



# RESOURCE GUIDE

## Programs and Services in Toronto

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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                                                                                |
|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| 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<br><a href="http://albionneighbourhoodservices.ca">albionneighbourhoodservices.ca</a> |
| 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<br>1-877-338-3398<br><a href="http://toronto.ca">toronto.ca</a>                       |
| 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<br><a href="http://oche.ca">oche.ca</a>                                               |
| 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<br><a href="http://costi.org">costi.org</a>                                           |
| 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<br><a href="http://eyetfrp.ca">eyetfrp.ca</a>                                         |
| 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<br><a href="http://fredvictor.org">fredvictor.org</a>                                 |

|                                            |                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                 |                                                                            |
|--------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
|                                            |                                                                                                                                                                                                                                                       | individuals experiencing homelessness 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<br><a href="http://homesfirst.on.ca">homesfirst.on.ca</a>     |
| 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<br><a href="http://parc.on.ca">parc.on.ca</a>                 |
| 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 in Ontario.                                                                                                                                                                                                   | 416-934-0588<br><a href="http://passerelle-ide.com">passerelle-ide.com</a> |
| 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<br><a href="http://salvationarmy.ca">salvationarmy.ca</a>     |
| 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<br><a href="http://tno-toronto.org">tno-toronto.org</a>       |
| 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<br><a href="http://wtcls.org">wtcls.org</a>                   |

|  |                                      |                                        |  |
|--|--------------------------------------|----------------------------------------|--|
|  | applications for subsidized housing. | Humber River and west of Yonge Street. |  |
|--|--------------------------------------|----------------------------------------|--|

## 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<br>Crisis: 416-920-1492<br><a href="http://anduhyaun.org">anduhyaun.org</a> |
| 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<br><a href="http://familyservicetoronto.org">familyservicetoronto.org</a>   |
| 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<br><a href="http://fredvictor.org">fredvictor.org</a>                       |

|                                            |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                              |                                                                                                           |
|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| 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><a href="http://jeantweed.com">jeantweed.com</a></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><a href="http://margarets.ca">margarets.ca</a></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><a href="http://nellies.org">nellies.org</a></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><a href="http://reddoorshelter.ca">reddoorshelter.ca</a></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><a href="http://torontohhs.org">torontohhs.org</a></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<br>1-844-967-6060<br><a href="http://streethaven.org">streethaven.org</a>                                   |
| 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<br>416-252-7949<br>TTY: 416-252-0361<br><a href="http://womenshabitat.ca">womenshabitat.ca</a> |
| 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<br><a href="http://ywcatoronto.org">ywcatoronto.org</a>                                                     |

## 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. | <a href="http://the519.org">the519.org</a>                         |
| 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"> <li>Bethlehem United Shelter</li> </ul> | LGBTQ2+ singles and couples seeking transitional housing or shelters.                                                                                                       | 416-364-8228<br><a href="http://fredvictor.org">fredvictor.org</a> |

|                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                  |                                                                              |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
|                                                     | <ul style="list-style-type: none"> <li>Edward Hotel Emergency Shelter Queen Street Housing</li> <li>Mary Sheffield House</li> </ul>                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                  |                                                                              |
| 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. | <a href="http://friendsofruby.ca">friendsofruby.ca</a>                       |
| 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<br><br><a href="http://jessiescentre.org">jessiescentre.org</a> |

## 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<br><br><a href="http://adamhouse.org">adamhouse.org</a>                                                                   |
| 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<br><br>Central Intake: 416-338-4766<br><br><a href="http://christiestreetrc.com">christiestreetrc.com</a>         |
| 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.<br><br>Services available in Amharic, Arabi, Dari, English, Farsi, French, Kurdish, | COSTI- Radisson Hotel 416-844-0787<br><br>COSTI – Radisson Toronto Suites 416-706-9451<br><br><a href="http://costi.org">costi.org</a> |

|               |                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                            |                                                                                                                                         |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
|               | 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.<br>Refugee Hearing Program to simulate Immigration and Refugee Board (IRB) hearings<br>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<br><a href="http://matthewhouse.ca">matthewhouse.ca</a>                                                                    |
| Romero House  | Transitional Housing with 19 units in 5 houses (shared living room, garden or outdoor space, laundry); stay up to 12 months.<br><br>Walk-in Program: Settlement services for refugee claimants (who do not live at Romero House).<br><br>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<br><a href="http://romerohouse.org">romerohouse.org</a>                                                                    |
| 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<br><br>Family Shelter: 416-743-8877<br><br><a href="http://sojournhouse.org">sojournhouse.org</a> |

