

Family Law Resources

This document is intended to be a helpful resource for legal professionals, their clients, and the public. It does not entail an endorsement of any of the organizations here listed. mediate393 inc. does not take responsibility for and cannot confirm the accuracy of the information contained herein.

Please forward any suggestions to info@mediate393.ca

Contents

[TOP 20](#)

[PHONE LINE SERVICES](#)

[ADDICTION](#)

[EMPLOYMENT SERVICES](#)

[FAMILY SERVICES](#)

[LGBTTQ + SERVICES](#)

[MEN'S SERVICES](#)

[MENTAL HEALTH](#)

[SEXUAL AND PHYSICAL HEALTH](#)

[SHELTERS AND HOUSING](#)

[WOMEN'S SERVICES](#)

[YOUTH SERVICES](#)

[CULTURALLY SPECIFIC & MULTICULTURAL RESOURCES](#)

TOP 20

ORGANIZATION	SERVICE CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT# / PERSON / EMAIL	WAIT LIST and FEE	ADDITIONAL INFO
Family Service Toronto (general)	<i>FST offers a wide variety of counselling and support programs and services (incl. parenting, LGBTQ, gender-based violence, senior care) at 6 Toronto locations</i>	Service users must live and/or work in Toronto (GTA)	<ul style="list-style-type: none"> • sau@familyservicetoronto.org • Central office: (416) 595-9250 • Referral line for counselling (all locations) : (416) 595-9618 	<ul style="list-style-type: none"> • Wait list varies for services • Many free services • Sliding scale for counselling • *Walk-in counselling Wednesdays 4-8 pm at 355 Church St (last appt. 6:45)* 	
Families in Transition (FIT) (offered through Family Service Toronto)	<i>Focuses on practical strategies for coping with daily challenges for children (under 18 years) and parents related to divorce, separation, and/or remarriage</i>	Service users must live and/or work in Toronto (GTA)	Call FIT at (416) 585-9151 and ask for Janice Crymble (Office Manager)	<ul style="list-style-type: none"> • Counselling waitlist is currently closed (as of March 2015) • Sliding scale (\$5/hr if unemployed) 	<i>Interpreters can be arranged</i>
Violence Against Women (VAW) (offered through Family Service Toronto)	<i>For women who have experienced or are currently experiencing domestic violence</i>	Toronto (GTA)	Brian Porter, Communications Director: (416) 595-9230 x 225	<ul style="list-style-type: none"> • Call client location for wait list info • Waitlists reopen at beginning of month • Most services are free • Some are sliding scale • No one turned away 	<i>Services offered in other languages including Tamil, Farsi, Hindi, Somali, and Punjabi</i>
Central Family Intake	<i>Provides up to date, city-wide information regarding shelter availability (incl. Nellie's, the Red Door Family Shelter, Interval House and others)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • cfi@toronto.ca • (416) 397-5637 	<ul style="list-style-type: none"> • Will connect with shelters regarding waitlists • Free 	

TOP 20

ORGANIZATION	SERVICE CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT# / PERSON / EMAIL	WAIT LIST and FEE	ADDITIONAL INFO
Native Child and Family Services	<i>Children's Aid Society that offers a wide variety of support services to Indigenous people (incl. programming re: youth, DV, addiction, and transitional housing for women, men, and youth)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@nativechild.org • Main line: (416) 969-8510 • After hours: (416) 924-4646 (5pm-9am and weekends) 	<ul style="list-style-type: none"> • Waitlist for transitional housing can be up to 1.5 years (max. stay for residents) • Most services are free 	<ul style="list-style-type: none"> • Youth drop-in centre, Mon-Fri 8 am-9 pm, Sat 10am-5pm • Intake appt. required for transitional housing
Turning Point Youth Services	<i>Children's/youth mental health centre (services incl. support, counselling, violence prevention, emergency shelter, day programs and others)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • Call intake: (416) 925-9250 and ask for Lynn Bushell (manager of clinical and program and eval. services) 	<ul style="list-style-type: none"> • Wait times vary following intake, prioritized based on need • Contact Lynn for more info • Services are free 	<i>Turning Point works with the Youth Court System</i>
Centre for Addiction and Mental Health (CAMH)	<i>Mental health and addiction assessment and treatment facility covered by OHIP (programs incl. psychiatric treatment, senior mental care, sexual behaviours clinic, women's health, problem gambling and others)</i>	Clinical services-Toronto (GTA) Regional offices across Ontario support local services	<ul style="list-style-type: none"> • info@camh.ca • Main line: (416) 535-8501 • Addiction assessment: x 6616 	Waitlists and fees vary, call for more info	<ul style="list-style-type: none"> • Physician referral necessary for most services • Addiction/substance abuse is self-referral
Metro Addiction Assessment and Referral Service (MAARS) (offered through CAMH)	<i>Substance use assessment and referral services</i>	Service users must live in Toronto (GTA)	<ul style="list-style-type: none"> • Main line: (416) 599-1448 • call to get more info and begin assessment (phase 1) <i>*state that the call is for a MAARS assessment*</i> • Manager, Carol Sinclair 	<ul style="list-style-type: none"> • 2 phase assessment system- approx. a 3-4 week process • All services are free 	<ul style="list-style-type: none"> • Self-referral necessary • Interpreters available upon request

TOP 20

ORGANIZATION	SERVICE CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT# / PERSON / EMAIL	WAIT LIST and FEE	ADDITIONAL INFO
Barbra Schlifer Commemorative Clinic	<i>Specialized clinic that provides services to women who have experienced violence (incl. workshops on abuse and working with survivors, support groups, legal training, 24/7 interpreter services and advocacy)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • Amanda Dale, Executive Director: adale@schliferclinic.ca • Main line: (416) 323-9149 • Workshops on abuse- x 234 • Legal training x 233 • Interpreters x 236 *Please leave a msg stating if and when it is safe to call back* 	Some services are free and some are fee-based (affordable- call for a quote)	<ul style="list-style-type: none"> • Interpretation and support services in over 90 languages • Staff are knowledgeable about immigration law and diverse cultures
ACCES Employment	<i>Offers a wide range of free employment services at 5 locations in the GTA (incl. occupation-specific programs)</i>	Toronto (GTA) (incl. Scarborough, Mississauga, North York and Brampton)	Toronto location: (416) 921-1800	Call for more info	<i>Toronto location is open until 8:30 pm Mon and Wed</i>
Ontario Disability Support Program (ODSP)	<i>Helps people with disabilities who are in financial need pay for living expenses and search for employment</i>	Ontario (many locations)	Toronto downtown locations: (416) 314-5700 or (416) 212-7411		
JVS Toronto	<i>Offers employment, education, training, and support services re: employment and careers (for youth and adults)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • services@jvstoronto.org • Main line: (416) 787-1151 • Client service coordinator: (416) 649-1680 	<ul style="list-style-type: none"> • Programs are either free or sliding scale • Clients can call for assessment and info 	<ul style="list-style-type: none"> • Many languages, including ASL • Programs for recent immigrants

TOP 20

ORGANIZATION	SERVICE CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT# / PERSON / EMAIL	WAIT LIST and FEE	ADDITIONAL INFO
Oolagen	<i>Mental health centre for Toronto youth and their families (incl. walk-in clinic, counselling, outpatient services, referral and school-based services)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • contact@oolagen.org • Main line: (416) 395-0660 	<ul style="list-style-type: none"> • Waitlist varies with program, call for details • Programs and services are free 	<ul style="list-style-type: none"> • Intensive programs available to people under 18 (based on need and difficulties with traditional services) • Program for homeless mothers (under age 25)
Jessie's Centre (the June Callwood Centre for Young Women)	<i>Multi-service resource centre for pregnant teenagers, young parents and their children (*ages 18 and under*)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • mail@jessiescentre.org • Confidential intake and info line: (416) 365-1888 	<ul style="list-style-type: none"> • Wait time varies • Services and resources are free 	
Planned Parenthood Toronto	<i>Offers a wide range of health services and community programming for young people (incl. for young parents, young men, newcomer youth, and LGBTQ youth)</i>	Toronto (GTA)	Main line: (416) 961-0113	Call or go online (www.ppt.on.ca) for more info	<i>Peer-to-peer sexual and reproductive health information program runs out of the Women's College Hospital</i>
Immigrant Women's Health Centre	<i>Clinic services, information and outreach for a wide range of women's sexual health issues in a culturally safe environment</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@immigranthealth.info • Main line (416) 323-9986 	<ul style="list-style-type: none"> • Walk-in clinic system- first come first served • Services are free • Contraception (and emergency contraception) at low cost 	<ul style="list-style-type: none"> • Multi-lingual, all female staff • Will still be seen without OHIP documents • Sexual health only

