

DIVISION OF STUDENTS
PARTNERS IN STUDENT SUCCESS

Resources & Referrals Directory

STUDENT COUNSELLING & DEVELOPMENT

March 2020

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Location also offers couples counselling



Services are provided 24 hours a day,
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Please refer also to the **Domestic Violence** and **Sexual Violence** sections.

The Cedar Centre

<https://cedarcentre.ca/>

17705 Leslie St., Unit 12, Newmarket, ON

Newmarket: (905) 853-3040

Help for survivors of interpersonal childhood trauma.

The Gatehouse

<http://thegatehouse.org/adult-support-program/>

3101 Lake Shore Blvd. West, Toronto, ON

(416) 323-6230

The Gatehouse has offered support groups for Adult survivors of childhood sexual abuse.

Women Recovering from Abuse Program (WRAP)

<http://www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program/wrap#waitlist>

Women's College Hospital: 76 Grenville Street, Floor 7, Toronto, ON

(416) 323-6230

The Women Recovering from Abuse Program (WRAP) is an intensive group therapy program with accompanying individual therapy for women who have experienced physical, emotional, sexual abuse and/or neglect in childhood (0-18 years old). The program runs Monday to Thursday from 9am to 1pm. WRAP is part of the Trauma Therapy Program.

Academic Supports



Self-Help

<https://ilc.tvo.org/>

(416) 484-2704

Website for upgrading High School courses/grades to get into a university program.

Anger Management



The Breaking Room

http://webdesign.sheridanc.on.ca/~brownmad/service_website_Maddie/home.html

102 Yonge St, Toronto, ON

1-877-345-2234

Break things in a safe environment.

CAMH Anger Management Resource List

<https://www.camh.ca/-/media/files/community-resource-sheets/anger-management-resources-pdf.pdf?la=en&hash=5E24F0FD771C66FA2D91689A921C5F0389400D29>

Canterbury Clinic

<https://www.canterburyclinic.org/>

790 Bay St, Suite 401, Toronto, ON
(416) 961-8282

Offers one-to-one anger management counselling.

Regesh- Anger Management Services

<https://regesh.com/anger-management-clinic/>

149 Willowdale Ave. North York, ON
(416) 495-8832

Fee for service, sliding scale available.

Affordable Therapy



Affordable Therapy Directory

<https://www.affordabletherapytoronto.com/>

By Providing a Listing of Mental Health Practitioners throughout Toronto who offer Reduced Rates, Low-Cost, and Sliding Scale fees, we aim to increase the accessibility of Therapeutic Services.

The Gestalt Institute of Toronto – Student Clinic

www.gestalt.on.ca/low-cost-therapy-clinic/

417 Parliament Street, Toronto ON
(416) 964-9464 ext. 18

Low cost therapy at a fee of \$40.00 a session [with student counsellors]. Gestalt therapy is an opportunity to move through old issues, make changes, improve relationships, express creativity, decrease generalized fear and mistrust, and learn to have more fun. Gestalt therapy is a present- centered and experiential approach to personal change. To be fully present in the here and now offers you more excitement, energy and courage to live life directly.

Toronto Institute for Relational Psychotherapy

<https://www.tirp-lowcost-therapy.ca/>

We aim to reach those in the community who would not otherwise be able to access therapy

due to financial constraints and other life circumstances that make it difficult to pay for full-fee psychotherapy services.

Cancer Support Groups



Gilda's Club Toronto

<https://gildasclubtoronto.org/>

24 Cecil Street, Toronto, ON

(416) 214-9898

Our inclusive program of support, education and social interaction for the “whole family”- adults, children and teens as well as their family and friends is offered in a home-like setting and provided FREE of charge to members. Gilda’s members are given the tools and information they need to help them create their own support plan. By being part of the Gilda’s Club Greater Toronto community, members are able to draw strength and the collective wisdom of people sharing similar life experiences.

Complex or Specialized Mental Health



THE CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)

Dialectical Behaviour Therapy (DBT) Informed Family Support

<https://toronto.cmha.ca/family-support/>

(416) 539-9449 Ext. 221

Individual, family and group support for family & friends supporting someone aged 16 and over with a diagnosis of Borderline Personality Disorder or other emotion dysregulation concerns (e.g. ongoing suicidal ideation or attempts, self-harming behaviors, concurrent substance misuse).

Early Psychosis Intervention Family Support

<https://toronto.cmha.ca/family-support/>

(416) 539-9449 Ext. 221

Individual, family and group support for family and friends of people ages 14-34 who are experiencing a first episode of psychosis. Early Psychosis Intervention support is offered at both our West and Scarborough locations. Tamil speaking services and programming are offered in Scarborough.

Family Outreach and Response Program

<https://toronto.cmha.ca/family-support/>

Toronto: 2333 Dundas St. W, Suite 501 Toronto, ON

Scarborough: 1200 Markham Road, Suite 500 Scarborough, ON
(416) 539-9449 Ext. 221

The Family Outreach & Response Program (FOR) provides recovery-oriented support to people who care about someone experiencing a mental health issue. Our services include: supportive counselling, variety of group programming for families, and hospital based family navigation (within St. Joseph's Health Centre). We also offer specialized services for families supporting a loved one experiencing a first episode of psychosis, and families supporting a loved one with a diagnosis of Borderline Personality Disorder (DBT-informed family support).

Focus on Youth Psychosis Prevention Clinic (FYPP)

<https://www.camh.ca/en/your-care/programs-and-services/focus-on-youth-psychosis-prevention-clinic-fypp>

252 College Street, Toronto, ON
(416) 535-8501 Ext. 32517

The FYPP Clinic is dedicated to the early identification and treatment of people aged 16 to 35 who are at risk of developing psychosis.

OTHER SUPPORTS

AIDS Committee of Toronto

<http://www.actoronto.org/programs-services/groups>

543 Yonge Street, 4th floor, Toronto, ON
(416) 340-2437

ACT offers a wide range of group-based programs. Some of these are support groups, some of these are more educational in nature. We offer groups specifically for people living with HIV, for those concerned about their risk of HIV, as well as groups that focus on mental health or substance use.

Toronto People with AIDS Foundation

<https://www.pwatoronto.org/practical-supports/>

200 Gerrard Street East, 2nd floor, Toronto, ON
(416) 506-1400

We strive to offer you services that nourish your mind, body, heart and spirit; your whole self, in a welcoming, safe and healing space. Our programs and services for people living with HIV/AIDS (PHAs) fall into four categories: Practical Support, Community Access, Health & Therapeutic Care and Dreaming & Engagement.

Progress Place

<http://www.progressplace.org/>

576 Church Street, Toronto, ON
(416) 323-0223

Progress Place is a recovery centre for people living with mental illness such as schizophrenia, bipolar, depression and anxiety. Combining a comprehensive network of services that includes employment, education, recreation and housing, our innovative approach to

psychosocial rehabilitation is progressive and world-renowned. Mental illness need not be an obstacle to fulfilling one's dreams. We are committed to helping people stay out of hospitals, achieve their personal goals and contribute to the communities they live in.

[Young Adult Program at Progress Place \(Ages 18-30\)](https://www.torontocentralhealthline.ca/display/service.aspx?id=169545)

<https://www.torontocentralhealthline.ca/display/service.aspx?id=169545>

(416) 323-0223

Join over 100 active young adults at Progress Place who have found a safe and welcoming space to engage with peers in an exciting intergenerational program. Offerings include weekly young adult lunch to socialize and plan activities, young Adult tours of Progress Place, special projects such as graffiti wall and spoken word, education opportunities including mentoring, tutoring, and scholarship workshops, digital Media Space with DJ booth, graphic designing software, and computer access, employment support, help to find a safe and affordable place to live, social and recreation activities including sports, bowling, dances, billiards, AGO tours and movie nights.

[Reconnect Community Health Services \(Ages 16+\)](http://www.reconnect.on.ca/)

<http://www.reconnect.on.ca/>

St. Clair Ave. West Site: 1281 St. Clair Ave West, Toronto, ON

Eglinton Site: 2562 Eglinton Ave W, Toronto, ON

(416) 248-2050

Reconnect Community Health Services is a not-for-profit health service organization located in the west end of Toronto. We provide services for seniors, caregivers, and people living with mental health and addictions concerns. We offer a wide range of programs serving youth, adults, and seniors. To learn more about our programs, their referral processes, and eligibility criteria, please see the links on the right.

[The Assertive Community Treatment Team \(ACTT\) and Multidisciplinary Teams](https://www.reconnect.on.ca/communityhealthservices/)

<https://www.reconnect.on.ca/communityhealthservices/>

The Assertive Community Treatment Team (ACTT) and Multidisciplinary Teams are teams of mental health professionals who work together to provide intensive support to individuals with urgent and complex mental, physical, and emotional needs. The team typically will consist of a psychiatrist, case managers and nurses. The service is available days, evenings, and weekends, 365 days/year. Clients served by the team will usually need to be met with several times each week to support them in stabilizing their health. Visits are conducted in the home or community. Medication management is a part of this service.

[The Transitional Aged Youth \(TAY\) Case Management Program \(Ages 15-26\)](https://www.reconnect.on.ca/wp-content/uploads/2019/05/general/TAY-brochure-2019.pdf)

<https://www.reconnect.on.ca/wp-content/uploads/2019/05/general/TAY-brochure-2019.pdf>

<https://www.reconnect.on.ca/wp-content/uploads/2019/05/general/TAY-Referral-Form.pdf>

The TAY Program provides community-based (that means for the most part, we come to

you), one-to-one counselling and support for young people living with mental health and addictions challenges. This program is for you if you are: between the ages of 15-26, living with mental health and addictions issues, living in the west end of Toronto (west of Yonge St to Kipling Ave, south of Eglinton to the Lake). We also work with people who are transitioning between the youth and adult mental health system.

Urgent Care Clinic at University Health Network

https://www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Urgent_Care/

399 Bathurst Street, Toronto, ON
Toronto Western Hospital East Wing 9th floor
(416) 603-5809

The Urgent Care Clinic is staffed by mental health clinicians and psychiatrists who specialize in crisis management. Patients suitable for referral to the clinic are those who are not in need of immediate hospitalization or emergency department assessment but are unable to wait weeks for an outpatient psychiatric assessment. Using a biopsychosocial approach, our team makes an assessment and offers recommendations – these may include referral to a community resource for ongoing care or short-term follow-up within the clinic. We also provide a "bridging" function for people whose long-term follow-up is either interrupted or has not yet been arranged.

