

# 2009



**Guide to services for people who are homeless**

Front cover art 'Toronto 4, 2007'  
Courtesy of the artist Marco Sassone  
Oil on canvas, 48 x 60 inches (122 x 153 cm)

Back cover art 'Man with Beard, 2000'  
Courtesy of the artist Marco Sassone  
Pastel on paper, 30 x 22 inches (76 x 56 cm)



Home is where it starts.

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Welcome to Shelter, Support and Housing Administration Division's 2009 Guide to Services. In it you will find listings for many of the services that assist people experiencing homelessness. You are welcome to download the guide from our website [www.toronto.ca/housing](http://www.toronto.ca/housing). If you would like to request copies, please email us at [ssha@toronto.ca](mailto:ssha@toronto.ca) with your contact information and the date you would like to pick them up. Priority for printed copies will go to staff at agencies working directly with people who are homeless.

Services supporting tenants can be found in our Welcome Home guide which is also on our website. If the information you are looking for is not in either guide, please contact the Assessment and Referral Centre at 416-338-4766 or Community Connection Toronto at 211.

If you have questions or comments about either of our guides, please contact us at [ssha@toronto.ca](mailto:ssha@toronto.ca) or 416-397-4328.

### **Important note**

Although all efforts are made to ensure the information in this guide is accurate, please call ahead to verify times of operation and other important details.

[www.toronto.ca/housing](http://www.toronto.ca/housing)

Dial 9-1-1 for all emergencies (police, fire, ambulance)

### Crisis Lines

Anishnawbe Health Mental Health Crisis Line (Aboriginal clients)	416-891-8606
Assaulted Women's Helpline	416-863-0511; Toll Free: 1-866-863-0511
Centre for Addiction and Mental Health	416-535-8501 ext. 6885
Distress Centres of Toronto	416-408-HELP (4357)
Gerstein Crisis Centre	416-929-5200
Kids Help Phone	Toll Free: 1-800-668-6868
Toronto Rape Crisis Centre	416-597-8808

### Emergency Shelter

Assessment and Referral Centre (single adults, youth and couples)	416-338-4766; Toll Free 1-877-338-3398
Central Family Intake (families)	416-397-5637

## Quick Reference

### 211 Community Information

Dial 2-1-1 for information on community, social, health and government services or go online at [www.211toronto.ca](http://www.211toronto.ca)

### Access Toronto

416-338-0338; TTY: 416-338-OTTY (0889)

Email: [accesstoronto@toronto.ca](mailto:accesstoronto@toronto.ca)

- Call Centre is open from 8:00 a.m.-5:00 p.m., Monday-Friday except for some holidays.
- Access Toronto is the public information and referral service for the City of Toronto government.
- Service is available in person at City Hall and the civic centres from 8:30 a.m.-4:30 p.m.

### Government of Ontario

General Inquiry: 416-326-1234; Toll Free: 1-800-267-8097

TTY: 416-325-3408; TTY Toll Free: 1-800-268-7095

[www.ontario.ca](http://www.ontario.ca)

- Information on provincial services, including health services and income assistance.

### Service Canada

Toll Free: 1-800-622-6232; TTY Toll Free: 1-800-926-9105

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

- Information on Government of Canada services.

### Telehealth Ontario

Toll Free: 1-866-797-0000; TTY: 1-866-797-0007

24 hours a day, 7 days a week.

- A free, confidential telephone service for general health information or advice from a registered nurse.
- Callers do not need a health card.

### **Toronto Employment and Social Services**

Client Services and Information Unit: 416-392-2956; Toll Free: 1-888-465-4478

[www.toronto.ca/socialservices](http://www.toronto.ca/socialservices)

- Toronto Employment and Social Services delivers the Ontario Works program and provides employment training.

### **Toronto Police Services**

Non-emergency number: 416-808-2222

[www.torontopolice.on.ca](http://www.torontopolice.on.ca)

### **Toronto Transit Commission (TTC)**

416-393-4636

[www.toronto.ca/ttc](http://www.toronto.ca/ttc)

- Information on bus and subway fares, routes and schedules.

#### **Wheeltrans**

Trip Reservations: 416-393-4222

RideLine Automated Touch Tone Service: 416-397-8000

Priority Line: 416-393-4311, TTY Service: 416-393-4555

- Customer Service and Wheel-Trans Registration, weekdays from 8:00 a.m.-4:00 p.m., call 416-393-4111 or email [wheeltrans.customerservice@ttc.ca](mailto:wheeltrans.customerservice@ttc.ca)

## Aboriginal Services and Housing

### **Aboriginal Services**

#### **Aboriginal Legal Services Toronto**

416-408-3967

415 Yonge Street, Suite 803

#### **Anishnawbe Health Toronto**

416-360-0486

225 Queen Street East

- Primary health services

416-920-2605

179 Gerrard Street East

- Mental health and traditional healing

416-657-0379

22 Vaughan Road

- Mental health and addiction services

#### **Anduhyaun (Native Women's Shelter)**

416-920-1492

106 Spadina Road

**Council Fire Native Cultural Centre**

416-360-4350  
439 Dundas Street East

**Miziwe Biik Aboriginal Employment and Training**

416-591-2310  
167 Gerrard Street East

**Native Canadian Centre of Toronto**

416-964-9087  
16 Spadina Road

**Native Child & Family Services**

416-969-8510  
30 College Street

**Native Men's Residence (Na-Me-Res)**

416-652-0334  
14 Vaughan Road

**Native Women's Resource Centre**

416-963-9963  
191 Gerrard Street East

**Spirit of the People Supporting Aboriginal Ex-Offenders**

647-436-4310  
360 Bloor Street West, Suite 306

**2 Spirited People of the First Nations**

416-944-9300  
14 College Street, 4th Floor

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**Aboriginal Housing****Gabriel Dumont Non-Profit Housing Corporation**

416-286-5277  
4201 Kingston Road, Unit 114A

**Nekenaan (Second Stage Housing)**

416-243-7669  
1296 Weston Road

**Nishnawbe Homes Inc.**

416-975-5451  
244 Church Street

**Wigwamen Inc. (Native Housing Main Office)**

416-481-4451  
25 Imperial Street, Suite 310

**Wigwamen Terrace (Seniors Housing)**

416-925-9165  
14 Spadina Road



## General information and referral

**Centre for Addiction and Mental Health**  
416-535-8501  
33 Russell Street and 1001 Queen Street West  
www.camh.net

- Specialized treatment and prevention related to alcohol and other drug abuse.
- Outpatient and day programs.
- Information and referral.

**Metro Addiction Assessment Referral Service**  
416-599-1448  
175 College Street  
www.camh.net

- Information sessions on addiction treatment options and in-person assessment.

**Drug and Alcohol Treatment Infoline**  
Toll Free: 1-800-565-8603  
www.dart.on.ca

- Information about treatment services.
- Confidential.

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## Recovery and harm reduction programs

**Anishnawbe Health**  
416-657-0379  
22 Vaughan Road  
www.aht.ca

- Mental health and addiction program for Aboriginal clients.

**Alcoholics Anonymous**  
416-487-5591; TTY: 416-487-5062  
234 Eglinton Avenue East  
www.aatoronto.org

- 12-step recovery program. Call or visit website for a list of open meetings.

**Cocaine Anonymous**  
416-927-7858; Toll Free: 1-866-622-4636  
www.ca-on.org

- 12-step recovery program. Call or visit website for a list of open meetings.

**Gamblers Anonymous**  
416-366-7613

www.gamblersanonymous.org  
• 12-step recovery program. Call or visit website for a list of open meetings.

**Narcotics Anonymous**  
416-236-8956

www.torontona.org  
• 12-step recovery program. Call or visit website for a list of meetings.

**Overeaters Anonymous**  
416-588-6134; Toll Free: 1-888-221-5061  
www.oaontario.org

- 12-step recovery program. Call or visit website for a list of open meetings.

**The Works**  
416-392-0520 (collect calls accepted)  
277 Victoria Street, Main Floor  
www.toronto.ca/health/sexualhealth/sh\_the\_works.htm  
Office hours: Monday-Friday 10:00 a.m.-5:00 p.m.  
Van hours: Monday-Saturday 6:00 p.m.-11:30 p.m.

- Needle exchange program run by Toronto Public Health.
- Services include distribution of condoms, needles and other materials, methadone maintenance, testing for hepatitis A, B and C, HIV, and syphilis.
- Client support and referral.

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## Withdrawal Management

**Central Access**  
Toll Free: 1-866-366-9513  
• For admission to a detox or withdrawal management program, call Central Access.

**Toronto East General Hospital**  
Information: 416-461-2010; Central Access  
Toll Free: 1-866-366-9513  
985 Danforth Avenue  
• Residential withdrawal management, assessment and referral.  
• Day-tox (outpatient) withdrawal management.

**Toronto Western Hospital**

Ossington Withdrawal Management Centre  
 Information: 416-533-7945; Central Access Toll  
 Free: 1-866-366-9513  
 16 Ossington Avenue

- Residential non-medical alcohol and drug withdrawal management for men over 16.

**Toronto Western Hospital**

Woman's Own Withdrawal Management Centre  
 Information: 416-603-1462; Central Access Toll  
 Free: 1-866-366-9513  
 892 Dundas Street West

- Residential non-medical alcohol and drug withdrawal management for women over 16.

**St. Joseph's Health Centre**

Information: 416-530-6400; Central Access Toll  
 Free: 1-866-366-9513  
 30 The Queensway

- Residential alcohol and drug withdrawal management, assessment and referral.

**St. Michael's Hospital**

Withdrawal Management Services at Maxwell  
 Meighen Centre  
 Information: 416-864-5078; Central Access Toll  
 Free: 1-866-366-9513

135 Sherbourne Street, 3rd Floor

- Residential withdrawal management, assessment and referral.
- Day-tox (outpatient) withdrawal management.

**Centre for Addiction and Mental Health**

416-535-8501 ext. 7296 or 7297

501 Queen Street West, Main Floor

- Medical and psychosocial withdrawal management services.

## Bed Bugs

**What are Bed bugs?**

Bed bugs are small, oval insects that feed on human blood. They can be found almost anywhere—in crevices of floors and walls, bedding, and upholstered furniture. Bed bugs do not spread disease, but the bites can be very itchy.

Bed bugs can happen to anyone. The important thing is to get help quickly.

**What to look for:**

- Bites on the skin (raised bumps like the bites of mosquitoes or fleas, or raised welts).
- Waste matter (reddish brown spots or black spots on sleeping areas, or furniture).
- Bloodstains or spots on bedding.
- Eggs or eggshells (about the size of a grain of rice).
- A sickly sweet smell.

**What to do if you think you may have bed bugs:****If you are living in a shelter...**

- Notify shelter staff immediately. (They can make sure beds, bedframes, walls, and floors are properly treated.)
- Some shelters ask everyone to wash their clothes and have a shower when admitted to help control the spread of bed bugs.
- Wash and dry your clothes and bed linens at hot temperatures. (The heat will kill the bed bugs.)
- Try not to scratch.
- If the bites become infected, or your skin is very itchy, see a doctor or nurse.

**If you are living on the street...**

- Some drop-ins have showers and washers and dryers you can use free of charge. (For more information, please see the Toronto Drop-in Network brochure listed on pages 13-28.)

- If you do go to a drop-in let staff know so they can help you.
- Try not to scratch.
- If the bites become infected or your skin is very itchy, see a doctor or nurse.
- If you need help, but don't know where to get it, call the Assessment and Referral Centre: 416-338-4766; Toll Free: 1-877-338-3398.

If you are concerned or want more information, please contact Toronto Health Connection:  
416-338-7600.  
56 Queen Street East  
Monday, Wednesday, Friday 10:00 a.m.-2:00 p.m.

## Clothing

Clothing banks often rely on donations and have limited storage space. If possible, call ahead to avoid disappointment. (Clothing banks are also listed in the Toronto Drop-in Network brochure on pages 13-28)

### **519 Drop-in**

416-392-6874

519 Church Street

- The clothing bank is temporarily closed due to construction. Phone for details.

