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Table of Contents

Housing Supports	5
Housing Support Services.....	5
Housing Supports for Women & Families.....	7
Housing Supports for 2SLGBTQIA+ Communities.....	9
Housing Supports for Newcomers & Refugees	10
Housing Supports for Youth.....	11
Housing Supports for Men	13
Legal Services for Tenants	14
Paying for Housing/Utilities.....	17
Warming Centres.....	17
Mental Health Supports	18
Virtual & Phone-based Supports	18
In-person Supports.....	20
In-person Supports for Black Communities	22
In-person Supports for 2SLGBTQIA+ Communities.....	23
Food & Practical Supports	24
Food Banks & Grocery Support	24
Clothing & Furniture.....	29
Disability Supports	31
Income & Employment.....	31
Assistive Devices & Other Supports	34
Immigration & Legal Services	35
Immigration & Settlement Services	35
International Credentials Assessments	36
Community-based Legal Services.....	37
Specialized & Multilingual Support.....	39
Language Supports	41
English Language Training – ESL & LINC.....	41
Literacy & Basic Skills Training	44
Enhanced Language Training.....	45
YMCA Language Assessment & Referral Services (For ESL and LINC)	45
Occupation-specific Language Training	46
English Conversation Circles.....	47
Sexual Health Supports	49

Sexual Health Clinics & Services.....	49
Parent & Family Supports	51
Support for New Programs.....	51
EarlyON Programs & Playgroups	52
Child Care Services & Subsidies.....	54
Child & Youth Programs.....	55

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
Albion Neighbourhood Services (ANS)	Multi-service community organization assisting individuals/ households with housing applications and to secure housing.	Open to all City of Toronto residents.	416-740-3704 albionneighbourhoodservices.ca
City of Toronto - Homeless Help	Offers a range of services including shelters, respite sites, warming centres, drop-in programs, pet services and public washrooms and showers.	Open to all.	416-338-4766 1-877-338-3398 toronto.ca
Commissioner of Housing Equity	Support tenants who are facing eviction for arrears of rent from Toronto Community (TCHC).	Current TCHC tenants facing eviction for unpaid rent.	416-632-7999 oche.ca
COSTI Housing Help Centre	Provides crisis intervention, housing search support, document and application assistance, individual life skills coaching, direct access to employment, education, and training programs.	Open to all City of Toronto residents.	416-244-0480 costi.org
East York Housing Help Centre	Provides assistance with housing access, financial assistance programs (Toronto Rent Bank, OESP, LEAP), tenancy support and affordable housing listings. This includes private market apartment searches, applications for transitional housing, and supportive housing.	Serving Toronto residents in the catchment area from Broadview and Danforth to Victoria Park and Danforth, also south of Danforth Queen/ Carlaw.	416-698-9306 eyetfrp.ca
Fred Victor Centre	Provides and manages affordable housing, transitional housing, and emergency shelters – as well as support services and referrals for people experiencing homelessness.	Single adults 16 years and older who are homeless, at risk of becoming homeless, or marginally housed; transitional housing for	416-364-8228 fredvictor.org

		individuals experiencing homeless and addictions.	
Homes First	Helps people stay housed or access permanent housing through initiatives such as eviction prevention, behavioural support, trauma-informed counselling, addictions and harm reduction services, and specialized supports for seniors to age in place.	Focuses on people with long histories of homelessness, and with mental health and substance use challenges. Supportive housing for people experiencing mental health and/or substance use challenges. Requires a referral via The Access Point.	416-338-4766 homesfirst.on.ca
PARC (Parkdale Activity Recreation Centre)	Provides access to affordable housing listings, accompaniment to unit viewings and lease signings, referrals to housing stabilization and housing retention supports, referrals to resources that support long-term housing stability.	Individuals experiencing homelessness, underhoused, or facing eviction.	416-537-2262 parc.on.ca
La Passerelle-I.D.É.	Provides personalized and culturally adapted support to help Black and racialized Francophones who are homeless or at risk of becoming homeless find housing and stabilize.	Black and racialized Francophones at risk or experiencing homelessness.	416-934-0588 passerelle-ide.com
Salvation Army of Canada	Offers support to people who are experiencing homelessness and social exclusion, including emergency shelters, transitional and supportive housing, and wrap-around supports.	Men, women, seniors.	416-366-2733 salvationarmy.ca
TNO (The Neighbourhood Organizations)	Helps with eviction prevention and landlord mediation, assistance with applications for subsidized housing, access to rental listings, information and advocacy, referrals services as required.	Open to all City of Toronto residents.	416-424-2900 tno-toronto.org
West Toronto Community Legal Services	Provides support with searching for market-rent housing in Toronto's west end, accessing rental listings, preventing potential evictions, maintaining stable housing, and completing	Catchment area: those living north of Lake Shore Boulevard, south of St. Clair Avenue West, east of	416-531-0841 wtcls.org

	applications for subsidized housing.	Humber River and west of Yonge Street.	
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Housing Supports for Women & Families

Agency	Service Description	Clientele Served	Agency Contact Info
Anduhyaun Emergency Women's Shelter	Residence and emergency shelter including counselling for residents and non-residents, crisis intervention and sexual assault counselling.	Indigenous women 16+, including mothers with children, and assaulted women, with or without children; must be ambulatory; non-Indigenous women if space available; no male children 18 years and older.	416-920-1492 Crisis: 416-920-1492 anduhyaun.org
Family Service Toronto	Offers women-identified individuals who have made the decision to leave an abusive relationship practical support to assist their transition into their new home and community.	Women-identified individuals 18+ seeking support after experiencing abuse by their partners or significant others (including caregiver or other immediate family/household member) or who have experienced trafficking.	416-595-9618 familyservicetoronto.org
Fred Victor - Women's Transition to Housing Program	Rapid re-housing initiative designed to prevent women from becoming chronic shelter users by providing the privacy, safety, and support necessary to quickly transition them into stable housing.	Women-identifying individuals aged 18+ who are newly homeless or have been in the shelter system for the first time within the past 12 months, able to live independently, have proof of income, ID, and status, actively working towards personal goals. Must be referred by a case manager from a Toronto shelter.	416-368-9138 fredvictor.org

