access employment

RESOURCE GUIDE
Programs and Services in Scarborough

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.

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

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

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

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

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....4
- Housing Support Services....4
- Housing Supports for Indigenous Peoples & Communities....5
- Housing Supports for Women & Families....5
- Housing Supports for 2SLGBTQIA+ Communities....6
- Housing Supports for Newcomers & Refugees....7
- Housing Supports for Youth....7
- Legal Services for Tenants....8
- Paying for Housing/Utilities....9
- Warming Centres....10

Mental Health Supports....10
- Virtual & Phone-based Supports....10
- In-person Supports....13
- In-person Supports for Black Communities....17
- In-person Supports for 2SLGBTQIA+ Communities....17

Food & Practical Supports....18
- Food Banks & Grocery Supports....18
- Clothing & Furniture....20

Disability Supports....21
- Income & Employment....21
- Assistive Devices & Other Supports....22

Immigration & Legal Services....23
- Immigration & Settlement Services....24
- Community-based Legal Services....26
- Specialized and Multilingual Support....26

Language Supports....28
- English Language Training....28
- Literacy and Basic Skills Training....31
- Enhanced Language Training....32
- YMCA Language Assessment & Referral Services (For ESL and LINC)....33
- Occupation-specific Language Training....33
- English Conversation Circles....34

Sexual Health Supports 35
Sexual Health Clinics & Services 35

Parent & Family Supports 36
Support for New Parents 36
EarlyON Programs & Playgroups 37
Child Care Services & Subsidies 38
Child & Youth Programs 39

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	Housing Access and Supports Services and Homelessness Prevention. Helps individuals and households facing housing challenges and homelessness to achieve stable housing and improved wellbeing. 1. Housing Access and Support 2. Eviction Prevention 3. Harm Reduction	Individuals and/or families who are underhoused or at risk of homelessness.	437-313-6912 416-321-6912 acsa.ca
City of Toronto - Homeless Help	The City of Toronto 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
Fred Victor - Birchmount Road Housing	220 affordable and supportive housing suites (1 and 2 bedroom apartments) with funding by the City of Toronto and assistance from the Canada Mortgage and Housing Corporation.	Families, singles and couples.	416-364-3522 fredvictor.org
Fred Victor - Dawes Road Housing	Affordable housing with 48 housing units.	Families, singles and couples.	416-285-9637 fredvictor.org
Fred Victor - Kingston House	22 affordable homes that provide 24/7 on-site supports.	Families, singles and couples.	416-640-0929 fredvictor.org

Housing Supports for Indigenous Peoples & Communities

Agency	Service Description	Clientele Served	Agency Contact Info
Aboriginal Housing Support Centre - Scarborough West Office	Provides counselling and support services for families or individuals who are at risk of losing their private market rental to remain housed.	Indigenous families or individuals in need of affordable housing or who are underhoused.	416-260-6011 www.aboriginalhsc.org
Gabriel Dumont Non-Profit Homes (Metro Toronto) - Apartments	GDNP Homes is an 87-unit apartment and townhouse complex available to the Indigenous community. Offers subsidized housing to families of First Nations, Metis and Inuit peoples on a rent-geared-to-income basis.	Families of First Nations, Metis and Inuit peoples.	416-286-5277 gabrieldumont.org
Wigwamen - Aboriginal Housing Support Centre (Scarborough East Office)	Provides affordable housing primarily to the Indigenous community.	Indigenous and non-Indigenous families, individuals and seniors.	416- 281-2057 wigwamen.com

Housing Supports for Women & Families

Agency	Service Description	Clientele Served	Agency Contact Info
Homes First Society - Housing and Support Services - Kennedy Road Shelter for Women	Emergency shelter, includes intensive case management, meal program, harm reduction services, community engagement opportunities, and peer-support programs.	Women (self-identified) 18 years and older who are facing abuse, mental health or addictions issues.	Office: 647-260-1621 Central Intake Line: 416-338-4766 or 1-877-338-3398 homesfirst.on.ca
Julliette's Place (Homeward	Shelter in Northeast Scarborough where women and	Women who have experienced abuse	416-724-1316 (confidential 24/7 emergency helpline)

Family Shelter)	their children fleeing domestic violence receive the necessary help and resources in their time of crisis.	and their children.	julliettesplace.ca
Nisa Homes - Scarborough	Transitional housing for immigrant, refugee and Muslim women who are homeless or at risk of becoming homeless.	Immigrant, refugee and Muslim women who are homeless or at risk of becoming homeless.	1-888-456-8043 nisafoundation.ca
YWCA Toronto	One of the largest providers of housing targeted to women, gender diverse people and their families in Canada. Includes emergency shelter beds for single women and gender diverse people, emergency shelters for women, gender diverse people and children fleeing violence, transitional housing, and over 820 units of permanent, supportive housing.	Women, girls, gender diverse people and their families.	Main office: 416-961-8100 For women, gender diverse people and their children fleeing abuse, call 416-693-7342 (24-hour line) For women, gender diverse people and their children experiencing homelessness, call 416-923-8454 or 416-922-3271 ywcatoronto.org