### **Cathedral Church of St. James**

416-364-7865

65 Church Street (in the Parish House)

Tuesday 1:30 p.m.-3:30 p.m.

### **Covenant House** (Youth aged 16-24)

416-598-4898 or 416-204-7037

20 Gerrard Street East

Monday, Tuesday, Thursday 1:15 p.m.-7:00 p.m.

Wednesday 4:00 p.m.-8:00 p.m.

Friday 1:15 p.m.-5:00 p.m.

### **Fred Victor Drop-in**

416-369-1199 ext. 354

145 Queen Street East

Tuesday 11:00 a.m.-1:00 p.m.

Thursday 2:00 p.m.-4:00 p.m.

### **Metropolitan United Church**

416-363-0331 ext. 41 or 43

56 Queen Street East

Monday, Wednesday, Friday 10:00 a.m.-2:00 p.m.

### **Salvation Army, Gateway**

416-368-0324

107 Jarvis Street

Monday, Thursday 5:30 p.m.-6:30 p.m.

- Must sign up at 3:00 p.m.
- Serves only the first 25 people on the list.

The following sites offer free or low-cost dental treatment. For more information call the number listed or see the Toronto Public Health website at [www.toronto.ca/health/dental/index.htm](http://www.toronto.ca/health/dental/index.htm)

### **Institutions offering low-cost dental treatment**

#### **Toronto/East York**

##### **Faculty of Dentistry, University of Toronto**

416-979-4927 (adults)

101 Elm Street

- Open September-June.

##### **George Brown College, Casa Loma Campus**

416-415-4547

175 Kendal Avenue

- Low-cost cleanings, small fillings and dentures.

##### **Queen West Community Health Centre**

416-703-8481

168 Bathurst Street

- All Toronto residents, reduced prices.

##### **Regent Park Community Health Centre**

416-364-2261 ext. 7019

465 Dundas Street East

- All Toronto residents.

##### **Shout, Dental Treatment Clinic**

416-927-8553

467 Jarvis Street

- Free services for youth 16-25.

##### **St. Joseph's Health Centre, Ambulatory Care Centre Clinics**

416-530-6043

30 The Queensway

- Access by Tranquility Gardens Entrance.
- Lower cost, must call to make appointment.

##### **Yonge St. Mission, Evergreen Centre**

416-977-7259

381 Yonge Street

- Free dental services for street youth under 25.

#### **Scarborough**

##### **Scarborough Hospital, Urban Dental Clinic**

416-438-3872

3000 Lawrence Avenue East, Building A, 2nd Floor

- For youth and low-income adults.
- Free emergency dental care.

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### **The following provide hygiene services only**

#### **North York**

Toronto College of Hygiene

416-423-3099

300 Steep Rock Drive

- No fixed schedule, appointment to be booked with student

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#### **Scarborough**

Oxford College of Arts and Business

416-439-8668

670 Progress Avenue

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#### **Toronto/East York**

Canadian Business College Dental Hygiene Clinic

416-925-6594

2 Bloor Street West, Upper Cumberland Terrace

Regency Dental Hygiene Academy

416-341-0100

481 University Avenue

- Anyone is eligible

Yorkville College

416-929-0121

94 Cumberland Street

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## Toronto Public Health Dental Clinics

These clinics offer free dental care for eligible children, high school students and seniors:

### **Etobicoke**

416-338-1790  
8 Taber Road

416-338-8399  
399 The West Mall

416-252-6471  
185 Fifth Street

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### **North York**

416-338-8399  
5100 Yonge Street, Ground Floor

416-338-2025  
12 Flemington Road

416-338-1224  
1651 Keele Street

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### **Scarborough**

416-338-7442  
160 Borough Drive

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## Toronto/East York

416-392-0907  
2398 Yonge Street

416-392-6683  
791 Queen Street East

416-392-0934  
235 Danforth Avenue

416-392-6680  
277 Victoria Street, 2nd Floor

416-392-1410  
340 College Street, Suite 370

416-392-0988  
2340 Dundas Street West

416-392-1777  
95 Lavinia Avenue

The following agencies provide supports to people with physical and other disabilities. See also Health and Mental Health sections. For a list of wheelchair accessible libraries, see pages 41-46. A more comprehensive listing of services can be found at [www.211toronto.ca](http://www.211toronto.ca).

**The Anne Johnston Health Station**

416-486-8666; TTY: 416-486-6759

2398 Yonge Street

[www.ajhs.ca](http://www.ajhs.ca)

- Programs and services for seniors, youth, and people with physical disabilities.

**Canadian Hearing Society**

416-928 2504; TTY: 416-964 0023

271 Spadina Road

[www.chs.ca](http://www.chs.ca)

- General support services including help filling out forms
- Counselling
- Literacy and basic skills

**CNIB – Toronto Region**

Tel: 416-486-2500; Toll-Free: 1-800-563-2642;

TTY: 416-480-8645

1929 Bayview Avenue

[www.cnib.ca](http://www.cnib.ca)

Monday-Friday 9:00 a.m.-5:00 p.m.

- Provides a range of specialized services for people living with vision loss

**Centre for Independent Living in Toronto**

365 Bloor Street East, Suite 902

416-599-2458; TTY: 416-599-5077

[www.cilt.ca](http://www.cilt.ca)

- Information and referral on issues pertaining to disabilities including housing information, attendant services options, transportation and employment

**Community Living Toronto**

416-968-0650; Intake: 647-426-3220

[www.communitylivingtoronto.ca](http://www.communitylivingtoronto.ca)

20 Spadina Road

Monday-Friday 9:00 a.m.-4:30 p.m.

- Fully accessible: main entrance and washroom in building.
- Advocates for and provides wide range of supports and services to children, youth and adults with developmental disabilities.

**Jewish Family and Child**

416-638-7800

[www.jfandcs.com](http://www.jfandcs.com)

4600 Bathurst Street, 6th Floor (at Sheppard Ave W)

Monday-Thursday 9:00 a.m.-5:00 p.m.;

Friday 9:00 a.m.-4:00 p.m.

- Fully accessible: main entrance and washroom, Braille elevator with lowered buttons, designated parking.
- Range of services for persons with social and emotional problems

**Jewish Family and Child –  
Gordon S. Wolfe Branch**

416-961-9344

750 Spadina Avenue, 1st Floor

Monday-Thursday 9:00 a.m.-5:00 p.m.;

Friday 9:00 a.m.-4:00 p.m.

- Fully accessible: call for details.
- Range of services for persons with social and emotional problems.

**Ontario March of Dimes**

416-425-3463 or 416-425-DIME;

Toll Free: 1-800-263-3463

[www.marchofdimes.ca](http://www.marchofdimes.ca)

10 Overlea Boulevard

Monday-Friday 9:00 a.m.-4:30pm

- Fully accessible: main entrance and wash rooms for children and adults with physical disabilities.
- Provides a variety of services including recreation programs – call for details.

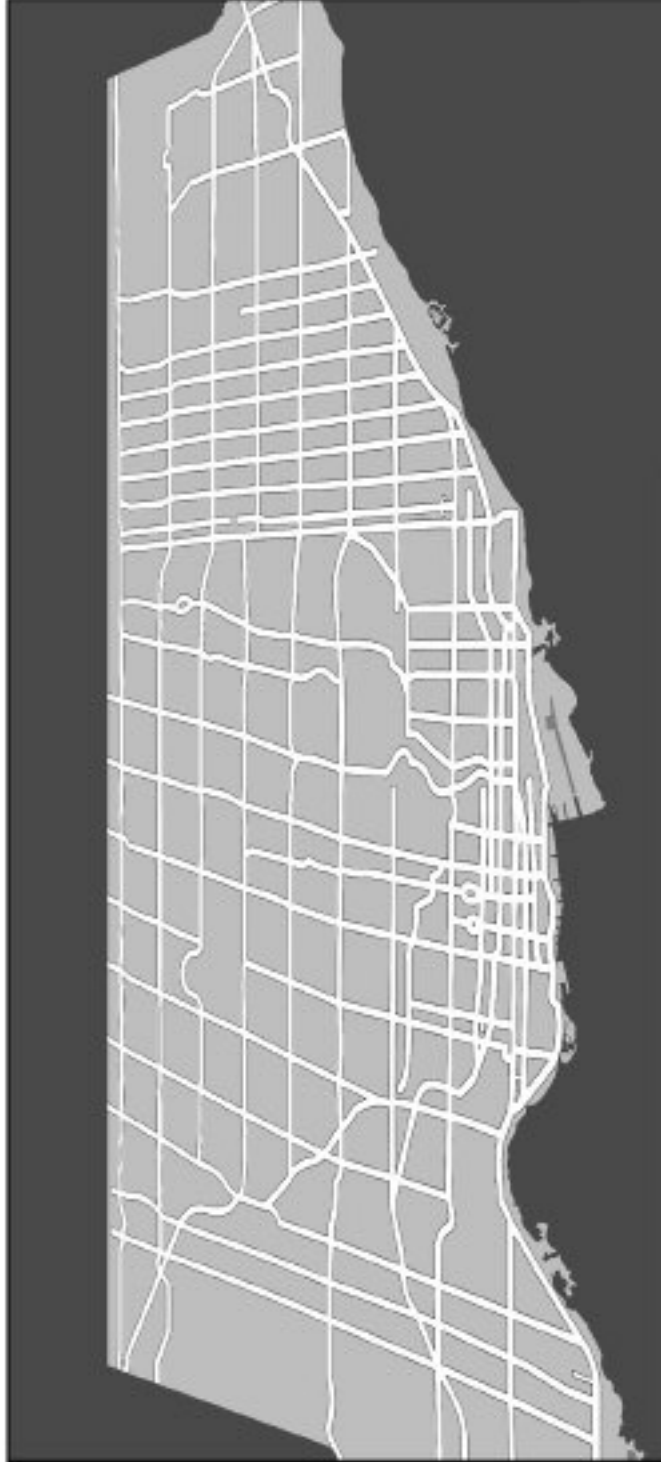
**St Christopher House**

416-532-4828

[www.stchrishouse.org](http://www.stchrishouse.org)

- Can provide some support services to homeless disabled people – call for details.

## TORONTO DROP-IN NETWORK MEMBER SERVICE INFO BROCHURE SPRING 2009



The **Toronto Drop-In Network (TDIN)** is an active coalition of 45+ drop-in centres working with people who are homeless, marginally housed or socially isolated in Toronto. Our Network includes drop-ins of all sizes and diverse philosophies serving men, women, youth, seniors and families. Member agencies are located throughout the City of Toronto.

TDIN works to increase the capacity of Toronto's drop-in centres to serve their clients through training, communication, coordination, advocacy and engagement with other member agencies, related service providers and government.

