



RESOURCE GUIDE

Programs and Services in Mississauga

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Housing Supports

The Housing Supports section includes programs and services that assist with accessing subsidized or lower cost rental options, transitional housing and emergency shelter services, and provide guidance for navigating housing systems and understanding tenant rights.

Housing Support Services

Agency	Service Description	Clientele Served	Agency Contact Info
Peel Region - Housing and Social Support	Housing Department in Peel Region provides subsidized rental housing help to find affordable market rentals, resources to find affordable housing Services such as emergency and transitional shelters, street outreach support services and help to find permanent housing.	Peel residents requiring help and information on subsidized housing, affordable market rent units and help with avoiding homelessness.	905-453-1300 1-888-919-7800 peelregion.ca
Peel Region - Shelter Intake Line	Peel shelter, including adult, youth, and family shelters.	Adult, youths and families in need of shelter in Peel.	905-450-1996 peelregion.ca
Peel Region - Street Helpline	Offers support for urgent homelessness needs, food, shelter access, referrals and more. The Street Helpline connects to the mobile Street Outreach team who can often come to your location to help.	Residents or business owners concerned about a resident experiencing homelessness.	1-877-848-8481 peelregion.ca
Salvation Army - Cawthra Road Shelter	Provides emergency shelter.	Single men and women without children, 25 years and older in Mississauga.	905-450-1996 salvationarmy.ca

Legal Services for Tenants

Agency	Service Description	Clientele Served	Agency Contact Info
Advocacy Centre for Tenants Ontario	Provides remote advice, legal assistance, resources and referrals to unrepresented tenants on or before the day of their scheduled hearing at the Landlord and Tenant Board (LTB).	Low-income tenants who qualify. Priority is given to tenants facing eviction.	1-866-245-4182 tdc.acto.ca
Black Legal Action Centre (BLAC)	Provides free legal service to Black Ontarians eligible for legal aid.	Black Ontarians eligible for legal aid.	416-597-5831 1-877-736-9406 blacklegalactioncentre.ca
Canadian Centre for Housing Rights (CCHR)	Provides free, individualized services to renters in Ontario who are facing challenges in their housing.	All tenants.	416-944-0087 1-800-263-1139 housingrightscanada.com
Centre for Spanish-Speaking Peoples (CSSP)	Serves low-income members of the Spanish-speaking community in Ontario regardless of their immigration status in Canada.	Eligible for Spanish-speaking tenants in Ontario.	416-533-8545 spanishservices.org
Centre Francophone du Grand Toronto - Conseils juridiques sommaires (Summary Legal Advice)	Free summary legal advice in French for Peel, York and Durham regions.	French-speaking people in Peel, York and Durham regions.	1-844-966-7345 ac.centrefranco.org
Chinese and Southeast Asian Legal Clinic (CSALC)	Provides free legal services to low-income, non-English speaking clients from the Chinese, Vietnamese, Laotian and Cambodian communities in Ontario.	Low-income tenants from the Chinese, Vietnamese, Laotian, and Cambodian community.	416-971-9674 1-844-971-9674 csalc.ca
Landlord & Tenant Board (LTB)	Settles disputes between property owners and tenants and provides information to landlord and to tenants about their rights and responsibilities under the Residential Tenancies Act.	Anyone wanting to resolve a dispute with a landlord or tenant, and/or end a tenancy or co-op member's occupancy in the province of Ontario.	416-645-8080 1-888-332-3234 tribunalsontario.ca
Legal Aid Ontario (LAO)	Free legal advice to low-income tenants.	Qualified low-income tenants.	1-800-668-8258 416-979-1446 legalaid.on.ca

Legal Aid Ontario (LAO)	Free legal advice to low-income tenants.	Qualified low-income tenants.	1-800-668-8258 416-979-1446 legalaid.on.ca
Mississauga Community Legal Services	Free legal services related to housing law (tenants or co-op members only – not landlords), evictions and subsidized housing matters, immigration such as sponsorships and permanent resident status, employment law, such as your rights at work, unpaid wages and wrongful dismissal.	Low-income tenants in Mississauga.	905-896-2050 mississaugalegalclinic.ca
Rental Housing Enforcement Unit	Identifies and fines a tenant or landlord who has committed an offense of the Residential Tenancies Act.	Any landlord or tenant who feels a rule has been broken under the Residential Tenancies Act in Ontario.	To file a complaint: 416-585-7214 1-888-772-9277 ontario.ca
South Asian Legal Clinic of Ontario	Provides advice, brief services, and/or legal representation to low-income South Asian tenants.	Low-income South Asian tenants in Ontario.	416-487-6371 salc.on.ca

Financial Assistance with Housing

Agency	Service Description	Clientele Served	Agency Contact Info
Dixie Bloor Neighbourhood Centre - Low-Income Energy Assistance and Ontario Electricity Support Programs	Provides a one-time for low-income households who are behind their hydro bills and may face service shut off. It is intended for emergency situations only.	Clients must meet income eligibility criteria, reside in Peel, and be an existing residential customer of Alectra Utilities.	905-629-1873 dixiebloor.ca
Peel Region - Housing Subsidy	Apply for housing subsidy, eligibility, wait times, and other available housing support.	Residents in need in Peel Region who meet eligibility criteria.	905- 791-7800 peelregion.ca

Housing Supports for Newcomers & Refugees

Agency	Service Description	Clientele Served	Agency Contact Info
Immigration Peel - Housing	Provides information and resources for newcomers to find housing in Peel region.	Newcomers/new immigrants to Peel Region.	immigrationpeel.ca
Indus Community Services - Newcomer Services	Guides newcomers through settlement, employment, education & training, housing, health, documentation requirements and financial related questions.	Newcomers/new immigrants to Peel Region.	905-275-2369 induscs.ca
Peel Region Reception Centre	Largest shelter in Canada specifically for asylum claimants, offering temporary accommodations along with integrated support services.	Asylum claimants. No walk-ins. Must access the Centre through Peel Region's central intake.	Central Intake Line: 647-368-5880. peelregion.ca

Housing Supports for Women & Families

Agency	Service Description	Clientele Served	Agency Contact Info
Sakeenah Canada	Provides secure, faith-sensitive shelters where Muslim women and children fleeing violence, homelessness, or abuse can find stability, independence, and a sense of home.	Muslim women and children.	1-888-671-3446 sakeenahcanada.com
Services and Housing in the Province (SHIP) - Peel Family Shelter (PFS)	Provides emergency housing for homeless families in Peel Region.	Must be a family (one or two parents/guardians with at least one dependent) experiencing homelessness or at risk of homelessness. Priority is given to residents of Peel Region.	905-450-1996 shipshey.ca
Surveyor's Shelter	Provides emergency housing.	Family with dependents and couples.	905-450-1996 peelregion.ca

Housing Supports for Youth

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

Housing with Mental Health Supports

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

Mental Health Supports

The Mental Health Supports section includes a wide range of services that help people manage stress, emotional challenges, and mental health concerns. It lists crisis lines, phone and virtual supports, in-person counselling, addiction services and peer support programs.