Housing Supports for 2SLGBTQIA+ Communities

Agency	Service Description	Clientele Served	Agency Contact Info
The 519 - Follow Up Supports Program	Provides a range of housing support services for 2SLGBTQIA+ adults, including developing landlord and roommate relationships, preventing eviction, and offering sector capacity building training for organizations.	2SLGBTQIA+ adults who are exiting homelessness and moving into housing, or have a history of homelessness and are at risk of homelessness due to an official eviction notice.	416-392-6874 the519.org

Friends of Ruby - Transitional Housing and Case Management	Canada's first custom built transitional house for lesbian, gay, bisexual, transgender, queer, intersex and two-spirit young people. Case managers can help with finding inclusive emergency shelters, transitional homes or long-term housing, and can also advocate on young people's behalf if they face discrimination where they're staying.	Youth 16-29 years old Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, Asexual and additional sexual orientations and gender identities. Be a Canadian citizen or a permanent resident of Canada or having applied for permanent resident status or being a refugee claimant or a convention refugee.	416-359-0237 friendsofruby.ca
Pacewood Shelter	The 519 operates, in partnership with Homes First Society, a transitional shelter for LGBTQ+ adults, with a focus on LGBTQ+ refugees, particularly trans women.	2SLGBTQIA+ newcomer refugees 18+. Priority given to trans, gender diverse and non-binary folks.	416-392-6874 the519.org
YMCA Sprott House	One year of supported residential housing for up to 25 young people.	2SLGBTQIA+ youth (16-24).	647-438-8383 ymcagta.org

Housing Supports for Newcomers & Refugees

Agency	Service Description	Clientele Served	Agency Contact Info
Arab Community Centre of Toronto - Newcomer Services, Scarborough Office	Information and referral services, housing and legal assistance. Housing referral and assistance connecting with potential landlords. Drop in or call for appointment.	Newcomers, immigrants, and refugees.	647-341-2722 acctonline.ca

Housing Supports for Youth

Agency	Service Description	Clientele Served	Agency Contact Info
Kennedy House Youth Shelter	Provides emergency shelter and essential services for youth experiencing homelessness. Includes job search, permanent housing, clothing support and resources.	Youth (16-24).	416-421-7776 www.kennedyhouse.org
Strides Toronto - Scarborough	Youth can access support, connect with peers, and engage	Youth (12-25) and their families.	416-438-3697

Youth Wellness Hub	in activities that promote wellness.		stridestoronto.ca

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
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
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.	1-888-332-3234 416-645-8080 TTY: 1-800-855-0511 tribunalsontario.ca
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 Toll-free: 1-888-772-9277 ontario.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
Scarborough	Provides legal advice, services	Low-income	416-438-7182 (Intake Line)

Community Legal Services (LAO)	and legal representation to address legal problems that affect their housing.	tenants living east of Midland to the Pickering border and from Steeles Avenue south to Lake Ontario.	scarboroughcommunitylegal.ca
West Scarborough Community Legal (LAO)	Helps tenants by providing summary advice, brief services and legal representation to address legal problems that affect their housing.	Serve low-income tenants in the area bounded by Victoria Park Avenue to the west, Midland Avenue to the east, and Steeles Avenue East to the north.	416-285-4460 westscarboroughlegal.ca

Paying for Housing/Utilities

Agency	Service Description	Clientele Served	Agency Contact Info
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
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.	Low-income tenants who qualify.	1 866-245-4182 acto.ca
Toronto Rent Bank	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

Warming Centres

Agency	Service Description	Clientele Served	Agency Contact Info
885 Scarborough Golf Club Rd.	The City activates Warming Centres when Environment and Climate Change Canada forecasts temperatures to reach minus five degrees Celsius and/or when they issue a winter weather event warning.	Adults.	toronto.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.

Virtual & 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. Provides 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
Black Youth Helpline	Serves as the point of contact to our professional services from youth, families, school districts and a variety of youth serving stakeholders. For in-person visits, please call to book an appointment.	Open to all youth and their families; culturally appropriate supports and services for Black youth and families.	1-833-294-8650 416-285-9944 blackyouth.ca

Chai Lifeline Canada's Crisis Intervention Team (CIT)	Provides support in the immediate aftermath of a sudden crisis, tragedy, or traumatic event that occurs in Toronto's Jewish Community.	Individuals and groups affected by a traumatic event.	1-800-556-6238 chailifelinecanada.org
ConnexOntario	Information line for mental health, addiction, and problem gambling.	Open to all.	Call 1-866-531-2600 Text CONNEX to 247247 connexontario.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.	1-877-336-2 433 femaide.ca
Gerstein Crisis Centre	Helps address immediate difficulties and providing connection to services that can offer ongoing support.	People experiencing a mental health crisis.	416-929-5200 gersteincentre.org
Information Line - Hospice Palliative Care Ontario	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.	Adults and youth (5-20).	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
Distress Centres of Greater Toronto	Assists individuals in the areas of emotional distress, relationship issues, and life changes.	Individuals in need who speak Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu.	416-408-HELP (4357)

