



Community Resource Guide

Executive Summary

Welcome to the Scarborough Health Network Community Resource Guide!

Scarborough is home to an incredible array of local health and community services. Whether you are a long-term resident or a newcomer, navigating healthcare services can often feel challenging. To provide easier access to health and community resources, the Community Resource Guide was created in 2012 and is revised annually in order to include any new resources and information that may become available.

This guide is a useful tool and provides valuable information to help better navigate the many services available in the community and has connected individuals to appropriate health and community resources.

The guide provides an overview of health services and community resources offered mainly in Scarborough. Where services are limited in Scarborough, the guide also captures services available in Markham and the Greater Toronto Area. This guide has been designed primarily for service providers and is made available online for the broader community.

Whether you are a staff member, patient, family member, or community agency, this guide is intended to assist individuals in accessing the wide array of resources that are available. To facilitate easy access, this guide has been organized into 20 categories (e.g. services for children, youth, women, seniors, uninsured clients, etc.). Each service listed provides a brief description of the services offered, hours of operation and available languages.

Although our current guide is quite extensive, we recognize that there could be some gaps that may not have been identified. Our future plan is to identify any vulnerable populations that may not have been addressed in our current guide and include this information in our future guide.

We trust that you will find this guide helpful.

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1. Community Service Agencies

1. Community Service Agencies

<p>Access Alliance Multicultural Health and Community Services 3079 Danforth Ave., M1L 1A8 761 Jane St., Ste. 200B, M6N 4B4 340 College St., Ste. 500, M5T 3A9 Services: Community Health Centre. Offers accessible, inter-professional primary care services, health promotion and community capacity building programs. Services for newcomers, women and families, and LGBTQ+ community.</p> <p>Danforth Office: Hours: 9:00am-8:00pm/Tues, Thurs & Fri 9:00am-5:00pm/Wed 1:00pm-5:00pm/Sat 10:00am-5:00pm.</p> <p>Jane Street Office: Hours: Mon, Thurs 9:00am-8:00pm/ Wed 1:00pm-5:00pm/Tues, Fri 9:00am-5:00pm.</p> <p>College Street Office: Hours: 9:00am-8:00pm/Tues, Thurs & Fri 9:00am-5:00pm/Wed 1:00pm-5:00pm. www.accessalliance.ca</p>	<p>Languages: Services are mainly offered in English.</p> <p>Interpretation services provided for primary case and other services as needed.</p>	<p>Tel: 416-693-8677 Tel: 416-760-8677</p> <p>Tel: 416-324-8677 Fax: 416-324-9024</p>
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1. Community Service Agencies

<p>Afghan Women's Organization (AWO) 747 Don Mills Rd., Bsmt., M3C 1T2 Head Office: 150 Consumers Rd. U#203, M2J 1P9 Services: Immigrant settlement and adaptation program. Needs assessment, information and referral, advocacy, orientation, sponsorship of refugees, translation and interpretation, escort, assistance in finding housing, health workshops, heritage language classes, skills upgrading, seniors program for mutual support and education. Youth program offering services in settlement, counselling, financial literacy project, mental health services, group counselling, and intervention. Women's circle, homework club with individual assistance, and citizenship test preparation classes. Hours: Mon-Fri 9:00am-5:00pm. Some evenings and weekend programs. www.afghanwomen.org</p>	<p>Languages: Services are offered in Dari, English, Pashto, Urdu and Uzbek. Translation services available.</p>	<p>Tel: 416-266-1777 Fax: 416-266-8145 Tel: 416-588-8552 Fax: 416-588-4552</p>
<p>Agincourt Community Services Association 4155 Sheppard Ave. E., Ste. 100, M1S 1T4 Services: Information and referral, food security programs, emergency food bank, legal clinic, medical clinic, income tax clinic, parent and child groups, job bank, hot lunch program, addition counselling and case management, financial empowerment and problem solving, sexual health testing, harm reduction, massage parlor, homeless drop-in services, and shower facilities. Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-4:00pm. info@agincourtcommunityservices.com www.agincourtcommunityservices.com</p>	<p>Languages: Services are offered in Arabic, Cantonese, English, Farsi, Italian, Macedonian, Mandarin, Russian, Tamil and Urdu.</p>	<p>Tel: 416-321-6912 Fax: 416-321-6922</p>

1. Community Service Agencies

<p>Arab Community Centre of Toronto (ACCT) – Scarborough Office 1855 Lawrence Ave. E., M1R 2Y3 555 Burnhamthorpe Rd., Ste. 209, M9C 2Y3 Services: Information and referral, immigrant, newcomer and refugee services, youth services, employment services, problem gambling program, domestic violence education program. Newcomer needs assessment, cultural activities, job search, placement, volunteering, internship payment (paid/unpaid), mentoring, financial benefit, crisis intervention and service to refugees and legal education. Hours: Mon-Fri 9:00am-5:00pm. www.acctonline.ca info@acctonline.ca</p>	<p>Languages: Services are offered in Amharic, Assyrian, Arabic, Armenian, Dari, Dutch, French, Hindi, Lithuanian, Punjabi, Russian, Tigrinya, Ukrainian, and Urdu.</p>	<p>Tel: 647-341-2722 Tel: 416-231-7746 Fax: 416-231-4770</p>
<p>Birchmount Bluffs Neighbourhood Centre 93 Birchmount Rd., M1N 3J7 Services: Family resource and community recreation centre. Child and Family programs, Ontario Early Years Centre, education and support to parents and care providers, caregiver and child drop-in, parent relief, integrated nursery school program for children with disabilities. Active and able network for persons with disabilities. Youth programs, peer 2-peer program, employment program, access to computers, Internet, fax, photocopier. Seniors program -- health and fitness, drop-ins, trips, social and recreation activities, outreach, information and referral. Hours: Mon-Thurs 8:45am-8:00pm/ Fri 8:45am-3:45pm/Sat 8:00am-1:00pm. Summer hours may vary. Fees may vary for different services, subsidies may be available. www.bbnc.ca contact@bbnc.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-396-4310 Fax: 416-396-4314</p>

1. Community Service Agencies

<p>Canadian Red Cross Society-Toronto Region 557 Dixon Rd., U#110, M9W 6K1 Services: Assisting vulnerable individuals by helping them deal with and improve situations that threaten their survival and safety, security, well-being and their human dignity in Canada and around the world. Other Services: Emergency and disaster services, First Aid/CPR, violence, bullying and abuse prevention. Hours: Mon-Fri 8:30am-4:30pm. www.redcross.ca Toronto@redcross.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-480-2500 Fax: 416-236-3207</p>
<p>Carefirst Seniors and Community Services Association 300 Silver Star Blvd., M1V 0G2 Services: Assisted living, bereavement services, family health team, chronic disease management, diabetes education program, elder abuse helpline, homecare services, and youth volunteer development program, adult day program for frail or socially isolated seniors, supportive housing services, transitional care centre, transportation services, and wellness club. Fees: Varies per program, subsidies may be available for some services. Eligibility: Older adults and people with disabilities, who need physical, social, emotional supports. Hours: Mon-Fri 9:00am-5:00pm/ Sat: 9:00am-1:00pm www.carefirstseniors.com</p>	<p>Languages: Services are offered in Cantonese, English, French, Hindi, Mandarin and Tamil.</p>	<p>Tel: 416-502-2323 Fax: 416-502-2382</p>

1. Community Service Agencies

<p>Catholic Crosscultural Services 55 Town Centre Crt., Ste. 401, M1P 4X4 1200 Markham Rd., Ste. 503, M1H 3C3 2206 Eglinton Ave E., Ste. 124, M1L 4S7 3227 Eglinton Ave E., U#135, M1J 3M5 Services: Settlement services for newcomers of all ages. Employment services, language training (LINC), and Refugee Sponsorship Training program. Information and referral, supportive counselling, citizenship and immigration, education and housing, assistance in completing forms, group sessions including English and French conversation groups, citizenship preparation sessions, computer training, income tax clinic, walk-in services, free access to computers and Internet. Enhanced language training for internationally trained medical professions. Hours: Mon-Fri 9:00am-5:00pm/Sat: 9:00-4:00pm. www.cathcrosscultural.org</p>	<p>Languages: Services are offered in Amharic, Arabic, Azerbaijani, Cantonese, Croatian, Dari, English, Farsi, French, Gujarati, Hindi, Italian, Malayalam, Hungarian, Mandarin, Pashto, Polish, Punjabi, Russian, Serbian, Spanish, Tagalog, Tamil, Tigrinya, Turkish, Ukrainian, and Urdu.</p>	<p>Tel: 416-757-7010 Fax: 416-757-7399 Tel: 416-289-6766 Tel: 416-759-8800 Tel: 416-266-7200</p>
<p>Chinese Christian Mission (CCM Centre) 4438 Sheppard Ave. E., U# 3107, M1S 5V9 Services: Community Centre offering language classes for newcomers, immigration consultation and social services. Information and referral, programs for men, women and family, parenting program, seniors day program, programs for children and youth counselling, classes on topics of interest, and support groups. Hours: Mon-Sat 9:30am-6:00pm. www.ccmcanada.org toronto@ccmcanada.org</p>	<p>Languages: Services are offered in Cantonese, English, and Mandarin.</p>	<p>Tel: 416-291-3202 Tel: 647-436-4768 Fax: 647-436-4768</p>

1. Community Service Agencies

<p>Centre for Immigrant and Community Services (CICS) 2330 Midland Ave. E., M1S 5G 3850 Finch Ave. E., Ste. 403, M1T 3T6 4002 Sheppard Ave. E., Ste. 501, M1S 4R5 Services: Settlement and employment services, mentorship program, professional development and small business resource centre, settlement and integration resource centre, employment resource centre, early year's program, children and youth programs, seniors and family programs, community kitchen, settlement services, volunteer services, and language training services (LINC Centre). Hours: Mon-Fri 9:00am-5:00pm. Some locations are open on Saturday. Please call to inquire. www.cicscanada.com info@cicscanada.com</p>	<p>Languages: Services are offered in Arabic, Bengali, Cantonese, Dari, English, Farsi, French, Filipino, Gujarati, Hebrew, Hindi, Korean, Kurdish, Punjabi, Russian, Sindhi, Spanish, Tamil, Ukrainian, and Urdu.</p>	<p>Tel: 416-292-7510 Fax: 416-292-7579 Tel: 416-293-4565 Fax: 416-293-5692 Tel: 416-299-8118</p>
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1. Community Service Agencies

<p>Centre francophone du Grand Toronto - Satellite North York 5 Fairview Mall Dr., Ste. S280, M2J 2Z1 Services: Health and Medical Services -- family physicians, medical clinics and nursing care home visits by nurses, dietitians and nutrition counselling, anonymous HIV testing, diabetes education program, 24-hour medical hot-line, immunization, free diagnostic and specialist services for uninsured immigrants without legal status. Hours: Mon, Wed-Fri 8:30am-4:30pm/ Tues 1:00pm-8:00pm. www.centrefranco.org</p> <p>Settlement services are available on Fridays at: The East Scarborough Storefront, 4040 Lawrence Ave. E., M1E 2R5 Services: Housing, food bank, information on how to apply for social assistance, and assistance in completing immigration forms. www.thestorefront.org</p>	<p>Languages: Services are mainly offered in French.</p>	<p>Tel: 416-492-2672 Ext. 300 Fax: 416-492-3157 Tel: 416-922-2672</p> <p>Tel: 416-208-9889</p>
<p>CERA Centre for Equality Rights in Accommodation 192 Spadina Ave., Ste. 164, M5T 2C7 Services: Advocacy to assist those facing discrimination in housing, settlement, and liaison with landlords. Assistance for those facing eviction regarding rights and responsibilities. Fee: No charge. No referral is required. Hours: Mon, Tues Fri 9:30am-5:00pm/Wed & Thurs 9:30am-7:00pm. www.equalityrights.org/cera cera@equalityrights.org</p>	<p>Languages: Services are offered in more than 170 languages.</p>	<p>Tel: 416-944-0087 Fax: 416-944-1803 Toll-Free: 1-800-263-1139 -</p>

1. Community Service Agencies

<p>Chester Le Community Corner – Agincourt Community Services Association 201 Chester Le Blvd., M1W 2K7</p> <p>Services: Community access services, community engagement, financial advocacy and problem-solving program, seniors and youth programs. Food security programs, community gardens, cooking clubs, trips to local farms. Financial literacy workshops, seasonal income tax clinic. Community access to Internet, fax, and photocopiers. Youth programs, peer mentors for 13-18 years, after school drop-in and homework club. Social, recreation and educational programs for seniors.</p> <p>Hours: Mon-Fri 10:00am-6:00pm. www.agincourtcommunityservices.com</p>	<p>Languages: Services are offered in Arabic, English, Mandarin, Somali, and Tamil.</p>	<p>Tel: 416-491-3456 Fax: 416-491-1686</p>
<p>Community Outreach Canada – Second Chance 2100 Ellesmere Rd., U#305, M1H 3B7</p> <p>Services: Help assist clients in applying for EI sick benefits, self-employment and small business, wage subsidy benefits, counselling services (mental health for youth, seniors and families for grief, depression, domestic violence, family matters and legal support counselling). Youth mentorship, leadership, and self-employment supports. Food assistance for current clients, low cost clothing and referrals to community services. Satellite offices in Morningside, Scarborough, Vaughan, West Toronto - by appointment only.</p> <p>Fees: Some services are free. Fees vary for different services.</p> <p>Hours: Mon-Fri 9:00am-5:00pm. Email: info@secondchanceinc.ca www.secondchanceinc.ca</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-271-4891 Fax: 437-800-0911</p>

1. Community Service Agencies

<p>Cross-Cultural Community Services Association- The Scarborough Centre 325 Bamburgh Cir. U#107, M1W 3Y1 3636 Steeles Ave. E., U# 213, L3R 1K9 Services: Settlement services, cultural transition, one to one counselling, informational workshops, newcomer orientation, computer access, employment orientation and preparation program. Hours: Mon-Fri 9:00am-5:00pm. www.tccsa.on.ca</p>	<p>Languages: Services are offered in Cantonese, English, and Mandarin.</p>	<p>Tel: 416-502-9500 Fax: 416-502-2900 Tel: 905-948-1671 Fax: 905-948-9997</p>
<p>Heritage Skills Development Centre 400 McCowan Rd., Gr. Flr., M1J 1J5 Services: Settlement services for immigrants and newcomers on referrals, capacity building and training programs, supportive counselling and mentorship, job search workshops, self- employment, business integration training, social programs computer and Internet. Hours: Mon-Fri 9:30am-6:30pm. www.hsdconline.org</p>	<p>Languages: Services are offered in Bengali, English, Filipino, French, Hausa, Hindi, Ibo, Mandarin, Spanish, Swahili, Twi, Urdu, and Yoruba.</p>	<p>Tel: 416-345-1613</p>

1. Community Service Agencies

<p>Mosaic Home Care Services and Community Resource Centres</p> <p><u>Corporate Office:</u> The Shops on Steeles & 404 (shopping mall) 2900 Steeles Ave. E., Ste. 218, L3T 4X1</p> <p><u>Toronto Office:</u> 105 Wilson Ave., M5M 2Z9</p> <p>Services: Personal support, homemaking, specialized care, nursing and palliative care for all ages. Private certified and experienced personal support workers, nurses, lifestyle companions and homemakers. Two community resource centres to support the community with community spaces and free hobby based social events including memory cafés, community cafes, knitting groups, lectures and more.</p> <p>Hours: Mon-Fri 8:30am– 5:00pm. www.mosaichomecare.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 905-597-7000 Ext. 236 Fax: 905-597-5446</p> <p>Tel: 416-322-7002 Fax: 905-597-7000</p>
<p>MCIS Language Solutions 789 Don Mills Rd., Ste. 1010, M3C 1T5</p> <p>Services: Interpreters, including interpreters for women who are victims of domestic violence and sexual violence, as well as those who have been sexually exploited through human trafficking, certified and trained interpreters and translators.</p> <p>Hours: Mon-Fri 9:00am-5:00pm. www.mcislanguages.com</p>	<p>Languages: Interpretation services are offered in more than 300 different languages.</p>	<p>Tel: 416-426-7051 Fax: 416-426-7118</p>

1. Community Service Agencies

<p>Polycultural Immigrant and Community Services</p> <p>Scarborough South 3225 Eglinton Ave. E., U#101 & U# 111, M1H 2H7</p> <p>Scarborough North 3660A Midland Ave., M1V 0B8</p> <p>Services: Settlement services, assessment and referral, case management for high need clients, supportive counselling for youth, families and women, educational counselling. Commissioner of Oath services, monthly group sessions on topics such as housing, education, health care, social assistance, legal assistance, citizenship, professional licensing and job search.</p> <p>Hours: Mon-Fri 8:30am-5:00pm. www.polycultural.org</p>	<p>Languages: Services are offered in Arabic, Bengali, Dari, English, French, Hindi, Malayalam, Napoli, Pasto, Punjabi, Sinhalese, Tamil, and Urdu.</p>	<p>Tel: 416-261-4901 Fax: 416-261-2754</p>
<p>Reconnect Community Health Services 1281 St. Clair Ave. W., M6E 1B8</p> <p>Services: Services for seniors, caregivers, and people living with mental health and addictions concerns. Offer community outreach programs in addiction, crisis outreach services for seniors, and individual supportive counselling. A specialized 10-week educational group program for children aged 7-12 who have a family member with mental illness.</p> <p>Hours: Mon-Fri 9:00am-5:00pm. www.reconnect.on.ca</p>	<p>Languages: Services are mainly offer in English.</p>	<p>Tel: 416-248-2050 Fax: 416-248-6557</p>

1. Community Service Agencies

<p>Salvation Army Immigrant and Refugee Services - Scarborough Office – Cedarbrae Community Church 2085 Ellesmere Rd., M1H 2W6 Services: Settlement and immigration services. Information and referral for immigration, food banks, furniture and clothing banks. International academic credential assessments, information about labour markets and licensing. Referrals to employment centres, health and dental services. Assistance with utility bills. Assistance for visas, sponsorship applications, refugee claims, and permanent residency applications. Community housing assistance including subsidy applications, connections with emergency shelters. Employment assistance including resume and cover letters. Referrals for counselling and spiritual support. Hours: Mon-Fri 8:30am-4:00pm. www.salvos.com/irstoronto www.torontoharbourlight.ca/immigrant-refugee-services/</p>	<p>Languages: Services are offered in English and Spanish.</p>	<p>Tel: 647-233-6036</p>
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1. Community Service Agencies

<p>Scarborough Centre for Healthy Communities (SCHC) 629 Markham Rd., M1H 2A4 2660 Eglinton Ave. E., M1K 2S3 4002 Sheppard Ave. E. U#401, M1S 4R5 1333 Neilson Rd., U#320, M1B 3C2 Services: Community Health Centre. Support services for newcomers, those living in poverty, with several chronic conditions, facing social isolation, afflicted with mental health and addictions. Diabetes education (nurses, dieticians, social worker, chiropody), health promotion programs, chiropody, sexual assault and domestic violence program, meals on wheels program, friendly visiting, active living seniors program, adult day centre, hospice palliative care, and volunteer services. Hours: Mon-Fri 9:00am-5:00pm. www.schcontario.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-642-9445 Fax: 416-724-5205</p>
<p>Senior Persons Living Connected 3333 Finch Ave. E., M1W 2R9 Services: Community Centre for older adults. Information and referrals, care management, counselling, wellness clinic, GAIN clinic, community team, housing for older adults, homemaking services and personal care services. Adult day programs: Greek Day Program, English Day Program, Chinese Day Program, Sunflower Club (Dementia Day Program). Support groups, recreational activities, fitness classes. Non-emergency transportation services to local medical appointments and grocery shopping, friendly visiting service, addictions supportive program. Administration Hours: Mon-Fri 9:00am-5:00pm. www.splc.ca</p>	<p>Languages: Services are offered in Cantonese, English, French, Hindi, Korean, Mandarin, Tagalog, Tamil and, Urdu.</p>	<p>Tel: 416-493-3333 Fax: 416-493-3391</p>

1. Community Service Agencies

<p>S.R.T. MedStaff 2 Bloor St. W., 28th Flr., M4W 3E2</p> <p>Services: Home care services, including a full range of comprehensive and specialty nursing services, and personal support services to help with activities of daily living.</p> <p>Palliative care, respite care to provide relief for family and caregivers. Wound care, IV therapy, geriatric care, infant and childcare including assistance for new mothers, mental health care, homemaking services including cleaning and meal preparation, rehabilitation, post operation care, diabetes care, foot care, and medication management.</p> <p>Hours: 24/7.</p> <p>Administration Hours: 5:00am-12:00 midnight, after hours on call.</p> <p>www.srtmedstaff.com</p>	<p>Languages: Services are mainly offered in English. Services are available in more than 40 different languages .</p>	<p>Tel: 416-968-0833 Fax: 416-968-3652</p>
<p>The Housing Help Centre 2500 Lawrence Ave. E., U#205 M1P 2R7</p> <p>Services: Services for youth, families, newcomers, seniors who are homeless, under-housed or at risk of losing their housing. A housing help program designed specifically for newcomers to helps them understand their rights as tenants, to connect them with landlords and to ensure a smooth transition into their new homes. Holistic wrap-around housing support, rent bank, utility payments (LEAP, HAP, OESP).</p> <p>Hours: Mon-Thurs 8:30am-4:30pm/ Fri 8:30–2:00pm.</p> <p>Drop in: Tues 9:00am-11:00am.</p> <p>www.thhc.org</p>	<p>Languages: Services are offered in Amharic, Arabic, Armenian, Bengali, Cantonese, Dari, Farsi, Hindi, Kazakh, Korean, Mandarin, Punjabi, Russian, Spanish, Tamil, Tibetan, Turkish and, Urdu.</p>	<p>Tel: 416-285-8070 Fax: 416-285-5410</p>

1. Community Service Agencies

<p>Toronto, Employment and Social Services – Ontario Works 100 Consilium Pl., 10th Flr., M1H 3E3 1225 Kennedy Rd., U#1, M1P 2L4 5639 Finch Ave E., M1B 5L1 1880 Eglinton Ave. E., U139 Services: Financial assistance, housing stabilization fund, employment start-up benefit, social supports including referrals to community and government services including childcare, housing, addiction support, health and mental health services, food banks, legal services, supports for youth, seniors, and persons with disabilities. Employment assistance and employment centre. Hours: Mon-Fri 8:30–5:00 pm. www.cityoftoronto.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-397-1100 Toll Free: 1-888-465-4478</p>
<p>Toronto Employment and Social Services – Malvern Office - Ontario Works 325 Milner Ave., 9th Flr., M1B 5N1 Services: Financial assistance, housing stabilization fund, employment start-up benefit, social supports including referrals to community and government services including childcare, housing, addiction support, health and mental health services, food banks, legal services, supports for youth, seniors, and persons with disabilities. Employment assistance, employment centre. Serves those in postal code areas: M1B, M1S, M1T, M1V, and M1W. Hours: Mon, Thurs & Fri 8:30am-4:30pm/ Tues & Wed 8:30am-6:00pm. www.cityoftoronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-397-1000 Toll Free: 1-888-465-4478 Interactive Voice Response (IVR) 1-800-808-2268</p>