Virtual & Phone-based Supports

Agency	Service Description	Clientele Served	Agency Contact Info
CMHA Peel Dufferin -24/7 Crisis Support Peel-Dufferin	For individuals who require immediate crisis support. The line is answered by a crisis support worker who will assess the nature of the crisis and the level of risk and arrange the most appropriate response.	People in need of immediate crisis support.	905-278-9036 1-881-811-2222 (Caledon & Dufferin) cmhapeeldufferin.ca
Assaulted Women's Helpline	A free, confidential, and anonymous 24-hour crisis line. Provides crisis counselling, safety planning, emotional support, information, and referrals.	Women who have experienced any form of abuse.	416-863-0511 Toll-free: 1-866-863-051 TTY: 1-866-863-7868 awhl.org
Black Youth Helpline	Serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.	Children, youth, families, school boards & other youth serving organizations.	1-833-294-8650 blackyouth.ca
CNIB - Peer Support Programs	Provides understanding, support, mentorship and advice. Peer Support groups provide the opportunity to connect with others who are living with sight loss.	Canadians who are blind or partially sighted, as well as their families, friends and caregivers.	1-800-563-2642 cnib.ca
ConnexOntario	Information line for mental health, addiction, and problem gambling.	Call for yourself, a loved one, or a client.	Call 1-866-531-2600 Text CONNEX to 247247. connexontario.ca
Distress Centres of Greater Toronto - 408-Helpline	Trained volunteer responders provide support for people struggling with overwhelming emotional distress, social marginalization and mistreatment, or having thoughts of suicide.	People struggling with overwhelming emotional distress, social marginalization and mistreatment, or having thoughts of	Brampton: 905-459-7777 TTY: 905-278-4890 dcogt.com

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

Mobile Crisis Centre of Peel	Immediate crisis outreach and support for individuals who are experiencing a mental health crisis. Team made up of mental health workers and plain-clothes police officers trained in mental health crisis intervention. Mobile visits available.	Individuals 16+ in Mississauga, Brampton and Caledon.	905-278-9036
Naseeha Mental Health - Helpline	A Muslim mental health helpline that provides culturally competent and spiritually appropriate counseling to diverse populations.	Support tailored to the Muslim community, while welcoming individuals of all faith backgrounds.	1-866-627-3342 naseeha.org
Ontario Caregiver Helpline	Dedicated helpline for caregivers in Ontario, providing support and resources and palliative care support	Support for caregivers in Ontario.	1-833-416-CARE (2273) ontariocaregiver.ca
Ontario Structured Psychotherapy (OSP)	Free CBT therapy for depression, anxiety, PTSD	Adults 18+.	1-866-585-6485
Progress Place Warm Line	Confidential & anonymous service for adults (18+). NOT a crisis line. Call if you are feeling lonely, isolated, anxious, depressed or in need of a friendly ear.	Adults 18+.	Call: 416-960-WARM (9276) Text: 647-557-5882 Chat: www.warmline.ca
Salal Sexual Violence Support Centre	Provides immediate crisis assistance and emotional support, information, and referrals to those who have experienced sexualized violence and who are of marginalized genders.	Women, trans, nonbinary, Two-Spirit, and gender diverse people.	1-877-392-7583 salalsvsc.ca
South Asian Canadian Health & Social Services (SACHSS) - Distress Helpline	Talk to someone if you're feeling distressed and/or need emotional support. Service in English and South Asian languages.	Open to all with a priority on South Asian men, women, seniors and youth.	647-367-4452 416-863-0511 sachss.ca
Suicide Crisis Helpline	Offers support that is bilingual, trauma-informed, culturally appropriate and available to anyone in Canada.	Open to all.	Call or text 988 988.ca
Toronto Seniors Helpline	A single point of access for seniors and caregivers to receive information and access to community, home, and crisis services.	Seniors and caregivers.	416-217-2077 1-877-621-2077
Trans Lifeline (Transgender Crisis Hotline)	Confidential peer support hotline run by and for trans people. Information, resources and support for issues such as identity, mental health and social challenges.	Trans and questioning individuals.	1-877-330-6366 translifeline.org

Victim Services of Peel	Provides assistance to people who are victims of domestic abuse or traumatic events such as sexual assault, sudden death, and armed robberies.	People across Brampton and Mississauga who have experienced domestic abuse or traumatic events.	905-568-1068 vspeel.org
Where to Start	Access point for free and confidential mental health services for children, youth and families who live in Peel. Leave a voicemail message or fill out a form online and receive a call back within 1-2 business days.	For residents of Mississauga, Brampton and Caledon.	905-451-4655 Crisis: 905-278-9036 wheretostart.ca

In-person Supports

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

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

Revive	A trauma-informed organization that centres on the healing and wellness of those who have experienced gender-based violence and trauma from marginalized communities.	Those who have experienced gender-based violence and trauma from marginalized communities.	905-792-0821 revivehere.com
South Asian Canadian Health & Social Services (SACHSS) - Mental Health & Addiction Services	Provides individual, group and family counselling; anger management; stress management; and healthy living programs.	Open to all with a priority on South Asian men, women, seniors and youth.	647-523-6380 sachss.ca
Tangerine Single Session Counselling	Provides free 45-minute consultations for children and youth up to the age of 18 and their parents or caregivers in Peel.	Children and youth up to the age of 18 and their parents or caregivers in Peel. Youth age 12 and over can request a session independently. Caregivers can request sessions for children and youth under 16.	905-795-3530 905-795-3500 tangerinecounselling.ca

