



RESOURCE GUIDE

Programs and Services in North York

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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
ACSA Community Services	Helps individuals and households facing housing challenges and homelessness to achieve stable housing and improved wellbeing.	Individuals and/or families who are under-housed or at risk of homelessness.	437-313-6912 acsa.ca
Fred Victor Bethlehem United Shelter	Long-term 70-bed facility that allows pets, offers onsite case management, housing support services, accessible washrooms, and additional supports through community partners.	Adults 18+, including singles, couples and LGBTQ2+ couples, and is pet-friendly.	416-644-1743 fredvictor.org
The Centre for Immigrant and Community Services (CICS)	Aims to increase tenants' knowledge and awareness of their rights and responsibilities in the private rental market. We assist tenants experiencing housing challenges and issues to improve their housing quality.	All tenants in the private rental market in the City of Toronto.	416-292-7510 cicscanada.com
Commissioner of Housing Equity	Works with TCHC (Toronto Community Housing Corporation) tenants to avoid eviction.	TCHC tenants at risk of eviction due to unpaid rent.	416-632-7999 oche.ca
COSTI Housing Help Services - North York Centre	Supports to secure affordable or subsidized units, provides Housing First case management and advocacy, assists with market-rent searches, and liaises with Toronto Community Housing	Anyone residing in the North York area who is under-housed, at risk of becoming homeless and/or who faces cultural, linguistic, and socio-economic barriers to suitable housing.	416-244-0480 costi.org
WoodGreen Community Services	Supports with affordable and supportive housing.	Anyone interested in living in one housing access centre property.	416-469-4455

Housing Supports for Women & Families

Agency	Service Description	Clientele Served	Agency Contact Info
North York Women's Shelter (NYWS)	Provides a 17-room emergency shelter for women and children, with wraparound supports for those experiencing violence, and assistance securing permanent housing after their stay.	Women and their children.	Crisis line: 1-866-863-0511 TTY: 1-833-286-9865 416-638-7335 nyws.ca

Housing Supports for 2SLGBTQIA+ Communities

Agency	Service Description	Clientele Served	Agency Contact Info
LOFT Community Services - BLOOM	Provides specialized housing services for trans and gender non-conforming adults facing homelessness, mental health challenges, and/or substance use. They offer both permanent supportive housing and cooperative housing options with 24/7 staffing and various support services, including intensive case management and life enrichment.	People 18+ who wish to engage in hormonal and/or surgical gender transition. Trans people living with mental health and substance use issues and/or who are experiencing homelessness. Must apply through The Access Point in Toronto.	loftcs.org
Pacewood Shelter	The 519 operates, in partnership with Homes First Society, a transitional shelter for 2SLGBTQIA+ folks.	2SLGBTQIA+ adults, with a focus on 2SLGBTQIA+ newcomers, refugees and trans, non-binary and gender-diverse individuals.	416-392-6874 the519.org

Housing Supports for Newcomers & Refugees

Agency	Service Description	Clientele Served	Agency Contact Info
Centre for Immigrant and Community Services	Provides assistance with housing searches and completing applications.	Newcomers include permanent residents, Convention Refugees, and live-in caregivers.	416-292-7510 cicscanada.com
North York Community House - Community Settlement	Assists newcomers in overcoming barriers specific to their newcomer experience.	Permanent residents, Convention Refugees, and international students.	416-636-2600 nych.ca
Homes First Society – Willowdale Welcome Centre Shelter	Emergency shelter program that provides temporary accommodation and wrap-around services such as food, laundry, recreational programs and housing assistance.	Refugee claimants.	647-455-0880 homesfirst.on.ca

Housing Supports for Youth

Agency	Service Description	Clientele Served	Agency Contact Info
Eva's Place	A 40-bed emergency shelter, providing supports youth need to return home or to transition to housing in the community.	Youth ages 16-24.	416-338-4766 evas.ca
Eva's Satellite	A 33-bed emergency shelter, providing supports youth need to return home or to transition to housing in the community.	Youth ages 16-24.	416-338-4766 evas.ca
Horizons for Youth	Provides youth with many programs to help them improve their mental health, find employment, learn important life skills and secure stable housing.	Homeless and at-risk youth.	416-781-9898 horizonsforyouth.org
YMCA Sprott House	One year of supported residential housing for up to 25 young people.	2SLGBTQ+ youth (16-24).	647-438-8383 ymcagta.org

Legal Services for Tenants

Agency	Service Description	Clientele Served	Agency Contact Info
Canadian Centre for Housing Rights (CCHR) - Legal Services	Provides legal services for tenants living in private market rental housing.	All tenants.	416-944-0087 housingrightscanada.com
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. Call or email for appointment. No walk-ins.	Spanish-speaking persons.	416-533-8545 spanishservices.org
Centre Francophone du Grand Toronto (CFGT) - Aide juridique (Legal Help) (LAO) – North York	Provides legal services to help tenants facing eviction, harassment by landlord or other tenants, housing maintenance and repairs, respect for the rights and responsibilities of the landlord and tenant under a lease, rights and obligations of roommates, termination of lease, rent increases.	Francophone tenants.	416-492-2672 centrefranco.org
Downsview Community Legal Services (LAO)	A community-based legal clinic providing free legal advice and representation to eligible low-income individuals and households living in the Downsview area.	Catchment area bounded by Steeles Avenue West (north), the North York southern boundary (south), Keele Street/Humber River (west), and the west side of Yonge Street (east).	416-635-8388 downsviewlegal.ca
Federation of Metro Tenants' Associations (FMTA)	Answers questions about tenant rights and responsibilities in Toronto. FMTA also supports tenants interested in forming a tenant association.	All tenants.	416-921-9494 torontotenants.org
Jane Finch Community Legal Services (LAO)	FREE legal services and assistance to low-income individuals who live within our catchment area and qualify for our services.	Serves low-income tenants in catchment area bounded by Steeles Avenue West (north), Falstaff/Hwy 400/Hwy 401 (south), Keele Street (east) and Humber River (west).	416-398-0677 janefinchcommunitylegalservices.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	Toll free: 1-888-332-3234 416-645-8080 TTY: 1-800-855-0511 tribunalsontario.ca

		occupancy in the province of Ontario.	
Legal Aid Ontario (LAO)	Free legal advice to low-income tenants.	Low-income tenants who qualify.	Toll-free: 1-800-668-8258 416-979-1446 legalaid.on.ca
Rental Housing Enforcement Unit	Identifies and fines a tenant or landlord who has committed an offense of the Residential Tenancies Act.	Any landlord or tenant who feels a rule has been broken under the Residential Tenancies Act in Ontario.	416-585-7214 1-888-772-9277 ontario.ca
Rexdale Community Legal Clinic (LAO)	Helps tenants and co-op partners with legal problems that affect housing, including evictions from a rental unit or co-op housing, repairs and maintenance problems, harassment and rent subsidy.	Serves low-income tenants living in the area bounded by Steeles Avenue (north), Eglinton Avenue (south), Indian Line (west), and the Humber River (east).	416-741-5201 rexdalecommunitylegalclinic.ca
South Asian Legal Clinic of Ontario (LAO)	Provides advice, brief services, and/or legal representation.	Low-income South Asian tenants in Ontario.	416-487-6371 salc.on.ca
Willowdale Community Legal Services (LAO)	Provides free legal services related to housing and tenant rights, OW & ODSP, immigration and employment.	Low-income residents living in the area east of Yonge Street, west of Victoria Park, south of Steeles Avenue, and north of York Mills Road.	416-492-2437 willowdalelegal.com

Paying for Housing/Utilities

Agency	Service Description	Clientele Served	Agency Contact Info
Advocacy Centre for Tenants Ontario - Tenant Duty Counsel Program	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). Priority is given to tenants facing eviction. Information on common legal problems related to tenancy in Ontario.	Low-income tenants who qualify.	1-866-245-4182 acto.ca

City of Toronto - Financial Support for Renters	Outlines the various City of Toronto programs that provides relief for residents trying to meet rent payments and pay utility bills.	Eligible Toronto residents.	toronto.ca
City of Toronto - Housing Stabilization Fund	Provides money for emergency housing needs to people receiving financial assistance through Ontario Works or income support through the Ontario Disability Support Program (ODSP).	Tenants receiving financial assistance through Ontario Works or income support through the Ontario Disability Support Program (ODSP).	Contact your Ontario Works or ODSP caseworker. toronto.ca
The Rent Bank Toronto	Provides grants to eligible Toronto residents who are behind on their rent or need help with a rental deposit.	Low-income tenants not currently in receipt of social assistance such as Ontario Works (OW) or Ontario Disability Support Program (ODSP).	416-397-7368 toronto.ca