*Funding for this project is provided by the Government of Canada's Homelessness Partnership Initiative, administered by the City of Toronto.*

*Brochure Layout and Map Renderings created by Rich Yuzon*

# TDIN EAST

Yonge Street to Bellamy Road  
Sheppard Avenue East to Lake Shore Boulevard East

#	Name & Address	Serves Only	Hours	Career Help	Housing Help	Health Care	Income Referral	Laundry	Shower	Meals	Food Bank	Other Help:
01	<b>Agincourt Community Services Association (ACSA)</b> 4155 Sheppard Ave. East   416-321-6912 <a href="http://www.agincourtcommunityservices.com">www.agincourtcommunityservices.com</a>		Mon: 9-4pm (ACSA); Thu: 9-4pm (ACSA) Tue: 9-11:30am <b>Sat &amp; Sun:</b> 10am-4pm <b>^Extended Holiday Hours:</b> 10am-4pm (closed Christmas Day - Dec. 25, 09)	NO	YES	2 <sup>nd</sup> Thu. Foot Nurse - St. Tim's 11:30am-1pm	YES	NO	Yes	Mon. 11:30am-1pm, ACSA 4155 Sheppard Ave E; Tue 11:30am-1pm, Knox Presbyterian Church 4156 Sheppard Ave E. (Sept-June 30); Knox United Church 2569 Midland Ave. (July&Aug); 11:30am-1pm, St. Timothy's Anglican Church 4125 Sheppard Ave E.	Yes	phone; computer access; harm reduction supplies; lockers; mail service; street outreach; nutrition workshops; settlement worker; Thu afternoons; - multi service agency
02	<b>Hot Lunch Program Knox United Church</b> 2569 Midland Avenue		Tue: 11:30am-1:30pm	NO	YES	NO	same as ACSA	at ACSA offices	at ACSA offices	Lunch	at ACSA offices	services at ACSA offices
03	<b>Mustard Seed</b> 791 Queen Street East   416-465-6069 <a href="http://www.csh-to.ca">www.csh-to.ca</a>	Adults	Wed, Fri: 10am-3pm (women only) <b>Sat:</b> 10am-3pm (Sat drop-in closed May 23 to Oct. 10)	NO	NO	NO	NO	NO	NO	Lunch noon	NO	foot care by appt; computers
04	<b>Red Cross Drop-In - Scarborough</b> 700 Kennedy Road   416-267-0115 <a href="http://www.redcross.ca">www.redcross.ca</a>		Mon-Thu: 10am-3:30pm Fri: 10am-3:30 pm	NO	Tue: 1pm-3pm	Foot / General Nurse every other Thu pm	referred to ACSA	NO	NO	Noon	NO	harm reduction worker & supplies; I.D. replacement & clothing
05	<b>St. John the Compassionate</b> 155 Broadview Avenue   416-466-1357 <a href="http://www.stjohnmission.org">www.stjohnmission.org</a>		Wed: 1pm-8pm Wed: (Women & Children dinner only 5pm-8pm) Thu-Fri: 9am-4pm <b>Sat:</b> 11am-2pm <b>^Extended Holiday Hours:</b> Good Friday (Only) - April 10th 9am-4pm	YES	Appt. Only	Nurse: Wed-Fri Diabetic Group Fri 12:30pm			NO	Wed: 5:30pm Thu & Fri: noon Sat: 11-2pm	NO	job training; group activities; pastoral counseling & Staff speak Spanish, French, Italian, Greek



<b>06</b>	<b>Second Base Youth Shelter Drop-In - Scarborough</b> 702 Kennedy Road   416-261-2733 Ext. 9 <a href="http://www.secondbaseyouthshelter.org">www.secondbaseyouthshelter.org</a>	Youth 16-21	Mon-Fri: 9am-3:30pm	YES	YES	YES	Assistance with OW/OOSP	YES	YES	Lunch: 12-1pm	NO	Youth workshops & legal services*; computers; GED program; cooking apprenticeship
<b>07</b>	<b>Touchstone Youth Centre Drop-In</b> 1076 Peape Avenue   416-696-6932 <a href="http://www.touchstoneyc.org">www.touchstoneyc.org</a>	Youth 16 - 24	Mon & Wed: 9:30am-5:30pm; Tue-Fri: noon-8pm	Yes - up to 30yrs	YES	NO	YES	NO	NO	Lunch: Noon - 1pm; Dinner: 5pm	YES*	Employment counselors; Hostels to Homes; phones & computers
<b>08</b>	<b>Warden Woods Community Centre:</b> <b>Teesdale Centre Drop-In</b> 40 Teesdale Place, 1st Floor   416-694-1138 <a href="http://www.wardenwoods.com">www.wardenwoods.com</a>		Wed: 10am-4pm	NO	Application Only	Nurse*		NO	NO	Lunch: noon		
<b>09</b>	<b>Woodgreen Community Services Drop-In</b> 835 Queen Street East   416-469-5211 <a href="http://www.woodgreen.org">www.woodgreen.org</a>		Tue, Thu: 8:30am-11am	Referrals	Rent Bank, Housing Help	Harm Reduction Worker	YES OW/OOSP	NO	NO	Mon, Wed: 10am-4pm; Thu: noon (bag lunch)	YES	TTC; counseling; clothing; referral to shelters; bingo; furniture bank; harm reduction; movies

\* Service is closed to certain groups of people, or happens every so often. Please call the location for details.

^ **Extended Holiday Hours:** These days are as follows: Good Friday - Apr. 10th; Easter Monday - Apr. 13th; Victoria Day - Mon. May 18th; Canada Day - Wed. July 1st; Civic Holiday - Mon. Aug. 3rd; Labour Day - Mon. Sept. 7th; Thanksgiving - Mon. Oct. 12th; Remembrance Day - Wed. Nov. 11th; Christmas Day - Fri. Dec. 25th.

# TDIN EAST

Yonge Street to Bellamy Road  
Sheppard Avenue East to Lake Shore  
Boulevard East



<b>01</b>	<b>Agincourt Community Services Association (ACSA)</b> 4155 Sheppard Ave. East   416 321-6912 <a href="http://www.agincourtcommunityservices.com">www.agincourtcommunityservices.com</a>
<b>02</b>	<b>Hot Lunch Program Knox United Church</b> 2569 Midland Avenue
<b>03</b>	<b>Mustard Seed</b> 791 Queen Street East   416 465-6069 <a href="http://www.csi-ta.ca">www.csi-ta.ca</a>
<b>04</b>	<b>Red Cross Drop-In – Scarborough</b> 700 Kennedy Road   416 267-0115 <a href="http://www.redcross.ca">www.redcross.ca</a>
<b>05</b>	<b>St. John the Compassionate</b> 155 Broadview Avenue   416 466-1357 <a href="http://www.stjohnmission.org">www.stjohnmission.org</a>
<b>06</b>	<b>Second Base Youth Shelter Drop-In - Scarborough</b> 702 Kennedy Road   416 261-2733 <a href="http://www.secondbaseyouthshelter.org">www.secondbaseyouthshelter.org</a>
<b>07</b>	<b>Touchstone Youth Centre Drop-In</b> 1076 Pape Avenue   416 696-6932 <a href="http://www.touchstoneyc.org">www.touchstoneyc.org</a>
<b>08</b>	<b>Warden Woods Community Centre: Teesdale Centre Drop-In</b> 40 Teesdale Place, 1st Floor   416 694-1138 <a href="http://www.wardenwoods.com">www.wardenwoods.com</a>
<b>09</b>	<b>Woodgreen Community Services Drop-In</b> 835 Queen Street East   416 469-0825 <a href="http://www.woodgreen.org">www.woodgreen.org</a>

# TDIN WEST

Kipling Road to Yonge Street  
Wilson Avenue to Lake Shore Boulevard West

#	Name & Address	Serves Only	Hours of Operation	Career Help	Housing Help	Health Care	Income Referral	Laundry	Showers	Meals	Food Bank	Other Help:
10	<b>Christie-Ossington Neighborhood Centre</b> 854 Bloor Street West   416-534-8941 <a href="http://www.concommunity.org">www.concommunity.org</a>		Mon-Thu: 10am-5pm <b>Sat &amp; Sun:</b> 11am-4pm ^ <b>Extended</b> <b>Holiday Hours:</b> 11am-4pm (closed Christmas Day - Dec. 25, 09)	YES*	YES*	NO	YES	YES	YES	Lunch noon-1pm	Single Parents	Peer nutrition; workshops; arts; haircuts; computer & ESL support
11	<b>Davenport-Perth Neighborhood Centre</b> 1900 Davenport Road   416-656-8025 <a href="http://www.dparc.ca">www.dparc.ca</a>		Mon & Thu: 1pm-4pm	YES*	YES	NO	YES	NO	NO	Fri: noon	NO	Multi-service agency
12	<b>Davenport-Perth Neighborhood Centre (Part-Time Site)</b> 61 Pulham Park Gardens   416-656-8025		Wed only	NO	NO	NO	NO	NO	NO	Snack only		
13	<b>Houselink Drop-In Centre</b> 805 Bloor Street West   416-539-0690 <a href="http://www.houselink.on.ca">www.houselink.on.ca</a>	Members	Mon-Thu: 9am-4pm Sat, Sun: 12-5pm	YES	YES	NO	YES	NO	NO	YES*	NO	community kitchens; social rec. activities & supportive housing
14	<b>LAMP Community Health Centre</b> 185 Fifth Street   416-252-6471 <a href="http://www.lampshc.org">www.lampshc.org</a>	Adults	Mon, Wed: 8am-2:30pm	YES	YES		YES		YES	Lunch noon		computer access; referral to In-House health services
15	<b>New Hope Drop-In: St. Christopher House, c/o Parkdale Community Health Center</b> ±1499 Queen Street West   416-891-3396	Adults	Wed-Thu: 5:15pm-8:45pm	NO	NO	YES*		YES	YES	YES	NO	group activities; Harm Reduction services & equipment
16	<b>Parkdale Activity &amp; Recreation Centre</b> 1499 Queen Street West   416-537-2591 <a href="http://www.parc.on.ca">www.parc.on.ca</a>	Adults	Mon-Thu: 9am-1pm Fri: 12:30-4:30pm <b>Sat &amp; Sun:</b> 11am-3pm ^ <b>Extended</b> <b>Holiday Hours:</b> 11am-3pm Remembrance Day (ONLY) - Nov. 11 <sup>th</sup> : 9am-1pm	YES	YES	Nurse (Mon-Fri 10am-1pm)	YES	YES	YES	9:30am, 12:30pm Sat: noon	NO	group activities; legal services & supportive housing

<b>17</b>	<b>Sistering, A Women's Place</b> 962 Bloor Street West   416-926-1946 <a href="http://www.sistering.org">www.sistering.org</a>	Women	Mon: 11:30am-3pm Tue: 9:30am-5pm Wed & Thu: 9:30am-3pm Fri: 9:30am-5pm Sat & Sun: 9:30am-3pm ^Extended Holiday Hours: 9:30am-3pm	YES	YES	YES*	YES	YES	YES	YES	YES	YES	YES	NO	Mon, Wed, Thu, Sat & Sun 9:30am- 11:30am & noon-2:45pm Tue & Fri 9:30am- 11:30am & noon-4:45pm 9:30am & noon	NO	group activities; staff speak Spanish, Mandarin, Cantonese; settlement worker 9:30am-11:30am
<b>18</b>	<b>Sistering Parkdale Drop-In c/o Masaryk/Cowan Community Centre</b> 220 Cowan Avenue   416-588-3939	Women	Mon-Fri: 9am-1:30pm	NO	YES	YES*	YES	NO	NO	YES	YES	YES	NO	NO	9:30am & noon	NO	group activities & health workshops
<b>19</b>	<b>The Stop: Community Food Centre</b> 1884 Danerport Road   416-652-7867 <a href="http://www.thestop.org">www.thestop.org</a>		Mon, Tue, Thu, Fri: 9am-3pm	YES*	YES	Prenatal & Family Support Workers	NO	NO	NO	NO	NO	NO	NO	NO	Breakfast: Mon, Tue, Thu & Fri: 9am - 10am Lunch: Mon & Thu (only) noon-1PM	YES*	legal services; gardening; healthy beginnings (Wed); ID Clinic & settlement worker
<b>20</b>	<b>Syme-Wooler Neighbourhood &amp; Family Centre</b> 2468 Eglinton Avenue West   416-766-4634 <a href="http://www.symewoodfnc.org">www.symewoodfnc.org</a>		Mon-Fri: 10am-2pm Sat. & Sun: 10am-3pm ^Extended Holiday Hours: 10am-3pm	YES	YES	Harm Reduction Worker	NO	NO	NO	NO	NO	NO	NO	NO	Breakfast: 10am - 11am Lunch: noon-1pm Dinner: 6pm - 7pm	Appointment Only*	movies; cooking programs sewing group
<b>21</b>	<b>Wychwood Open Door</b> 729 St. Clair Avenue West   416-652-0857 <a href="http://www.wychwoodopendoor.org">www.wychwoodopendoor.org</a>		Mon, Wed, Fri: 9am-3pm	No	Yes*	No	No	No	No	No	No	No	No	No	Soup: 12:30pm Lunch: 1pm		harm reduction worker; Wed: noon-2pm

\* Service is restricted to certain groups of people, or happens every so often. Please call the location for details.