Jean Tweed Centre	<p>Provides supportive housing programs, including addictions supportive housing for women with substance use concerns.</p> <p>Applications must be made through The Access Point.</p>	<p>Women who are homeless or unstably housed and have substance use concerns. Women-identifying individuals, including trans women and non-binary people.</p>	<p>416-255-7359</p> <p>jeantweed.com</p>
Margaret's	<p>A multi-service agency that provides a continuum of housing support services for individuals experiencing intersectional issues tied to mental health challenges and homelessness.</p>	<p>Women 18+, living in Ontario, diagnosed with severe and persistent mental illness and open to working towards recovery.</p>	<p>416-463-1481</p> <p>margarets.ca</p>
Nellie's Shelter	<p>Emergency shelter and support, including clothing, food, crisis intervention, counselling, children's program, referrals, advocacy, housing supports, workshops.</p>	<p>Women 16+, with or without children, who are homeless or leaving violence; Inclusive of trans women and non-binary people.</p>	<p>416-461-9519</p> <p>Crisis: 416-461-1084</p> <p>nellies.org</p>
Red Door Family Shelter	<p>Provides shelter, support and guidance to families in need, helping them regain stability and independence.</p>	<p>Women and children affected by domestic abuse, families and refugee claimants experiencing a housing crisis.</p>	<p>416-915-5671</p> <p>1-877-338-3398</p> <p>reddoorshelter.ca</p>
Salvation Army, The - Evangeline Residence	<p>Offers a supportive environment for women experiencing homelessness, with a focus on addressing emotional, physical, social, and spiritual needs, and providing access to counselling, advocacy, and daily living support.</p>	<p>Women 18+ experiencing homelessness due to mental health, addiction, domestic violence, financial difficulties, abuse, or other challenges, including women who are immigrants or refugees; must be ambulatory and able to self-care.</p>	<p>416-762-9636</p> <p>torontohhs.org</p>

Street Haven at the Crossroads - Supportive Housing	Provides a drop-in center and assistance for women experiencing homelessness. Emergency shelter services and supportive and transitional housing.	Women-identifying individuals experiencing homelessness, substance use, mental health concerns, trauma, and experiences of gender-based violence.	416-967-6060 1-844-967-6060 streethaven.org
Women's Habitat of Etobicoke	Provides women with housing and legal supports and ensure children have the help they need to overcome the violence they have witnessed or experienced.	Women with or without children who are experiencing or at risk of experiencing any type of violence, including physical, emotional, spiritual and/or financial abuse.	Crisis line: 416-252-5829 416-252-7949 TTY: 416-252-0361 womenshabitat.ca
YWCA Toronto - Emergency Shelter	Provides supportive, affordable and permanent homes and emergency shelters for single women, women with children and gender diverse individuals. Services include counselling, employment and training and community support programs.	Single women and gender diverse people and their children fleeing violence and/or experiencing homelessness or are underhoused.	416-961-8100 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, including developing landlord and roommate relationships, preventing eviction, and sector capacity building training for organizations.	2SLGBTQ+ 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.	the519.org
Fred Victor - Housing and Shelters in Toronto	Provides housing and shelter for men, women, and families experiencing poverty, marginal housing, or homelessness. <ul style="list-style-type: none"> Bethlehem United Shelter 	LGBTQ2+ singles and couples seeking transitional housing or shelters.	416-364-8228 fredvictor.org

	<ul style="list-style-type: none"> Edward Hotel Emergency Shelter Queen Street Housing Mary Sheffield House 		
Friends of Ruby Home - Transitional Housing	Offers a transitional house for 2SLGBTQIA+ youth and ongoing housing support through case management.	16-29 years old. 2SLGBTQIA+ youth (16-29). Must be Canadian citizen, permanent resident, refugee claimant or convention refugee.	friendsofruby.ca
Jessie's - The June Callwood Centre for Young Women	Provides services to assist in finding and maintaining affordable housing, assistance with social housing applications and special priority applications, private market rent searches, income supports assistance, housing stabilization and eviction prevention, conflict resolution and safety planning, support with landlords for viewings and interviews, accompaniment on request advocacy, education and information on tenant rights and responsibilities.	Pregnant and parenting young women 21 years and under at intake, and their children; services and support up to 24 years.	416-365-1888 jessiescentre.org

Housing Supports for Newcomers & Refugees

Agency	Service Description	Clientele Served	Agency Contact Info
Adam House	A faith-based ministry that provides refugees with a welcoming short-term home.	Refugee claimants.	416-538-2836 adamhouse.org
Christie Refugee Welcome Centre	Provides emergency shelter and support for refugee claimants, including assistance with their refugee claims and finding permanent housing.	Refugee claimant families in Canada less than 6 months.	Office: 416-588-9277 Central Intake: 416-338-4766 christiestreetrc.com
COSTI - Hostel Services	Offers temporary accommodations, initial settlement services, and support during the refugee claimant process for individuals in Toronto. Services include: information on the refugee claimant process, referral to Ontario Works and Legal Aid Ontario. assistance with housing search, and	Services are only available to refugee claimants referred through the City of Toronto's Central Intake, Shelters. Services available in Amharic, Arabi, Dari, English, Farsi, French, Kurdish,	COSTI- Radisson Hotel 416-844-0787 COSTI – Radisson Toronto Suites 416-706-9451 costi.org

	referral to community settlement services	Tigrinya, and Urdu.	
Matthew House	Offers shelter, settlement support, and community transitions for refugee claimants. Temporary short stay shelter and transitional housing. Refugee Hearing Program to simulate Immigration and Refugee Board (IRB) hearings Support on first months in Canada	Refugee claimants in Canada less than 28 days, including unaccompanied minors; transition program for vulnerable refugee claimants, including adults, youth and children.	416-203-7848 matthewhouse.ca
Romero House	Transitional Housing with 19 units in 5 houses (shared living room, garden or outdoor space, laundry); stay up to 12 months. Walk-in Program: Settlement services for refugee claimants (who do not live at Romero House). Community Host Program connects refugee claimants in need of emergency shelter with a host willing to accommodate them temporarily	People who are refugee claimants, including people with refused refugee claims; for transitional housing, only families who have recently arrived in Canada are accepted (no singles). Positive space for LGBTQ+ refugees.	416-763-1303 romerohouse.org
Sojourn House	Provides short-term emergency shelter with meals, settlement and immigration support for housing search help, life skills programming and on-site health clinic. Also offers refugees outreach, a Housing Stabilization Program and 52 transitional units for longer-term support.	Refugees and refugee claimants, including single persons, families, and separated youth.	Office: 416-864-0515, ext. 221 or 222 Family Shelter: 416-743-8877 sojournhouse.org

Housing Supports for Youth

Agency	Service Description	Clientele Served	Agency Contact Info
Covenant House - Housing and After-Care Programs	Provides immediate care to youth in need of urgent support. Our crisis shelter and community support services provide the essentials that are basic human rights. Crisis shelter, community support services, transitional housing, and specialized housing.	Racialized youth, 2SLGBTQ+ youth, youth who have experienced human trafficking or exploitation.	416-598-4898 or 1-800-435-7308 Crisis: 416-593-4849 covenanthousetoronto.ca
Eva's - YOUth BELONG	Supports 65 Black youth experiencing homelessness or precarious living. The program	Black youth (16-24).	416-977-4497 evas.ca

