

COMMUNITY RESOURCES & SERVICES

Family Law, Separation and Divorce

CLEO (Community Legal Education Ontario) | Family Law Guided Pathways
<https://stepstojustice.ca/guided-pathways/family-law-about/>

The Action Group
<https://lso.ca/theactiongroup/home?lang=en-ca>

CLEO Connect | Your Legal Rights- Family Law
<https://cleoconnect.ca/legal-topic/family-law/>

Ontario Justice Education Network (OJEN)
<https://ojen.ca/en/resources>

Steps to Justice
<https://stepstojustice.ca/legal-topic/family-law/>

Law Society of Upper Canada| Legal Resources and Information
<https://lso.ca/public-resources/legal-resources>

Tax Matters Toolkit: Separation and Divorce for Clients
https://www.cba.org/CBAMediaLibrary/cba_na/PDFs/Sections/taxMattersToolkitClients_Eng.pdf

Government of Canada| Family Justice Services
<https://www.justice.gc.ca/eng/fl-df/fjs-sjf/bfjs-sjfb/fjs-sjf.html>

Parenting Plan Tool
<https://www.justice.gc.ca/eng/fl-df/parent/ppt-ecppp/form/form.html>

Parenting Plan Checklist
<https://www.justice.gc.ca/eng/fl-df/parent/ppc-lvppp/index.html>

Guide to procedures in family court
<https://www.ontario.ca/document/guide-procedures-family-court>

Families Change - Guide to Separation and Divorce
<https://on.familieschange.ca/en>

Government of Canada | About Divorce and Separation
<https://www.justice.gc.ca/eng/fl-df/divorce/sd.html>

Services for Children and Youth

SickKids-Garry Hurvitz Centre for Community Mental Health

<https://sickkidscmh.ca/garry-hurvitz-cmh/>

Call 416-924-1164 ext. 8708, French Language Service: 416-922-2672

Children's Aid Society of Toronto

<http://www.torontocas.ca/>, Call 416-924-4646

Catholic Children's Aid Society of Toronto

<http://www.ccas.toronto.on.ca/>, Call 416-395-1500

Jewish Family and Child Services of Toronto

<https://www.jfandcs.com/>, Call 416-638-7800

Native Child and Family Services of Toronto

<https://www.nativechild.org/>, Call 416-969-8510

On my way: a guide to support middle years child development

<https://www.ontario.ca/document/on-my-way-guide-support-middle-years-child-development>

What Happens Next? Information for kids about separation and divorce

<https://www.justice.gc.ca/eng/rp-pr/fl-lf/famil/book-livre/index.html>

Kids Help Phone 1.800.668.6868

<https://kidshelpphone.ca/>

Helping Other Parents Everywhere (HOPE)

<https://hope4parents.ca/>, Call 1 866-492-1299

Supporting Our Youth (SOY)

<https://soytoronto.com/>, Call 416-324-5077

Office of the Children's Lawyer

<https://www.ontario.ca/page/office-childrens-lawyer>, Call 416-314-8000

Sesame Street Workshops: Divorce

<https://sesameworkshop.org/topics/divorce/>

LGBT YouthLine

<https://www.youthline.ca/> , Call 416-962-2232 or 1-888-687-9688/ Text 647-694-4275

393 University Ave.,
Suite 2000
Toronto, ON
M5G 1E6
Phone: (416) 593-5393

Parenting Time, Decision Making-Responsibility, Child and Spousal Support

Family Responsibility Office | Paying and Receiving Child and Spousal Support

<https://www.ontario.ca/page/paying-and-receiving-child-and-spousal-support>, Call 416-326-1817

Arranging Child Support

<https://www.ontario.ca/page/arranging-child-support>

The Federal Child Support Guidelines: Step-by-Step

<https://www.justice.gc.ca/eng/rp-pr/fl-lf/child-enfant/guide/start-com.html>

Child Support and the Child Support Guidelines

<https://www.cleo.on.ca/en/publications/childsupport>

Parenting time, decision-making responsibility and contact

[https://www.ontario.ca/page/parenting-time-decision-making-responsibility-and-contact#:~:text=you%20have%20the%20right%20to,or%20court%20order%20says%20otherwise\)](https://www.ontario.ca/page/parenting-time-decision-making-responsibility-and-contact#:~:text=you%20have%20the%20right%20to,or%20court%20order%20says%20otherwise))