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# TDIN WEST

Kipling Road to Yonge Street  
Wilson Avenue to Lake Shore  
Boulevard West

<b>10</b>	<b>Christie-Ossington Neighborhood Centre</b> 854 Bloor Street West   416 534-8941 <a href="http://www.occcommunity.org">www.occcommunity.org</a>
<b>11</b>	<b>Davenport-Perth Neighborhood Centre</b> 1900 Davenport Road   416 656-8025 <a href="http://www.dptcc.ca">www.dptcc.ca</a>
<b>12</b>	<b>Davenport-Perth Neighborhood Centre (Part-Time Site)</b> 1307 Bloor Street West   416 656-8025
<b>13</b>	<b>Houselink Drop-In Centre</b> 805 Bloor Street West   416 539-0690 <a href="http://www.houselink.on.ca">www.houselink.on.ca</a>
<b>14</b>	<b>Lakeshore Area Multi-Service Project</b> 185 Fifth Street   416 252-6471 <a href="http://www.lampchc.org">www.lampchc.org</a>
<b>15</b>	<b>New Hope Drop-In: St. Christopher House, c/o Parkdale Community Health Centre</b> ± 1499 Queen Street West   416 891-3396
<b>16</b>	<b>Parkdale Activity &amp; Recreation Centre</b> 1499 Queen Street West   416 537-2591 <a href="http://www.parc.on.ca">www.parc.on.ca</a>
<b>17</b>	<b>Sistering, A Women's Place</b> 962 Bloor Street West   416 926-1946 <a href="http://www.sistering.org">www.sistering.org</a>
<b>18</b>	<b>Sistering Parkdale Drop-In c/o Masaryk/Cowan Community Centre</b> 220 Cowan Avenue   416 588-3939
<b>19</b>	<b>The Stop: Community Food Centre</b> 1884 Davenport Road   416 652-7867 <a href="http://www.thestop.org">www.thestop.org</a>
<b>20</b>	<b>Syme-Wooler Neighbourhood &amp; Family Centre</b> 2468 Eglinton Avenue West   416 766-4634 <a href="http://www.symewooler.org">www.symewooler.org</a>
<b>21</b>	<b>Wychwood Open Door</b> 729 St. Clair Avenue West   416 652-0857 <a href="http://www.wychwoodopendoor.org">www.wychwoodopendoor.org</a>



± Please note: New Hope Drop-In has moved to 1499 Queen Street West.

# TDIN NORTH

Weston Road to Yonge Street  
Steeles Avenue West to Lawrence Avenue West

#	Name & Address	Serves Only	Hours of Operation	Career Help	Housing Help	Health Care	Income Referral	Laundry	Showers	Meals	Food Bank	Other Help:
22	<b>COSTI North York Drop-In</b> 1700 Wilson Avenue #114   416-244-0480 <a href="http://www.costi.org">www.costi.org</a>		Mon: 1-6pm Tue, Thu: 1-4pm Wed: 10am-12:30pm (men only) 1-6pm (women only) Fri: 10am-12:30pm (men only) 1-4pm (women only)	YES	Rent Bank; Winter & Share the Warmth Funds	NO	YES	NO	NO	NO	NO	workshops*; sewing group; computer classes & settlement workers
23	<b>Eva's Satellite Library Drop-In</b> 5120 Yonge Street   416-229-1874 <a href="http://www.evasatlibraries.com">www.evasatlibraries.com</a>	Youth 16-24	Tue & Wed (North York Central Library): 12-2pm	YES	YES	NO	YES	NO	NO	Lunch	NO	workshops; referrals & advocacy
24	<b>Weston-King Neighborhood Centre</b> 2017 Weston Road   416-241-9898 <a href="http://www.wknc.ca">www.wknc.ca</a>	Adults	Mon: 10am-2pm; Tue: 3-7pm; Thu: 10am-2pm (woman only) Sat: 10am-1pm <b>^Extended Holiday Hours:</b> 10am-1pm	No	Yes			Yes	Yes	Mon: Breakfast & Lunch; Tues: 5:30pm Thu, Fri: Community Dinner	Emergency Food Cupboard	harm reduction information and supplies; sewing group (1st Thu); replacement ID (4th Fri) & volunteer opportunities

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# TDIN NORTH

Weston Road to Yonge Street  
 Steeles Avenue West to  
 Lawrence Avenue West

<b>22</b>	<b>COSTI North York Drop-In</b> 1700 Wilson Avenue # 114   416-244-0480   <a href="http://www.costi.org">www.costi.org</a>
<b>23</b>	<b>Eva's Satellite Library Drop-In</b> 5428 Yonge Street   416-229-1874   <a href="http://www.evasinbathwest.com">www.evasinbathwest.com</a>
<b>24</b>	<b>Weston-King Neighborhood Centre</b> 2017 Weston Road   416-241-9898   <a href="http://www.wkbc.ca">www.wkbc.ca</a>



# TDIN CENTRAL (1 of 3)

Bathurst Street to Parliament Street  
Bloor Street to Lake Shore Boulevard

#	Name & Address	Serves Only	Hours of Operation	Career Help	Housing Help	Health Care	Income Referral	Laundry	Showers	Meals	Food Bank	Other Help:
25	<b>Adelaide Resource Centre for Women</b> 67 Adelaide Street East   416-392-9243 <a href="http://www.toronto.ca/housing/index.htm">www.toronto.ca/housing/index.htm</a>	Women	Mon-Fri: 10am-3pm	Street Haven Learning Centre On Site	Pending	Nurse*; Doctor*; Podiatrist*; Psychiatrist*	Pending	YES	NO	Noon	NO	literacy skills; computer access; support groups & art
26	In Partnership with the <b>Fred Victor Women's Day Program</b> 67 Adelaide Street East   416-392-9245 <a href="http://www.fredvictor.org/womens.html">www.fredvictor.org/womens.html</a>	Women	Mon-Fri: 10am-3pm	YES	YES	YES*	YES	YES	YES	10am	NO	group programs
27	<b>All Saints Drop-In Centre</b> 315 Dundas Street East   416-368-7768 <a href="http://www.allsaintstoronto.com">www.allsaintstoronto.com</a>	16 +	Mon, Wed, Thu, Fri: 8am-4pm Tue:10:30am-4pm	NO	YES	Nurse*	YES*	NO	NO	NO	NO	ID Clinic* & needle exchange
28	<b>Church of the Redeemer</b> 162 Bloor Street West   416-922-4948 <a href="http://www.theredeemer.ca">www.theredeemer.ca</a>		Mon-Fri: 9am-noon	No	Yes*	Yes*	Yes*	No	No	9am&10:30am	YES*	Clothing bank*; haircuts* & pastoral counseling
29	<b>The Corner Drop-In</b> 260 Augusta Avenue   416-964-8747 <a href="http://www.stepsinshouse.com/dropins.html">www.stepsinshouse.com/dropins.html</a>		Mon: 1-3pm (women's drop-in) Mon-Fri: 7:30am-11:30am <b>Sun:</b> 8:30am-noon, plus afternoon movie	Yes	Yes	Nurse*; Psychiatrist; Concurrent Disorders Clinician	Yes	Yes	Yes	7:30am&10am	No	Addiction services; housing placement; money management; trustee & mental health case management
30	<b>Covenant House Community Support Services</b> 20 Gerrard Street East   416-204-7037 <a href="http://www.covenanthouse.on.ca">www.covenanthouse.on.ca</a>	Youth 16-23	Mon, Tue & Thu: 1:15pm-6:45pm Wed: 1:15-7:45pm Fri: 1:15-7:45pm	YES	YES	Nurse & Doctors		NO	YES	YES*	YES*	other services available*
32	<b>Evangel Hall</b> 552 Adelaide Street West   416-504-3563 <a href="http://www.evangelhall.ca">www.evangelhall.ca</a>	Adults	Mon-Fri: 9am-12:30pm <b>Sat:</b> 10am-4pm <b>^ Extended Holiday Hours:</b> 10am – 4pm	Yes*	Yes	Nurse & Doctor - Tue. & Fri. 9:30am-12:30pm	Trustee Program	YES	YES	1pm (5pm winter)*	NO	AA, Wed. 7:30, Sun. 2:30; and NA noon daily; community dinner: 2nd & 3rd Thu. each month



33	<b>Yonge Street Mission's Evergreen Centre for Street Youth</b> 381 Yonge Street   416-977-7259 <a href="http://www.ystm.on.ca">www.ystm.on.ca</a>	Youth 16-24	Mon-Fri: 12-5pm	YES	YES	YES	Ontario Works Help	YES	YES	1pm (5pm Winter*)	For Baby Needs only*	ID Clinic; legal; pre-natal; additions; HIV/AIDS awareness; art
34	<b>519 Church Street Community Centre</b> 519 Church Street   416-392-6878 <a href="http://www.519.org">www.519.org</a>		<b>Sun:</b> 8am-5:30pm (will be open 10am-3pm on Sunday after Easter weekend) <b>^ Extended Holiday Hours:</b> Good Friday(ONLY) April 10: 9am-5pm	NO	NO	NO	Health Bus*	NO	NO	noon & 4pm	NO	clothing bank* & ID Clinic*
..	<b>519 Church Street Community Centre</b> 519 Church Street   416 392-6878	Transgender / Transsexual People		NO	YES*	NO	NO	NO	NO	Mondays: 6pm*	NO	clothing bank*; legal Clinic* & peer support*
35	<b>Fred Victor Centre Open House Drop-In</b> 145 Queen Street East   416-364-8228 <a href="http://www.fredvictor.org">www.fredvictor.org</a>	Adults	Mon-Fri: 2-4pm	YES	YES*	YES	YES*	YES Bank Assistance *	NO	Snacks, Coffee, Tea: 2pm	NO	ID Clinic & clothing room

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# TDIN CENTRAL (2 of 3)

Bathurst Street to Parliament Street  
Bloor Street to Lake Shore Boulevard

#	Name & Address	Serves Only	Hours of Operation	Career Help	Housing Help	Health Care	Income Referral	Laundry	Showers	Meals	Food Bank	Other Help:
36	<b>Gateway Drop-In (Salvation Army)</b> 107 Jarvis Street   416-368-0324 www.thegateway.ca	Adults 21 +	Sun, Mon, Wed-Sat: 1-7pm (6 days)	No	No	Nurse (3 days a week) & Doctor (1 day a week)	Yes (sign up required)	No	No	No	No	clothing room: Mon & Thu: 5:30pm (sign up any time after 3:30).
37	<b>Good Neighbours Club</b> 170 Jarvis Street   416-366-5377	Men Over 50	8am-5pm 365 days a year ^ <b>Extended Holiday Hours:</b> 8am-7pm	NO	YES	Nurse: Monday Morning		YES	YES	Lunch: Noon-1:30pm Snack: 3-3:30pm	NO	clothing bank & annual income tax clinics
38	<b>Good Shepherd Drop-In</b> 412 Queen Street East   416-869-3619 www.goodshepherd.ca	All	<b>(Open 7 days)</b> 8:45am-10:45am	NO	YES	Nurse* Podiatrist* Mental Health Nurse	YES	NO	Mon-Thu	12:30pm & 3:30 pm	NO	men's clothing*, income tax clinic*, pre & post-addiction support.
39	<b>The Meeting Place:</b> <b>St. Christopher House</b> 588 Queen Street West   416-504-4275 www.stchristopherhouse.org/adults/meeting-place	Adults Over 19	Mon - Fri: 11:30am-4pm	YES	YES	Mental Health Nurse	Trustee Program*	YES	YES	NO	NO	community kitchen; harm reduction & group activities
40	<b>Anishnaabeg Youth Centre</b> formally known as - Native Child and Family Services of Toronto - Youth Drop In ± 1 Wood Street   416-850-6110 www.nativechild.org	Native, Métis and Inuit ages: 16-24	Mon-Fri: 8am-5pm	YES	YES	NO	YES	NO	YES	Until 5:30pm	NO	street outreach; life skills & cultural activities
41	<b>Neighbourhood Information Post</b> 159 Gerrard Street, East, 2nd Floor www.nipost.com   416-924-2543		Mon-Fri: 10am-4:30pm Wed: 1-4:30pm*	YES	Rent Bank	NO		NO	NO	NO	NO	
42	<b>Red Cross-Downtown A</b> 41 Earl Street www.redcross.ca		Mon: 8:30-10:30am Wed: 5:30-8pm	NO	YES	Foot Care	NO	NO	NO	8:30a m & 5:30pm	NO	hygiene supplies (Monday Mornings)
43	<b>Red Cross-Downtown B</b> 54 Hayden Street www.redcross.ca		Sat: 12:30-3pm (Nov-Apr)	NO	NO	Sherbourne Health Bus	NO	NO	NO	YES	NO	