	operates in both scattered housing and Eva's managed properties across the city. Youth can participate in the program for up to 4 years.		
Eva's Phoenix	Transitional housing and employment training facility for 50 young people, providing skills and support for employment, education, and housing.	Youth 16-24; Experiencing homelessness, at risk of being homeless, or precariously housed; actively or ready to secure employment or social services; working on goals related to employment, education, and life skills; and working on becoming and staying mentally and physically healthy and developing support networks.	416-364-4716 ext. 236 Toronto Central Intake: 416-338-4766 evas.ca
Horizons for Youth	Provides youth with programs to help improve mental health, find employment, learn important life skills and secure stable housing.	Youth experiencing homelessness or at risk of being homeless.	416-781-9898 horizonsforyouth.org
Kennedy House Youth Shelter	Provides emergency shelter and essential services for youth experiencing homelessness. Addresses the many issues and causes of homelessness by helping youth stay healthy as well as access jobs, permanent housing, clothing, and other resources that will assist them as they transition to a successful future.	Youth (16-24).	416-421-7776
Wagner Green YMCA (formerly Vanauley Street YMCA) - Emergency Shelter and Drop-In program	Provides emergency shelter and a drop-in center for homeless and at-risk youth. This shelter has 40 beds and provides harm-reduction and trauma-informed residential services	At-risk of homelessness young men, ages 16-24. Trans-inclusive space.	416-504-9700 ymcagta.org
WoodGreen - Youth Housing Navigator	Helps youth find and maintain safe and affordable housing.	Youth between the ages of 16-30 years old; Living in Toronto; Homeless or precariously housed (housed but	416-272-9527 437-925-9879 woodgreen.org

		often struggling or unable to meet the daily necessities of life).	
YMCA Sprott House	One year of supported residential housing for up to 25 young people	2SLGBTQ+ youth (16-24).	647-438-8383 ymcagta.org
Youth Without Shelter (YWS) - Residential Program	An emergency residence and referral agency serving homeless youth. Provides an independent shelter, committed to diverse client-focused services, in a safe, non-judgemental environment.	Youth (16-24).	416-748-0110 yws.on.ca

Housing Supports for Men

Agency	Service Description	Clientele Served	Agency Contact Info
Christie Ossington Neighbourhood Centre - Shelter	Provides overnight shelter and supports the well-being of 82 men each night in Toronto's West End who are homeless, street-oriented and facing mental health challenges, substance use issues, unemployment and other barriers to maintaining adequate housing. 973 Lansdowne is also home to 20 units of transitional housing for men who are on their way to independent living following a shelter stay.	Street-involved men 18 years and older.	416-516-8642 416-792-8941 conccommunity.org
Na-Me-Res (Native Men's Residence)	Abstinence-based residence and emergency shelter with emphasis on Indigenous culture, includes case management, counselling, legal information and advocacy, housing assistance.	Street-involved men 18 years and older.	416-652-0334 1-866-626-3737 nameres.org
Salvation Army Maxwell Meighen Centre	A multi-care facility offering various programs and services. Provides 3 meals a day and access to chaplaincy, counselling/case management services, housing help support workers, addictions services, consulting psychiatrists.	While most of the beds are shelter space for those experiencing homelessness, we also operate private occupancy rooms for fixed income and a temporary hotel site at 50 Estate Drive with 131 beds.	416-366-2733 416-668-1974

Legal Services for Tenants

Agency	Service Description	Clientele Served	Agency Contact Info
Aboriginal Legal Services (LAO)	Offers free legal help, law reform, legal education and advocacy to Indigenous people living in Toronto in areas such as landlord and tenant, social assistance, victim rights, criminal and child protection representation.	Low-income Indigenous peoples living in the City of Toronto.	Intake: 416-408-4041 Office: 416-408-3967 or 1-844-633-2886 aboriginallegal.ca
Black Legal Action Centre (LAO)	Provides free legal service to Black Ontarians eligible for legal aid.	Black Ontarians eligible for legal aid.	416-597-5831 1-877-736-9406 blacklegalactioncentre.ca
Canadian Centre for Housing Rights (CCHR) - Legal Services	Legal services for tenants living in private market rental housing: to dispute an above guideline rent increase notice, to dispute an N12 notice, to dispute an N13 notice and/or to make a maintenance application to the Landlord and Tenant Board.	All tenants.	416-944-0087 1-800-263-1139 housingrightscanada.com
Centre for Spanish-Speaking Peoples (CSSP) - Legal Clinic (LAO)	Access to justice for people with low income regardless of immigration status in Canada.	Low income Spanish-speaking community in Ontario. People who receive social assistance benefits are automatically eligible.	416-533-8545 spanishservices.org
Centre Francophone du Grand Toronto - Aide juridique (Legal Help) (LAO)	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, and rent increases.	Francophone tenants.	416 922-2672 1-800-268-1697 centrefranco.org
Chinese and Southeast Asian Legal Clinic (CSALC) (LAO)	Provides free legal services to low-income, non-English speaking clients.	Low-income tenants that speak Cantonese, Mandarin, Vietnamese, Lao, Khmer in Ontario.	416-971-9674 1-844-971-9674 csalc.ca
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	416-441-1764

		north, and from Yonge Street/the Don River on the west to Victoria Park Avenue on the east.	
Downtown Legal Services (LAO)	A community legal clinic whose free services are offered by the University of Toronto's law students to provide free legal services for low-income residents of Toronto and University of Toronto students.	Low-income tenants living in Toronto's downtown east, specifically the area bounded by Lake Ontario on the South to York Mills/401 on the North and from Yonge Street/Don River on the West to Victoria Park Avenue on the East.	Intake: 416-978-6447 Other inquiries: 416 934-4535 downtownlegalservices.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.	Tenant Hotline: 416-921-9494 torontotenants.org/services
Kensington-Bellwoods Community Legal Services (LAO)	Provides free legal services to low-income people. Assists tenants to defend against evictions, in getting repairs done and to stop illegal rent increases.	Serve low-income tenants living in the area bounded by Bloor St W to the north, Lake Ontario to the south, Ossington Ave/Strachan Ave to the west and Yonge St to the east.	416-924-4244 kbcls.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 tribunalsofntario.ca
Legal Aid Ontario (LAO)	Provides free legal services.	Low-income tenants who qualify.	416-979-1446 1-800-668-8258 legalaid.on.ca
Neighbourhood Legal Services (LAO)	Provides free legal services.	Low-income tenants living in the catchment area: Yonge Street east to the Don Valley Parkway, Bloor	416-861-0677

		Street south to the Toronto Islands.	
Parkdale Community Legal Services (PCLS) (LAO)	A community legal clinic supporting social assistance matters (e.g. ODSP denials), immigration (e.g. permanent residency, family sponsorships), worker's rights (e.g. unpaid wages, wrongful dismissals, and tenant issues (e.g. evictions).	Low-income tenants living in the area bounded by Bloor St W to the north, Ossington Ave/Strachan Ave to the east, Lake Ontario to the south and Humber River to the west.	416-531-2411 parkdalelegal.org
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
South Etobicoke Community Legal Services (LAO)	Provides free legal services to low-income people.	Serves low-income tenants living in the area bounded by Eglinton Avenue to the north, Humber River to the east and Etobicoke Creek to the west.	416-252-7218 southetobicokelegal.ca
Unison Health and Community Services - Community Legal Clinic (LAO)	Provides free advice and representation for residents who meet financial and geographical eligibility criteria, in the area of tenant issues.	Serve low-income tenants in the area bounded by Steeles to the north, Bathurst Street to the east, St. Clair Avenue West to the south and Keele Street and Humber River to the west.	416-653-5400 unisonhcs.org
West Toronto Community Legal Services (LAO)	Provides free legal advice, including preventing eviction and assisting tenants with basic rights.	Serve low-income tenants in the area bounded by Jane Street to the west, St Clair West/Weston Road/Rogers Road/Dufferin to the north, Yonge Street to the east, and Bloor Street to the south.	416-531-7376 wtcls.org