Shelters & Supportive Housing

Agency	Service Description	Clientele Served	Agency Contact Info
City of Toronto - Homeless Help	Offers a range of services for people experiencing homelessness: shelters, respite sites, warming centres, drop-in programs, pet services and public washrooms and showers	Open to all.	For emergency shelter, call 311 or Central Intake at 416-338-4766 for assistance. 1-877-338-3398 toronto.ca
Homes First Society - Placer Court Shelter	Emergency shelter includes support to develop a housing plan, navigation to health supports, crisis management, trauma informed care, harm reduction and day-to-day support, meals, laundry facilities. Pet-friendly.	Adults (women, men, all gender expressions) 18+ who are homeless or under housed.	Central Intake at 416-338-4766 or 1-877-338-3398 homesfirst.on.ca
Housing First North York	A client-centered, recovery-oriented approach to ending homelessness. Clients are referred from The Access Point.	Individuals 16+ who are homeless or underhoused and, have mental health challenges, and can meet regularly with staff until housed.	1-888-640-1934 cmhato.org

LOFT Community Services	Housing programs to help people with diverse needs who require varying levels of support	Individuals 16+ with mental health and/or addictions concerns, qualify for a housing subsidy under the criteria set by the Ministry of Health, and willing to accept some level of support from the housing provider. Catchment area: Port Union Road to Highway 427 and Steeles Ave. to the lake.	416-979-1994 loftcs.org
Na-Me-Res (Native Men's Residence) - Men's Shelter and Housing Assistance	Provides outreach, temporary, transitional, permanent housing, and support with eviction prevention and housing maintenance to mental and physical health, community integration, spiritual needs, and general support.	Indigenous men, 18+ with mental health and/or addictions concerns.	1-866-626-3737 wnameres.org
Yorktown Family Services - Shelter Services	Provides a supportive community-based emergency shelter and support services for women and their children who have experienced abuse.	Women 16+ who have been abused by their partners, significant others (including caregiver or immediate family household member) and their dependent children.	Centralized referral for VAW Shelters in Toronto provided by the Assaulted Women's Helpline at 416-863-0511 or 1-866-863-0511. 24-hour Crisis Line: 416-394-2999. yorktownfamilyservices.com

Warming Centres

Agency	Service Description	Clientele Served	Agency Contact Info
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12 Holmes Ave.	Warming Centres are pet-friendly and focus on getting and keeping vulnerable residents inside. Facilities provide resting spaces, meals, access to washroom facilities and referrals to emergency shelter.	Adults 18+ only.	toronto.ca
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Mental Health Supports

Mental Health Supports provides a list of programs and services that include counselling, getting help during a crisis, peer support, addiction services, and access to culturally responsive or specialized care.

Virtual and Phone-based Supports

Agency	Service Description	Clientele Served	Agency Contact Info
Assaulted Women's Helpline	A free, anonymous and confidential 24-hour telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of abuse. Provide crisis counselling, safety planning, emotional support, information and referrals.	Women who have experienced any form of abuse.	416-863-0511 1-866-863-0511 TTY: 1-866-863-7868 awhl.org
ConnexOntario	Information line for mental health, addiction, and problem gambling. Call for yourself, a loved one, or a client.	Open to all.	Call 1-866-531-2600 Text CONNEX to 247247 connexontario.ca
Distress Centres of Greater Toronto	Trained volunteers provide support with abuse response, suicide and crisis intervention, and emotional support service.	Open to all.	416 408-4357 (HELP) dcogt.com
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.	Call or text 1-877-336-2433 femaide.ca

For You Telecare Family Service - Telephone counselling (24-hour distress line)	Crisis-intervention line services as all possible ways as possible for those in distress or in need of emotional support.	Open to all.	416-241-5456 - Korean 416-938-4673 - English futfs.org
Gerstein Crisis Centre	Helps callers work out some effective ways of addressing their immediate difficulties and to connect them to services that can offer ongoing support. Crisis services include 24/7 telephone support, in-person mobile crisis team, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds.	People (16+) experiencing a mental health crisis.	416-929-5200 gersteincentre.org
Hospice Palliative Helpline	For counselling and emotional support for those seeking information or guidance about hospice palliative care or bereavement.	Open to all.	905-667-1865 hospicemississauga.ca
Hospice Palliative Care Ontario - Information Line	For information on specific hospice palliative care services in your community or information about advance care planning.	Individuals facing terminal illness and end of life.	1-833-621-0728 hpco.ca
Kids Help Phone	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 (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).	647-694-4275 youthline.ca

Naseeha Mental Health Helpline	A Muslim mental health (peer support) helpline that provides culturally competent and spiritually appropriate counseling to diverse populations. Specifically designed to address the unique mental health challenges faced by Muslim community.	Open to all, but focused on Muslim community.	1-866-627-3342 naseeha.org
Ontario Caregiver Helpline	Dedicated helpline for caregivers in Ontario, providing support and resources and palliative care support.	Open to all.	1-833-416-CARE (2273)
Progress Place Warm Line	Confidential & anonymous service for adults (18+) feeling lonely, isolated, anxious, depressed or in need of a friendly ear. Not a crisis line.	Adults 18+.	Call 416-960-WARM (9276) OR text 647-557-5882 OR chat online during operating hours. warmline.ca
Salal Sexual Violence Support Centre	Provides immediate crisis assistance and emotional support, information, and referrals to survivors of sexualized violence who are of marginalized genders: women, trans, nonbinary, Two-Spirit, and gender diverse people.	Women, trans, nonbinary, Two-Spirit, and gender diverse people.	1-877-392-7583 salalsvsc.ca
Suicide Crisis Helpline	Offers support that is bilingual, trauma-informed, culturally appropriate and available to anyone in Canada		Call or text 988 988.ca
Toronto Rape Crisis Centre	A trained and experienced peer counsellor is available to speak with any and all survivors of sexual and gender-based violence and their supporters, 24 hours a day, 7 days a week.	Survivors of sexual and gender-based violence and their supporters	416-597-8808 647-424-1134 (text) trccmwar.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

In-person Services

Agency	Service Description	Clientele Served	Agency Contact Info
Across Boundaries	Provides equitable, holistic mental health and addiction services for racialized communities. Anchored in an anti-racist, anti-Black racism and anti-oppression framework.	For members of racialized communities who live in the GTA and have a mental illness and/or addictions.	416-787-3007 acrossboundaries.ca
Black Creek Community Health Centre - Mental Health Counselling	Confidential, private counselling with registered social workers and therapists to address anxiety, depression, and other mental health concerns: one-on-one, couple, and family counseling; mental health screening and assessments; short-term and long-term counseling.	Families, newcomers, youth, adults, and older adults.	416-249-8000 416-246-2388 bcchc.com
BounceBack Ontario	Free, publicly funded, short-term cognitive-behavioural therapy with a psychotherapist. Part of the Ontario Structured Psychotherapy (OSP) program.	For teens (15-17) and adults 18+.	1-866-345-0224 osp-cmha.ca
Breakaway Community Services	A multi-functional substance use support and treatment agency that provides a range of community-based and outreach programs. Operates on a non-abstinence or 'harm reduction' approach.	People who are using opiates, have used opiates, and/or are interested in safe supply. Those who are facing challenges related to their use of opioid drugs.	416-537-9346 breakawaycs.ca
The Canadian Mental Health Association (CMHA)	Provides online resources (free and for a fee), mental health supports and housing and employment programs.	Varies by program.	416-646-5557 cmhato.org
Caribbean African Canadian Social Services	Provides culturally safe individual and group counselling supports, case management services, employment services, youth mentorship, and youth outreach programs.	Caribbean and African Canadian communities in the Greater Toronto Area.	416-740-1056 1-877-906-0667 cafcan.org

Distress Centres of Greater Toronto - Survivors of Suicide and Homicide Loss	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.	dcogt.com
Generation Chosen	Responds to the needs of racialized, marginalized and disenfranchised inner-city youth by focussing on 4 key areas, which we believe, fundamentally catalyze holistic human development: emotional intelligence, civic engagement, mental health and education.	Youth under 30 in the Jane-Finch community.	416-473-1586 generationchosen.ca
Harriet Tubman Community Organization	Provides one-on-one life skills counselling, recreational and educational programs and activities; develop networks and training opportunities to facilitate opportunity provision, accessibility and mobility in the social service sector; and promote social entrepreneurship.	Black youth (8-25).	647-834-6992 tubmancommunity.org
Hong Fook Mental Health Association	An ethno-cultural community mental health agency serving Asian community members. Services include case management, psychotherapy, psychiatry, peer support, virtual group activities and virtual mental health workshops.	Asian community members who are 16+.	416-493-4242 hongfook.ca
Iranian Women's Organization of Ontario	Offers mental health counselling, mental health webinars, parenting workshops, self-development courses, and a support group.	Farsi-speaking women and their families.	416-496-9566 iwontario.com
KCWA Family and Social Services - Family Counselling Services	Provides confidential counselling services to individuals and families experiencing diverse life challenges.	Open to all with focus on Korean community.	416-340-123 kcwa.net
LOFT Community Services	Provides mental health services, addictions support, and supportive housing for youth, adults, and seniors in Ontario. One-on-one, outreach, group support and specialized support.	Individuals 16+ with mental health and/or addictions concerns, qualify for a housing subsidy under the criteria set by the Ministry of Health, and willing to	416-979-1994 theaccesspoint.ca