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# TDIN CENTRAL (3 of 3)

Bathurst Street to Parliament Street  
 Bloor Street to Lake Shore Boulevard

#	Name & Address	Serves Only	Hours of Operation	Career Help	Housing Help	Health Care	Income Referral	Laundry	Showers	Meals	Food Bank	Other Help:
44	<b>Regent Park Community Health Centre</b> 465 Dundas Street East   416-364-2261 www.regentparkchc.org		Mon: 9am-6pm Tue: 12-7:30pm Wed: Thu: 9am-7:30pm Fri: 9am-5pm	NO	YES	YES	NO	YES	YES	NO	NO	ID Clinic* & trustee program*
45	<b>St. Felix Centre</b> 25 Augusta Avenue   416-203-1624 www.stfelixcentre.ca		Mon-Fri: 8:30am-4:30pm	YES*	YES*	NO	YES	NO	NO	11am	NO	children & youth group programs*
46	<b>Sanctuary</b> 25 Charles Street East   416-922-0628 www.sanctuarytoronto.ca		Tue 3:30pm-7:30pm (women only) Wed: 10:30am-3pm Thu: 4:30-9pm	Informal	Informal	Doctor & Nurse*		NO	YES	12:30pm & 6pm	NO	AA
47	<b>Scott Mission</b> 502 Spadina Avenue   416-923-8872 www.scottmission.com	Men	Mon, Tue, Fri: 8am-5pm Wed: 8am-noon Thu: 8am-3pm <b>Sat &amp; Sun:</b> 8am-noon <b>^ Extended Holiday Hours:</b> 8am-noon	Informal	Informal	NO		YES	YES	10:30am & 11:30am	YES	Overnight program; group activities; bible study; ID clinic*; counselling
48	<b>SKETCH: Working Arts for Street Involved and Homeless Youth</b> 580 King Street West, 2nd Floor   416-516-5889 www.sketch.ca	Youth 15-29	Tue, Thu: 2pm-6pm; Wed: 2-6pm	YES*	NO	NO		NO	NO	YES	NO	music recording; community kitchen; youth leadership positions
49	<b>Street Haven Drop-In</b> 87 Pembroke Street   416-967-6060 www.streethaven.com	Women 16+	Mon-Fri: 10am-6pm	NO	Informal	Psychiatrist		NO	NO	noon&5:30pm	NO	addiction services; psychiatry & various workshops
50	<b>Toronto Christian Resource Centre</b> 40 Oak Street   416-363-4234 www.tcrcc.ca	Adults	Mon-Fri: 6am-1pm <b>Sat &amp; Sun:</b> 11am-2pm	YES	YES	NO	YES	6am-11:30am	YES	Breakfast: 6am-10am Lunch: 10-4:5am-1pm	NO	Housing connections: Mon-Wed: 9am-11am, Tues & Thu: 1-3pm; workers co-op

51	<b>YouthLink Inner City</b> 7 Veneusey Street   416-703-3361 www.youthlink.ca	Youth 16-25	Mon, Wed, Thu: 9am-noon, 1pm-4pm; Tue: 9am-1pm; Fri: 9am-noon, 1-3 pm	YES	YES	YES	YES	YES	YES	Tues, Thu 9am-noon	NO	YES	All Day	NO	harm reduction information and supplies; legal services; employment services; mental health worker; ID Clinic* & HIV /AIDS support; housing support services
52	<b>Toronto Council Fire-Drop-In Program</b> 439 Dundas Street East   416-360-4350 www.councilfire.ca/Dropin.htm		Mon-Thu: 8:30am-4pm Fri: 9am-2pm Sat & Sun: 9am-4pm ^Extended Holiday Hours: 10am-3pm			YES	YES	YES*	YES*	Health Bus*	NO	YES*	6am, noon & 5pm	YES*	addiction and legal services*
53	<b>Bloor-Bathurst Gathering Spot</b> Walmer Road Baptist Church 188 Lowther Avenue 416-924-5883 x 5 (voice mail only)	Adults	Tue: 4-10 pm	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES - Supper \$2.00 or pay what you can	NO	social and recreational programs, counselling geared toward referral
54	<b>Metropolitan United Church</b> 56 Queen Street East 416-363-0331 www.metunited.org	Adults	Mon, Wed, Fri: 10am to 1pm	YES	YES	YES	YES	NO	YES	Nurse: Mon, Wed, Fri	NO	NO	Brunch: 11am Lunch: 11am (Tue & Thu November to End of March)	Food Cupboard - open to supplement at food banks	crisis intervention and supportive counselling, clothing, computer access, telephone, art program
55	<b>Toronto Friendship Centre</b> 323 Dundas Street East, 416-368-8179 www.thebcbcfriendshipcentre.com	Adults	Mon - Fri 6am-5pm Thu, men's group: 5pm-8pm Sat & Sun: 7am - noon ^Extended Holiday Hours: 7am-Noon	NO	YES	NO	YES	YES	NO	Diabetes clinic Tue: 11am-1pm Nurse Wed: Noon-2pm & Thu: 11am-2pm	NO	YES	Every 45 min. 6:30am- 10:45am daily Community kitchen: Mon-Wed & Fri: 2:30pm- 4:30pm	NO	social and recreational programs, counselling geared toward referral

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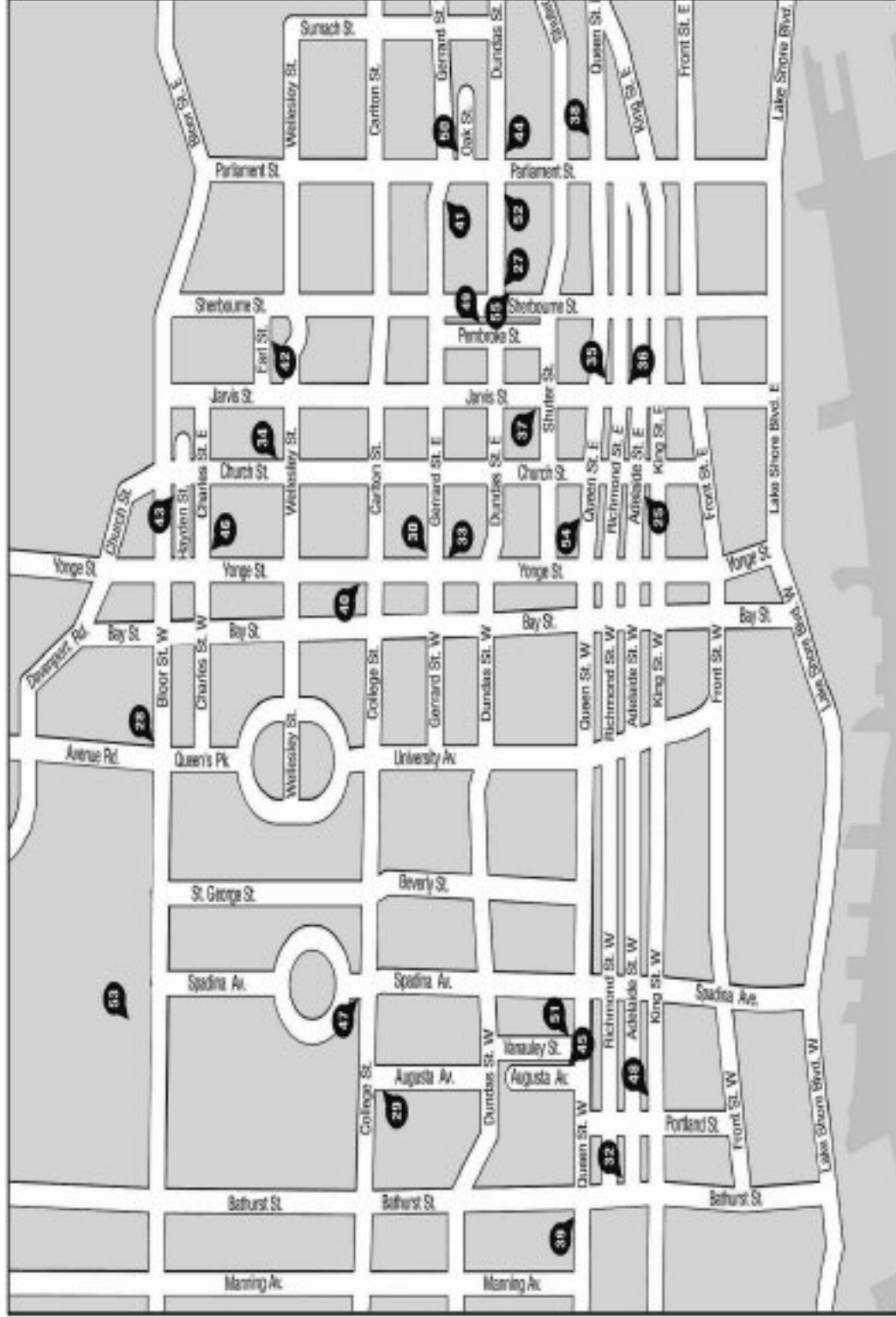
# TDIN CENTRAL