## 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. Includes crisis shelters, 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<br><br>Crisis: 416-593-4849<br><br><a href="http://covenanthousetoronto.ca">covenanthousetoronto.ca</a> |
| Eva's - YOUth BELONG                             | Supports 65 Black youth experiencing homelessness or precarious living. The program operates in both scattered housing and Eva's managed                         | Black youth (16-24).                                                                            | 416-977-4497<br><br><a href="http://evas.ca">evas.ca</a>                                                                               |

|                                                                                           |                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                |                                                                                                               |
|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
|                                                                                           | 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<br><br>Toronto Central Intake: 416-338-4766<br><br><a href="http://evas.ca">evas.ca</a> |
| 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<br><br><a href="http://horizonsforyouth.org">horizonsforyouth.org</a>                            |
| 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.<br><br>Trans-inclusive space.                                                                                                                                                                                                                                                   | 416-504-9700<br><br><a href="http://ymcagta.org">ymcagta.org</a>                                              |
| 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 often struggling or unable to meet the                                                                                                                                                                               | 416-272-9527<br><br>437-925-9879<br><br><a href="http://woodgreen.org">woodgreen.org</a>                      |

|                                                   |                                                                                                                                                                                           |                             |                                                              |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|--------------------------------------------------------------|
|                                                   |                                                                                                                                                                                           | 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<br><a href="http://ymcagta.org">ymcagta.org</a> |
| 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<br><a href="http://yws.on.ca">yws.on.ca</a>     |

## 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<br>416-792-8941<br><a href="http://concommunity.org">concommunity.org</a> |
| 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<br>1-866-626-3737<br><a href="http://nameres.org">nameres.org</a>         |
| 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<br>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<br>Office: 416-408-3967 or 1-844-633-2886<br><a href="http://aboriginallegal.ca">aboriginallegal.ca</a> |
| 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<br>1-877-736-9406<br><a href="http://blacklegalactioncentre.ca">blacklegalactioncentre.ca</a>                   |
| 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<br>1-800-263-1139<br><a href="http://housingrightscanada.com">housingrightscanada.com</a>                       |
| 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<br><a href="http://spanishservices.org">spanishservices.org</a>                                                 |
| 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<br>1-800-268-1697<br><a href="http://centrefranco.org">centrefranco.org</a>                                     |
| 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<br>1-844-971-9674<br><a href="http://csalc.ca">csalc.ca</a>                                                     |
| 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                                                                                                                 |

|                                                     |                                                                                                                                                                                                             |                                                                                                                                                                                                                                  |                                                                                                                                 |
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|                                                     |                                                                                                                                                                                                             | 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<br>Other inquiries: 416 934-4535<br><a href="http://downtownlegalservices.ca">downtownlegalservices.ca</a> |
| 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<br><a href="http://torontotenants.org/services">torontotenants.org/services</a>                    |
| 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<br><a href="http://kbcls.org">kbcls.org</a>                                                                        |
| 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<br>416-645-8080<br>TTY: 1-800-855-0511<br><a href="http://tribunalsontario.ca">tribunalsontario.ca</a>           |
| Legal Aid Ontario (LAO)                             | Provides free legal services.                                                                                                                                                                               | Low-income tenants who qualify.                                                                                                                                                                                                  | 416-979-1446<br>1-800-668-8258<br><a href="http://legalaid.on.ca">legalaid.on.ca</a>                                            |
| 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                                                                                                                    |

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|                                                                     |                                                                                                                                                                                                                                              | 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<br><a href="http://parkdalelegal.org">parkdalelegal.org</a>           |
| 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<br>1-888-772-9277<br><a href="http://ontario.ca">ontario.ca</a>       |
| 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<br><a href="http://southetobicokelegal.ca">southetobicokelegal.ca</a> |
| 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<br><a href="http://unisonhcs.org">unisonhcs.org</a>                   |
| 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<br><a href="http://wtcls.org">wtcls.org</a>                           |

## 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.                                                                                                               | <a href="http://toronto.ca">toronto.ca</a> |
| 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).     | <a href="http://toronto.ca">toronto.ca</a> |
| 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.                                                             | <a href="http://acto.ca">acto.ca</a>       |
| 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:<br><br><a href="http://toronto.ca">toronto.ca</a> |
| 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<br><br><a href="http://cecilcentre.ca">cecilcentre.ca</a>                                                                               |

|                                  |                                          |        |                                            |
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| Jimmie Simpson Recreation Centre | Surge Site (open at -15 degrees Celsius) | Adults | <a href="http://toronto.ca">toronto.ca</a> |
|----------------------------------|------------------------------------------|--------|--------------------------------------------|

## 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                                                                                    |
|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 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<br>1-866-863-0511<br>TTY: 1-866-863-7868<br><a href="http://awhl.org">awhl.org</a>        |
| 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<br>416-285-9944<br><a href="http://blackyouth.ca">blackyouth.ca</a>                     |
| 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<br><a href="http://chailifelinecanada.org">chailifelinecanada.org</a>                   |
| ConnexOntario                                         | Information line for mental health, addiction, and problem gambling.                                                                                                                                                                                           | Open to all.                                                                                                     | Call 1-866-531-2600<br>Text CONNEX to 247247<br><a href="http://connexontario.ca">connexontario.ca</a> |
| 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<br><a href="http://femaide.ca">femaide.ca</a>                                          |