		accept some level of support from the housing provider. Catchment area: Port Union Road to Highway 427 and Steeles Ave. to the lake.	
Lumenus Community Services - What's Up Walk In	Barrier free counselling service for individuals and families.	Free for children and youth up to the age of 26 and their families.	416-229-3670 lumenus.ca
Mennonite New Life Centre - Individual Mental Health Counselling	Emotional support for newcomers struggling with stress or trauma, to promote resilience, strength and wellbeing at an individual and community level.	Newcomers.	647-812-1332 mnlct.org
North York Community House (NYCH) - Gender Based Violence Programs and Services -	Learn more about building healthy relationships, understanding legal rights in Canada, building financial knowledge, and safety tips.	For convention refugees, government assisted refugees, permanent residents and women.	For services in English and Spanish: 416-784-0920, ext. 2231 For services in English and Bengali: 647-296-7683 nych.ca
Ontario Psychological Association	Finding a psychologist.	Anyone who is looking for a psychologist and has the means to pay for one.	437-242-7809 psych.on.ca
Rexdale Community Health Centre (CHC) + Family Service Toronto - Mental Health and Counselling	Counselling for relationships and family problems, parenting, depression, anxiety, job loss, separation, divorce and new relationships, sexual abuse and childhood trauma, and life transitions.	Open to all.	416-744-0066 rexdalechc.com
TNO - Mental Health Support Services program	Supportive and addictions counselling; one-on-one and group education sessions.	Residents living in the Thorncliffe Park and area.	647-236-0553 tno-toronto.org
Toronto Community Crisis Service (CCS) - 211 Central	A non-police-led, community-based, client focused, and trauma-informed response to mental health crisis calls and wellness checks.	Anyone in Toronto experiencing a mental health crisis.	211 TTY 1-888-340-1001 toronto.ca

Unison Health & Community Services - Social Work and Mental Health Program	Services for depression, anxiety, stress, trauma, grief, drugs and alcohol, parenting support, relationship stressors, family support, youth counselling and 2SLGBTQAI+ support.	Ages 16 and over (including refugees and persons without status). All referrals accepted, including from self-referrals, solo-physicians and other organizations and agencies.	416-645-7575 unisonhcs.org
Yorktown Family Services - Rainbow West	The Rainbow West Program is a 2SLGBTQ+ youth program that provides youth mental health supports, dedicated to responding to their unique needs while accessing an inclusive, safe, and welcoming environment for youth who identify as queer/trans. Youth can engage in drop-in programming, one to one mental health services, youth-led initiatives, and help inform program activities.	2SLGBTQ+ youth (12-29).	416-645-7575 yorktownfamilyservices.com
Yorktown Family Services - Walk-in Rapid Access Therapy	Free mental health support for children, youth, young adults and families. No appointment necessary; first come, first served. Registration closes 1 hour and 30 minutes prior to end of service hours.	Children and youth (ages 0-29) and their families	416-669-3521 yorktownfamilyservices.com

In-person Services for Black Communities

Agency	Service Description	Clientele Served	Agency Contact Info
Across Boundaries	Provides equitable, holistic mental health and addiction services for racialized communities. Anchored in an anti-racist, anti-Black racism and anti-oppression framework.	For members of racialized communities who live in the GTA and have a mental illness/severe mental health problem and/or addictions.	416-787-3007 acrossboundaries.ca
Black Coalition for AIDS Prevention (BlackCAP)	Provides counselling supports, settlement, employment, education, housing and groups	Toronto's African, Caribbean and Black people living	416-977-9955 blackcap.ca

		with or affected by HIV/AIDS.	
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 In Brampton, Etobicoke, Scarborough and Toronto.	416-740-1056 1-877-906-0667 cafcan.org
Generation Chosen	Responds to the needs of racialized, marginalized and disenfranchised inner-city youth by focussing on 4 key areas, which we believe, fundamentally catalyze holistic human development: emotional intelligence, civic engagement, mental health and education.	Youth under 30 in the Jane-Finch communities	416-473-1586 generationchosen.ca
Harriet Tubman Community Organization	Provides one-on-one life skills counselling, recreational and educational programs and activities; develop networks and training opportunities to facilitate opportunity provision, accessibility and mobility in the social service sector; and promote social entrepreneurship	Black youths 8-25	647-834-6992 tubmancommunity.org
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 (phone) 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).	Text: 647-694-4275 youthline.ca

Naseeha Mental Health	A Muslim mental health helpline that provides culturally competent and spiritually appropriate counseling to diverse populations. Specifically designed to address the unique mental health challenges faced by Muslims, and it offers confidential and non-judgmental support to those in need.	Muslim community.	1-866-627-3342 naseeha.org
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In-person Services for 2SLGBTQIA+ Communities

Agency	Service Description	Clientele Served	Agency Contact Info
Barbra Schlifer Commemorative Clinic	Offers legal, counselling and interpretation services to marginalized and racialized populations of women and gender diverse people who have survived violence. The Intake worker can provide one or more of the following services: Information of a general nature regarding your needs, safety planning, advocacy with 3rd parties and referrals for services internally and/or externally.	Women and gender diverse people who have survived violence. Catchment area: City of Toronto, Durham West, Malton and West Woodbridge.	416-323-9149 schliferclinic.com
Salal Sexual Violence Support Centre	Provides immediate crisis assistance and emotional support, information, and referrals to survivors of sexualized violence who are of marginalized genders: women, trans, nonbinary, Two-Spirit, and gender diverse people.	Women, trans, nonbinary, Two-Spirit, and gender diverse people.	1-877-392-7583 salalsvsc.ca
Unison Health & Community Services - Social Work and Mental Health Program	Services: Depression, anxiety, stress, trauma, grief, drugs and alcohol, parenting support, relationship stressors, family support, youth counselling. LGBTQ+ support.	Ages 16 and over (including refugees and persons without status). All referrals accepted, including from self-referrals, solo-physicians and other	416-645-7575 unisonhcs.org

		organizations and agencies.	
Yorktown Family Services - Rainbow West	The Rainbow West Program is a 2SLGBTQ+ youth program that provides youth mental health supports, dedicated to responding to their unique needs while accessing an inclusive, safe, and welcoming environment for youth who identify as queer/trans. Youth can engage in drop-in programming, one to one mental health services, youth-led initiatives, and help inform program activities.	2SLGBTQ+ youth (12-29).	416-645-7575 yorktownfamilyservices.com

In-person Services for Youth

Agency	Service Description	Clientele Served	Agency Contact Info
Friends of Ruby	The mental health team works from an integrative, trauma-informed, anti-oppressive and collaborative framework. Counsellors combine therapeutic techniques and modalities to address different parts of people's lives, experiences, and identities. One-on-one counselling, group sessions and crisis support. In-person, over the phone or through video conferencing.	2SLGBTQIA+ youth (aged 16-29) in the GTA.	416-359-0237 friendsofruby.ca
Generation Chosen	Supports racialized, marginalized, and underserved youth communities by fostering emotional intelligence, civic engagement, mental health, and education.	Youth under 30 in the Jane-Finch communities.	416-473-1586 generationchosen.ca

Harriet Tubman Community Organization	Provides one-on-one life skills counselling, recreational and educational programs and activities; develop networks and training opportunities to facilitate opportunity provision, accessibility and mobility in the social service sector; and promote social entrepreneurship.	Black youth who are 8-25 years old.	647-834-6992 tubmancommunity.org
Hong Fook Mental Health Association	An ethno-cultural community mental health agency serving Asian community members. Services include case management, psychotherapy, psychiatry, peer support, virtual group activities and virtual mental health workshops.	Asian community members who are 16 years and older.	416-493-4242 hongfook.ca
Kids Help Phone	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 and adults.	Youth: Text: CONNECT to 686868 or tap to message online from a web browser. Call: 1-800-668-6868 Adults: Text WELLNESS to 741741 kidshelpphone.ca
LGBT Youthline	An anti-racist, youth-led organization that connects 2SLGBTQIA+ youth across Ontario to resources and community through peer support, training, advocacy, and referrals. Support via phone, online chat, texting and email	2SLGBTQIA+ youth (29 and under).	Text: 647-694-4275 youthline.ca
Lumenus Community Services - What's Up Walk In	The What's up Walk-In clinic is a barrier free counselling service for individuals and families aged 0 – 26.	Free for children and youth up to the age of 26.	416-229-3670 lumenus.ca
Unison Health & Community Services	Offers a range of free counselling and support services.	Ages 16 +.	416-645-7575 unisonhcs.org

Yorktown Family Services - Rainbow West	A 2SLGBTQIA+ youth program offering mental health supports in an inclusive, safe environment. Services include drop-in programming, one-to-one counselling, youth-led initiatives, and opportunities for youth to help shape program activities.	2SLGBTQIA+ youth (ages 12-29).	416-645-7575 yorktownfamilyservices.com
Yorktown Family Services - Walk-in Rapid Access Therapy	Free mental health support for children, youth, young adults and families. No appointment necessary; first come, first served.	Children and youth (ages 0-29) and their families.	416-669-3521 yorktownfamilyservices.com

Food & Practical Supports

Food and practical supports help individuals and families access food and other basic necessities through services such as food banks, free grocery programs, meal delivery, and community-based outreach. These programs provide items like fresh and non-perishable foods, and household items.