MySupportCalculator.ca

<https://www.mysupportcalculator.ca/>

Supervised Access Centres

Access for Parents and Children (APCO)

www.accessforparentsandchildren.on.ca, Call 416-304-1221

Brayden Supervision Services Inc

www.braydensupervision.com, Call 416-620-7712 or 1-855-222-7712

Supervised Access Centre| Government of Ontario

<https://www.ontario.ca/page/supervised-access-centres>, Call 416-325-5666

The York and Peel Region Supervised Parenting Time Programs

<https://www.parentingtimeyorkpeel.ca/>, Call 1-844-373-4515

Kinark Supervised Access Centre (Simcoe/Muskoka)

<https://www.kinark.on.ca/programs-and-services/supervised-access-service/> , Call 1-888-454-6275

Newcomers & Settlement Services

COSTI Immigrant Services, Family and Mental Health
<http://www.costi.org/>, Call 416-658-1600

Polycultural Immigrant and Community Services
<http://www.polycultural.org/>, Call 1-844-493-5839

Services for Newcomers and Refugees
<https://www.ontario.ca/page/services-newcomers-and-refugees>

Domestic, Partner, And Family Violence

Women's College Hospital Sexual Assault and Domestic Violence Care Centre,
<https://www.womenscollegehospital.ca/care-programs/sadvcc/>, Call 416-323-6040

Abrigo Centre
<http://www.abrigo.ca/> , Call 416-534-3434

Strides Toronto
<https://stridesutoronto.ca/> , Call 416-321-5464

Victim/Witness Assistance Program
<https://www.ontario.ca/page/victimwitness-assistance-program>, Call 416-314-2447

Elizabeth Fry Society of Toronto
<https://www.efrytoronto.org/>, Call 416-924-3708 or 1-855-924-3708

Luke's Place
<https://lukesplace.ca/>, Call 905-728-0978

The Redwood Shelter
<https://www.theredwood.com/>, Call 416-533-8538

Peel Committee Against Women Abuse (PCAWA)
<http://www.pcawa.net/safety-planning-guide.html>,

Metropolitan Action Committee on Violence Against Women and Children (METRAC)
<http://www.pcawa.net/safety-planning-guide.html> , Call 416-392-3135

SafePet Ontario
<https://www.safepet.ca/>,

Assaulted Women's Helpline
<https://www.awhl.org/> , Call 416-863-0511

Elder Abuse Prevention Ontario
<https://eapon.ca/seniors-safety-line/>, Call 1-866-299-1011

Barbra Schlifer Commemorative Clinic
<https://www.schliferclinic.com/>, Call 416-323-9149

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YWCA, Parenting Programs
<https://www.ywcatoronto.org/ourprograms/supportservices/parentingafterabuse/>, Call 416-266-1232

Family Services Toronto
<https://familyservicetoronto.org/>, Call 416-595-9230 ext. 0

Distress Centre
<https://www.torontodistresscentre.com> , Call 416-408-HELP (4357)

Government of Canada | Fact Sheet - Divorce and Family Violence
<https://www.justice.gc.ca/eng/fl-df/fsdfv-fidvf.html>

iDetermine
<https://www.idetermine.ca/> , Call 416-533-8538

Victim Services
<https://www.victimservicestoronto.com/home>, Call 416-808-7066

FEM'AIDE (Ligne de soutien pour femmes violentées)
<https://femaide.ca/>, Call 1-877-336-2433

Talk4Healing
<https://www.beendigen.com/programs/talk4healing/>, Call 1-855-554-HEAL

ConnexOntario
<https://www.connexontario.ca/en-ca/>, Call 1-866-531-2600

Toronto Rape Crisis Centre/Multicultural Women Against Rape
<https://trccmwar.ca/>, Call 416-597-8808

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Addiction and Mental Health

Gerstein Crisis Centre

<https://gersteincentre.org/>, Call (416) 929-5200

Centre for Addiction and Mental Health (CAMH) | Family supports, resources, and engagement

<https://www.camh.ca/en/your-care/for-families> , Call 416 535-8501

Children's Mental Health Ontario

<https://cmho.org/>, Call (416) 921-2109

Preventing Suicide and Suicide Warning Signs

<https://ontario.cmha.ca/documents/preventing-suicide/>, Call 1-800-875-6213

Suicide: What to do when someone is suicidal

<https://www.mayoclinic.org/diseases-conditions/suicide/in-depth/suicide/art-20044707>