Nisa Helpline	A confidential, anonymous & helpline for Muslim women and girls across North America, with support available in French, Urdu, Arabic, Somali and English. Offers mental health support and peer counselling.	Muslim women and girls (14 years of age and older) across North America.	1-888-315-NISA (6472) nisafoundation.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
One Stop Talk	Free, confidential service that lets kids and youth get immediate mental health support with a registered therapist.	Any child, youth 17 years and younger and their parents/caregivers.	1-855-416-8255 onestoptalk.ca
Ontario Caregiver Helpline	A one-stop resource for information about the programs and resources that can support you in your caregiving role.	Caregivers in Ontario.	1-833-416-CARE (2273) ontariocaregiver.ca
Progress Place Warm Line	Confidential and anonymous support for anyone feeling lonely, isolated, anxious, depressed, or in need of a compassionate listener.	Adults 18+.	416-960-WARM (9276) Text: 647-557-5882 warmline.ca
Salal Sexual Violence Support Centre	Provides immediate crisis assistance and emotional support, information, and referrals to survivors of sexualized violence.	Women, trans, nonbinary, Two-Spirit, and gender diverse people.	1-877-392-7583 salalsvsc.ca
Sexual Health Infoline Ontario	A free, anonymous and inclusive eChat and phone service. This service is staffed by counsellors who provide information, support and referrals in English, French and other languages on sexual health topics.	Open to all.	1-800-668-2437 416-392-2437 sexualhealthontario.ca
Suicide Crisis Helpline	Offers support that is bilingual, trauma-informed, culturally appropriate.	Open to all.	Call or text 988 988.ca
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. Non-emergency mental health crisis support. CCS provides referrals	Anyone in Toronto experiencing a mental health crisis.	Call 211 anytime. TTY: 1-888-340-1001 toronto.ca

	and connections to other services, resources and information and post-crisis follow-up supports.		
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 dcogt.com
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 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 Supports

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
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
Canadian Centre for Victims of Torture	Community-based organization that helps victims of torture, war, genocide and crimes against humanity. Offers mental health programs, settlement services, mentorship services and legal advocacy.	People who have experienced torture, war, human trafficking and genocide, and their families.	416-750-3045 ccvt.org

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
Catholic Cross - Cultural Services	Provides confidential counselling services to assist newcomer women and their children who have previously or are currently experiencing domestic abuse.	Immigrants and refugees, convention refugees and permanent residents.	416-757-7010 cathcrosscultural.org
WoodGreen Community Services - Counseling and Support Services	Offer clinical and therapeutic counselling, case management and group support services to individuals experiencing mental health, substance use and other challenges. Longer-term services (up to two years) are available, depending on client needs.	16+ with mental health and/or addiction issues.	416-645-6000 woodgreen.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 how have experienced suicide or homicide losses.	dcogt.com
Family Service Toronto	Counselling services (sliding scale) to help people explore options, find solutions, develop coping strategies, identify strengths, locate information, provide resources and promote healing, resiliency and self-empowerment. The first appointment is required to be in person.	Individuals 18 years and older, who live or work in the city of Toronto.	416-595-9618 familyservicetoronto.org
Gerstein Crisis Centre	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.	Adults aged 16+ in crisis.	Crisis line: 416-929-5200 Gerstein on Charles: 416-929-0149 Gerstein on Bloor: 416-604-2337 gersteincentre.org
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	Black youth (8-25).	647-834-6992 tubmancommunity.org

	entrepreneurism.		
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
Polycultural Immigrant and Community Services	Short-term counselling for youth and adults who are dealing with a crisis. Services are offered both in-person and virtual, primarily for newcomers.	Permanent residents, refugee claimants, convention refugees, protected persons.	416-261-4901 polycultural.org
SAFSS (Settlement Assistance & Family Support Services)	Provides free mental health support and short-term counselling to individuals experiencing challenging circumstances as part of migration, resettlement and settlement processes.	Permanent residents, convention refugees, and individuals with initial approval of permanent residence.	416-431-4847 safss.org
Scarborough Health Network - Shoniker Clinic	Mental health outpatient offering one-on-one, family and group counselling, psychiatric diagnosis, education workshops and medication consultation. Services covered by OHIP. Physician referral required. First Intervention Treatment Team (FITT) Program: Offers consultation with psychiatrists, individual and group counselling, liaison with the community, a multi-disciplinary team, child and youth counsellor, nurse, occupational therapist and social worker.	Mental health outpatient program: Youth (19 and under). First Intervention Treatment Team (FITT) Program: Scarborough teens and adults up to the age of 35 who are experiencing psychosis for the first time,	416-281-7301 shn.ca
Scarborough Women's Centre	Free and confidential counselling that supports women to become economically and emotionally independent. This includes making plans to leave abuse, recovering from abuse, identifying goals, and taking the steps needed to reach those goals.	Women 18 years and older, including newcomers who are moving away from abuse, poverty and isolation.	416-439-7111 scarboroughwomenscentre.ca