TOP 20

ORGANIZATION	SERVICE CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT# / PERSON / EMAIL	WAIT LIST and FEE	ADDITIONAL INFO
Hassle Free Clinic	<i>Offers free medical and counselling services in many areas of sexual health 2 clinics- women/trans and men/trans</i>	Toronto (GTA)	<ul style="list-style-type: none"> • medicenter@mail.com • Main line: (416) 922-0566 	<ul style="list-style-type: none"> • Walk-in clinic system • Men/trans clinic is experiencing an increase in patients, wait may be longer • Call for fee details • Subsidized counselling and contraception (incl. emergency contraception) • Many free services 	<i>Explicitly trans-positive- both women's and men's clinics welcome people who identify as transgender and/or transsexual</i>
The 519 Church Street Community Centre	<i>Offers a wide spectrum of programs and services to meet the diverse needs of local LGBTTQ communities</i>	City of Toronto	<ul style="list-style-type: none"> • info@the519.org • Main line: (416) 392-6874 	<ul style="list-style-type: none"> • Large range of services, call for more info 	<ul style="list-style-type: none"> • <i>Legal info clinic</i> • <i>Trans community services</i>
Sherbourne Health Centre	<i>Community-based health centre offering primary care and chronic disease management services, health promotion and education, outreach and social supports, and mental health services to LGBT people, homeless and underhoused people, newcomers to Canada, and people living in the mid-east Toronto neighbourhood</i>	<ul style="list-style-type: none"> • Primary healthcare services- mid-east Toronto • Other services- Toronto (GTA) 	<ul style="list-style-type: none"> • info@sherbourne.on.ca • Services for LGBT people: (416) 324-4103 • To make a healthcare appointment: (416) 324-4180 • Other contact numbers available at sherbourne.on.ca 	Most services are free	

PHONE LINE SERVICES

PHONE LINE	DESCRIPTION	NUMBER	ADDITIONAL INFO
Assaulted Women's Helpline	<i>24/7 support line for women who are experiencing or have experienced abuse</i>	1-866-863-0511	<ul style="list-style-type: none"> • Concerned families, friends, loved ones etc. are also encouraged to call • Free
ConnexOntario	<i>Free and confidential health services information for people experiencing problems with alcohol or drugs, mental illness or gambling</i>	<ul style="list-style-type: none"> • Drug and alcohol: 1-800-565-8603 • Mental health: 1-866-531-2600 • Problem gambling: 1-888-230-3505 	<i>Free, funded by the government of Ontario</i>
Distress Centre of Toronto	<i>24/7 telephone support for people experiencing emotional distress or in need of crisis intervention and suicide prevention</i>	416-408-4357	<ul style="list-style-type: none"> • Free • Toronto (416) number
Kids Help Phone	<i>24/7 phone and web counselling for kids and teens</i>	1-800-668-6868	<i>Free</i>

PHONE LINE SERVICES

PHONE LINE	DESCRIPTION	NUMBER	ADDITIONAL INFO
LGBT Youthline	<i>Support line for lesbian, gay, bisexual, transgender, transsexual, 2-spirited, questioning and queer young people</i>	1-800-268-9688	<ul style="list-style-type: none"> • Free • Ontario
Mental Health Helpline	<i>Free mental health services information provided by the government of Ontario; includes a comprehensive database</i>	1-866-531-2600	<ul style="list-style-type: none"> • Free • Ontario • 24/7
PFLAG Toronto Support Line	<i>Offers support, community resources, and reading materials to LGBTQ individuals, their families, and their friends</i>	(416) 406-6378	<ul style="list-style-type: none"> • Toronto • Free • PFLAG's trained volunteers are parents themselves
Toronto Rape Crisis Centre/Multicultural Women Against Rape	<i>A support-based service for survivors of sexual assault that aims to combat violence against women and children; services include a 24h crisis line, support groups, court support, advocacy, public education and more</i>	Crisis line (24/7): 416-597-8808	<ul style="list-style-type: none"> • Toronto • Free • Services are available to all survivors of sexual assault, regardless of gender or identity Only take female- and trans-identified volunteers

ADDICTION

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Al-Anon	<i>Offers support groups for family and friends of those suffering from alcohol abuse issues</i>	Serves the GTA	<ul style="list-style-type: none"> (416) 410-3809 gtais.chair@gmail.com 	Groups are free	<ul style="list-style-type: none"> Phone line is answering service, leave a message Website is also available in French and Spanish
Alateen	<i>Offers support groups for family and friends *ages 10-19* of those suffering from alcohol abuse issues</i>	Serves the GTA	<ul style="list-style-type: none"> (416) 410-3809 gtais.chair@gmail.com 	Groups are free	<p>Phone line is answering service, leave a message</p> <p>Website is also available in French and Spanish</p>
Alcoholics Anonymous (AA)	<i>Offers support groups for people suffering from alcohol abuse issues</i>	Greater Toronto Area Intergroup serves the GTA	<ul style="list-style-type: none"> office@aatoronto.org (416) 487-5591 	Groups are free	<p>There are open and closed meetings</p> <p>Meetings also available for women only, men only, LGBTQ+ people, youth, etc</p>
Centre for Addiction and Mental Health (CAMH)	<i>Mental health and addiction assessment and treatment facility covered by OHIP (programs incl. psychiatric treatment, senior mental care, sexual behaviours clinic, women's health, problem gambling and others)</i>	<ul style="list-style-type: none"> Clinical services- Toronto (GTA) Regional offices across Ontario support local services 	<ul style="list-style-type: none"> Main line: (416) 535-8501 Addiction assessment x 6616 	Waitlists and fees vary, call for more info	<ul style="list-style-type: none"> Physician referral necessary for most services Addiction/substance abuse is self-referral

ADDICTION

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Cocaine Anonymous	<i>Offers support meetings for recovering cocaine addicts</i>	Cocaine Anonymous- Southern Ontario serves the GTA	<ul style="list-style-type: none"> • Info- (416) 927-7858 • Toll-free: 1-866-622-4636 	Meetings are free	
Community Outreach Programs in Addiction (COPA)	<i>Support services for people 55 years and older with addictions (including problem gambling) such as home outreach, counselling, treatment and case management</i>	Toronto	(416) 516-2984	Varies depending on service(s)	<i>COPA uses a non-judgmental, harm reduction, evidence-based approach</i>
ConnexOntario	<i>Provides health services information 24/7 via phone regarding drugs and alcohol, mental health, and problem gambling</i>	Ontario	<ul style="list-style-type: none"> • Drug and alcohol: 1-800-565-8603 • Mental health: 1-866-531-2600 • Problem gambling: 1-888-230-3505 	Free	<i>Also provides free resources and comprehensive reports</i>
Metro Addiction Assessment and Referral Service (MAARS) (offered through CAMH)	<i>Substance use assessment and referral services</i>	Service users must live in Toronto (GTA)	<ul style="list-style-type: none"> • Main line: (416) 599-1448 • call to get more info and begin assessment (phase 1)- *state that the call is for a MAARS assessment* • Manager, Carol Sinclair 	2 phase assessment system- approx. a 3-4 week process All services are free	<ul style="list-style-type: none"> • <i>Self-referral necessary</i> • <i>Interpreters available upon request</i>

ADDICTION

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Narcotics Anonymous	<i>Offers support meetings for recovering narcotics addicts</i>	The Toronto Area of Narcotics Anonymous serves the GTA	1-888-811-3887	Meetings are free	<i>Program of complete abstinence from all drugs</i>
Renascent	<ul style="list-style-type: none"> • Alcohol and drug addiction recovery programs • Services include day care, residential care, and after care 	Serves the GTA	<ul style="list-style-type: none"> • info@renascent.ca • 1-888-232-1212 (available 24/7) • 38 Isabella St, Toronto 	<ul style="list-style-type: none"> • All services are between 6-10 weeks long • Waitlist for subsidized residential treatment 	<i>Free family information night on the first Tuesday of every month from 7-8:30 pm- call (416) 927-1202 x 3010 to register</i>
Viaguard/ Accu-Metrics	<i>Offers drug screening</i>	Serves the GTA	<ul style="list-style-type: none"> • 416-691-4167 • 1-877-842-4827 	At cost	<i>Confidential</i>