Paying for Housing/Utilities

Agency	Service Description	Clientele Served	Agency Contact Info
Financial Support for Renters	Outlines the various City of Toronto programs that provide relief for residents trying to meet rent payments and pay utility bills.	Eligible Toronto residents.	toronto.ca
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).	toronto.ca
Tenant Duty Counsel Program - Advocacy Centre for Tenants Ontario	Provides remote advice, legal assistance, resources and referrals to unrepresented tenants on or before the day of their scheduled hearing at the Landlord and Tenant Board (LTB)..	Low-income tenants who qualify. Priority is given to tenants facing eviction.	acto.ca
The 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

Warming Centres

Agency	Service Description	Clientele Served	Agency Contact Info
City of Toronto - 12 Holmes Ave.	Warming Centres are part of the City's Winter Services Plan for people experiencing homelessness. 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.	Sign-up to receive E-Updates on Warming Centres, including notifications when they open and close: toronto.ca
City of Toronto - 349 George St.			
City of Toronto -136 Spadina Rd.			
City of Toronto -81 Elizabeth St.			
Cecil Community Centre	Surge Site (open at -15 degrees Celsius)	Adults.	416-392-1090 cecilcentre.ca

Jimmie Simpson Recreation Centre	Surge Site (open at -15 degrees Celsius)	Adults	toronto.ca
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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 whpco.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 & FREE 16-hour 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
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 and connections to other services, resources and information and post-crisis follow-up supports.	Anyone in Toronto experiencing a mental health crisis.	Call 211 anytime. TTY: 1-888-340-1001 toronto.ca
Distress Centres of Greater Toronto	Trained volunteers provide support with abuse response, suicide and crisis intervention, and emotional support service.	Open to all.	Call 416 408-4357 or 408-HELP 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.	Any and all survivors of sexual and gender-based violence and their supporters.	416-597-8808 647-424-1134 Web chat support: rccmwar.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

In-person Supports

Agency	Service Description	Clientele Served	Agency Contact Info
The Access Point	Centralized point for applying for individual and mental health addictions support services and supportive housing. Provides coordinated access to a number of services	Individuals who are 14 years of age or older and have mental health and /or addictions problems that are seriously	416- 640-1934 1-888-640-1934 theaccesspoint.ca

	within the large network of services providers through on application and intake assessment process.	affecting their lives. Individuals must also live in the catchment area bounded by Port Union Road (to the east), the lake (to the south), Highway 427 (to the west) and Steeles Ave. (to the north).	
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
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.	416-323-9149 schliferclinic.com
BounceBack Ontario	Free, publicly funded, short-term cognitive-behavioural therapy with a psychotherapist.	Adults 18+. Need to be referred by a doctor or mental health care provider.	Access CAMH at 416-535-8501 bouncebackontario.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
Canadian Centre for Men and Families	Promotes and supports men's health for issues such as depression, anxiety, relationships, separation and divorce, parenting, social isolation and self-esteem, abuse and trauma, and for situations of crises and distress.	Boys, men, fathers and their families.	647-479-9611 1-844-900-2263 menandfamilies.org

Canadian Centre for Victims of Torture	Crisis intervention and support services to individuals and families experiencing mental-health crisis.	Refugees who are survivors of torture and war.	416-363-1066 1-877-292-2288 ccvt.org
The Canadian Mental Health Association (CMHA)	Provides online resources (free and for a fee), info about mental health supports available and how to find your local branch for programs and services.	Open to all in Ontario.	416-646-5557 cmha.ca
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.	Individuals or families in the GTA who have experienced the loss of a loved one by suicide or homicide.	dcoqt.com
Family Service Toronto	Free single session counselling (virtual or in-person) plus a range of programs offered via Zoom and In-person on topics such as co-parenting after divorce, meditation and emotional regulation.	Open to all.	416-595-9618 familyservicetoronto.org
Yorktown Family Services - What's Up Walk-In®	A rapid access to therapy service available without appointments during designated times across the City of Toronto.	For children, youth and young adults aged 0-29 and their families. Limited virtual/phone sessions available during walk-in hours.	416-669-3521 yorktownfamilyservices.com

In-person Supports 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 with or affected by HIV/AIDS.	416-977-9955 blackcap.ca
Black Mental Health Canada - Mental Health Provider Directory	Search for a mental health practitioner in Canada - both Black professionals and non-Black allies.	Black individuals and families.	blackmentalhealth.ca

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
Wanasah - Regent Park	Provides free counselling and case management services to Black youth and their families experiencing mental health and problematic substance concerns in Regent Park and neighbouring areas.	Black youth 12-25 and their families in downtown Toronto.	647-947-6090 wanasah.ca

In-person Supports for 2SLGBTQIA+ Communities

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).	416-359-0237 friendsofruby.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 or chat online youthline.ca
Salal Sexual Violence Support Centre	Provides immediate crisis assistance and emotional support, information, and referrals to survivors of sexualized violence: women-identifying individuals, including trans, nonbinary, Two-Spirit, and gender diverse	Women-identifying individuals, including trans, nonbinary, Two-Spirit, and gender diverse people.	Call 1-877-392-7583 salalsvsc.ca

	people.		
Sherbourne Health Centre - Supporting Our Youth (SOY)	Offers free health promotion services and programming centered on supporting the health and well-being goals of 2SLGBTQ youth, many of whom are homeless, racialized and newcomers.	Prioritizes support for racialized/BIPOC youth, those experiencing homelessness, youths from other countries or small towns and those who have been in the child welfare system.	416-324-5077 sherbourne.on.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 Support

Agency	Service Description	Clientele Served	Agency Contact Info
Allan Gardens Food Bank (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks.	Individuals and families in need who live in the area bounded by Bloor St E to the north, Shuter Street to the south, Yonge Street to the west and River Street to the east.	416-604-5788 allangardensfoodbank.net
Avenue Road Food Bank (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks.	Priority to residents living in postal codes M3M, M4B, M4P, M4T, M4V, M4W, M4Y, M5A, M5B, M5E, M5G, M5H, M5K, M5N, M5P, M5R, M5S, M6G, M7A and M8V.	416-922-4371 churchofthemessiah.ca
Bethany Baptist Church Food Bank (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks.	Residents living in the area bounded by O'Connor Dr to the north, Danforth Ave to the south, Don Valley Pkwy to the west and Woodbine	647-366-9041 bethanychurcheast york.co m