Stolen from Africa	Develops culturally-relevant educational resources and programming for Black youth and students experiencing exclusion in the education system.	Black youth experiencing exclusion in the education system.	416-527-1982 stolenfromafrica.org
Strides Toronto	Offers a variety of high-quality programs, services and referrals to children, youth, and families living with autism spectrum disorder (ASD) and developmental disabilities in Toronto's east end.	Clients from the prenatal stage to age 29 and their families.	416-438-3697 stridestoronto.ca
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
Toby's Place	A 2SLGBTQ+ drop-in centre for youth South Scarborough. Provides free workshops, dinner, activities, and peer counselling.	2SLGBTQ+, questioning youth and their allied friends (13-20).	647-694-4275 youthline.ca
Tropicana Community Services	Offers culturally appropriate and supportive programs to those in need, including but not limited to counselling, settlement services, childcare, education, personal development, and employment services, with a predominant focus on the Black, African, and Caribbean communities of Toronto.	Predominant focus on the Black, African, and Caribbean communities of Toronto.	416-439-9009 tropicanacommunity.org
Vasantham Tamil Wellness Centre	Offers mental health and addictions support services. Offers Tamil-speaking counsellors and sessions for Tamil women with symptoms of depression, anxiety, trauma, and/or have experienced domestic abuse.	Tamil community across the GTA.	416-847-4172 vasantham.ca
YouthLink - What's Up Walk-In® (WUWI)	Free counselling service for youth 24 years old and younger and their families across Toronto.	Youth aged 12-24	416-967-1773 youthline.ca

In-person Supports for Black Communities

Agency	Service Description	Clientele Served	Agency Contact Info
Black Youth Helpline	Serves as the point of contact to professional services from youth, families, school districts and a variety of youth serving stakeholders.	Open to all youth and their families; culturally appropriate supports and services for Black youth and families.	1-833-294-8650 416-285-9944 blackyouth.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 entrepreneurism.	Black youth (8-25).	647-834-6992 tubmancommunity.org
Stolen from Africa	Develops culturally-relevant educational resources and programming for Black youth and students experiencing exclusion in the education system.	Black youth experiencing exclusion in the education system.	416-527-1982 stolenfromafrica.org
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
Tropicana Community Services	Offers culturally appropriate and supportive programs to those in need, including but not limited to counselling, settlement services, childcare, education, personal development, and employment services, with a predominant focus on the Black, African, and Caribbean communities of Toronto.	Predominant focus on the Black, African, and Caribbean communities of Toronto.	416-439-9009 tropicanacommunity.org

In-person Supports for 2SLGBTQIA+ Communities

Agency	Service Description	Clientele Served	Agency Contact Info
LGBT Youthline	An anti-racist, youth-led	2SLGBTQ+ youth	647-694-4275

	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.	(29 and under).	youthline.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
Toby's Place	A 2SLGBTQ+ drop-in centre for youth South Scarborough. Provides free workshops, dinner, activities, and peer counselling.	2SLGBTQ+, questioning youth and their allied friends (13-20).	647-694-4275 youthline.ca

Food & Practical Supports

Food and practical supports help individuals and families access food and 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 Supports

Agency	Service Description	Clientele Served	Agency Contact Info
Bluffs Food Bank	Food bank providing groceries to those who need help.	Postal code M1N. For your first visit, please bring ID (if possible) with proof of address for yourself and all family members. Please bring something to help carry your groceries home, such as a bundle	bluffsfoodbank.com