Food Banks & Grocery Support

Agency	Service Description	Clientele Served	Agency Contact Info
Bathurst-Finch Community Food Bank (North York Harvest Food Bank)	Provides fresh and non-perishable food twice a month. Appointment required.	Individuals and families living in postal code areas beginning with M2R.	416-635-7771 northyorkharvest.com
Community Share Food Bank (North York Harvest Food Bank and Second Harvest)	Provides fresh and non-perishable food to more than 2,500 individuals per month.	Individuals and families residing within the area bounded by Bayview Avenue (east) to Victoria Park Avenue (west), and Highway 401 (south) to Eglinton Avenue East (north).	416-441-3209 communitysharefoodbank.ca

<p>Elsbeth Heyworth Centre for Women – Food Bank</p>	<p>Food bank with registration required; also provides personal care items, diapers, washable masks, and baby food.</p>	<p>Newcomers, immigrant and refugee women, vulnerable women and their families within the area bounded by Steeles Avenue (west), Dufferin Street (north), Wilson Avenue (west) Islington Avenue (west).</p>	<p>416-663-2978 ehcw.ca</p>
<p>FCJ Refugee Centre - Food Distribution and Income Security Program</p>	<p>Provides access to nutritious food to support refugees' settlement and integration into their new community.</p>	<p>Priority is to serve refugee claimants and their families.</p>	<p>416-469-9754 fcjrefugeecentre.org</p>
<p>Flemingdon Park Community Food Bank (Daily Bread)</p>	<p>Provides fresh and non-perishable.</p>	<p>Individuals and families within the area bounded by York Mills Road (north), Gateway Blvd (south), Don Valley Parkway (west) and Don Mills Road (east).</p>	<p>416-422-4322 fcfoodbank.com</p>
<p>Jane Alliance Neighbourhood Services - JANS Food Bank (Daily Bread)</p>	<p>Food bank offering clothing, PPE, and household items. Registration required. Clients may access the food bank twice per month.</p>	<p>Individuals and families in the Rockcliffe-Smythe neighbourhood bounded by the area of Eglinton Avenue West (north), St. Clair Avenue West (south), Humber River (west) and Weston Road (east).</p>	<p>416-249-6742 janealliance.com</p>
<p>Lawrence Heights Community Food Space (North York Harvest Food Bank)</p>	<p>Provides fresh and non-perishable food.</p>	<p>Individuals and families living in Catchment area 1: Hwy 401 (north), Bayview Avenue (east), Lawrence Avenue (south) and Bathurst Street (west)</p>	<p>416-635-7771 northyorkharvest.com</p>

		Catchment area 2: Hwy 401 (north), Bathurst Street (east), Eglinton Avenue (south) and Dufferin Street (west).	
Mount Zion Filipino Seventh-day Adventist Church Food Bank (North York Harvest Food Bank)	Food bank providing emergency hampers.	Individuals and families in the area bounded by Finch Avenue West (north), Bathurst Street (east), Hwy 401 (south) and Jane Street (west).	647-688-6558 mtzion.ca
Muslim Food Bank - Food Hamper Distribution	Access to nutritious halal food and other essentials like baby items and clothing.	Muslim community.	Text: 236-979-5068 1-866-248-3868 muslimfoodbank.com
North York Temple Food Bank (Salvation Army)	Emergency material assistance, including food, household effects as available. Call for appointment.	Serves those living in postal code areas beginning with L3T, L4J, M2H, M2J, M2K, M2M, M2N, M2R, M3H.	416-225-7968 salvationarmy.ca
Oriole Food Space (North York Harvest Food Bank)	Multi-use community food space designed to build a healthy community through food. This centre offers a variety of programs, including: community kitchens, drop-in food bank hours, food skills workshops, and gardening workshops.	Residents living in postal codes beginning M2H and M2J.	647-772-3664 northyorkharvest.com
Rhema Christian Ministries - Food Bank	Food bank supporting families by supplementing grocery needs, offering seasonal pre-packaged holiday grocery bags, as well as financial education, individual and family counselling, and pastoral care.	Residents within the GTA.	416-496-1794 rhemaonline.ca
Roywood Food Bank at Emmanuel Life Management Center (Daily Bread Food Bank)	Weekly food bank. Registration link: www.dailybread.link2feed.ca	Open to all.	437-886-4694 elmgroup.org

and Second Harvest)			
Society for the Living Food Bank/Jane Sheppard Food Bank (North York Harvest Food Bank)	Food bank.	Individuals and families in need living in the area bounded by Finch Ave to the north, Keel St to the east, Hwy 401 to the south and Weston Rd to the west.	416-746-0388 societyforthelivingfoodbank.com
Thornccliffe Food Bank (Daily Bread)	New clients must register ahead of time on the Daily Bread Food Bank website. No onsite registration.	Individuals and families in need who live in the area bounded by Eglinton Ave E to the north, O'Connor Dr to the south, Bayview Ave to the west and Victoria Park Ave to the east.	647-428-9755 tno-toronto.org
TNO (The Neighbourhood Organization) Food Collaborative (Daily Bread)	Serves 1750 clients, ensuring they have access to fresh produce, eggs, dairy products, and culturally appropriate food twice a month.	Individuals and families in need in Thornccliffe Park and Flemingdon Park.	647 296 0242 tno-toronto.org
Triumphant Church of God Food Bank (North York Harvest Food Bank)	Food bank.	Individuals and families in need who live in the area bounded by Sheppard Ave W to the north, Keele St to the east, Hwy 401 to the south and Weston Rd to the west.	416-744-7025 thetriumphantchurchofgod.org
Yorkminster Citadel Family Services (Salvation Army)	Food bank and emergency material assistance including clothing and household items, as available.	Serves those living in postal code areas beginning with M2L, M2P, M3A, M3B, M5M, and M4N (north of Lawrence Ave. East)	416-222-9110 yorkminstercitadel.org

Yorkwoods Community Church (Salvation Army)	Emergency food and food bank.	Serves those living in postal code areas beginning with M3J, M3K, M3L, M3M, M3N, L4K	416-631-7222 ywccsa.ca
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Clothing & Furniture

Agency	Service Description	Clientele Served	Agency Contact Info
Dress For Success Toronto	Provides 1-set of professional work attire and accessories, access to career development resources and peer networking during visit, by appointment only.	Self-identified women, including cis, trans, non-binary, gender non-conforming, gender queer, and Two-Spirit, who are job ready and seeking employment or are currently employed.	416-901-6022 dressforsuccesstoronto.org
New Circles Community Services - Clothing Bank	Gently used and new clothing.	Low-income individuals and families, seniors, youth, newcomers and refugees. Call or register online for an appointment. By appointment only.	416-422-2591 newcircles.ca
reBOOT Canada - Refurbished computers	Refurbishes and recycles donated computer equipment for distribution, donations may be dropped off on site or pick-up arranged for a fee reStart - provides subsidized computer to eligible applicants reSource - provides subsidized computer equipment to eligible charities and not-for-profit groups reLAY - provides free public Wi-Fi to vulnerable	Registered nonprofit or charitable organizations, people with limited access to technology including youth, newcomers, persons receiving social assistance.	416-534-6017 rebootcanada.ca

	neighbourhoods, in collaboration with community-facing organizations Youth Tool Kit - provides young indigenous adults with training in computer set-up, servicing, and sales.		
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Disability Supports

Disability Supports provides a list of programs and services that may include access to 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
Bob Rumball Canadian Centre of Excellence for the Deaf - Community Participation Supports	Adult Community Programs include work activities and/or supported employment, supported independent living, respite options and community supports that focus on social/recreational and life skill development	Deaf or hard of hearing adults 18-65 years with a developmental delay. Must be receiving Ontario Disability Support Program (ODSP) benefit.	416-993-7008 TTY: 416-449-2728 bobrumball.org
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. Free for those over the age of 16. Works with employers to provide the training, support and accommodations their job seeking clients require to succeed.	Deaf and hard of hearing job seekers.	1-866-518-0000 TTY: 1-877-215-9530 chs.ca