1. Community Service Agencies

<p>Toronto Employment and Social Services - Scarborough Village Office 3660 Kingston Rd., U#K1, M1M 1R9 Services: Financial assistance, housing stabilization fund, employment start-up benefit, social supports including referrals to community and government services including childcare, housing, addiction support, health and mental health services, food banks, legal services, supports for youth, seniors, and persons with disabilities. Employment assistance, and employment centre. Hours: Mon-Fri 8:30am-4:30pm. www.cityoftoronto.ca</p>	<p>Languages: Services are mainly provided in English.</p>	<p>Tel: 416-392-2800 Fax: 416-392-2823</p>
<p>Tropicana Community Services 1385 Huntingwood Dr., M1S 3J1 Services: Culturally appropriate programs such as counselling, childcare, educational and employment services and youth development. Information and referral, employment services, settlement services, aggression replacement training, violence against women program, and youth development and mentorship program. Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-4:30pm. www.tropicanacommunity.org</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-439-9009 Fax: 416-439-2414</p>

1. Community Service Agencies

<p>Warden Woods Community Centre 74 Firvalley Crt., M1L 1N9 Services: Programs and services covering the spectrum of children and youth services, older adults' health and wellness programs, community programming and development, and crisis intervention assistance. Support to individuals and families caring for a relative and friend in their home. Seniors health and wellness supports for older adults and adults with disabilities, help people remain independent in their own homes. Hours: Mon-Fri 9:00am-5:00pm. www.wardenwoods.com</p>	<p>Languages: Services are offered in Arabic, English and Tamil.</p>	<p>Tel: 416-694-1138 Fax: 416-694-1161</p>
<p>West Scarborough Neighbourhood Community Centre 313 Pharmacy Ave., M1L 3E7 Services: Multiservice centre with social and recreational programs for all ages. Boys and Girls Clubs, school aged daycare, youth employment programs, Early ON Child and Family Centre. Youth justice services, employment support programs, seniors drop in, seniors club, programs for Italian, South Asian and Bengali seniors. Hours: Mon-Fri 9:00am-10:00pm/ Sat 9:00am-4:00pm/Sun 2:00am-9:00pm. www.wsncc.on.org</p>	<p>Languages: Services are offered in Bengali, English, and Italian.</p>	<p>Tel: 416-755-9215 Fax: 416-755-7521</p>

2. Community Health Centers

<p>Access Alliance Multicultural Health and Community Services 3079 Danforth Ave., M1L 1A8 761 Jane St., Ste. 200B, M6N 4B4 340 College St., Ste. 500, M5T 3A9 Services: Community Health Centre. Offers accessible, inter-professional primary care services, health promotion and community capacity building programs. Services for newcomers, women, families and LGBTQ+ community.</p> <p>Danforth Office: Hours: 9:00am-8:00pm/Tues, Thurs & Fri 9:00am-5:00pm/Wed 1:00pm-5:00pm/ Sat 10:00am-5:00pm.</p> <p>Jane Street Office: Hours: Mon, Thurs 9:00am-8:00pm/Wed 1:00pm-5:00pm/Tues, Fri 9:00am-5:00pm.</p> <p>College Street Office: Hours: 9:00am-8:00pm/Tues, Thurs & Fri 9:00am-5:00pm/Wed 1:00pm-5:00pm. www.accessalliance.ca</p>	<p>Languages: Services are mainly offered in English.</p> <p>Interpretation services provided for primary care services and other services as appropriate/when necessary.</p>	<p>Tel: 416-693-8677 Tel: 416-760-8677</p> <p>Tel: 416-324-8677 Fax: 416-324-9024</p>
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2. Community Health Centers

<p>Centre Francophone de Toronto 5 Fairview Mall Dr., Ste. 280, M2J 2Z1 Services: Community Health Centre. Medical services, diabetes program, employment services, family health services, newcomer, and mental health services. Other services include immigration, housing (tenants' rights), social assistance, employment standards, and consumers' rights. Hours: Mon, Tues & Fri 9:00am-12:00pm & 1:00pm-4:30pm/Wed 9:00am-12:00pm & 1:00pm-7:00pm/Thurs 9:00am-12:00pm.</p> <p>Settlement services are available on Fridays at: The East Scarborough Storefront 4040 Lawrence Ave. E., M1E 2R5 Services: Housing, food bank, information on how to apply for social assistance and assistance in completing immigration forms. www.thestorefront.org</p>	<p>Languages: Services are mainly offered in English and French.</p>	<p>Tel: 416-922-2672 Ext. 300 Fax: 416-922-3157</p> <p>Tel: 416-208-9889</p>
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2. Community Health Centers

<p>Scarborough Centre for Healthy Communities (SCHC) 629 Markham Rd., M1H 2A4 2660 Eglinton Ave. E., M1K 2S3 4002 Sheppard Ave. E. U#401, M1S 4R5 1333 Neilson Rd., U#320, M1B 3C2 Services: Community Health Centre. Support services for newcomers, individuals with several chronic conditions facing social isolation and for individuals who are afflicted with mental health and addictions, diabetes education (nurses, dieticians, social worker, chiropody), health promotion programs, chiropody, programs on sexual assault and domestic violence, meals on wheels program, friendly visiting, active living seniors program, adult day centre, hospice palliative care, and volunteer services. Hours: Mon, Tues, Wed, & Fri 9:00am-5:00pm/ Thurs 9:00am-4:30pm/Sat: 9:00am-4:30pm. www.schcontario.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-642-9445 Fax: 416-724-5205</p>
<p>TAIBU Community Health Centre 27 Tapscott Rd., U#1, M1B 4Y7 Services: Community Health Centre. Primary health care and health promotion programs and services to the black community across the GTA. Medical care, mental health support, social services, health promotion, early year's program, and dental clinic. Primary health promotion programs for Francophone and Indigenous communities in Scarborough. Hours: Mon, Wed & Fri 9:00am-5:00pm/ Tues & Fri 9:00am-8:00pm. www.taibuchc.ca info@taibuchc.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-644-3536 Fax: 416-644-0102</p>

<p>Canadian Centre for Refugee and Immigrant Health Care 4158 Sheppard Ave. E., M1S 1T3 Services: Urban Dental Clinic, pediatrics outreach program, mental health clinic, diabetes, chiropody, and dietitian programs. Eligibility criteria: Scarborough residents only. Tourists and visitors not eligible. Permanent residents not covered by OHIP, including refugees and persons who are homeless. Swan Clinic: Hours: One Wed 4:00pm–7:00 pm. Hours: Tues & Thurs 5:00pm-8:30pm (arrive before 7:30). www.healthequity.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-289-4349 Ext. 2</p>
<p>City of Toronto – Scarborough Civic Centre – Public Health Dental Clinic 160 Borough Dr., Ste. 28, M1P 4N7 Services: Free dental care for eligible children, high school students, and seniors. The clinic offers examinations, x-rays, fillings, and cleaning. Root canal treatments, extractions, emergency and urgent dental. Full or partial dentures covered. Clients are required to pay the full laboratory cost for dentures or repairs. Cost of the full or partial dentures are covered. Eligibility criteria: Individuals who are unable to afford to go to private dentist, 0-13 years and attend school, 65 years and older, high school students, high risk perinatal mothers, live in City of Toronto, do not have private dental insurance, assessment required. Hours: Mon-Tues 8:00am-4:00pm/ Wed 10:00am-6:00pm/Thurs-Fri 8:00am-4:00pm. By appointment only. www.toronto.ca/health/dental</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-338-7442 Fax: 416-338-4444</p>

3. Dental Clinics

TAIBU Community Health Centre 27 Tapscott Rd., U#1, M1B 4Y7 Services: Community Health Centre offering Medical care, mental health support, social services, health promotion, and dental clinic. Hours: Mon, Wed, Fri 9:00am-5:00pm/ Tues & Thurs 9:00am-8:00pm. By appointment only. www.taibuchc.ca	Languages: Services are offered in Chinese, English, French, Gujarati, Hindi, Punjabi, Tagalog, Tamil, and Urdu.	Tel: 416-644-3536 Fax: 416-644-0102
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4. Family and Child Services

<p>Adventure Place 155 McNicoll Ave., M2H 2C1 Services: EarlyOn Child and Family Centre. Speech and language program, childcare and family support services, day treatment centre, community-based treatment and support services. Toronto Autism services. Hours: 8:00am-4:00pm. www.adventureplace.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-744-7650 Ext. 4228 Fax: 416-744-8055</p>
<p>Agincourt Community Services Association - ASCA Child & Family Centre 4139 Sheppard Ave. E., M1S 1T1 Services: Parent, caregiver and child programs, program referrals, child development, parenting support and skills building workshops. Healthy cooking classes, creative play programs, parenting, kindergarten, and readiness program. Hours: Mon-Thurs 9:00am-3:00pm/ Fri by appointment only. Sat 9:00am-11:00am. www.agincourtcommunityservices.com/acsa-calendar-colours/acsa-child-family-centre</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-299-9872 Fax: 416-321-0737</p>

4. Family and Child Services

<p>Boys and Girls Club of East Scarborough 100 Galloway Rd., M1E 1W7</p> <p>Services: Provides a safe, supportive place for children and youth. Social, educational and recreational programs, day camps, homework club, computer clubs, leadership training, literacy, adults and seniors' fitness classes. Other services include stay in school - tutoring and mentoring for youth at risk of leaving school, early years' programs for caregivers and children, childcare consultation for children with special needs birth to 12 years, summer camp for children 4 to 12 years, after school programs for children and youth 4 - 14 years. Evening drop-in for youth 15 to 19.</p> <p>Hours: Mon-Fri 9:00am-7:30pm. www.esbgc.org</p>	<p>Languages: Services are offered in English, Bengali and Tamil.</p>	<p>Tel: 416-281-0262 Fax: 416-281-0458</p>
<p>Birchmount Bluffs Neighbourhood Centre 93 Birchmount Rd., M1N 3J7</p> <p>Services: Multi-service community-based organization offering a broad range of recreational, fitness, social and learning programs for children, youth and seniors. Ontario Early Years Centre, education and support to parents and care providers, caregiver and child drop-in, and parent relief integrated nursery school program for children with disabilities.</p> <p>Hours: Mon-Fri 9:00am-8:00pm/ Sat & Sun 9:00am-6:00pm. Summer hours may vary. Fees may also vary for different services, subsidies may be available. www.bbnc.ca contact@bbnc.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-396-4310 Fax: 416-396-4314</p>

4. Family and Child Services

<p>Carefirst Seniors and Community Services Association 300 Silver Star Blvd., M1V 0G2 Services: Assisted living, bereavement services, family health team, chronic disease management services, diabetes education program, elder abuse helpline, homecare services, youth volunteer development program, adult day program for frail or socially isolated seniors, supportive housing services, transitional care centre, transportation services for medical appointments, and wellness club. Fees: Varies per program, subsidies may be available for some services. Eligibility: Older adults and people with disabilities, who need physical, social, emotional supports. Hours: Mon–Fri 9:00am-5:00pm. www.carefirstseniors.com</p>	<p>Languages: Services are offered in Cantonese, English, French, Hindi, Mandarin and Tamil.</p>	<p>Tel: 416-502-2323 Ext. 6202</p>
<p>Catholic Children’s Aid Society of Toronto 2206 Eglinton Ave. E., M1L 4S7 Services: Child protection services, including family counselling, adoption and foster care services. Administration Hours: Mon-Fri 9:00am-5:00pm. Emergencies 24/7. www.torontoccas.org</p>	<p>Languages: Services are offered in English only. Interpreters are available upon request.</p>	<p>Tel: 416-395-1500 Fax: 416-395-1581</p>

4. Family and Child Services

<p>Centre for Immigrant and Community Services (CICS) 2330 Midland Ave. E., M1S 5G 3850 Finch Ave. E., Ste. 403, M1T 3T6 Services: Settlement and employment services, mentorship program, professional development, language and training services, family and seniors services, early year's services, community and volunteer engagement programs, community food program - garden to kitchen. Hours: Mon-Fri 9:00am-5:00pm. www.cicscanada.com info@cicscanada.com</p>	<p>Languages: Services are offered in Arabic, Bengali, Cantonese, Dari, English, Farsi, French Filipino, Gujarati, Hebrew, Hindi, Korean, Kurdish, Punjabi, Russian, Sindhi, Spanish, Tamil, Ukrainian, and Urdu.</p>	<p>Tel: 416-292-7510 Fax: 416-292-7579 Tel: 416-293-4565 Fax: 416-293-5692</p>
<p>Children's Aid Society of Toronto 843 Kennedy Rd., M1K 2E3 Services: Child protection services, adoption information and services, adoption disclosure, foster care services, pregnancy and aftercare counselling, and child welfare research. Administration Hours: Mon-Fri 9:00am-5:00pm. Emergencies 24/7. www.torontocas.ca</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-924-4646 Fax: 416-324-2553</p>

4. Family and Child Services

<p>Community Family Services of Ontario (CSFO) 4051 Gordon Baker Rd., U#8, M1W 2P3 Services: Individual, group, couple, marital and family counselling. Mental health counselling program, Partner Assault Response program, counselling services for probationers, programs for problem gamblers, youth services, and anger management. Hours: Mon, Wed & Fri 5:00pm/ Tues and Thurs 9:00am-8:30pm (after 5:00pm by appointment only). Information Hotline: 24/7. www.cfso.care</p>	<p>Languages: Services are offered in Cantonese, English, Mandarin, and Tamil.</p>	<p>Tel: 416-979-8299 Fax: 416-979-2743 Toll-Free: 1-866-979-8298 Tel: 416-979-5898</p>
<p>Family Day Care Services – Scarborough Centre – Early On Child and Family Centre 3478 Lawrence Ave. E., U#4, M1H 1A9 Services: Early learning and literacy programs, parent/caregiver and child programs, parenting groups and workshops. Hours: Mon-Fri 9:00am-5:00pm/ Sat 9:00am-2:00pm www.familydaycare.com</p>	<p>Languages: Services are offered mainly in English.</p>	<p>Tel: 416-438-1800 Fax: 416-438-4288</p>
<p>Good Shepherd Day Care 2230 Birchmount Rd., M1T 2A3 Services: Daycare Centre for toddlers, preschool, and school age children. Summer Day Camp. Hours: Mon-Fri 7:30am-6:00pm. www.goodshepherd.com</p>	<p>Languages: Services are offered mainly in English.</p>	<p>Tel: 416-293-5631 Fax: 416-321-2236</p>

4. Family and Child Services

<p>Greek Orthodox Family Services 3840 Finch Ave. E., 2nd Flr., M1T 3T4 Services: Assistance to women and their children who are victims of abuse. Counselling for women in an abusive relationship and for children who witness acts of violence. Safety planning for protection, crisis intervention, advocacy, and legal assistance, interpreting, information and referrals, assistance for stress and depression related to separation from the familial surroundings, lack of adequate finances, physical and mental health issues, support services and housing assistance. Hours: Mon-Fri 10:00am-4:00pm with appointment. www.goarchdiocese.ca</p>	<p>Languages: Services are offered in English, French, and Greek.</p>	<p>Tel: 416-291-5229 Fax: 416-291-5358</p>
<p>HF Connecting Health Nurse Practitioner-Led Clinic 3660 Midland Ave. Ste. 201, M1V 0B8 Services: Medical clinic focused on family and community health. Nurse practitioner works with other health professionals to assess and treat non-life threatening injuries or illnesses. Culturally and linguistically experienced staff includes nurse practitioners, registered dietitian, registered social worker, health promoter, general practitioners, psychiatrists and pediatricians. Healthy eating series, breastfeeding support group and parent-child program. Most services are covered by OHIP. Hours: Mon, Tue, & Fri 8:00am-4:00pm/ Wed & Thurs 8:00am-8:00pm/ Sat: 9:00am-1:00pm www.info@hfchnplc.ca</p>	<p>Languages: Services are offered in Chinese, English, and Mandarin.</p>	<p>Tel: 416-479-7600</p>

4. Family and Child Services

<p>Integrated Rehab Professionals – Durham Region - Upper level, Pickering Recreation Complex. 1867 Valley Farm Rd, L1V 3Y7 Services: Provides therapy services for patients who have been in an accident or are suffering post-surgery or post medical illness and need therapy interventions. Hours: Mon-Fri 8:30am-4:30pm. Emergency Call Hours: Daily 8:30am-10:00pm. www.integratedrehabprofessionals.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 905-839-5248 Fax: 905-839-8806</p>
<p>Kinatex Sports Physio 5995 14th Ave., U#A2B, L3S 0A2 Services: Offer a complete range of services such as physiotherapy, chiropractic, message therapy, acupuncture, pelvic floor rehabilitation, dietitian, chiropody, kinesiology, and seniors falls prevention and exercise (OHIP covered), performed by highly qualified therapists. Hours: Mon-Thurs 9:00am–8:00pm/ Fri 9:00am–7:00pm/Sat 9:00am–3:00pm/ www.kinatex.com</p>	<p>Languages: Services are offered in Cantonese, English, French, Farsi, Hakka, Hindi, Mandarin, and Punjabi.</p>	<p>Tel: 905-471-0001</p>
<p>Native Child & Family Services of Toronto – Scarborough Office 156 Galloway Rd., M1E 1X2 Services: Child and family wellbeing services, holistic and support/prevention services, early years’ virtual programming, and youth virtual programming. Hours: Mon–Fri 9:00am–5:00pm. www.nativechild.org</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-969-8510 Fax: 416-928-0706</p>

4. Family and Child Services

<p>Pickering Sports Medicine and Wellness Centre 1867 Valley Farm Rd., L1V 3Y7 Services: Offers out-patient physiotherapy clinic, health professionals assess and treat conditions that affect the muscles, nerves, and bones that may be caused by work, sports or motor vehicle collision injuries, chronic conditions, or to recover after an operation (hip and knee surgery) or medical illness. Hours: Mon-Thurs 7:30am-7:00pm/ Fri: 7:30am-6:00pm/Sat: Call for appointment. www.pickeringsportsmedicine.com</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 905-839-8886 Fax: 905-839-8806</p>
<p>Rosalie Hall 3020 Lawrence Ave., E., M1P 2T7 Services: Serving young, single, pregnant women, their children and families. A support centre for single pregnant young women, young mothers and fathers. Services are geared towards developing life skills. Outreach and support, community counselling, community care and treatment team parenting groups, young parent employment program, youth outreach workers, school program, child development centre, residential program. Food bank and boutique. Hours: Mon, Tues, Wed & Fri 8:30am-4:30pm/ Thurs 8:30-6:30pm. info@rosaliehall.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-438-6880 Fax: 416-438-2457</p>

4. Family and Child Services

<p>Salvation Army, Community and Family Services – Scarborough Citadel 2021 Lawrence Ave. E., Ste. 20, M1R 2Z2 Services: Music, education, fellowship, communication, food bank, family services, and childcare church. Hours: Wed 10:00am-12 pm & 12:30pm-3:00pm/ Thurs 10:30am-12:30pm/ Fri 10:00am-12:00am. www.scarboroughcitadel.ca</p>	<p>Languages: Services are provided in Arabic, English, French, and Spanish.</p>	<p>Tel: 416-759-1721 Fax: 416-759-2822</p>
<p>Scarborough Centre for Healthy Communities (SCHC) 629 Markham Rd., U#2, M1H 2A4 2660 Eglinton Ave. E., M1K 2S3 4002 Sheppard Ave. E., U#401, M1S 4R5 1333 Neilson Rd., U#320, M1B 3C2 Services: Community Health Centre. Support services for newcomers, those living in poverty, individuals with several chronic conditions, facing social isolation and individuals afflicted with mental health and addictions, diabetes education (nurses, dieticians, social worker, and chiropody), health promotion programs, chiropody, sexual assault and domestic violence. Hours: Mon-Fri 9:00am-5:00pm. www.schcontario.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-642-9445 Fax: 416-724-5205</p>

4. Family and Child Services

<p>Settlement Assistance and Family Support Services (SAFSS) 1200 Markham Rd., Ste. 214, M1H 3C3 Services: Information, referral and assistance, immigration, employment, settlement, housing, and English classes, job fair, computer with free Internet access, advocacy, interpretation, access to community resources, English conversation and LINC classes. Programs for women, seniors and children. Hours: Mon-Fri 9:00am-4:30pm. www.safss.com</p>	<p>Languages: Services are offered in Bengali, Cantonese, Dari, English, Farsi, Filipino, Gujarati, Hindi, Mandarin, Punjabi, Spanish, Tamil, and Urdu.</p>	<p>Tel: 416-431-4847 Fax: 416-431-7283</p>
<p>S.R.T. MedStaff 2 Bloor St. W., 28th Flr., M4W 3E2 Services: Provides home care services, including a full range of comprehensive and specialty nursing services, and personal support services to help with activities of daily living. Other services include: Infant and child care including assistance for new mothers, mental health care, homemaking services including cleaning and meal preparation, and rehabilitation. Post operation care, diabetes care, foot care, medication management etc. Hours: 24/7 Administration: 5:00am-12:00 midnight, after hours on call. www.srtmedstaff.com</p>	<p>Languages: Services are mainly offered in English. Services are available in more than 40 different languages.</p>	<p>Tel: 416-968-0833 Fax: 416-968-3652</p>

4. Family and Child Services

<p>Strides Toronto – Intensive Community Counselling 325 Milner Ave., M1H 3C3 Services: Counselling program offered to children and their caregivers who are experiencing social, emotional, and/or behavioural challenges that interfere with their daily lives and may lead to family breakdown in either their home, school and/or community. Services are provided in-home, in-community, in-office or other settings, which would be most helpful to supporting change. Fees: No charge. Eligibility criteria: Participants must live in Scarborough and are 18 years of age or younger. Hours: Mon-Fri 8:30am-8:00pm. www.stridestoronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-321-5464 Ext. 233</p>
<p>Strides Toronto – Trauma Services Program 325 Milner Ave., Ste. 110, M1B 5N1 Services: Service coordination for sexual abuse referrals, individual and family treatment, trauma assessments, clinical consultations, community educational workshops and presentations. Hours: Mon-Thurs 9:00am-7:00pm/ Fri 9:00am – 4:00pm. www.stridestoronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-321-5464 Ext. 255 Fax: 416-321-1510</p>