EMPLOYMENT SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
ACCES Employment	<i>Offers a wide range of free employment services at 5 locations in the GTA</i>	Serves the GTA	College street location: (416) 921-1800	Services are free	<i>Open Mondays and Wednesdays to 8:30 pm, other days to 5 pm</i>
JVS Toronto	<i>Offers employment, training, education, and support services to people searching for jobs and to employers</i>	Toronto and York Region	<ul style="list-style-type: none"> • services@jvstoronto.org • Toronto head office: 75 Tycos Drive (416) 787-1151 	Services are free	<i>9 locations including Scarborough and Markham</i>
Newcomer Women's Services Toronto	<i>Offers employment and settlement services, skills development, language training, programs for children, and child care to newcomer women</i>	Toronto	<ul style="list-style-type: none"> • Maya Roy, Executive Director maya@newcomerwomen.org • 745 Danforth Ave, Suite 401 (416) 469-0196 	Services are free	<i>All-female staff</i>
Ontario Disability Support Program (ODSP)	<i>Assists people with disabilities with living expenses, health/medical benefits, and employment support</i>	Ontario	<ul style="list-style-type: none"> • Multiple Toronto locations: (depending on postal code) • Downtown location: (416) 314-5700 	Services are free	<ul style="list-style-type: none"> • <i>Under the Ministry of Community and Social Services</i> • <i>You do *not* need to be an ODSP income recipient to qualify for employment support</i>

EMPLOYMENT SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Ontario Works	<i>Provides financial assistance to Ontario residents in immediate need, as well as employment assistance</i>	Ontario	<ul style="list-style-type: none"> • Multiple Toronto locations • Metro hall location: (416) 392-2635 	Services are free	<ul style="list-style-type: none"> • <i>Under the Ministry of Community and Social Services</i> • <i>Service users must be willing to make 'reasonable efforts' towards employment</i>

FAMILY SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Access for Parents and Children in Ontario (APCO)	<i>Non-profit organization that provides supervised access to separated families</i>	Ontario	<ul style="list-style-type: none"> • Head office: 100 Sheppard Ave E., Suite 504 (416) 304-1221 • Intake supervisor: x 102 • Program manager: x 111 	<ul style="list-style-type: none"> • Initial \$25 intake fee per party • Geared to income 	<i>Referrals made through lawyers, or both parties must provide a court order</i>
Aisling Discoveries	<i>Provides services to children from prenatal-12 years of age who are experiencing or are at risk of developing social, emotional or behavioural problems and for children and youth up to the age of 18 with autism spectrum disorder and their families</i>	East York and Scarborough- some services available across Toronto	<ul style="list-style-type: none"> • email@aislingdiscoveries.on.ca • Main office (Scarborough): (416) 321-5464 • Autism services: x 236 • Other services: x 233 	Varies	
Catholic Family Services	<i>Offers individual, couple, family, and group counselling, wellness programs, marriage programs, and programs for women experiencing domestic abuse</i>	Toronto	<ul style="list-style-type: none"> • info@cfstoronto.com • Central office: (416) 921-1163 	<ul style="list-style-type: none"> • Program costs are geared to income • No one denied service due to inability to pay fee(s) 	
Connecting Families Program (through Family Service Toronto)	<i>A counselling parenting program aimed at helping parents encourage positive behaviour in their children and improving parent-child relations</i>	Serves the GTA	<ul style="list-style-type: none"> • gillianfr@familyservicetoronto.org (416) 595-0307 x 230 	<ul style="list-style-type: none"> • Fees for FST services vary • No one turned away because of inability to pay 	

FAMILY SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
John Innes Community Recreation Centre	<i>Offers a variety of programs to children and their families, including a day camp for children with disabilities, fitness and drop-in programs, and various facilities</i>	Moss Park neighbourhood, Toronto	150 Sherbourne St: (416) 392-6779	Programs are free	
Family Service Toronto (FST)	<i>Assists families and individuals through counselling, community development, advocacy and public education programs</i>	Services are available to anyone who lives or works in Toronto	<ul style="list-style-type: none"> • sau@familyservice toronto.org • General info (central office): (416) 595-9230 • Service inquiries and registration: (416) 595-9618 	<ul style="list-style-type: none"> • Counselling fees are sliding scale based on income • Some programs may have waitlists 	<ul style="list-style-type: none"> • Location at 355 Church St offers free walk-in counselling Wednesdays from 4-8 pm • Library of printed literature also available
Families in Transition (FIT) (through Family Service Toronto)	<i>Specialized services for separating, divorcing, or remarrying families, including parenting support groups, counselling, and mediation</i>	FST services are available to anyone who lives or works in Toronto	(416) 585-9151	<ul style="list-style-type: none"> • Most group programs have set fees • Counselling fees are sliding scale, based on income and family size • Subsidies are available • May be a waitlist 	
Family Services York Region	<i>Provides confidential counselling services for children, youth, women, men, and their families</i>	York region (multiple locations)	<ul style="list-style-type: none"> • Newmarket office: (905) 895-2371 • Toll-free: 1-888-223-3999 	Call for more info	<i>Services are available in multiple languages</i>

FAMILY SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
LGBTQ Parenting Network (through the Sherbourne Health Centre)	<i>The network offers courses and support groups, and collaborates in community-based research projects related to LGBTQ parenting</i>	Toronto	Andy Inkster, Health Promoter- (416) 324-4100 x 5276	Programs are at cost, but sliding scale fees based on income are available	<i>Many resources available through their website at www.lgbtqpn.ca</i>
Native Child and Family Services	<i>Children's Aid Society that offers a wide variety of support services to Indigenous people (incl. programming re: youth, DV, addiction, and transitional housing for women, men, and youth)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@nativechild.org • Main line: (416) 969-8510 • After hours (5pm-9am and weekends): (416) 924-4646 	<ul style="list-style-type: none"> • Waitlist for transitional housing can be up to 1.5 years (max. stay for residents) • Most services are free 	<i>Youth drop-in centre, Mon-Fri 8 am-9 pm, Sat 10am-5pm Intake appt. required for transitional housing</i>
Newcomer Women's Services Toronto	<i>Offers employment and settlement services, skills development, language training, programs for children, and child care to newcomer women</i>	Toronto	<ul style="list-style-type: none"> • Maya Roy, Executive Director maya@newcomerwomen.org • 745 Danforth Ave, Suite 401 (416) 469-0196 	Services are free	<i>All-female staff</i>
Nursing Home Abuse Guide (.org)	<i>Resource on elder abuse and neglect</i>	Online	<ul style="list-style-type: none"> • info@nursinghomeabuseguide.org • Shannon Roberts, Senior Awareness Coordinator 	Free	<i>Shannon contacted Riverdale Mediation for cross-referrals</i>
Online co-parenting websites	<i>Interactive websites for managing child time-sharing between parents</i>	Online	<ul style="list-style-type: none"> • www.ourfamilywizard.com • www.sharekids.com • www.kidsontime.com 	<ul style="list-style-type: none"> • \$99/year • \$15/mo;\$150/year • \$10/mo 	

FAMILY SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Ontario Association of Children's Aid Societies	<i>Represents Children's Aid Societies in Ontario and provides services in the areas of government relations, communications, information management, education and training to advocate for the protection and well-being of children</i>	Ontario	<ul style="list-style-type: none"> reception@oacas.org General inquiries; (416) 987-7725 Toll-free: 1-800-718-1797 		
Partner Assault Response (PAR)/"Next Steps" Program (offered through Family Service Toronto)	<i>A Domestic Violence Court initiative that delivers a specialized community-based group education/counselling program to offenders who have been mandated by the court to attend the PAR program in response to a criminal charge involving domestic violence</i>	FST services are available to anyone who lives or works in Toronto	Service Access Unit: (416) 595-9618	Fees are based on a sliding scale 2-8 week wait on average	<i>Groups also offered in Tamil, Farsi, and French</i>
Planned Parenthood Toronto	<i>Offers a wide range of health services and community programming for young people (incl. for young parents, young men, newcomer youth, and LGBTQ youth)</i>	Toronto	(416) 961-0113	Varies	<i>Peer-to-peer sexual and reproductive health information program runs out of the Women's College Hospital</i>
Rosalie Hall: A young parent's resource centre	<i>Provides a comprehensive range of early intervention, prevention and treatment services meeting the needs of young families</i>	Toronto (GTA) and Scarborough (located in Scarborough)	<ul style="list-style-type: none"> info@rosaliehall.com (416) 438-6880 	Varies	<i>A number of other organizations (including Aisling Discoveries) also provide services at this location</i>

FAMILY SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
TDSB Parenting and Family Literacy Centres	<i>Free, school-based programs for parents, grandparents and caregivers with children up to 6 years of age</i>	78 locations across Toronto	To find a centre near you, call (416) 394-2104	Free	<ul style="list-style-type: none"> • Also connects caregivers with community resources • Services are available in multiple languages Registration is not necessary; drop-in
Toronto Public Libraries	<i>Literacy programs and homework help for children of all ages</i>	Multiple locations across Toronto	(416) 393-7030	Free	<i>Offers TOEFL for University entrance at the North York Public Library</i>
Turning Point Youth Services	<i>Children's mental health centre that provides a range of mental health, counselling and support services to at-risk and vulnerable youth 12-24 and their families</i>	Toronto	(416) 925-9250	Most services are free	<i>Services include residential care, emergency shelter, day programs, substance abuse programs, violence prevention counselling, and a youth court mental health worker</i>
West Neighbourhood House (formerly St. Christopher House)	<i>Non-sectarian social services agency that offers a variety of programs for children, youth, adults, parents, and seniors</i>	Lakeshore to Bloor and Bathurst to Roncesvalles	<ul style="list-style-type: none"> • info@westnh.org • General info: (416) 532-4828 	Fees for some services	