Canadian Mental Health Association (CMHA) - Employment Program	Each participant works one to one with an Employment Support Worker to collaboratively coordinate and develop plans and services. The Employment Support Worker will continue to work with the client and provide job retention supports after they start working.	Adults 16+ who are experiencing mental health challenges and are ready and motivated to enter the workforce.	416-789-7957 cmhato.org
CNIB - Come to Work	Partnerships with employers. Job posted online.	Members of the blind and low vision communities.	1-877-850-7159 416-849-0050 cometowork.ca
Community Living Toronto - Employment Services	Offers job placement and matching, job coaching and support, job readiness and employer partnerships.	Persons with intellectual disabilities.	416-750-0666 cltoronto.ca
Corbrook - Pre-employment Training and Employment Programs	Provides support to adults and youth with developmental disabilities in Toronto and York Region.	Any person who has been assessed as having a developmental disability.	416-245-5565 corbrook.com
CVE Toronto - Employment Support Services	Specializes in providing disability management, vocational rehabilitation and employment services.	Individuals 16+ with substantial physical or mental disabilities.	1-888-862-3825 cve.ca
Epilepsy Toronto - Employment Services	Focus is on job acquisition, retention and workplace adjustment.	People living with epilepsy and other seizure disorders.	416-964-9095 1-866-374-5377 epilepsytoronto.org
Hospitality Workers Training Centre	Offers flexible, high-quality training to build skills, increase confidence, and support career advancement in hospitality and beyond.	18+; have reliable access to internet; have computer, tablet or cell phone that can support Zoom meetings.	1-888-777-HWTC (4982) hwtc.ca
JVS Toronto - Disability Employment & Inclusion Programs	Programs include pre-employment supports for people with disabilities, employment services for ODSP recipients.	Individuals with learning disabilities, Attention Deficit Hyperactive Disorder (ADHD), Attention Deficit Disorder (ADD), developmental disabilities, Autism Spectrum Disorder (ASD), mental health issues and/or	416-787-1151 www.jvstoronto.org

		physical challenges.	
March of Dimes Canada - Employment Services	Provides on-the-job training, coaching, frequent employer contact with a wide range of employers, as well as quick job searches and placement.	Persons with physical disabilities.	1-833-612-6632 modcemploymentservices.ca
Ontario Disability Support Program (ODSP)	Provides income, health benefits and employment support to people with disabilities. You can apply for ODSP while receiving Ontario Works, but it is not a requirement to be on Ontario Works to apply for the program.	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.	ontario.ca
Ontario Ministry of Community and Social Services - Ontario Disability Support Program (ODSP) - North York	Provides income and employment support services for adults with developmental disabilities to live, work, and participate in their local communities.	Income (financial) support available for individuals 18 years or older with a physical or mental disability Employment support available for individuals 16 years or older with a physical or mental disability.	416-314-6514 1-888-999-1142 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
Salvation Army, The - Transitional Employment Program (TEP)	Provides opportunities for training, skill development and employment to support individuals entering into the workforce. Ongoing support, job shadowing, counselling, training, and education is provided.	Must be 18 years of age or older and have a mental health diagnosis provided by a medical practitioner or a clinical psychologist.	416-425-1052 broadviewillage.ca

Spinal Cord Injury Ontario - Accessible Employment Services	Connects clients with Assistive Technology services, where Occupational Therapists and Rehabilitation Engineers assess adaptive technology needs, provide recommendations, and explore potential funding assistance opportunities.	Serves job seekers throughout the Greater Toronto Area (GTA).	647-933-1426 accessiblework.ca
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Assistive Devices & Other Supports

Agency	Service Description	Clientele Served	Agency Contact Info
Chai Lifeline Canada	An international support network, providing social, emotional, and practical assistance to children, families, and communities impacted by medical crises and trauma through a variety of year-round programs and services.	Children and parents who are facing life-threatening or life-long illness.	647-430-5933 chailifelinecanada.org
City of Toronto - Medical Items, Devices & Supplies	People receiving Ontario Works Assistance or Ontario Disability Support Program (ODSP) can apply.	OW and ODSP recipients who need financial help to purchase medical supplies or devices.	416-338-8888 toronto.ca
Lifemark Seniors Wellness	Provides rehabilitation services specifically designed to meet the needs of seniors in long-term care and retirement homes.	Seniors	1-877-696-1620 lifemarkseniorswellness.ca
March of Dimes Canada - Ontario Home and Vehicle Modification Program	Funding for home adaptations and devices, home modifications (construction) and vehicle modifications.	To qualify, one must be a permanent Ontario Resident, be 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	1-877-369-4867 marchofdimes.ca

		community services.	
Ministry of Health - Assistive Devices Program	Helps people with long-term physical disabilities pay for customized equipment, like wheelchairs and hearing aids. 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 ontario.ca
Ontario Health at Home	Coordinates local home and community care, long-term care placement and help finding services in the community.	Open to all.	310-2222 (No area code required) ontariohealthathome.ca
Surrey Place	Helps people of all ages with autism, developmental, and sensory-related concerns. Includes professional assessments for assistive device benefits.	Each service has its own eligibility criteria that all clients must meet, in addition to the general criteria all clients must meet.	416-925-5141 surreyplace.ca
Toronto Rehabilitation Institute - Lyndhurst Centre	Helps people overcome the challenges of disabling injury, illness or age-related health conditions to live active, healthier, more independent lives.	People with traumatic and non-traumatic spinal cord injuries and related neurological conditions.	416-597-3422 uhn.ca
Assistive Devices Program – Vendors and Authorizers	A list of authorized vendors by category.		assistivedevicesprogram.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
Adam House	A faith-based ministry that provides refugees with a welcoming short-term home; advocates for access to social, medical, and legal services; assists with the refugee claimant process; and facilitates integration into daily life in Canada.	Refugees.	416-538-2836 adamhouse.org
Afghan Association of Ontario	Community Services needs assessment and information and referral to community and social services support with finding housing, child care, registering children in school and health care help filling out government forms including housing and immigration sponsorship forms.	Citizens, landed immigrants, Convention refugees, and those intending to apply for landed status.	416-744-9289 aaocanada.ca
Afghan Women's Organization Refugee and Immigrant Services - Consumers Road	Works with refugees and immigrants, particularly those who have experienced wars and persecution, with a special focus on women and their families. Settlement and refugee services.	Refugees and immigrants who have experienced wars and persecution, with a special focus on women and their families.	416-588-3585 afghanwomen.org
Afghan Women's Organization Refugee and Immigrant Services – Don Mills Road	Works with refugees and immigrants, particularly those who have experienced wars and persecution, with a special focus on women and their families.	Newcomers with a focus on women, their families, refugees and people who have experienced war or persecution.	416-422-2225 afghanwomen.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/2/home.canada
Canadian Ukrainian Immigrant Aid Society	Provides settlement services including reception and orientation, housing and banking support, referrals to government and community services, help completing government forms (e.g., SIN, health card, child benefits, childcare subsidy, subsidized housing, Ontario Works), assistance replacing lost or stolen documents, translation and interpretation, employment-related referrals, and a seasonal income tax clinic.	All newcomers; temporary residents, including arrivals under Canada Ukraine Authorization for Emergency Travel (CUAET).	416-225-0511 cuias.org
Centre for Immigrant and Community Services (CICS)	Multiservice centre with newcomer, job seeker and family services for all ages, including settlement services, information and referral, orientation, needs assessments and counselling.	Newcomer immigrants including permanent residents, Convention Refugees, and live-in caregivers.	416-292-7510 cicscanada.com
Elspeth Heyworth Centre for Women	Provides newcomer settlement services, including needs assessments, orientation to community and government services, information and referrals, and assistance with form completion and interpretation.	Newcomers, immigrant and refugee women, vulnerable women and their families living in the area bounded by Steeles Ave W to the north, Dufferin St to the east, Wilson Ave to the south and Islington Ave to the west.	416-663-2978 ehcw.ca
Jane-Finch Centre	Settlement Services group activities, workshops and one-on-one support for newly arrived immigrants and refugees of all ages to help integrate them into their new community and establish social and professional networks.	Residents living in the area bounded by Steeles Ave W to the north, Dufferin St to the east, Hwy 401 to the south and Humber River to the west.	416-663-2733 janefinchcentre.org

Jewish Immigrant Aid Services	Helps all newcomers build a strong and vibrant community through settlement services one-on-one settlement services with an assigned settlement worker.	Open to all newcomers including 2SLGBTQ+ newcomers; newcomers do not have to be Jewish to receive services.	416-630-6481 jiastoronto.org
KCWA Family and Social Services	Settlement Services one-on-one orientation and workshops on various settlement topics assistance with form filling, interpretation and translation citizenship preparation support, referrals to community services.	Open to all, but focus on the Korean community.	416-340-1234 kcwa.net
Lao Association of Ontario	Provides programs and services to Lao communities across Ontario,	Focus on Lao and Thai communities.	416-398-3057 laoweb.org
Ontario Learning Development Foundation	Provides newcomer outreach and settlement services, information and referral, GED prep, computer training, ESL classes, financial literacy, employment coaching and business start-up support.	New immigrants and refugees.	416-628-3786 oldf.org
TNG Community Services	Settlement services for immigrants and refugees including settlement services.	Newcomers irrespective of their status in Canada. Certain programs (e.g. LINC) are restricted to Permanent Residents and Convention Refugees.	416-925-2103 tngcommunityto.org
University Settlement - North York Office	Settlement services for newcomers.	Newcomers who are permanent residents, Convention refugees, and live-in caregivers who hold a valid work permit.	416-218-8990 universitysettlement.ca
The Vietnamese Association Toronto (VAT)	Provides settlement and adaptation services, designed to assist new immigrants to integrate and participate successfully in Canadian society.	Immigrants and refugees.	416-636-8887 vatoronto.ca

VWAT (Vietnamese Women's Association of Toronto) Family Services	Multi-cultural, and sustainable centre for newcomers, their families, seniors and youth.	Newcomers, youth, and seniors, with a focus on Vietnamese newcomers.	647-343-8928 vwat.org
Working Women Community Centre	Range of services including settlement counseling, economic development, English language instruction, and educational support.	Immigrant and refugee women and their families.	416-494-7978 workingwomencc.org