4. Family and Child Services

<p>Strides Toronto – Galloway After School Program 1200 Markham Rd., Ste. 200, M1H 3C3 Services: Program is a socialization, life skills and activity group for adolescents and young adults with mild to moderate developmental challenges or autism. Attendees learn life skills such as cooking, street-safety, sexuality and relationship building. Fees: \$50 monthly fee. Hours: Mon-Fri 9:00am-8:00pm. www.stridestoronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-438-3697 Fax: 416-438-7424</p>
<p>Toronto Public Health Call for nearest location. Services: Infant, child, youth, and family health education via programs and services. Hours: Mon-Fri 8:30am-4:30pm. www.toronto.ca/health</p>	<p>Languages: Services are mainly offered in English. Interpretation available for all other languages.</p>	<p>Tel: 416-338-7600 Ext: 311</p>
<p>VHA Home Health Care 30 Soudan Ave., Ste. 600, M4S 1V6 Services: Offers a wide range of services to support independence, in-home nursing, attendant and palliative care, personal support services, homemaking, extreme cleaning, hoarding support, family and childcare, caregiver relief and emergency childcare, infant and multiple birth support, foot care, occupational therapy, physiotherapy, dietitian, speech-language pathologist, social work and health and wellness programs. Hours: Mon-Fri 8:30am-4:30pm. Customer Service Centre: Daily 6:30am-9:30pm. www.vha.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-489-2500 Fax: 416-489-7533</p>

4. Family and Child Services

<p>YWCA Girls and Family Centre 3090 Kingston Rd., 3rd Flr., M1M 1P2 Services: Parenting programs -- information and workshops on parenting and child development, parent-child program, parenting program for mothers and children (4-18) years who have witnessed domestic violence. Teen mothers' program including healthy meals and snacks, workshops and informal counselling Girls' Centre -- drop-in centre for girls and young women 9-18 years, life skills, self-esteem building workshops, discussion groups, leadership program, March break and summer camp. Hours: Mon-Fri 8:30am-4:30pm. www.ywcatoronto.org</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-266-1232 Ext. 30 Fax: 416-266-1232</p>
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5. Food Banks

<p>ACSA Food Bank (at Dorset Park Community Hub) 1911 Kennedy Rd., U#105 (at Ellesmere Rd) Service: Food Bank. Hours: Mon, Tues, Thurs 10:00am-4:00pm/ Eligibility: Those who reside in M1T, M1S, M1W, M1V, M1P, M1R, M1H postal code area. Appointments: Please call ahead on Tuesday between 9:00am-5:00pm to make an appointment. www.agincourtcommunityservices.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-292-6912</p>
<p>Agincourt Pentecostal Church 2885 Kennedy Rd (Kennedy and Finch) Services: Food Bank. Hours: By appointment only. Boundaries: Linked with ACSA. www.onechurch.to</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-291-9575</p>
<p>Bluffs Food Bank Birchcliff Bluffs United Church 33 East Rd., (Warden Ave. and Kingston Rd.) Services: Food Bank. Hours: Thurs 12:30pm-2:30pm. Boundaries: St. Clair Ave E. (north) to Lake Ontario , Victoria Park Ave. W. to Midland Avenue East. www.bluffsfood.com</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 647-477-4149</p>
<p>Scarborough Community Alliance Church 135 Silver Star Blvd., M1V 4V8 Services: Food and Clothing Bank. Meals distributed on Saturdays from 5:00pm–6:00pm at the front door. Hours: Tues-Fri 10:00am-1:00pm. www.communityallaincechurch.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-754-1094 Fax: 416-754-3781</p>

5. Food Bank

Food Pantry at Morningside 90 Mornelle Crt. (Morningside & Ellesmere). Services: Food Bank. Entrance from the rear of the building by the basketball court. Hours: Sat 2:00pm-4:00pm. Boundaries: All of Scarborough.	Languages: Services are offered in English.	Tel: 647-762-4670
Friends of Jesus Christ - West Hill Community Food Bank 4205 Lawrence Ave. E., (at Morningside Ave.) Services: Food Bank. Hours: Thurs 2:00pm-5:00pm. Boundaries: All of Scarborough.	Languages: Services are offered in English.	Tel: 416-335-8829
Meadowvale Church Food Bank 1510 Warden Ave., (Warden & Ellesmere) Services: Food Bank. Hours: Mon 4:00pm-7:00pm/Thurs 9:30am-12:30pm. Boundaries: Linked with ACSA. www.meac.ca	Languages: Services are offered in English.	Tel: 416-385-1140

5. Food Bank

<p>Scarborough Centre for Healthy Communities 4100 Lawrence Ave. E. (Galloway & Lawrence) Services: Food Bank. Clients can access the food bank through self-referral. No more than one visit each week. The food bank is open to community members who self-identify as having a low-income. Documentation is not required, however, some questions will be asked at intake and supporting documents may be required. Hours: Wed 12:30pm–3:30pm/ Thurs 2:00pm–4:30pm/Fri 10:30am–1:00pm. Boundaries: All of Scarborough. www.schcontario.ca feedback@schcontario.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-847-4147</p>
<p>St. Ninian's Anglican Church Food Bank 930 Bellamy Rd. N., (South of Ellesmere Rd.) Services: Food Bank. Hours: Tues 5:00pm–8:00pm. Boundaries: All of Scarborough.</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-438-3750</p>
<p>The Salvation Army – Cedarbrae Community Church 2085 Ellesmere Rd., M1H 2W6 Services: Food Bank. Emergency food support. Accessible for everyone, by appointment only. Eligibility criteria: Serve those living in postal code areas beginning with M1B, M1C, M1E, M1G, M1H, M1J, M1X and M1P. Hours: Mon, Thurs & Fri 9:30am–2:15pm. www.cedarbraecc.com/family-services</p>	<p>Languages: Services are offered in English, Hindi, Malayalam and Tamil.</p>	<p>Tel: 416-438-2573 Fax: 416-438-7091</p>

5. Food Bank

<p>Tapscott Food Bank 5637 Finch Ave., E, U#5 M1B 5K9 Services: Pop up Food Bank. New clients need to register at dailybread.link2feed.ca and bring the client ID number provided at the completion of the online registration. Individuals with no Internet or are uncomfortable with the line form can call 416-203-0050 ext. 1 and an account will be opened for them. Hours: Tues 2:00pm-4:00pm dailybread.link2feed.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-203-0050 Ext. 261</p>
<p>Tuxedo Court Food Bank 50 Tuxedo Court (Progress and Markham Rd). Services: Food Bank Entrance from the rear of the building by the basketball court. Hours: Thurs 1:30pm-3:00pm. Boundaries: All of Scarborough</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-203-0050 Ext. 261</p>

6. French Language Service Providers

<p>Sexual Health Info Line and eChat Services: Calling or eChat live with counsellors on topics such as: HIV/AIDS, sexually transmitted infections pre-test and post-test information, information and referral to point of care HIV rapid test sites province-wide, risk assessment, birth control options, emergency contraception, relationship concerns, pregnancy and options, sexual orientation, injection, drug use and needle exchange. Information and referral to appropriate clinics and community agencies. Hours: Mon-Fri 10:00am-10:30pm/ Sat & Sun 11:00am-3:00pm. www.toronto.ca</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 416-392-2437 Toll free: 1-800-668-2437</p>
<p>Collège Boréal 1 Yonge St., Ste. 300, M5E 1E5 Services: Post-Secondary Education. Hours: Mon-Fri: 8:30am-4:30pm. www.collegeboreal.ca info@collegeboreal.ca</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 1-800-361-6673</p>
<p>Strides Toronto - Youth In Transition 1200 Markham Rd., M1H 2Y9 Services: Mental Health support for youth. Hours: Mon-Fri 9:00am-5:00pm. www.stridestoronto.ca</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 416-438-3697 Ext. 13368</p>

6. French Language Service Providers

<p>Entité 4 14845 Yonge St., Ste. 310, L4G 6H8 Services: Engaging the francophone community in identifying their needs and priorities in the following areas: Health services availability, identification and designation of health service providers for the provision of French language health services in their area; strategies to improve access to and integration of French language health services in the local health system; and planning and integration of health services in these areas. Hours: Mon-Fri 9:00am-5:00pm. www.info@entite4.ca</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 905-726-8882 Toll-Free: 1-855-726-8882</p>
<p>Mon Petit Univers Day Care 1578 Kingston Rd., M1N 1S2 Services: Daycare for toddler preschool. Hours: Mon-Fri 7:30am-6:00pm. www.monpetitunivers.ca</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 647-403-2327</p>
<p>FrancoQueer 465 Yonge St., M4Y 1X0 Services: Services for LGBTQIA immigrants and refugees. Workshops and discussion groups. Men's sexual health workshops. Hours: 24/7 helpline. www.francoqueer.ca</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 647-709-2600</p>
<p>KAY CRÉOLE D'ENTRAIDE ET DE SERVICE PROFESSIONNELS (KCP) 235 Poplar Rd., M2N 6H8 Services: Contributing to the social, cultural, artistic and economic integration of Creole Francophone immigrants. Hours: Mon-Fri by appointment only.</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 647-551-7007</p>

6. French Language Service Providers

<p>La Maison 100 King St., W., U#5700, M5X 2A2 Services: Shelter for Francophone women and their dependents, victims of domestic violence. Offer multiple array services to Francophone women. Crisis line: 24/7. www.lamaison-toronto.org</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 647-777-6433</p>
<p>La Passerelle-I.D.É 2 Carlton St., M5B 1J3 Services: Settlement services for newcomers. Hours: Mon-Fri 9:00am-5:00pm. www.passerelle-ide.com</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 416-934-0588</p>
<p>Le Centre Francophone de Toronto 555 Richmond St. W., M5V 3B1 Services: Settlement services for newcomers, mental health, health services, legal aid, and employment services. Hours: Mon-Fri 9:00am-4:30pm. www.centrefranco.org</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 416-922-2672</p>
<p>RDÉE Ontario/Société Économique De L'Ontario 2 Carlton St. U#1305, M5B 1J3 Services: Employability and immigration Itinerant services. Support for businesses, and economic development. Hours: Mon-Fri 9:00am-5:00pm. www.rdee-ont-employabilite-immigration.ca</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 416-596-0220</p>

6. French Language Service Providers

<p>School Board Conseil Scolaire Catholique District Centre-Sud Francophone Catholique School Board 110 Drewry Ave., M2M 1C8 Services: Settlement services for newcomer students and their families. Hours: Mon-Fri 8:30am-4:30pm. www.csdccs.edu.on.ca</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 416-397-6564</p>
<p>School Board Conseil Scolaire Viamonde Francophone School Board 116 Cornelius Pkwy., M6L 2K5 Services: Settlement services for newcomer students and their families. Hours: Mon-Fri 8:30am-5:00pm. www.csviamonde.ca</p>	<p>Languages: Services are offered in French and Spanish.</p>	<p>Tel: 416-639-9715 Tel: 416-614-0844</p>
<p>TAIBU Community Health Centre 27 Tapscott Rd., U#1, M1B 4Y7 Services: Community Health Centre. Primary care services in French. TAIBU serves all residents of Malvern and the Black community across the GTA. Hours: Mon-Fri 9:00am-8:00pm. www.taibuchc.ca</p>	<p>Languages: Services are offered in French.</p>	<p>Tel: 416-644-3539</p>

7. Health Information Lines

<p>AIDS and Sexual Health Information Hotline Services: Call to speak with a counsellor about HIV/AIDS, Crisis Intervention, STD'S, birth control options and pregnancy, sexual orientation and gender issues. Hours: Mon-Fri 10:00am-10:30pm/ Sat-Sun 11:00am-3:00pm. www.toronto.ca/community-people/health-wellness-care/sexual-health-info-line-ontario/</p>	<p>Languages: Services are offered in English, French, Hindi, Punjabi, Russian, Sinhalese, Spanish, Swahili, Tagalog, and Tamil.</p>	<p>Tel: 416-392-2437 Toll Free: 1-888-668-2437</p>
<p>DART Drug and Alcohol Registry of Treatment Services: Information regarding agencies providing treatment and services. Hours: 24/7. www.drugandalcoholhelpline.ca</p>	<p>Languages: Services are offered in English. Interpreters are available for other languages.</p>	<p>Toll-Free: 1-800-565-8603 Fax: 519-439-0455</p>
<p>Sexual Assault/Domestic Violence Care Centre Teen Sex Info Line 76 Grenville St., Rm. 1305, M5S 1B2 Services: Sex and sexuality, health, relationship, and puberty. Hours: Mon-Fri 7:30am-3:30pm. www.womenscollegehospital.ca/care-programs/sexual-assault-domestic-violence-care-centre/</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-323-6400 Fax: 416-323-6489</p>
<p>Telehealth Ontario Access to registered nurses. Interpreters are available upon request. Services: Illness or injury, chronic illness, nutrition and health, lifestyles, and teen health and lifestyles. Hours: 24/7. www.health.gov.on.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Toll-Free: 1-866-797-0000</p>

7. Health Information Lines

Toronto Health Connections Kids Line: parenting, breastfeeding (0-5yrs). Health Connects Line (all ages) AIDS Hotline Services: HIV/AIDS, crisis intervention, STDs, and birth control and pregnancy options. Hours: Mon-Fri 10:00am-10:30pm/ Sat & Sun 11:00am-3:00pm. www.toronto.ca/health	Languages: Services are offered in Armenian, Bengali, Cantonese, Filipino, French, Gujarati, Hakka, Hindi, Mandarin, Punjabi, Russian, Sinhalese, Spanish, Swahili, Tamil, Urdu, and Vietnamese.	Tel: 416-340-8844 Tel: 416-338-7600 Tel: 416-392-2437
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8. Health Organizations

<p>Acupuncture Foundation of Canada 895 Don Mills Rd., Ste. 109, M3C 1W3 Services: Education programs in acupuncture, and funding. Hours: Mon-Fri 9:00am-4:30pm. www.acupuncturecanada.org</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-752-3988 Fax: 416-752-4398</p>
<p>Alzheimer Society of Toronto 20 Eglinton Ave. W., Ste. 1600, M4R 1K8 Services: Workshop for families and friends, public information sessions, fundraising events, educational training for health care workers, counselling, dementia resources, wandering/getting lost program, support groups for people with dementia, and social events. Hours: Mon-Fri 9:00am-5:00pm. www.alzheimertoronto.org write@alz.to</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-322-6560 Fax: 416-322-6656</p>
<p>Arthritis Society 393 University Ave., Ste. 1700, M5G 1E6 Services: Arthritis rehabilitation and education program, chronic pain managements, and credit management workshops. Hours: Mon-Fri 9:00am-5:00pm. www.arthritis.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-979-7228 Fax: 416-979-8366 Toll-Free: 1-800-321-1433</p>
<p>Black Coalition for AIDS Prevention (Black CAP) 20 Victoria St., Ste. 424, M5C 2N8 Services: AIDS prevention, support to those at risk of HIV infections and LGBTQ+ settlement. Hours: Mon-Fri 9:00am-5:00pm. www.black-cap.com</p>	<p>Languages: Services are offered mainly in English.</p>	<p>Tel: 416-977-9955 Fax: 416-977-7664</p>

8. Health Organizations

<p>Canadian Cancer Society (Scarborough office) 55 St. Clair Ave. W., Ste. 500, M4V 2Y7 Services: Friendly visiting, peer support, self-help groups and transportation services. Medical information and patient related inquiries. Hours: Mon-Fri 8:30am-5:00pm. www.cancer.ca connect@cancer.ca</p>	<p>Languages: Services are offered mainly in English. Interpreters are available for more than 30 different languages.</p>	<p>Toll-Free: 1-888-939-3333</p>
<p>Canadian Diabetes Association 522 University Ave., Ste. 1400, M5G 2R5 Services: Advocacy, research, education and health services. Hours: Mon-Fri 8:30am-4:30pm. www.diabetes.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-363-3373 Fax: 416-363-3393 Toll-Free: 1-800-226-8464</p>
<p>Canadian Hearing Services 271 Spadina Rd., M5R 2V3 Services: Hearing aid program. Offers 17 programs and services to meet the needs of people who are culturally deaf, oral deaf, deafened, or hard of hearing. Hours: Mon-Fri 9:00am-5:00pm. www.chs.ca</p>	<p>Languages: Services are offered in American Sign Language, Chinese, English, and French.</p>	<p>Toll-Free: 1-866-518-0000</p>
<p>Canadian National Institute for the Blind (CNIB) – Vision Loss Rehab 1929 Bayview Ave., M4G 3E8 Services: Low vision assessment, independent living orientation and mobility. Hours: Mon-Fri 8:30am- 4:30pm. www.cnib.ca</p>	<p>Languages: Services are offered in English, French and in 20 other languages.</p>	<p>Toll-Free: 1-800-563-2642</p>

8. Health Organizations

<p>Childhood Cancer Foundation/Candle Lighters Canada 21 St. Clair Ave. E., Ste. 801, M4T 1L9 Services: To enrich the lives of children, and their families, coping with childhood cancer, and raise awareness and understanding of the impact of childhood cancer on the children and the families. Hours: Mon-Fri 9:30am-4:30pm. www.candlelighters.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Toll Free: 1-800-363-1062</p>
<p>Community Occupational Therapist Association (COTA) 550 Queen St. E., Ste. 201, M5A 1V2 Services: Offer a wide range of services to adults living with serious mental illness, geriatric mental health conditions, acquired brain injuries, developmental disabilities and dual diagnoses. Case management, supportive housing, short-term residential beds, day programs, court and justice related services, an assertive community treatment team (ACT), and services for individuals who are experiencing homelessness. Hours: Mon-Fri 8:00am-5:00pm. http://www.cotainspires.ca</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-785-9230 Fax: 416-785-9358 Toll-Free: 1-888-785-2779</p>
<p>Heart and Stroke Foundation of Toronto Toronto Office 2300 Yonge St., Ste. 1300, P.O. Box 2414, M4P 1E4 Services: Health information, risk assessment, volunteers programs, and education sessions. Hours: Mon-Fri 8:30am-5:00pm. www.heartandstroke.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-489-7111 Fax: 416-489-6885</p>

8. Health Organizations

Kidney Foundation of Canada Central Ontario Branch 1599 Hurontario St., Ste. 201, L5G 4S1 Services: Information and referral, publications, and financial assistance. Increase public awareness regarding kidney disease. Hours: Mon-Fri 9:00am-5:00pm. www.kidney.on.ca	Languages: Services are offered in English and French.	Tel: 905-278-3003 Fax: 905-271-4990 Toll-Free: 1-800-387-4474
Med Visit Services: Doctor visits for patients of all ages with non-emergency medical problems. Hours: Mon-Sun 8:00am-12:00am including holidays. www.medvisit.ca	Languages: Services are offered in English.	Tel: 416-631-3000
Multiple Sclerosis Society (Toronto Office) 250 Dundas St., W., Ste. 500, M5T 2ZT Services: Information and referrals, support and self-help groups, financial assistance, and education advocacy. Hours: Mon-Fri 9:00am-5:00pm. www.mssociety.ca	Languages: Services are offered in English.	Toll-Free: 1-800-268-7582
Ontario Lung Association-Toronto Area 18 Wynford Dr., Ste. 401, M3C 0K8 Services: Information on various lung diseases and disorders, education, speakers and support for research and asthma. Hours: Mon-Fri 8:30am-4:30pm. www.on.lung.ca	Languages: Services are offered in English and French.	Toll-Free: 1-888-344-5864
Ontario Physiotherapy Association 55 Eglinton Ave. E., Ste. 210, M4P 1G8 Services: Professional development and career support services. Hours: Mon-Fri 8:00am-4:00pm. www.opa.on.ca	Languages: Services are offered in English and French.	Tel: 416-322-6866 Fax: 416-322-6705 Toll-Free: 1-800-672-9668

8. Health Organizations

<p>St. John's Ambulance 365 Bloor St. E., Ste. 900, M4W 3L4 Services: First Aid, babysitting courses, community services, certificate program, First Aid training, and ambulance therapy dogs. Hours: Mon-Fri 9:00am-5:00pm/ Sat 9:00am-12:30pm. www.sja.ca</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-967-4244 Fax: 416-967-4893</p>
<p>The Ontario AIDS and Sexual Health Information Line Services: Sexual Health Information and Aids Prevention. Hours: Mon-Fri 10:00am-10:30pm/ Sat-Sun 11:00 am-3:00pm. www.toronto.ca/health</p>	<p>Languages: Services are provided mainly in English. Interpreters are available for various languages upon request.</p>	<p>Tel: 416-392-2437 Fax: 416-392-0716</p>

9. Interpretation Services

<p>All Languages Limited 421 Bloor St. E. U#306, M4W 3T1 Services: Offer professional and high quality interpretation services in person, via telephone and video remote interpretation. Hours: Mon-Fri 8:30 am-5:30pm. 24/7 by web portal. www.alllanguages.com</p>	<p>Languages: Interpreters are available in more than 200 languages.</p>	<p>Tel: 416-975-5000</p>
<p>Access Alliance Multicultural Health and Community Services 3079 Danforth Ave., M1L 1A8 761 Jane St., Ste. 200B, M6N 4B4 340 College St., Ste. 500, M5T 3A9 Services: Offer interpretation services in more than 180 languages, 24/7 to improve health outcomes for the most vulnerable immigrants, refugees, and their communities.</p> <p>Danforth Office: Hours: 9:00am-8:00pm/Tues, Thurs & Fri 9:00am-5:00pm/Wed 1:00pm-5:00pm/ Sat 10:00am-5:00pm.</p> <p>Jane Street Office: Hours: Mon, Thurs 9:00am-8:00pm/ Wed 1:00pm-5:00pm/Tues, Fri 9:00am-5:00pm.</p> <p>College Street Office: Hours: 9:00am-8:00pm/Tues, Thurs & Fri 9:00am-5:00pm/Wed 1:00pm-5:00pm. www.accessalliance.ca</p>	<p>Languages: English and 180 other languages.</p>	<p>Tel: 416-693-8677 Tel: 416-760-8677 Tel: 416-324-8677 Fax: 416-324-9024</p>