In-person Supports for Black Communities

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

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

In-person Supports for 2SLGBTQIA+ Communities

Agency	Service Description	Clientele Served	Agency Contact Info
Catholic Crosscultural Services - Newcomer LGBTQ+	Provides a supportive space for LGBTQ+ newcomers and those questioning their identity to discuss concerns and access resources and services.	Newcomers who self-identify within the LGBTQ+ communities.	905-457-7740 cathcrosscultural.org
East Mississauga Community Health Centre - Branch of LAMP	Offers drop-ins, one-to-one support, queer and trans-specific health care, advocacy, and referrals to affirming services and counselling.	LGBTTIQQ2S+ people in East Mississauga - the area bounded by Lake Ontario to the south, Etobicoke Creek to the east, Matheson Blvd to the north and Hurontario St (Hwy 10) to the west.	905-602-4082 lampchc.org
Family Services of Peel - Walk-In Counselling	Offers immediate intervention and support to individuals, couples and families experiencing a crisis, requiring	Individuals, couples and families in Peel.	Office: 905-270-2250 Intake: 905-453-5775

	immediate support, looking to connect with a service provider, seeking information about specific services in the community, or requiring advocacy and referrals.		fspeel.org
LGBT Youthline	An anti-racist, youth-led organization that connects 2SLGBTQ+ youth across Ontario to resources and community through peer support, training, advocacy, and referrals.	2SLGBTQ+ youth (29 and under).	647-694-4275 youthline.ca
Moyo Health & Community Services	Provides a growing array of health promotion, education, social and support services for people living with, affected by, and at systemic risk of HIV.	People living with, affected by, and at systemic risk of HIV in Mississauga, Brampton and Caledon.	905-361-0523 1-866-896-8700 moyohcs.ca
Salal Sexual Violence Support Centre	Provides immediate crisis assistance and emotional support, information, and referrals to those who have experienced sexualized violence and who are of marginalized genders.	Women, trans, nonbinary, Two-Spirit, and gender diverse people.	1-877-392-7583 salalsvsc.ca
Trans Lifeline (Transgender Crisis Hotline)	Confidential peer support hotline run by and for trans people. Information, resources and support for issues such as identity, mental health and social challenges.	Trans and questioning individuals.	1-877-330-6366 translifeline.org

In-person Supports for Newcomers & Refugees

Agency	Service Description	Clientele Served	Agency Contact Info
African Community Services of Peel (ACSP) - Community Wellness & Development Program	Promote the health and wellness of members of the African/Black community through identified programs and services.	Open to all newcomer members of African/Black communities.	905-460-9514 647-570-9514 africancommunityservices.org
Building Multicultural Communities - Enriching Lives & Crisis Counselling	A culturally sensitive self-awareness program about mental health and addictions. Provides culturally sensitive care to community members and works to overcome systemic barriers and stigma surrounding	Individuals ages 16 and up and their families experiencing mental health illness/challenges.	905-790-1910 905-790-8482 bmccentre.org

	mental health and addictions. The program is designed to provide one-on-one counseling along with peer support and workshop-based and group session learning.		
FCJ Refugee Centre	Provides primary health care, mental health, and self-care to individuals without insurance (OHIP, IFH), prioritizing the well-being of uprooted people.	People with precarious migration status including refugee claimants, people without status, people who have experienced human trafficking.	416-469-9754 fcjrefugeecentre.org
Indus Community Services - Family Services	Provides crisis intervention, counselling, mediation, case conferencing and day-to-day support to youth and adults to decrease the risk of violence, abuse, exploitation, homelessness, mental health crisis, and hospitalization.	Children, youth and parents in Peel Region.	905-275-2369 induscs.ca

In-person Supports for Youth

Agency	Service Description	Clientele Served	Agency Contact Info
Associated Youth Services of Peel	Programs focusing on managing mental health; school/employment; housing and connection to services, including transitions to adult services; and support for youth who identify as 2SLGBTQ+.	Children and youth from birth to 17 years of age and their families/caregivers.	905-890-5222 1-800-762-8377 Crisis: 905-278-9036 aysp.ca
Every Mind - Crisis Support Services	Phone line operated by trained mental health workers who provide support and help to decide next steps	Peel residents under age 25 who have mental health needs or their parents.	905-278-9036 everymind.ca
Kids Help Phone	Delivered by trained, volunteer crisis responders who work remotely (from anywhere with a computer and secure internet connection). Crisis responders reply to texts from people looking for support, helping them identify how they're feeling, discuss different coping strategies and if required, collaboratively set up a safety plan.	Youth aged 5 to 20 years of age or adults.	YOUTH: Text CONNECT to 686868 1-800-668-6868 ADULTS: Text WELLNESS to 741741 kidshelpphone.ca

LGBT Youthline	An anti-racist, youth-led organization that connects 2SLGBTQ+ youth across Ontario to resources and community through peer support, training, advocacy, and referrals. Support via phone, online chat, texting and email.	2SLGBTQ+ youth (29 and under)	647-694-4275 youthline.ca
Tangerine Single Session Counselling	Provides free 45-minute consultations for children and youth up to the age of 18 and their parents or caregivers in Peel. Telephone, video or in-person sessions.	Children and youth up to the age of 18 and their parents or caregivers in Peel. Youth age 12 and over can request a session independently. Caregivers can request sessions for children and youth under 16.	905-795-3530 905-795-3500 tangerinecounselling.ca

Food & Practical Supports

The Food & Practical Supports section provides an overview of agencies that offer access to essential items such as fresh and non-perishable foods, clothing, and furniture through food banks, free grocery programs, meal delivery, and community-based outreach.

Food Banks & Grocery Supports

Agency	Service Description	Clientele Served	Agency Contact Info
The Compass	Supports local individuals and families experiencing food insecurity and homelessness.	Low-income Mississauga residents in postal codes L5E, L5G, L5H, L5J.	905-274-9309 thecompass.ca
Eden Food for Change	Food bank services. New clients pre-register at www.foodbanksmississauga.link2feed.ca/	Low-income Mississauga residents in postal codes Mississauga residents in postal codes L5K, L5L, L5M or L5N. Provide proof of address and ID for each household member.	905-785-3651 edenffc.org