		Ave to the east.	
Canadian Red Cross - Toronto Region Branch Mobile Food Bank	This program provides access to nutritious meals, and safety checks, health status monitoring, and social interactions.	Persons who are unable to access a food bank due to a permanent or temporary disability.	416-480-2500
Covenant House Toronto (Daily Bread)	Drop-in meals and takeaway meals 7 days a week.	Youth 16-24.	416-598-4898 covenanthousetoronto.ca
Eastview Neighbourhood Community Centre - Food Access Programs (Daily Bread)	Halal, Kosher, vegetarian and dairy alternatives.	Serves residents within the following area: Danforth Avenue to the north, Lake Shore Boulevard East to the south), Carlaw Avenue to the west and Greenwood Avenue to the east.	416-392-1750
Essentials Market - Toronto People with AIDS Foundation (Daily Bread)	Provides staple food items, culturally appropriate foods, fresh produce, pet food, home start-up items, family hampers, special needs supplies such as baby items, and special diet accommodations.	Exclusively serves people living with HIV/AIDS; all children, all women-identifying individuals and all men-identifying individuals.	416-506-1400 pwatoronto.org
FCJ Refugee Centre - Food Distribution and Income Security Program	Provides access to nutritious food to refugee claimants and families, and to people with precarious status, to alleviate one of the fundamental rights, and to support their settlement and integration into their new home.	People with precarious migration status including refugee claimants, people without status, and those who have experienced trafficking.	416-469-9754 fcrefugeecentre.org
Flemingdon Park Community Food Bank (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks.	Serving residents within the following area: York Mills Rd to the north, Gateway Blvd to the south, Don Valley Pkwy to the west and Don Mills Rd to the east.	416-422-4322 fcfoodbank.com
Fort York Food Bank (Daily Bread)	Grocery service and hot meal service. 3-day supply of groceries.	Open to all.	416-203-3011 fyfb.com
Grace Pascoe Food Bank (Daily Bread)	Provides food to hundreds of families in the Upper Beach neighbourhood of East Toronto. New clients can register in person or online.	Individuals and families in need living in the area bounded by Coxwell to the west, Danforth to the north, Victoria Park to the east and Lake	416-691-2899 gracepascoefoodbank.ca

		Ontario to the south.	
Grant African Methodist Episcopal (AME) Church - Grantfull Food and Fellowship Food Bank and Soup Kitchen (Daily Bread)	For new clients: Register for the Daily Bread Food Bank online and bring the ID with you: www.dailybread.link2feed.ca/create-account .	Individuals and families in need in Toronto Downtown and East York.	416-690-5169 grantame.com
Haven on the Queensway - Food Bank (Daily Bread)	Serves approximately 1,100+ clients every week, providing them with essential resources like produce, dried goods and other necessities. By appointment only.	Individuals and families in need living in the area bounded by Steeles Ave to the north, Humber River to the east, Lake Ontario to the south and Hwy 427/Etobicoke Creek to the west.	416-640-2005 havenontheq.com
Lourdes Food Bank (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks.	Individuals and families in need who live in the area bounded by Bloor St E to the north, Wellesley Street to the south, Yonge Street to the west and Don Valley to the east.	416-972-0630
Muslim Food Bank - Food Hamper Distribution	Provides access to nutritious halal food and other essentials like baby items and clothing. All meat provided is halal and food distribution can cater to vegan and gluten-free diets.	Priority to Muslim community in need and who eat halal meat.	236-979-5068 1-866-248-3868 muslimfoodbank.com
Native Women's Resource Centre of Toronto - Grocery support	Grocery support by appointment only.	Women of Indigenous ancestry (Status, Non-Status, Métis, Inuit) or women with children of Indigenous ancestry.	416-963-9963 nwrct.ca
Nourish East End Food Bank (Daily Bread)	A market-style food bank.	Individuals and families in need. Bring your Daily Bread ID or register in person with government ID for every member of your household.	416-465-3755 nourisheastend.ca
Oasis Dufferin Community	Serves pantry items, fresh produce, dairy, and protein.	Individuals and families in need.	416-536-4431

Centre - Food Bank (Daily Bread and Second Harvest)	Specialty items and personal care products may be available upon request.		oasisdufferin.org
Parkdale Community Food Bank (Daily Bread)	Provides food, free of barriers. Food bank users can choose their own groceries. Delivery program available for those unable to leave home due to health concerns (availability is limited based on eligibility and resources).	Delivery area spans from the lakefront north to Dupont, and from Parkside/Keele east to Christie/Grace/Strachan.	416-532-2375 pcfb.ca
Scott Mission - 1550 O'Connor Food Bank (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks. New clients need to register at www.dailybread.link2feed.ca .	Men 20 years+ who are street-involved, women/families with low-income, children and youth.	416-923-4680 dailybread.ca
Scott Mission - 502 Spadina Food Bank (Daily Bread)	Hot meals available. New clients need to register at www.dailybread.link2feed.ca .	Open to all.	416-923-8872 dailybread.ca
St Ann's Food Bank (Daily Bread)	Hot meals available. New clients need to register at www.dailybread.link2feed.ca .	Individuals and families in need living in the area bounded by Danforth Ave to the north, Lake Ontario to the south, Don Valley Parkway to the west to Pape Ave to the east.	416-466-2127 dailybread.ca
St. Bartholomew's Anglican Church - Breakfast Ministry and Emergency Food Bank Ministry (Daily Bread)	Food bank and meal service.	Low-income singles and families in the Regent Park area bounded by Dundas St E to the north, Sherbourne St to the east, Lake Ontario to the south and Jarvis St to the west.	416-368-9180 stbartstoronto.ca
St. Michael and All Angels Church - Beeton Cupboard Food Bank	Provides grocery items on a drop-in basis, no questions asked, no registration required.	Individuals and families in need.	416-653-3593 stmichaelonstclair.com
Sunrise Towers Food Bank - Friends of Jesus Christ Food Bank (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks.	Individuals and families in need living in the area bounded by O'Connor Dr to the north, Victoria Park Av to the east, Danforth Av to the south and Main St to the west.	416-335-8829 friendsofjesuschrist.com

The Lighthouse Food Bank (Daily Bread and Second Harvest)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks. New clients need to register at www.dailybread.link2feed.ca .	Individuals and families in need living in the area bounded by Bloor to the south, St Clair West to the north, Bathurst to the east and Dovercourt/Oakwood to the west.	416-535-6262 lighthousecentre.ca
The Stop Community Food Centre - Food Bank and Drop-In Meals (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks.	Individuals and families in need living in the area bounded by Bloor to the south, Runnymede to the west, Rogers Rd to the north and Bathurst to the east.	416-652-7867 thestop.org
Thornccliffe Food Bank (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks. New clients need to register at www.dailybread.link2feed.ca .	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 icnareliefcanada.ca
TNO (The Neighbourhood Organization) - Food Collaborative (Daily Bread)	Provides access to fresh produce, eggs, dairy products, and culturally appropriate food.	Individuals and families in need in Thornccliffe Park and Flemingdon Park.	647-296-0242
Toronto Alliance Church - Food Bank and Meal Service	Food bank and meal service.	Individuals and families in need.	416-703-8211 torontoalliancechurch.ca
Toronto Council Fire Native Cultural Centre - Food bank (Daily Bread)	Access to free, nutritious, and culturally appropriate foods at Daily Bread supported food banks. New clients need to register at www.dailybread.link2feed.ca .	Open to all with a focus on Aboriginal people.	416-360-4350 councilfire.ca
Westminster Chapel at High Park - Food and Clothing Bank	Food and clothing bank.	Individuals and families in need living in the area bounded by Bloor St W to the north, Lake Shore Blvd W to the south, Parkside Dr to the west and Lansdowne Ave to the east.	westminsterchapel.ca
Women's Health in Women's Hands Community	Food bank for clients only. Call for appointment.	Racialized women, trans and non-binary clients from the	416-593-7655 whiwh.com