9. Interpretation Services

<p>Canadian Hearing Services 271 Spadina Rd., M5R 2V3 Services: Audiology and speech language pathology services, American Sign Languages (ASL) classes. Hours: Mon-Fri 9:00am-5:00pm. www.chs.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Toll Free: 1-866-518-0000 Fax: 416-928-2525</p>
<p>Centre Francophone de Toronto 55 Richmond St. W., M5V 3B1 Services: Offers interpretation for French-speaking people living, working, studying or visiting in Toronto for medical, mental health services, and medical, legal, and employment services. Hours: Mon-Fri 9:00am-5:00pm. www.centrefranco.org</p>	<p>Languages: Services are offered mainly in English. Interpreters are available for various other languages.</p>	<p>Tel: 416-922-2672 Fax: 416-922-6624</p>
<p>MCIS Language Solutions 789 Don Mills Rd., Ste. 1010, M3C 1T5 Services: Interpretation, translation and training for new interpreters. Interpretation services are available in more than 300 languages. Hours: Mon-Fri 8:00am-6:00pm. www.mcis.on.ca</p>	<p>Languages: Interpretation services are offered in more than 300 languages.</p>	<p>Tel: 416-426-7051 Fax: 416-426-7118 Toll-Free: 1-888-990-9014</p>
<p>Ontario Interpreting Services (OIS) 271 Spadina Rd., M5R 2V3 Services: Sign Language Interpretation Services (ASL) for medical, legal, business, employment, social and government services. Fee for Services: Yes Hours: Mon-Fri 9:00am-5:00pm. www.candianhearingociety.com</p>	<p>Languages: Services are offered mainly in English. ASL interpreters are available to provide interpretation services.</p>	<p>Toll Free: 1-866-518-0000</p>

9. Interpretation Services

RivInt Interpretation Services 2350 Finch Ave. W., U#D., M3J 3K6 Services: Interpretation services available in 90 different languages. Hours: Mon-Fri 9:30am-5:00pm/ Hotline 24/7. www.rivint.ca	Languages: Services are offered in English and interpreters are available in 90 other languages.	Tel: 416-663-0606 Fax: 416-663-1232 Hotline: Tel: 416-462-3718
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10. Legal Clinics

<p>Aboriginal Legal Services of Toronto 211 Yong St., Ste. 500 M5B 1M5 Services: Legal Clinic for Aboriginal people (status/non-status). Hours: Mon-Fri 9:00am-4:45pm. www.aboriginallegal.ca</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-408-4041 Fax: 416-408-4268</p>
<p>Agincourt Community Services Association 4155 Sheppard Ave. E., Ste. 100, M1S 1T4 Services: Legal clinic, parent and child groups, and income tax clinics. Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-4:00pm. www.agincourtcommunityservices.com</p>	<p>Languages: Services are offered in Arabic, Cantonese, English, Farsi, Italian, Macedonian, Mandarin, Russian, Tamil and Urdu.</p>	<p>Tel: 416-321-6912 Fax: 416-321-6922</p>
<p>Barbra Schlifer Commemorative Clinic 489 College St., Ste. 503, M6G 1A5 Services: Brief individual counselling for women, trans women and non-binary survivors of trauma and/or abuse. Counselling, legal, interpretation services, information, advocacy, and referral services. Hours: Mon-Fri 9:00am-5:00pm. www.schliferclinic.com info@schliferclinic.com</p>	<p>Languages: Services are mainly offered in English. Interpreters are available for more than 200 languages, if required.</p>	<p>Tel: 416-323-9149 Ext. 234 Fax: 416-323-9107</p>
<p>East Scarborough Storefront 4040 Lawrence Ave. E., M1E 2R2 Services: Legal issues, settlement services, paid employment, and contract opportunities. Hours: Mon-Fri 9:00am-5:00pm. www.thestorefront.org</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-208-9889 Fax: 416-208-9239</p>

10. Legal Clinics

<p>Legal Aid Ontario - Scarborough Office 1921 Eglinton Ave. E., U#1A, M1L 2L6. Services: Legal services for low-income individuals. Hours: 24/7. www.legalaid.on.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-979-1446 Fax: 416-979-8669 Toll-Free: 1-800-668-8258</p>
<p>Scarborough Community Legal Services Cedar Heights Plaza 695 Markham Rd., Ste. 9, M1H 2A5 Services: Legal services are for residents who meet financial eligibility guidelines. Hours: Mon-Fri 9:00am-5:00pm. www.scarboroughcommunitylegal.ca</p>	<p>Languages: Services are provided in Amharic, English, and French. Interpretation may be arranged for other languages.</p>	<p>Tel: 416-438-7182 Fax: 416-438-9161 Family Law Issues: Tel: 416-696-2992</p>
<p>South Asian Legal Clinic of Ontario 45 Sheppard Ave. E., Ste. 106A, M2N 5W9 Services: Legal Clinic. Hours: Mon, Tues, Thurs & Fri 9:30am-12:30pm/ 1:00pm-5:00pm/Wed 9:30am-12:30pm. www.salc.on.ca</p>	<p>Languages: Services are offered in English, Hindi, Tamil, and Urdu.</p>	<p>Tel: 416-487-6371 Fax: 416-487-6456</p>
<p>Community Outreach Canada – Second Chance 2100 Ellesmere Rd, U#305, M1H3B7 Services: Legal Clinic Legal services - family, immigration, criminal, tenant board. Satellite offices in Morningside, Scarborough, Vaughan, West Toronto by appointment only. Fees: Fees vary for different services and some services are free. Hours: Mon-Fri 9:00am-5:00pm. Email: info@secondchanceinc.ca www.secondchanceinc.ca</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 647-271-4891 Fax: 437-800-0911</p>

10. Legal Clinics

<p>West Scarborough Community Legal Services 2425 Eglinton Ave. E., Ste. #201 M1K 5G8 Services: Legal Clinic. Community legal clinic assists with tenant issues, social housing, Ontario Works and Ontario Disability Support Program appeals, Canada Pension Plan Disability benefits, employment law, worker's rights, employment insurance, old age security, family law, immigration, human rights, affidavits, notary public by appointment only. Hours: Mon, Tues, Thurs & Fri 9:00am-12:30pm & 1:00pm-4:30pm/Wed 9:00am-12:00pm. www.westscarboroughlegal.ca</p>	<p>Languages: Services are offered in English, Hindi, Punjabi, Russian Tamil, and Ukrainian. Interpreters are available by appointment for other languages.</p>	<p>Tel: 416-285-4460 Fax: 416-285-1070</p>
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<p>416 Community Support for Women 416 Dundas St. E., M5A 2A8 Services: The agency offers daytime programming and support for anyone who identifies as a woman (age 16+) with mental health and/or substance use issues. Client-centred daily drop-in meals and programming, mental health and addiction case management, and a health and wellness program. Hours: Mon-Fri 8:30pm-4:00pm/ https://www.loftcs.org/specialized-community-services/</p>	<p>Languages: Services are offered in English and Mandarin.</p>	<p>Tel: 416-928-3334 Fax: 416-928-2044</p>
<p>Addiction Rehab Toronto 4 Warrendale Ct., M9V 1P9 Services: Provide comprehensive addiction treatment for individuals and families suffering from substance abuse, behavioural problems, and their resulting issues. Individualized substance abuse treatment programs are designed to promote and facilitate long-term recovery. Fee: Yes Hours: 24/7 www.addictionrehabtoronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416.792.7550 Toll Free: 1-855-648-7555</p>
<p>Afghan Women's Organization (AWO) 747 Don Mills Rd., Bsmt., M3C 1T2 Head Office: 150 Consumers Rd. U#203, M2J 1P9 Services: Mental health services, group counselling, and intervention, Hours: Mon-Fri 9:00am-5:00pm. Some evenings and weekend programs. Homeless Drop-in: Tues-Sat 9:00am-4:00pm. www.afghanwomen.org</p>	<p>Languages: Services are offered in Dari, English, Arabic, Pashto, Urdu and Uzbek.</p>	<p>Tel: 416-422-2225</p>

11. Mental Health and Addictions Services

<p>Canadian Center for Victim of Torture (CCVT) 2401 Eglinton Ave. E., Ste. 310, M1K 2N8 Services: Mental health counselling; settlement services, children and youth, language and skills training, and community engagement. Hours: Mon-Thu 9:00am-5:00pm/Fri 9:00-4:00pm* after hours by appointment. www.ccvvt.org</p>	<p>Languages: Services are offered in Albanian, Amharic, Arabic, Dari, English, Farsi, French, Ganda, Greek, Italian, Kinyarwanda, Lingala, Russian, Somali, Spanish, Tamil, and Tigrinya.</p>	<p>Tel: 416-750-3045 Fax: 416-750-4990</p>
<p>Community Family Services of Ontario 4051 Gordon Baker Rd, U#8, M1W 2P3 Services: Mental health counselling. Transitional and housing support program for women who have experienced violence, and their children. Community service information on issues such as housing, legal, financial, health care, immigration, children's services. Satellite offices (limited hours, by appointment only). Hours: Mon-Fri 9:00am-5:00pm. Information Hotline: 24/7. www.cfso.care</p>	<p>Languages: Services are offered in Cantonese, English Mandarin, and Sinhalese.</p>	<p>Tel: 416-979-8299 Tel: 416-979-5898 Fax: 416-979-2743 Toll-Free: 1-866-979-8298</p>

11. Mental Health and Addictions Services

<p>Canadian Mental Health Association-Scarborough Branch 1200 Markham Rd., Ste. 500, M1H 3C3 Services: Range of community support services including information, decision support and referrals to community mental health programs and services, case management, community treatment order (CTO) case management services, transitional support program for youth 16-24, women's health and wellness groups, including culturally-specific newcomers groups, family support and education, applied suicide intervention training, and public education. Hours: Mon-Fri 8:30am-4:30pm. www.toronto.cmha.ca</p>	<p>Languages: Services are offered mainly in English.</p>	<p>Tel: 416-789-7957 Ext. 3800 Fax: 416-289-6843</p>
<p>Community Mental Health Outpatient Program Day Program, Scarborough Health Network 1225 Kennedy Rd., U#J, M1P 4Y1 Services: Individual and group programming for those living with a major mental illness. Medication clinic for patients on long-acting neuroleptic medication, as well as Clozaril. Patients are offered a series of short-term therapy sessions with the opportunity to augment treatment by participating in groups. Internet-delivered Cognitive Behavioural Therapy (iCBT) for anxiety and depression, and iMindful, an online mindfulness therapy program for oncology patients. Each requires physician referral. Hours: Mon-Wed 8:30am-4:30pm/ Thurs: 8:00am-8:00pm/Fri 8:00am-12:00pm. www.shn.ca</p>	<p>Languages: Services are provided mainly in English. Interpretation service is available in more than 200 languages, if required.</p>	<p>Tel: 416-431-8135 Fax: 416-752-3488</p>

11. Mental Health and Addictions Services

<p>Community Family Services of Ontario 4051 Gordon Baker Rd, U#8, M1W 2P3 Services: Settlement program– orientation and needs and eligibility assessments, information and referral topics include immigration, issues of concern to refugees and foreign domestic workers, citizenship, social assistance benefits, legal aid, housing, and childcare. Mental health counselling. Transitional and housing support program for women who have experienced violence, and their children. Community service information on issues such as housing, legal, financial, health care, immigration, and children's services. Satellite offices (limited hours, by appointment only). Hours: Mon, Wed, Thurs & Fri 9:00am-5:00pm/ Tues 9:00am-8:30pm. Information Hotline: 24/7. www.cfso.care</p>	<p>Languages: Services are offered in Cantonese, English Mandarin, and Sinhalese.</p>	<p>Tel: 416-979-8299 Tel: 416-979-5898 Fax: 416-979-2743 Toll-Free: 1-866-979-8298</p>
<p>Community Outreach Canada – Second Chance 2100 Ellesmere Rd, U#305, M1H 3B7 Services: Counselling, including anger management, partner assault program, and grief and marriage counselling. Legal services - family, immigration, criminal, and tenant board. Satellite offices in Morningside, Scarborough, Vaughan, West Toronto by appointment only. Fees: Fees vary for different services. Some services are free. Hours: Mon-Fri 9:00am-5:00pm. Email: info@secondchanceinc.ca www.secondchanceinc.ca</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 647-271-4891 Fax: 437-800-0911</p>

11. Mental Health and Addictions Services

<p>COTA- Mental Health Services 550 Queen St. E., Ste. 201, M5A 1V2 Services: Offer community mental health programs. Case management, court support services, dual diagnosis case management, short-term residential crisis beds, supportive housing, hostel outreach services, pre-charge diversion services, site support to habitat services and mainstay housing locations. Hours: Mon-Fri 8:30am-4:30pm. www.cotahealth.ca</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-785-9230 Fax: 416-785-9358 Toll-Free: 1-888-785-2779</p>
<p>Gerstein Crisis Centre 100 Charles St. E., M4Y 1V3 Services: 24-hour community based mental health crisis service offering crisis intervention and mental health services. Substance use/addiction crisis team and 3-5 day stays at the 10-bed crisis house. Hours: 24/7 crisis intervention line. www.gersteincentre.org</p>	<p>Languages: Services are provided mainly in English. Interpretation service is available in more than 200 languages, if required.</p>	<p>Crisis Line: Tel: 416-929-5200</p>
<p>Hong Fook Mental Health Association (Scarborough Head Office) 3320 Midland Ave., Ste. 201, M1V 5E6 Services: Addresses the mental health concerns of the Cambodian, Chinese (Cantonese and Mandarin), Korean and Vietnamese communities. Clinical services including intake services, case management, support with housing, group psychotherapy, and Asian community psychiatric clinic. Hours: Mon-Fri 9:00am-5:00pm. www.hongfook.ca</p>	<p>Languages: Services are offered in Cambodian, Cantonese, Korean, Mandarin, and Vietnamese.</p>	<p>Tel: 416-493-4242 Ext. 0 Fax: 416-493-2214</p>

11. Mental Health and Addictions Services

<p>Leaside Therapy Centre 1395 Bayview Ave., M4G 3A6 Services: Offer counselling and psychotherapy services to individuals and families. Hours: Mon-Fri 9:00am-5:00pm. www.leasidetherapycentre.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-481-2600</p>
<p>Native Child & Family Services of Toronto 156 Galloway Rd., M1E 1X2 Services: Culturally based programming with focus on community capacity building, empowerment and self-determination, sweat lodge ceremonies, visiting elders, drop-in services. Children and youth programs - after school programming, social and recreational activities, breakfast program, traditional dance, homework club, summer camp, girls group, youth drop in, high school equivalency for youth 18-20 years. Parent and family programs - addictions counselling, individual and family counselling, case management, support group, housing workers, community kitchen, parenting skills classes, Indigenous Early On program--parent-child drop in for children birth-6 years Hours: Mon-Fri 9:00am-5:00pm. www.nativechild.org</p>	<p>Languages: Services are offered in English and Ojibway.</p>	<p>Tel: 416-969-8510 Fax: 416-928-0706</p>
<p>Ontario Addiction Treatment Centre – Scarborough Clinic 1950 Lawrence Ave. E., U#5 M1R 2Z7 Services: Outpatient drug addiction treatment centre for methadone and sub Oxone treatment, hepatitis C treatment program, addiction counselling, medical follow-up and post-treatment support. Hours: Mon-Fri 8:30am-1:00pm/ Sat & Sun 9:00am-12:00pm. www.oatc.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-637-1061 Fax: 416-285-7998</p>

11. Mental Health and Addictions Services

<p>Pathways Neilson Housing - Scarborough Health Network 25 Neilson Rd., M1E 5E1 Services: This 30-unit residential complex provides housing and care to people with mental illness, allowing many of them to get off the streets, or out of sub-standard housing. Pathways is a social recreational program for adults with serious mental illness and offers psycho educational groups, work activity, health and wellness teaching, leisure activities and a medication clinic. Hours: Mon-Fri 8:00am–3:45pm. www.shn.ca</p>	<p>Languages: English and Tamil.</p>	<p>Tel: 416-208-0131</p>
<p>Reconnect Community Health Services 1281 St. Clair Ave. W., M6E 1B8 Services: Offers a wide range of services for seniors, people living with mental health and addictions concerns, and their caregivers. Community outreach programs in addiction, crisis outreach services for seniors, individual supportive counselling. A specialized 10-week educational group program for children aged 7-12 who have a family member with mental illness. Hours: Mon-Fri 9:00am-5:00pm. www.reconnect.on.ca</p>	<p>Languages: Services are offered mainly offered in English.</p>	<p>Tel: 416-248-2050 Fax: 416-248-6557</p>
<p>Rapid Access Addiction Medicine (RAAM) Clinic – Scarborough Health Network, General Hospital 3050 Lawrence Ave., E. M1P 2V5 Services: Addiction and substance use treatment. RAAM Clinic offers access to care on a walk-in basis, without an appointment or physician referral. Barrier-free access to lifesaving treatment. Medical treatments for addiction and same-day counselling services to patients with addiction. Hours: Tues, Thurs & Fri 9:00am-11:00 am. Ages: 18+ www.shn.ca</p>	<p>Languages: Arabic, English, Hindu, Gujarati, and Urdu. Telephone interpretation service is also available in more than 200 languages.</p>	<p>Tel: 416-431-8269</p>

11. Mental Health and Addictions Services

<p>Shoniker Clinic – Scarborough Health Network, Centenary Hospital 2877 Ellesmere Rd., M1E 4B9</p> <p>Services: A comprehensive range of services to support the needs of young people with a mental health condition. Services are covered by OHIP, physician referral is required. First Intervention Treatment Team (FITT) Program - Outpatient program offering support for Scarborough teens and adults up to the age of 35 who are experiencing psychosis for the first time. Offers consultation with psychiatrists, individual and group counselling, liaison with the community, a multi-disciplinary team, child and youth counsellor, nurse, occupational therapist and social worker.</p> <p>Hours: Mon-Fri 9:00am-5:00pm. www.shn.ca</p>	<p>Languages: Services are provided mainly in English. Interpretation service is available in more than 200 languages, if required.</p>	<p>Tel: 416-281-7301 Fax: 416-281-7465</p>
<p>Street Haven at the Crossroads – Emergency Shelter 87 Pembroke St., M5A 2N9</p> <p>Services: Multiservice agency including emergency and long-term housing, residential and community based addiction services, and learning centre. Six-month residential treatment and community outreach program for addiction. Provides housing for women with psychiatric issues and those at risk of being homeless. Helps move women from shelters into homes.</p> <p>Hours: 24/7. www.streethaven.org</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-967-6060 Ext. 224</p> <p>Toll Free: 1-844-967-6060 Fax: 416-924-6900</p>

11. Mental Health and Addictions Services

<p>Strides Toronto 325 Milner Ave., Ste. 110, M1B 5N1 Services: Services for children up to the age of 12 developing social, emotional or behavioral problems, including children with autism spectrum disorder. Hours: Mon-Thurs 8:30am-7:30pm/ Fri 8:30am-4:00pm. www.stridestoronto</p>	<p>Languages: Services are offered in Cantonese, English, French, Greek, and Mandarin.</p>	<p>Tel: 416-321-5464 Fax: 416-321-1510</p>
<p>Strides Toronto 1200 Markham Rd., Ste. 200, M1H 3C3 Services: An adolescent mental health and addictions centre, providing a range of services to youth, up to 29 years of age and their families who live in East Toronto. What's Up Walk-in Clinic - A free mental health and counselling walk-in service. The clinic provides children, youth, young adults and their families immediate counselling for a range of issues including depression, anxiety, self-harm, suicidal ideation, sexual identity matters, bullying, behavioral concerns and addictions. Hours: Mon-Thurs 9:00am-8:00pm/ Fri 9:00am-5:00pm. What's Up Walk-In Counselling hours: Mon-Thurs 2:00pm-8:00pm/Fri 10:00am-5:00 pm/ Sat: 10:00am-2:00pm. www.stridestoronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-438-3697 Fax: 416-438-7424</p>

11. Mental Health and Addictions Services

<p>Strides Toronto – Day Program 1200 Markham Rd., Ste. 200, M1H 3C3</p> <p>Services: Day Treatment program provides a therapeutic environment for adolescents up to the ages of 18, whose serious emotional, social and behavioral issues have affected their ability to function in their community school. Treatment period allows the youth to explore personal areas of strength and focus on skill development in the areas of mood regulation, anger management, communication skills, relationship building, self-esteem/self-awareness, responsibility, stress management, substance use, and problem solving.</p> <p>Hours: Mon-Fri 8:45am-3:00pm. www.stridestoronto.ca</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-438-3697 Ext. 19055</p>
<p>Strides Toronto – Residential Treatment 1200 Markham Rd., Ste. 200</p> <p>Services: Programs accommodate adolescents between the ages of 12 to 18 who are coping with an array of psychiatric, emotional, or behavioural challenges that interfere with their ability to function. Each youth enrolled in the residential programs is assigned an individual and family therapist.</p> <p>Fee: No charge.</p> <p>Eligibility criteria: Must be a resident of Scarborough. Referral through centralized access to residential services required.</p> <p>Hours: Mon-Fri 9:00am-5:00pm. www.stridestoronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-482-7884 Fax: 416-438-7424</p>

11. Mental Health and Addictions Services

<p>Strides Toronto – Trauma Services 325 Milner Ave., Ste. 110, M1B 5N1 Services: Service coordination for sexual abuse referrals, individual and family treatment, trauma assessments, clinical consultations, community educational workshops/presentations. Eligibility criteria: Children birth to 11 years who have experienced sexual abuse or who display sexualized behaviours. Hours: Mon-Thurs 9:00am-7:00pm/ Fri 8:30am-4:00pm. www.stridestoronto.com</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-321-5464 Ext. 255 Fax: 416-321-1510</p>
<p>TAIBU Community Health Centre-Scarborough 27 Tapscott Rd., U#1, M1B 4Y7 Services: Community Health Centre. Mental health and addictions outreach programs for Indigenous communities in Scarborough. The centre offers One-on-One support and advice, short-term case management, referrals to other appropriate services, and liaison with service providers and advocate on behalf of clients. Hours: Mon, Wed & Fri 9:00am-5:00pm/ Tues & Fri 9:00am-8:00pm. www.taibuchc.ca</p>	<p>Languages: Services are offered in English, and French.</p>	<p>Tel: 416-644-3536 Fax: 416-644-0102</p>