Counselling Services



GENERAL



Black Creek Community Health Centre

<https://www.bcchc.com/>

(416) 249-8000 or (416) 246-2388
info@bcchc.com

Provides free confidential counselling sessions for clients dealing with stressful life changes, family conflict, feeling of anxiety and depression and other concerns. Individual Counselling and Couples Counselling.

Sheridan Mall Site

2202 Jane St. Unit 5
North York, ON

Yorkgate Mall Site

1 York Gate Blvd. Suite 202
North York, ON

Bathurst & Sheppard

4256 Bathurst Street
North York, ON M3H 5Y8

Blake Boulton Youth Outreach Service (10-25)

<https://www.bbyos.org/>

41 Blake St., Toronto, ON
(416) 465-1410

BBYOS provides free psychotherapy and counselling, life skills training, and support to high-risk youth and families in both the Blake-Boulton neighbourhood and from across Toronto.



Catholic Family Services of Toronto

www.cfstoronto.com/

info@cfstoronto.com

Catholic Family Services of Toronto was established in 1922 and is a non-profit counselling agency. The agency is accredited by Family Service Ontario and is a member of Catholic Charities of the Archdiocese of Toronto. Our staff is professionally trained, skilled and knowledgeable. We are dedicated to excellence, personalised care, and to helping people develop their potential as fully as possible. We provide extensive preventative (wellness) as well as treatment (counselling) services.

Central Toronto Office

1155 Yonge Street, Suite 200, Toronto ON
(416) 921-1163

North Toronto Office

245 Fairview Mall Dr, Suite 201, Toronto, ON
(416) 222-0048



Costi Generic Counselling

http://www.costi.org/programs/program_details.php?sid=31&pid=3&id=162

3100 Rutherford Road, Suite 102 Vaughan, ON

905-669-5627

vaughanemployment@costi.org

COSTI's Family and Mental Health Services offers culturally competent and confidential counselling services in a supportive environment to Italian Canadian individuals, couples and families in Toronto and York Region. The centres are staffed with Italian and English speaking skilled professional counsellors who provide help and support with issues ranging from anxiety, depression, and stress management to relationship and family problems, parent/child conflict, parenting, communication, separation, divorce, sexual abuse and childhood trauma, and elder care.



Family Services Toronto

www.familyserVICEToronto.org/

416-595-9618

Family Service Toronto works with individuals and families in Toronto, destabilized by precarious socio-economic circumstances and/or mental health, to achieve greater resilience and stability in more just and supportive communities. We achieve this through our direct service work of intervention and prevention which includes counselling, peer support and education; knowledge building and exchanging activities; and system-level work including social action, advocacy, community building and working with partners to strengthen the sector.

Church Street Office

355 Church Street, Toronto,
ON

Sterling Rd. Office

128a Sterling Rd, Toronto,
ON

LAMP Community Health Centre

185 Fifth St, Etobicoke, ON

Rexdale Community Health Centre

8 Taber Rd, Etobicoke, ON

Victoria Park Hub

1527 Victoria Park Ave.
Scarborough, ON



Family Services York Region

www.fsyrc.ca/

FSYR is a Not for Profit, Charitable organization. We are committed to excellence in the provision of counselling for children, youth, women, men and their families. All counselling services seek to promote the fullest development of the individual. We believe in family in all its diversity.

Newmarket

1091 Gorham St., Suite 300
Newmarket, ON
(905) 895-2371
1-888-223-3999

Markham

4261 Highway 7, Suite 203
Unionville, ON
(905) 415-9719
1-866-415-9723

Richmond Hill – Bayview

10610 Bayview Ave., Unit 18
Richmond Hill, ON
(905) 883-6572
1-888-820-9986

Georgina

Box 8, 25202 Warden Ave.
Sutton West, ON
(905) 476-3611

Griffin Centre

<http://www.griffin-centre.org/>

1126 Finch Ave West, Unit 16, Toronto, ON
(416) 222-1153
contact@griffincentre.org

Griffin Centre is an accredited, charitable, multi-service, mental health agency providing flexible and accessible services to children, youth, transitional-aged youth, adults and their families.



The Institute of Family Living

<https://www.ifl.on.ca/>

Box 47, 3080 Yonge Street, Suite 5034, Toronto ON
(416) 487-3613
info@ifl.on.ca

Our multi-disciplinary team of highly qualified therapists work with such issues as self-esteem, depression, anxiety, addictions, substance abuse, family addictions, codependency, concurrent disorders, alcohol counselling, relationship therapy, relationship counselling, couple therapy, couple counselling, marriage therapy, marriage therapy, drug counselling, trauma and abuse, conflict resolution, stress management, vocational change, parenting, separation and divorce, grief and bereavement, and life transitions.



Medical Centre, Person-Centered Therapy

<http://www.medicalpsychclinic.org/>

2040 Sheppard Ave E., Unit A201, North York, ON
(416) 229-2399
1-888-229-8088

Therapy GPs with psychotherapy experience/training. One-time \$20 registration fee; everything else covered by OHIP. Individual counseling, couples therapy, support group for managing life management issues.

Mood Disorders Association of Ontario (18-28)

<http://www.mooddorders.ca/programs>

36 Eglinton Ave. West, Suite 602, Toronto, ON
(416) 486-8046
1-888-486-8236

The Mood Disorders Association of Ontario offers free peer support and recovery programs to people living with depression, anxiety and bipolar disorder. We also offer support for family members.



Mount Sinai Hospital, Department of Psychiatry

www.mountsinai.on.ca/care/psych/patient-programs/general-psychiatry/couple-family-therapy-clinic

<https://www.torontocentralhealthline.ca/displayservice.aspx?id=164921>

The Couple and Family Clinic, Joseph and Wolf Lebovic Health Complex
600 University Avenue, 9th floor, Toronto, ON
(416) 586-4800 ext. 8714
maria.vergara@sinaihealthsystem.ca

The Mount Sinai Hospital Couples/Family Therapy Clinic provides psychotherapy to couples and families, and academic teaching to learners in medicine and allied health disciplines.

Parkdale Queen West Community Health Centre

<https://pqwchc.org/programs-services/counselling-and-case-management/counselling/>

Parkdale Site: 1229 Queen Street West, Toronto, ON
(416) 537-2455

Queen West Site: 168 Bathurst Street, Toronto, ON
(416) 703-8480

Satellite Office Site: 27 Roncesvalles Avenue, Suite 301, Toronto, ON
(416) 537-8222

Counselling is about supporting you to discover or build on your own strengths and abilities. It is a way to learn more about yourself, make changes, and improve your overall sense of wellbeing by reaching specific goals. As a client, you can expect to be listened to, respected in the goals you set for counselling, and helped in finding ways to cope with life's difficulties. Our counselling services offer individual sessions and group programming.

Youthlink (Youth 12-21)

<http://www.youthlink.ca/>

636 Kennedy Road, Toronto, ON
416-967-1773

[Youth and families] come to us seeking a wide range of support for their emotional well-being, mental health, and intellectual development... As a result, those youth are now developing their

strengths, building their life skills, and going after more promising, exciting futures. Moreover, they connect more positively now with caring adults on what they still want to learn. Their success is what drives us to want to serve even more youth and families.

SUPPORTS FOR WOMEN

Opportunity for Advancement (OFA)

<http://ofacan.com/>

1011 Dufferin Street, Suite 206, Toronto, ON
(416) 787-1481

OFA works with women in disadvantaged life situations... The women we serve come to OFA from all cultures and with a wide diversity of history, experience and skill. They come to OFA open to an opportunity to learn to identify the things they do well and to learn to take the steps they need to begin to achieve a better life for themselves and their families. They overcome tremendous obstacles often simply by being able to get to the program each day. Their strength and courage is a powerful reinforcement to other women struggling to find a way out of poverty, illness and fear of the future.

Scarborough Women's Centre

<http://www.scarboroughwomenscentre.ca/>

2100 Ellesmere Rd. Suite 245, Scarborough, ON
(416) 439-7111

Our service users are diverse for race, ethnicity, immigration status, faith, dis/ability, and sexual orientation. They range in age from 15 to 80... Many of our service users are dealing with issues related to isolation, abuse, newcomer integration, emotional health, and challenges related to employment. With support from staff, facilitators, volunteers and other women, they can empower themselves to become economically and emotionally independent. Not only will this benefit the individual women, but their families and communities will grow stronger as well.

Women's Health in Women's Hands

<http://www.whiwh.com/>

2 Carlton Street, Suite 500, Toronto, ON
(416) 593-7655
info@whiwh.com

Women's Health In Women's Hands is a Community Health Centre for racialized women living in Toronto and surrounding municipalities. Our primary health care team of highly skilled health care professionals specialize in the health and wellness needs of racialized women and prioritizes those from African, Caribbean, Latin American and South Asian communities. Our services are fully accessible and designed to address the barriers that prevent women from being in excellent health.

WALK-IN CLINICS



What's Up Walk-In

www.whatsupwalkin.ca/

416-438-3697

The What's Up Walk-In Clinic is Toronto's only free, six day a week mental health counselling walk-in service for children, youth, young adults, and families. The clinic helps with issues such as depression, anxiety, self-harm, suicidal ideation, sexual identity matters, bullying, behavioural concerns, addictions, and anything else that might be on one's mind. What's Up Walk-In has six other locations across Toronto, so you can visit the closest one to you.



WoodGreen Community Services

www.woodgreen.org/

815 Danforth Avenue, Main Floor, Toronto, ON

416-645-6000

info@woodgreen.org

Counselling & Social Work: 416-572-3575 or cccentralintake@woodgreen.org

WoodGreen is one of the largest social service agencies in Toronto, serving 37,000 people each year from 36 locations. Together we help people find safe, affordable housing, seniors live independently, internationally-trained professionals enter the job market, parents access childcare, children and youth access after-school programs, newcomers settle in to Canadian life, homeless and marginalized people get off the streets, youth find meaningful employment and training and provide a wide range of mental health supports.

Dialectical Behaviour Therapy (DBT)



DBT Clinic at Centre for Addiction and Mental Health (CAMH)

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/dialectical-behaviour-therapy>

1001 Queen Street West, Toronto, ON

(416) 535-8501, press 2

Dialectical behaviour therapy (DBT) is an evidence-based model of therapy that helps people learn and use new skills and strategies so that they build lives they feel are worth living.