Specialty & Multilingual Support

Agency	Service Description	Clientele Served	Agency Contact Info
Afghan Association of Ontario	Provides community services including needs assessment, information and orientation, referrals, filling out forms and interpretation and translation. Services in English, Dari, Hindi, Pashto and Urdu.	Citizens, landed immigrants, Convention refugees, and those intending to apply for landed status.	416-744-9289 aaocanada.ca
Afghan Women's Organization Refugee and Immigrant Services - Consumers Rd	Works with refugees and immigrants, particularly those who have experienced wars and persecution, with a special focus on women and their families. Settlement and refugee services. Services in English, Arabic, Dari, Farsi, Pashto and Uzbek.	Open to all with a focus on newcomers, particularly women, their families, refugees and people who have experienced war or persecution.	416-588-3585 afghanwomen.org
Afghan Women's Organization Refugee and Immigrant Services - Don Mills Rd	Works with refugees and immigrants, particularly those who have experienced wars and persecution, with a special focus on women and their families. Settlement and refugee services. Services in English, Dari, Farsi, Pashto and Uzbek.	Newcomers with a focus on women, their families, refugees and people who have experienced war or persecution.	416-422-2225 afghanwomen.org
Armenian Family Support Services	Provides settlement services including counselling, information and referral, housing search help, assistance with forms and interpretation, youth outreach, and employment support.	Open to all.	416-431-5549 afsstoronto.ca

	Services in English, Armenian and Farsi.		
Canadian Ukrainian Immigrant Aid Society (CUIAS)	Offers settlement services, Citizenship services, English language training, mental health supports and specialized services designed to address specific needs within the community, such as a free income tax clinic. Services in English, Ukrainian, Polish, Russian, and Romanian, and referrals to Francophone agencies for those seeking services in French.	All newcomers.	416-225-0511 cuias.org
Centre for Immigrant and Community Services (CICS)	Multiservice centre with newcomer, job seeker and family services for all ages. Services in English, French, Arabic, Bengali, Cantonese, Dari, Farsi, Filipino, Gujarati, Hebrew, Hindi, Korean, Kurdish, Mandarin, Punjabi, Russian, Sindhi, Spanish, Tamil, Ukrainian and Urdu.	Open	416-292-7510 cicscanada.com
Centre for Spanish Speaking Peoples (CSSP)	Multiservice centre with newcomer, job seeker and family services. Services in English and Spanish.	Spanish speakers.	416-533-8545 spanishservices.org
Centre Francophone du Grand Toronto	Offers a variety of services to the entire Francophone community. Includes health, newcomer, and employment services. Services in English and French.	French-speaking people living, working, studying or visiting in Toronto.	416-221-4442 centrefranco.org
Jewish Immigrant Aid Services	Provides settlement and community services to help newcomers build community, including one-on-one support, group orientation programs, mental health support for those affected by war, trauma, or persecution, informal language learning for children and adults, and interpretation, translation, and notary services.	Members of the Jewish community.	416-630-6481 jiastoronto.org

	Services in English, French, Arabic, Hebrew, Russian and Spanish.		
Korean Canadian Women's Association (KCWA) Family and Social Services	Provides settlement, family, employment, health, and social services, including one-on-one support, workshops, counselling, interpretation, housing and social assistance navigation. Services in English and Korean.	Open to all with focus on the Korean community.	416-340-1234 kcwa.net
Lao Association of Ontario	Supports and empowers visible minorities and racialized Lao communities in Ontario through culturally tailored programs and services. Services include settlement, counselling, interpretation and form filling supports. Services in English, Thai and Laotian.	Focus on Laotian and Thai communities.	416-398-3057 laoweb.org
Vietnamese Association Toronto	Settlement and adaptation services including information and referral, housing referrals, gambling counselling, translation and interpretation, form filling, and employment services. Services in English, Vietnamese and Filipino.	Newcomers.	416-636-8887 vatoronto.ca
VWAT Family Services	Provides settlement services including help completing forms and documents (e.g., citizenship and PR card applications, child tax benefits), citizenship preparation classes, translation and interpretation, legal information support, and a year-round income tax clinic. Services in English, Farsi, Spanish and Vietnamese.	Open to all.	647-343-8928 vwat.org

International Credential Assessments

Agency	Service Description	Clientele Served	Agency Contact Info
University of Toronto - Comparative Education Service	Assesses international academic qualifications and evaluates equivalence to Canadian education system.	Internationally educated/trained persons applying for immigration programs, jobs, apprenticeship programs or licensure for regulated professions, or seeking admission to college or university.	416-978-2400 learn.utoronto.ca/com
World Education Services (WES)	Verification and evaluation of academic credentials earned outside Canada.	Internationally educated/trained persons applying for immigration programs, jobs, apprenticeship programs or licensure for regulated professions, or seeking admission to college or university.	1-800-361-3106 wes.org

Community-based Legal Services

Agency	Service Description	Clientele Served	Agency Contact Info
Community and Legal Aid Services Programme (CLASP) (LAO)	Provides free legal advice and representation to eligible low-income individuals in the City of Toronto and to York students.	Low-income individuals in the City of Toronto and to York students.	416-736-5029 yorku.ca/osgoode/clasp/
Don Valley Community Legal Services (LAO)	Provides free legal advice to eligible low-income individuals.	Toronto residents living in the catchment area from Lake Ontario on the south to York Mills/401 on the north, and from Yonge Street/the Don River on the west to Victoria Park Avenue on the east.	416-441-1764 donvalleylegal.ca
Downsview Community Legal Services (LAO)	Provides advice in workers rights, immigration and family law. May provide representation, emergency advice and referrals in domestic violence cases.	Residents who meet financial eligibility guidelines and who live in the area bounded by Steeles Ave W to the north, the west side of Yonge St to the east, Hwy 401 to the south and Keele St/Humber River to the west.	416-635-8388 downsviewlegal.ca
Jane-Finch Community Legal Services (LAO)	Provides free legal services, including public legal education, law reform and community development.	Residents who meet financial eligibility guidelines and who live in the area bounded by Steeles Ave W to the north, Keele St to the east, Falstaff Ave/Hwy 400/Hwy 401 to the south and Humber River to the west.	416-398-0677 janefinchcommunitylegal services.ca

Willowdale Community Legal Services (LAO)	Community legal clinic providing free legal assistance to low income residents in the community.	Residents who meet financial eligibility guidelines and who live in the area bounded by Steeles Ave E to the north, Victoria Park Ave to the east, York Mills Rd to the south and Yonge St to the west.	416-492-2437 willowdalelegal.com
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Language Supports

Language Supports provides a list of programs and services that provide newcomers with an opportunity to enhance and refine their English language 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.

English Language Training – ESL & LINC

Agency	Service Description	Clientele Served	Agency Contact Info
Afghan Women's Organization Refugee and Immigrant Services - Don Mills	Free LINC classes, many of which are women-only. Care for Newcomer Children (CNC) and transportation assistance available.	Permanent residents, protected persons, and convention refugees 18+ with a language assessment.	416-422-2225 afghanwomen.org
Albion LINC (TDSB)	Free LINC classes. Provides Care for Newcomer Children (CNC) for children aged 19 months to 6 years old.	Permanent residents, protected persons, and convention refugees 18+ with a language assessment.	416-394-6232 tdsb.on.ca
Bob Rumball Canadian Centre of Excellence for the Deaf - LINC	Focuses on English proficiency, literacy, and American Sign Language (ASL) comprehension as well as employment services.	Permanent residents 19+. Eligibility for the YMCA acceptance is required, indicating a readiness for language instruction.	416-449-9651 bobrumball.org

Canadian Centre for Language and Cultural Studies (CCLCS) - LINC	Free LINC classes. Provides Care for Newcomer Children (CNC) for children aged 6 months to 6 years old. Transportation assistance available.	Permanent residents, protected persons and persons with a letter of initial approval of permanent residence 18+ with language assessment.	416-223-6613 cclcs.ca
Centerpoint LINC	Free LINC classes. Care for Newcomer Children (CNC) and transportation assistance available.	Permanent residents, protected persons, and convention refugees 18+ with a language assessment.	416-395-4820 tdsb.on.ca
COSTI - Language & Skills Training Services	Free LINC classes.	Permanent residents, protected persons, and convention refugees 18+ with a language assessment.	416-244-9980 costi.org
Don Mills LINC	Free LINC classes. Provides Care for Newcomer Children (CNC) for children aged 19 months to 6 years old.	Permanent residents, protected persons, and convention refugees 18+ with a language assessment.	tdsb.on.ca
The Learning Enrichment Foundation - LINC	Free LINC classes. Provides Care for Newcomer Children (CNC) for children aged 19 months to 6 years old.	Permanent residents, protected persons, and convention refugees 18+ with a language assessment.	416-760-2568 lefca.org
North York Community House - LINC	Free LINC classes. Provides Care for Newcomer Children (CNC).	Permanent residents, protected persons, and convention refugees 18+ with a language assessment.	416-784-0920 nych.ca
Overlea LINC	Free LINC classes. Provides Care for Newcomer Children (CNC) for children aged 19 months to 6 years old.	Permanent residents, protected persons, and convention refugees 18+ with a language assessment.	416-396-2930 tdsb.on.ca