Bathurst Street to Parliament Street  
Bloor Street to Lake Shore Boulevard

25	<b>Adelaide Resource Centre for Women</b> 67 Adelaide Street East   416-392-9243 <a href="http://www.toronto.ca/housing/index.htm">www.toronto.ca/housing/index.htm</a>	39	<b>The Meeting Place: St. Christopher House</b> 588 Queen Street West   416 504-4275 <a href="http://www.stchristhouse.org/advocates/meeting-place">www.stchristhouse.org/advocates/meeting-place</a>	53	<b>Bloor-Bathurst Gathering Spot</b> Walmer Road Baptist Church 188 Lowther Avenue 416 924-5883 x 5 (voice mail only)
	In Partnership with the <b>Fred Victor Women's Day Program</b> 67 Adelaide Street East   416 392-9245 <a href="http://www.fredvictor.org/womens.html">www.fredvictor.org/womens.html</a>	40	<b>Anishnaabeg Youth Centre</b> formally known as - Native Child and Family Services of Toronto - Youth Drop In <a href="http://www.natlvechild.org">www.natlvechild.org</a> # 1 Wood Street   416-850-6110	54	<b>Metropolitan United Church</b> 56 Queen Street East 416 363-0331 <a href="http://www.metunited.org">www.metunited.org</a>
27	<b>All Saints Drop-In Centre</b> 315 Dundas Street East   416 368-7768 <a href="http://www.allsaintstoronto.com">www.allsaintstoronto.com</a>	41	<b>Neighbourhood Information Post</b> 169 Gerrard Street, East, 2nd Floor <a href="http://www.nipost.com">www.nipost.com</a>	55	<b>Toronto Friendship Centre</b> 323 Dundas Street East, 416-368-8179 <a href="http://www.thetorontofriendshipcentre.com">www.thetorontofriendshipcentre.com</a>
28	<b>Church of the Redeemer</b> 162 Bloor Street West   416 922-4948 <a href="http://www.theredeemer.ca">www.theredeemer.ca</a>	42	<b>Red Cross-Downtown A</b> 41 Earl Street <a href="http://www.redcross.ca">www.redcross.ca</a>		
29	<b>The Corner Drop-In</b> 260 Augusta Street   416 964-8747 <a href="http://www.statobehouse.com/dropin.shtml">www.statobehouse.com/dropin.shtml</a>	43	<b>Red Cross-Downtown B</b> 54 Heyden Street <a href="http://www.redcross.ca">www.redcross.ca</a>		
30	<b>Covenant House Community Support Services</b> <a href="http://www.covenanthouse.on.ca">www.covenanthouse.on.ca</a> 20 Gerrard Street East   416 204-7037	44	<b>Regent Park Community Health Centre</b> 465 Dundas Street East   416 364-2261 <a href="http://www.regentparkchc.org">www.regentparkchc.org</a>		
32	<b>Evangel Hall</b> <a href="http://www.evangelhall.ca">www.evangelhall.ca</a> 552 Adelaide Street West   416 504-3563	45	<b>St. Felix Community Centre</b> 25 Augusta Avenue   416 203-1624 <a href="http://www.stfelixcentre.ca">www.stfelixcentre.ca</a>		
33	<b>Yonge Street Mission's Evergreen Centre for Street Youth</b> <a href="http://www.vsm.on.ca">www.vsm.on.ca</a> 381 Yonge Street   416 977-7259	46	<b>Sanctuary</b> <a href="http://www.sanctuarytoronto.ca">www.sanctuarytoronto.ca</a> 25 Charles Street East   416 922-0628		
34	<b>519 Church Street Community Centre</b> <a href="http://www.the519.org">www.the519.org</a> 519 Church Street   416 392-6878	47	<b>Scott Mission</b> <a href="http://www.scotmission.com">www.scotmission.com</a> 502 Spadina Ave   416 923-8872		
35	<b>519 Church Street Community Centre - Trans</b> 519 Church Street   416 392-6878	48	<b>SKETCH: Working Arts for Street Involved &amp; Homeless Youth</b> 580 King Street West, 2nd Floor <a href="http://www.sketch.ca">www.sketch.ca</a>		
35	<b>Fred Victor Centre Open House Drop-In</b> 145 Queen Street East   416 364-8228	49	<b>Street Haven Drop-In</b> 87 Pembroke Street   416-967-6060 <a href="http://www.streethaven.com">www.streethaven.com</a>		
36	<b>Gateway Drop-In (Salvation Army)</b> <a href="http://www.the Salvation Army.ca">www.the Salvation Army.ca</a> 107 Jarvis Street   416 368-0324	50	<b>Toronto Christian Resource Centre</b> 40 Oak Street 416 363-4234   <a href="http://torc.ca">torc.ca</a>		
37	<b>Good Neighbours Club</b> 170 Jarvis Street   416 366-5377	51	<b>YouthLink Inner City</b>   <a href="http://youthlink.ca">youthlink.ca</a> 7 Varnauley Street   416 703-3361		
38	<b>Good Shepherd Drop-In</b> 412 Queen Street East   416 869-3619 <a href="http://www.goodshepherd.ca">www.goodshepherd.ca</a>	52	<b>Council Fire-Drop-In Program</b> 439 Dundas Street East   416-360-4350 <a href="http://www.councilfire.ca/dropin.htm">www.councilfire.ca/dropin.htm</a>		

# TDIN CENTRAL

Bathurst Street to Parliament Street  
 Bloor Street to Lake Shore Boulevard



± Please note: **Anishnaabeg Youth Centre** formally known as - Native Child and Family Services of Toronto - Youth Drop In has moved to 1 Wood Street

The following community-based programs provide help finding work. Employment Resource Centres are also located in each of the Toronto Employment and Social Services offices listed on page 32. For a more comprehensive listing of employment programs, visit [www.toronto.ca/socialservices](http://www.toronto.ca/socialservices) or [www.211toronto.ca](http://www.211toronto.ca).

### **Costi Employment Counselling Centre**

416-588-2240  
Dufferin Mall, 900 Dufferin Street, Suite 1  
[www.costi.org](http://www.costi.org)

### **Dixon Hall, Labourlink**

416-860-9991  
7 Labatt Avenue, Suite 203  
[www.dixonhall.org/labourlink](http://www.dixonhall.org/labourlink)

- Program finds casual or temporary work for homeless or marginally housed individuals.

### **Dixon Hall, Career Steps**

416-864-1511  
58 Sumach Street  
[www.dixonhall.org/CE&D.html#CareerSteps](http://www.dixonhall.org/CE&D.html#CareerSteps)

- Computer training, workshops and job placement services for sole support mothers and women on social assistance.

### **Fred Victor Centre, Employment Resource Centre**

416-364-8986  
100 Lombard Street, Suite 102  
[www.fredvictor.org](http://www.fredvictor.org)

- Walk-in job search centre with access to computers, Internet, phone and fax.

### **Learning Enrichment Foundation, Action Centre for Employment**

416-769-0830  
116 Industry Street  
[www.lefca.org](http://www.lefca.org)

- Current job postings available at [www.lefjobs.com](http://www.lefjobs.com).

### **Miziwe Biik Aboriginal Employment and Training**

416-591-2310; Toll Free: 1-877-980-6961  
167 Gerrard Street East  
[www.miziwebiik.com](http://www.miziwebiik.com)

- Employment counselling and assistance.

### **Skills for Change**

Employment Resource Centre  
416-572-0790  
1139 College Street  
[www.skillsforchange.org](http://www.skillsforchange.org)

- Employment programs and training for immigrants and refugees.

### **St. Christopher House, Employment and Education Services**

416-848-7980  
1033 King Street West  
[www.stchrishouse.org](http://www.stchrishouse.org)

- Employment preparation including help looking for a job, counselling and assessment.

### **St. Stephen's Community House Employment Resource Centre**

416-531-4631  
1415 Bathurst Street, Main Floor  
[www.ststephenshouse.com](http://www.ststephenshouse.com)

- For youth 16-29.

### **Times Change Women's Employment Service**

416-927-1900  
365 Bloor Street East, Suite 1704  
[www.timeschange.org](http://www.timeschange.org)

- Workshops and resource centre for women.

### **WoodGreen Community Services East York Employment Centre**

416-615-1515  
1450 O'Connor Drive, Building 1, Unit 4  
[www.woodgreen.org](http://www.woodgreen.org)

### **WoodGreen Community Services East Toronto Employment Resource Centre**

416-462-3110 ext. 2316  
1080 Queen Street East  
[www.woodgreen.org](http://www.woodgreen.org)

### **Yonge Street Mission, Evergreen Centre for Youth**

416-977-7259 ext. 245  
381 Yonge Street, Basement  
[www.ysm.on.ca](http://www.ysm.on.ca)

- Employment resource centre for street-involved youth under 25.

Many of the services assisting people who are homeless and at risk operate year round, including drop-ins, shelters, street outreach and overnight respite at the Assessment and Referral Centre.

Single adults, youth or couples looking for shelter should call the Assessment and Referral Centre at 416-338-4766; Toll Free: 1-877-338-3398. Families should call Central Family Intake at 416-397-5637.

### Cold Weather Plan

No one needs to stay outside, especially not when the cold weather can make it dangerous. The Out of the Cold program provides more than 125 beds from mid-November to mid-April. Extreme Cold Weather Alerts trigger additional services:

- 160 additional shelter beds.
- Tokens in several drop-ins for travel to shelter.
- Relaxing of shelter curfews and service restrictions.
- Additional overnight street outreach.

### Hot Weather Plan

Hot weather can be especially dangerous for the elderly, infants, people with chronic illness and

those taking medications. A list of air conditioned public buildings, including drop-ins, is available on the City of Toronto's Public Health website, [www.toronto.ca/health/heatalerts/index.htm](http://www.toronto.ca/health/heatalerts/index.htm). Heat and Extreme Heat Alerts trigger additional services:

- Canadian Red Cross Heat Information Line 416-480-2616.
- Cooling centres are opened.
- Tokens in several drop-ins for travel.

### Cooling Centres in Toronto during an Extreme Heat Alert

Metro Hall is open 24 hours during an Extreme Heat Alert. All other locations are open 11:00 am to 7:00 pm, seven days a week during an Extreme Heat Alert:

- Metro Hall 55 John Street
- North York Civic Centre 5100 Yonge Street
- East York Civic Centre 850 Coxwell Avenue
- Etobicoke Olympium 590 Rathburn Road
- McGregor Community Centre 2231 Lawrence Avenue East
- Driftwood Community Centre 4401 Jane Street
- Centennial Park Community Centre 1967 Ellesmere Road

## Financial Assistance/Income

### Canada Child Tax Benefit

Toll Free: 1-800-387-1193

[www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)

- A tax-free monthly payment made to eligible families to help them with the cost of raising children under 18.

### Canada Pension Plan (CPP)

Frequently Asked Questions: Toll Free: 1-800-277-9914; TTY Toll Free: 1-800-255-4786

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

- Retirement Pension
- Disability Benefits
- Death Benefit
- Children's Benefits
- Survivor's Pension

### Employment Insurance (EI)

Frequently Asked Questions: Toll Free:

1-800-206-7218; TTY Toll Free: 1-800-529-3742

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

- Regular Benefits
- Maternity and Parental Benefits
- Sickness Benefits
- Compassionate Care Benefits
- Fishing Benefits
- Workers and/or Residents Outside Canada
- Family Supplement



## **GST Credit**

Toll Free: 1-800-959-1953

[www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)

- A tax-free quarterly payment that helps individuals and families with low and modest incomes offset all or part of the GST or HST they pay.

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## **Guaranteed Income Supplement (GIS)**

Toll Free: 1-800-277-9914; TTY

Toll Free: 1-800-926-9105

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

- Provides additional money, on top of the Old Age Security pension, to low-income seniors living in Canada.

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## **Old Age Security (OAS)**

Frequently Asked Questions: Toll Free: 1-800-277-9914; TTY Toll Free: 1-800-255-4786

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

- Old Age Security Pension
- Allowance Program
- Allowance for the Survivor
- Guaranteed Income Supplement
- Old Age Security Identification Card

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## **Ontario Child Benefit**

Toll Free: 1-866-821-7770; TTY Toll Free: 1-800-387-5559

[www.gov.on.ca/children](http://www.gov.on.ca/children)

- Eligibility is based on the number of children under age 18 in your family and your family's net income.

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## **The Ontario Disability Support Program (ODSP)**

Toll Free: 1-800-808-2268

[www.mcass.gov.on.ca](http://www.mcass.gov.on.ca)

- ODSP is designed to meet the needs of people with disabilities who are in financial need, or who want and are able to work and need support.

## **ODSP Offices:**

### **North York**

General Inquiry: 416-325-5900;

TTY: 416-325-5846

1870 Wilson Avenue

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### **Scarborough**

General Inquiry: 416-325-0123;

TTY: 416-326-7290

770 Birchmount Road, Unit #30

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### **Toronto/East York**

General Inquiry: 416-314-6514;

TTY: 416-314-6521

47 Sheppard Avenue East, 6th Floor

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### **Downtown**

General Inquiry: 416-314-5700;

TTY: 416-314-3393

385 Yonge Street, 2nd Floor

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## **Ontario Works (OW)**

Toronto Employment and Social Services Client Services and Information Unit: 416-392-2956

[www.toronto.ca/socialservices](http://www.toronto.ca/socialservices)

- Toronto Employment and Social Services delivers the OW program for youth and adults in financial need.
- Applications can be made in person, by phone or online. You will need to attend an in-person follow-up interview.
- Use the online eligibility estimator to find out if you qualify for OW or ODSP.