		buggy, wagon, cart or sturdy grocery bags.	
Clairlea Food Bank (Feed Scarborough)	Food bank.	Open to all. No appointment necessary.	416-936-3975 scarboroughfoodsecurityinitiative.com
Cliffside Food Bank (Feed Scarborough)	Food bank.	Open to all. No appointment necessary.	416-936-3975 scarboroughfoodsecurityinitiative.com
Community Share Food Bank	Provides fresh and non-perishable food.	Open to all.	416-441-3209 communitysharefoodbank.ca
Good Neighbours Drop-In	Provides emergency help in Scarborough, including food and clothing activities, plus a food bank (note we are not affiliated with the Daily Bread Food Bank)	Open to all, focus on low-income newcomers and seniors.	647-358-4105 goodneighboursmission.org
Markham Road Food Bank (Feed Scarborough)	Food bank	Open to all. No appointment necessary.	scarboroughfoodsecurityinitiative.com
Muslim Welfare Canada - Food Bank	Offers perishable and non-perishable food items, household essentials, clothing, footwear, and winter gear.	Call to make an appointment. Prioritizes providing halal meat and other food items that adhere to Islamic dietary guidelines, but services are not exclusive to the Muslim community.	416-335-9994 mwcanada.org
Nourish East End Food Bank (Daily Bread Food Bank)	A market-style food bank. Bring your Daily Bread ID or register in person with government ID for every member of your household.	Individuals and families in need.	416-465-3755 nourisheastend.ca
Oakridge Food Bank (Feed Scarborough)	Food bank.	Open to all.	scarboroughfoodsecurityinitiative.com
Online Food Bank (Feed Scarborough)	Place your order from home, come and pick up your order. Orders are for pick-up only & must be placed 48 hours before pick-up date.	Open to all.	scarboroughfoodsecurityinitiative.com
Sakeenah Canada - The People's Market Scarborough	A free grocery store-style model.	Individuals and families facing food insecurity.	1-888-671-3446 sakeenahcanada.com
Scarborough Citadel Community Church	Food bank.	People who have the following	416-759-1721

		postal codes: M1K, M1M, M1N (east of Birchmount), M1P, M1R, M4A.	scarboroughcitadel.ca
SCHC (Scarborough Centre for Healthy Communities) Food Bank	Individuals and families who are experiencing food insecurity can access food support from our program on a weekly basis. Individuals can expect to receive 1-2 days of food and can select items based on their preference and availability. Meal programs run on an episodic basis.		416-847-4147 schcontario.ca
Takbeer Food Bank	Provides regular food items, baby food, children items & female hygiene products on a monthly basis. Halal food options available.	Registration onsite. No appointment needed. Please bring your ID, proof of income or government support & rent receipt.	takbeerfoodbank.com

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
Scarborough Centre for Healthy Communities - Furniture Bank	Provides gently used furniture and household items to individuals and families in need. All visits to Furniture Bank are by appointment only. Walk-ins are not accepted.	People who have recently transitioned out of homelessness, individuals and/or families escaping abusive situations or those dealing with a crisis, as well as refugees	416-642-9445 647-381-5435 schcontario.ca

		and newcomers to Canada.	

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
Canadian Mental Health Association (CMHA) - Employment Program	Participants receive one-on-one support from an Employment Support Worker to create individualized plans and access services. Ongoing job-retention support continues 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
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 - Employment Programs and Pre-Employment Training	Pre-employment training program that prepares people with disabilities for today's competitive job market.	Any person who has been assessed as having a developmental disability. Must be of legal working age, not attending full time school or training, a resident of Ontario and eligible to work in Canada.	416-245-5565 corbrook.com
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

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
Scarborough Tapscott YMCA Employment and Immigrant Services - Integrated Employment Service	Provides resources, employment services, career planning and personalized advice to help people assess their skills and experience.	Provides disability supports.	416-335-5490 ymcagta.org

Assistive Devices & Other Supports

Agency	Service Description	Clientele Served	Agency Contact Info
Canadian Hearing Services Scarborough	Supports for people who are culturally deaf, oral deaf, deafened, and hard of hearing.	People with hearing loss.	1-866-518-0000 TTY: 1-877-215-9530 chs.ca
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	1-877-369-4867 marchofdimes.ca

		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.	
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
ACSA Community Services - Newcomer Services	Provides four main settlement support programs: 1. Newcomer Orientation sessions 2. Citizenship Test Preparation Workshops 3. English Classes 4. Ukrainian Newcomer Program	New immigrants, refugees and LGBTQ2S+ newcomers.	416-292-6912 acsa.ca
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 www.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. Settlement and refugee services.	Refugees and immigrants who have experienced wars and persecution, with a special focus on women and their families.	416-266-1777 afghanwomen.org
Arab Community Centre of Toronto - Newcomer Services, Scarborough Office	Provides settlement services and/or referrals including counselling, housing support, employment support, citizenship information, language classes, medical and legal services.	Newcomers, immigrants, and refugees.	647-341-2722 acctonline.ca
Armenian Family Support Services - Newcomer Settlement Services	Provides assistance with Syrian/Iraqi refugee settlement information, obtaining suitable accommodations, preparation and completion of documents and forms, translation, educational programs, and newcomer workshops.	Immigrants and refugees with a particular focus on Iraqi and Syrian refugees.	416-431-5549 afsstoronto.ca
Catholic Crosscultural Services	Offers many individual support and group sessions in over 30 languages: individual assessment of newcomer settlement needs and the development of a detailed, personalized settlement plan and ongoing case	Newcomers of all ages.	416-757-7010 cathcrosscultural.org