Dialectical Living

<http://www.dialecticalliving.ca/>

(647) 573-DBTS (3287)

info@dialecticalliving.ca

Dialectical Living is very unique providing a professional DBT program run by professionals with lived experience. The professional peer workers "prosumers" at Dialectical Living are community members who help program participants with similar life experiences learn new skills. We are social workers, mental health nurses, addiction counsellors, social service workers

and/or peer support workers.

LOFT Community Services

<https://www.loftcs.org/>

15 Toronto Street, 9th floor, Toronto, ON
(416) 979-1994

We help young people living with mental, physical and substance use challenges. From on-campus support and employment services to counselling and mental health clinics, we're there when young people need a safe place to turn.

Stella's Place (18-29)

<https://stellasplace.ca/>

18 Camden Street, Toronto ON
(416) 461-2345
connect@stellasplace.ca

Designed by young adults, their families and professionals, Stella's Place provides comprehensive mental health services for 16 to 29 year olds. We provide our services in a positive, peer engaging, non-residential community setting. We offer a full menu of choices including peer support, clinical, employment, wellness, studio and recovery programs to help young adults learn skills, find connection and be empowered to manage their own health.

Disordered Eating



National Eating Disorders Information Centre

<https://nedic.ca/>

(416) 340-4156
1-866-633-4220

NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders through our toll-free helpline and instant chat. Outreach and education programming is available online and in the Greater Toronto Area, focusing on awareness and the prevention of eating disorders.

New Realities; Eating Disorders Recovery Centre

www.newrealitiescan.com

18 Colleen St, Thornhill, ON
(905) 763-0660

With locations in Thornhill (18 Colleen Street near Yonge and Steeles - 905 763-0660) and Toronto, New Realities offers personalized, non residential counseling, psychotherapy, relationship and family therapy. At the centre, we recognize that there are real and often unconscious reasons that people use food and body size concerns to deal with emotions and difficult situations.

Sheena's Place

<https://sheenasplace.org/>

87 Spadina Road, Toronto, ON

(416) 927-8900

info@sheenasplace.org

At Sheena's Place, we offer hope and support to anyone 17+ affected by an eating disorder, as well as their families and friends, by providing a wide range of professionally facilitated support groups and services, completely free of charge. We are committed to inspiring hope, reducing stigma, raising awareness and offering meaningful help and information at all stages of recovery.

Domestic Violence



Please refer also to the **Abuse/Trauma** and **Sexual Violence** sections.

Abrigo Centre- Violence Against Women Priority Crisis Services

<http://www.abrigo.ca/>

1645 Dufferin Street, Toronto, ON

(416) 534-3434

Our Violence Against Women counselling services are offered on an individual and group basis, in both Portuguese and English. The focus in counselling is to help women develop their strengths and their well being... Information and access to essential services such as food, shelter, medical services, the legal and judicial system are provided.

Aisling Discoveries Child and Family Centre: Here to Help

<https://aislingdiscoveries.ca/section/here-help-0>

325 Milner Avenue, Suite 110, Scarborough, ON

(416) 321-5464

Here to Help offers a concurrent group for children's mothers who seek to learn positive strategies for dealing with the challenge of parenting children who have witnessed abuse. Women are encouraged to share and discuss their issues and experiences while gaining support, advice and understanding in a non-judgmental environment.

Catholic Crosscultural Services – Settlement Service Centre

<http://cathcrosscultural.org/settlement-services/>

55 Town Centre Ct, Suite 401, Scarborough, ON

(416) 757-7010

Our settlement support services assist newcomers of all ages to adjust and integrate into Canadian society and connect with helpful community-facing resources. We offer many individual support and group sessions in over 30 languages. There are 8 locations around the GTA: 4 Scarborough, 1 Brampton, and 3 Mississauga locations.

Catholic Family Services

https://www.cfstoronto.com/client/cfs/cfs_lp4w_Ind_webstation.nsf/page/Woman+Abuse

Woman Abuse Services: (416) 222-0048

The program focuses on providing a safe and supportive environment to abused women and their families, including those who have been sexually abused, in which they can receive counselling, support, education, and information on other support services in the community.

Counterpoint Counselling

<https://counterpoint.coop/coop-wpv3/>

920 Yonge St, Suite 605 Toronto, ON

Office phone: (416) 920-0268

Women's Program Line: (416) 920-6516

Linea en Español: (416) 920-1701

Counterpoint is committed to ending violence against women and building a safe and equitable community. In response to community needs, Counterpoint offers programming in English and Spanish.

Family Service Toronto

<https://familyservicetoronto.org/our-services/programs-and-services/violence-against-women/>

(416) 595-9618

The Violence Against Women (VAW) Program assists women who have experienced abuse during the course of their lives. Abuse may have occurred in childhood, during a past relationship, or it may be an ongoing concern in a current relationship and a woman may have escaped abuse recently, last year, or a long time ago.

Our counselling services for women who have experienced any type of abuse, are available in English, Tamil, Somali, Urdu, Hindi, Farsi, Dari and Pashto and to all women who live and/or work in the Greater Toronto Area (GTA).

Jewish Family & Child Services (JF&CS)

<https://www.jfandcs.com/>

4600 Bathurst Street, 1st Floor, Toronto, ON

(416) 638-7800

info@jfandcs.com

JF&CS is a multi-service agency that strengthens and supports individuals, children, families and communities by increasing safety and security, improving mental health and wellness and reducing the effects of poverty, within the context of Jewish values.

[Here to Help Program](#)

<https://www.jfandcs.com/here-to-help-program>

(416) 638-7800 x 6216

Here to Help is a program for kids aged four to 16 and their moms who live in families where abuse has occurred. The program is designed to help youth learn positive coping techniques and end the cycle of violence.

Woman Abuse Services

<https://www.jfandcs.com/woman-abuse-services>

(416) 638-7800

The Jewish Family & Child Woman Abuse Program provides a spectrum of services that include: crisis intervention, assessment, individual and group counselling, Here to Help (for children and their mothers who have been abused), advocacy and community outreach, education and consultation, referrals with other professionals.

Yorktown Family Services (YFS): Transitional Support & Housing Program

<https://www.yorktownfamilyservices.com/violence-against-women-services/transitional-housing-and-support/>

2010 Eglinton Avenue West, Suite 300, York, ON

Child & Family Centre: (416) 394-2424

Shelter for Women: (416) 394-2950

Crisis Line: (416) 394-2999

info@yorktownfamilyservices.com

YFS is a fully accredited community service agency comprised of an infant, child, and youth mental health centre; a women's shelter and community-based violence against women services; and an integrated services site offering rapid access to multiple mental health, primary health, and social service programs for youth and young adults.

YWCA Toronto

<http://www.ywcatoronto.org/>

87 Elm Street Toronto, ON

(416) 961-8100

We help women and girls flee violence, secure housing, find jobs, establish their voices, enhance skills and develop confidence. We offer a range of housing options, employment and training programs, community support programs, girls' programs and family programs; we also engage in systemic advocacy.

Employment



CanadianCareers.com

<http://canadiancareers.com/>

CanadianCareers.com is one of the original career web sites for Canadians. Since 1996, CanadianCareers.com has established a reputation for providing reliable career and employment information to Canadians from coast-to-coast.

CareerWise

<https://careerwise.ceric.ca/>

CareerWise helps people working in career development across Canada stay up to date on the top news and trends.

Government of Canada

[Job Bank- Trend Analysis](#)

<https://www.jobbank.gc.ca/explorecareers>

[Government of Canada: Job Bank](#)

<https://www.jobbank.gc.ca/home>

Ontario.ca: Jobs and Employment

<https://www.ontario.ca/page/jobs-and-employment>

OnWorkInfoNet (OnWIN)

<http://onwin.ca>

OnWIN is a web-based resource and service dedicated to connecting the people of Ontario to quality information and resources in the areas of jobs; work and recruiting; learning; education and training; occupations and careers; labour market information and outlook; self-employment; workplace issues and supports; and financial help and issues.

VPI Working Solutions

<https://www.vpi-inc.com/>

<https://www.vpi-inc.com/contact/>

(905) 624-3353

1-888-336-9500

info@vpi-inc.com

We provide employment programs, assessments and supportive vocational services that help residents of Ontario improve job readiness, explore training and get back to work.

As a service provider for the Ministry of Labour, Training and Skills Development (MLTSD), we facilitate several Employment Ontario programs to help job seekers find work and training opportunities. We also work directly with employers who are looking to hire. These free programs and services are provided at no cost to job seekers or employers.

Youth Employment Services (15-30)

<https://www.yes.on.ca/>

yes@yes.on.ca

YES believes that employment is empowerment and the cornerstone of safe and healthy communities. YES leads the Canadian youth sector with innovative programs that empower disadvantaged and vulnerable youth to become self-sufficient contributing members of society.

Bloor Street West Site

1610 Bloor Street West, Toronto, ON

(416) 535-8448

Richmond Street West Site

555 Richmond Street West

Suite 711 - Box 115, Toronto, ON

(416) 504-5516

211 Toronto

<https://www.211toronto.ca/>

<https://www.211toronto.ca/topic/employment-training>



College of Physicians and Surgeons of Ontario (CPSO)

[Do you have a healthy relationship with your doctor?](https://www.cpso.on.ca/Public/Public-Information/You-and-Your-Doctor)

<https://www.cpso.on.ca/Public/Public-Information/You-and-Your-Doctor>

[Doctor Search](https://doctors.cpso.on.ca/)

<https://doctors.cpso.on.ca/>

Ontario.ca: Find a Doctor

<https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner>

St. Michael's Hospital

<http://www.stmichaelshospital.com/programs/familypractice/finding-a-doctor.php>

Telehealth Ontario

<https://www.ontario.ca/page/get-medical-advice-telehealth-ontario>

1-866-797-0000

Wise Elephant: Family Health Team

<https://wiseelephantfht.net/>



MyGrief.ca

<http://www.mygrief.ca/>

info@virtualhospice.ca

MyGrief.ca can help you understand grief and work through some of the difficult issues you may be facing. MyGrief.ca has been developed by a team of national and international grief experts together with people who have experienced significant loss in their own lives. It is not meant to replace professional counselling or other health care services.

Bereaved Families of Ontario- Toronto

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

(416) 440-0290

info@bfotoronto.ca

We are a local charitable organization whose cause is to support a person, family or group dealing with grief from the death of a loved one.