FAMILY SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
The York Centre for Children, Youth and Families	<i>Provides a range of mental health services for children, youth and families who live in the Region of York</i>	York Region (located in Richmond Hill)	<ul style="list-style-type: none"> • info@theyorkcentre.ca • (905) 887-5896 	Call for more info	<i>Services are delivered by a multi-disciplinary team based upon an holistic approach to social, emotional, academic and familial needs</i>
Zero to Three	<i>U.S. organization that provides parents, professionals and policymakers with information and resources regarding early childhood development</i>	U.S.-based (resources available online at zerotothree.org)			

LGBTTQ + SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
519 Church Street Community Centre	<i>Hub of community life in the Church and Wellesley Village; offers a wide variety of programs and services to Toronto's LGBTQ communities</i>	Bloor to Gerrard and Bay to Parliament	<ul style="list-style-type: none"> • info@the519.org • Front desk : (416) 392-6874 	Most programs are free	<i>Public-private partnership with the City of Toronto</i>
Central Toronto Youth Services	<i>Pride & Prejudice branch offers programs to LGBTQ and questioning youth ages 13-24</i>	Toronto	<ul style="list-style-type: none"> • mail@ctys.org • (416) 924-2100 	<ul style="list-style-type: none"> • Free • Some programs have waitlists 	<i>Some programs are available in French</i>
David Kelley Lesbian and Gay Community Counselling Program (offered through Family Service Toronto)	<i>Provides professional, short-term, individual, couple and family counselling to people who identify as lesbian, gay, bisexual, trans or queer</i>	FST services are available to anyone who lives or works in the GTA	Service access unit: (416) 595-9618	Counselling is sliding scale based on income	<ul style="list-style-type: none"> • Sometimes have group services or educational forums • Also offers the PAR program

LGBTQ + SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Hassle Free Clinic	<ul style="list-style-type: none"> • Offers medical and counselling services in many areas of sexual health • 2 clinics: women/trans and men/trans 	Toronto (GTA)	Main line: (416) 922-0566	<ul style="list-style-type: none"> • Walk-in clinic system • Men/trans clinic is experiencing an increase in patients, wait may be longer • Call for fee details • Subsidized counselling and contraception (incl. emergency contraception) • Many free services 	<i>Explicitly trans-positive-both women's and men's clinics welcome people who identify as transgender and/or transsexual</i>
LGBT Youthline	<i>Support line for lesbian, gay, bisexual, transgender, transsexual, 2-spirited, questioning and queer young people</i>	Ontario	1-800-268-9688	Free	
LGBTQ Settlement Network	<i>The network supports frontline workers, coordinates outreach efforts to LGBTQ+ newcomers, works to increase visibility, stimulate dialogue in the broader community, and share referrals and best practices</i>	Toronto (GTA)	https://sites.google.com/site/lgbtqnewcomersettlementnetwork/	Free	<i>To join listserv send an email to lgbtqsettlementnetwork-subscribe@lists.riseup.net</i>

LGBTQ + SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Sherbourne Health Centre	<i>Community-based, holistic healthcare serving LGBT people, homeless and under-housed people, newcomers to Canada, and people living in the mid-East Toronto neighbourhood</i>	<ul style="list-style-type: none"> Family/primary healthcare available to people living in mid-East Toronto Other services available to people located in Toronto (GTA) 	<ul style="list-style-type: none"> info@sherbourne.on.ca Services for LGBT people: (416) 324-4103 To make a healthcare appointment: (416) 324-4180 Other contact numbers available at: sherbourne.on.ca 	Most services are free	<i>LGBT services include healthcare, counselling, youth mentorship, community meals, resources for parents and more</i>
LGBTQ Parenting Network (through the Sherbourne Health Centre)	<i>An organization that supports LGBTQ parents and parenting in Toronto with courses, research projects and a resource library</i>	Toronto (GTA)	<ul style="list-style-type: none"> Rachel Epstein, coordinator: (416) 324-4100 x5219 Andy Inkster, health promoter: (416) 324-4100 x5276 	<ul style="list-style-type: none"> Resources are free Courses are at cost, but a sliding scale is available 	<i>They also collaborate in community-based research projects and offer a resource library on their website</i>
PFLAG Toronto	<i>An organization that serves parents, families, friends, and allies of Toronto's LGBTQ* communities</i>	<ul style="list-style-type: none"> Toronto (GTA) Based in the East End (Coxwell and Danforth), but with resources (e.g. support groups) newly available in the West End as well 	<ul style="list-style-type: none"> office@pflagtoronto.org General inquiries: (416) 406-1727 Support line (24/7): (416) 406-6378 	Free (charitable organization)	<i>Offer a support line, monthly support meetings, a lending library, and community outreach (education)</i>

LGBTTQ + SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Planned Parenthood Toronto	<i>Offers healthcare and community programming to LGBT youth</i>	Toronto (GTA)	Main line: (416) 961-0113	Call for more information	
Toronto Rape Crisis Centre: Multicultural Women Against Rape	<i>A support-based service for survivors of sexual assault that aims to combat violence against women and children; services include a 24h crisis line, support groups, court support, advocacy, public education and more</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@trccmwar.ca • Business office: (416) 597-1171 • Crisis line (24/7): 416-597-8808 	Services are free	<ul style="list-style-type: none"> • Services are available to all survivors of sexual assault, regardless of gender or identity • Only take female- and trans-identified volunteers
Two-Spirited People of the First Nations	<i>A non profit social service organization whose membership consists of Aboriginal 2-Spirit, gay, lesbian, intersex, bisexual and transgender people in Toronto</i>	Toronto	<ul style="list-style-type: none"> • Main line: (416) 944-9300 • 2spirits.com 		<ul style="list-style-type: none"> • Health resources, counselling, and advocacy are also available (including HIV/AIDS services and support) • Many resources for healthcare providers and others available on website

MEN'S SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
1 in 6 Men's Services	<i>Support and services for men who have experienced childhood sexual abuse</i>	Online	1in6.org/men/	Free	<i>They offer 24/7 online support</i>
Abrigo Centre-Fathers Program	<i>The Abrigo Centre offers a group parenting program for fathers of Portuguese speaking background</i>	Toronto (GTA)	(416) 534-3434	Free	<i>Clients are eligible for this program if they do not have any charges pending and are involved with child protection services</i>
Canadian Hearing Society Connect Counselling Services	<i>Organization that provides professional counselling services to Deaf, oral deaf, deafened and hard of hearing individuals of all ages, and their families, dealing with mental health issues, addiction, relationship problems, domestic violence or other serious challenges</i>	Ontario (various locations) (head office in Toronto)	<ul style="list-style-type: none"> • Head office: (416) 928-2535 • Toll-free: 1-877-347-3427 • TTY toll-free: 1-877-216-7310 	Free	
Central Family Intake	<i>Provides up to date, city-wide information regarding shelter availability</i>	Toronto (GTA) (Phone line service)	<ul style="list-style-type: none"> • cfi@toronto.ca • (416) 397-5637 	Free	<i>Will connect with shelters regarding waitlists</i>

MEN'S SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Centre for Independent Living in Toronto (CILT)	<i>Independent Living (IL) is a philosophy and a movement of persons with disabilities that promotes an end to institutional living for people with disabilities and encourages and supports individuals to integrate into the community</i>	Open to all, located in Toronto	<ul style="list-style-type: none"> • info@cilt.ca • (416) 599-2458 	Most services are free, call for more info	<i>Services include peer support, skills training, programs for seniors, programs for parents and more</i>
City of Toronto Employment Resource Centres	<i>Offer a full range of employment services such as job search information and support, coaching and guided job searches, workshops and interview preparation</i>	Toronto (GTA)	Go to: www1.toronto.ca and search resources for homeless and underhoused people	Free	
Cota Health	<i>Support for men with a serious mental illness who are homeless or in a shelter</i>	Toronto (GTA)	<ul style="list-style-type: none"> • (416) 785-9230 • Toll-free: 1-888-785-2779 	Free	
The Gatehouse	<i>Offers 15 week (once a week) program for adult survivors of childhood sexual abuse (separate groups for men and women)</i>	Toronto	Brad Hutchinson, Executive Director (416) 255-5900 x 225 bhutchinson@thegatehouse.org	Free	<i>Separate men and women's groups</i>