Are you thinking about suicide? How to stay safe and find treatment

Supporting a family member with schizophrenia: Practical strategies for daily living

<https://www.mayoclinic.org/diseases-conditions/suicide/in-depth/suicide/art-20048230>

Coping with suicidal thoughts

<https://www.saskhealthauthority.ca/>

Canadian Association for Suicide Prevention

<https://suicideprevention.ca/>

Addiction Resource

<https://addictionresource.com/>

Canadian Society of Addiction Medicine

<https://csam-smca.org/>

CONNECT Mental Health Counselling Services, Canadian Hearing Services,

<https://www.chs.ca/service/connect-mental-health-counselling-services> , Call 1-866-518-0000

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Services for Men

Mindfit Toolkit: Mental Wellness for Men
<https://menshealthfoundation.ca/mindfit-toolkit/>,

Male Abuse Awareness
<https://www.helpguide.org/articles/abuse/help-for-men-who-are-being-abused.htm>,

The Canadian Centre for Men and Families
<https://menandfamilies.org/>, Call 647-479-9611

Caring Dads
<https://caringdads.org/>

Ujima Fathering Centres
<https://www.ujimafathering.com/> , Call 416-916-2512

Additional Services

LAMP Community Health Centre Services

<https://lampchc.org/>

Call 416-252-6471

Toronto Pflag,

<https://www.torontopflag.org/> , Call 416-406-6378

Rexdale Community Hub

<http://www.rexdalehub.org/> ,Call 416-741 3000 ext. 241 or 246

2-Spirited People of the 1st Nations

<https://2spirits.org/> , Call 416-944-9300

Community Connection 211 Ontario

<https://211ontario.ca/> or <https://211central.ca/> , Call 211

City of Toronto Services

<https://www.toronto.ca>, Call 311

City of Toronto Shelters and 24-hour Respite Sites: 311 or Central Intake:

Call 416-338-4766 or 1-877-338-3398

Ontario Works, <https://www.ontario.ca/page/ontario-works>

Official Document Services: Authenticate a document for use outside Canada

<https://www.ontario.ca/page/authenticate-document-use-outside-canada>, Call 416-325-8416

Legal Services

Legal Aid Ontario (LAO):

Legal Aid Ontario may issue a certificate which will cover your lawyer's fee if you qualify. You must find your own lawyer. Call 1-800-668-8258 to see if you qualify financially. <https://www.legalaid.on.ca/services/family-legal-issues/>

Law Society's Lawyer Referral Service:

The Law Society Referral Service is designed to provide callers with up to 30 minutes of consultation at no charge. A Legal Information Officer will receive the call and assess the needs of the client and then provide the name of a lawyer or paralegal who best fits the client's stated needs. Phone: 416-947- 3330 or toll-free 1-800- 268-8326 | TTY Phone: 416-644-4886 or www.lsuc.on.ca/lrs/

Justice Net:

A not-for-profit service helping people in need of legal expertise, whose income is too high to access legal aid and too low to afford standard legal fees. Lawyers offer services at a reduced fee. Phone: 416-479-0552 or toll-free 1-866-919- 3219 www.justicenet.ca

Family Justice Centre:

At the virtual legal clinics, clients receive summary legal advice on certain family law issues, and in appropriate cases, assistance with drafting court forms. Phone: 647-952-3354
<https://www.probonostudents.ca/family-justice-centre>

Limited Scope Services:

Instead of paying a large retainer to have a lawyer oversee your case in its entirety, you can hire a lawyer for a specific task, such as obtaining legal advice, reviewing a mediated agreement, etc.
<https://familylawlss.ca/>

Advice and Settlement Counsel - Family:

A flat fee service where you can obtain legal advice for 1 hour at a rate of \$200 plus HST:
<https://ascfamily.com/>

Advice and Settlement Counsel services are available at a rate of \$200.00 plus HST for up to one hour of services. You are welcome to ask your ASC lawyer if they have additional time and can extend their services beyond one (1) hour. The ASC lawyer will discuss their regular hourly rate with you and you can make a decision about whether you wish to retain them privately.