24/7

Assaulted Women's Helpline

<http://www.awhl.org/>

(416) 863-0511

1-866-863-0511

TTY: 1-866-863-7868

For over 30 years, the Assaulted Women's Helpline has served as a free, anonymous and confidential 24-hour telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of abuse. We provide crisis counselling, safety planning, emotional support, information and referrals accessible 7 days a week, 365 days a year. We work in tandem with community partners and sister agencies towards bridging gaps in service and identifying emerging issues or trends relevant to the women we work with.

24/7

CMHA 24/7 Crisis Support Peel Dufferin

<https://cmhapeeldufferin.ca/programs-services/24-7-crisis-support-peel/>

Peel (905) 278-9036

Caledon & Dufferin: 1-888-811-2222

24.7 Crisis Support Peel Dufferin is a voluntary community crisis service that is comprised of a team of crisis support workers who are registered social workers, nurses and occupational therapists. Individuals can call for direct support or to request help for someone they are concerned about. A crisis support worker will speak to you over the telephone to assess the nature of the crisis and to put a plan in place to ensure safety and support.

Canada Drug Rehab Addiction Services Directory

<http://www.canadadrugrehab.ca/>

1-877-746-1963

24/7

ConnexOntario

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

Drug and Alcohol Helpline: 1-800-565-8603

Mental Health Helpline: 1-866-531-2600

Problem Gambling Helpline: 1-888-230-3505

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. We are funded by the Government of Ontario.

Our system navigation and information service is live-answer 24/7, confidential, and free.

24/7

Crisis Services Canada

<https://www.crisisservicescanada.ca/en/>

1-833-456-4566

24/7

Distress Centres of Greater Toronto

<https://www.torontodistresscentre.com/>

(416) 408-HELP (4357)

Distress Centres of Greater Toronto provides support to individuals in our community at risk and their most vulnerable. They are Canada's oldest volunteer delivered crisis, emotional support and suicide prevention + intervention + postvention service agency.

24/7

Distress Centre Durham

<https://distresscentredurham.com/>

(905) 430-2522

1-800-452-0688

Confidential helpline telephone service to those in distress. Volunteers trained in active listening, crisis intervention and suicide prevention techniques. Provides emotional support, encourages caller initiative and provides referrals to community resources as necessary.

Distress Centre Halton

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

Oakville: 905-849-4541

Burlington: 905-681-1488

North Halton: 905-877-1211

Durham Mental Health Services, Crisis-Access-Linkage-Line

<https://dmhs.ca/cause/crisis-response/>

(905) 666-0483

1-800-742-1890

Durham Mental Health Services offers a range of crisis supports to assist individuals who are experiencing a personal or situational crisis. Our crisis services are free and confidential.

24/7

Fem'aide

<http://femaide.ca/>

1-877-336-2433

Addiction and mental health services for francophones across Ontario.

24/7

First Nations and Inuit Hope for Wellness Help Line:

<https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

1-855-242-3310

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. Experienced and culturally competent Help Line counsellors can help if you: want to talk, are distressed, have strong emotional reactions, may be triggered by painful memories.

24/7

Gerstein Centre Crisis Line (16+)

<http://gersteincentre.org/>

(416) 929-5200

Our goal is to help you work out some effective ways of addressing your immediate difficulties and to connect you to services that can offer ongoing support. We encourage self-referrals so that we can hear directly from people about what they are going through.

24/7

Good2Talk

<https://good2talk.ca/>

Call: 1-866-925-5454

Text: GOODTOTALKON to 686868

Good2Talk is a free, confidential helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario.

24/7

Guelph-Wellington Women in Crisis

<https://gwwomenincrisis.org/>

(519) 836-5710

1-800-265-7233

Guelph-Wellington Women in Crisis is a feminist community-based organization providing services to women and their children on woman abuse and sexual violence. We believe our services must be inclusive and equitable for all individuals accessing our programs while being responsive to issues of race, gender, religion, age, sexual orientation, socio-economic status and/or abilities.

Lesbian Gay Bi Trans Youth Line

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

Call: 1-800-268-9688

Text: (647) 694-4275

Provides a toll-free service provided by youth for youth that is sex positive and non-judgmental for youth who are 26 and under who live anywhere in Ontario. They also provide a text, on-line chat and e-mail service.

National Eating Disorder Information Centre

<https://nedic.ca/>

1-866-633-4220

NEDIC provides information, resources, referrals and support to Canadians affected by eating disorders through our toll-free helpline and instant chat. Outreach and education programming is available online and in the Greater Toronto Area, focusing on awareness and the prevention of eating disorders.

24/7

Oshawa-Durham Rape Crisis Centre

<https://drcc.ca/>

(905) 668-9200

The Durham Rape Crisis Centre is committed to the eradication of sexual violence in our society in order for all women and children to safely occupy their own bodies and beings as is their fundamental human right.

Progress Place Warm Line (18+)

<http://www.warmline.ca/>

(416) 960-WARM (9276)

The Warm Line is a peer support line for men and women with mental illness living in the GTA in need of a friend with an empathetic ear, someone who will really listen. Open daily from 8pm-midnight. Warm Line is a confidential & anonymous service for adults. The Warm Line is not a crisis line.

24/7

Scarborough Health Network

<https://www.shn.ca/mental-health/crisis-support/>

(416) 495-2891

24/7

Sexual Assault Care Center (13+)

<http://www.sacc.to/asap/aboutus/aboutus.htm>

3050 Lawrence Ave. E. Scarborough, ON M1P 2T7

(416) 495-2555

We are a specialized team of doctors, nurses and counsellors. We provide emergency medical treatment and emotional support to youth (over the age of 12), women, and men who have experienced a recent sexual assault. Our services are confidential and free of charge. We are able to take care of victims who have physical disabilities. We will arrange for interpreters to help us understand individuals who have difficulty with the English language. We are on call 24 hours a day.

24/7

Sexual Assault Centre Hamilton & Area (SACHA)

<http://sacha.ca/>

75 MacNab St. South, 3rd Floor Hamilton, ON

(905) 525-4162

SACHA is a feminist, non-profit, community-based organization that provides supports to people who have experienced sexualized violence at any point in their lives. We work to end violence and oppression through education, advocacy, outreach, coalition building, community partnerships, and activism.

24/7

Sexual Assault Survivors' Support Line and Leadership (SASSL)

www.yorku.ca/sassl

B449, Student Centre, 4700 Keele Street, North York, ON

(416) 650-8056

sassl@yorku.ca

SASSL offers confidential, non-judgmental peer support and referrals to survivors of sexual violence through walk-in services (available year-round) and through a 24-hour crisis line (available during the school year). They provide outreach programs and information sessions focused on sexual violence education and prevention across York University and the GTA.

24/7

Spectra Multilingual Distress Lines

<https://www.spectrahelpline.org/>

Brampton & Mississauga: (905) 459-7777
Caledon: 1-877-298-5444
TTY: (905) 278-4890

Distress Centres of Greater Toronto (formerly Spectra Helpline) offers its programs and services, (i.e., crisis and suicide assessment and intervention, emotional support, and outbound check-in calls) in 8 language: English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu.

24/7

Toronto Rape Crisis Centre

<https://trccmwar.ca/>

(416) 597-8808

The Toronto Rape Crisis Centre/Multicultural Women Against Rape (TRCC/MWAR) is a grassroots, women-run collective working towards a violence-free world by providing anti-oppressive, feminist peer support to survivors of sexual violence through support, education and activism.

Trans Lifeline

<https://www.translifeline.org/>

1-877-330-6366

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Our operators are located all over the U.S. and Canada, and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, please call us.

24/7

Women's Support Network of York Region

<https://womenssupportnetwork.ca/>

1-800-263-6734

French: 1-877-336-2433

Human Trafficking Helpline: 905-758-5285

Women's Support Network (WSN) is York Region's only sexual violence crisis centre. We are dedicated to providing free, nonjudgemental, confidential services for anyone who has experienced sexual violence in their life time.

24/7

The Yellow Brick House Crisis Line

<https://www.yellowbrickhouse.org/>

1-800-263-3247

Yellow Brick House is a place for abused women and children. In your neighbourhood and across our community, we are here 24 hours a day, 7 days providing help and hope to women and children.

York Community Crisis Response Services

<https://www.yssn.ca/310-COPE>

1-855-310-COPE (2673)

York Support Services Network offers the Community Crisis Response Service for persons living in York Region or South Simcoe who are having a mental health crisis, and their family or friends. Utilizes an interpretation service and can access interpreters in 140 languages.

24/7

Victim Services of Peel

<https://vspeel.org/>

7750 Hurontario Street, Brampton, ON
(905) 568-1068

Homelessness & Food Insecurity



SHELTERS

City of Toronto: Housing & Shelter

<https://www.toronto.ca/community-people/housing-shelter/>

24/7

Covenant House (16-24)

<https://covenanhousetoronto.ca/get-help/>

20 Gerrard St. E. Toronto, ON
(416) 593-4898
1-800-435-7308
help@covenanthouse.ca

Provides shelter and support services for youth with barriers and homelessness (e.g. job training and job seeking services, health services, transitional housing services and food bank support).

Fred Victor

<https://www.fredvictor.org/location-information/>

(416)-338-4766
1-877-338-3398

Fred Victor is a social service charitable organization that fosters long-lasting and positive change in the lives of homeless and low-income people living across Toronto. Over 20 locations in the GTA.

The Housing Help Centre

<http://www.shhc.ca/index.php?p=streets-to-homes>

Originally known as the Scarborough Housing Help Centre (SHHC), our organization began in 1985 as a joint initiative between Catholic Cross-Cultural Services (CCS) and the Agincourt Community Services Association (ACSA) to provide a room registry for single people. Over the next several years, the program began offering housing help services to a broader scope of clients, including seniors, families and couples.

[The Housing Help Centre - Head Office](#)
205-2500 Lawrence Avenue
East Scarborough, ON
(416) 285-8070

[Markham Office](#)
(416) 317-3655

[Thornhill and Georgina Office](#)
(416) 414-6779

185 Fifth St, Etobicoke, ON

[Vaughan Office](#)
(416) 268-0654

[Richmond Hill Office](#)
(647) 241-1237

[Newmarket Office](#)
(647) 267-5319

Loft

<http://www.loftcs.org/programs/supports-for-adults/#sthash.Sj0Y1LjO.dpuf>

15 Toronto Street 9th floor Toronto, ON
(416) 979-1994
info@loftcs.org

We offer a wide range of services for adults facing challenges with mental health, substance use and homelessness or the risk of homelessness.