MEN'S SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Hope 24/7	<i>Offers support services, crisis support, individual and group counselling to men who have experienced sexual assault and/or abuse</i>	Brampton	<ul style="list-style-type: none"> • (905) 792-0821 • www.hope247.ca 		<i>Offers immediate online chat support</i>
Horizon Counselling, Consulting and Training	<i>Offers a Men's Survivor Support Program for men who have experienced sexual assault and/or abuse</i>	Brampton	<ul style="list-style-type: none"> • horizonct@gmail.com • Richard Perry, Executive Director (416) 994-2455 • www.horizoncct.com 	Free	<i>The program is 24 hours in total- 8 sessions one-to-one, 8 peer-to-peer group sessions, and 8 phone sessions</i>
Family Service Toronto (FST) services for male survivors of sexual abuse	Counselling for male survivors is available through FST's Counselling Service Program and the David Kelly LGBTQ/HIV AIDS Program	Toronto (GTA)	Service access unit: (416) 595-9618	Free up to 8 sessions- discuss fees with counsellor for additional sessions if necessary (sliding scale)	<i>Ages 16+</i>
Family Services of Peel (FSP) The Men's Program	The Men's Program is a community support service for men over age 16 who have been sexually abused	Mississauga (no catchment area)	<ul style="list-style-type: none"> • Iriny, Program Counsellor • isalib-sharkawy@fspeel.org (905) 270-2250 • www.fspeel.org 	Free (age 16+)	<i>Free and confidential counselling support designed specifically to meet men's needs</i>

MEN'S SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
JVS Toronto	<i>Offers employment, training, education, and support services to people searching for jobs and employers</i>	Toronto and York Region	<ul style="list-style-type: none"> • services@jvstoronto.org • Toronto head office: 75 Tycos Drive (416) 787-1151 	Services are free	<i>9 locations including Scarborough and Markham</i>
Kawartha Sexual Assault Centre	<i>A not-for-profit organization that is dedicated to supporting those affected by sexual violence as well as raising public awareness around the need to better address conditions, laws and attitudes that contribute to ongoing cycles of violence</i>	The city of Peterborough, the counties of Peterborough, Northumberland, Haliburton and the City of Kawartha Lakes	<ul style="list-style-type: none"> • ksac@nexicom.net • Toll-free: (general info) 1-866-298-7778 • Crisis line (24/7): (705) 741- 0260 	Free	<i>Supports all survivors of sexual assault (regardless of gender)</i>
Men's Advice Line	<i>A helpline and email support service for men in the U.K. experiencing domestic violence and abuse</i>	U.K. organization, but provides support via email	info@mensadvice.uk.org	Free	<i>Developing standards in the U.K. for for domestic abuse services for men</i>
The Men's Project (Ottawa)	<i>Provides support and counselling services to men who have experienced/are experiencing sexual assault/abuse, intimate partner violence/domestic violence, anger management issues, or other trauma/emotional distress.</i>	Ottawa (27 Auriga Drive, unit M1057)	(613) 230-6179	Services are free (charitable status)	

MEN'S SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Planned Parenthood Toronto	<i>Offers a variety of sexual and physical health services for men including screenings, infertility treatment and referral, STI testing and treatment, male birth control and more</i>	Toronto (GTA)	<ul style="list-style-type: none"> • Main line: (416) 961-0113 	Call for more information	
Seaton House (and Seaton House Fort York)	<i>Hostel/shelter and other programming (housing, community-based programs) for men 18+</i>	Toronto (GTA) and Fort York	<ul style="list-style-type: none"> • General info: (416) 392-5527 • Intake: (416) 392-5522 • Fort York: (416)338-8800 	Free	
West Neighbourhood House (formerly St. Christopher House)	<i>Non-sectarian social services agency that offers a variety of programs for children, youth, adults, parents, and seniors</i>	Lakeshore to Bloor and Bathurst to Roncesvalles	<ul style="list-style-type: none"> • info@westnh.org • General info: (416) 532-4828 	Fees for some services	

MENTAL HEALTH

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Central Toronto Youth Services	<i>Community-based Children's Mental Health Centre offering community counselling, programming for youth recovering from psychiatric illness, programs for LGBT youth, and youth justice (court support)</i>	Toronto	Main line: (416) 924-2100	<ul style="list-style-type: none"> • Services are free • Some programs have waitlists, call for more info 	<i>An online review from 2012 describes an experience with transphobia at CTYS- call to confirm transpositivity</i>
Centre for Suicide Prevention	<i>A non-profit education centre located in Calgary, Alberta</i>	Located in Alberta- resource toolkits are available online at suicideinfo.ca		Resource toolkits are available for free online	
Family Services of Peel Counselling	<i>Offers individual and group counselling to men</i>	Must live or work in the Region of Peel to access services	<ul style="list-style-type: none"> • fsp@fspeel.org • (905) 453-5775 • Toll-free intake: 1-855-505-5205 	Some programs are free Fees are based on a sliding scale	
John Howard Society of Toronto	<i>A non-profit organization dedicated to helping all people who have been in conflict with the law and individuals at imminent risk of coming into conflict with the law through service, education and community programs</i>	Toronto	<ul style="list-style-type: none"> • contact@johnhowardtor.on.ca • Multiple offices • Main office: (416) 925-4386 	Services are free	<i>Services include anger management counselling, housing services, pre-employment services, a community justice program and the PAR program</i>

MENTAL HEALTH

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Massey Centre	<i>Mental health centre for pregnant and/or parenting adolescents; wide array of health and community programming</i>	Toronto	<ul style="list-style-type: none"> Intake Social Worker sadeken@massey.ca (416) 425-6348 x 230 	Free programs and resources	
Mental Health Helpline	<i>Free mental health services information provided by the government of Ontario; includes a comprehensive database</i>	Ontario (phone line)	1-866-531-2600	Free	24/7
Toronto Distress Centre	24/7 telephone support, as well as face-to-face support and counselling, to people experiencing emotional distress or in need of crisis intervention and suicide prevention	Toronto	<ul style="list-style-type: none"> Info@TorontoDistressCentre.com General information: (416) 598-0166 Distress/crisis line: (416) 408-4357 (HELP) 	Free	
The Toronto Mental Health and Addictions Access Point/Toronto Mental Health and Addictions Supportive Housing Network	<i>A centralized point where people can apply for individual mental health and addictions support services and supportive housing. The Network Seeks to streamline access to supportive housing in the GTA</i>	Port Union Road to Highway 427 and Steeles Ave. to the lake	The Access Point: info@theaccesspoint.ca (416) 640-1934	Services are free but wait times can vary based on demand- can be between 1-7 years for housing depending on type	<i>Parameters for service users- must be experiencing mental illness, addiction(s), hospitalization(s) etc depending on program (check online for more info)</i>

MENTAL HEALTH

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Toronto Psychological Services	<i>Offers a wide variety of psychological services including anger management counselling, cognitive behavioural therapy, and services for children</i>	Toronto (Etobicoke and Downtown offices)	<ul style="list-style-type: none"> • info@torontopsychologicalservices.com • Etobicoke- (416) 531-0727 • Downtown- (416) 531-0726 	At cost depending on insurance	
Parents for Children's Mental Health	<i>Resources and support for parents</i>	Toronto (GTA) and beyond (online)	<ul style="list-style-type: none"> • admin@pcmh.ca • board@pcmh.ca • (416) 220-0742 	Membership fee	
Psychotherapy Referral Service (PRS)	<i>Matches people (individuals or couples) with psychotherapists</i>	Toronto (GTA)	(416) 920-0655	At cost	
Women's Counselling Referral/Education Centre (WCREC)	<i>A feminist, anti-racist, anti-oppression community-based mental health agency that provides free services to people in the GTA and beyond</i>	Toronto (GTA) (Service users outside the GTA can contact WCREC via phone or email)	generalmail@wcrec.org (416) 534-7501	Also offers referrals to therapists, self-help groups, community organizations, and offers an in-house counselling service to low-income women	

MENTAL HEALTH

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
The York ASD Partnership	<i>A collaborative of community service-providers, government agencies, school boards, hospitals, advocacy organizations and parents working together to improve existing systems of support for children, youth and adults with Autism Spectrum Disorders in York Region</i>	York Region	<ul style="list-style-type: none"> • info@yorkasdpartnership.or • Neil Walker, Project Manager: (647) 850-7780 		
York Community Crisis Response (hotline)	<i>Mobile, confidential crisis telephone response service. Support and information; referral to other services</i>	York Region	310-2673 (do *not* dial 905)	Free	