|                                                    |                                                                                                                                                                                                                           |                                                                                                  |                                                                                                                                                                                                                |
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| Gerstein Crisis Centre                             | Helps address immediate difficulties and provides connection to services that can offer ongoing support.                                                                                                                  | People experiencing a mental health crisis.                                                      | 416-929-5200<br><a href="http://gersteincentre.org">gersteincentre.org</a>                                                                                                                                     |
| 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<br><a href="http://whpco.ca">whpco.ca</a>                                                                                                                                                       |
| 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.<br><br>Adults: Text WELLNESS to 741741<br><br><a href="http://kidshelpphone.ca">kidshelpphone.ca</a> |
| 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. | 2SLGBTQIA+ youth (29 and under).                                                                 | 647-694-4275<br><br><a href="http://youthline.ca">youthline.ca</a>                                                                                                                                             |
| 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)<br><br><a href="http://nisafoundation.ca">nisafoundation.ca</a>                                                                                                                          |
| 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<br><br><a href="http://onestoptalk.ca">onestoptalk.ca</a>                                                                                                                                       |
| 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)<br><br><a href="http://ontariocaregiver.ca">ontariocaregiver.ca</a>                                                                                                                      |

|                                                      |                                                                                                                                                                                                                                                                                                        |                                                                                 |                                                                                                      |
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| 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)<br>Text: 647-557-5882<br><a href="http://warmline.ca">warmline.ca</a>            |
| 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<br><a href="http://salalsvsc.ca">salalsvsc.ca</a>                                     |
| 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<br>416-392-2437<br><a href="http://sexualhealthontario.ca">sexualhealthontario.ca</a> |
| Suicide Crisis Helpline                              | Offers support that is bilingual, trauma-informed, culturally appropriate.                                                                                                                                                                                                                             | Open to all.                                                                    | Call or text 988<br><a href="http://988.ca">988.ca</a>                                               |
| 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.<br>TTY: 1-888-340-1001<br><a href="http://toronto.ca">toronto.ca</a>               |
| 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<br><a href="http://dcoqt.com">dcoqt.com</a>                            |
| 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<br>647-424-1134<br>Web chat support:<br><a href="http://rccmwar.ca">rccmwar.ca</a>      |
| 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<br>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 within the large network of services providers through on application and intake assessment process.                                                                                                                   | Individuals who are 14 years of age or older and have mental health and /or addictions problems that are seriously 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). | 416- 640-1934<br>1-888-640-1934<br><a href="http://theaccesspoint.ca">theaccesspoint.ca</a>   |
| 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<br><a href="http://acrossboundaries.ca">acrossboundaries.ca</a>                  |
| 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<br><a href="http://schliferclinic.com">schliferclinic.com</a>                    |
| BounceBack Ontario                   | Free, publicly funded, short-term cognitive-behavioural therapy with a psychotherapist.                                                                                                                                                                                                                                                                                                        | Adults 18+.<br><br>Need to be referred by a doctor or mental health care provider.                                                                                                                                                                                                                                       | Access CAMH at 416-535-8501<br><a href="http://bouncebackontario.ca">bouncebackontario.ca</a> |
| 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                                                                                                                                                                                                                            | People who are using opiates, have used opiates, and/or are interested in safe supply. Those who are facing challenges                                                                                                                                                                                                   | 416-537-9346<br><a href="http://breakawaycs.ca">breakawaycs.ca</a>                            |

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|                                                                              | reduction' approach.                                                                                                                                                                                                        | related to their use of opioid drugs.                                                                                                |                                                                                              |
| 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<br>1-844-900-2263<br><a href="http://menandfamilies.org">menandfamilies.org</a> |
| 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<br>1-877-292-2288<br><a href="http://ccvt.org">ccvt.org</a>                     |
| 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<br><a href="http://cmha.ca">cmha.ca</a>                                         |
| 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.                              | <a href="http://dcogt.com">dcogt.com</a>                                                     |
| 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<br><a href="http://familyserVICEToronto.org">familyserVICEToronto.org</a>       |
| 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.<br>Limited virtual/phone sessions available during walk-in hours. | 416-669-3521<br><a href="http://yorktownfamilyserVICES.com">yorktownfamilyserVICES.com</a>   |

## 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 | 416-787-3007<br><a href="http://acrossboundaries.ca">acrossboundaries.ca</a> |

|                                                               |                                                                                                                                                                                                           |                                                                                                                  |                                                                                    |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
|                                                               |                                                                                                                                                                                                           | and/or addictions.                                                                                               |                                                                                    |
| Black Coalition for AIDS Prevention (BlackCAP)                | Provides counselling, settlement, employment, education and housing supports.                                                                                                                             | Toronto's African, Caribbean and Black people living with or affected by HIV/AIDS.                               | 416-977-9955<br><a href="http://blackcap.ca">blackcap.ca</a>                       |
| 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.                                                                                  | <a href="http://blackmentalhealth.ca">blackmentalhealth.ca</a>                     |
| 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<br>416-285-9944<br><a href="http://blackyouth.ca">blackyouth.ca</a> |
| 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<br><a href="http://wanasah.ca">wanasah.ca</a>                         |