Food Banks Mississauga	Coordinates 60+ food banks, pantries, meal programs. Search for a food bank based on postal code.	All Mississauga residents.	905-270-5589 foodbanksmississauga.ca
Muslim Welfare Canada	Provides individuals and families with non-perishable food items and halal meat. Essential household items, clothing, footwear and winter gear are provided, based on availability.	Anyone in need in Mississauga. Food bank is by appointment only.	905-281-9730 1-866-754-3111 mwcanada.org
Sai Dham Food Bank	Various programs providing access to essential groceries and fresh produce. Doorstep delivery of groceries and fresh produce available.	Low-income residents in the Greater Toronto and Hamilton Area. Different eligibility criteria for different program.	437-988-4422 saidhamfoodbank.com
Sakeenah Canada - The People's Market Mississauga	A free grocery store-style model.	Individuals and families facing food insecurity in Brampton and surrounding area.	1-888-671-3446 sakeenahcanada.com
Salvation Army - Mississauga - Food Bank	Emergency food and clothing, community referrals, advocacy and other tangible support is provided for those in crisis.	Individuals and families in need in Mississauga (serving L5S, L5T, L5P, L4W, L4Z, L5R, L5A, L5B, L4Y, L4X, L5G, L5E)	905-279-3941 samississauga.com
Seva Food Bank	Provides safe, nutritious and culturally appropriate food to low-income families. Appointment required.	Individuals and families in need in Mississauga (serving L5B, L5C, L5P, L5S, L5T, L4T)	905-361-7382 (905-361-SEVA) sevafoodbank.com
St. Mary's Food Bank	Food bank, meals on wheels and community kitchen.	Mississauga residents.	Coopers Location 905-890-0900 Dundas Location 905-238-9008 Streetsville Location 905-286-9987 stmarysfoodbank.ca

Clothing & Furniture

Agency	Service Description	Clientele Served	Agency Contact Info
Dixie Bloor Neighbourhood Centre - Community Care Closet	Brings access to food, health/ personal care products, and clothing for clients in need. Baby items, non-perishable food, personal care products, kitchenware, toiletries.	Residents of Peel Region.	905-629-1873 dixiebloor.ca
Mississauga Furniture Bank	Provides recycled new and gently used household furnishings. Clients are referred by registered community shelters, faith-based organizations and social agencies.	Low-income women and children, refugees, victims of domestic violence, seniors, those who have endured losses due to fire, natural disasters, or personal tragedies.	647-361-6950 myfurniturebank.ca
The Open Door	Provides immediate needs such as clothing and toiletries.	Mississauga residents.	905-276-9136 opendoorsquareone.org

Disability Supports

The Disability Supports section includes programs and services that help people with disabilities access financial assistance, employment supports, and assistive devices. It also lists services that provide help with home or vehicle modifications, daily living needs, and connections to community-based care.

Income & Employment

Agency	Service Description	Clientele Served	Agency Contact Info
Abilities to Work – Mississauga	Supports persons with disabilities by connecting them with opportunities in employment, education or training.	All persons with self-disclosed disabilities in Peel Region.	905-459-7890 1-866-969-9734 abilitiestowork.ca
Canadian Hearing Services - Employment Services	Provides employment services created for the needs of deaf and hard of hearing job seekers.	Deaf and hard-of-hearing job seekers aged 16 and older.	1-866-518-0000 chs.ca

CMHA Peel Dufferin - Vocational Support Services	Helps with recovery goals around employment, education and volunteer opportunities through individual and group support.	Adults 16+ who are experiencing mental health challenges and are ready and motivated to enter the workforce and reside in Peel Region.	905-451-2123 1-877-451-2123 24/7 crisis support: 905-278-9036 1-888-811-2222 cmhapeeldufferin.ca
Community Living Mississauga	Day programs, supported living, respite services, employment supports	People with intellectual disabilities.	905-542-2694 clmiss.ca
Jake's House - Employment Training Program	Supports the integration of young adults with autism into the workforce through paid placements, skills development and mentorship.	Individuals 16+ years with autism or developmental disability.	416-247-5253 (416-247-JAKE) jakeshouse.ca
The Job Centre	Provides a range of employment supports, including customized employment plans, job development, job placements, employment coaching, job retention and monitoring, life stabilization supports, and financial supports to remove barriers to employment.	Youth and adults with physical, mental health, autism spectrum disorder, learning disabilities, hard of hearing and visual impairment. Serves Halton, Peel and the Waterloo regions.	905-842-8787 1-800-350-8361 thejob-centre.ca
Ontario Disability Support Program (ODSP) - Income & Employment Supports	Provides income, health benefits and employment support to people with disabilities.	To qualify for ODSP, you must: be 18 years or older, live in Ontario, be financially eligible and have a physical or mental health disability, expected to last one year or longer, that substantially limits one's ability to work, look after oneself or carry out daily activities.	905-460-5025 1-877-466-5025 ontario.ca
Options Mississauga	Provides unique programs, including employment training and paid work experience, for individuals aged 18+ who have an intellectual or developmental disability.	Individuals aged 18+ who are neuro-divergent or have an intellectual disability.	905-274-8663 optionsmississauga.org

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.	Persons with intellectual disability or who are on the autism spectrum.	readywillingable.ca
Stride - Mississauga	Provides support to help individuals prepare for employment, secure a job, and receive assistance as they begin work. Services include meeting face-to-face with an employment specialist, attending workshops, or receiving guidance from a peer mentor.	Youth (16+) and adults struggling with mental health or addictions as they seek employment.	905-693-4252 stride.on.ca

Assistive Devices & Other Supports

Agency	Service Description	Clientele Served	Agency Contact Info
Erinoak Kids - Assistive Devices Resource Service	Assists children and youth with physical, developmental and communication disabilities to maintain or improve physical function to attain their personal goals in the areas of: augmentative and alternative communication (AAC), single switch access to computers, and toys and electronic aids for daily living.	Children and youth with physical, developmental and communication disabilities and their parents.	905-855-2690 1-877-374-6625 werinoakkids.ca
March of Dimes Canada - Ontario Home and Vehicle Modification Program	Provides funding for home adaptations and devices, home modifications (construction) and vehicle modifications.	Ontario residents in financial need and have a permanent ongoing or recurring disability that impedes mobility and results in substantial restrictions in activities of daily living and/or getting in and out of one's home to access essential medical care or community services.	1-877-369-4867 marchofdimes.ca

Ministry of Health - Assistive Devices Program	The Assistive Devices Program (ADP) helps people with long-term physical disabilities pay for customized equipment, like wheelchairs and hearing aids. The ADP also helps cover the cost of specialized supplies, such as those used with ostomies.	Individuals who qualify are Ontario residents, have a valid Ontario health card and have a disability requiring the equipment or supplies for 6 months or longer.	416-327-8804 1-800-268-6021 ontario.ca
Ontario Health at Home	Coordinates local home and community care, long-term care placement and help finding services in the community.	Ontario residents with a valid Ontario Health Insurance Plan (OHIP) card are eligible to receive an assessment completed.	310-2222 (no area code required) TTY: 711 1-877-336-9090 ontariohealthathome.ca

Immigration & Legal Services

The Immigration & Legal Services section includes programs that help newcomers understand their rights, complete important documents, and access settlement supports. It lists agencies that provide information on immigration applications, housing and employment issues, legal guidance, and referrals to community services. Many services offer support in multiple languages.