Our services for adults are focused on recovery and tailored to the needs of each individual.

Participation in any of our programs is always voluntary, because we believe everyone has the right to control the course of their own life.

North York Housing Help Centre (COSTI)

http://www.costi.org/programs/program_details.php?sid=51&pid=5&id=148

North York Centre, Sheridan Mall, 1700 Wilson Avenue, Suite 114, Toronto, ON
(416) 244-0480
nyork@costi.org

There is no service fee for this program.

Our Place Peel, Emergency Youth Shelter

<http://www.pccn.ca/our-place-peel/>

(905) 273-4900
info@peelcrisiscapacitynetwork.ca

Through assessment and coordination of short-term and transitional support resources, and in collaboration with Network Partners, PCCN's mission is to support children and adults who have a developmental disability and dual diagnosis in overcoming crisis. To achieve our mission, we work from a resilient and holistic framework and a team orientation.

Our services and programs include one-on-one case management, assistance navigating the care system and referrals to additional health care providers and social services.

Red Door Family Shelter

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

21 Carlaw Avenue, Toronto, ON
(416) 915-5671
Family Intake: (416) 397-5637

A dedicated and caring staff team addresses the particular needs of families in crisis. The services provided reduce the impact of homelessness by providing safe and supportive shelter to hundreds of families each year. We help keep families together by providing services for the whole family, helping them to establish a stable life beyond the shelter.

SKETCH Toronto

<https://sketch.ca/>

180 Shaw St., Unit 201, Toronto, ON M6J 2W5

(416) 516 1559

info@sketch.ca

SKETCH is a community arts enterprise engaging diverse young people, ages 16-29, from across Canada, who live homeless or on the margins and navigate poverty to: experience the transformative power of the arts, build leadership and self-sufficiency in the arts, cultivate social and environmental change through the arts

Toronto North Support Services – Multidisciplinary Outreach Team (M-Dot)

<http://www.tnss.ca/>

<http://www.tnss.ca/the-access-point/multi-disciplinary-outreach-team-m-dot/>

(416) 499-5969

Multidisciplinary Outreach Team (M-Dot): (647) 777-0130

Toronto North Support Services (TNSS) is a community-based, multi-service agency providing mental-health and homeless programs to adults in Toronto. Our work is client-centered, we believe in the inherent ability of those experiencing mental-health challenges or homelessness to make positive changes in their lives and we are honoured to be a part of that process.

YMCA: Housing, shelter and total support

<https://ymcagta.org/youth-programs/youth-housing>

(416) 928-9622

1-800-223-8024

The YMCA has been providing housing and shelter for at-risk youth for decades. Whether it is family problems, trouble with the law, or just being locked out of the house, we'll help you stay warm and safe, and get you the help that you need.

YWCA Toronto Shelter and House

<https://www.ywcatoronto.org/ourprograms/shelterandhousing>

(416) 961-8100

info@YWCAtoronto.org

360°kids Nightstop (16-26)

<https://www.360kids.ca/programs-services/housing/nightstop/>

(416) 566-9464

Lesley.sims@360kids.ca

Providing a safety net to those forced to leave their home, Nightstop places young people in a safe and warm home for the night, provided by a vetted and approved volunteer.

It prevents young people from sleeping on the streets, “couch surfing”, or staying in unsuitable accommodations where they would be at risk of abuse. The use of spare rooms in a positive environment makes a huge difference to young people in crisis.

FOOD SERVICES

Daily Bread Food Bank

<https://www.dailybread.ca/about/contact-us/>

191 New Toronto Street, Toronto, ON
(416) 203-0050

Information about how to access food banks across the city, including locations.

New Toronto Street Food Bank

<https://www.dailybread.ca/need-food/new-toronto-street-food-bank/>

191 New Toronto St, Etobicoke, ON

Foodshare- Foodlink Hotline

<https://foodshare.net/program/foodlink/>

120 Industry Street – Unit C, Toronto, ON
(416) 363-6441
info@foodshare.net

FoodLink hotline: (416) 392-6655 or foodlink@foodshare.net

At FoodShare, we aim to centre food justice in our work by collaborating with and taking our cue from those most affected by poverty and food insecurity — Black, Indigenous, People of Colour, People with Disabilities. Our goal is to inspire long-term solutions for a food system where everyone has access to affordable, fresh, nutritious food. We reach over 260,000 people each year.

North York Harvest Food Bank

<http://www.northyorkharvest.com/>

116 Industry Street, Toronto, ON
(416) 635-7771
info@northyorkharvest.com

North York Harvest Food Bank is the primary food bank for northern Toronto, distributing over 2.3 million pounds of food in last year through 77 community programs. We are excited to announce that several of our food banks have began the process of transitioning their programs to a choice-model to better serve their communities. Not only does this support our mission of dignified food access, but it will also empower individuals in our communities.

Toronto Meals Program

<http://torontomealprograms.blogspot.com/p/meal-programs-calendar-agenda.html>

Free food listings, reviews and articles on food security, soup kitchens and multi-service agencies in Toronto, Canada.



Keep.meSAFE (YUELI students only)

<https://keepmesafe.myissp.com/Home/UniversitySearch>

1-844-451-9700

Download the My SSP App

The keep.meSAFE Student Support Program is a support service available to international students that can help them with challenges faced when studying abroad. Call anytime to speak with a Student Support Advisor who has experience supporting the unique challenges international students face (e.g. adapting to new cultures, being successful at school, relationships with friends and family, stress, anxiety, sadness, loneliness, etc.)



Elizabeth Fry Toronto

<https://efrytoronto.org/program-services>

215 Wellesley Street East, Toronto, ON

(416) 924-3708

1-855-924-3708

info@efrytoronto.org

Elizabeth Fry Toronto delivers gender based, trauma informed services and advocates for justice and equity for women and non-binary people who are criminalized and their families.

Legal Aid Ontario

<https://www.legalaid.on.ca/en/>

(416) 979-1446

1-800-668-8258

Legal Aid Ontario provides legal help in English and French for financially eligible low-income Ontarians in: family law, refugee and immigration law, criminal law, mental health law, clinic law. Support provided in over 300 languages.

Pro Bono Ontario

<https://www.probonoontario.org/hotline/>

1-855-255-7256

Pro Bono Ontario is committed to helping Ontarians with their everyday civil legal needs. If you can't afford a lawyer, call our Free Legal Advice Hotline for up to 30 minutes of free legal advice and assistance.

York CLASP

<https://www.osgoode.yorku.ca/community-clinics/welcome-community-legal-aid-services-program-clasp/>

(416) 736-5029

claspinfo@osgoode.yorku.ca

Osgoode Hall Law School, Ignat Kaneff Building, 4700 Keele Street, York University
CLASP provides free legal advice and representation to members of the community, and to York students. We are funded by The Law Foundation of Ontario, Legal Aid Ontario, York students, and Osgoode Law Hall School. Students work in our clinic under the supervision of experienced lawyers.

York Federation of Students (YFS) Legal Support Services

<http://www.yfs.ca/legal-support-1>

William Reid, YFS Lawyer for consult

w.a.reid@gmail.com

LGBTQ+ Resources



ON CAMPUS

Glendon Queer Support (GQS)

gcgqs66@gmail.com

GQS is a group facilitated by upper year students that promotes a supportive environment for the lesbian, gay, bisexual and transgender communities on the Glendon campus.

Glendon Women and Trans Centre (GWTC)

www.facebook.com/groups/40179743672/

<https://www.facebook.com/GlendonWTC/>

(416) 487-6720 (Office of Student Affairs)

glendonwtc@gmail.com

GWTC is dedicated to providing a positive space where no person is judged based on their gender, race, religion, or sexual orientation. We work to promote the preservation of all human rights and administer the Glendon Food Bank and Emergency Shelter.

GLgbt

coordinator.glgbt@gmail.com

glendonlgbt@gmail.com

GLgbt is a group that promotes a supportive environment for lesbian, gay, bisexual, transgender, questioning and queer folks or any individual with diverse sexual or gender identities on York University's Glendon campus. The group hosts community-building social events and awareness campaigns throughout the year.

LGBT+ Schulich

<https://www.facebook.com/lgbt.schulich/>

Twitter & Instagram: @schulichpride

LGBT+ Schulich links community, resources and opportunities for lesbian, gay, bisexual, transgender, queer, ally, and young professionals for pro-LGBT+ advancement in Canada and advocates for greater gender diversity at Schulich School of Business and our communities.

OUTlaws (at Osgoode)

<https://www.facebook.com/osgoodeoutlaws/>

OUTlaws is a student group of the Osgoode Hall Law School that provides a social, educational and political forum for lesbians, gay men and women, transwomen and men, and their allies.

SexGen York Committee

sexgen@yorku.ca

SexGen York is University-wide committee responsible for advising and advocating around issues and concerns of sexual and gender diversity and orientation, whether in terms of university policy areas, academic climate, or general University environment.

Trans Bisexual Lesbian Gay Asexual at York (TBLGAY)

<https://yorku.campuslabs.ca/engage/organization/tblgay>

<https://thecentre.yorku.ca/resource/trans-bisexual-lesbian-gay-asexual-at-york-tblgay/>

A449 Student Centre, 4700 Keele Street, North York, ON

(416) 736-2100 Ext. 20494

tblgay@yorku.ca

TBLGAY is a student-run organization that offers community referrals, a resource library, and a drop-in space where queer, trans and asexual students and community members can go to hang out and make new friends in the community.

OFF-CAMPUS

Access Alliance

<https://accessalliance.ca/programs-services/lgbtq-programs/>

340 College St., Ste. 500, Toronto, ON

(416) 324-8677

Access Alliance takes pride in offering programs and services for lesbian, gay, bisexual, trans and queer (LGBTQ+) newcomers.

Asian Community AIDS Services

<http://acas.org/>

260 Spadina Ave, Suite 410, Toronto, ON

(416) 963-4300

1-877-630-2227

1-877-644-2227

info@acas.org

Asian Community AIDS Services (ACAS) is a charitable, non-profit, community-based organization located in Toronto, Canada. We provide safer sex education and services to the East and Southeast Asian communities and support services to persons living with HIV/AIDS and members of the LGBTQ communities.