## 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<br><a href="http://friendsofruby.ca">friendsofruby.ca</a>             |
| 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                                                                                                                                                       | 2SLGBTQ+ youth (29 and under). | Text 647-694-4275 or chat online<br><a href="http://youthline.ca">youthline.ca</a> |

|                                                       |                                                                                                                                                                                                                               |                                                                                                                                                                                  |                                                                        |
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|                                                       | email                                                                                                                                                                                                                         |                                                                                                                                                                                  |                                                                        |
| 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 people. | Women-identifying individuals, including trans, nonbinary, Two-Spirit, and gender diverse people.                                                                                | Call 1-877-392-7583<br><a href="http://salalsvsc.ca">salalsvsc.ca</a>  |
| 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<br><a href="http://sherbourne.on.ca">sherbourne.on.ca</a> |

## 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 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<br><a href="http://allangardensfoodbank.net">allangardensfoodbank.net</a> |
| 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,                                                           | 416-922-4371<br><a href="http://churchofthemessiah.ca">churchofthemessiah.ca</a>       |

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|                                                                              |                                                                                                                                                                                                                              | M5P, M5R, M5S, M6G, M7A and M8V.                                                                                                                                               |                                                                                          |
| 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 Ave to the east.                         | 647-366-9041<br><a href="http://bethanychurcheastyork.com">bethanychurcheastyork.com</a> |
| 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<br><a href="http://covenanthousetoronto.ca">covenanthousetoronto.ca</a>     |
| 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<br><a href="http://pwatoronto.org">pwatoronto.org</a>                       |
| 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<br><a href="http://fcjrefugeecentre.org">fcjrefugeecentre.org</a>           |
| 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<br><a href="http://fcfoodbank.com">fcfoodbank.com</a>                       |
| Fort York Food                                                               | Grocery service and hot meal                                                                                                                                                                                                 | Open to all.                                                                                                                                                                   | 416-203-3011                                                                             |

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| Bank (Daily Bread)                                                                                                      | service. 3-day supply of groceries.                                                                                                                                                                  |                                                                                                                                                                                       | <a href="http://fyfb.com">fyfb.com</a>                                                       |
| 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 Ontario to the south.                   | 416-691-2899<br><a href="http://gracepascoefoodbank.ca">gracepascoefoodbank.ca</a>           |
| 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: <a href="http://www.dailybread.link2feed.ca/crate-account">www.dailybread.link2feed.ca/crate-account</a> . | Individuals and families in need in Toronto Downtown and East York.                                                                                                                   | 416-690-5169<br><a href="http://grantame.com">grantame.com</a>                               |
| 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<br><a href="http://havenontheq.com">havenontheq.com</a>                         |
| 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<br>1-866-248-3868<br><a href="http://muslimfoodbank.com">muslimfoodbank.com</a> |
| 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<br><a href="http://nwrct.ca">nwrct.ca</a>                                       |
| Nourish East End Food Bank (Daily                                                                                       | A market-style food bank.                                                                                                                                                                            | Individuals and families in need.                                                                                                                                                     | 416-465-3755                                                                                 |

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| Bread)                                                                                                |                                                                                                                                                                                                                                 | Bring your Daily Bread ID or register in person with government ID for every member of your household.                                                                       | <a href="http://nourisheastend.ca">nourisheastend.ca</a>                           |
| Oasis Dufferin Community Centre - Food Bank (Daily Bread and Second Harvest)                          | Serves pantry items, fresh produce, dairy, and protein. Specialty items and personal care products may be available upon request.                                                                                               | Individuals and families in need.                                                                                                                                            | 416-536-4431<br><a href="http://oasisdufferin.org">oasisdufferin.org</a>           |
| 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<br><a href="http://pcfb.ca">pcfb.ca</a>                               |
| 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 <a href="http://www.dailybread.link2feed.ca">www.dailybread.link2feed.ca</a> .                | Men 20 years+ who are street-involved, women/families with low-income, children and youth.                                                                                   | 416-923-4680<br><a href="http://dailybread.ca">dailybread.ca</a>                   |
| Scott Mission - 502 Spadina Food Bank (Daily Bread)                                                   | Hot meals available. New clients need to register at <a href="http://www.dailybread.link2feed.ca">www.dailybread.link2feed.ca</a> .                                                                                             | Open to all.                                                                                                                                                                 | 416-923-8872<br><a href="http://dailybread.ca">dailybread.ca</a>                   |
| St Ann's Food Bank (Daily Bread)                                                                      | Hot meals available. New clients need to register at <a href="http://www.dailybread.link2feed.ca">www.dailybread.link2feed.ca</a> .                                                                                             | 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<br><a href="http://dailybread.ca">dailybread.ca</a>                   |
| 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<br><a href="http://stbartstoronto.ca">stbartstoronto.ca</a>           |
| 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<br><a href="http://stmichaelonstclair.com">stmichaelonstclair.com</a> |