11. Mental Health and Addictions Services

<p>Tropicana Community Services 1385 Huntingwood Dr., M1S 3J1 Services: Culturally appropriate programs such as counselling, childcare, educational and employment services, and youth development programs. Individual and family counselling, Violence Against Women (VAW) program, Transitional Housing and Support (THS) Services. START for Life Women Empowering Women Support Network, enhanced youth outreach worker, Stop Now and Plan program. Hours: Mon-Fri 9:00am–5:00pm/ http://tropicanacommunity.org/</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-439-9009 Fax: 416-439-2414</p>
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<p>Youth Link 636 Kennedy Rd., M1K 2B3 Services: A mental health counselling service for youth to age 24 and their families across Toronto. Hours: Mon 9:30am-7:30pm/Tues 9:30am-6:30pm/ Wed 9:30am-8:00pm/Thurs 9:30am-6:00pm/ Fri 9:30am 4:00pm. www.youthlink.ca info@youthlink.ca</p>	<p>Languages: Services are mainly offered in English. Interpreters are available for various other languages.</p>	<p>Tel: 416-967-1773 Fax: 416-967-7515</p>
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12. Multicultural Agencies

<p>Aboriginal Housing Support Centre 20 Sewells Rd., M1B 3G5 3087 Danforth Ave., M1L 1A9 Services: Assistance in applying for social housing, help resolving landlord/tenant disputes, counselling, workshops and support groups of interest to Aboriginal tenants, information and referral to general services. Hours: Mon-Thurs 10:00am-4:00pm. www.aboriginalhsc.org</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-281-2057 Fax: 416-281-2179 Tel: 416-260-6011 Fax: 416-260-6010</p>
<p>Afghan Women's Organization (AWO) 747 Don Mills Rd., Bsmt., M3C 1T2 Head Office: 150 Consumers Rd. U#203, M2J 1P9 Services: Immigrant settlement and adaptation program, needs assessment, information and referral, advocacy, orientation, sponsorship of refugees, translation and interpretation. Assistance in finding housing, health workshops, heritage language classes, skills upgrading, seniors program for mutual support and education, youth program offering services in settlement, counselling, skills development and social events. Financial literacy project, mental health services, group counselling, intervention, women's circle, homework club with individual assistance and group work, citizenship test preparation classes. Hours: Mon-Fri 9:00am-5:00pm. Some evenings and weekend programs. Homeless Drop-in: Tues-Sat 9:00am-4:00pm. www.afghanwomen.org</p>	<p>Languages: Services are offered in Dari, English, Arabic, Pashto, Urdu and Uzbek.</p>	<p>Tel: 416-266-1777 Fax: 416-266-8145 Tel: 416-588-3585 Fax: 416-588-4552</p>

<p>Carefirst Seniors and Community Services Association 300 Silver Star Blvd., M1V 0G2 Services: Assisted living, bereavement services, family health team, chronic disease management, diabetes education program, elder abuse helpline, homecare services, and youth volunteer development program, adult day program for frail or socially isolated seniors, supportive housing, transitional care centre, transportation services, and wellness club. Fees: Varies per program, subsidies may be available for some services. Eligibility: Older adults and people with disabilities who need physical, social, emotional supports. Hours: Mon–Fri 9:00am–5:00pm. www.carefirstseniors.com</p>	<p>Languages: Services are offered in Cantonese, English, French, Hindi, Mandarin and Tamil.</p>	<p>Tel: 416-502-2323 Fax: 416-502-2382</p>
<p>Community Family Services of Ontario 4051 Gordon Baker Rd, U#A, M1W 2P3 Services: Counselling, individual, group, couple, marital and family counselling for issues such as elder abuse, family violence, wife assault, male batterers, incest, sexual assault, offenders, bereavement, problem gambling, substance abuse crisis intervention, parenting and family life education. Partner assault response program, settlement program, transitional and housing support program, and mental health counselling. Consultation for human service providers, satellite offices (limited hours, by appointment only). Hours: Mon, Wed & Fri 9:00am–5:00pm/ Tues & Thurs 9:00am–8:30pm. Information Hotline: 24/7. www.cfso.care</p>	<p>Languages: Services are offered in Cantonese, English Mandarin, and Sinhalese.</p>	<p>Tel: 416-979-8299 Tel: 416-979-5898 Fax: 416-979-2743 Toll-Free: 1-866-979-8298</p>

12. Multicultural Agencies

<p>Ethiopian Association in Toronto 1950 Danforth Ave., M4C 1J6 Services: Information and referral for the community. HIV/AIDS prevention and education community program, one-on-one HIV/AIDS and STI (sexually transmitted infections) education, and youth volunteer training. Hours: Mon-Fri 12:00am-5:00pm. www.ethioassociation.org</p>	<p>Languages: Services are offered in Amharic, English, and Oromo.</p>	<p>Tel: 416-694-1522 Fax: 416-694-8736</p>
<p>Greek Community Social Service Centre 30 Thorn cliff Park Dr., M4H 1H8 Services: Counselling, information and referral, pension for seniors, community outreach and Greek language teaching. Hours: Mon-Fri 9:00am-4:45pm/ Sun 11:00am-12:45pm. www.greekcommunity.org</p>	<p>Languages: Services are offered in English and Greek.</p>	<p>Tel: 416-425-2485 Fax: 416-425-2954</p>
<p>Greek Orthodox Family Services 3840 Finch Ave. E., 2nd Flr., M1T 3T4 Services: Assistance to women and their children who are victims of abuse. Hours: Mon-Fri 10:00am-4:00pm (with appointment). www.gocanada.org</p>	<p>Languages: Services are offered in English and Greek.</p>	<p>Tel: 416-291-5229 Fax: 416-291-5936</p>

12. Multicultural Agencies

<p>Islamic Social Services and Resource Association (ISSRA) 2375 St. Clair Ave. W., M6N 1K9 Services: Community information and referrals, community education/advocacy, volunteer program, English classes, youth program, programs for women and children, counselling, financial assistance through food voucher program, and homework club Hours: Mon-Thurs 9:30am–5:00pm/ Sat 9:30am-5:00pm. www.issra.ca</p>	<p>Languages: Services are offered in Arabic, English, Farsi, Hindi, Punjabi, Swahili, Tamil and Urdu.</p>	<p>Tel: 416-767-1531 Fax: 416-767-0328</p>
<p>Jewish Vocational Services (JVS) 74 Tycos Dr., M6B 1V9 2868 Ellesmere Rd., M1E 4B8 Services: Homelessness, employment, social services, educational services, career exploration, job source resources, disability services, newcomer services, Jewish community services, and youth services. Hours: Mon-Fri 9:00am-5:00pm. www.jvstoronto.org</p>	<p>Languages: Services are offered in English. Interpreters available upon request.</p>	<p>Tel: 416-787-1151 Tel: 416-286-0505 Fax: 416-785-7529</p>
<p>Momiji Health Care Society 3555 Kingston Rd., M1M 3W4 Services: Assisted living and a wide range of community programs for older adults from Japanese Canadian and other cultural backgrounds and their families in the greater Toronto area. Support for older adults, and adults with disabilities. Hours: Mon-Thurs 9:00am-5:30pm/ Fri 9:00am-4:00pm. www.momji.on.ca</p>	<p>Languages: Services are offered in English and Japanese.</p>	<p>Tel: 416-261-6683 Fax: 416-261-6682</p>

12. Multicultural Agencies

<p>Muslim Welfare Centre 100 McLevin Ave., Ste. 4 & 4A, M1B 2V5 Services: Women's shelter, meals on wheels for seniors and homeless, free medical clinic, child support, water exploration, disaster relief program, food bank, and free medical clinic for students and visitors. Hours: Mon-Sun 9:00am-5:30pm. www.muslimwelfarecentre.com</p>	<p>Languages: Services are offered in English and Urdu.</p>	<p>Tel: 416-754-8116 Fax: 416-754-4468</p>
<p>Native Child & Family Services of Toronto 156 Galloway Rd., M1E 1X2 Services: Culturally-based programming with focus on community capacity building, empowerment and self-determination, sweat lodge ceremonies, visiting elders, drop-in services. Children and youth programs - after school programming, social and recreational activities, breakfast program, traditional dance, homework club, summer camp, girls group, youth drop in, high school equivalency for youth 18-20 years. Parent and family programs - addictions counselling, individual and family counselling, case management, support group, housing workers, community kitchen, parenting skills classes, Indigenous Early On program -- parent-child drop in for children birth to 6 years Hours: Mon-Fri 9:00am-5:00pm. www.nativechild.org</p>	<p>Languages: Services are offered in English and Ojibway.</p>	<p>Tel: 416-969-8510 Fax: 416-928-0706</p>

<p>North American Muslim Foundation 4140 Finch Ave. E., M1S 3T9</p> <p>Services: Settlement services, information and referral - ID (including health cards and permanent resident cards), legal, housing, ESL program, family counselling, health and welfare programs -- parenting support group, seniors group, cancer support group, academic and employment counselling -- skills development, networking. Halal Food Bank -- open to all in need, call for appointment, identification and proof of income required. Day care service for children 1.5 - 4 years, academy, kindergarten-grade 8, gender specific evening and weekend fitness activities, summer camp, hall rental, and Friday prayer services.</p> <p>Hours: Mon-Fri 8:30am-7:00pm/ Sat 11:00am-6:00pm. www.namf.ca</p>	<p>Languages: Services are offered in Arabic, English, Punjabi, and Urdu.</p>	<p>Tel: 416-299-1969 Fax: 416-299-4890</p>
<p>TESOC Multicultural Settlement Services 1160 Birchmount Rd., Ste. 1A, M1P 2B8</p> <p>Services: Settlement services, family support and counselling, referrals to temporary accommodation for victims of domestic violence and new arrivals, employment counselling and referrals, translation, citizenship classes, seminars, workshops and newcomers orientation, Women Aiding Women program (WAW), assistance adjusting to Canadian society, networking, information and referrals for community resources, empowerment</p> <p>Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-3:00pm. www.tesoc.org</p>	<p>Languages: Services are offered in Arabic, Azerbaijani, Azari, Dari, English, Farsi, French, Pashto, Russian, Sinhala, Tamil, Turkish and Urdu.</p>	<p>Tel: 416-757-6043 Fax: 416-757-6851</p>

13. Refugee Claimant Services

<p>Afghan Women's Organization (AWO) 747 Don Mills Rd., Bsmt., M3C 1T2 Head Office: 150 Consumers Rd. U#203, M2J 1P9 Services: Immigrant settlement and adaptation program - needs assessment, information and referral, advocacy, orientation, sponsorship of refugees, translation and interpretation, escort, assistance in finding housing, health workshops, heritage language classes, skills upgrading. Hours: Mon-Fri 9:00am-5:00pm. Some evenings and weekend programs. Homeless Drop-in: Tue-Sat 9:00am-4:00pm. appointment only. www.afghanwomen.org</p>	<p>Languages: Services are offered in Dari, English, Pashto, Urdu and Uzbek.</p>	<p>Tel: 416-266-1777</p>
<p>Agincourt Community Services 1911 Kennedy Rd., U#105, M1P 2L9 Services: Syrian Refugee Program. Needs assessment, information and referral to community and social services. Support with finding housing, childcare, and immigration support. Language instruction for newcomers to Canada. Mentorship support, connection with employers. Food security program. Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-4:00pm. www.agincourtcommunityservices.com</p>	<p>Languages: Services are offered in Arabic, Cantonese, English, Farsi, Italian, Macedonian, Mandarin, Russian, Tamil and Urdu.</p>	<p>Tel: 416-292-6912 Ext. 302</p>

13. Refugee Claimant Services

<p>Arab Community Centre of Toronto (ACCT) – Scarborough Office 1855 Lawrence Ave. E., M1R 2Y3 Services: Settlement Services-- information and referral, housing and legal assistance, translation and interpretation, counselling for students, individuals and families. Syrians services for Syrian newcomers or sponsor groups, support to facilitate the settlement process, workshops on cultural safety and sensitivity GAR (government assisted refugees). Hours: Mon-Fri 9:00am-5:00pm. www.acctonline.ca info@acctonline.ca</p>	<p>Languages: Services are offered in Amharic, Assyrian, Arabic, Armenian, Dari, Dutch, French, Hindi, Lithuanian, Punjabi, Russian, Tigrinya, Ukrainian, and Urdu</p>	<p>Tel: 647-341-2722 Ext. 245</p>
<p>Birkdale Community Center 1229 Ellesmere Rd., M1P 4V8 Services: Offers counselling, children's programs, family programs for refugees, workshops about parenting, life skills and finding a job. Families are given money to purchase food and take care of cooking and cleaning. Each residence has 24-hour help for families if they need it. Hours: 24/7. maria.ignacio@toronto.ca</p>	<p>Languages: Services are offered in English. Interpreters may be arranged for other languages.</p>	<p>Tel: 416-392-5650</p>

13. Refugee Claimant Services

<p>Catholic Crosscultural Services 55 Town Centre Crt., Ste. 401, M1P 4X4 1200 Markham Rd., Ste. 503, M1H 3C3 2206 Eglinton Ave E., Ste. 124, M1L 4S7 3227 Eglinton Ave E., U#135, M1J 3M5 Services: Refugee Sponsorship Training program. Information and referral, supportive counselling, citizenship and immigration, education and housing, assistance in completing forms, services, free access to computers and Internet. Hours: Mon-Fri 9:00am-5:00pm/ Sat: 9:00–4:00 pm. Various hours per location. Please call to confirm. www.cathcrosscultural.org</p>	<p>Languages: Services are offered in Amharic, Arabic, Azerbaijani Cantonese, Croatian, Dari, English, Farsi, French, Gujarati, Hindi, Italian, Malayalam, Mandarin, Pashto, Polish, Punjabi, Russian, Serbian, Spanish, Tagalog, Tamil, Tigrinya, Turkish, Ukrainian, and Urdu.</p>	<p>Tel: 416-757-7010 Fax: 416-757-7399 Tel: 416-289-6766 Tel: 416-759-8800 Tel: 416-266-7200</p>
<p>Canadian Centre for Refugee and Immigrant Health Care 4158 Sheppard Ave. E., M1S 1T3 Services: Medical clinic run by volunteer health professionals and agencies to provide services for refugees and uninsured clients. No OHIP is required. Swan Clinic for women's health check-ups. Other services: Urban Dental Clinic, pediatrics Outreach program, mental health clinic, diabetes program, chiropody program, dietitian program. Eligibility criteria: Scarborough residents only. Permanent residents not covered by OHIP, including refugees and persons who are homeless. Tourists and visitors not eligible. Hours: Tues & Thurs 5:00pm-8:30pm (arrive before 7:30). Swan Clinic: Hours: One Wed 4:00pm–7:00 pm. www.healthequity.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 647-267-2176</p>

13. Refugee Claimant Services

<p>Centre for Immigrants and Community Services (CICS) 2330 Midland Ave., M1S 5G5 Services: Settlement and employment Services. Information and referral, orientation, needs assessment, translation and interpretation. Community Connections Mentorship Program - group activities for newly arrived immigrants and refugees of all ages to help orient them to their new community and establish social and professional networks, trained and experienced volunteer mentors assist, with focus on citizenship and civic engagement or skills and career development. Contact 416-940-3360. Hours: Mon-Fri 9:00am-5pm. www.cicscanada.com</p>	<p>Languages: Services are offered in Arabic, Bengali, Chinese (Cantonese), Chinese (Mandarin), Dari, English, Farsi, Filipino, French, Gujarati, Hebrew, Hindi, Korean, Kurdish, Punjabi, Russian, Sindhi, Spanish, Tamil, Ukrainian, and Urdu.</p>	<p>Tel: 416-292-7510 Ext. 114</p>
<p>Settlement Assistance and Family Support Services (SAFSS) 1200 Markham Rd., Ste. 214, M1H 3C3 Services: Services for convention refugees and foreign-born Canadian citizens. Supportive counselling, employment assessment and preparation, information and referral including housing, job fair, computer with free Internet access, advocacy, interpretation, access to community resources, English conversation classes, LINC classes. Care for newcomer children - childminding for parents attending sessions. Hours: Mon-Fri 9:00am-4:30pm. www.safss.com</p>	<p>Languages: Services are offered in Bengali, Cantonese, Dari, English, Farsi, Filipino, Gujarati, Hindi, Mandarin, Punjabi, Spanish, Tamil, and Urdu.</p>	<p>Tel: 416-431-4847 Fax: 416-431-7283</p>

13. Refugee Claimant Services

YMCA Language Assessment and Referral Centre 10 Milner Business Crt., Ste. 600, M1B 3C6 Services: The YMCA has a Language Assessment and Referral Centre that is available to newcomers in Canada, including refugee claimants. Refugee claimants are referred to ESL/FSL classes. Hours: Mon-Fri 8:30am-4:30pm. www.ymcagta.org	Languages: Services are offered in Armenian, Chinese, English, Gujarati, Hungarian, Mandarin, Romanian, Russian, and Spanish.	Tel: 416-925-5462
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14. Services for Lesbian, Gay, Bisexual Transgender, Queer (LGBTQ)

<p>Rainbow Health Ontario – The 519 Sherburne Health Centre 333 Sherburne St., M5A 2S5 Services: Program to improve the health and well-being of lesbian, gay, bisexual, transgender and queer (LGBTQ) people in Ontario through education, research, outreach and public policy advocacy Hours: Call or visit the website. www.rainbowhealthontario.ca</p>	<p>Languages: Services are mainly provided in English.</p>	<p>Tel: 416-324-4100</p>
<p>Toby's Place - Birchcliff Bluffs United Church 33 East Rd., M1N 1Z9 Services: Drop-in program for LGBTQ2SIA youth up to age 23. Snacks and dinner, facilitated group discussions, homework help, job search help and educational services on topics such as nutrition, eating on a budget and safe food handling. Meals include vegan and vegetarian options, guest speakers, workshops, recreational activities, and transportation fare available. Hours: Mon 3:30pm-8:30pm. Meals served at 5:30pm. Email: tobys.place33@gmail.com</p>	<p>Languages: Services are offered in English, French, and Romanian.</p>	<p>Tel: 416-694-4081 Ext. 1</p>
<p>Toronto's Gay and Lesbian Community 519 Church St., M4Y 2C9 Services: Trans program, 519 anti-violence program, AIDS memorial, anti-poverty and homelessness, community group, queer immigrants, refugees and older LGBT. Hours: Mon-Fri 10:00am-5:00pm/ Sat-Sun 10:00am-4:00pm. www.the519.org or www.socialplanningtoronto.org</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-392-6874 Fax: 416-392-0519</p>

14. Services for Lesbian, Gay, Bisexual Transgender, Queer (LGBTQ)

<p>Black Coalition for AIDS Prevention (Black CAP) 20 Victoria St., Ste. 424, M5C 2N8 Services: AIDS prevention, support to those at risk of HIV infections, reduce the spread of HIV infection within Toronto's Black communities and enhance the quality of life of people living with or affected by HIV/AIDS. LGBT settlement and refugee settlement services. Hours: Mon-Fri 9:00am-5:00pm. www.black-cap.com</p>	<p>Languages: Services are offered mainly in English.</p>	<p>Tel: 416-977-9955 Fax: 416-977-7664</p>
<p>Access Alliance Multicultural Health and Community Services 3079 Danforth Ave., M1L 1A8 Services: Orientation to community, needs and eligibility assessments, settlement related information, support navigating health and government systems, LGBTQ+ settlement, referral to housing, legal and employment services, one-on-one settlement support, and group information sessions. Hours: 9:00am-8:00pm/ Tues, Thurs & Fri 9:00am-5:00pm/ Wed 1:00pm-5:00pm/Sat 10:00am-5:00pm. www.accessalliance.ca</p>	<p>Languages: Services are mainly offered in English.</p> <p>Interpretation services provided for primary care services and other services as appropriate/when necessary.</p>	<p>Tel: 416-693-8677 Fax: 416-693-1330</p>

14. Services for Lesbian, Gay, Bisexual Transgender, Queer (LGBTQ)

<p>CAREA Community Health Centre 1450 Kingston Rd, U#17, L1V 1C1 Services: Health centre providing family medical care and community-based health programs. Health promotion and wellness programs, primary care, counselling and mental health programs, such as diabetes education, Hepatitis C screening, treatment support, education and outreach, geriatric assessment and intervention young parent support, LGBT safe space and support, Indigenous programs, youth and community development programs. Hours: Mon, Wed & Fri 8:30am-5:00pm/ Tues & Thurs 8:30am-8:00p. www.careachc.ca</p>	<p>Languages: Services are mainly provided in English. Translation services are available upon request.</p>	<p>Tel: 905-420-0333 Fax: 905-420-3541</p>
<p>Lesbian Gay Bi Trans Youth Line P.O. Box 73118, Wood St. Services: Outreach and Youth Line, peer support group and internship. Hours: Sun-Fri 4:00pm-9:30pm. www.youthline.ca askus@youthline.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-962-9688 Fax: 416-962-7967 Text: 647-964-4275 Toll-Free: 1-800-268-9688</p>
<p>Ontario Council of Agencies Serving Immigrants (OCASI) 110 Eglinton Ave. W., Ste. 200, M4R 1A3 Services: Training, education, leadership, organizational capacity and resource sharing in the immigrant and refugee service sector to support LGBTQ+ newcomers, staff, volunteers, and community members. Hours: Mon-Fri 9:00am-5:00pm. Close on statutory holidays. www.positivespaces.ca</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-322-4950 Ext. 242 or 252</p>

14. Services for Lesbian, Gay, Bisexual Transgender, Queer (LGBTQ)

<p>PFLAG Toronto – Parents, Families, Friends and Allies of Toronto’s LGBTQ+ Community 200 Wolver Leigh Blvd., ON M4C 1S2 Services: Promotes the health and well-being of LGBTQ2S+ people by helping to keep families together through support and education. Hours: Mon-Sun 9:00am-9:00pm. Close on statutory holidays. www.torontopflag.org</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-406-6378</p>
<p>2-Spirited People of the 1st Nations 145 Front St. E., Ste. 105, M5A 1E3 Services: Prevention education and support for 2-Spirited, including First Nations, Metis and Inuit people living with or at risk for HIV and related co-infections. Support, referrals, advocacy, HIV/AIDS, education and prevention. Aboriginal resource material, needle exchange and harm reduction materials, same sex domestic violence information and referral, care teams and caregiver training, social events, free Internet access, and volunteer opportunities. Hours: 9:00am-5:00pm. www.2spirits.org</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-944-9300</p>