FSYR: Support Telephone Numbers- York Rainbow support

<http://www.fsyrc.ca/contact-us/>

1-888-York-LGBT (1-888-967-5542)

Lesbian Gay Bi Trans Youth Line

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

Call: 1-800-268-9688

Text: (647) 694-4275

Provides a toll-free service provided by youth for youth that is sex positive and non-judgmental for youth who are 26 and under who live anywhere in Ontario. They also provide a text, on-line chat and e-mail service.

Rainbow Health Ontario

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

333 Sherbourne Street, Toronto, ON

(416) 324-4100

info@rainbowhealthontario.ca

Rainbow Health Ontario (RHO) is a province-wide program of Sherbourne Health that works to promote the health of Ontario's LGBT2SQ communities and improve their access to services. RHO creates resources, provides information and consultation services, delivers education and training, and supports research to develop evidence-based practice and informed public policy.

[TransPrimary Care: Feminizing Hormone Therapy](https://www.rainbowhealthontario.ca/TransHealthGuide/gp-femht.html)

<https://www.rainbowhealthontario.ca/TransHealthGuide/gp-femht.html>

[TransPrimary Care: Masculizing Hormone Therapy](https://www.rainbowhealthontario.ca/TransHealthGuide/gp-mascht.html)

<https://www.rainbowhealthontario.ca/TransHealthGuide/gp-mascht.html>

reachOUT

<http://www.griffincentre.org/reachout.php>

(416) 559-8565

reachOUT@griffincentre.org

reachOUT is a creative, inclusive & accessible program for lesbian, gay, bisexual, trans, two-spirit, non-binary, queer and questioning (LGBT*) people in Toronto. In particular, we recognize the needs of youth and adults who experience multiple oppressions and work to create spaces with and for people who are traditionally excluded from mainstream services, including trans, two-spirit, newcomers, people of colour and disabled folks. We are committed to social justice,

community building, education and advocacy to increase access, visibility and to strengthen our communities.

Salaam Canada

<https://www.salaamcanada.info/>

Salaam Canada is a volunteer-run national organization dedicated to creating space for people who identify as both Muslim and queer and trans.

Sherbourne Health Centre

333 Sherbourne Street, Toronto, ON
(416) 324-4100
info@sherbourne.on.ca

[LGBTQ Family Health Team Clinic](https://sherbourne.on.ca/contact/make-an-appointment/)

<https://sherbourne.on.ca/contact/make-an-appointment/>
(416) 324-4103

[LGBTQ Health](https://sherbourne.on.ca/primary-family-health-care/lgbt-health/)

<https://sherbourne.on.ca/primary-family-health-care/lgbt-health/>

Sherbourne offers a wide range of primary healthcare programs and services to lesbian, gay, bisexual, trans, two-spirited, intersex, queer or questioning individuals. Our goal is to provide dignified, non-judgmental services to help clients feel better, cope better with day-to-day challenges and address specific LGBTQ health issues.

[Supporting our Youth \(SOY\)](https://sherbourne.on.ca/primary-family-health-care/lgbt-health/soy-youth/)

<https://sherbourne.on.ca/primary-family-health-care/lgbt-health/soy-youth/>

If you are a youth who is lesbian, gay, bisexual, transgender, transsexual, two-spirited, intersex, queer, or questioning and need health services for LGBTQ related issues, we can help. Sherbourne's LGBTQ primary healthcare team promotes health and wellness by addressing the specialized health issues of those who identify as LGBTQ in an open, safe, and welcoming environment.

TBN (Toronto Bisexual Network)

<https://www.torontobinet.org/>

We provide a community where bisexuals, pansexuals, fluid and other non-monosexual people, and those questioning their sexuality, can share diverse perspectives and common experiences.

The 519

<https://www.the519.org/>

<https://www.the519.org/programs/one-on-one-counselling>

519 Church Street, Toronto, ON
(416) 392-6874
Info@The519.org

The 519 is committed to the health, happiness and full participation of the LGBTQ2S communities. A City of Toronto agency with an innovative model of Service, Space and

Leadership, we strive to make a real difference in people's lives, while working to promote inclusion, understanding and respect.

Multilingual and/or Race/Ethnic/Religion-based Counselling



Across Boundaries

<http://www.acrossboundaries.ca/>

51 Clarkson Ave. Toronto, ON

(416) 787-3007

info@acrossboundaries.ca

Across Boundaries provides a dynamic range of mental health support and services and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks. These frameworks address the negative impact of racism and discrimination on mental health and well-being.

Asian Initiative in Mental Health

<https://www.connexontario.ca/mental-health-service-toronto-4466>

399 Bathurst Street, Toronto, ON

Toronto Western Hospital East Wing 9th floor

(416) 603-5349

Services are available in Cantonese and Mandarin. The Asian Initiative in Mental Health team provides language and culturally specific assessment, consultation and treatment to Asian speaking people with mental illness. The model of service is short term psychotherapy, psychosocial skill building (individual and group), and psycho-educational (individual and group). Average length of stay is six months to one year.

ByBlacks.com

<https://byblacks.com/main-menu-mobile/directory-mobile/business/health-care/therapist>

ByBlacks.com is a bold, award-winning, innovative online magazine serving the Black Canadian community. [This directory assists individuals with connecting with] a Black Canadian Psychiatrist, Therapist, Psychotherapist or Psychologist in [their] neighbourhood.

Chinese Family Services of Ontario

<https://cfso.care/>

3330 Midland Avenue, Suite 229, Scarborough, ON

(416) 979-8299

Services are available in Mandarin and Cantonese. There is a satellite location on College Street downtown as well as in Richmond Hill by appointment.

Cornerstone Family Counselling Services

<http://www.cornerstonefamilycounselling.com/>

6341 Mississauga Road, Mississauga, ON

(905) 214-7363
inbox@cfcnet.ca

We offer our counselling services in English and Arabic to any in need, regardless of your religious or spiritual affiliation, cultural heritage, socioeconomic background, or sexual orientation, whilst always maintaining the moral values and traditions of the Canadian Coptic Orthodox Church. Our mission is to walk alongside you and support your initiative to enhance your individual, family, and community life in a manner that positively benefits society as a whole.

Family Services York Region (FSYR)

<http://www.fsyrc.ca/>

Intake: (905) 477-5741
Markham: (905) 415-9719
Newmarket: (905) 895-2371
Richmond Hill on Bayview Avenue: (905) 883-6572
Richmond Hill on Yonge Street: (905) 780-9927

FSYR is a Not for Profit, Charitable organization. We are committed to excellence in the provision of counselling for children, youth, women, men and their families. All counselling services seek to promote the fullest development of the individual. We believe in family in all its diversity. FSYR partners with agencies across York Region to ensure that you receive the help you need; if we can't help you we will help you find the appropriate resource.

FSYR: Support Telephone Numbers

<http://www.fsyrc.ca/contact-us/>

Chinese support: (905) 477-5741
Tamil support: (416) 857-6308
Hindi, Punjabi, Urdu, Gujarati support: (416) 818-7075
Farsi support: (905) 883-6572, Ext. 256
Centre Francophone: (416) 922-2672

24/7

First Nations and Inuit Hope for Wellness Help Line:

<https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

1-855-242-3310

The Hope for Wellness Help Line offers immediate help to all Indigenous peoples across Canada. Experienced and culturally competent Help Line counsellors can help if you: want to talk, are distressed, have strong emotional reactions, may be triggered by painful memories.

Grace Health Centre

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

2830 Keele Street, Suite 402, Toronto, ON
(416) 633-7337

Services are free and covered by OHIP. Our approach to practicing medicine is one that considers the person as a whole. In order to support our patients' journeys towards wellness,

we emphasize the physical, mental, emotional, and spiritual aspects of their lives.

Hong Fook Mental Health Services

<https://hongfook.ca/association/our-services/>

- a. Scarborough Head Office:
3320 Midland Avenue, Suite 201, Scarborough, ON
(416) 493-4242
- b. North York Branch Office:
1751 Sheppard Avenue East, Ground Floor, North York, ON
- c. Downtown Branch Office
130 Dundas Street West, 3rd Floor, Toronto, ON
- d. Markham Office (Youth and Family Hub)
2665 Bur Oak Avenue, Markham, ON
(647) 920-9013

Services are available in English, Cantonese and Mandarin. Catchment area: East Toronto (East of Yonge, South of Steeles). Services include: System navigation, and information referrals. WeChat available: 647-534-8493.

Living Water Counselling Centre (Christian Faith-based Counselling)

<http://livingwater-counselling.org/>

Unit 9, 165 East Beaver Creek Rd, Richmond Hill, ON
(905) 763-0818

Services are available in Cantonese and Mandarin. Living Water Counselling Centre is a professional counseling organization driven by the spirit of the love of Jesus Christ for humankind. We also provide public education workshops and other professional services. We value and believe in the wholeness (physical, mental, social, and spiritual) of life, family values and functions to be preserved, marriages to be enriched, broken relationship to be restored, soul to be healed, and spirituality to be grown, with dedication to strengthen the wellness of individuals, couples, families and groups for the building of a caring and healthy community.

24/7

Spectra Multilingual Distress Lines

<https://www.spectrahelpline.org/>

Brampton & Mississauga: (905) 459-7777
Caledon: 1-877-298-5444
TTY: (905) 278-4890

Distress Centres of Greater Toronto (formerly Spectra Helpline) offers its programs and services, (i.e., crisis and suicide assessment and intervention, emotional support, and outbound check-in calls) in 8 language: English, Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu.

Telecare (Mandarin & Cantonese)

(416) 920-0497



Mood and Anxiety Ambulatory Services, CAMH

<https://www.camh.ca/en/your-care/programs-and-services/mood-anxiety-ambulatory-services>

(416) 535-8501, press 2

CAMH's Mood and Anxiety Ambulatory Services provide outpatient services to clients with mood and anxiety disorders.

Mood and Anxiety Disorders Clinic, Sunnybrook Health Sciences Centre

<https://sunnybrook.ca/content/?page=bsp-moodanxiety-home>

2075 Bayview Avenue, Toronto, ON

(416) 480-6096 (14-18)

(416) 480-4070 (19-65)

We are home to Canada's most comprehensive mood and anxiety disorders program, and we serve as the patient care, research and educational hub for centres across the GTA.

Mood Disorders Association of Ontario (MDAO)

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

36 Eglinton Ave. West, Suite 602, Toronto, ON

(416) 486-8046

Support Line: 1-866-363-MOOD (6663)

MDAO offers free support programs to people across Ontario, and their families, who are living with depression, anxiety or bipolar disorder.