	management.		
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
Heritage Skills Development Centre	Settlement services for immigrants and newcomers, as well as programs for youth, women and families information and referral employment preparation, job search workshops self employment, business integration training basic and advanced computer and Internet training.	Immigrants, newcomers, women, seniors, persons with low incomes, children and youth.	416-345-1613 hsdconline.org
Malvern Town Centre - Newcomer Services	Settlement services for newcomers to assist them to integrate and to provide guidance with day to day needs including education, healthcare, housing, immigration and employment.	Newcomers 13 years and older, permanent residents, landed immigrants, convention refugees, government assisted refugees, and persons affected by crisis in Gaza with valid documentation.	416-396-4631 tdsb.on.ca
Polycultural Immigrant and Community Services, Scarborough - Settlement Services	Supports newcomers to make informed decisions about their settlement and about understanding life in Canada.	Newcomers.	Scarborough North 416-439-1293 Scarborough South 416-261-4901 polycultural.org
Support Enhance Access Services Centre (SEAS)	Offers individual and family counselling, community engagement activities and settlement services such as filling applications for social benefits, affordable housing and government documents.	Immigrants, refugees and their families.	416-519-5320 seascentre.org
TESOC Multicultural Settlement Services / Tamil Eelam Society of Canada	Provides settlement and immigration services, assistance with applications, employment counselling and referrals.	Newcomers and immigrants, focusing on the Tamil community.	416-757-6043 tesoc.org
YWCA Toronto - Settlement Services (JUMP)	Helps newcomers explore career options, build skills, search for jobs and integrate	Women and girls 13 years or older who are new to	416-266-0303 ywcatoronto.org

	into Canadian society.	Canada.	

Community-based Legal Services

Agency	Service Description	Clientele Served	Agency Contact Info
Scarborough Community Legal Services (LAO)	Provides legal help and information about legal rights (related to social assistance, immigration, housing and employment) to low-income people who live in East Scarborough.	Serves low-income people living in the area from Midland Avenue east to the Pickering border, and from Steeles Avenue in the north, to Lake Ontario in the south.	416-438-7182 scarboroughcommunitylegal.ca
West Scarborough Community Legal Services (LAO)	Helps tenants by providing summary advice, brief services and legal representation to address legal problems that affect housing, employment, disability, immigration and income assistance.	Serve low-income tenants in the area bounded by Victoria Park Avenue to the west, Midland Avenue to the east, and Steeles Avenue East to the north.	416-285-4460 westscarboroughlegal.ca

Specialized and Multilingual Support

Agency	Service Description	Clientele Served	Agency Contact Info
Aboriginal Legal Services (LAO)	To strengthen the capacity of the Aboriginal community and its citizens to deal with justice issues and provide Aboriginal controlled and culturally based justice alternatives.	Low-income Indigenous people living in the City of Toronto.	416-408-4041 or 1-844-633-2886 aboriginallegal.ca
Advocacy Centre for the Elderly (ACE) (LAO)	Provides free legal services for low-income older adults (60 years of age and over) in the Greater Toronto Area.	Adults 60+.	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.	Persons with disabilities with low income in Ontario.	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 and low-income Ontarians.	416-597-5831 TTY: 1-800-855-0511 blacklegalactioncentre.ca
Canadian Centre for Victims of Torture (CCVT)	Aids survivors of torture, war, genocide and crimes against humanity to overcome the lasting effects of torture and war. Legal services offered by CCVT: referral to legal professionals, assistance with immigration and refugee claims, legal information and advice, support during legal proceedings and referrals to other resources.	People who have experienced war, torture, human trafficking, and threat of genocide.	416-750-3045 ccvt.org
Centre for Spanish-Speaking Peoples (CSSP)	Serves low-income members of the Spanish-speaking community in Ontario regardless of their immigration status in Canada.	Spanish-speaking tenants.	416-533-8545 spanishservices.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)	Provides information and advice, and represents injured workers. Provides public legal education and works with injured worker and community organizations trying to improve the workers' compensation system.	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 community in Ontario.	416-487-6371 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	Low-income non-unionized workers looking for assistance with employment rights and health and safety rights	416-971-8832 1-877-832-6090 workers-safety.ca

	summary legal advice, brief legal services, referrals, and legal representation.	at work.	

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

Agency	Service Description	Clientele Served	Agency Contact Info
Alpha-Toronto	Provides 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	Francophone adults without a high school diploma, including those receiving social assistance through Ontario Works.	416-542-1574 alpha-toronto.ca
Canadian Centre for Language and Cultural Studies (CCLCS) - LINC	Free English classes at various locations. Child care and transportation supports may be available depending on location.	Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Must complete English evaluation at YMCA Language Assessment and Referral Centre.	416-588-3900 cclcs.ca
Danforth LINC	Free English classes for immigrants and permanent residents new to Canada in Toronto. Provides Care for Newcomer Children (CNC) for kids aged 19 months to 6 years old.	Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Must complete English evaluation at YMCA Language Assessment and Referral Centre.	416-396-2488 tdsb.on.ca