14. Services for Lesbian, Gay, Bisexual Transgender, Queer (LGBTQ)

<p>Sherbourne Health Centre 333 Sherbourne St., M5A 2S5 Services: Offers LGBTQ services including: Treatment and monitoring of temporary and chronic illness, preventative health care including routine physicals, vaccinations and screening for disease, trans health care, counselling, LGBTQ youth health and mentoring (SOY), LGBTQ parenting and families (LGBTQ Parenting Network), LGBTQ province-wide health promotion (Rainbow Health Ontario), wellness workshops and support groups, health promotion and education. Hours: Mon-Fri 9:00am-5:00pm. www.sherbourne.on.ca info@sherbourne.on.ca</p>	<p>Languages: English. Language Line provides access to service in over 150 languages.</p>	<p>Tel: 416-324-4100 Medical appointments Tel: 416-324-4180 Mental health intake Tel: 416-324-4100 Ext. 5310</p>
<p>The 519 Community Centre 519 Church St., M4Y 2C9 Services: Multiservice centre offering social and recreation programs. Group meetings for Lesbian, Gay, Bisexual, Trans, Queer (LGBTQ) communities. Hours: Mon-Fri 8:30am-10:00pm/ Sat-Sun 9:00am-5:00pm. www.The519.org</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-392-6874 Fax: 416-392-0519</p>

15. Services for People with Disabilities

<p>Assistive Devices Program 5700 Yonge St., 7th Flr., M2M 4K5 Services: Financial assistance to Ontario residents with long-term physical disabilities for assistive devices essential for independent living. Hours: Mon-Fri 8:30am-5:00pm. www.ontario.ca/page/assistive-devices-program</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-327-8804 Fax: 416-327-8192</p>
<p>Better Living Health and Community Services 1 Overland Dr., M3C 2C3 Services: In-home respite care (caregiver relief) including persons with Alzheimer disease, friendly visiting, client intervention and assistance, caregiver support group, information and referral, grocery shopping assistance, volunteer services. Meals on wheels, case management and social work, fitness and falls prevention classes, transportation, homemaking, home help. Hours: Mon-Fri 9:00am-5:00pm/ Sat 9:00am-3:00pm. www.mybetterliving.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-447-7244 Ext. 748 Fax: 416-510-1104</p>
<p>Bob Rumball Centre for the Deaf 2395 Bayview Ave., M2L 1A2 Services: Multi-purpose community centre offering programs for the deaf, deafened and hard of hearing, preschool, seniors, life and work skills training, adult education, sign language classes, room/gym rental available, respite and parent relief, and community participation support. Hours: Mon-Fri 8:30am-4:30pm. www.bobrumball.org</p>	<p>Languages: Services are offered in American Sign Language (ASL) and English.</p>	<p>Tel: 416-449-9651 Fax: 416-449-8881</p>

15. Services for People with Disabilities

<p>Canadian Hearing Services 3276 St Clair Ave. E., B120 - 1st Flr. M1L 1W1 Services: Supports for people who are culturally deaf, oral deaf, deafened, and hard of hearing. Hearing tests, hearing aid service, hearing care counselling, tinnitus and hyperacusis consultations. Communication devices program - consultation and sale of hearing and communication-related assistive devices, safety, and independence, includes visual smoke detectors, baby monitors, alarm clocks, amplified phones, and TTYs (text telephones). Hours: Mon-Fri 9:00am-5:00pm. www.chs.ca</p>	<p>Languages: Services are offered in English and American Sign Language.</p>	<p>Toll Free: 1-866-518-0000 Fax: 1-866-215-9530</p>
<p>Canadian National Institute for the Blind (CNIB) 1929 Bayview Ave., M4H 3E8 Services: Multiservice agency for people with vision loss, rehabilitation, assessment and support, information on financial assistance and employment. Hours: Mon-Fri 8:30am-4:30pm. Helpline: Mon-Fri 7:00am-7:30pm. www.cnib.ca</p>	<p>Languages: Services are offered in Arabic, English, French, Hindi, Polish, Punjabi, Russian, Spanish, and Urdu.</p>	<p>Tel: 416-486-2500 Fax: 416-480-7700 Toll-Free: 1-800-563-2642</p>
<p>Community Living Toronto-Scarborough Region 1712 Ellesmere Rd., M1H 2P9 Services: Advocates for and provides supports and services to children, youth and adults with an intellectual disability. Hours: Mon-Fri 8:30am-4:30pm. www.cltoronto.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 647-729-1635 Fax: 416-644-9052</p>

15. Services for People with Disabilities

<p>Down Syndrome Association of Toronto P.O. Box 40039, Liberty Village Services: Information and referral, group for young adults, conferences, newsletter, social activities, new parent and adult kits, parent support, and down syndrome educator. Hours: Mon-Fri 9:00am-5:00pm. Some program run on the weekend. www.dsat.ca info@dsat.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-966-0990</p>
<p>Epilepsy Toronto 468 Queen St. E., Ste. 210, M5A 1T7 Services: Offers support, resources, education and counselling for individuals with epilepsy and their family or caregivers. Hours: Mon-Fri 9:00am-5:00pm. www.epilepsytoronto.org</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-964-9095 Ext. 214 Fax: 416-964-2492</p>
<p>Harmony Place Support Services 132 Railside Rd., Ste. 6, M5A 1A3 Services: Training and skills development in a variety of programs designed for adults with developmental and physical disabilities. Hours: Mon-Fri 8:30am-4:30pm. www.harmonyplace.on.ca info@harmonyplace.on.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-510-3351 Fax: 416-510-0824</p>
<p>Ministry of Community and Social Services 375 University Ave., 5th Flr., M7A1G1 Services: Assist people with disabilities who are in financial need to pay for basic living expenses by providing financial and employment opportunities. Hours: Mon-Fri 8:30am-5:00pm. www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/in...</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-314-5700 Fax: 416-314-6769</p>

15. Services for People with Disabilities

<p>Multiple Sclerosis Society of Canada 250 Dundas St. W., Ste. 500, M5T 2Z5 Services: Information, education, support, advocacy and referrals to individuals living with MS and their caregivers and families. Information and support to health professionals, employers, agencies and students. Various social and drop-in activities, educational programs, and funding assistance with medical equipment. Hours: Mon-Fri 9:00am-5:00pm. www.mssociety.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-922-6065 Fax: 416-922-7538</p>
<p>Ontario Federation for Cerebral Palsy 1630 Lawrence Ave. W., Ste. 104, M6L 1C5 Services: Support and services to people in Ontario with cerebral palsy, assists member groups in the development and provision of services and programs including accommodation. Hours: Mon-Fri 9:00am-4:30pm/ Sat 9:00am-4:00pm. www.ofcp.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-244-9686 Fax: 416-244-6543 Toll-Free: 1-877-244-9686</p>
<p>Ontario March of Dimes-Toronto Office 10 Overlea Blvd., M4H 1A4 Services: Vocational rehabilitation, independent living assistance, assistive devices, and employment services. Hours: Mon-Fri 9:00am-4:30pm. www.marchofdimes.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Toll-Free: 1-800-263-3463 Fax: 416-425-1920</p>

15. Services for People with Disabilities

<p>Parent Outreach Program (Woodgreen) 815 Danforth Ave., Ste. 100 M4J 1L2 Services: Multiservice community centre. Single session counselling for wide range of concerns such as anxiety, depression, anger management, difficulties at work or school, relationship issues, parenting concerns and other issue. Variety of therapeutic modalities, including CBT, solution-focused, narrative therapy, no restrictions. Hours: Mon-Fri 9:00am-5:00pm. www.woodgreen.org</p>	<p>Languages: Services are offered Cantonese, English, and Mandarin.</p>	<p>Tel: 416-645-6000 Ext. 1311 Fax: 416-572-0066</p>
<p>Service Ontario - Parking Permits for People with Disabilities 3555 Don Mills Rd, U#10 M2H 3N3 Services: Issuing of parking permits for people with disabilities. Hours: Mon-Fri 8:30am to 5:00pm. www.mto.gov.on.ca/english</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-497-9497</p>
<p>St. Elizabeth Health Care 90 Allstate Pkwy, Ste. 300, L3R 6H3 Services: Offer a wide range of community support and home health care services to the public. Nursing, personal support, health at home, homemaking, cancer care, companionship, continence care, occupational and physiotherapy therapy, speech language pathology, palliative care, and foot care. Hours: 24/7 (switch to after hours after 4:00pm). www.sehc.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 905-940-9655 Toll Free: 1-800-463-1763</p>

15. Services for People with Disabilities

<p>Surrey Place Centre 2 Surrey Pl., M5S 2C2 Services: Outpatient assessment and diagnosis, consultation and treatment. Services include audiology, behavior therapy, developmental therapy, medicine, nursing, occupational therapy, parent/caregiver counselling, school support program, service coordination, and speech language pathology. Hours: Mon & Fri 8:30am-5:00pm/ Wed & Thurs 8:30am-8:30pm/ Sat 8:00am-4:30pm. www.surreyplace.on.ca</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-925-5141 Fax: 416-923-3402</p>
<p>The Care Company 1213 Bayview Ave., Ste. 3, M4G 2Z8 Services: Home care in the GTA. Personal care supporting independence, immediate care, nursing care, special needs care, housekeeping, cooking and meal planning, Alzheimer's and dementia care, end of life palliative care, postoperative care, and companionship. Hours: 24/7 www.carecompnay.com</p>	<p>Languages: Services are offered in English. Interpreters are available for many other languages.</p>	<p>Tel: 416-422-2273</p>
<p>Wheel Trans (T.T.C.) Services: Transportation service for seniors and people who are disabled. Specialized public transportation service using accessible buses, contracted accessible and sedan taxis, operates 24 hours/day, 365 days/year. Administration Hours: Mon-Fri 8:00am-4:00pm. To book a trip: Mon-Sun 5:30am-11:00pm. http://www.ttc.ca/WheelTrans/index.jsp</p>	<p>Languages: Services are offered in English. Telephone interpretation is available, if required.</p>	<p>Customer Service Tel: 416-393-4111 Reservations: Tel: 416-393-4222 TTY: 416-393-4555</p>

<p>Aginccourt Community Services Association 4155 Sheppard Ave. E., M1S 1T4 Services: Housing, homeless and seniors services, parenting project, and food security. Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-1:00pm. www.agincourtcommunityservices.com</p>	<p>Languages: Services are offered in Arabic, Cantonese, English, Farsi, Italian, Macedonian, Mandarin, Russian, Tamil and Urdu.</p>	<p>Tel: 416-321-6912 Fax: 416-321-6922</p>
<p>Bayshore Health Care 992 Kingston Rd., M4W 1T2 Services: Provide in-home services that promote the health, wellbeing and independence of all Canadians, by providing customized care plans and solutions that allow clients to remain in the comfort of their own home. Personal care services, medical services at home, and dementia care. Fees: Varies per program and/or service. Hours: 7:00am-11:00pm. www.bayshore.caee</p>	<p>Languages: Services are mainly Offered in English. Staff speak a variety of different languages.</p>	<p>Tel: 1-877-289-3997</p>
<p>Carefirst Seniors and Community Services Association 300 Silver Star Blvd., M1V 0G2 Services: Assisted living, bereavement services, chronic disease management, diabetes education program, elder abuse helpline, homecare services, and adult day program for frail or socially isolated seniors. Supportive housing, transitional care centre, wellness club and transportation services. Fees: Varies per program, subsidies may be available for some services. Hours: Mon-Fri 9:00am-5:00pm. www.carefirstseniors.com</p>	<p>Languages: Services are offered in Cantonese, English, French, Hindi, Mandarin and Tamil.</p>	<p>Tel: 416-502-2323 Fax: 416-502-2382</p>

16. Services for Seniors

<p>Central East LHIN – Home and Community Care Services – Scarborough Branch 100 Consilium Pl., 8th Flr., M1H 3E3 Services: Nursing care, physiotherapy and occupational therapy, personal support work, referral, nutrition and food counselling, speech and language therapy, palliative care, adult day programs, supportive housing, and retirement homes. Hours: Mon-Fri 8:30am-4:30pm. www.ccac-ont.ca</p>	<p>Languages: Services are offered in Chinese, English, and French.</p>	<p>Tel: 416-750-2444 Fax: 1-855-352-2555 Tel: 416-701-4806 Toll-Free: 1-866-779-1931</p>
<p>City of Toronto – Senior Services and Long-Term Care – Homemakers and Nurses 1530 Markham Rd., Ste. 502, M1B 3G4 Services: Offer homemaking services through community agency contracts. Offer services such as light housekeeping, laundry, and shopping and meal preparation to individuals who require assistance with household activities of daily living, and those who have limited financial resources. Hours: Mon-Fri 8:30am-4:30pm. www.toronto.ca</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-392-8579</p>
<p>Nursing Home Abuse Justice Services: Gives a voice to seniors who deserve to share their stories about nursing home neglect. The goal of the agency is to educate seniors and their loved ones of the neglect/abuse that may happen in assisted living facilities. Hours: 24/7 https://www.nursinghomeabuse.org/</p>	<p>Languages: English</p>	<p>Toll Free: 1-855-563-1532</p>

16. Services for Seniors

<p>Family Service Toronto – Victoria Park Hub 1527 Victoria Pk. Ave., M1L 2T3 Services: Program for seniors groups within five cultural and linguistic communities: Iranian, Tamil, Afghan, Somali and Spanish-speaking. Workshops on stress management, elder abuse, healthy living, volunteering and financial matters. Outings to places of interest, and peer support groups. Hours: 9:00am-5:00pm. www.familyserVICEToronto.org</p>	<p>Languages: Services are offered in English, Farsi Iranian, Tamil, Somali and Spanish.</p>	<p>Tel: 416-595-9618 Fax: 416-595-0242</p>
<p>Geri Health Home Care 1200 Markham Rd. Ste. LL26, M1H 3C3 Services: Team of registered nurses, registered practical nurses and personal support workers that deliver nursing services for continuing health services and non-clinical home care services that provide assistance to perform activities of daily living and maintain client's optimum functioning. Services are available in the client's retirement, and long-term care homes. Hours: 24/7. www.info@gerihealthhomecare.ca</p>	<p>Languages: Services are mainly offered in Chinese, English and Filipino.</p>	<p>Tel: 416-431-6266</p>
<p>Harmony Hall Centre for Seniors 2 Gower St., M4B 1E2 Services: Promotes healthy aging through opportunities for seniors to live independently and remain active participants in their community, offering programs and services in English, Bengali, Cantonese and Tamil. Hours: Mon-Fri 8:30am-4:30pm. www.srchc.ca/programs/harmony-hall/harmony-hall-seniors-active-living-centres/</p>	<p>Languages: Services are offered in Bengali, Cantonese, Chinese, English and Tamil.</p>	<p>Tel: 416-752-0101 Fax: 416-752-869</p>

16. Services for Seniors

<p>Mon Sheong LTC Centers 2030 McNicoll Ave., M1V 5P4 Services: Long Term Care Centre. 24-hour nursing and personal care, access to a doctor and other health professionals, short stay available. Laundry, housekeeping, meals, and personal hygiene supplies. Hours: 24/7 www.monsheong.org</p>	<p>Languages: Services are offered in English, Cantonese, and Mandarin.</p>	<p>Tel: 416-291-3898</p>
<p>Mosaic Home Care Services & Community Resource Centres Corporate Office: The Shops on Steeles & 404 (shopping mall) Toronto Office: Located in The CNIB Centre 1929 Bayview Ave., Ste. 215H, M4G 3E8 Services: Provide certified and experienced PSW's, nurses plus lifestyle companions and home makers for all ages. Two community resource centres supporting the community with community spaces and free hobby based social events including memory cafés, community cafes, knitting groups, and lectures, etc. Hours: Mon-Fri 8:30–5:30pm. www.mosaichomecare.com</p>	<p>Languages: Arabic, Bengali, Chinese, Creole, English, Farsi, Filipino, French, Hindi, Greek, Gujarati, Hebrew, Italian, Nepali, Polish, Portuguese, Romanian, Russian, Spanish, Tagalog, Tamil, Tibetan, Turkish, and Urdu.</p>	<p>Tel: 905-597-7000 Ext. 236 Fax: 905-597-5446 Tel: 416-322-7002 Fax: 905-597-7000</p>
<p>Neighborhood Link Support Services 3036 Danforth Ave., M4C 1N2 680 Kingston Rd., M4E 1R4 Services: Shopping program for seniors. Hours: Mon-Fri 9:00am-5:00pm. www.senior-link.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-691-7407 Tel: 416-698-6781 Fax: 416-698-6453</p>

16. Services for Seniors

<p>Nurse Next Door Durham Region – Pickering, Ajax, Whitby, Oshawa and Peterborough Services: Provide home care services including companionship, meal preparation, home making, home nursing, care caregiver relief/respite care, personal care, end-of-life care, transportation accompaniment, care foot, wound care, advanced home and monitoring and emergency response, etc. Office hours: Mon-Fri 9:00am-5:00pm. www.nursenextdoor.com/</p>	<p>Languages: Services are offered in English, French, Gujarati, Hindi, and Swahili.</p>	<p>Tel: 289-275-2425</p>
<p>Philips Lifeline 95 Barber Greene Rd., Ste. 105, M3C 3E9 Services: Personal emergency response service designed to help maintain independence and call for help in an emergency. Hours: 24/7. www.lifeline.ca</p>	<p>Languages: Services are offered in English, French and many other languages.</p>	<p>Tel: 416-445-3387 Toll Free: 1-800-543-3546</p>
<p>Salvation Army, Community and Family Services – Scarborough Citadel 2021 Lawrence Ave. E., Ste. 20, M1R 2Z2 Services: Music, education, fellowship, communication, food bank, family services, and childcare. Hours: Mon 10:00am-12:00/ 12:30–3:00pm/1:00pm-2:00pm/ Wed 10:00am-12 pm & 12:30pm-3:00pm/ Thurs 10:30am-12:30pm/Fri 10:00am-12:00am. www.scarboroughcitadel.ca</p>	<p>Languages: Services are provided in English, French, Arabic, and Spanish.</p>	<p>Tel: 416-759-1721 Ext. 3 Fax: 416-759-2822</p>

16. Services for Seniors

<p>Scarborough Centre for Healthy Communities (SCHC) 629 Markham Rd., M1H 2A4 2660 Eglinton Ave. E., M1K 2S3 4002 Sheppard Ave. E. U#401, M1S 4R5 1333 Neilson Rd., U#320, M1B 3C2 Services: Community Health Centre. Provide support and services for individuals facing social isolation. Health promotion programs, chiropody services, non-emergency transportation services to local and long distance medical appointments. Meals on wheels program, friendly visiting, active living seniors program, adult day centre, and hospice palliative care. Hours: Mon-Fri 9:00am-5:00pm/ www.schcontario.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-642-9445 Fax: 416-724-5205</p>
<p>Scarborough Retirement Residence 148 Markham Rd, M1M 2Z8 Services: Retirement Home. Hours: 24/7 www.scarboroughretirement.ca</p>	<p>Languages: Services are provided in English.</p>	<p>Tel: 416-264-3566</p>
<p>St. Elizabeth Health Centre 90 Allstate Parkway, Ste. 300, L3R 6H3 Services: Provide health care services across many areas of the health system, including home and community care, long-term, acute, and primary care. Hours: 24/7 (switch to after hours after 4:00 pm) www.sehc.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 905-940-9655</p>

16. Services for Seniors

<p>Senior Persons Living Connected 3333 Finch Ave. E., M1W 2R9 Services: Community centre for older adults. Information and referrals, case management, counselling, wellness clinic, GAIN clinic, community team, housing for older adults, homemaking services personal care services. Adult day program, support groups, recreational activities, fitness classes. Non-emergency transportation services to local medical appointments and grocery shopping, and friendly visiting service. Administration Hours: Mon-Fri 8:30am-5:00pm. www.splc.ca</p>	<p>Languages: Services are offered in Cantonese, English, French, Hindi, Korean, Mandarin, Tagalog Tamil and, Urdu.</p>	<p>Tel: 416-493-3333 Fax: 416-493-3391</p>
<p>Seniors Tamil's Centre 5200 Finch Ave. E., U#203, M1S 4Z2 Services: Execute programs and services offering seniors to attain a better quality of life, and facilitate a healthy aging process and reduce isolation. Hours: Mon-Fri 9:30am-5:00pm. www.seniortamilcentre.com</p>	<p>Languages: Services are offered in English, and Tamil.</p>	<p>Tel: 416-496-2897 Fax: 416-496-8941</p>
<p>Seven Oaks Long-Term Care Home 9 Neilson Rd., M1E 5E1 Services: 24-hour nursing and personal care. Behavioral supports, short-stay respite beds, convalescent care, and long-term care home. Hours: 24/7 Administration: Mon-Fri 8:30am-4:30pm/ www.ltc-so@toronto.ca</p>	<p>Languages: Services offered in Armenian, English, and Tamil.</p>	<p>Tel: 416-392-3500</p>

16. Services for Seniors

<p>Shepherd Village 3760 Sheppard Ave. E., M1T 3K9 Services: Retirement Home with a Christian environment that meets the physical, spiritual, emotional and social needs of residents. Office Hours: Mon-Fri 9:00am-5:00pm. www.shepherdvillage.org/</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-609-5700 Fax: 416-609-8329</p>
<p>Tendercare Living Centre – McNicoll Manor 1020 McNicoll Ave., M1W 2J6 Services: Long Term Care facility providing nursing, personal and convalescent care for residents and caters predominately to Chinese speaking residents within the GTA. Administration Hours: 8:30am–5:00pm. www.tendercare.ca</p>	<p>Languages: Services are offered in Cantonese, English and Mandarin.</p>	<p>Tel: 416-499-2020 Fax: 416-499-3379</p>
<p>The Care Company 1213 Bayview Ave., Ste. 3, M4G 2Z8 Services: Home care in the GTA. Personal care supporting independence, immediate, nursing, and special needs care. Housekeeping, cooking and meal planning, Alzheimer’s and dementia care, end of life palliative care, post-operative care, and companionship. Hours: 24/7 www.carecompnay.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-422-2273</p>

16. Services for Seniors

<p>Trans Care Community Support Services 1045 McNicoll Ave., M1W 3W6 Services: Information and referral, recreation programs, affordable transportation services for medical appointments, crisis intervention, health program, personal support and home making, caregiver relief and respite, home care supplies, meals on wheel, income tax clinic, information on financial assistance, and outdoor maintenance program. Hours: Mon-Fri 8:30am-4:30pm. www.tcare.ca</p>	<p>Languages: Services are offered in Chinese English, French, and Mandarin.</p>	<p>Tel: 416-750-9885 Fax: 416-750-1310</p>
<p>VHA Home Health Care 30 Soudan Ave., Ste. 600, M4S 1V6 Services: Offer a wide range of service to support independence in-home nursing, attendant and palliative care, personal support services, homemaking, extreme cleaning, hoarding support services, foot care, occupational therapy, physiotherapy, dietitian, speech-language pathologist, social work services health and wellness programs. Hours: Mon-Fri 8:30am-4:30pm/ Customer Service Centre: Daily 6:30am-9:30pm. www.vha.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-489-2500</p>
<p>Warden Woods Community Centre 74 Firvalley Crt., M1L 1N9 Services: Various programs for seniors. Seniors health and wellness, supports for older adults, and adults with disabilities, foot care services, and home maintenance programs (snow removal and lawn care). Hours: Mon-Fri 9:00am-5:00pm. www.wardenwoods.com</p>	<p>Languages: Services are offered in Arabic, English and Tamil.</p>	<p>Tel: 416-694-1138 Fax: 416-694-1161</p>

