when they need it.	Youth (13-19).	905-826-6558 1-800-635-3227 thedam.org
Peel Children's Aid Society (CAS) - Youth Wellness Hubs Ontario (YWHO) Brampton	Brings local service providers together to deliver mental health and other health services, along with social supports and wellness initiatives for young people.	Youth (12-25	905-363-6131 peelcas.org