<p>TNG Community Services - LINC & ESL Classes</p>	<p>Free LINC classes.</p>	<p>Must take free language assessment at a LINC Assessment Centre before joining a class. Call 416.925.5462 to make an appointment.</p>	<p>416.925.2103 tngcommunityto.org</p>
<p>Toronto Catholic District School Board (TCDSB) - ESL and LINC</p>	<p>ESL courses range from Canadian Language Benchmarks (CLB) 1 to 6, and address the needs of learners who want to improve or perfect their speaking, listening, reading and writing skills.</p> <p>LINC courses help learners achieve English proficiency (CLB levels 1-6) and offer practical information about life and culture in Canada.</p>	<p>Eligibility for ESL: Naturalized Canadian citizens, permanent residents, refugee claimants and convention refugees whose first language is not English, 18 +, or those admitted as domestic workers under the Live-in Caregiver program are eligible.</p> <p>Eligibility for LINC: Permanent residents and convention refugees, 18+, are eligible. Must have a valid assessment from the YMCA.</p>	<p>tcdsb.org</p>

<p>Toronto District School Board (TDSB) - ESL</p>	<p>Classes teach learners English using the four language skills: speaking, listening, reading, and writing. All classes also offer a business communication component. Classes are offered at literacy, beginner, intermediate, and advanced levels.</p>	<p>Permanent residents, refugee claimants, live-in caregiver program participants, Canadian citizens born outside Canada, convention refugees/protected persons, persons with a letter of initial approval of permanent residence, foreign domestic workers admitted under the Live-in Caregiver program, provincial nominees and their dependents, provincial nominee program but not yet processed for permanent residence.</p>	<p>416 338-4300 tdsb.on.ca</p>
<p>Working Women Community Centre</p>	<p>LINC (Language Instruction for Newcomers to Canada. CLB 1-8. Child care provided.</p>	<p>Permanent residents, protected persons, and convention refugees 18+ with a language assessment. And not be registered in a CLIC program.</p>	<p>416-494-7978 workingwomenc.org</p>

Literacy and Basic Skills Training

Agency	Service Description	Clientele Served	Agency Contact Info
<p>Bob Rumball Canadian Centre of Excellence for the Deaf - Literacy and Basic Skills</p>	<p>Designed specifically for deaf and hard of hearing adults seeking to enhance their foundational literacy and numeracy skills. This program offers a comprehensive curriculum encompassing reading, writing, mathematics, computer literacy, and ASL, empowering participants to achieve greater independence and pursue educational and employment opportunities.</p>	<p>Residents of Ontario aged between 18 and 64. Minimum proficiency equivalent to Grade 12 in reading, writing, and mathematics. Newcomers to Canada are eligible, provided they possess a Social Insurance Number (SIN) or equivalent documentation.</p>	<p>416-449-9651 bobrumball.org</p>
<p>Canadian Hearing Services - Literacy and Basic Skills</p>	<p>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.</p>	<p>Residents of Ontario who are deaf and are aged 19 and over.</p>	<p>1-866-518-0000 TTY: 1-877-215-9530 chs.ca</p>
<p>CNIB Deafblind Community Services (DBCS) - Skills Development Services</p>	<p>Students are able to attend classes virtually or in-person in a variety of locations including on-site classrooms, community locations and in the student's home. DBCS's instructors follow the Ontario Adult Literacy Curriculum Framework.</p>	<p>At least 19 years and older, and possess literacy considered below a Grade 12 level.</p>	<p>647-296-9129 deafblindservices.ca</p>
<p>Toronto Catholic District School Board (TCDSB) - Essential Skills Training (Literacy and Basic Skills)</p>	<p>An upgrading program that helps learners improve their reading, writing, math and computer skills for work, study or everyday life. Classes are tailored to each learner's needs.</p>	<p>Adult immigrants and Canadian-born citizens who are Ontario residents, have a SIN number, are legally able to work in Ontario, and can speak English at an intermediate level are eligible.</p>	<p>416-397-6072 tcdsb.org</p>

Toronto District School Board (TDSB) - Essential Skills Upgrading	Literacy and basic skills training. Free English reading, writing, math and computer classes in Toronto for adults.	18 years of age and older. Proof of SIN. Speak English at an intermediate level.	416-393-1995 416-396-6905
Toronto Public Library - Adult Literacy	Offers free, one-on-one tutoring in basic reading, writing and math. Volunteer tutors work with learners to help them reach their literacy goals.	English-speaking adults 19 years or older (exceptions may apply)	torontopubliclibrary.ca

YMCA Language Assessment and Referral Services (For ESL and LINC)

Agency	Service Description	Clientele Served	Agency Contact Info
Lansing Square YMCA Immigrant Services	Canada with English and French online and in-person language assessments for government-funded programs at no cost.	Immigrants to Canada.	YMCA Assessment and Referral Centre at 416 925-5462. ymcagta.org
North York YMCA Employment and Immigrant Services			

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.	Participants must be permanent residents, convention refugees/protected persons or temporary residents affected by the crisis in Gaza (showing "MOME2023" in status documentation until March 31, 2027). Must live in Ontario and have: training or experience in a specific occupation or	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

		industry, but need to improve their occupation-specific communication skills; and a valid language proficiency of at least level 5 in Canadian Language Benchmarks (CLB), or Niveaux de compétence linguistique canadiens (NCLC) for courses taught in French. Some courses/modules require higher CLB levels.	
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.	Must be a Permanent Resident or Convention Refugee; CLB 5-6; trained/experienced in sector; committed to full-time 10-week program. Pre-screening required	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
Centre for Immigrant & Community Services (CICS)	English Conversation Circle (in person)	Open to all.	647-999-6012
	English Conversation Circle Advanced	Open to all.	416-316-3803
	English Conversation Circle Beginner	Open to all.	416-316-3803
COSTI	Click, Connect, Communicate	Permanent residents, convention refugees, refugee claimants and live-in caregivers.	416-244-9980 costi.org
For You Telecare Family Service (FUTFS)	ESL Classes Intermediate-Advanced	Open to all.	416-999-1392
Iranian Women Organization of Ontario (IWOO)	Let's Speak English	Open to all.	416-496-9566
	English Conversation Class	Open to all.	iwontario.com
JIAS Toronto	English Conversation Circle	Open to all but priority given to permanent residents, convention refugees, refugee claimants and live-in caregivers.	416-635-7044 jiastoronto.org
Learning Disability Association of Toronto	English Literacy (high beginner-low intermediate)	Permanent residents, convention refugees, refugee claimants and live-in caregivers. Learning Disabilities or ADHD welcome (no diagnosis required, all welcome).	647-531-1680 ldatd.on.ca
	English from Zero (absolute beginners) (In-person)		
	LINC Support (1:1 & small group, all CLB level)		
New Circles Community Services	English Literacy (beginner-low intermediate) (in person)	Permanent residents, convention refugees, refugee claimants and live-in caregivers.	416- 422-2591 ldatd.on.ca
	English Development Skills	Permanent residents,	416-419-4037

North York Community House	English Conversation Circle	convention refugees, refugee claimants and live-in caregivers.	nych.ca
	Music Noon Hour		
Pathway to Possibilities (PTP)	English Conversation Circle	Permanent residents, convention refugees, refugee claimants and live-in caregivers.	416-510-8079 ptp.ca
The Salvation Army (Toronto Harbour Light Ministries)	English Conversation Circle	Open to all.	416- 682-2505 416- 807-1983 torontoharbourlight.ca
TNO-The Neighbourhood Organization	English Conversation Circle	Open to all newcomers. Must be 18 years of age or older.	416-467-0126 tno-toronto.org
University Settlement	English Conversation Circle and English Writing	Permanent residents, convention refugees, refugee claimants and live-in caregivers.	universitysettlement.ca
WoodGreen Community Services	ESL Social Club for Newcomers	Permanent residents, convention refugees, live-in caregivers, and government assisted refugees.	416-405-5099 woodgreen.org
Yonge Eglinton Community Centre	English Conversation Circle	Open to all.	416-392-0511 yongeeglintoncc.com
Evangelical Presbyterian Church	ESL Classes	Open to all.	epctoronto.org
Flemingdon Park Ministry	English Conversation Class	Open to all.	416-425-1841 flemingdonparkministry.com
North York Chinese Baptist Church	ESL (Level 1, 2, 3) and English Conversation	Open to all.	416-223-3121 nycbc.ca
Oakwood Baptist Church	ESL	Open to all.	416-654-8020 oakwoodbfc.com

Spring Garden Church	ESL Class	Open to all.	416-223-4593 springgardenchurch.ca
The Salvation Army (Toronto Harbour Light Ministries)	ESL conversation circle.	Open to all.	416-682-2505 416-807-1983 www.torontoharbourlight.ca
Trinity Grace Church	ESL conversation.	Open to all.	647-828-7608 www.trinitygrace.ca
Willowdale Emanuel United Church	ESL	Open to all.	416-225-2309