Health Centre - Chakula Bora Food Bank (Daily Bread)		African, Black, Caribbean, Latin American and South Asian communities in Toronto who are 16 years of age and older.	
Yonge Street Mission Food Bank (Daily Bread)	Offers nutritious bags of groceries based on family size, by appointment once every two weeks. Offer hygiene supplies, baby, and pet-related items (as available).	Individuals and families in need in Toronto Downtown East living in the area bounded by Bloor St E to the north, Lake Shore Blvd E to the south, Yonge St to the west and Don Valley Pkwy to the east.	416-929-9614

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
Evangel Hall Mission - Clothing Bank	Services are rooted in non-judgmental, inclusive, anti-oppressive practices, creating a safe, welcoming place for people with a variety of lived experiences.	Adults 18 years and older; people at risk of homelessness, not housed or socially isolated; people with mental health and/or addictions issues.	416-504-3563 evangelhall.ca
Furniture Bank - Toronto West (Connell Court)	Collects gently used furniture and household items; volunteer opportunities; and distributes.	Must be referred by an agency. Support open to individuals and families referred through partner agencies only, including people who are formerly homeless, women and children fleeing abuse, newcomers and	416-934-1229 furniturebank.org

		refugees, or people affected by poverty.	
Jessie's - The June Callwood Centre	Access to free donated items such as baby clothes and equipment, maternity clothes, toys, books and small household items; emergency supplies such as diapers, formula, menstrual products.	Pregnant and parenting young women 21 years and under at intake, and their children; services and support up to 24 years.	416-365-1888 jessiescentre.org
JRCC Furniture Depot	Gives free furniture to families and individuals in need.	Must be referred by an agency. Serves families in need in Toronto, Vaughan, King, Markham, Richmond Hill, Aurora, Newmarket, East Gwillimbury and Whitchurch Stouffville. Low or moderate income, senior, currently or recently unemployed, immigrant, victim of a robbery, flood or fire, divorce, death of a family member.	416-222-7105 jrccfurnituredepot.org
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.	Registered nonprofit or charitable organizations, people with limited access to technology including youth, newcomers, persons receiving social assistance.	rebootcanada.ca

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 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. Work 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	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
Epilepsy Toronto - Employment Services	Focus is on job acquisition, retention and workplace adjustment. Complete intake form online.	People living with epilepsy and other seizure disorders.	416-964-9095 cltoronto.ca
Hospitality Workers Training Centre	Flexible, high-quality training to help you gain confidence, build skills, and advance your career,	Adults 18+; have reliable access to internet; have computer, tablet or	1-888-777-HWTC (4982) hwtc.ca

	whether in hospitality or beyond. Self-paced courses, instructor-led training and Getting to YET program. Disability supports available through case manager.	cell phone that can support Zoom meetings.	
JVS Toronto - Disability Employment & Inclusion Programs	Pre-employment support services for people with disabilities.	Individuals with learning disabilities, Attention Deficit Hyperactive Disorder (ADHD), Attention Deficit Disorder (ADD), developmental disabilities, Autism Spectrum Disorder (ASD), mental health issues and/or physical challenges.	416-787-1151 jvstoronto.org
March of Dimes Canada - Employment Services	Provides on-the-job training, coaching, and frequent employee 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
Oasis Movement Addiction Recovery Supports & Employment Services	No-cost employment programs for those recovering from substance abuse. Assessments, employment preparation workshops and job search and placement.	Individuals in recovery from drug and alcohol addictions.	416-461-7739 oasismovement.org
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.	Adults who have an intellectual disability or who are on the autism spectrum.	readywillingable.ca
Spinal Cord Injury	Assistive Technology	Serves job seekers	416-422-5644

Ontario - Accessible Employment Services	services, where Occupational Therapists and Rehabilitation Engineers assess adaptive technology needs, provide recommendations, and explore potential funding assistance opportunities.	across the Greater Toronto Area (GTA) and offers virtual workshops for individuals throughout Ontario. Eligible participants include adults (16+) with spinal cord injuries or other mobility disabilities, as well as their families. Participants must live in Ontario, be legally eligible to work in Canada, and be unemployed, underemployed, or seeking support to transition into more competitive employment.	1-877-422-1112 sciontario.org
Toronto Business Development Centre (TBDC)	BIZ Futures is a skills development and business support program.	Persons with disability.	416-345-9437 payments.tbdc.com
WoodGreen - Employment Programs for Persons with Disabilities	Assists individuals with disabilities, along with caregivers, with resources to find employment and access pre-employment training programs.	Persons with disability.	416- 405-5281 woodgreen.org
YMCA of Greater Toronto	Support includes job search assistance, resume writing, interview skills, hiring events, job fairs, and connection with employers.	People who are unemployed, underemployed (less than 20 hours per week), not participating in full-time training or education and looking for work.	416-741-8714 ymcagta.org
Youth Employment Services (YES) - Bloor St W	Employment resources and coaching to find sustainable employment in Ontario assessment of skills, interests and abilities, job search strategies and support, including resume development and interview preparation.	Persons with disabilities of legal working age and not attending full time school or training; must be resident of Ontario and eligible to work in Canada.	416-535-8448 yes.on.ca
Youth Employment Services (YES) - Richmond St W	Lighthouse Program - youth participants need to be willing to commit to attending pre-employment sessions and also be willing	Youth (15-30) who are legally entitled to work in Canada, are not receiving EI benefits and who	416-504-5516 yes.on.ca

	to complete 12 weeks of the Work Experience program (paid employment).	self-identify as a person coping with a mental health condition.	
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Assistive Devices & Other Supports