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| 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<br><a href="http://friendsofjesuschrist.com">friendsofjesuschrist.com</a> |
| 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 <a href="http://www.dailybread.link2feed.ca">www.dailybread.link2feed.ca</a> . | 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<br><a href="http://lighthousecentre.ca">lighthousecentre.ca</a>           |
| 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<br><a href="http://thestop.org">thestop.org</a>                           |
| 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 <a href="http://www.dailybread.link2feed.ca">www.dailybread.link2feed.ca</a> . | 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<br><a href="http://icnareliefcanada.ca">icnareliefcanada.ca</a>           |
| 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 Thorncliffe 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<br><a href="http://torontoalliancechurch.ca">torontoalliancechurch.ca</a> |
| 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 <a href="http://www.dailybread.link2feed.ca">www.dailybread.link2feed.ca</a> . | Open to all with a focus on Aboriginal people.                                                                                                                                     | 416-360-4350<br><a href="http://councilfire.ca">councilfire.ca</a>                     |
| Westminster Chapel at High Park - Food and                                 | Food and clothing bank.                                                                                                                                                                                          | Individuals and families in need living in the area bounded                                                                                                                        | <a href="http://westminsterchapel.ca">westminsterchapel.ca</a>                         |

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| Clothing Bank                                                                                  |                                                                                                                                                                    | 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.                                                                                     |                                                          |
| Women's Health in Women's Hands Community Health Centre - Chakula Bora Food Bank (Daily Bread) | Food bank for clients only. Call for appointment.                                                                                                                  | Racialized women, trans and non-binary clients from the African, Black, Caribbean, Latin American and South Asian communities in Toronto who are 16 years of age and older.                            | 416-593-7655<br><a href="http://whiwh.com">whiwh.com</a> |
| 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<br><a href="http://dressforsuccesstoronto.org">dressforsuccesstoronto.org</a> |
| 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<br><a href="http://evangelhall.ca">evangelhall.ca</a>                         |
| Furniture Bank - Toronto West (Connell Court) | Collects gently used furniture and household items; volunteer opportunities; and distributes.                                                                 | Must be referred by an agency.<br><br>Support open to                                                                                                                             | 416-934-1229<br><a href="http://furniturebank.org">furniturebank.org</a>                   |

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|                                       |                                                                                                                                                                                             | individuals and families referred through partner agencies only, including people who are formerly homeless, women and children fleeing abuse, newcomers and 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<br><a href="http://jessiescentre.org">jessiescentre.org</a>           |
| JRCC Furniture Depot                  | Gives free furniture to families and individuals in need.                                                                                                                                   | Must be referred by an agency.<br><br>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<br><a href="http://jrccfurnituredepot.org">jrccfurnituredepot.org</a> |
| 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.                                                                                                                                                                          | <a href="http://rebootcanada.ca">rebootcanada.ca</a>                               |

# 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                                                         |
|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| 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<br>1-800-664-0925<br><a href="http://ccrw.org">ccrw.org</a>    |
| 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<br>TTY: 1-877-215-9530<br><a href="http://chs.ca">chs.ca</a> |
| 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<br><a href="http://cmhato.org">cmhato.org</a>                  |
| 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<br><a href="http://cltoronto.ca">cltoronto.ca</a>              |
| 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<br><a href="http://cltoronto.ca">cltoronto.ca</a>              |
| 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)<br><a href="http://hwtc.ca">hwtc.ca</a>               |

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|                                                                  | 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<br><a href="http://jvstoronto.org">jvstoronto.org</a>                         |
| 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<br><a href="http://modcemploymentservices.ca">modcemploymentservices.ca</a> |
| 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<br><a href="http://oasismovement.org">oasismovement.org</a>                   |
| 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. | <a href="http://ontario.ca">ontario.ca</a>                                                 |
| 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.                                                                                                                                                                                                          | <a href="http://readywillingable.ca">readywillingable.ca</a>                               |
| Spinal Cord Injury                                               | Assistive Technology                                                                                                                                                                                                    | Serves job seekers                                                                                                                                                                                                                                                                     | 416-422-5644                                                                               |

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| 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<br><a href="http://sciontario.org">sciontario.org</a>     |
| Toronto Business Development Centre (TBDC)                    | BIZ Futures is a skills development and business support program.                                                                                                                                                     | Persons with disability.                                                                                                                                                                                                                                                                                                                                                                                              | 416-345-9437<br><a href="http://payments.tbdc.com">payments.tbdc.com</a> |
| 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<br><a href="http://woodgreen.org">woodgreen.org</a>        |
| 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<br><a href="http://ymcagta.org">ymcagta.org</a>             |
| 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<br><a href="http://yes.on.ca">yes.on.ca</a>                 |
| 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<br><a href="http://yes.on.ca">yes.on.ca</a>                 |

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|  | 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                                                                 |
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| 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<br><a href="http://toronto.ca">toronto.ca</a>                          |
| 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<br><a href="http://ontariohealthathome.ca">ontariohealthathome.ca</a> |
| 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<br><a href="http://surreyplace.ca">surreyplace.ca</a>                  |
| Assistive Devices Program                                        | A list of authorized vendors by category.                                                                                                                 | Open to all.                                                                                                                                                                                                                                                                                                                       | <a href="http://assistivedevicesprogram.ca">assistivedevicesprogram.ca</a>          |