Sexual Health Supports

Sexual health supports includes 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
Black Creek Community Health Centre (North York Sheridan Mall, Unit 5)	Access to healthcare, social assistance, programs, and services that combine to support healthy communities for healthy people.	Serves clients in Toronto's Northwest, bordered by Steeles & Wilson Avenue; Keele Street & the Humber River.	416-249-8000 bcchc.com
Black Creek Community Health Centre (Yorkgate Mall)	Access to healthcare, social assistance, programs, and services that combine to support healthy communities for healthy people.	Serves clients in Toronto's Northwest, bordered by Steeles & Wilson Avenue; Keele Street & the Humber River.	416-246-2388 bcchc.com

City of Toronto - Sexual Health Clinics	Free and confidential clinical services for all eligible individuals who require: STI and HIV testing & treatment, birth control counselling and low-cost birth control; emergency contraceptive pill; intrauterine device (IUD) counseling, insertion and removal; free condoms and lube; pregnancy testing, counselling & referral; and vaccines.	Open to all. No Ontario Health Card (OHIP) is required.	416-338-1234 toronto.ca
Flemingdon Health Centre	Drop-in, confidential and non-judgmental sexual health information and counselling Family planning services, such as pregnancy testing, birth control and free condoms Testing for sexually transmitted infections (STIs) Testing for HIV Screening for cervical cancer through a Pap test	Residents who live in the area bounded by Steeles Av E to the north, Victoria Park Av to the east, O'Connor Dr to the south and Laird Dr/Bayview Av to the west.	416-429-4991 fhc-chc.com
Rexdale Community Health Centre (Main Clinic)	Offers the following services: Birth Control Counselling Low-Cost Birth Control Pregnancy Testing and Counselling Free Condoms HIV Testing- Point of Care Testing Sexuality and Relationship Counselling Emergency Contraceptive Pills IUD Insertion and Pap Testing STD/STI Testing and Treatment Family Planning options and Support Sexual Health-related decisions	Residents who live in the area bounded by Steeles Av W to the north, Humber River to the east, Dixon Rd to the south and Hwy 427 to the west. Or, residents with postal codes M9W, M9R, M9V and part of M9P.	416-744-0066 rexdalechc.com
HQ Toronto	A community-focused healthcare centre that provides comprehensive prevention, testing, and treatment services for sexually transmitted and blood-borne infections (STBBIs).	Cis guys into guys, two-spirit, transgender, and AMAB (assigned male at birth) non-binary individuals.	416-521-4445 hqtoronto.ca
Sexual Health Infoline Ontario	A free, anonymous and inclusive eChat and phone service for Ontario residents.		1-800-668-2437 416-392-2437

	This service is staffed by counsellors who provide information, support and referrals in English, French and other languages on sexual health topics.		sexualhealthontario.ca
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Parent & Family Supports

Parent and family supports provide parents and caregivers with a list of programs and services such as counselling services, parent groups, child development resources, and coordinated connections to community programs that promote overall family well-being.

Support for New Parents

Agency	Service Description	Clientele Served	Agency Contact Info
Abiona Centre for Infant and Early Mental Health	Supports young mothers to complete their education, secure safe housing and available housing subsidies, strengthen parenting and life skills, address trauma and mental health needs, build healthy relationships, and access affordable, high-quality childcare.	Pregnant and parenting adolescents, aged 13-29 and their babies who reside at the Centre or in the community.	416-425-6348 Intake Social Worker: 289-217-1890 abionacentre.ca
Ministry of Children, Community and Social Services - Healthy Babies Healthy Children	Provides information and support during pregnancy, after your baby is born, and as your child grows, including parenting tips for the first months	Pregnant individuals and families with young children who wish to participate, contact a family doctor, midwife, or nurse, or other service provider to register.	ontario.ca
North York General Hospital - Free Online Prenatal Classes	This four-part prenatal series will help you prepare for labour, birth, and the care of your baby.	Open to all.	905-294-2229 (BABY) nygh.on.ca
Strong Minds Strong Kids - Make the Connection (Free Online Program)	Provides parents and caregivers of infants with practical tools to nurture secure attachment and build strong, healthy parent-child relationships.	Parents and caregivers of infants (birth to age 3).	makingtheconnectionmatters.com
Teresa Group	Offers family support program, groups for parents and children, summer camp	Children and their families, living with or affected by HIV	416-596-7703 teresagroup.ca

	and activities and infant formula program.	and AIDS and living in Toronto. Referral required from a health care provider such as doctor, public health nurse or social worker, or from Hospital for Sick Children, HIV Care Clinic or other agency.	
Toronto Public Health -Programs and Services for Pregnant Individuals and Families with Young Children	Gives advice about breastfeeding, nutrition, adjusting to parenthood, feelings of sadness and worry, immunization and other questions about your family's health and well being.	Free, confidential no health card (OHIP) required.	416-338-7600 416-392-0658 TTY eCHAT: toronto.ca
Yorktown Family Services - Supporting Young Families	A psycho-educational and awareness program for parents and caregivers under the age of 29 with children between the ages of 0 to 6. Registration is required.	Parents under the age of 29 with children between the ages of 0 to 6	416- 394-2424 yorktownfamilyservices.com

EarlyON Programs & Playgroups

Agency	Service Description	Clientele Served	Agency Contact Info
Bob Rumball Canadian Centre of Excellence for the Deaf (BRCCED) - EarlyON Child and Family Centre	EarlyON Program. Staff communicate in English and American Sign Language.	Parents of deaf and hard of hearing children aged 0 to 6 as well as families in the community.	416-449-9651 TTY: 416-449-2728 bobrumball.org
CFGT (Centre francophone du grand Toronto) ON y va Programs for Francophone Families	Offers all children the opportunity to participate in activities that promote learning through play in French	Children 0-6 years and their parents/caregivers. Programming is in French.	416-922-2672 centrefranco.org
ENAGB (Eshkiniigjik Naandwechigegami g, Aabiish Gaa Binjibaaying) Indigenous Youth Agency - Indigenous EarlyON Program	Focuses on providing cultural, employment, life skills, holistic wellness and recreational opportunities to Indigenous children and youth.	Inuit, Metis, and First Nations children birth-6 years and their parents/caregivers.	416-604-0300 enagb-ya.ca

Lumenus - EarlyON Child & Family Centres	Provides all children from birth to six years of age, and their parents/caregivers, with opportunities to participate in play and inquiry-based learning.	Children 0-6 years and their parents/caregivers.	416-494-1579 lumenus.ca
Native Canadian Centre Toronto (Indigenous EarlyON Program)	Provides social, recreational, cultural and spiritual services for the Indigenous community and visitors alike.	Children 0-6 years and their parents/caregivers.	416-964-9087 ncct.on.ca
Native Child and Family Services of Toronto - EarlyON	Offers EarlyOn centres grounded in Indigenous culture and traditions, and are integrated with our Registered Early Childhood Educators, Shikabewis (Helper), Zhishay (Uncle) and Family Community Navigator.	Children 0-6 years and their parents/caregivers.	nativechild.org

Child Care Services & Subsidies

Agency	Service Description	Clientele Served	Agency Contact Info
City of Toronto - Find a Child Care Near You	Find a licensed child care or before-after school program in Toronto. Get on the wait list early to secure a spot. Find out about child care fee subsidies and services for children with extra support needs.	Open to all.	toronto.ca
City of Toronto - Child Care Fee Subsidy	Apply for a fee subsidy as soon as you know you are pregnant or expecting a child through adoption.	Eligible families needing help with the cost of licensed child care for their children (up to 12 years old).	toronto.ca

Child & Youth Programs

Agency	Service Description	Clientele Served	Agency Contact Info
Hong Fook Mental Health Association - Youth and Family Service	Provides support to parents by offering workshops in youth development needs.	Asian youths and their parents. Age ranges for youth vary depending on the program.	647-534-8493 hongfook.ca
Rexdale Women's Centre - Parenting and Family Supportive Counselling	Nobody's Perfect Parenting Groups, Family Drop-in	Newcomer, immigrant and refugee parents and grandparents.	416-745-0062 rexdalewomen.org
Thornccliffe Park Youth Wellness Hub	Services include wellness counselling, case management, peer support, care, navigation, employment and trades programs, Primary care and sexual health services, skills groups, food supports, housing supports, drop-in groups and special events.	Youth (12-25). No health card, family doctor or medical referral. Must be a resident of Ontario. Aims to support young adults in Thornccliffe Park and Flemington Park.	416-421-8397 youthhubs.ca
TNG Community Services - North York Youth Drop-In	A peer-led drop-in centre that will help youths make new friends, improve their leadership skills, and have the opportunity to earn volunteer hours for school.	Newcomer youth (14-18). Permanent Resident/Convention Refugee status.	tngcommunityto.org
Yorktown Family Services - West Toronto Youth Hub	Offers low barrier access to a wide range of high quality, responsive services for youth. Programs include What's Up Walk-In (brief counselling service), supports for Black youths and their families, and group mentorship programs.	Youth (12-29).	416-645-7575 yorktownfamilyservices.com