### Toronto Employment and Social Services Offices

Office	Address	Service Area by Postal Code
<b>Scarborough West Social Services</b>	1225 Kennedy Rd, Unit 1, Scarborough M1P 2L4 General Inquiries: 416-392-2800 Intake: 416-392-2725	M1K M1L M1M M1N M1P M1R
<b>Scarborough North Social Services</b>	5639 Finch Ave E, Scarborough M1B 5L1 General Inquiries: 416-397-1000 Intake: 416-397-1010	M1B M1C M1E M1G M1H M1J M1S M1T M1V M1W M1X
<b>North York East Social Services</b>	20 Lesmill Rd, North York M3B 2T5 General Inquiries: 416-392-2850 Intake: 416-392-2811	M2H M2J M2K M2L M2M M2N M2P M2R M3A M3B M4N M5M
<b>North York West Social Services</b>	1860 Wilson Ave, North York M9M 3A7 General Inquiries: 416-392-6500 Intake: 416-397-0185	M3L M3N M9L M9M M9N
<b>North York Central Social Services</b>	1117 Finch Ave W, North York M3J 2P7 General Inquiries: 416-397-9450 Intake: 416-397-9451	M3H M3J M3K M3M M6A M6L
<b>East York Social Services</b>	1450 O'Connor Dr, Bldg 1 Unit 33 North York M4B 2T8 General Inquiries: 416-392-3400 Intake: 416-392-3421	M3C M4A M4B M4C M4G M4H M4J M4K
<b>East Toronto Social Services</b>	1631 Queen St E, Toronto M4L 1G4 General Inquiries: 416-392-3200 Intake: 416-392-3213	M4E M4L M4M
<b>Central Toronto Social Services</b>	150 Eglinton Ave E, Suite 900, Toronto M4P 3E2 General Inquiries: 416-397-1800 Intake: 416-397-5100	M4P M4R M4S M4T M4V M5N M5P M5R M6B M6C M6E
<b>Downtown Toronto Social Services</b>	111 Wellesley St E, Toronto M4Y 3A7 General Inquiries: 416-392-5300 Intake: 416-392-5100	M4W M4X M4Y M5A
<b>High Park / Parkdale Social Services</b>	1900 Dundas St W, Toronto M6R 3B6 General Inquiries: 416-397-7800 Intake: 416-397-7900	M6J M6K M6R
<b>Metro Hall Social Services</b>	214 Wellington St W, Toronto M5V 3C6 General Inquiries: 416-392-2600 Intake: 416-392-2635	M5B M5C M5E M5G M5H M5J M5K M5L M5S M5T M5V M5W M5X M6G
<b>Etobicoke North Social Services</b>	220 Attwell Dr, Unit 4, Etobicoke M9W 6T9 General Inquiries: 416-392-6400 Intake: 416-392-6405	M9R M9V M9W
<b>York/Humber Social Services</b>	605 Rogers Rd, Toronto M6M 1B9 General Inquiries: 416-392-6200 Intake: 416-392-6242	M6H M6M M6N
<b>Etobicoke South Social Services</b>	779 The Queensway, Etobicoke M8Z 1N4 General Inquiries: 416-392-6550 Intake: 416-397-0330	M6P M6S M8V M8W M8X M8Y M8Z M9A M9B M9C M9P

## Employment and Social Services Information in Other Languages

To get information on Ontario Works in a language other than English, please refer to the numbers listed below for service in various languages. Staff will provide general information about the Employment and Social Services Division and details on where to apply. Written requests for information can also be sent to:

### Toronto Employment and Social Services

Client Services and Information Unit

55 John Street, 12th Floor

Metro Hall Station | 123

Toronto Ontario

M5V 3C6

#### Language Lines

English	416-392-8623
Chinese	416-397-7383
Farsi/Persian	416-392-2987
French	416-397-7385
Polish	416-392-4225
Portuguese	416-397-7381
Russian	416-397-0123
Somali	416-397-7384
Spanish	416-397-7382
Vietnamese	416-397-1787
TTY	416-392-2594 or 416-392-2823

## Health

For emergencies please dial 9-1-1.

### General Information

#### Community Care Resources

416-506-9888; Toll Free: 1-866-243-0061

[www.toronto.communitycareresources.ca](http://www.toronto.communitycareresources.ca)

- An access point to health and personal support services in the community.

#### Healthy Ontario

[www.healthyontario.com](http://www.healthyontario.com)

- General health information.
- Includes listings of doctors, medical providers and a database with information on prescription and over-the-counter drugs.

**College of Physicians and Surgeons of Ontario**

General Inquiries: 416-967-2603;

Toll Free: 1-800-268-7096 ext. 603

To find a new doctor: 416-967-2626;

[www.cpso.on.ca](http://www.cpso.on.ca)

- Online search tool has a list of doctors accepting new patients.

**MedVisit Doctors Housecall Service**

416-631-3000

[www.medvisit.ca](http://www.medvisit.ca)

- Doctors make house calls for non-emergency situations.
- All charges covered by Ontario Health Insurance.

**Ontario Ministry of Health**

INFOline Toll Free: 1-800-664-8988; TTY

Toll Free: 1-800-387-5559

**Telehealth Ontario**

Toll Free: 1-866-797-0000; TTY

Toll Free: 1-866-797-0007

- A free, confidential telephone service for general health information or advice from a Registered Nurse.
- Callers do not need a health card.
- 24 hours a day, 7 days a week.

**Toronto Public Health**

Toronto Health Connection Information Line:

416-338-7600; TTY: 416-392-0658

[www.toronto.ca/health/thc\\_index.htm](http://www.toronto.ca/health/thc_index.htm)

- Information and access to all Toronto Public Health programs and services.
- Free, confidential information and advice from a public health professional.

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**Assistive Devices and Special Diet****Ontario Ministry of Health and Long-Term Care**

Assistive Devices Program

416-327-8804 or 416-327-4282;

TTY Toll Free: 1-800-268-6021

[www.health.gov.on.ca/english/public/pub/pub\\_menu/pub\\_adp.html](http://www.health.gov.on.ca/english/public/pub/pub_menu/pub_adp.html)

- Ontario residents with long-term physical disabilities and valid health cards can apply for help in paying for medical equipment and devices.
- Program covers eye glasses, hearing aids, diabetes supplies, prosthetic devices and mobility devices.

**Toronto Employment and Social Services**

Special Services Items

General Inquiry: 416-392-8623

[www.toronto.ca/socialservices](http://www.toronto.ca/socialservices)

- OW clients with special needs should contact their caseworker.
- Items covered include prescription drugs, diabetes supplies, dentures, wheelchairs, scooters, prosthesis, and respiratory supplies.

**Toronto Employment and Social Services**

Special Needs Items for Persons Not in Receipt of Social Assistance (Hardship Fund)

General Inquiry: 416-392-8623

[www.toronto.ca/socialservices](http://www.toronto.ca/socialservices)

- Toronto Employment and Social Services administers the Hardship Fund, which is meant to help residents purchase medical supplies they otherwise could not afford.
- Items covered include eyeglasses, prescription drugs, dentures and dental services.

**Toronto Employment and Social Services**

Special Diet

General Inquiry: 416-392-8623

[www.toronto.ca/socialservices](http://www.toronto.ca/socialservices)

- If you are receiving Ontario Works and have a medical condition that requires a special diet, you may be eligible for added benefits.
- Condition must be confirmed by an approved health professional such as a doctor, nurse or dietician.

## Community Health Centres and Medical Centres

### Etobicoke/York

#### Albion Thistledown Medical Centre

416-740-7272  
900 Albion Road

#### Etobicoke Medical Clinic

416-621-2220  
400 The East Mall

#### The Four Villages Community Health Centre

416-604-3361  
1700 Bloor Street West

#### Kingsway Walk-In Clinic

416-207-9818  
2939 Bloor Street West

#### Lakeshore Area Multi-Service Project (LAMP)

416-252-6471  
185 Fifth Street  
[www.lampchc.org](http://www.lampchc.org)

#### Westway Medical Centre

416-621-2220  
1723 Kipling Avenue, Unit 4  
• Walk-in for adults and children by appointment.

#### York Community Services

416-653-5400  
1651 Keele Street  
[www.ycservices.com](http://www.ycservices.com)

### North York

#### Avenue Medical Clinic

416-482-2111  
190 Wilson Avenue

#### Don Mills Family Care Centre

416-383-1251

Loblaws Superstore, 825 Don Mills Road

• After hours available.

### North York Family Physicians After Hours Clinic

416-491-6338  
Bayview Village Shopping Centre, Loblaws Complex  
2877 Bayview Avenue, Main Floor  
Monday-Friday 5:00 p.m.-9:00 p.m.;  
Saturday, Sunday, holidays 9:00 a.m.-7:00 p.m.

### Scarborough

#### Boniface Park Medical Centre

416-264-3443  
700 Markham Road, Unit 8

#### Lawrence Victoria Park Medical Centre

416-701-1650  
1719 Lawrence Avenue East

#### One Stop Medical Centre

416-431-0736  
3585 Lawrence Avenue East, Suite 1A

### Toronto/East York

#### Danforth Main Street Clinic

416-699-3619  
2494 Danforth Avenue

#### Davenport-Perth Neighbourhood Centre

416-656-8025  
1900 Davenport Road  
[www.dpnc.ca](http://www.dpnc.ca)

#### East End Community Health Centre

416-778-5858  
1619 Queen Street East

#### Fairlawn Medical Centre

416-322-9933  
3322 Yonge Street

**Flemingdon Health Centre**

416-429-4991

10 Gateway Boulevard

www.fhc-chc.com

**Lawrence Heights Community Health Centre**

416-787-1661

12 Flemington Road

**Parkdale Community Health Centre**

416-537-2455

1229 Queen Street West

www.parkdalehealth.ca

- General medical services, mental health and addiction programs.
- No Ontario Health Insurance required for general services.

**Sherbourne Health Centre**

416-324-4180

333 Sherbourne Street

www.sherbourne.on.ca

Tuesdays 12:30 p.m.-2:30 p.m., Fridays 9:00 a.m.-11:00 a.m.

- Unscheduled care clinics for homeless and underhoused people.
- No appointment required.

**St. Lawrence Community Health Centre**

416-864-6000

140 The Esplanade, Unit 3, 1st Floor

www.stmichaelshospital.com

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**Specialty Health Service Providers**
**Anishnawbe Health Toronto**

416-360-0486

225 Queen Street East

www.aht.ca

- Provides Traditional Healing within a multi-disciplinary health care model to improve the health and well being of Aboriginal people.

**Access Alliance Multicultural Community Health Centre**

416-324-8677

340 College Street, Suite 500

www.accessalliance.ca

- A community health team of social workers, recreationists, dieticians, community workers and peer outreach workers strives to be accessible to immigrants and refugees.

**The Anne Johnston Health Station**

416-486-8666; TTY: 416-486-6759

2398 Yonge Street

www.ajhs.ca

- A wide range of programs and services promote the health and well-being of seniors, youth, and people with physical disabilities requiring an accessible, barrier-free environment.

**Centre Francophone de Toronto**

www.centrefranco.org

- French-speaking physicians, nurse practitioners and registered nurses provide primary health care and counselling.
- If you have trouble in English, you can obtain medical interpretation services through the Centre Francophone.

Locations:

416-922-2672

22 College Street

Monday, Tuesday and Friday 8:30 a.m.-4:30 p.m.

Wednesday-Thursday 8:30 a.m.-5:00 p.m.

416-203-1220

20 Lower Spadina Road

Monday-Friday 8:30 a.m.-4:30 p.m.

416-492-2672

5 Fairview Mall Drive, Suite 280

Monday, Wednesday and Thursday  
8:30 a.m.-4:30 p.m.

Tuesday 10:00 a.m.-7:30 p.m.

Friday 8:30 a.m.-3:00 p.m.

**Street Health**

416-921-8668

338 Dundas Street East

www.streethealth.ca

- Nurses at clinics assess health complaints and make referrals to doctors, dentists and social services.
- If needed, nurses can provide some over-the-counter medications, as well as supplies such as socks, vitamins, hygiene supplies, and clothes.
- Nurses will accompany clients to medical appointments when necessary.