# 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                                                          |
|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| 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<br><a href="http://accessalliance.ca">accessalliance.ca</a>     |
| 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<br><a href="http://adamhouse.org">adamhouse.org</a>             |
| 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<br><a href="http://acctonline.ca">acctonline.ca</a>             |
| AURA                                                        | Assists in the sponsorship and resettlement of refugees.                                                                                                                                                                                                                                                          | Refugees based in Toronto.                                                                                                           | 416-588-1612<br><a href="http://auraforrefugees.org">auraforrefugees.org</a> |
| 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<br><a href="http://aurorahouse.ca">aurorahouse.ca</a>           |

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|-----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
|                                               |                                                                                                                                                                                                       | 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<br>1-877-292-2288<br><a href="http://ccvt.org">ccvt.org</a>   |
| 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<br><a href="http://tngcommunityto.org">tngcommunityto.org</a> |

## 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<br><a href="http://cicic.ca">cicic.ca</a>                   |
| 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<br><a href="http://learn.utoronto.ca">learn.utoronto.ca</a> |

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|--------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|
| 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<br><a href="http://wes.org">wes.org</a> |
|--------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|

## 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<br><a href="http://yorku.ca/osgoode/clasp">yorku.ca/osgoode/clasp</a>                                                  |
| 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<br><a href="http://donvalleylegal.ca">donvalleylegal.ca</a>                                                            |
| 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<br>All other inquiries: 416 934-4535<br><a href="http://downtownlegalservices.ca">downtownlegalservices.ca</a> |

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| 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<br><a href="http://kbcls.org">kbcls.org</a>                             |
| 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<br>1-800-668-8259<br><a href="http://legalaid.on.ca">legalaid.on.ca</a> |
| 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<br><a href="http://nlstoronto.org">nlstoronto.org</a>                   |
| 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.                                                   | <a href="http://torontomu.ca">torontomu.ca</a>                                       |

# 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<br><br><a href="http://aboriginallegal.ca">aboriginallegal.ca</a>                                                              |
| 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<br>1-855-598-2656<br><br><a href="http://acelaw.ca">acelaw.ca</a>                                                                                |
| Arab Community Centre of Toronto            | Settlement, housing orientation, pre-employment and other social services.                                                                                                                                                                       | Newcomers.                                                                                                                               | 416-231-7746<br><br><a href="http://acctonline.ca">acctonline.ca</a>                                                                                          |
| 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<br>1-866-482-272<br><br>TTY: 416-482-1254 or TTY Toll-free: 1-866-482-2728<br><br><a href="http://archdisabilitylaw.ca">archdisabilitylaw.ca</a> |
| Bangladeshi-Canadian Community Services     | Community and settlement services provider.                                                                                                                                                                                                      | Open to all including immigrants and refugees; focus on Crescent Town and surrounding neighbourhoods.<br><br>Languages: English, Bengali | 416-699-4484<br><br><a href="http://bangladeshi.ca">bangladeshi.ca</a>                                                                                        |
| Black Legal Action Centre (BLAC) (LAO)      | Challenges anti-Black racism through advocacy, education and legal action.                                                                                                                                                                       | Low-income Black Ontarians.                                                                                                              | 416-597-5831<br><br>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<br><br><a href="http://spanishservices.org">spanishservices.org</a>                                                                              |

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|--------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| 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<br>1-844-971-9674<br><a href="http://csalc.ca">csalc.ca</a>                    |
| 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<br>1-833-461-2411<br><a href="http://iwclc.org">iwclc.org</a>                 |
| 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<br>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<br>1-855-598-2656<br><a href="http://acelaw.ca">acelaw.ca</a>                 |
| 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<br>1-877-832-6090<br><a href="http://workers-safety.ca">workers-safety.ca</a> |

# Language Supports

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

## English Language Training – ESL & LINC

| Agency                                                           | Service Description                                                                                                                                                                                                                                | Clientele Served                                                                                                                                                                                                                                         | Agency Contact Info                                                    |
|------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| 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<br><a href="http://alpha-toronto.ca">alpha-toronto.ca</a> |
| 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<br><a href="http://cclcs.ca">cclcs.ca</a>                 |
| 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<br><a href="http://tdsb.on.ca">tdsb.on.ca</a>             |

|                                                               |                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                          |                                                                              |
|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| 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<br><a href="http://tdsb.on.ca">tdsb.on.ca</a>                   |
| 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<br><a href="http://tdsb.on.ca">tdsb.on.ca</a>                   |
| Skills for Change - LINC                                      | Free English classes for immigrants and permanent residents new to Canada in Toronto. May provide child care services.<br><br>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<br><a href="http://skillsforchange.org">skillsforchange.org</a> |
| Toronto Catholic District School Board (TCDSB) - ESL and LINC | ESL courses range from Canadian Language Benchmarks (CLB) 1 to 6.<br><br>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. | <a href="http://tcdsb.org">tcdsb.org</a>                                     |
| 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<br><a href="http://tdsb.on.ca">tdsb.on.ca</a>                   |