SEXUAL AND PHYSICAL HEALTH

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
CAMH Sexual Behaviours Clinic (SBC)	<i>Provides services for people with sexual behaviours or urges that may have resulted in personal and/or legal difficulties, including assessment, counselling, and psychopharmaceutical treatment options</i>	Toronto (GTA)	Intake and info: Ms. Amelia Subryan- (416) 535-8501 x 34886 Amelia.Subryan@camh.ca	Call for more info	<ul style="list-style-type: none"> • Clients typically include adults who have been convicted of a sexual offence, are distressed by their behaviours, or are concurrently experiencing mental illness and/or substance abuse issues • Clients must be referred to the clinic by a physician or probation officer <p>* The clinic also provides services and referrals to affected family members, who do not require a referral*</p>
Hassle Free Clinic	<ul style="list-style-type: none"> • Offers medical and counselling services in many areas of sexual health • 2 clinics- women/trans and men/trans 	Toronto (GTA)	Main line: (416) 922-0566	<ul style="list-style-type: none"> • Walk-in clinic system • Men/trans clinic is experiencing an increase in patients, wait may be longer. • Call for fee details • Subsidized counselling and contraception (incl. emergency contraception) • Many free services 	<i>Explicitly trans-positive- both women's and men's clinics welcome people who identify as transgender and/or transsexual</i>

SEXUAL AND PHYSICAL HEALTH

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Immigrant Women's Health Centre	<i>Clinic services, information and outreach for a wide range of women's sexual health issues in a culturally safe environment</i>	Toronto (GTA)	info@immigranthealth.info Main line: (416) 323-9986	<ul style="list-style-type: none"> • Walk-in clinic system- first come first served • Services are free • Contraception (and emergency contraception) at low cost 	<ul style="list-style-type: none"> • <i>Multi-lingual, all female staff</i> • <i>Will still be seen without OHIP documents Sexual health only</i>
Planned Parenthood Toronto	<i>Offers a wide range of health services and community programming for young people (incl. for young parents, young men, newcomer youth, and LGBTQ youth)</i>	Toronto (GTA)	Main line: (416) 961-0113	Call for more info- website is currently down	<i>Peer-to-peer sexual and reproductive health information program runs out of the Women's College Hospital</i>
Sex Addicts Anonymous Toronto	<i>A 12-step, 12-tradition based program of recovery for compulsive sexual behavior</i>	Toronto (GTA)	(416) 285-0951 <i>(leave a message with a number to be reached at and a time you can speak confidentially)</i>	Free	

SEXUAL AND PHYSICAL HEALTH

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Sherbourne Health Centre	<i>Community-based health centre offering primary care and chronic disease management services, health promotion and education, outreach and social supports, and mental health services to LGBT people, homeless and underhoused people, newcomers to Canada, and people living in the mid-east Toronto neighbourhood</i>	<ul style="list-style-type: none"> • Primary healthcare services- mid-east Toronto • Other services- Toronto (GTA) 	<ul style="list-style-type: none"> • info@sherbourne.on.ca • For more info or to make a healthcare appointment: (416) 324-4180 	Family health team model	
Toronto Sexual Health Clinics	<i>Toronto Public Health clinics across the city offering STI testing and free treatment, birth control and birth control counselling, Plan B, pregnancy testing and counselling, and sexuality and relationship counselling</i>	Various locations across Toronto (GTA)	Various locations across Toronto- find a phone number for a nearby clinic at http://sexualhealthontario.ca/toronto-public-health/2013/03/06/toronto-sexual-health-clinics/	You do not require a referral or OHIP coverage to visit a clinic	
Telehealth Ontario	<i>Free, confidential phone service to get health advice or general health information from a Registered Nurse</i>	Phone helpline	<ul style="list-style-type: none"> • 1-866-797-0000 • TTY: 1-866-797-0007 • TTY in Toronto: (416) 327-4282 		

SHELTERS AND HOUSING

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Anduhyun Shelter and Neknaan Second Stage Housing	<ul style="list-style-type: none"> • <i>Emergency shelter for Native women and their children who are leaving abusive situations</i> • <i>Neknaan provides safe, affordable, temporary housing to Aboriginal women with or without children and offers assistance in obtaining permanent, safe, affordable housing</i> 	Located in York	<ul style="list-style-type: none"> • General inquiries: (416) 243-7669 • Shelter: (416) 920-1492 x 221 • Life skills and crisis support: x 228 • Sexual assault: x 227 	Free	
Central Family Intake	<i>Provides up to date, city-wide information regarding shelter availability (incl. Nellie's, the Red Door Family Shelter, Interval House and others)</i>	cfi@toronto.ca Toronto (GTA) (Phone line service)	(416) 397-5637	Free	<i>Will connect with shelters regarding waitlists</i>
Cota Health	<i>Support for men with a serious mental illness who are homeless or in a shelter</i>	Toronto (GTA)	<ul style="list-style-type: none"> • (416) 785-9230 • Toll-free: 1-888-785-2779 	Free	

SHELTERS AND HOUSING

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Housing Peterborough (offered through the Community Counselling & Resource Centre of Peterborough)	<i>Housing support, information and resources</i>	Peterborough	Housing resource centre- (705) 743-2272	Free	
Interval House	<i>Centre for women and their families who are leaving abusive situations- 12-room shelter, counselling, community programs, housing and resettlement programs</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@intervalhouse.ca • General info: (416) 924-1411 • Crisis line: (416) 924-1491 	Free	
Na-Ma-Res (Native Men's Residence)	<i>Abstinence-based residence and emergency shelter, capacity 63, emphasis on Aboriginal culture, multi-disciplinary care team including traditional elders and teachers, psychiatrist, nurse; case management, counselling, stress management, legal information, advocacy, housing assistance</i>	Toronto (Vaughn)	(416) 652-0334	Free	

SHELTERS AND HOUSING

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Native Child and Family Services Shelters	<i>Culture-based, Children's Aid Society organization serving Toronto's Aboriginal population that offers children's programming, residential and day camps, addictions treatment and counselling, mental health services, developmental services, youth housing and more</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@nativechild.org • Mon-Fri, 9am-5pm: (416) 969-8510 • After hours: (416) 924-4646 	Most services are free	<i>As a Children's Aid Society organization, they have a responsibility to put children experiencing violence into residential housing</i>
Nellie's	<i>Women's and children's organization offering a shelter, housing support, outreach, programming for children and youth, and peer support</i>	Open to all; located in Toronto	<ul style="list-style-type: none"> • community@nellies.org • General inquiries: (416) 461-8903 • Crisis line: (416) 461-1084 	Free	
North York Women's Shelter	<i>Shelter and other services for women and their children who are survivors of violence and abuse</i>	Open to all; located in North York	<ul style="list-style-type: none"> • shelter@nyws.ca • General inquiries: (416) 638-7335 • Shelter: (416) 635-9427 • Crisis line (24/7): (416) 635-9630 	Free	

SHELTERS AND HOUSING

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Red Door Family Shelter	<i>Shelters and other services (including counselling, case management, legal assistance, and youth programming) for homeless and underhoused families, and women and their families leaving abusive situations</i>	Open to all; located in Toronto	<ul style="list-style-type: none"> • Bernnitta Hawkins, Executive Director bhawkins@reddoorshelter.ca • Administrative office: (416) 915-5671 • Family shelter: (416) 469-3457 • Violence against women shelter: Tanya Lord, manager- (416) 423-0310 	Free	<i>Families come to the Shelter through a referral from agencies such as Children's Aid Societies, Public Health Department, Police Services, other shelters, through word of mouth upon the advice of friend</i>
Scarborough Housing Help Centre	<i>A housing help program that works with youth, families, newcomers and seniors who are homeless, under-housed and/or at risk of losing their housing</i>	Scarborough/York Region	<ul style="list-style-type: none"> • info@shhc.ca • (416) 285-8070 	Free	<i>Housing support drop-in available Tuesday mornings from 9-11 am</i>
Seaton House (and Seaton House Fort York)	<i>Hostel/shelter and other programming (housing, community-based programs) for men 18+</i>	Toronto (GTA) and Fort York	<ul style="list-style-type: none"> • General info: (416) 392-5527 • Intake: (416) 392-5522 • Fort York: (416)338-8800 	Free	<i>Men only</i>

SHELTERS AND HOUSING

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
The Toronto Mental Health and Addictions Access Point/Toronto Mental Health and Addictions Supportive Housing Network	<i>A centralized point where people can apply for individual mental health and addictions support services and supportive housing. The Network Seeks to streamline access to supportive housing in the GTA</i>	Port Union Road to Highway 427 and Steeles Ave. to the lake	The Access Point: <ul style="list-style-type: none"> • info@theaccesspoint.ca • (416) 640-1934 	Services are free but wait times can vary based on demand- can be between 1-7 years for housing depending on type	<i>Parameters for service users- must be experiencing mental illness, addiction(s), hospitalization(s) etc depending on program (check online for more info)</i>