Agency	Service Description	Clientele Served	Agency Contact Info
City of Toronto - Medical Items, Devices & Supplies	People receiving Ontario Works Assistance or Ontario Disability Support Program (ODSP) can apply. For further details, please speak with your caseworker.	OW and ODSP recipients who need financial help to purchase medical supplies or devices.	416-338-8888 toronto.ca
Ontario Health at Home	Coordinates local home and community care, long-term care placement and helps find services in the community.	Open to all.	416- 310-2222 ontariohealthathome.ca
Surrey Place - Augmentative Communication & Writing Aids Program	Provides support and services to people with intellectual disabilities.	All clients referred must meet the following criteria: a confirmed diagnosis of an intellectual disability, clients under the age of six (6) may have an intellectual disability and the client must live in the city of Toronto with a postal code that starts with 'M'. Available to children and youth (0-18) and adults (18+).	416-925-5141 surreyplace.ca
Assistive Devices Program	A list of authorized vendors by category.	Open to all.	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
Access Alliance Multicultural Health and Community Services	Settlement Services including orientation to community, needs and eligibility assessments, settlement related information, support navigating health and government systems, LGBTQ+ settlement, referral to housing, legal and employment services, one-on-one settlement support and group information sessions.	Vulnerable populations including newcomers, immigrants and refugees, LGBTQ+-friendly space.	416-324-8677 accessalliance.ca
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.	Refugee claimants.	416-538-2836 adamhouse.org
Arab Community Centre of Toronto	Settlement and integration services: helps newcomers find housing, employment, citizenship information, language classes, medical services, legal advice, and emotional support.	Newcomers.	416-231-7746 acctonline.ca
AURA	Assists in the sponsorship and resettlement of refugees.	Refugees based in Toronto.	416-588-1612 auraforrefugees.org
Aurora House	Provides shelter, basic needs, and essential support services to those who have been trafficked, exploited or otherwise abused in Canada with a focus on people who identify as women, as well as women with young children and expecting mothers.	Those who have experienced trafficking or abuse in Canada, especially women 16 years and older, young children (12 years and under),	416-727-0299 aurorahouse.ca

		expectant mothers, immigrants and refugees.	
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. Settlement services, mental health counselling, training and legal advocacy.	People who have experienced war, torture, human trafficking, and threat of genocide.	416-363-1066 1-877-292-2288 ccvt.org
TNG Community Services - Newcomer Services	Settlement services for immigrants and refugees: Rainbow Connect (LGBTQ+ refugee or newcomer), settlement services, women's program, women's settlement program.	Newcomers. Certain programs (e.g. LINC) are restricted to permanent residents and convention refugees.	416-925-2103 tngcommunityto.org

International Credentials Assessments

Agency	Service Description	Clientele Served	Agency Contact Info
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
University of Toronto - Comparative Education Service	Assesses international academic qualifications and evaluates equivalence to Canadian education system assessment reports are used for immigration, employment, admission to some community colleges, or for licensing by some professional associations not necessary for admission to Canadian university degree programs	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

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
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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.	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.	Low income tenants 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
Downtown Legal Service (LAO)	A community legal clinic whose free services are offered by the University of Toronto's law students to provide free legal services for low-income residents of Toronto and University of Toronto students.	Low-income tenants living in Toronto's downtown east, specifically the area bounded by Lake Ontario on the South to York Mills/401 on the North and from Yonge Street/Don River on the West to Victoria Park Avenue on the East.	Intake: 416-978-6447 All other inquiries: 416 934-4535 downtownlegalservices.ca

Kensington-Bellwoods Community Legal Services (LAO)	Provides free legal services to low-income people within the catchment area. Assists tenants to defend against evictions, in getting repairs done and to stop illegal rent increases.	Low-income tenants living in the area bounded by Bloor St W to the north, Lake Ontario to the south, Ossington Ave/Strachan Ave to the west and Yonge St to the east. Must qualify financially through Legal Aid Ontario.	416-924-4244 kbcls.org
Legal Aid Ontario - Domestic Violence (LAO)	People who are experiencing domestic violence are eligible for up to five two-hour authorizations in a year (one per legal issue). Two hours of free service may also be available for domestic violence survivors in Ontario through some community legal aid clinics.	For those experiencing domestic abuse only.	416-979-1446 1-800-668-8259 legalaid.on.ca
Neighbourhood Legal Services (LAO)	Provides free legal services and assistance to eligible low-income individuals.	Low-income tenants living in the catchment area: Yonge Street east to the Don Valley Parkway, Bloor Street south to the Toronto Islands.	416-861-0677 nlstoronto.org
Toronto Metropolitan University (TMU) - Law & Business Clinic	Provides free legal services in a variety of business law matters to entrepreneurs and small businesses that cannot afford to retain a lawyer. Services are provided by a team of qualified lawyers from various Bay St. law firms who will work in tandem with Law and Business students.	Must be current Toronto Metropolitan University students, Chang School learners, affiliated with the university learning zones and demonstrate limited financial means.	torontomu.ca

Specialized & 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)	Legal services include summary legal advice, brief legal services, referrals, and legal representation.	Low income adults 60+ in the Greater Toronto Area (GTA).	416-598-2656 1-855-598-2656 acelaw.ca
Arab Community Centre of Toronto	Settlement, housing orientation, pre-employment and other social services.	Newcomers.	416-231-7746 acctonline.ca
ARCH Disability Law Centre (LAO)	Specialty legal clinic that practices exclusively in disability rights law. Dedicated to defending and advancing the equality rights, entitlements, fundamental freedoms, and inclusion of persons with disabilities with low income in Ontario.	Low-income individuals with disabilities.	416-482-8255 1-866-482-272 TTY: 416-482-1254 or TTY Toll-free: 1-866-482-2728 archdisabilitylaw.ca
Bangladeshi-Canadian Community Services	Community and settlement services provider.	Open to all including immigrants and refugees; focus on Crescent Town and surrounding neighbourhoods. Languages: English, Bengali	416-699-4484 bangladeshi.ca
Black Legal Action Centre (BLAC) (LAO)	Challenges anti-Black racism through advocacy, education and legal action.	Low-income Black Ontarians.	416-597-5831 TTY: 1-800-855-0511
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.	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 undocumented young people in Ontario.	Street-involved youth.	416-920-1633 1-866-999-JFCY (5329)
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
Workers' Health & Safety Legal Clinic (LAO)	Provides legal services and assistance with legal matters that relate to employment rights and health and safety rights at work.	Low-income non-unionized workers.	416-971-8832 1-877-832-6090 workers-safety.ca

Language Supports

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

English Language Training – ESL & LINC

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
Overlea 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.	416-396-2930 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,	416 338-4300 tdsb.on.ca

		<p>convention 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).</p>	
Toronto Public Library - English Conversation Circle	<p>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.</p>	Newcomers to Canada.	torontopubliclibrary.ca
University Settlement - LINC	<p>Offers classes ranging from Literacy to Advanced CLB level 8. All classes are taught by experienced qualified TESL and PBLA trained instructors</p>	<p>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.</p>	<p>416-408-4058 647-612-1501 universitysettlement.ca</p>
Victoria Street - LINC	<p>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.</p>	<p>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</p>	<p>416-393-8268 tdsb.on.ca</p>

		evaluation at YMCA Language Assessment 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.	Permanent residents, convention refugees protected persons and live-in caregivers.	416-465-6000 woodgreen.org

Literacy & 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+.	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. Already speak English.	416-393-1995 tdsb.on.ca
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).	416-397-5981 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.on.ca