16. Services for Seniors

<p>Wexford Residence (The) 1860 Lawrence Ave. E., M1R 5B1 Services: Long Term Care Home. Residential care, nursing and personal care. Community centre for older adults located in a long-term care home, provides socialization and growth opportunities to individuals living in the surrounding community, including those who are living in the independent apartments at the Wexford Residence. Hours: 24/7 Administration hours: 9:00am-5:00pm. www.thewexford.org</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-701-2503</p>
<p>Woodgreen Community Services 815 Danforth Ave., Ste. 100, M4J 1L2 Services: Services for seniors. Assisted living, cluster care, community exercise, and home at last program, seniors' day programs, and affordable transportation service. Hours: Mon-Fri 9:00am-5:00pm. www.woodgreen.org</p>	<p>Languages: Services are offered in Cantonese, English, Filipino, Mandarin, and, Vietnamese.</p>	<p>Tel: 416-645-6000 Fax: 416-469-2947</p>
<p>Yee Hong Centre for Geriatric Care - Scarborough-McNicoll 2311 McNicoll Ave., M1V 5L3 Services: Programs for seniors to remain independent in their own homes and community. Active seniors program, adult day program for individuals with Alzheimer's disease and related dementias, caregiver education and support services, friendly visiting, and long-term care home. Administration Hours: Mon-Fri 9:00am-5:00pm. www.yeehong.com</p>	<p>Languages: Services are offered in English, Cantonese, and Mandarin.</p>	<p>Tel: 416-321-6333</p>

<p>Canadian Cancer Society (Scarborough Office) 55 St. Clair Ave. W., Ste. 500, M4V 2Y7 Services: Friendly visiting, peer support, homemaking support, self-help groups and transportation services. Hours: Mon-Fri 8:30am-4:30pm. www.cancer.ca connect@cancer.ca</p>	<p>Languages: Services are offered mainly in English. Interpreters are available for many other languages.</p>	<p>Tel: 416-961-7223 Toll-Free: 1-888-939-3333</p>
<p>Carefirst Seniors and Community Services Association 300 Silver Star Blvd., M1V 0G2 Services: In-home and home care services for seniors. Lifeline medical alert service. Hospices visiting by trained volunteers. Hours: Mon-Fri 9:00am-5:00pm. www.carefirstseniors.com</p>	<p>Languages: Services are offered in Cantonese, English, French, Hindi, Mandarin and Tamil.</p>	<p>Tel: 416-502-2323 Fax: 416-502-2382</p>
<p>Cliff crest Health Centre - Foot Clinic 2890 Kingston Rd., M1M 1N5 Services: Foot care services including diabetic foot care, inserts and compression stockings. Fee: Call for current fee schedule. Hours: Wed 1:00pm-4:00pm/ Sat 10:00am-2:00pm. House call available.</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-267-0232</p>

16.1 In Home Services for Seniors

<p>Mosaic Home Care Services and Community Resource Centres</p> <p><u>Corporate Office:</u> The Shops on Steeles & 404 (shopping mall)</p> <p><u>Toronto Office:</u> Located in The CNIB Centre 1929 Bayview Ave., Ste. 215H M4G 3E8</p> <p>Services: Private home care company that provides certified and experienced PSW has, nurses plus lifestyle companions and homemakers for all ages.</p> <p>Hours: Mon-Fri 8:30–5:30pm. www.mosaichomecare.com</p>	<p>Languages: English, French Arabic, Bengali, Chinese, Creole, Farsi, Filipino, Greek, Hindi/Gujarati, Hebrew, Italian, Nepali, Polish, Portuguese, Romanian, Russian, Spanish, Tagalog, Tamil, Tibetan, Turkish, and Urdu.</p>	<p>Tel: 905-597-7000 Ext. 236 Fax: 905-597-5446 Tel: 416-322-7002 Fax: 905-597-7000</p>
<p>Central East LHIN – Home and Community Care Services</p> <p>100 Consilium Pl., 8th Flr., M1H 3E3</p> <p>Services: Nursing care, physiotherapy, occupational therapy, personal support work, referral, nutrition and food counselling, speech and language therapy, palliative care, adult day programs, supportive housing, and retirement homes.</p> <p>Hours: Mon-Fri 8:30am-4:30pm. www.ccac-ont.ca</p>	<p>Languages: Services are offered in Chinese, English, and French.</p>	<p>Tel: 416-750-2444 Fax: 1-855-352-2555 Tel: 416-701-4806 Toll-Free: 1-866-779-1931</p>
<p>Neighborhood Link Support Services (NLSS)</p> <p>3036 Danforth Ave., M4C 1N2 680 Kingston Rd., M4E 1R4</p> <p>Services: Housing services for seniors.</p> <p>Hours: Mon-Thurs 9:00am-4:00pm/ Fri 9:00am-1:00pm. www.senior-link.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-691-7407 Tel: 416-698-6781 Fax: 416-698-6453</p>

16.1 In Home Services for Seniors

<p>S.R.T. MedStaff 2 Bloor St. W., 28th Flr., M4W 3E2 Services: Home care services, including a full range of comprehensive and specialty nursing services, and personal support services to help with activities of daily living. Palliative care, respite care to provide relief for family and caregivers, wound care, IV therapy, geriatric care. Homecare services, cleaning and meal preparation, rehabilitation, post operation care, diabetes care, foot care, and medication management service. Hours: 24/7. Administration Hours: 5:00am-12:00 midnight, after hours on call. www.srtmedstaff.com</p>	<p>Languages: Services are mainly offered in English. Services are available in more than 40 different languages .</p>	<p>Tel: 416-968-0833 Fax: 416-968-3652</p>
<p>St. Elizabeth Health 90 Allstate Pkwy, Ste. 300, L3R 6H3 Services: Offers health care services across many areas of the health system, including home and community care, long-term, acute and primary care. Hours: 24/7 (switch to after hours after 4:00 pm) www.sehc.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 905-940-9655</p>
<p>Senior Persons Living Connected 3333 Finch Ave. E., M1W 2R9 Services: Affordable housing, seniors' apartments, friendly visiting, home making, meals on wheels program, and affordable transportation services. Administration hours: Mon-Fri 8:30am-5:00pm. www.splc.ca</p>	<p>Languages: Services are offered in Cantonese, English, Greek, Mandarin, and Tamil. French interpretation available upon request.</p>	<p>Tel: 416-493-3333 Fax: 416-493-3391</p>

16.1 In Home Services for Seniors

<p>Trans Care Community Support Services 1045 McNicoll Ave., M1W 3W6 Services: Personal support and home making, meals on wheels, and outdoor maintenance program. Hours: Mon-Fri 8:30am-4:30pm. www.ssse.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-750-9885 Fax: 416-750-1310</p>
<p>Visiting Homemakers Home Health Care (VHA) 175 Brentcliffe Rd., M4G 3Z1 Services: Long-term palliative in-home nursing and cleaning service. Fee on sliding scale based on medical condition for 6-8 weeks following surgery. Nursing, physiotherapy, speech language pathology, occupational therapy, personal care and home support, social work services, dietetics, extreme cleaning, clutter and hoarding support. Hours: Mon-Fri 8:30am-4:30pm. www.vha.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-489-2500 Fax: 416-489-7533 Toll-Free: 1-888-314-6622</p>

17. Services for Uninsured and Marginalized Clients

<p>Access Alliance Multicultural Health and Community Services 3079 Danforth Ave., M1L 1A8 761 Jane St., Ste. 200B, M6N 4B4 340 College St., Ste. 500, M5T 3A9 Services: Community Health Centre. Offers accessible, inter-professional primary care services, health promotion and community capacity building programs. Services for newcomers, women, families and LGBTQ+ community.</p> <p>Danforth Office: Hours: 9:00am-8:00pm/Tues, Thurs & Fri 9:00am-5:00pm/Wed 1:00pm-5:00pm/ Sat 10:00am-5:00pm.</p> <p>Jane Street Office: Hours: Mon, Thurs 9:00am-8:00pm/Wed 1:00pm-5:00pm/Tues, Fri 9:00am-5:00pm.</p> <p>College Street Office: Hours: 9:00am-8:00pm/Tues, Thurs & Fri 9:00am-5:00pm/Wed 1:00pm-5:00pm. www.accessalliance.ca</p>	<p>Languages: Services are mainly offered in English.</p> <p>Interpretation services provided for primary care services and other services as appropriate/when necessary.</p>	<p>Tel: 416-693-8677 Tel: 416-760-8677</p> <p>Tel: 416-324-8677 Fax: 416-324-9024</p>
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17. Services for Uninsured and Marginalized Clients

<p>Birchmount Bluffs Neighbourhood Centre 93 Birchmount Rd., M1N 3J7 Services: Family resource and community recreation centre. Children, seniors and youth employment programs. Child and Family programs, Ontario Early Years Centre, education and support to parents and care providers, caregiver and child drop-in, parent relief, integrated nursery school program for children with disabilities. Hours: Mon-Fri 9:00am-8:00pm/ Sat & Sun 9:00am-6:00pm. Summer hours may vary. Fees may vary for different services, subsidies may be available. www.bbnc.ca contact@bbnc.ca</p>	<p>Languages: Services are offered in English, Mandarin, Persian, Spanish, and Urdu.</p>	<p>Tel: 416-396-4310 Fax: 416-396-4314</p>
<p>Canadian Center For Refugee & Immigrant HealthCare 4158 Sheppard Ave. E., M1S 1T3 Services: Medical and dental clinic run by volunteer health professionals and agencies. No OHIP required. Walk in during clinic hours only, no appointments necessary. Tourists and visitors not eligible. Hours: Tues & Thurs 5:00pm-8:00pm. www.healthequity.ca info@healthequity.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 647-267-2176 Fax: 647-493-3121</p>
<p>Inner City Health Associates (ICHA) 59 Adelaide St. E., 2nd Flr., M5C 1K6 Services: Offer primary, mental health and palliative care services to the homeless and marginally housed at various shelters and drop-in centers across the City of Toronto. Hours: Mon-Fri 9am-5pm. Service vary by clinic and site. www.icha-toronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-591-4411</p>

17. Services for Uninsured and Marginalized Clients

<p>Muslim Welfare Centre (Head Office) 100 McLevin Ave., Ste. 4 & 4A, M1B 2V5 Services: Women's shelter, meals on wheels for seniors and homeless, free medical clinic, child support, water exploration, disaster relief program, and food bank. Free medical clinic for students and visitors. Hours: Mon-Fri 10:00am-5:00pm/ Sat-Sun 10:30-4:00pm. www.muslimwelfarecentre.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-754-8116 Toll-Free: 1-866-754-3111</p>
<p>Scarborough Centre for Healthy Communities (SCHC) - Community Volunteer Clinic for the Medically Uninsured 629 Markham Rd., M1H 2A4 4002 Sheppard Ave. E., M1S 4R5 2660 Eglinton Ave. E., M1K 2S3 Services: The clinic provides medical care and health-related services such as check-ups, immunizations, diabetic foot care, nutrition counselling, social support services, and harm reduction program. Hours: 629 Markham Road Mon-Wed & Fri 9:00am-5:00pm/ Thurs 9:00-8:00pm. 4002 Sheppard Ave East Mon, Tues, Thurs and Fri: 9:00am-5:00pm/ Wed 9:00am-8:00pm. 2660 Eglinton Ave. E. Mon & Thurs and Fri: 9:00am-5:00pm/ Tues & Wed 8:30am-8:00pm. www.schcontario.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Markham Site: Tel: 416-847-4101 Fax: 416-640-7391 Sheppard Site: Tel: 416-297-7490 Fax: 416-297-5371 Eglinton Site: Tel: 416-640-7391 Fax: 416-261-1896</p>

17. Services for Uninsured and Marginalized Clients

<p>Scarborough Dental Health Services 160 Borough Dr., M1P 4M8 Services: Dental Services for seniors and children who are 17 years of age and under. Dental examination and x-rays, cleaning, fillings, extraction, root canal treatment, and new and partial dentures. Hours: Mon, Tues, Thurs & Fri 8:00am-4:00pm/ Wed 10:00am-6:00pm. Appointment required. www.toronto.ca/health/dental</p>	<p>Languages: Services are offered in Arabic, Cantonese, Ethiopian, Farsi, French, German, Hebrew, Hindi, Hungarian, Italian, Japanese, Korean, Lithuanian, Mandarin, Persian, Polish, Portuguese, Punjabi, Romanian, Russian, Serbo-Croatian, Tagalog, Thai, Ukrainian, Vietnamese, and Yiddish.</p>	<p>Tel: 416-338-7442 Fax: 416-338-7584</p>
<p>TAIBU Community Health Centre 27 Tapscott Rd., U#1, M1B 4Y7 Services: Community Health Centre. Medical care, mental health support, social services, health promotion, early year's program, and dental clinic. Hours: Mon, Wed, Fri 9:00am-5:00pm/ Tues & Fri 9:00am-5:00pm. www.taibuchc.ca</p>	<p>Languages: Services are offered in Chinese, English, French, Gujarati, Hindi, Punjabi, Tagalog, Tamil, and Urdu.</p>	<p>Tel: 416-644-3536 Fax: 416-644-0102</p>

17. Services for Uninsured and Marginalized Clients

<p>Toronto Public Health – Sexual Health Clinic 160 Borough Dr., M1P 4M8 Services: Sexual Health Clinic. Birth control counselling, low-cost or free birth control, emergency birth control, HIV testing, counselling and referral, pregnancy testing and counselling, and sexuality and relationship counselling. Hours: Drop In: Mon 9:30am-12:00noon & 2:00pm-6:30pm/Tues 1:00pm-3:30pm/ Wed 9:30-12:00pm & 1:00-3:30pm/ Thurs 9:30am-11:30am & 1:00pm-3:30pm/ Fri 9:30am-12:00pm. By appointment only: Wed 9:30am-12:00pm/Thurs 9:30am-11:30am & 1:00pm-3:30pm/Fri 9:30am-12:00pm. www.toronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-338-7438 Fax: 416-338-6100</p>
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<p>ACCESS Employment 489 College St., Ste. 100, M6G 1A5 2100 Ellesmere Rd., Ste. 250, M1H 3B7 Services: Youth employment support, and talk English café. Hours: Mon & Wed 9:00am-8:30pm. Tues & Thurs 9:00am-5:00pm/ Fri 9:00am-4:00pm. www.accestrain.com</p>	<p>Languages: Services are offered in English, Cantonese, Croatian, Farsi, Italian, Mandarin, Portuguese, Punjabi, Serbian-Shona, Spanish, and Tagalog.</p>	<p>Tel: 416-921-1800 Fax: 416-921-3055 Tel: 416-431-5326 Fax: 416-431-5286</p>
<p>Boys and Girls Club of East Scarborough 100 Galloway Rd., M1E 1W7 Services: Licensed childcare, special needs services, Ontario Early Years program, after school summer camp, and youth services. Hours: Mon-Fri 9:00am-8:00pm. www.esbgc.org</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-281-0262 Fax: 416-281-0458</p>
<p>Canadian Centre for Victims of Torture (CCVT) 2401 Eglinton Ave. E., U#310, M1K 5G8 Services: After school, youth leadership and recreational programs. Hours: Mon 9:00am-5:00pm/ Wed & Thurs 9:00am-5:30pm/ Fri 9:00am-4:00pm. www.ccvvt.org</p>	<p>Languages: Services are offered in Dari, English, Farsi, French, Swahili, and Tamil.</p>	<p>Tel: 416 750-3045 Fax: 416-750-4990</p>
<p>Canadian Tamil Youth Development Centre (CanTYD) 705 Progress Ave., U#40, M1H 2X1 Services: Information, referral, and employment opportunities. Hours: Mon-Fri 10:00am-6:00pm. www.cantyd.org info@cantyd.org</p>	<p>Languages: Services are offered in English and Tamil.</p>	<p>Tel: 416-431-4100 Fax: 416-431-4150</p>

18. Services for Youth

<p>Centre for Immigrant and Community Services (CICS) 2330 Midland Ave. E., M1S 5G5 3850 Finch Ave E., Ste. 403, M1T 3T6 24 Hour Information Hotline (Chinese) Services: Children and youth, employment, language training, and settlement services. After school program, leadership and life skills training, and employment readiness. Hours: Mon-Fri 9:00am-5:00pm. www.cicscanada.com</p>	<p>Languages: Services are offered in Cantonese, English, Hindi, Mandarin, Punjabi, Tamil, and Urdu.</p>	<p>Tel: 416-292-7510 Fax: 416-292-7579 Tel: 416-293-4565 Fax: 416-293-5692</p>
<p>Strides Toronto 1200 Markham Rd., M1H 2YY9 Services: Newcomer youth program provides after school program, volunteer opportunities and trips/outings to youth who are aged 12-21. The walk-in clinic provides mental health counselling to children, youth and their families aged 0-29. Youth Outreach Workers program assists youth with job search, navigation through the system, and connecting to other services. Hours: Mon-Thurs 9:00am-8:00pm/ Fri 9:00am-5:00pm. www.stridestoronto.ca</p>	<p>Languages: Services are offered in Balochi, Cantonese, Dari, English, Farsi, Tamil, and Urdu.</p>	<p>Tel: 416-438-3697</p>
<p>Eva's Initiatives – Eva's Place 360 Lesmill Rd., M3B 2T5 Services: Emergency shelter for youth 16-24. Meals, clothing, supportive counselling, case management, life skills, in-house programming, referrals to other social service agencies. Hours: 24/7. www.evas.ca info@evas.ca</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-441-1414 Fax: 416-441-4130</p>

18. Services for Youth

House of Ghesig 156 Galloway Rd., M1E 1X2 Services: Cultural programs and healing support for children, youth, adults and parents. Hours: Mon-Fri 9:00am-5:00pm. www.nativechild.org	Languages: Services are offered in English.	Tel: 416-469-8417
Lesbian Gay Bi Trans Youth Line P.O. Box 73118, Wood St. Services: Outreach and youth line, peer support group and internship. Hours: Sun-Fri 4:00pm-9:30pm. www.youthline.ca askus@youthline.ca	Languages: Services are offered in English.	Tel: 416-968-2232 Text: 647-964-4275 Toll-Free: 1-888-687-9688
Malvern Family Resource Centre (MFRC) 90 Littles Rd., M1B 5E2 Services: Youth recreational activities. Hours: Mon-Fri 9:00am-5:00pm. www.mfrc.org	Languages: Services are offered in English only.	Tel: 416-284-4184 Fax: 416-293-1997
North West Scarborough Youth Centre 3850 Finch Ave. E., U#410, M1T 3T6 Services: Family support, residential program, youth skills zone, inner city drop in, and community outreach. Hours: Mon-Wed 9:00am-8:00pm/ Thurs 8:00am-8:00pm/Fri 9:00am-5:00pm. www.nwsyc.com	Languages: Services are offered mainly in English.	Tel: 416-502-9293 Fax: 416-502-0047

18. Services for Youth

<p>Shoniker Youth and Family Mental Health Services – Scarborough Health Network – Centenary Hospital 2877A Ellesmere Rd., M1E 4C1 Services: Mental health treatment for children living in Scarborough, and are up to the age of 18. Hours: 24/7. www.shn.ca</p>	<p>Languages: Services are offered in English. Telephone interpretation service are available in more than 200 languages.</p>	<p>Tel: 416-284-8131 Fax: 416-281-7465</p>
<p>TESOC Multicultural Settlement Services 1160 Birchmount Rd., Ste. 1A, M1P 2B8 Services: Settlement services, job search workshops, English classes, and youth settlement services. Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-3:00pm. www.tesoc.org</p>	<p>Languages: Services are offered in Arabic, Azari, Dari, English, Farsi, French, Pashto, Russian, Sinhala, Tamil, Turkish and Urdu.</p>	<p>Tel: 416-757-6043 Fax: 416-757-6851</p>
<p>The Neighbourhood Organization (TNO) Thorncliffe Neighbourhood Office 18 Thorncliffe Pk. Dr., M4H 1N7 Services: Settlement and employment services, and programs for youth. Hours: Mon-Wed, Fri 9:00am-5:00pm Thurs 9:00am-8:00pm/Sat 10:00am-4:00pm. www.thorncliffe.org</p>	<p>Languages: Services are offered in Arabic, Bengali, Cantonese, English, Farsi, French, Hindi, Romanian, Russian, Spanish, Tamil and Urdu.</p>	<p>Tel: 416-421-3054 Fax: 416-421-4269</p>
<p>Toronto Public Health Call for nearest location. Services: Health promotion, clinics, programs, and services. Hours: Mon-Fri 8:30am-4:30pm. www.toronto.ca/health</p>	<p>Languages: Interpretation available for all languages.</p>	<p>Tel: 416-338-7600 Ext: 311</p>

18. Services for Youth

Toronto Public Library 545 Markham Rd., M1H 2A1 Services: Teen zone with computers, programs for youth, homework help, study rooms and volunteering opportunities. Hours: Mon-Fri 9:00-5:00pm. www.torontopubliclibrary.ca	Languages: Services are provided in English.	Tel: 416-396-8850
Tropicana Community Services Organization 1385 Huntingwood Dr., M1S 3J1 Services: Information and referral, culturally appropriate counselling, employment and settlement services, aggression replacement training, youth development and mentorship program. Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-4:30pm. www.tropicanacommunity.org	Languages: Services are offered in English only.	Tel: 416-439-9009 Fax: 416-439-2414
YMCA – Scarborough Newcomer Information Centre 10 Milner Business Crt., Ste. 600, M1B 3C6 Services: Various programs and employment services for youth. Hours: Mon-Fri 8:30-4:30pm. https://ymcagta.org/employment-and-immigrant-services	Languages: Services are offered in Cantonese, Fujianese, Hindi, Japanese, Mandarin, Punjabi, and Urdu.	Tel: 416-609-9622 Tel: 416-609-0218 Ext. 242 Fax: 647-438-2096
Youth Link 636 Kennedy Rd., M1K 2B3 Services: Mental health counselling for youth, treatment, parenting and family support. Hours: Mon 9:00am-7:30pm/Tues 9:30am-6:00pm/Wed 9:30am-8:00pm/Thurs 9:30am-6:00pm/Fri 9:30am-4:00pm. www.youthlink.ca info@youthlink.ca	Languages: Services are mainly offered in English. Interpreters are available for various other languages.	Tel: 416-967-1773 Fax: 416-967-7515