Don Mills LINC	Free English classes for immigrants and permanent residents new to Canada in Toronto. Provides Care for Newcomer Children (CNC) for kids aged 19 months to 6 years old.	Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Must complete English evaluation at YMCA Language Assessment and Referral Centre.	416-395-3988 tdsb.on.ca
Kennedy LINC	Free English classes for immigrants and permanent residents new to Canada in Toronto. Provides Care for Newcomer Children (CNC) for kids aged 19 months to 6 years old.	Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Must complete English evaluation at YMCA Language Assessment and Referral Centre.	416-396-6222 tdsb.on.ca
Skills for Change - LINC	Free English classes for immigrants and permanent residents new to Canada in Toronto. May provide child care services. Language training available at intermediate to advanced levels (CLB levels 4-6).	Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Special focus on internationally trained professionals.	416-658-3101 skillsforchange.org
Toronto Catholic District School Board (TCDSB) - ESL and LINC	ESL courses range from Canadian Language Benchmarks (CLB) 1 to 6. Must complete English evaluation at YMCA Language Assessment and Referral Centre. LINC courses help learners achieve English proficiency (CLB levels 1-6) and offer practical information about life and culture in Canada.	Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Must complete English evaluation at YMCA Language Assessment and Referral Centre.	tcdsb.org
Toronto District School Board (TDSB) - ESL	Free adult ESL classes for newcomers and residents of Toronto to gain English skills in various locations across the city.	Eligibility: 18 years or older, or younger than 18 and have a high school diploma and who are: Canadian citizen born outside of Canada, permanent resident, convention	416 338-4300 tdsb.on.ca

		refugee/protected person, refugee claimant, foreign domestic worker admitted under the Live-In Caregiver Program, Person in Canada whose application for permanent resident status is being processed in Canada and has been informed by a letter of the initial approval of their application, temporary worker or student who has obtained initial approval for a concurrent application for permanent residence, persons with Canada-Ukraine Authorization for Emergency Travel document (CUAET).	
Toronto Public Library - English Conversation Circle	Provides opportunities to practice and improve English conversation skills in a relaxing environment while making new friends and learning what the library has to offer.	Newcomers to Canada.	torontopubliclibrary.ca
University Settlement - LINC	Offers classes ranging from Literacy to Advanced CLB level 8. All classes are taught by experienced qualified TESL and PBLA trained instructors	Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Must complete English evaluation at YMCA Language Assessment and Referral Centre.	416-408-4058 647-612-1501 universitysettlement.ca
Winston Churchill Adult ESL Centre	Free English classes for immigrants and permanent residents new to Canada in Toronto. Provides Care for Newcomer Children (CNC) for kids aged 19 months to 6 years old.	Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Must complete English evaluation at YMCA Language Assessment	416-396-6909 tdsb.on.ca

		and Referral Centre.	
WoodGreen - LINC	Free English classes for immigrants and permanent residents new to Canada in Toronto. Provides Care for Newcomer Children (CNC) for kids aged 19 months to 6 years old.	Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Must complete English evaluation at YMCA Language Assessment and Referral Centre.	416-465-6000 woodgreen.org

Literacy and Basic Skills Training

Agency	Service Description	Clientele Served	Agency Contact Info
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.	Residents of Ontario who are deaf and are aged 19 and over.	1-866-518-0000 TTY: 1-877-215-9530 chs.ca
Toronto Catholic District School Board (TCDSB) - Essential Skills Training (Literacy and Basic Skills)	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.	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.	416-397-6072 tcdsb.org

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

Enhanced Language Training

Agency	Service Description	Clientele Served	Agency Contact Info
COSTI (Online) - Enhanced Language Training for Internationally Experienced Professionals	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).	Permanent residents, convention refugees, have CLB level 5 to 6, international experience, education, or training in the selected program sector, and can commit to full-time program to find employment.	437-473-8620 costi.org
COSTI (Specialized ELT programs) - Enhanced Language Training for Internationally Experienced Professionals	Provides programming specific to STEM, Healthcare, Education and Trades & Transportation	Permanent residents, convention refugees, have CLB level 5 to 6, international experience, education, or training in the selected program sector, and can commit to full-time program to find employment.	905-451-7147 905-459-6700 costi.org
Toronto District School Board (TDSB) - Enhanced Language Training	Enhanced Language Training (ELT) program bridges newcomers' professional backgrounds with new careers in Toronto. Gain industry-specific instruction, networking, and work placement opportunities in: Health Engineering Education Logistics & Supply Chain Information Technology	Permanent residents, convention refugees, have CLB level 5 to 6, international experience, education, or training in the selected program sector, and can commit to full-time program to find employment.	416-395-8270 416-395-3669 tdsb.ca

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

Agency	Service Description	Clientele Served	Agency Contact Info
Scarborough Milner YMCA Employment and Immigrant Services	Provides immigrants in 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
The Barrett YMCA Centre for Newcomers to Canada			