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|                                                      |                                                                                                                                                                           | <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 | Provides opportunities to practice and improve English conversation skills in a relaxing environment while making new friends and learning what the library has to offer. | Newcomers to Canada.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <a href="http://torontopubliclibrary.ca">torontopubliclibrary.ca</a>                                 |
| University Settlement - LINC                         | Offers classes ranging from Literacy to Advanced CLB level 8. All classes are taught by experienced qualified TESL and PBLA trained instructors                           | Adults 18+ who are permanent residents, convention refugees or persons with letter of initial approval of permanent residence from Citizenship and Immigration Canada. Must complete English evaluation at YMCA Language Assessment and Referral Centre.                                                                                                                                                                                                                                                               | 416-408-4058<br>647-612-1501<br><a href="http://universitysettlement.ca">universitysettlement.ca</a> |
| Victoria Street - 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                                                                                                                                                                                                                                                                                                                           | 416-393-8268<br><a href="http://tdsb.on.ca">tdsb.on.ca</a>                                           |

|                  |                                                                                                                                                                         |                                                                                    |                                                                  |
|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------|
|                  |                                                                                                                                                                         | 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<br><a href="http://woodgreen.org">woodgreen.org</a> |

## 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<br>TTY: 1-877-215-9530<br><a href="http://chs.ca">chs.ca</a>          |
| 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<br><a href="http://tcdsb.org">tcdsb.org</a>                             |
| 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<br><a href="http://tdsb.on.ca">tdsb.on.ca</a>                           |
| 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<br><a href="http://torontopubliclibrary.ca">torontopubliclibrary.ca</a> |

## 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<br><a href="http://costi.org">costi.org</a>                   |
| 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<br>905-459-6700<br><a href="http://costi.org">costi.org</a>   |
| 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<br>416-395-3669<br><a href="http://tdsb.on.ca">tdsb.on.ca</a> |

## 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.<br><a href="http://ymcagta.org">ymcagta.org</a> |
| The Barrett YMCA Centre for            |                                                                                                                                            |                       |                                                                                                      |

|                     |  |  |  |
|---------------------|--|--|--|
| Newcomers to Canada |  |  |  |
|---------------------|--|--|--|

## Occupation-specific Language Training

| Agency                   | Service Description                                                                                                                                                                                                                         | Clientele Served                                                                                                                                                                     | Agency Contact Info                                                            |
|--------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| Centennial College       | Workplace Communication Skills Courses - Business/Finance, Construction Trades, Health Sciences, Technology. Work-oriented language training for newcomers. Courses are offered in blended or online formats.                               | Participants must be permanent residents, convention refugees/protected persons or temporary residents affected by the crisis in Gaza (showing “MOME2023” in status                  | 416-289-5000<br><a href="http://centennialcollege.ca">centennialcollege.ca</a> |
| 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<br><a href="http://collegeboreal.ca">collegeboreal.ca</a>         |
| 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<br><a href="http://georgebrown.ca">georgebrown.ca</a>             |
| 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<br><a href="http://humber.ca">humber.ca</a>                       |
| 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<br><a href="http://senecapolytechnic.ca">senecapolytechnic.ca</a> |

# English Conversation Circles

| Agency                                                | Service Description                                                                 | Clientele Served                                                                                                      | Agency Contact Info                                                                                  |
|-------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| ACCES Employment                                      | Talk English Café                                                                   | Open to all.                                                                                                          | 416-921-1800<br><a href="http://acesemployment.ca">acesemployment.ca</a>                             |
| COSTI                                                 | Click, Connect, Communicate                                                         | Permanent residents, convention refugees, refugee claimants and live-in caregivers.                                   | 416-244-9980<br><a href="http://costi.org">costi.org</a>                                             |
|                                                       | English Conversation Class – Basic Level<br>English Intermediate Conversation Class |                                                                                                                       | 416-244-9980<br><a href="http://costi.org">costi.org</a>                                             |
| JIAS Toronto                                          | English Conversation Circle                                                         | Open to all but priority given to permanent residents, convention refugees, refugee claimants and live-in caregivers. | <a href="http://jiastoronto.org">jiastoronto.org</a>                                                 |
| Pathway to Possibilities (PTP)                        | English Conversation Circle                                                         | Permanent residents, convention refugees, refugee claimants and live-in caregivers.                                   | 416-510-8079<br><a href="http://ptp.ca">ptp.ca</a>                                                   |
| The Salvation Army (Toronto Harbour Light Ministries) | English Conversation Circle                                                         | Open to all.                                                                                                          | 416- 682-2505<br>416- 807-1983<br><a href="http://torontoharbourlight.ca">torontoharbourlight.ca</a> |
| 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.                                                                                                          | <a href="http://universitysettlement.ca">universitysettlement.ca</a>                                 |
| WoodGreen Community Services                          | ESL Social Club for Newcomers                                                       | Permanent Residents, Convention Refugees, live-in caregivers, and Government Assisted. Refugees.                      | 416-405-5099<br><a href="http://woodgreen.org">woodgreen.org</a>                                     |
| 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.  | <a href="http://newcomersincanada.ca">newcomersincanada.ca</a>                                       |
|                                                       | Let's Speak English (ESL).                                                          |                                                                                                                       |                                                                                                      |
| Yonge Eglinton Community Centre                       | ESL conversation circle.                                                            | Open to all.                                                                                                          | 416-392-0511<br><a href="http://yongeeqlintoncc.com">yongeeqlintoncc.com</a>                         |
| Humbervale Park Baptist Church                        | ESL Class.                                                                          | Open to all.                                                                                                          | 416-231-6483<br><a href="http://humbervalepark.org">humbervalepark.org</a>                           |