Immigration & Settlement Services

Agency	Service Description	Clientele Served	Agency Contact Info
Achev - Newcomer Information Centre - Mississauga	Offers a wide range of immigrant services to help newcomers settle smoothly in Canada, from education and training, immigration, employment, health, housing, legal, financial, social and recreational. Settlement information sessions and employment workshops.	Permanent residents and convention refugees.	Mississauga City Centre 905-949-0049 Mississauga Malton 905-677-0007 achev.ca
Afghan Women's Organization Refugee and Immigrant Services	Works with refugees and immigrants, particularly those who have experienced wars and persecution, with a special focus on women and their families. Settlement and refugee services.	Refugees and immigrants who have experienced wars and persecution, with a special focus on women and their families.	416-588-3585 afghanwomen.org

African Community Services of Peel (ACSP) - Newcomer Settlement Program	Provides settlement and integration services and programs to facilitate early settlement of newcomers to Peel and the surrounding areas.	Open to all newcomers - families, adults, youth and seniors from diverse ethno-specific communities mainly from newcomers of African descent as well as those from other regions.	905-460-9514 647-570-9514 africancommunityservices.org
Arab Community Centre of Toronto	Offers settlement and integration service, helps newcomers find housing, employment, citizenship information, language classes, medical services, legal advice, and emotional support.	Newcomers.	416-231-7746 acctonline.ca
Building Multicultural Communities, Mississauga - Settlement	Helps newcomers adapt and settle in Canada efficiently and effectively. This includes information and orientation on immigration, healthcare, education, employment, form filling, translation/interpretation, supportive crisis counselling and referrals to government and community resources.	Permanent residents, temporary residents working in Canada with a work permit under the Live-in Caregiver program.	905-828-1328 bmccentre.org
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.	Survivors of torture, war, genocide and crimes against humanity.	905-277-2288 1-877-292-2288 ccvt.org
Catholic Crosscultural Services, Mississauga - Settlement and Integration Services	Services include: Individual assessment, community services in the areas of health, housing, education, childcare, employment, finance, immigration, language learning and legal supports. Helps with understanding and completing government forms and applications, connections to volunteer opportunities, assistance in preparing for the Canadian citizenship test.	Permanent residents, convention refugees, live-in-caregivers in Peel.	905-273-4140 cathcrosscultural.org
Centre Francophone du Grand Toronto	Provides low-income francophones with access to legal services that meet their needs, free of charge.	Francophones in Peel, York or Durham regions.	1-844-966-7345 centrefranco.org

CEREFAC (Centre culturel de ressources francophone pour les communautés ethniques)	Settlement services and supports for the whole family.	Francophone immigrants in Peel Region.	905-488-9181 cerefrac.ca
College Boreal - Settlement and Integration Services	Provides immigration and integration support, offering orientation, information, and assistance to help newcomers adapt to life in Canada.	Newcomers.	1-800-361-6673 collegeboreal.ca
COSTI - Refugee Services	Services include hostel accommodations, intake and assessment, legal aid referrals, initial settlement assistance, and ongoing housing support.	Newcomers.	905-567-0482 costi.org
Indus Community Services, Mississauga - Newcomer Services	Provides information about life in Canada, orientation, English language training with childcare, employment support, as well as community connection programs.	Newcomers, international students, refugees, and naturalized Canadians.	905-275-2369 induscs.ca
My Neighbourhood Services, Mississauga - Settlement Services	Provides support with settlement needs, including information on Canadian culture, schools, and community life. Assists with government forms such as immigration, citizenship, pension, and child tax applications, and offers translation and interpretation support. Services also include personal counselling and help preparing documents for supportive housing accommodations.	Landed immigrants, live-in caregivers and convention refugees.	905-677-6270 mnsinfo.org
Punjabi Community Health Services - Settlement Services for Newcomers/Immigrants to Canada	Settlement services including information and orientation, employment programs, community connection programs and short-term counselling.	Newcomers/permanent residents (PR), Canadian citizens, international students, work permit holders, live-in caregivers and convention/refugee claimants to Canada (proof is required).	905-677-0889 pchs4u.com

Community-based Legal Services

Agency	Service Description	Clientele Served	Agency Contact Info
Mississauga Community Legal Services	Free legal services for housing, employment, social assistance	Low-income Mississauga residents.	905-896-2050 mississaugalegalclinic.ca
Peel Multicultural Council – Newcomer Settlement Program	Settlement services, interpretation, and immigration support.	Newcomers to Canada	905-819-1144 ext. 221 peelmc.ca

Specialty & Multilingual Supports

Agency	Service Description	Clientele Served	Agency Contact Info
Advocacy Centre for the Elderly (ACE) (LAO)	Provides free legal services for low-income older adults (60 years of age and over) in the Greater Toronto Area.	Adults 60+.	416-598-2656 1-855-598-2656 acelaw.ca
ARCH Disability Law Centre (LAO)	Specialty legal clinic that practices exclusively in disability rights law. Dedicated to defending and advancing equality rights, entitlements, fundamental freedoms, and inclusion of persons with disabilities with low incomes in Ontario.	Persons with disabilities with low income in Ontario.	416-482-8255 1-866-482-2724 TTY: 416-482-1254 TTY Toll-free: 1-866-482-2728 archdisabilitylaw.ca
Black Legal Action Centre (BLAC) (LAO)	Challenges anti-Black racism through advocacy, education and legal action.	Black and low-income Ontarians.	416-597-5831 TTY: 1-800-855-0511 blacklegalactioncentre.ca
Canadian Centre for Victims of Torture (CCVT)	Aids survivors of torture, war, genocide and crimes against humanity to overcome the lasting effects of torture and war. Legal services offered by CCVT: referral to legal professionals, assistance with immigration and refugee claims, legal information and advice, support during legal proceedings and referrals to other resources.	People who have experienced war, torture, human trafficking, and threat of genocide.	416-750-3045 ccvt.org
Centre for Spanish-Speaking Peoples (CSPS)	Serves low-income members of the Spanish-speaking community in Ontario regardless of their immigration status in Canada.	Spanish-speaking tenants in Ontario.	416-533-8545 spanishservices.org