WOMEN'S SERVICE

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Assaulted Women's Helpline	<i>24/7 support line for women who are experiencing or have experienced abuse</i>	Phone line service	<ul style="list-style-type: none"> • Crisis line (GTA): (416) 863-0511 • TTY (GTA): (416) 364-8762 • Toll-free: 1-866-863-0511 • TTY toll-free: 1-866-863-7868 	Free	
Barbra Schlifer Commemorative Clinic	<i>Specialized clinic that provides services to women who have experienced violence (incl. workshops on abuse and working with survivors, support groups, legal training, 24/7 interpreter services and advocacy)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • Main line: (416) 323-9149 • Workshops on abuse: x 234 • Legal training: x 233 • Interpreters: x 236 <p><i>*Please leave a msg stating if and when it is safe to call back*</i></p>	Some services are free and some are fee-based (affordable-call for a quote)	<ul style="list-style-type: none"> • <i>Interpretation and support services in over 90 languages</i> • <i>Staff are knowledgeable about immigration law and diverse cultures</i>
Canadian Hearing Society Connect Counselling Services	<i>Organization that provides professional counselling services to Deaf, oral deaf, deafened and hard of hearing individuals of all ages, and their families, dealing with mental health issues, addiction, relationship problems, domestic violence or other serious challenges</i>	Ontario (various locations) (head office in Toronto)	<ul style="list-style-type: none"> • Head office: (416) 928-2535 • Toll-free: 1-877-347-3427 • TTY toll-free: 1-877-216-7310 	Free	

WOMEN'S SERVICE

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Centre for Independent Living in Toronto (CILT)	<i>Independent Living (IL) is a philosophy and a movement of persons with disabilities that promotes an end to institutional living for people with disabilities and encourages and supports individuals to integrate into the community</i>	Open to all, located in Toronto	<ul style="list-style-type: none"> cilt@cilt.ca (416) 599-2458 	Most services are free, call for more info	<i>Services include peer support, skills training, programs for seniors, programs for parents and more</i>
Immigrant Women's Health Centre	<i>Clinic services, information and outreach for a wide range of women's sexual health issues in a culturally safe environment</i>	Toronto (GTA)	<ul style="list-style-type: none"> info@immigranthealth.info Main line: (416) 323-9986 	<ul style="list-style-type: none"> Walk-in clinic system- first come first served Services are free Contraception (and emergency contraception) at low cost 	<ul style="list-style-type: none"> Multi-lingual, all female staff. Will still be seen without OHIP documents Sexual health only
Kawartha Sexual Assault Centre	<i>A not-for-profit organization that is dedicated to supporting those affected by sexual violence as well as raising public awareness around the need to better address conditions, laws and attitudes that contribute to ongoing cycles of violence</i>	The city of Peterborough, the counties of Peterborough, Northumberland, Haliburton and the City of Kawartha Lakes	<ul style="list-style-type: none"> Toll-free (general info): 1-866-298-7778 Crisis line (24/7): (705) 741- 0260 	Free	<i>Supports all survivors of sexual assault (regardless of gender)</i>

WOMEN'S SERVICE

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Newcomer Women's Services Toronto	<i>All-female staff provides employment and settlement services, skills development, language training, and programs for children</i>	Toronto (GTA)	<ul style="list-style-type: none"> • Maya Roy, Executive Director maya@newcomerwomen.org • General: (416) 469-0196 • Employment services: (416) 751-8886 	Services are free	
Oasis Centre des Femmes (Court Support Worker)	<i>Provides French-language court support to women who have experienced domestic violence</i>	Ontario	<ul style="list-style-type: none"> • josettes@oasisfemmes.org • Toronto: (416) 591-6565 • Brampton: (905) 454-3332 • French-speaking crisis counselling and referral services (24/7): 1-877-336-2433 	Free	<i>French-language only</i>
Pauktuutit Inuit Women of Canada	<i>National organization which aims to foster a greater awareness of the needs of Inuit women, and to encourage their participation in community, regional and national concerns in relation to social, cultural and economic development</i>	Canada (based in Ottawa)	<ul style="list-style-type: none"> • Tracy O'Hearn, Executive Director tohearn@pauktuutit.ca • 1-800-667-0749 	Free	<i>Many excellent resources and research documents are available on their website</i>

WOMEN'S SERVICE

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
South Asian Women's Centre	<i>A voluntary non-profit women's organization run by, and for, South Asian Women; the Centre is a place where South Asian Women of all backgrounds and ages can access a variety of programs and services</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@sawc.org • (416) 537-2276 	Services are free	<i>Programs include settlement services, mental health wellness, seniors, and youth groups, a tax clinic, a computer literacy program, domestic violence/trafficking programs, and more; multiple languages spoken</i>
Toronto Rape Crisis Centre/Multicultural Women Against Rape	<i>Works to provide nonjudgmental peer support to survivors of sexual violence and to work toward the eradication of violence against women and children</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@trccmwar.ca • Business office: (416) 597-1171 • Crisis/support line (24/7): (416) 597-8808 	Free	<i>Services are for all survivors of sexual violence; staff and volunteers are all female-identified</i>
YWCA Peterborough Haliburton	<i>Programming for women including counselling, shelter and housing support, food-based programs, leadership programs and more</i>	Peterborough and Haliburton	<ul style="list-style-type: none"> • info@ywcapeterborough.org • Lynn Zimmer, Executive Director lzimmer@ywcapeterborough.org • General info: (705) 743-3526 • Crisis line (24/7): 1-800-461-7656 • Outside of toll-free area: 0-705-743-4135 	Varies	

YOUTH SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Aisling Discoveries Child and Family Centre	<i>Provides services to children from prenatal-12 years of age who are experiencing or are at risk of developing social, emotional or behavioural problems and for children and youth up to the age of 18 with autism spectrum disorder and their families</i>	East York and Scarborough- some services available across Toronto	<ul style="list-style-type: none"> • bkashima@aislingdiscoveries.on.ca (Executive Director) • Main office (Scarborough): (416) 321-5464 • Autism services: x 236 • Other services: x 233 	Varies	
Alateen	<i>Offers support groups for family and friends *ages 10-19* of those suffering from alcohol abuse issues</i>	Serves the GTA	<ul style="list-style-type: none"> • (416) 410-3809 • gtais.chair@gmail.com 	Groups are free	
Central Toronto Youth Services	<i>Community-based Children's Mental Health Centre offering community counselling, programming for youth recovering from psychiatric illness, programs for LGBT youth, and youth justice (court support)</i>	Toronto	<ul style="list-style-type: none"> • mail@ctys • Main line: (416) 924-2100 	<ul style="list-style-type: none"> • Services are free • Some programs have waitlists, call for more info 	<i>An online review from 2012 describes an experience with transphobia at CTYS- call to confirm transpositivity</i>

YOUTH SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Jessie's	<i>Multi-service resource centre for pregnant teenagers, young parents and their children (*ages 18 and under*)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • mail@jessiescentre.org • Confidential intake and info line: (416) 365-1888 	<ul style="list-style-type: none"> • Wait time varies • Services and resources are free 	
John Innes Community Recreation Centre	<i>Offers a variety of programs to children and their families, including a day camp for children with disabilities, fitness and drop-in programs, and various facilities</i>	Moss Park neighbourhood, Toronto	150 Sherbourne St: (416) 392-6779	Programs are free	
Kids Help Phone	<i>24/7 phone and web counselling for kids and teens</i>	Phone line	1-800-668-6868	Free	
LGBT Youthline	<i>Support line for lesbian, gay, bisexual, transgender, transsexual, 2-spirited, questioning and queer young people</i>	Ontario	1-800-268-9688	Free	

YOUTH SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Massey Centre	<i>Mental health centre for pregnant and/or parenting adolescents; wide array of health and community programming</i>	Toronto	sadeken@massey.ca (Intake Social Worker) (416) 425-6348 x 230	Free programs and resources	
Oolagen	<i>Mental health centre for Toronto youth and their families (incl. walk-in clinic, counselling, outpatient services, referral and school-based services)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • contact@oolagen.org • Main line: (416) 395-0660 	<ul style="list-style-type: none"> • Waitlist varies with program, call for details • Programs and services are free 	<ul style="list-style-type: none"> • <i>Intensive programs available to people under 18 (based on need and difficulties with traditional services)</i> • <i>Program for homeless mothers (under age 25)</i>
PREVNet (Promoting Relationships and Eliminating Violence Network)	<i>National organization dedicated to ending bullying through education, research, training and policy change; umbrella network of 122 leading Canadian research scientists and 62 national youth-serving organizations</i>	Canada	www.prevnet.ca <ul style="list-style-type: none"> • contact (fillable form) (613) 533-2632 	Free	<i>Many resources available on their website</i>