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 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.	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 www.georgebrown.ca
Humber Polytechnic	Workplace Communication Skills Courses - Business/Finance, Construction Trades, Technology. Work-oriented		416-675-6622 www.humber.ca

	language training for newcomers. Courses are offered in blended or online formats.		
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 www.senecapolytechnic.ca

English Conversation Circles

Agency	Service Description	Clientele Served	Agency Contact Info
ACSA Community Services	English Conversation Circle	Open to all women.	647-628-7406
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
Iranian Women Organization of Ontario (IWOO)	Let's Speak English	Open to all.	416-496-9566 iwontario.com
	English Conversation Class	Open to all.	
JIAS Toronto	English Conversation Circle	Open to all but priority given to permanent residents, convention refugees, refugee claimants and live-in caregivers.	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
Pathway to Possibilities (PTP)	English Conversation Circle	English Conversation Circle (in person)	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
Polycultural Immigrant and Community Services Scarborough South	English Conversation Circle (in person)	Priority for Permanent residents, convention refugees.	416-261-4901
WoodGreen Community Services	ESL Social Club for Newcomers	Permanent residents, convention refugees, live-in caregivers, and government assisted refugees.	416-405-5099 woodgreen.org
Morningstar Christian Fellowship	English Friend Chats	Open to all.	647-987-6011

Sexual Health Supports

Sexual health supports 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
TAIBU Community Health Centre	Offers Black-identifying clients from throughout the Greater Toronto Area access to primary care, health promotion and disease prevention programs in a culturally affirming environment	Black-identifying clients from throughout the Greater Toronto Area.	416-644-3536 taibuchc.ca
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;	Open to all. No Ontario Health Card (OHIP) is required.	416-338-1234 toronto.ca

	emergency contraceptive pill; intrauterine device (IUD) counseling, insertion and removal; free condoms and lube; pregnancy testing, counselling & referral; and vaccines.		
Toronto Public Health - Scarborough Sexual Health Clinic	Free testing and treatment of sexual transmitted infections, birth control counselling, low-cost or free birth control, pregnancy, sexuality and relationship counselling.	Open to all. By appointment only.	416-338-7438 Appointment inquiries: Email: publichealth@toronto.ca toronto.ca

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 www.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 and activities and infant formula program.	Children and their families, living with or affected by HIV 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.	416-596-7703 www.teresagroup.ca
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

EarlyON Programs & Playgroups

Agency	Service Description	Clientele Served	Agency Contact Info
Rosalie Hall	Provides comprehensive range of specialized care and treatment programs for young parents, their children, partners and families. Includes parenting support groups, outreach and support, advocacy and consultation, specialized and licensed child care and support for infants,	Young parents (up to 29 years), and their children, partners and families. Expectant youth.	416-438-6880 rosaliehall.com

	toddlers and preschoolers.		
Scarborough Centre for Healthy Communities - Family Wellbeing Program	Supports parents, caregivers, and extended family members that support Scarborough's most vulnerable youth to better navigate and connect with services and pro-social opportunities in their communities.	Parents, guardians, caregivers, families, and communities of youth (ages 10 to 29) most vulnerable to involvement in crime and violence in Scarborough. Focusing on Cedarbrae-Woburn, Morningside, West Hill, Golfdale, and Eglinton East.	416-847-4134 schcontario.ca
Strides Toronto - Family Counselling	Counselling may include parent coaching that helps parents create structure and routines for their children and teaches them effective behaviour management strategies.	Children aged 4-12 years.	416-438-3697 stridestoronto.ca
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 www.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

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
ACSA Community Services - Middle Years Program (6-12 yrs)	ACSA After School Program (ASP) is designed to promote a healthy and active lifestyle.	Children 6 - 12 years of age.	647-819-4139 acsa.ca
ACSA Community Services - Youth Program	Provides support and opportunities for youth and their families in our communities. This includes a variety of youth programming including: breakfast programs, one on one supports, drop-in programs, workshops, events and much more.	Youth and their families in our communities.	416-342-1527 acsa.ca
Centre for Immigrant and Community Services (CICS) - Parental Support programs	Offers early years services, after school programs, summer camps, weekend enrichment classes and leadership and life skills training and homework help.	Parents and children.	416-292-7510 cicscanada.com
Malvern Family Resource Centre (MFRC)	Provides impactful, holistic and highly accessible programs and services to children, youth, families, women, newcomers, and seniors.	Children and youth the Malvern area.	416-284-4184 416-281-1376 mfrc.org
Native Child and Family Services of Toronto - Scarborough Youth Program	Provides support and advocacy in the areas of housing, education and employment.	Indigenous youth (16-29) seeking opportunities, supports and stability.	416-969-8510 nativechild.org
Strides Toronto - Intensive Child and Family Services	Offers support to children and their caregivers who are experiencing social, emotional, and/or behavioural challenges that interfere with their daily lives and may lead to family breakdown in either their home, school and/or community.	Children 0-12 and their parents or caregivers.	416-438-3697 stridestoronto.ca