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

# 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 & 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<br><a href="http://womenscollegehospital.ca">womenscollegehospital.ca</a>       |
| 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<br><a href="http://birthcontrolsexualhealth.ca">birthcontrolsexualhealth.ca</a> |
| 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<br><a href="http://toronto.ca">toronto.ca</a>                                   |

|                                                 |                                                                                                                                                                                                                                                                                                                                           |                                                                                                        |                                                                                |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 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<br><a href="http://hasslefreeclinic.org">hasslefreeclinic.org</a> |
| 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<br><a href="http://hqtoronto.ca">hqtoronto.ca</a>                 |
| 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<br><a href="http://iwhctoronto.com">iwhctoronto.com</a>           |
| 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<br><a href="http://ppt.on.ca">ppt.on.ca</a>                       |
| 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<br><a href="http://safersix.ca">safersix.ca</a>                   |
| 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<br><a href="http://toronto.ca">toronto.ca</a>                     |

|                  |                                                                                                                                                                                                                                                                                                                                                     |                                                         |                                                            |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------|
|                  | 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<br><a href="http://toronto.ca">toronto.ca</a> |

## 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 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, | Pregnant and parenting adolescents, aged 13-29 and their babies who reside at the Centre or in the community. | 416-425-6348<br><br>Intake Social Worker: 289-217-1890<br><br><a href="http://abionacentre.ca">abionacentre.ca</a> |

|                                                                                                        |                                                                                                                                                                                  |                                                                                                                                                                                                                                                                      |                                                                                       |
|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|                                                                                                        | high-quality childcare.                                                                                                                                                          |                                                                                                                                                                                                                                                                      |                                                                                       |
| 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.                                                                                                    | <a href="http://ontario.ca">ontario.ca</a>                                            |
| 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<br><a href="http://teresagroup.ca">teresagroup.ca</a>                    |
| 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<br>416-392-0658<br>TTY eCHAT: <a href="http://toronto.ca">toronto.ca</a> |

# EarlyON Programs & Playgroups

| Agency                                                                                                         | Service Description                                                                                                                                                   | Clientele Served                                                                                                      | Agency Contact Info                                                          |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| The 519 - EarlyON                                                                                              | Provides 2SLGBTQIA+ 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). | <a href="http://the519.org">the519.org</a>                                   |
| 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.                                            | <a href="http://centrefranco.org">centrefranco.org</a>                       |
| 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.                                                                      | <a href="http://toronto.ca">toronto.ca</a>                                   |
| ENAGB (Eshkiniigjik Naandwechigegami g, Aabiish Gaa Binjibaaying) Indigenous Youth Agency - Indigenous EarlyON | Focuses on providing cultural, employment, life skills, holistic wellness and recreational opportunities to Indigenous children and youth.                            | Indigenous families and caregivers with children 0-6 years.                                                           | 416-604-0300<br><a href="http://enagb-iy.ca">enagb-iy.ca</a>                 |
| George Hull Centre for Children & Families - EarlyON                                                           | Programs designed to support small children as they develop.                                                                                                          | Children 0-6 years and their parents/caregivers.                                                                      | 416-622-8833<br><a href="http://georgehullcentre.ca">georgehullcentre.ca</a> |
| LAMP Community Health Centre - Etobicoke Lakeshore EarlyON Child and Family Centre                             | Programs for infants, toddlers and preschool children.                                                                                                                | Children 0-6 years and their parents/caregivers.                                                                      | 416-252-8293<br><a href="http://lampchc.org">lampchc.org</a>                 |
| 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<br><a href="http://ncct.on.ca">ncct.on.ca</a>                   |

|                                                       |                                                                                                                                                                                                          |                                                             |                                                                    |
|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------|
| Native Child and Family Services of Toronto - EarlyON | Offers EarlyON centres grounded in Indigenous culture and traditions, and are integrated with Registered Early Childhood Educators, Shikabewis (Helper), Zhishay (Uncle) and Family Community Navigator. | Indigenous families and caregivers with children 0-6 years. | <a href="http://nativechild.org">nativechild.org</a>               |
| 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<br><a href="http://ojibiikaan.com">ojibiikaan.com</a> |

## 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.                                                                                                 | <a href="http://toronto.ca">toronto.ca</a> |
| 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), | <a href="http://toronto.ca">toronto.ca</a> |

# 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<br><a href="http://toronto.ca">toronto.ca</a>                     |
| 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<br><a href="http://georgehullcentre.ca">georgehullcentre.ca</a>   |
| 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<br><a href="http://www.woodgreen.org">www.woodgreen.org</a>       |
| 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<br><a href="http://youthrisingabove.org">youthrisingabove.org</a> |