Mood Disorders Psychopharmacology Unit, University Health Network

https://www.uhn.ca/MCC/Clinics/Mood_Disorders_Psychopharmacology

Toronto Western Hospital, Main Pavilion – 9th floor, Room 325

(416) 603-5800 Ext. 6508

The Mood Disorders Psychopharmacology Unit is part of the Poul Hansen Family Centre for Depression. We provide assessment, medication recommendations and care for adults 18 to 65 years old with major depressive disorder or bipolar disorder. We provide recommendations related to medications. Our unit does not provide psychotherapy or counseling.

York Support Services Network: Streamlined Access

<http://www.yssn.ca/streamlined-access>

(289)-340-0348

1-844-660-6602

Intensive case management offers a supportive framework for individuals with serious mental illness to achieve greater independence and an improved quality of life. Our highly skilled case managers work in partnership with individuals to identify areas of strength and determine areas of need. Together, a support plan is prepared, addressing areas such as skills development particularly as they relate to employment, issues related to primary healthcare, and access issues for housing and/ or income.



Access Alliance

<https://accessalliance.ca/programs-services/lgbtq-programs/>

340 College St., Ste. 500, Toronto, ON
(416) 324-8677

Access Alliance takes pride in offering programs and services for lesbian, gay, bisexual, trans and queer (LGBTQ+) newcomers.

Canadian Centre for Victims of Torture (CCVT)

<http://ccvt.org/what-we-do/programs/settlement-services/>

194 Jarvis St 2nd floor, Toronto, ON
(416) 363-1066
counselling@ccvt.org

Getting settled in a new country is tough at the best of times. For survivors of torture and maltreatment, it's even harder. Post-traumatic stress, grief, worry about family members back home – these are just some of the extra challenges they face. CCVT's settlement team helps refugees overcome these challenges, and start building a new life.

Catholic Crosscultural Services – Settlement Service Centre

<http://cathcrosscultural.org/settlement-services/>

55 Town Centre Ct, Suite 401, Toronto, ON
(416) 757-7010

Our settlement support services assist newcomers of all ages to adjust and integrate into Canadian society and connect with helpful community-facing resources. We offer many individual support and group sessions in over 30 languages.

Committee for Accessible AIDS Treatment (CAAT)

<http://www.regentparkchc.org/research/committee-accessible-aids-treatment>

465 Dundas Street East, 2nd floor, Toronto, ON
(416) 364-2261

Accessible AIDS treatment for new immigrants.

East Metro Youth Services:

<http://emys.on.ca/programs/newcomer-program/>

1200 Markham Road, Suite 313, Scarborough, ON
(416) 438-3697 Ext. 13238
ssingh@emys.on.ca

The Newcomer Youth Program is for youth ages 12 to 21 who are immigrants to Canada and are permanent residents or conventional refugees. The program provides free activities every month that include volunteer opportunities, sports events, workshops and trips around Toronto.

Settlement.org

<https://settlement.org/ontario/housing/>

Housing section is also very good and has a section on Your Rights as A Tenant- which is something very helpful for student with landlord/rental issues and are unsure what they can do.

Obsessive Compulsive Disorder



EdgeWood Health Network & Sunnybrook Hospital

OCD Treatment Services

https://www.edgewoodhealthnetwork.com/lp/ocd-treatment/?loc=bellwood&keyword=ocd%20treatment%20toronto&gclid=EA1aIQobChMIxob6upHq5AIVUuDICH1ANwG4EAAYAAAEgl2xfD_BwE



OCD Helpline

1-866-926-0424

OCD Canada Monthly Support Group (Appointment only)

<http://ocdcanada.org/support.html>

120 Carlton St, Suite 208, Toronto

(416) 880-4630

info@ocdcanada.ca

We meet on the third Wednesday of each month at 6:30pm downtown. The main rule is that what is said in the room, stays in the room. Confidentiality is of utmost importance, and everyone must feel 100% comfortable that what is said is never repeated at any time. Anything you might say in group, privately, one-on-one, or by email to the facilitator Rick Silver, will never be repeated to anyone else.

Private Practice Counselling



College of Registered Psychotherapists of Ontario

<https://www.crpo.ca/find-a-registered-psychotherapist/>

The College of Registered Psychotherapists of Ontario (CRPO) regulates its registrants in the interests of protecting the public.

Ontario Psychotherapist and Counselor Referral Network

<https://referrals.psychotherapyandcounseling.ca/>

The OPC Psychotherapist Referral Network is an Ontario association of counselors and psychotherapists who believe people are equipped to transform the obstacles of life to optimum health and happiness.

Ontario Society of Registered Psychotherapists

<http://www.psychotherapyontario.org/find-a-therapist>

All OSP Clinical and Qualifying Members are Registered Psychotherapists who meet rigorous standards of practice and ethics.

Ontario Association of Social Workers (OASW)

<http://www.findasocialworker.ca/ON/en/default.asp>

Social workers assist individuals, families and communities to resolve problems that affect their day-to-day lives. People consult social workers when they are going through a difficult period in their personal, family and/or work life.

Ontario Psychological Association

<https://www.psych.on.ca/Utilities/Find-a-psychologist.aspx>

The Ontario Psychological Association (OPA), established in 1947, is the voluntary professional organization representing psychology in Ontario. Our members are clinicians, academics, researchers, and students who are dedicated to improving the mental health and wellbeing of Ontarians.

Psychology Today

<https://www.psychologytoday.com/ca>

Directory of therapists. Search by insurance, issue, sexuality, gender, age, language, faith, and more.

Sexual Violence



*Please refer also to the **Abuse/ Trauma** and **Domestic Violence** sections.*

ACES Program for Women (Advocacy, Counselling, Empowerment & Safety)

www.induscs.ca

3038 Hurontario Street, Suite 206, Mississauga, ON

(905) 275-2369

We provide culturally-responsive counselling to victims of domestic/family violence and abuse, to assist and help empower the women through the development of personalized strategies and solutions that help to promote healthy relationships and wellness for the victim and her family.



Assaulted Women's Helpline

<http://www.awhl.org/>

(416) 863-0511

1-866-863-0511

TTY: 1-866-863-7868

For over 30 years, the Assaulted Women's Helpline has served as a free, anonymous and confidential 24-hour telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of abuse. We provide crisis counselling, safety planning, emotional support, information and referrals accessible 7 days a week, 365 days a year. We work in tandem with community partners and sister agencies towards bridging gaps in service and identifying emerging issues or trends relevant to the women we work with.

Barbra Schlifer Commemorative Clinic

<http://www.schliferclinic.com>

(416) 323-9149

info@schliferclinic.com

The Schlifer Clinic offers legal, counselling and interpretation services to marginalized populations of women who have survived violence. Our experienced lawyers, counsellors and interpreters have years of training, come from a range of backgrounds, and have helped women from many diverse communities in many kinds of situations.

Domestic Abuse and Sexual Assault Care Centre for York Region at Mackenzie Health

<https://www.mackenziehealth.ca/en/programs-services/domestic-abuse-and-sexual-assault-dasa.aspx>

955 Major Mackenzie Dr, Suite 362, Vaughan, ON

or

10 Trench St., Richmond Hill, ON

(905) 883-2216

1-800-521-6004

The DASA Care Centre of York Region provides free care for victims/survivors of domestic abuse and sexual assault including emergency care following abuse or an assault, examination, testing, follow-up care, counselling and many other services as needed. Services are provided by health care professionals who are specially trained in forensics and trauma related to abuse and assault. The centre also provides counselling and support to family members and caregivers.

Family Service Toronto- Violence Against Women

<https://familyservicetoronto.org/our-services/programs-and-services/violence-against-women/>

(416) 595-9618

Our counselling services for women who have experienced any type of abuse, are available in English, Tamil, Somali, Urdu, Hindi, Farsi, Dari and Pashto and to all women who live and/or work in the Greater Toronto Area (GTA).

Guelph-Wellington Women in Crisis

<https://gwwomenincrisis.org/>

(519) 836-5710

1-800-265-7233

Guelph-Wellington Women in Crisis is a feminist community-based organization providing services to women and their children on woman abuse and sexual violence. We believe our services must be inclusive and equitable for all individuals accessing our programs while being responsive to issues of race, gender, religion, age, sexual orientation, socio-economic status and/or abilities.

Hope 24/7: Sexual Assault Centre of Peel

<http://hope247.ca/>

Hope 24/7 is a charity organization that offers psychotherapy services for all persons 12 & older who have been impacted by relationship & sexual violence... Our aim is to assist those individuals who have experienced traumatic interpersonal violence through evidence-based treatment and prevention programming so that we can actualize our vision of a community without relationship and sexual violence.

Multicultural Women Against Rape/Toronto Rape Crisis Centre

<https://trccmwar.ca/our-services/counselling/>

(416) 597-1171

info@trccmwar.ca

This service is free and confidential. We believe that you are the expert in your healing and our trained counsellors will help you explore possible options, safety plan, navigate other systems, set goals and learn healthy coping strategies on the road to recovery.

Ontario Coalition of Rape Crisis Centres

<https://sexualassaultsupport.ca/>

The Ontario Coalition of Rape Crisis Centres (OCRCC) is a network of sexual assault centres across Ontario. We represent 29 English-language sexual assault centres. Our membership includes sexual assault centres from across Ontario, offering counselling, information and support services to survivors of sexual violence, including childhood sexual abuse and incest.

Oshawa-Durham Rape Crisis Centre

<https://drcc.ca/>

(905) 668-9200

The Durham Rape Crisis Centre is committed to the eradication of sexual violence in our society in order for all women and children to safely occupy their own bodies and beings as is their fundamental human right.

Ontario Network of Sexual Assault/Domestic Violence Treatment Centres

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

76 Grenville Street, Toronto, ON

(416) 323-7327

info@sadvreatmentcentres.ca

The Ontario Network of Sexual Assault/Domestic Violence Treatment Centres was established by the Ministry of Health and Long-Term Care in 1993 to provide leadership and support to 36 hospital-based sexual assault and domestic violence treatment centres across Ontario.

Roots Community Services

<https://rootscs.org/womens-program>

Brampton Office

36 Queen Street East
Goodison Building - Lower Level
Brampton, ON
(905) 455 6789
office@rootscs.org

Mississauga Office

2227 South Millway
Suite 202, Mississauga, ON
(905) 455-6789
office@rootscs.org

We're committed to supporting women who have experienced domestic abuse and sexual violence. This program helps women who have suffered abuse to make a fresh start. We support clients as they find their voice, build confidence and make important decisions for themselves and their children. We offer one-on-one counselling and group sessions, along with other services.