YOUTH SERVICES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Rosalie Hall: a young parent's resource centre	<i>Provides a comprehensive range of early intervention, prevention and treatment services meeting the needs of young families</i>	Toronto (GTA) and Scarborough (located in Scarborough)	<ul style="list-style-type: none"> • info@rosaliehall.com • (416) 438-6880 	Varies	<i>A number of other organizations (including Aisling Discoveries) also provide services at this location</i>
Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) (through CAMH)	<i>Provides support and counselling to Black youth and their families who are dealing with problem substance use; programs include individual therapy, group therapy, early intervention, and prevention</i>	Toronto (GTA)	(416) 535-8501, press 2	Call for more info	<i>Clients can self-refer</i>
Turning Point Youth Services	<i>Children's/youth mental health centre (services incl. support, counselling, violence prevention, emergency shelter, day programs and others)</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@turningpoint.ca • Call intake: (416) 925-9250 and ask for Lynn Bushell (manager of clinical and program and eval. services) 	<ul style="list-style-type: none"> • Wait times vary following intake, prioritized based on need • Contact Lynn for more info • Services are free 	<i>Turning Point works with the Youth Court System</i>
YMCA	<i>Offers a variety of programming to youth regarding employment, fitness, leadership, counselling, shelter services, support services and more</i>	GTA	<ul style="list-style-type: none"> • memberservices@ymcagta.org • 416) 928-9622 • Toll-free: 1-800-223-8024 	Varies	

CULTURALLY SPECIFIC RESOURCES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Abrigo	<i>A multi-service, charitable organization that focuses on building community capacity in west Toronto through individual and family services and programming; focus on Toronto's Portuguese community</i>	West Toronto	<ul style="list-style-type: none"> • info@abrigo.ca • (416) 534-3434 	Varies- call for more info	<i>Also offers the PAR program, counselling, parenting services, employment services and more</i>
Afghan Women's Organization	<i>AWO's mandate is to provide settlement services to all newcomers, with a special focus on women, their families, refugees and people who have experienced war and persecution</i>	3 locations: <ul style="list-style-type: none"> • North York • Mississauga • Scarborough 	Head office (North York): (416) 588-3585	Varies- call for more info	<i>Offers counselling, youth programming e.g. homework club, services for seniors, employment services, language training and more</i>
Anduhyun Shelter and Nekanaan Second Stage Housing	<i>Emergency shelter for Native women and their children who are leaving abusive situations Nekanaan provides safe, affordable, temporary housing to Aboriginal women with or without children and offers assistance in obtaining permanent, safe, affordable housing</i>	Located in York	<ul style="list-style-type: none"> • General inquiries: (416) 243-7669 • Shelter: (416) 920-1492 x 221 • Life skills and crisis support; x 228 • Sexual assault: x 227 	Free	

CULTURALLY SPECIFIC RESOURCES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Catholic Community Services of York Region	<i>A not for profit, charitable, social services agency, delivering a comprehensive array of services to the York community (multicultural and multi-faith inclusive)</i>	York Region	<ul style="list-style-type: none"> • ccsyr@ccsyr.org • Main office (Richmond Hill): (905) 770-7040 • Toll-free: 1-800-263-2075 • TTY: 1-800-263-2075 	Services are free	<i>Services include those for newcomers and refugees as well as family counselling and support groups</i>
Chinese Family Services of Ontario	Provides professional counselling and settlement services to individuals and families in need	Ontario (offices in Scarborough, downtown Toronto, and Richmond Hill)	<ul style="list-style-type: none"> • info@chinesefamilyso.com • Head office (Scarborough): (416) 979-8299 • Toll-free: 1-866-979-8298 • Hotline (24/7): (416) 979-5898 	Varies- call for more info	<i>Offers counselling, domestic violence programming, the PAR program, programs addressing drugs, alcohol, and gambling, youth programming, services for LGBT people and more</i>
Crisis Outreach Service for Seniors (COSS) (through COPA)	An on-call mobile crisis intervention and outreach service for seniors who have suspected or diagnosed mental health and/or addictions, including dementia that provides short-term response 365 days a year, 9am to 5pm	Bloor St/Danforth Ave to the Lake and from Jane St/Windermere Ave to Warden Ave	<ul style="list-style-type: none"> • (416) 640-1459 to make a referral (can be made by a medical professional or a concerned individual) 	Free- follow-up medical services may be at cost	<i>The COSS program particularly serves older adults who are frail, isolated/marginalized, and at risk and may be "hard to serve" and hard to reach</i>

CULTURALLY SPECIFIC RESOURCES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Jamaican Canadian Association	<i>Works to deliver programs and services, provides a physical hub, and to advocate to improve the well-being and equity of Jamaican, Caribbean & African-Canadian communities within the Greater Toronto Area</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@jcaontario.org • (416) 746-5772 	Most services are free	
KCWA (Korean-Canadian Women's Association) Family and Social Services	<i>Provides programs and services to the Korean-Canadian community of Toronto, including services for newcomers, culturally and linguistically appropriate programming, employment services, family services and more</i>	Toronto (GTA)	<ul style="list-style-type: none"> • kcwa@kcwa.net • Monica Chi, Executive Director monica.chi@kcwa.net • General info: (416) 340-1234 		
Midaynta Community Services	<i>A registered Canadian charity organization that provides settlement services and other programming and support services for refugees and immigrants in need</i>	Services are available to anyone living or working in Toronto (GTA) regardless of identity	<ul style="list-style-type: none"> • info@midaynta.com • (416) 544-1992 	Services are free	
Miles Nadal Jewish Community Centre (JCC)	<i>Offers community programming including music, fitness, film and more</i>	Toronto	(416) 924-6211x 0 for reception	Membership fees apply- most programming also open to non-members. Call for more info	

CULTURALLY SPECIFIC RESOURCES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
Ontario Association of Indigenous Friendship Centres (OAIFC)	<i>A provincial Aboriginal organization representing the collective interests of member Friendship Centres located in towns and cities across the province</i>	Ontario	<ul style="list-style-type: none"> • ofifc@ofifc.org • (416) 956-7575 • Toll-free: 1-800-772-9291 	Services are free	<i>Friendship Centres are not-for-profit corporations which are mandated to serve the needs of all Aboriginal people regardless of legal definition, and are the primary service delivery agents for Aboriginal people requiring culturally-sensitive and culturally-appropriate services in urban communities</i>
Pauktuutit Inuit Women of Canada	<i>National organization which aims to foster a greater awareness of the needs of Inuit women, and to encourage their participation in community, regional and national concerns in relation to social, cultural and economic development</i>	Canada (based in Ottawa)	Tracy O'Hearn, Executive Director tohearn@pauktuutit.ca 1-800-667-0749	Free	<i>Many excellent resources and research documents are available on their website</i>
Punjabi Community Health Services	<i>Serving diverse Punjabi communities through an integrated, holistic, health service delivery model; programs regarding mental health, senior living, family services, settlement services and more</i>	Toronto (GTA) (Head office located in Mississauga)	<ul style="list-style-type: none"> • admin.brampton@pchs4u.com • (905) 677-0889 	Call for more info	

CULTURALLY SPECIFIC RESOURCES

ORGANIZATION	SERVICES CATEGORY / DESCRIPTION	CATCHMENT AREA	CONTACT # / PERSON	WAITLIST and FEE	OTHER INFO
South Asian Women's Centre	<i>A voluntary non-profit women's organization run by, and for, South Asian Women; the Centre is a place where South Asian Women of all backgrounds and ages can access a variety of programs and services</i>	Toronto (GTA)	<ul style="list-style-type: none"> • info@sawc.org • (416) 537-2276 	Services are free	<i>Programs include settlement services, mental health wellness, seniors, and youth groups, a tax clinic, a computer literacy program, domestic violence/trafficking programs, and more; multiple languages spoken</i>
Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) (through CAMH)	<i>Provides support and counselling to Black youth and their families who are dealing with problem substance use; programs include individual therapy, group therapy, early intervention, and prevention</i>	Toronto (GTA)	(416) 535-8501, press 2	Call for more info	<i>Clients can self-refer</i>
Tropicana Community Services	<i>A multi-service organization that provides all youth, newcomers, people of Black and Caribbean heritage and others in need with programs opportunities</i>	Toronto (GTA) (Head office is located in Scarborough)	<ul style="list-style-type: none"> • info@tropicanacommunity.org • Head office: (416) 439-9009 	Email or call for more info	<i>Also offer services for people who have experienced violence and/or abuse</i>

©2015 mediate393 inc.

393 University Avenue, Suite 900, Toronto, ON, M5G 1E6

T: 416-593-5393 | F: 416-593-1352

www.mediate393.com | info@mediate393.com