Chinese and Southeast Asian Legal Clinic (CSALC) (LAO)	Provides free legal services to low-income, non-English speaking clients from the Chinese, Vietnamese, Laotian and Cambodian communities in Ontario.	Low-income, non-English speaking tenants from Chinese, Vietnamese, Laotian and Cambodian communities in Ontario.	416-971-967 1-844-971-9674 csalc.ca
Injured Workers Community Legal Clinic (IWC)	Provides information and advice and represents injured workers. Provides public legal education and works with injured worker and community organizations trying to improve the workers' compensation system.	Open to all injured workers.	416-461-2411 1-833-461-2411 iwclc.org
Justice for Children and Youth (JFCY) (LAO)	Legal services for young people under 18 and up to 25 for homeless or undocumented young people in Ontario.	Street-involved youth.	416-920-1633 1-866-999-JFCY (5329) jfcy.org
South Asian Legal Clinic of Ontario (LAO)	Provides advice, brief services, and/or legal representation to low-income South Asian tenants.	Low-income South Asian community in Ontario.	416-487-6371 salc.on.ca
Workers' Health & Safety Legal Clinic (LAO)	Provides legal services to low-income non-unionized workers who need assistance with legal matters that relate to their employment rights or their health and safety rights at work. Our legal services include summary legal advice, brief legal services, referrals, and legal representation.	Low-income non-unionized workers looking for assistance with employment rights and health and safety rights at work.	416-971-8832 1-877-832-6090 workers-safety.ca

Language Supports

Language Supports provides a list of programs and services that provide newcomers with an opportunity to enhance and refine their English language skills for everyday life, work, and community participation. Programs may include English classes, literacy and basic skills training, advanced or job-focused language programs, language assessments, and conversation circles.

English Language Training

Agency	Service Description	Clientele Served	Agency Contact Info
Canadian Hearing Services - LINC	Free LINC program for newcomers. Classes are taught in ASL.	Be at least 18 years old; and be a Permanent Resident of Canada, or Convention Refugee, or be a Protected Person in Canada; and take a language assessment test at a Language Assessment Centre.	1-866-518-0000 TTY 1-877-215-9530 chs.ca
Catholic Crosscultural Services (CCS) - LINC	Free English language classes from beginner to advanced language levels.	Permanent residents, convention refugees and live-in caregivers.	905-272-1703 cathcrosscultural.org
COSTI - ESL	5-week courses of employment-related language training at Canadian Language Benchmark (CLB) levels 1-7.	Adult newcomers residing in Ontario, including asylum claimants and naturalized Canadian citizens.	905-567-0482 905-459-6700 costi.org
Dufferin-Peel Catholic District School Board - Adult ESL	ESL class.	Newcomers to Canada whose first language (or mother tongue) is not English.	905-366-5703 dpcdsb.org
Dufferin-Peel Catholic District School Board - LINC	LINC class.	Permanent resident, a protected person, a convention refugee. At least 18 years old.	905-273-5591 905-366-5703 dpcdsb.org
Indus Community Services - LINC (Mississauga)	Part-time in-person and online classes. Professional care for children aged 19 months to 6 years.	Be at least 18 years old; and be a Permanent Resident of Canada, or Convention	905-275-2369 induscs.ca

		Refugee, or be a Protected Person in Canada; and take a language assessment test at a Language Assessment Centre.	
Achev – LINC Home Study Canada	English-language program for newcomers to Canada seeking to improve their listening, speaking, reading, and writing skills. It is specifically for students who are unable to access regular LINC classes.	Be at least 18 years old; permanent resident, convention refugee, protected person; and complete evaluation at a Language Assessment Centre. Cannot be attending another government funded ESL program at the same time as LINC Home Study.	linchsnational.ca
Peel District School Board - Adult ESL	Classes are available in person and online.	Newcomers to Canada whose first language (or mother tongue) is not English.	905-270-6000 peelschools.org
Peel District School Board - Adult ESL	Classes are available in person and online: days, nights and Saturdays.	Newcomers to Canada whose first language is not English.	905-270-6000 peelschools.org
Peel District School Board - ESL for Computers	Class goal is to increase English language skills through basic computer skills taught on the widely used Microsoft Office software (Word, Excel, Access and PowerPoint). The course also includes training on how to navigate the web, and a general overview of workplace issues.	Students planning to enter college, university or the job force.	905-270-6000 peelschools.org
Peel District School Board - LINC	Classes are available in person and online: days, nights and Saturdays.	Newcomers to Canada whose first language (or mother tongue) is not English.	905-270-6000 peelschools.org
YMCA Newcomer Services	ESL classes, conversation circles, and enhanced language training.	Newcomers and immigrants.	905-276-9322 newcomersincanada.ca

French Language Training

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

Literacy & Basic Skills

Agency	Service Description	Clientele Served	Agency Contact Info
Peel Adult Learning Centre - CAEC (Canadian Adult Education Credential)	Replaces the GED® as the Ontario High School Equivalency Certificate.	Ontario residents 18 years and older, with reading, writing and math skills below grade 12 of the Ontario Curriculum.	905-507-0111 ilc.org
Peel Adult Learning Centre - Literacy and Basic Skills	Helps adults in Ontario to develop and apply communication, numeracy, interpersonal and digital skills.	Ontario residents 18 years and older, with reading, writing and math skills below grade 12 of the Ontario Curriculum.	905-507-0111 palc.ca
Peel District School Board - Adult Literacy and Basic Skills (Mississauga)	Helps adults in Ontario to develop and apply communication, numeracy, interpersonal and digital skills.	English-speaking adults over age 19 who are currently not enrolled in school.	905-270-6000 peelschools.org

Enhanced Language Training (ELT)

Agency	Service Description	Clientele Served	Agency Contact Info
Catholic Crosscultural Services - Enhanced Language	Supports newcomers with backgrounds in the healthcare sector with sector-specific language training, Canadian	Newcomers with backgrounds in the healthcare sector.	416-757-7010 cathcrosscultural.org