Sexual Assault Care Center (13+)

<http://www.sacc.to/asap/aboutus/aboutus.htm>

3050 Lawrence Ave. E. Scarborough, ON M1P 2T7
(416) 495-2555

We are a specialized team of doctors, nurses and counsellors. We provide emergency medical treatment and emotional support to youth (over the age of 12), women, and men who have experienced a recent sexual assault. Our services are confidential and free of charge. We are able to take care of victims who have physical disabilities. We will arrange for interpreters to help us understand individuals who have difficulty with the English language. We are on call 24 hours a day.

Sexual Assault Centre Hamilton & Area (SACHA)

<http://sacha.ca/>

75 MacNab St. South, 3rd Floor Hamilton, ON
(905) 525-4162

SACHA is a feminist, non-profit, community-based organization that provides supports to people who have experienced sexualized violence at any point in their lives. We work to end violence and oppression through education, advocacy, outreach, coalition building, community partnerships, and activism.

Sexual Assault & Violence Intervention Services of Halton

<http://www.savisofhalton.org/>

(905) 875-1555

We provide free, confidential, and non-judgemental 24 hour support to all survivors of violence including female-identified, male-identified, and members of the transgender community. We advocate against violence in the community at large and promote prevention through community education.

Toronto Rape Crisis Centre

<https://trccmwar.ca/>

(416) 597-8808

The Toronto Rape Crisis Centre/Multicultural Women Against Rape (TRCC/MWAR) is a grassroots, women-run collective working towards a violence-free world by providing anti-oppressive, feminist peer support to survivors of sexual violence through support, education and activism.

Victim Services of Peel

<https://vspeel.org/>

7750 Hurontario Street, Brampton, ON

(905) 568-8800

info@vspeel.org

Victim Services of Peel is a not-for-profit organization founded in 1986. We provide assistance to people across Brampton and Mississauga who are victims of domestic abuse or traumatic events such as sexual assault, sudden death, and armed robberies. We also offer healing through counselling and advocacy, and hope to prevent re-victimization through education and support.

Victim Services Toronto

<http://victimservicestoronto.com/>

(416) 808-7066

Victim Services Toronto provides short-term crisis response, intervention and prevention services which are responsive to the needs of individuals, families and communities in the immediate aftermath of crime and sudden tragedy (typically within 72 hours).

West End Sexual Abuse Treatment Program (WESAT)

<http://www.etobicokechildren.com/WESAT-Childrens-Program>

65 Hartsdale Drive, Etobicoke, ON

(416) 240-1111 Ext. 2532

The West End Services for Abuse and Trauma (WESAT) provides specialized assessment and treatment services for children.

Women's Counselling, Referral and Education Centre

<http://www.cwhn.ca/en/node/15054>

(416) 534-7501

phoneline@wcrec.org

Presents a feminist/anti-oppressive community based organization which provides assessment

and referrals to screened therapist in private practice and counselling services, with an overall goal to promote the mental and emotional well being of women. 489 College St, Suite 303B

Women's Support Network of York Region

<https://womenssupportnetwork.ca/>

(905) 895-3646 or (905) 895-7313

Women's Support Network (WSN) is York Region's only sexual violence crisis centre. We are dedicated to providing free, nonjudgemental, confidential services for anyone who has experienced sexual violence in their life time.

24/7

The Yellow Brick House Crisis Line

<https://www.yellowbrickhouse.org/>

1-800-263-3247

Yellow Brick House is a place for abused women and children. In your neighbourhood and across our community, we are here 24 hours a day, 7 days providing help and hope to women and children.

Substance Abuse



Al-Anon Family Groups

<http://al-anon.alateen.on.ca/>

(416) 410-3809

1-888-425-2666

24/7

Alcoholics Anonymous (AA)

<https://www.aatoronto.org/>

(416) 487-5591

(877) 404-5591

info@aatoronto.org

CAMH: Metro Addiction Assessment Referral Service (MAARS)

<https://www.camh.ca/en/your-care/programs-and-services/metro-addiction-assessment-referral-service-maars>

(416) 535-8501, press 2

The Metro Addiction Assessment Referral Service offers substance use assessment and referral services free of charge to anyone who lives in Toronto.

Canterbury Clinic

<https://www.canterburyclinic.org/>

790 Bay St, Suite 401, Toronto, ON

(416) 961-8282

Canterbury Clinic is a private, non-profit facility devoted to assisting chemically dependent individuals who are seeking a comprehensive approach to their problems.

24/7

ConnexOntario

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

Drug and Alcohol Helpline: 1-800-565-8603

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. We are funded by the Government of Ontario. Our system navigation and information service is live-answer 24/7, confidential, and free.

Jean Tweed Centre

<https://jeantweed.com/>

(416) 255-7359

215 Evans Avenue, Toronto, ON

The Centre offers a wide range of services including residential and day programming, out-patient programming including family and trauma counseling, individualized counselling and continuing care. Outreach services are available for pregnant and parenting women as well as women who have concurrent mental health and substance use problems and involvement in the criminal justice system. In keeping with our focus on women, parenting and children, the Centre also offers a fully licensed therapeutic child development centre on site.

Narcotics Anonymous (NA)

www.na.org

www.torontona.org

(416) 236-8956

1-888-696-8956

Salvation Army Homestead

<https://torontoharbourlight.ca/salvation-army-homestead/>

The Salvation Army Homestead provides an atmosphere of acceptance, warmth and safety. We are a longer term treatment option that gives structure and flexibility, a wide variety of learning opportunities and time to practice new skills. We offer a holistic approach that takes into account your physical, spiritual and emotional needs and your personal goals.

Downtown Location

78 Admiral Rd, Toronto, ON

(416) 921-0953

information@salvationarmyhomestead.org

Scarborough Satellite

2085 Ellesmere Rd, Scarborough ON

(416) 431-4379

informationscarborough@salvationarmyhomestead.org

Stonehenge Therapeutic Community

<https://stonehengetc.com/>

60 Westwood Road, Guelph, ON

(519) 837-1470
info@stonehengetc.com

Stonehenge Therapeutic Community was founded in 1971 as a small, farm-based residential treatment program for men and women with a history of acute or chronic substance use issues. Since these modest beginnings, Stonehenge has expanded to offer a wide scope of both residential and community-based treatment options in order to service more diverse needs. With over 47 years of experience, we are proud of our roots in the community.

Transitional Aged Youth Substance Use Program, North York General Hospital (16-24)

<https://www.nygh.on.ca/areas-care/mental-health/addiction-program>

(416) 635-2582 or (416) 756-6642

Branson Ambulatory Care Centre, 555 Finch Avenue West, Toronto, ON

Trip Project! Safer Drug Use

www.tripproject.ca

The Trip! Project was born in 1995 out of a need for appropriate drug and sex information within the Toronto rave scene. The act of partying often meant using drugs, and for some, being promiscuous. These activities, on their own as well as together, had the potential to put people at risk for drug dependencies, sexually transmitted diseases, HIV and more. That's where the Trip! Project (comes) in.

William Osler Health System, Addiction Counselling Services (including problem gambling)

<http://www.williamoslerhs.ca/patients-and-families/programs-services/mental-health-and-addictions/addictions-services-for-adults>

(905) 796-3005

Intake: (905) 494-2120 Ext. 29385

The Addiction Counselling Service provides outpatient assessment and counselling for adults with substance abuse and/or problem gambling disorders.

[Peel Memorial Centre for Integrated Health and Wellness](#)
20 Lynch Street, Brampton, ON

[Etobicoke General Hospital](#)
101 Humber College Blvd,
Etobicoke, ON

[Community Addiction Services](#)
32 First Avenue, Orangeville, ON

24/7

William Osler Health System, Withdrawal Management Centre

<http://www.williamoslerhs.ca/patients-and-families/programs-services/mental-health-and-addictions/addictions-services-for-adults>

135 McLaughlin Road South, Brampton, Ontario

(905) 456 3500

The Withdrawal Management Centre provides a non-medical, brief intervention for individuals 16 years of age and older who are intoxicated, in withdrawal, or in a crisis related to alcohol, drugs, and /or gambling. Staff provide support and monitoring through withdrawal.

Assessment, education, counselling, discharge planning and referral information are also provided. Clients may attend various 12 STEP meetings held at the Centre.

YMCA Youth Substance Abuse Program

<http://www.ymcagta.org>

(416) 928-9622

1-800-223-8024

memberservices@ymcagta.org

Free, confidential, one-on-one substance use counselling at the Y.

If you're looking for support with substance use and misuse problems or know someone who is, we can help. Our services are free and confidential and our counsellors are available to support youth with substance use issues, options to make healthier choices and practice safely.

Tenant Issues



CanLii: Landlord and Tenant Board - Ontario Database

<https://www.canlii.org/en/on/onltb/>

While the Landlord and Tenant Board is not bound by other decisions of the Board, they do try to be consistent. To look for decisions, look at the Canadian Legal Information Institute's database of Ontario LTB decisions at the link above.

Federation of Metro Tenants' Associations Tenant Hotline

<https://www.torontotenants.org/>

(416) 921-9494

The Federation of Metro Tenants' Associations (FMTA) is a non-profit Organization which advocates for better rights for Tenants.

Landlord & Tenant Board: Application and Hearing Process

<http://www.sjto.gov.on.ca/ltb/application-and-hearing-process/>

Law Society of Upper Canada

<https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service>

(416) 947-3330

1-800-668-7380

TTY: (416) 644-4886

The Law Society Referral Service (LSRS) fills an important community need by connecting people looking for legal assistance with a lawyer or paralegal... When you request a lawyer or paralegal referral online, we will give you the name of a lawyer or licensed paralegal who will provide a free consultation of up to 30 minutes to help you determine your rights and options, provided we have a match available.

Residential Tenancies Act, 2006, S.O. 2006, c. 17

<https://www.ontario.ca/laws/statute/06r17#BK154>

Go right to the source, and see what the Residential Tenancies Act says. When can my landlord enter my unit? See section 27. Can my landlord demand post-dated cheques? See section 108. The RTA is the law, and most things are made clear, in black and white. Don't forget to check the Regulations, as this is where standards are set out.

Settlement.org

<https://settlement.org/ontario/housing/>

Housing section is also very good and has a section on Your Rights as A Tenant- which is something very helpful for student with landlord/rental issues and are unsure what they can do.