CLEO Steps to Justice:

Online tool for self-reps to use to gather information for their family law matters. It's simple to use and the guided pathways tool can help you fill out your forms as well. <https://www.cleo.on.ca/en/resources-and-publications/family-law>

Your Legal Rights: CLEO Connect

<https://cleoconnect.ca/legal-topic/family-law/>

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Guide to Procedures in Family Court:

<https://www.ontario.ca/document/guide-procedures-family-court>

Collaborative Practice Toronto - <https://www.collaborativepracticetoronto.com/>

Family Law Education for Women (FLEW) - <https://onefamilylaw.ca/>

Central:

Kensington Bellwoods Community Legal Services

<https://www.kbcls.org/> , Call 416-924-4244

Neighbourhood Legal Services

<https://www.nlstoronto.org/>, Call 416-861-0677

Services d'aide juridique du CFT

<https://www.centrefranco.org/aide-juridique>, Call 416-922-2672 ext. 300

East:

Don Valley Community Legal Services

<https://www.donvalleylegal.ca/contact-us/> , Call 416-441-1764 ext. 1

Scarborough Community Legal Services

<https://www.scarboroughcommunitylegal.ca/> , Call 416-438-7182

West Scarborough Community Legal Services

<https://www.westscarboroughlegal.ca/> , Call 416-285-4460

North:

Community Legal Clinic of York Region

<https://clcyr.on.ca/> , Call: 905-508-5018 or Toll-free: 1-888-365-5226

Downsview Community Legal Services

<https://downsviewlegal.ca/>, Call 416-635-8388

Jane Finch Community Legal Services

<https://janefinchcommunitylegalservices.ca/>, Call 416-398-0677

Rexdale Community Legal Clinic

https://rexdalecommunitylegalclinic.ca , Call 416-741-5201

Willowdale Community Legal Services

<https://www.willowdalelegal.com/>, Call 416-492-2437

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West:

Parkdale Community Legal Services
<https://www.parkdalelegal.org/>, Call 416-531-2411

South Etobicoke Community Legal Services
<https://www.southetobicokelegal.ca/>, Call 416-252-7218

Unison Health and Community Services - Community Legal Clinic
<https://unisonhcs.org/service/community-legal-clinic/>, Call 416-653-5400 ext. 1244

West Toronto Community Legal Services
<https://www.wtcls.org/>, Call 416-531-7376

Other:

Advocacy Centre for the Elderly (ACE)
<https://www.ancelaw.ca/>, Call 416-598-2656 or Toll Free: 1-855-598-2656

Advocacy Centre for Tenants - Ontario (ACTO)
<https://www.acto.ca/>, Call 416-597-5855 or Toll-Free: 1-866-245-4182

ARCH Disability Law Centre
<https://archdisabilitylaw.ca/>, Call 416-482-8255

Cultural Legal Services

Centre for Spanish Speaking People

<https://spanishservices.org/>, Call 416-533-8545

South Asian Legal Clinic Ontario

<https://salc.on.ca/>, Call 416-487-6371

Jewish Family and Child Services

<https://www.jfandcs.com/>, Call 416-638-7800

Muslim Legal Support Center

<https://muslimlegalcentre.ca/>, Call 416-350-2914

Aboriginal Legal Services of Toronto

<https://www.aboriginallegal.ca/> , Call 416-408-3967

African, Caribbean, Black Family Group Conferencing

<https://acb-fgc.ca/resources/resources-for-acb-families/>

Black Legal Action Centre

<https://www.blacklegalactioncentre.ca/>, Call 416-597-5831

Association des Juristes d'Expression Française de l'Ontario

<https://www.ajefo.ca/>, Call (613) 842-7462

Chinese Southeast Asian Legal Clinic

<https://csalc.ca/> , Call 416-971-9674

Human Rights Legal Support Centre | Services for Indigenous People

<https://hrlsc.on.ca/indigenous-services/>, Call 416-597-490

Downtown Legal Services — University of Toronto

<https://downtownlegalservices.ca/our-services/> , Call 416 934-4535

519 Legal Clinic

<https://www.the519.org/programs/legal-clinic/> , Call (416) 392-6874 ext. 4039

Chinese Family Services Ontario, <https://www.chinesefamilyso.com/en/index.asp> - Call 416-979-8299