Training (ELT) for Healthcare Professionals	workplace culture and volunteer work placements to support their transition to the labour market.		
Catholic Crosscultural Services - Enhanced Language Training (ELT) - Connecting Newcomers with Jobs in Ontario's Supply Chain Workforce	This online program supports unemployed and under-employed newcomers with skills development training courses and job search support to meet demands for targeted occupations in the Supply Chain sector.	Newcomers interested in the supply chain sector.	416-289-6766 cathcrosscultural.org
Centre for Skills Development (Online)	A 12-week online intensive course for internationally trained professionals who have work experience in their country of origin but need more orientation to the Canadian corporate (Workplace) culture and help finding a job in Canada.	Must have a valid and up to date CLB skill level assessment 4/5 +. Adult immigrants (18+) who are residents of Ontario, permanent residents or convention refugees.	905-333-3499 1-888-315-5521 centreforskills.ca
COSTI - Specialized ELT Programs	Separate programs are offered with special focus on Healthcare, Education, STEM (Science, Technology, Engineering, Math) and Transportation and Trades. This program is delivered in both online and blended modes.	For newcomers with international experience in Healthcare, Education, STEM (Science, Technology, Engineering, Mathematics), Transportation, or Trades. Permanent residents, convention refugees or protected persons. Language proficiency at CLB level 5 to 6.	905-451-7147 905-459-6700 costi.org
Peel Multicultural Council	Designed to provide internationally trained professionals with the employment-focused language training and tools needed to enter and succeed in the Canadian job market.	Permanent residents, convention refugees or CUAET holders with Canadian Language Benchmark (CLB) of 6 in all skills and intermediate computer skills.	905-819-1144 peelmc.ca

Language Assessment and Referral Services (For ESL and LINC)

Agency	Service Description	Clientele Served	Agency Contact Info
Achêv CLARS Language Assessment Centre Community Door, Sussex Centre - Mississauga	Language Assessment Centre.	Individuals 18 years or older, or younger than 18 and have a high school diploma, and Canadian citizen born outside of Canada, Permanent resident, 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, 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).	905-949-0049 achev.ca

Occupation-specific Language Training

Agency	Service Description	Clientele Served	Agency Contact Info
Centennial College	Workplace Communication Skills Courses - Business/Finance, Construction Trades, Health Sciences, Technology. Work-oriented language training for newcomers. Courses are offered in blended or online formats.	For permanent residents, convention refugees, protected persons, or eligible temporary residents in Ontario who have occupation-specific experience and need to improve job-related	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.	communication skills (CLB/NCLC 5+).	416-289-5130 collegeboreal.ca
George Brown College	Workplace Communication Skills Courses - Business/Finance, Health Sciences, Technology, Writing Professionally for Business or Technology. Work-oriented language training for newcomers. Courses are offered in blended or online formats.		416-415-5000 georgebrown.ca
Humber Polytechnic	Workplace Communication Skills Courses - Business/Finance, Construction Trades, Technology. Work-oriented language training for newcomers. Courses are offered in blended or online formats.		416-675-6622 humber.ca
Seneca Polytechnic	Workplace Communication Skills Courses - Business/Finance, Health Sciences, Technology. Work-oriented language training for newcomers. Courses are offered in blended or online formats.		416-764-9722 senecapolytechnic.ca

English Conversation Circles

Agency	Service Description	Clientele Served	Agency Contact Info
Achêv	English Conversation Circle.	Permanent resident or convention refugees with a valid PR card, confirmation of PR or notice of decision.	289-544-8579 achev.ca
COSTI	Click, Connect, Communicate.	Permanent residents, convention refugees, refugee claimants.	416-244-9980 costi.org

Learning Disability Association of Toronto	English Literacy (high beginner-low intermediate).	Permanent residents, protected persons, and convention refugees 18+ with a language assessment. Learning Disabilities or ADHD welcome (no diagnosis required, all welcome).	647-531-1680 ldatd.on.ca
Mississauga Library	English conversation circles, literacy programs.	All Mississauga residents.	905-615-3200 mississauga.ca
YMCA - Newcomer Information Centre	English Conversation Circle.	The program is specifically designed for newcomers to Canada and for YMCA Newcomer Information Centre clients only.	newcomersincanada.ca

Sexual Health Supports

The Sexual Health Supports section includes services that provide information, testing, treatment, and counselling related to sexual health. These services may include birth control options, STI testing and treatment, education, and referrals offered through clinics and community programs.

Sexual Health Clinics

Agency	Service Description	Clientele Served	Agency Contact Info
Mississauga Women's Clinic	Provides safe and confidential pregnancy termination and reproductive health services.	Open to all women.	905-629-4516 mwclinic.com
Moyo Health & Community Services	Provides a growing array of health promotion, education, social and support services for people living with, affected by, and at systemic risk of HIV.	People living with, affected by, and at systemic risk of HIV in Mississauga, Brampton and Caledon. 2SLGBTQ+ inclusive.	905-361-0523 1-866-896-8700 moyohcs.ca
Peel Public Health - Sexual Health Clinics	Provides reduced-cost birth control, free condoms, STI and blood-borne infection testing and treatment, emergency contraception, HIV testing with anonymous options, counselling, referrals, and free harm-reduction supplies including Naloxone kits.	Peel Public Health Clinics support people in Peel who may face challenges getting sexual health services elsewhere.	905-799-7700 1-888-919-7800 peelregion.ca
PrEP Clinic	Free and no health card needed. Full-service PrEP &	Open to all.	416-420-1250

	sexual health clinic (PrEP stands for pre-exposure prophylaxis and is a prescription medication typically taken daily to reduce the risk of acquiring HIV), on-site lab tests, vaccines and STI treatment.		prepclinic.ca
Rapid Access to Medical Specialists - Healthy Sexuality Clinic	Walk-in clinic offering same day STI testing and other services.	Residents in Mississauga and area.	647-372-0365 or 1-855-629-0365 rapidaccesstomedicalspecialists.ca
Sexual Health Infoline Ontario	A free, anonymous and inclusive eChat and phone service for Ontario residents. This service is staffed by counsellors who provide information, support and referrals in English, French and other languages on sexual health topics.	Ontario residents.	1-800-668-2437 416-392-2437 sexualhealthontario.ca
TAIBU Community Health Centre - Sexual Health Programs	Programs and services to support healthy sexual practices. Services include counselling, contraception and care, testing and treatment of sexually transmitted diseases.	Black community across the Greater Toronto Area as priority population.	416-644-3536 taibuchc.ca

Parent & Family Supports

The Parent & Family Supports section includes programs and services that help parents, caregivers, and families with children. These services may include prenatal support, parenting workshops, child development programs, EarlyON playgroups, and resources for families seeking guidance, connection, and support in caring for young children.