19. Temporary Residence and Shelters

<p>Birkdale Residence (Birkdale House-Shelter for Women 16+ with children) 1229 Ellesmere Rd., M1P 4V8 Services: An emergency shelter, transitional housing and drop-in centre. Offers counselling, children programs, parenting and life skills workshops and support in finding a job. Hours: 24/7. www.toronto.ontariotenants.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-392-5650 Fax: 416-392-5855</p>
<p>Dr. Roz's Healing Place Emily Stowe Shelter Admin. 21 Brimley Rd., M1M 3H3 Services: Emergency shelter, transitional housing and Drop-in centre for women. Hours: 24/7. Administration Hours: Mon-Fri 9:00am-5:00pm. www.drrozshealingplace.com</p>	<p>Languages: Services are offered in English. Interpretation services available for other languages.</p>	<p>Tel: 416-264-4357 Fax: 416-265-4755</p>
<p>Dixon Hall Neighbourhood Services – Heyworth Overnight Emergency Shelter 2714 Danforth Ave., M4C 1L7 Services: Shelter for homeless women and men 24 years and older. Hours: 24/7. www.dixonhall.org</p>	<p>Languages: Arabic, English, Farsi, French, Hungarian, Spanish, and Tamil.</p>	<p>Tel: 416-691-0012 Fax: 416-691-0024</p>
<p>Eva's Initiatives – Eva's Place 360 Lesmill Rd., M3B 2T5 Services: Emergency shelter for youth 16-24. Meals, clothing, supportive counselling, case management, life skills, in-house programming, referrals to other social service agencies. Hours: 24/7. www.evas.ca info@evas.ca</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-441-1414 Fax: 416-441-4130</p>

19. Temporary Residence and Shelters

<p>Toronto Family Residence 4222 Kingston Rd., M1E 2M6 Services: Short-term emergency shelter, case management and referrals to community agencies, children and youth programs, assistance in finding housing, workshops about housing readiness, life skills and employment. Housing connections. Community Partner -- assistance with housing search and application process. Hours: 24/7</p>	<p>Languages: English Arabic, Croatian, Czech, English, Farsi, French, Hungarian, and Spanish.</p>	<p>Tel: 416-397-1318</p>
<p>Gerstein Crisis Centre 100 Charles St. E., M4Y 1V3 1045 Bloor St. W., M6H 1M4 Services: Brief stay mental health crisis house for men and women 16+ years. Hours: Mon-Fri 9:00am-5:00pm. www.gersteincentre.org</p>	<p>Languages: Services are offered in English. Interpreters are available for various other languages upon request.</p>	<p>Tel: 416-929-0149 Fax: 416-929-1080 Tel: 416-604-2337 Fax: 416-604-7436</p>
<p>Juliette's Place/Homeward Family Shelter Homeward Family Shelter 31 Tapscott Rd., M1B 5P9 Services: Emergency short-term shelter for women. Hours: 24/7. www.juliettesplace.org</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-724-7322 Tel: 416-724-1316</p>
<p>Winter Drop-in Respite Centre – Warden Woods 705 Progress Ave., M1H 2X1 Services: Drop-in respite centre. Member agency of Toronto Drop-in Network (TDIN). Call for information. Hours: 24 /7. www.wardenwoods.com Email: warden@wardenwoods.com</p>	<p>Languages: Services are offered in Arabic, English, and Tamil.</p>	<p>Tel: 416-639-6766 Head Office: Tel: 416-694-1138</p>

19.1 Hot Meals for the Homeless

<p>Agincourt Community Services Association 4155 Sheppard Ave. E., Ste. 100, M1S 1T4 Services: Information and referral, food security programs, emergency food bank, legal clinic, hot lunch program, homeless drop-in, harm reduction, and shower facilities. Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-4:00pm. www.agincourtcommunityservices.com</p>	<p>Languages: Services are offered in English. Interpreters available for Arabic, Cantonese, English, Farsi, Italian, Macedonian, Mandarin, Russian, Tamil and Urdu.</p>	<p>Tel: 416-321-6912 Fax: 416-321-6922</p>
<p>Muslim Welfare Centre 100 McLevin Ave., U#4, 4A M1B 5K1 Services: Halal food bank, women's shelter, meals on wheels program, and free medical clinic. Provide groceries, furniture, and other household items. Hours: Mon-Fri 10:00am-4:00pm. www.muslimwelfarecentre.com muslim@muslimwelfarecentre.com</p>	<p>Languages: Services are offered in English and Urdu.</p>	<p>Tel: 416-754-8116 Fax: 416-754-4468 Tel: 1-866-754-3111</p>
<p>Scarborough Community Alliance Church 1 McCowan Rd., M1M 3L7 135 Silver Star Blvd., M1V 4V8 Services: Food Bank. Hours: Every month 1st & 3rd Sat 11:00am-2:00pm. www.communityalliancechurch.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-754-1094 Fax: 416-754-3781</p>

19.1 Hot Meals for the Homeless

<p>Senior Persons Living Connected 3333 Finch Ave. E., M1W 2R9</p> <p>Services: Meals on Wheels program for homeless individuals. Hot or frozen Western and Chinese style meals delivered. Special diet types available. Dietician consultation available by appointment. Cost is \$7.50 for a hot meal (1 soup, 1 entrée, and 1 dessert). Frozen meals package (5 entrées, and 5 soups or desserts) for \$38.50.</p> <p>Administration hours: Mon-Fri 8:30am-5:00pm.</p> <p>Meal delivery: Mon-Fri 11:30-1:30pm. www.splc.ca</p>	<p>Languages: Services are offered in Cantonese, English, and Mandarin.</p> <p>French interpretation available upon request.</p>	<p>Tel: 416-493-3333 Fax: 416-493-3391</p>
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Assaulted Women's Helpline Services: Crisis counselling, emotional support, safety planning, guidance around options, and referrals. Hours: 24/7. www.awhl.org	Languages: Services are offered in English.	Tel: 416-863-0511 Toll-Free: 1-866-863-0511
Better Beginnings 155 McNicoll Ave., M2H 2C1 Services: Pre-natal program, toddler program, early parenting, and home visiting program for children under the age of 6. Hours: Mon-Fri 8:30am-4:00pm. www.adventureplace.ca	Languages: Services are offered in English.	Tel: 416-499-3377 Fax: 647-439-5786
Bloor West Village Women's Clinic 2425 Bloor St. W., Ste. 403, M6S 4W4. Services: Abortion Clinic. Hours: Mon-Sat 9:00am-3:00pm. www.bloorwestvillagewomensclinic.com	Languages Services are offered in English and Spanish.	Tel: 416-849-4595 Fax: 416-849-4594
Canadian Centre for Women's Community Services 2296 Eglinton Ave. E., Ste. 4, M1K 2M2 Services: Accompaniment, newcomer's drop-in centre. Information and referral, form filling, and health promotion education. Hours: Mon-Fri 9:00am-5:00pm. www.ccwed.net	Languages: Services are offered in English.	Tel: 416-285-6881 Fax: 416-285-1514

20. Women's Services

<p>Community Family Services of Ontario 4051 Gordon Baker Rd, U#8, M1W 2P3 Services: Individual, group, couple, marital and family counselling. Partner Assault Response Program, settlement program, transitional and housing support program, and mental health counselling. Satellite offices (limited hours, by appointment only). Hours: Mon, Wed, Thurs & Fri 9:00am-5:00pm/ Tues 9:00am-8:30pm. Information Hotline: 24/7. www.cfso.care</p>	<p>Languages: Services are offered in Cantonese, English Mandarin, and Sinhalese.</p>	<p>Tel: 416-979-8299 Tel: 416-979-5898 Fax: 416-979-2743 Toll-Free: 1-866-979-8298</p>
<p>Dr. Roz's Healing Place Cliffcrest Plaza, P.O. Box 88027, M1M 3W1 Services: Front line program, ex-resident follow-up and support program, child and youth, transitional housing, and support program. Hours: 24/7. Admin: Mon-Fri 9:00am-5:00pm. www.drrozshealingplace.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-264-0823 Fax: 416-264-9158</p>
<p>Elsbeth Heyworth Centre for Women 1280 Finch Ave. W., Ste. 502, M3J 3K6 Services: Centre offers a variety of programs and services that assist immigrant/refugee women to adjust adapt and integrate into society. Hours: Mon-Fri 9:30am-5:00pm. www.ehcforwomen.com</p>	<p>Languages: Services are offered in English, Hindi, Gujarati, Punjabi, Russian, and Urdu.</p>	<p>Tel: 416-663-2978 Fax 416-663-2980</p>

20. Women's Services

<p>Greek Orthodox Family Services 3840 Finch Ave. E., 2nd Flr., M1T 3T4 Services: Assistance to women and their children who are victims of abuse. Hours: Mon-Fri 10:00am-4:00pm. Call for an appointment. www.gocanada.org</p>	<p>Languages: Services are offered in English and Greek.</p>	<p>Tel: 416-291-5229 Fax: 416-291-5936</p>
<p>Hassle Free Clinic 66 Gerrard St. E., 2nd Flr, M5B 1G3 Services: Birth Control Services. Hours: Mon, Wed & Fri 10:00am-3:00pm/ Thurs 10:00am-8:00pm. www.hasslefreeclinic.org</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-922-0566 Fax: 416-922-2018</p>
<p>Native Women's Resource Centre of Toronto 191 Gerrard St. E., M5A 2E5 Services: Community events, children and family services, and services for native women. Hours: Mon-Fri 10:00am-4:30pm. www.nwrct.ca</p>	<p>Languages: Services are offered in English only.</p>	<p>Tel: 416-963-9963 Fax: 416-963-9573</p>
<p>On-Track Career and Employment Services 1371 Neilson Rd., Ste. 113, M1B 4Z8 Services: Career exploration and team building, goal setting, resume, job search, presentation, and interview coaching. Hours: Mon 9:30am-7:00pm/Tues-Fri 8:30am-4:30pm. www.get-on-track.net</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-283-5229 Tel: 416-701-9041 Fax: 416-701-1363</p>

20. Women's Services

<p>Rosalie Hall 3020 Lawrence Ave., E., M1P 2T7 Services: A support centre for single pregnant young women, young mothers and fathers. Services are confidential and geared towards developing life skills. Outreach and support, community counselling, community care and treatment team parenting groups, young parent employment program, youth outreach workers, school program, child development centre, residential program. Food bank and boutique. Hours: Mon-Fri 8:30am-4:30pm. info@rosaliehall.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-438-6880 Fax: 416-438-2457</p>
<p>Scarborough Women's Centre 2100 Ellesmere Rd., Ste. 245, M1H 3B7 Services: Case management support and mentoring, educational program, and women with disabilities. Hours: Mon-Thurs 9:00am-5:00pm/ Fri 9:00am-4:00pm. www.scarboroughwomenscentre.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-439-7111 Fax: 416-439-6999</p>
<p>Sexual Assault Hotlines, Assaulted Women's Help Line, Toronto Rape Crisis Centre Shelter net Services: Offer services for women who have and are experiencing violence or the effects of violence, crisis and abuse. Hours: 24/7. www.awhl.org</p>	<p>Languages: Services are offered in English, and 200 other Languages.</p>	<p>Tel: 416-597-8808 Tel: 416-642-5463</p>

20. Women's Services

<p>Women's Care Clinic 960 Lawrence Ave. W., M6A 3B5. Services: Abortion clinic, pre-abortion counselling, and birth control clinic. Hours: Mon-Fri 9:00am-5:00pm/Sat 9:00am-3:00pm. www.womenscareclinic.ca</p>	<p>Languages: Services are mainly offered in Cantonese and English.</p>	<p>Tel: 416-256-4139 Fax: 416-256-7069</p>
<p>Women's Place 31 Tapscott Rd., M1B 4Y7 Services: Information and referrals, women health programs, multicultural women's wellness group, and information spotlights. Hours: Mon & Fri 9:00am-5:00pm/ Tues, Wed & Thurs 9:00am-7:00pm/ Sat 9:00am-3:00pm. www.mfrc.org/womensplace</p>	<p>Languages: Services are offered in English, Hindi, and Punjabi.</p>	<p>Tel: 416-293-4664 Fax: 416-239-1997</p>
<p>YWCA Toronto 80 Woodlawn Ave. E., M4T 1C1 Assaulted/homeless women in crisis. Services: Emergency shelter in Toronto for homeless teenage girls and young women, 16-25 years old. Hours: 24/7. www.ywcatoronto.org</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-961-8100 Fax: 416-961-7739</p>

<p>Birth Control and VD Information Centre 960 Lawrence Ave. W., Ste. 403, M6A 3B5 Services: Birth Control and STD clinic. Hours:(Office Hours) Mon-Fri 10:00am-5:00pm (Clinic) Mon 2:00pm-5:00pm/ Tues 4:00pm-7:00pm/Wed 12:00pm-5:00pm/ Thurs 5:00pm- 8:00pm/Fri 12:30pm-4:30pm. By appointment only. www.birthcontrolvd.org info@birthcontrolsexualhealth.ca</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-789-4541 Fax: 416-789-0762</p>
<p>Scarborough Sexual Health Clinic 160 Borough Dr., M1T 4N8 Services: Offer free and confidential services for men and women, including birth control counselling, low cost or free birth control, emergency contraceptive pill, STD testing and free treatment, HIV testing, counselling and referral, pregnancy testing and sexuality and relationship counselling. Hours: Mon 9:30am-12:00pm & 2:00pm-6:30pm/ Tues 1:00pm-3:30pm/Wed 9:30am-12:00pm & 3:30pm-6:30pm/Thurs 1:00pm-3:30pm/ Fri 9:30am-12:00pm. www.toronto.ca/health</p>	<p>Languages: Services are mainly provided in English. Interpreters are available, if required.</p>	<p>Tel: 416-338-7438 Fax: 416-338-6100</p>

20.2 Pregnancy Options

<p>Pregnancy Care Centre 7601 Sheppard Ave. E., M1B 2Y7 Services: Pregnancy and pregnancy tests. Hours: Mon 6:00pm-9:00pm/Tues 10:00am-6:00pm/Wed 6:00pm-9:00pm. www.pregnancycarecentre.org www.iamnotalone.ca info@pregnancycarecentre.org</p>	<p>Languages: Services are offered in English, Russian, Spanish, and Tagalog.</p>	<p>Tel: 416-229-2607 Tel: 1-800-395-4357 Tel: 1-800-712-4357</p>
<p>Toronto Public Health Call for nearest location Services: Sexual health clinics for pregnancy and STI testing. Hours: Mon-Fri 8:30am-4:30pm. Clinic hours vary. www.toronto.ca/health</p>	<p>Languages: Interpretation available for all languages.</p>	<p>Tel: 416-338-7600 Ext: 311</p>

<p>Rosalie Hall 3020 Lawrence Ave., E., M1P 2T7 Services: Serving young, single, pregnant women, their children and families. A support centre for single pregnant young women, young mothers and fathers. Services are confidential and geared towards developing life skills. Outreach and support, community counselling, community care and treatment team parenting groups, young parent employment program, youth outreach workers, school program, child development centre, residential program. Food bank and boutique. Hours: Mon-Fri 8:30am-4:30pm. info@rosaliehall.com</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-438-6880 Fax: 416-438-2457</p>
<p>YWCA Girls and Family Centre 3090 Kingston Rd., 3rd Flr., M1M 1P2 Services: Parenting programs -- information and workshops on parenting and child development, parent-child program, parenting program for mothers and children (4-18) years who have witnessed domestic violence. Teen mothers' program including healthy meals and snacks, workshops and informal counselling Girls' Centre -- drop-in centre for girls and young women 9-18 years, life skills, self-esteem building workshops, discussion groups, leadership program, March break and summer camp. Hours: Mon-Fri 8:30am-4:30pm. www.ywcatoronto.org</p>	<p>Languages: Services are offered in English and French.</p>	<p>Tel: 416-266-1232 Ext. 30 Fax: 416-266-1232</p>

<p>Scarborough Centre for Healthy Communities (SCHC) 629 Markham Rd., M1H 2A4 2660 Eglinton Ave. E., M1K 2S3 1333 Neilson Rd., U#320, M1B 3C2 Services: Community Health Centre. Sexual health clinic, sexual assault and domestic violence program. A non-acute short-term trauma focused therapy through a mobile clinic to individuals 12 years and older regardless of their gender, sexual orientation, ability, ethnicity, religion, socio economic or immigration status. Counselling services are available to individuals who are 12 years of age and older and have experienced sexual/domestic assault. Priority given to individuals referred from the emergency department or have been assaulted in the last 7 days. Hours: Mon 9:00am-5:00pm/Tues 12:00pm-5:00pm/Wed 9:00am-8:00pm/Thurs 12:00pm-8:00pm/Sat 9:00am-4:30pm. www.schcontario.ca</p>	<p>Languages: Services are offered in English, Hindi, Mandarin and Tamil.</p>	<p>Tel: 416-847-4168</p>
<p>Sexual Assault Hotlines Assaulted Women's Helpline. Rape Crisis Centre. Shelter net.</p>	<p>Languages: Services are offered in English and 200 other languages.</p>	<p>Tel: 416-863-0511 Tel: 416-597-8808 Tel: 416-642-5463</p>
<p>The Centre for Women and Trans People 563 Spadina Ave., M5S 2J7 Service: Provide support, referrals, resources and advocacy on issues of sexism, racism, homophobia, transphobia, ableism, ageism, violence, health and poverty through workshops, events, services and programming. Hours: Tue-Thurs 12:00pm-6:00pm. www.womenscentre.sa.utoronto.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-978-8201 Fax: 416-978-1078</p>

<p>Birkdale House-Shelter for Women 1229 Ellesmere Rd., M1P 4V8 Services: Shelter for women 16+ with children. Counselling, children's programs, family program for refugees, workshops about parenting, life skills, and finding a job. Hours: 24/7. www.toronto.ontariotenants.ca</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-392-5650 Fax: 416-392-5855</p>
<p>Family Residence - Toronto Community and Neighbourhood 4222 Kingston Rd., M1E 2M6 Services: Short-term Emergency Shelter. Priority to parents with children. Hours: 24/7. www.toronto.ca</p>	<p>Languages: Services are offered in Arabic, English, Farsi, Hungarian, and Spanish.</p>	<p>Tel: 416-397-1318 Fax: 416-397-1394</p>
<p>Juliette's Place (Homeward Family Shelter) 31 Tapscott Rd., M1B 5P9 Services: Shelter. A refuge for abused women and their children. Hours: 24/7. www.juliettesplace.org</p>	<p>Languages: Services are offered in English.</p>	<p>Tel: 416-724-7322 Tel: 416-724-1316 Fax: 416-724-1357</p>
<p>Nisa Homes – Women Shelter Scarborough Location Services: Transitional homes for immigrant, refugee, non-status, and Muslim women who are homeless or at risk of becoming homeless. Safe haven for women experiencing domestic violence, poverty, homelessness or seeking asylum. This home is open to women of all backgrounds. Hours: Mon-Fri: 9:00am–5:00pm/ www.scarborough@nisahomes.com</p>	<p>Languages: Services are offered in Arabic, English, Hindi, Punjabi, and Urdu.</p>	<p>Toll Free: 1-888-456-8043 Ext. 406</p>

20.5 Shelters for Women with Children

Home First Society – St. Clair Shelter 3576 St. Clair Ave. E., M1K 1M2 Services: Shelter with 90-bed capacity, meals shower facilities, workshops and literacy programs, job search support, information and referral. Hours: 24/7. www.homesfirst.on.ca	Languages: Services are offered in English.	Tel: 416-395-0993 Fax: 416-395-0998
Scarborough Housing Help Centre 2500 Lawrence Ave. E., U#205, M1P 2R7 Services: Shelters for homeless and youths. Hours: Mon-Thurs 8:30am-4:30pm/ Fri 8:30am-2:00pm. www.shhc.ca	Languages: Services are offered in Cantonese, English, Farsi, Hindi, Mandarin, Punjabi, Russian, Tamil, and Ukrainian.	Tel: 416-285-8070 Fax: 416-285-5410
Street Haven at the Crossroads 87 Pembroke St., M5A 2N9 Services: Emergency Shelter Hours: 24/7. www.streethaven.org	Languages: Services are offered in English.	Tel: 416-967-6060 Fax: 416-924-6900 Toll Free: 1-844-967-6060
YWCA Toronto - Women's Shelter 3003 Danforth Ave., M4C 5R4 Services: Emergency Shelter for assaulted women 16 years and older and their children. Provide counselling, crisis management, needs assessment, referrals and support. Medical, financial, legal, employment, education, housing, advocacy for clients, including children, children's program, including individual and group counselling, recreational activities, and public education. Hours: 24/7. www.ywcatoronto.org	Languages: Services are offered in English and French.	Tel: 416-693-6978 Tel: 416-693-7342

<p>Crossways Clinic (Crossways Mall) 2340 Dundas St. W., M6P 4A9 Services: Drop-in clinic for birth control services, HIV testing, birth control counselling, low-cost or free birth control, pregnancy, testing and counselling, and sexual health information and counselling. Hours: Mon 2:00pm-6:00pm/Tues 9:30am-11:30am & 1:00-3:30pm/ Wed 9:30am-11:30am & 1:00-3:30pm/ 5:30pm/Wed 9:30am 11:30am & 1:00pm-3:30pm/Thurs 12:00pm-4:00pm/Fri 9:30am-12:00pm. www.aso411.com</p>	<p>Languages: Services are mainly offered in English.</p>	<p>Tel: 416-392-0999 Fax: 416-392-7102</p>
<p>Sexual Health Information Line Services: Sexual health information and aids prevention. Hours: Mon-Fri 10:00am-10:30pm/ Sat & Sun 11:00am-3:00pm. www.toronto.ca/health</p>	<p>Languages: Services are provided mainly in English. Interpreters are available upon request.</p>	<p>Tel: 416-392-2437 Fax: 416-392-0716</p>

Questions related to the Community Resource Guide can be directed to gcr@shn.ca



Birchmount hospital:

3030 Birchmount Rd., Scarborough, ON M1W 3W3 | 416-495-2400

Centenary hospital:

2867 Ellesmere Rd., Scarborough, ON M1E 4B9 | 416-284-8131

General hospital:

3050 Lawrence Ave. E., Scarborough, ON M1P 2V5 | 416-438-2911