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

Agency	Service Description	Clientele Served	Agency Contact Info
Lansing Square YMCA 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			
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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	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.	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	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.	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	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.	taught in French. Some courses/modules require higher CLB levels.	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
ACCES Employment	Talk English Café	Open to all.	416-921-1800 acesemployment.ca
COSTI	Click, Connect, Communicate	Permanent residents, convention refugees, refugee claimants and live-in caregivers.	416-244-9980 costi.org
	English Conversation Class – Basic Level English Intermediate Conversation Class		416-244-9980 costi.org
JIAS Toronto	English Conversation Circle	Open to all but priority given to permanent residents, convention refugees, refugee claimants and live-in caregivers.	jiastoronto.org
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+.	416-467-0126
University Settlement	English Conversation Circle & English Writing	Open to all.	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
YMCA - Newcomer Information Centre	LSP – English Conversation Circle – Steps to English Fluency.	The program is specifically designed for newcomers to Canada and for YMCA. Newcomer Information Centre clients only.	newcomersincanada.ca
	Let's Speak English (ESL).		
Yonge Eglinton Community Centre	ESL conversation circle.	Open to all.	416-392-0511 yongeeqlintoncc.com
Humbervale Park Baptist Church	ESL Class.	Open to all.	416-231-6483 humbervalepark.org

Keele Street Christian Church	ESL Class. Child care is provided.	Open to all.	keelestreet.ca
KNOX Presbyterian Church	ESL Class.	Open to all.	416-921-8993 knoxtoronto.org
Mt. Pleasant Road Baptist Church	ESL Class.	Open to all.	416-481-7680 mountpleasantbaptist.ca
Oakwood Baptist Church	ESL Class.	Open to all.	416-654-8020 oakwoodbfc.com
St Timothy's Anglican Church	ESL conversation and book club.	Open to all.	416-488-0079 sttimothy.ca
St. Paul's Bloor Street	ESL Café.	Open to all.	416-961-8116 www.stpaulsbloor.org
The Lighthouse Community Center	ESL Class.	Open to all.	416-535-6262 lighthousecentre.ca
Toronto Alliance Church	ESL conversation circle.	Open to all.	416- 703-8211 torontoalliancechurch.ca
The Salvation Army (Toronto Harbour Light Ministries)	ESL conversation circle.	Open to all.	416-682-2505 416-807-1983 torontoharbourlight.ca
Trinity Grace Church	ESL conversation.	Open to all.	647-828-7608 trinitygrace.ca

Sexual Health Supports

Sexual health supports lists 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
Bay Centre (at Women's College Hospital)	Offers comprehensive and inclusive sexual healthcare services for people of all genders: contraception counseling, preventive sexual health testing such as Pap smears and STI testing, pregnancy options counseling and abortion care.	Open to all. No Ontario Health Card (OHIP) is required.	416-351-3700 womenscollegethosepital.ca
Birth Control & Sexual Health Centre	Low-cost contraceptives, free and confidential STI testing and treatment, anonymous HIV counselling and testing, pregnancy testing and counselling, referrals and Hep B and HPV vaccines.	Open to all. No Ontario Health Card (OHIP) is required.	416-789-4541 birthcontrolsexualhealth.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; 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

Hassle Free Clinic	Provides medical and counselling services in all areas of sexual health. The women's clinic provides birth control, pregnancy testing, abortion referrals, STI and HIV testing and counselling and other services related to women's sexual and reproductive health. The men's clinic specializes in STI and HIV testing and counselling.	Operates at different hours for men's clinic and women's clinic.	416-922-0566 hasslefreeclinic.org
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
IWHC (formerly Immigrant Women's Health Centre)	A sexual health clinic serving immigrant, refugee and marginalized clients in the city of Toronto.	Immigrant, refugee and marginalized clients in the city of Toronto.	416-323-9986 iwhctoronto.com
Planned Parenthood Toronto	A youth-driven, anti-racist, culturally-responsive, queer and trans-affirming community health centre. Services include contraception & birth control, STI testing, pregnancy & abortion care, and peer education service.	Youth 13-29 years old.	416-961-0113 ppt.on.ca
Safer Six - Toronto's Inclusive Health Clinic	Services include STI testing, treatment, prep medication, birth control, early pregnancy options, gender affirming hormone therapy.	Designed for all individuals regardless of gender and sexual orientation.	647-657-4033 safersix.ca
Jane Street Sexual Health Clinic	Free and confidential clinical services for all eligible individuals who require: STI and HIV testing & treatment, birth control counselling and low-cost birth	Open to all. No Ontario Health Card (OHIP) is required.	416-338-7272 toronto.ca

	control; emergency contraceptive pill; intrauterine device (IUD) counseling, insertion and removal; free condoms and lube; pregnancy testing, counselling & referral; and vaccines.		
Crossways Clinic	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.	416-392-0999 toronto.ca

Parent & Family Supports

Parent and family supports provides parents and caregivers with a list of programs and services offering counselling, parent groups, child development resources, and connections to community services.

Support for New Programs

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
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 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
519, The - EarlyON Drop-In Programming and Glitterbug Mobile EarlyON to support 2SLGBTQ+ families	Provides 2SLGBTQ+ affirming early learning activities, music and movement, creative experiences, and parent education.	For families of diverse sexual orientations, gender identities, and configurations and their children (0 to 6 years).	the519.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.	centrefranco.org

City of Toronto - EarlyON Child and Family Centres	Provides contact information and locations of EarlyON Child and Family Centres based on address and/or postal code. Contact centres directly for program information.	Children 0-6 years and their parents/caregivers.	toronto.ca
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-iy.ca
George Hull EarlyON Child and Family Centre, Learning and Growing Together for Black Families	Offers in-person programs Monday – Saturday. See calendar online for both drop-in programming and registered programming for all families and the Learning and Growing Together programming for Black families	Children 0-6 years and their parents/caregivers.	416-622-8833 georgehullcentre.ca
LAMP Community Health Centre - Etobicoke Lakeshore EarlyON Child and Family Centre	Drop-in programs for infants, toddlers and preschool children. Dad's group. Parenting programs. Young parents drop-in and supper club. Literacy and school readiness program. Home visiting. Prenatal classes and nutrition support group. Off-site play groups.	Children 0-6 years and their parents/caregivers.	416-252-8293 lampchc.org
Native Canadian Centre of Toronto (NCCT) - EarlyON	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
Ojibiikaan Indigenous Cultural Network - EarlyON	Provides Indigenous land-based programs in partnership with EarlyON centres and community organizations across Toronto.	Indigenous families and caregivers with children 0-6 years.	437-660-1264 ojibiikaan.com

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
City of Toronto - After-School Recreation Care Program and Community Leadership After-School Program (CLASP)	Offers activities including sports, outdoor play, special events, creative activities, and homework help.	After-School Recreation Care (ARC) Program: Children (6-12). Community Leadership After-School Program (CLASP): Youth (10-15).	416-338-2512 toronto.ca
George Hull Centre for Children and Families	Programs that encourage children to open up, learn coping skills and develop positive mental health and well-being.	Provides programming for birth to 6 years, 6 to 11 years and 12 to 18 years.	416-622-8833 georgehullcentre.ca
WoodGreen Community Services - Youth Wellness Centre (YWC)	Access to full range of services including settlement, housing, employment, education, financial and cultural programming.	Youth (12-29 years old).	437-688-4763 www.woodgreen.org
Youth Rising Above - Youth Development Program	Provides interactive and positive programming to marginalized youth to develop a variety of skills through interactive, hands-on and engaging workshops, trips, and much more.	Street-involved youth (16-24 years old).	647-598-8834 youthrisingabove.org