Support for New Parents

Agency	Service Description	Clientele Served	Agency Contact Info
Bridgeway Family Centre	Prenatal programs and programs for parents/caregivers.	Pregnant women and teens, moms of newborn, parents and caregivers of children, birth to 6 years and living on low incomes.	905-822-1114 bridgewaycentre.ca
BridgeWay Family Centre	Prenatal program offering extra support for pregnant individuals and new	Children 0 to 6 years old and their families and caregivers.	647-702-6175 bridgewaycentre.ca

	mothers, including breastfeeding help, parent education, nutrition, and individual or group counselling.		
Family Education Centre - Parenting Events	Offers free and low-cost parenting events, including in-person sessions, book clubs, and weekly skill-building workshops to support families on their parenting journey.	Open to all parents and caregivers.	905-452-0332 familyedcentre.org
Family Services of Peel - Active Parenting	Provides free virtual workshops for parents and caregivers, covering parenting, communication, child development, school success, and positive discipline.	Parents and caregivers of children ages 0 to 12.	905-270-2250 fspeel.org
La Leche League Canada - Mississauga	Get your breastfeeding questions answered, share support, and meet others on the same journey.	Breast and chest-feeding parents.	lllc.ca/mississauga
MIAG Centre for Diverse Women & Families - Parenting for Success	Provides support and guidance on parenting, communication, child development and school success.	Parents and caregivers and their children who are residents of Peel Region.	416-669-7348 miag.ca
Peel CAS (Children's Aids Society)	Provides free virtual workshops for parents and caregivers of children ages 0–12, offering guidance on parenting, communication, child development, school success, and positive discipline.	Parents in Peel Region.	905-363-6131 peelcas.org
Peel Region - Breastfeeding Companions	Provides peer-to-peer support to breastfeeding mothers.	Support is available for up to three months after birth and can be accessed by registering online or by phone.	905-799-7700 1-888-919-7800 peelregion.ca
Peel Region - Children and Parenting	Provides services and resources for families with children, including licensed child care and baby-feeding support clinics.	Families with children in Peel Region.	905-791-7800 1-888-919-780 peelregion.ca
Peel Region - Healthy Babies Healthy Children	Provides in-person home visits to support healthy pregnancy, positive parent-child relationships, child development, and connection to community resources.	Pregnant people and families with infants and young children.	905-799-7700 1-888-919-7800 peelregion.ca

Trillium Health Partners - Perinatal Community Care Program	Offers comprehensive clinical care, support, and education to patients and newborns for up to 8 weeks after birth.	Parents and newborns for up to 8 weeks after birth. Home visits may be available for patients with a Mississauga address only.	thp.ca
Vita Centre	Offers support, education and counselling for vulnerable parents (young, living in low income, isolated, newcomers) of children 0 to 5 years of age, living in Region of Peel.	Vulnerable parents (young, living in low income, isolated, newcomers) of children 0 to 5 years of age, living in Region of Peel.	905-502-7933 vitacentre.org
Vita Centre - Nobody's Perfect	A free parenting and life skills program providing information and support to recognize parents' strengths and understand their needs, and in turn their children's needs.	Open to mothers, fathers, and caregivers in Peel Region with children up to 6 years old.	905-502-7933 vitacentre.org

EarlyON Programs and Playgroups

Agency	Service Description	Clientele Served	Agency Contact Info
Dixie Bloor Neighbourhood Centre	Offers support to low-income families, including playgroups, nutrition programs, and emotional support.	Children 0-6 years old and their families and caregivers.	416-301-7521 dixiebloor.ca
My Neighbourhood Services	Offers support to low-income families, including playgroups, nutrition programs, and emotional support.	Children 0-6 years old and their families and caregivers.	647-838-3101 mnsinfo.org
Peel Region - EarlyON Child and Family Centres	Drop-in programs, parenting education, child development support.	Children 0-6 years old and their families and caregivers.	905-791-9650 infopeel.ca
Where to Start - EarlyON	Offers online, outdoor, and indoor EarlyON programs where staff support families in understanding their child's development, strengths, and abilities.	Children 0-6 years old and their families and caregivers.	905-795-3527, ext. 3550 wheretostart.ca

Child Care Services & Subsidies

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

Child, Youth & Family Programs

Agency	Service Description	Clientele Served	Agency Contact Info
Associated Youth Services of Peel	Supports children, youth, and families with mental health or justice-related needs, offering counselling and parenting resources.	Children and youth from birth to 17 years of age and their families/caregivers.	905-890-5222 1-800-762-8377 Crisis: 905-278-9036 aysp.ca
Association of Parent Support Groups in Ontario (APSGO)	Support groups helping parents/guardians develop effective strategies, set limits and boundaries, and build better relationships with their children.	Parents in Mississauga.	1-800-488-5666 apsgo.ca
CEREFAC (Centre culturel de ressources francophone pour les communautés ethniques)	Mentor training for adults, youth and children. Homework assistance programs. Recreation activities for youth, women, children and families.	Francophone newcomers living in Peel Region.	905-488-9181 cerefrac.ca

Indus Community Services - Child, Youth and Parenting (CYP) Program	Child, Youth and Parenting (CYP) counsellors support parents and families dealing with cultural and inter-generational conflict, providing positive parenting strategies and helping families understand the range of supports available to them	Children, youth and parents living in Peel Region.	905-275-2369 induscs.ca
Mississauga - Library	Provides a variety of activities for children and youth free with a library card.	All ages, but for specific programs, check the age range.	905-615-3500 mississauga.ca
Peel Children's Centre	Mental health services for children and families, and parenting support.	Children up to 18 and their families.	905-795-3500 peelcc.org
Roots Community Services	Provides children's programs that support learning and development, youth programs focused on leadership, outreach, and wellbeing, and family programs that strengthen relationships, parenting skills, and overall wellness.	Children aged 6 years to seniors from the Black and Caribbean communities in Peel Region.	905-455-6789 rootscs.org
BGC Peel - Youth Programs	Offers leadership activities, peer connections, resume and interview prep, personal development, and opportunities to lead within programs.	Youth (13-18)	905-712-1789 bgcpeel.org
The Dam	Offers a safe, fun place where youth can hang-out and get help when they need it.	Youth (13-19)	905-826-6558 1-800-635-3227 thedam.org
Peel Children's Aid Society (CAS) - Youth Wellness Hubs Ontario (YWHO) Brampton	Brings local service providers together to deliver mental health and other health services, along with social supports and wellness initiatives for young people.	Youth (12-25)	905-363-6131 peelcas.org