Clinics:

The Good Neighbours Club  
(drop-in for men over 50)  
170 Jarvis Street  
Monday 10:00 a.m.-11:00 a.m.

All Saints Church  
315 Dundas Street East  
Tuesday noon-2:00 p.m.

Toronto Friendship Centre  
323 Dundas Street East  
Thursday 11:00 a.m.-1:00 p.m.

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## Sexual Health Clinics

### Aids and Sexual Health Information

416-392-2437; Toll Free: 1-800-668-2437

- Call to speak to a counsellor or to locate a nearby sexual health clinic.
- Anonymous.

### Hassle Free Clinic

Men: 416-922-0603

Women: 416-922-0566

66 Gerrard Street East, 2nd Floor

www.hasslefreeclinic.org

Men: Monday, Wednesday 4:00 p.m.-8:00 p.m.;  
Tuesday, Thursday 10:00 a.m.-3:00 p.m.; Friday 4:00  
p.m.-7:00 p.m.; Saturday 10:00 a.m.-2:00 p.m.

Women: Monday, Wednesday, Friday 10:00 a.m.-3:00  
p.m.; Tuesday, Thursday 4:00 p.m.-8:00 p.m.

- Counselling and medical services for birth control and sexually transmitted diseases.
- Confidential, no Ontario Health Insurance required.
- Free condoms, needle exchange.

### Planned Parenthood of Toronto

416-961-0113

36B Prince Arthur Avenue

www.ppt.on.ca

- Testing for sexually transmitted infections, counselling and sexual education services.
- For adults in their reproductive years and youth age 13-29.

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## Hospitals with Emergency Rooms

### Etobicoke

#### William Osler Health Centre, Etobicoke General Hospital

416-747-3528 ext. 1

101 Humber College Boulevard (Highway 27-Finch  
Avenue West)

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### North York

#### Humber River Regional Hospital, Finch Avenue Site

416-747-3833

2111 Finch Avenue West (at Highway 400)

#### North York General Hospital

416-756-6000

4001 Leslie Street (at Sheppard Avenue East)

#### Sunnybrook Health Sciences Centre

416-480-4207 ext. 0

2075 Bayview Avenue (at Lawrence Avenue East)

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### Scarborough

#### Scarborough Hospital, General Campus

416-431-8181 ext. 0

3050 Lawrence Avenue East (at McCowan Road)

#### Scarborough Hospital, Grace Campus

416-495-2550 ext. 0

3030 Birchmount Road (at Finch Avenue East)

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**Toronto/East York**

30 Bond Street (Church Street-Queen Street East)

**Hospital for Sick Children** (up to age 17)

416-813-1500

555 University Avenue (at Gerrard Street West)

**Toronto East General Hospital**

416-469-6435

825 Coxwell Avenue (at Mortimer Avenue)

**Mount Sinai Hospital**

416-586-5054

600 University Avenue (at College Street)

**Toronto General Hospital**

416-340-4800

200 Elizabeth Street (University Avenue-Gerrard Street West)

**St. Joseph's Health Centre**

416-530-6003

30 The Queensway (at Roncesvalles Avenue)

**Toronto Western Hospital**

416-603-5190

399 Bathurst Street (at Dundas Street West)

**St. Michael's Hospital**

416-864-5094

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**Sherbourne Health Centre, Health Bus**

Office: 416-324-4170

Mobile: 416-881-3300

[www.sherbourne.on.ca/programs/healthbus.htm](http://www.sherbourne.on.ca/programs/healthbus.htm)

- Delivers mobile on-the-spot nursing care to homeless and underhoused individuals in southeast Toronto.
- The Health Bus makes regular stops during days and evenings at a number of community locations.
- Confidential, no Health Card required.
- For more details, or a weekly schedule, see their website.



## Housing Connections

416-981-6111

176 Elm Street, Main Floor

[www.housingconnections.ca](http://www.housingconnections.ca)

Monday, Wednesday, Thursday and Friday

8:30 a.m.-4:30 p.m.; Tuesday 10:00 a.m.-6:00 p.m.

- Housing Connections manages the centralized waiting list for rent-geared-to-income (RGI) units.
- People who need rent-geared-to-income housing must apply through Housing Connections and keep their information up-to-date.
- To fill out or update an application, visit Housing Connections online or go to their office.
- Help with filling out an application is available from Housing Connections or from Housing Help Centres.

1651 Keele Street

Monday, Tuesday, Thursday, Friday

9:00 a.m.-12:00 p.m./2:00 p.m.-4:30 p.m.

Wednesday closed

- Please call for an appointment

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## North York

### COSTI - North York Housing Help Centre

416-244-0480

North York Sheridan Mall

1700 Wilson Avenue, Suite 114

[www.costi.org](http://www.costi.org)

Wednesday, Friday 10:00 a.m.-12:30 p.m.

Women only: Monday 1:00 p.m.-6:00 p.m.; Tuesday

1:00 p.m.-4:00 p.m.

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## Scarborough

### Flemingdon Neighbourhood Services

416-424-2900

10 Gateway Boulevard, Suite 104

[www.fnservices.org](http://www.fnservices.org)

Monday-Friday 9:00 a.m.-5:00 p.m.

### Scarborough Housing Help Centre

416-285-8070

2500 Lawrence Avenue East, Unit 205

[www.shhc.ca](http://www.shhc.ca)

Monday-Thursday 8:30 a.m.-4:30 p.m.

Friday 8:30 a.m.-2:00 p.m.

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## Toronto/East York

### East York Housing Help Centre

(East York East Toronto Family Resources Organization)

416-698-9306

71 Gough Avenue

[www.eastyorkhousinghelp.ca](http://www.eastyorkhousinghelp.ca)

Monday-Friday 9:00 a.m.-4:00 p.m.

- By appointment.

### WoodGreen Community Centre

416-469-5211

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## Housing Help Centres

Housing help workers have information about available housing and can help fill out applications. They can also help talk to landlords or give advice on housing issues, income support programs and eviction prevention.

### Etobicoke/York

#### Albion-North Etobicoke

416-741-1553

1530 Albion Road, Suite 205

Monday-Friday 9:30 a.m.-5:00 p.m.

#### West Toronto Housing Help Services, West Toronto Community Legal Services

416-531-0841

672 Dupont Street, Suite 315 (Note: Mobile Unit)

Monday-Friday 9:00 a.m.-5:00 p.m.

#### South Etobicoke

416-252-6471

185 Fifth Street

Monday-Friday 9:30 a.m.-5:00 p.m.

#### York Community Services

416-653-5400

835 Queen Street East  
[www.woodgreen.org](http://www.woodgreen.org)  
 Monday 9:00 a.m.-1:00 p.m. drop-in  
 Tuesday-Wednesday please call for an appointment  
 Thursday 1:00 p.m.-4:30 p.m. drop-in  
 Friday closed.

### Housing Help in Shelters

Most shelters have housing help workers who can

help clients search for housing, assist with filling out applications and accompany them on appointments.

### Streets to Homes

416-392-0090  
 112 Elizabeth Street  
 Monday-Friday 9:00 a.m.-noon (walk-in service)  
 • Assistance to find and keep housing for people who are street involved.

## Identification

### Service Canada

Toll Free: 1-800-622-6232; TTY Toll Free: 1-800-926-9106

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

- For general information on getting or replacing a passport, Social Insurance Number or Permanent Resident Card.

Service Canada Centres:  
 Toronto Centre  
 416-973-6915  
 Arthur Meighen Building, Floor 1  
 25 St. Clair Avenue East

Toronto Dufferin Mall  
 416-583-4700  
 Dufferin Mall, Suite 0001  
 900 Dufferin Street

Toronto Lawrence Square  
 416-780-4100  
 Lawrence Square Mall, Suite 103-105  
 700 Lawrence Avenue West

### Service Ontario

Toll Free: 1-800-268-8758

777 Bay Street, Market Level

- Health Card renewal and replacement as well as general information and referral for government programs and services.

### Street Health, I.D. Replacement

416-921-8668 for information on ID clinics.  
 • Street Health can help clients get birth certificates, Social Insurance cards, Ontario Health Cards, landed immigration documents, and other documents.

### Street Health, I.D. Safe

416-925-0043  
 338 Dundas Street East  
 Monday-Friday 9:00 a.m.-4:30 p.m. (closed for lunch from noon-1:00 p.m.)  
 • Street Health's I.D. Safe is secure place to store identification and related documents.

**Toronto Public Libraries**

416-393-7131; TTY: 416-393-7030  
www.torontopubliclibrary.ca

Library materials and Internet access are available for free at ALL Toronto Public Library locations. They also have all sorts of interesting seminars, workshops and events. Check out their online calendar. If you want to use the Internet, a library card provides unlimited access. A temporary ID number can be issued for single use.

Newly housed tenants who want a library card can present a current bill, invoice, government cheque or any current legal document with their name and address on it. If none of these options are available please speak to your local library staff about additional options.

**Etobicoke/York****Albion**

416-394-5170  
1515 Albion Road  
Wheelchair Accessible/Wifi

**Alderwood**

416-394-5310  
2 Orianna Drive  
Wheelchair Accessible

**Brentwood**

416-394-5240  
36 Brentwood Road North  
Wifi

**Centennial**

416-395-5490  
578 Finch Avenue West  
Wheelchair Accessible

**Downsview**

416-395-5720  
2793 Keele Street  
Wheelchair Accessible

**Eatonville**

416-394-5270  
430 Burnhamthorpe Road  
Wheelchair Accessible/Wifi

**Elmbrook Park**

416-394-5290  
2 Elmbrook Crescent  
Wheelchair Accessible

**Evelyn Gregory**

416-394-1006  
120 Trowell Avenue

**Humber Bay**

416-394-5300  
200 Park Lawn Road  
Wheelchair Accessible

**Humberwood**

416-394-5210  
850 Humberwood Boulevard  
Wheelchair Accessible

**Humber Summit**

416-395-5840  
2990 Islington Avenue  
Wheelchair Accessible

**Jane/Dundas**

416-394-1014  
620 Jane Street  
Wheelchair Accessible/Wifi

**Long Branch**

416-394-5320  
3500 Lake Shore Boulevard West  
Wheelchair Accessible

**Maria A. Shchuka**

416-394-1000  
1745 Eglinton Avenue West  
Wheelchair Accessible/Wifi

**Mimico Centennial**

416-394-5330  
47 Station Road  
Wifi

**Mount Dennis**

416-394-1008  
1123 Weston Road  
Wheelchair Accessible

**New Toronto**

416-394-5350  
110 Eleventh Street  
Wheelchair Accessible

**Northern Elms**

416-394-5230  
123B Rexdale Boulevard, Unit 5  
Wheelchair Accessible

**Oakwood Village Library and Arts Centre**

416-394-1040  
341 Oakwood Avenue  
Wheelchair Accessible

**Rexdale**

416-394-5200  
2243 Kipling Avenue  
Wheelchair Accessible

**Richview**

416-394-5120  
1806 Islington Avenue  
Wheelchair Accessible/Wifi

**Runnymede**

416-393-7697  
2178 Bloor Street West  
Wheelchair Accessible

**Weston**

416-394-1016  
2 King Street  
Wheelchair Accessible

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**North York****Amesbury Park**

416-395-5420  
1565 Lawrence Avenue West  
Wheelchair Accessible

**Armour Heights**

416-395-5430  
2140 Avenue Road  
Wheelchair Accessible

**Barbara Frum**

416-395-5440  
20 Covington Road  
Wheelchair Accessible/Wifi

**Bayview Village Shopping Centre**

416-395-5460  
2901 Bayview Avenue  
Wheelchair Accessible

**Black Creek**

416-395-5470

**North York Sheridan Mall**

1700 Wilson Avenue  
Wheelchair Accessible

**Brookbanks**

416-395-5480  
210 Brookbanks Drive  
Wheelchair Accessible

**Don Mills**

416-395-5710  
888 Lawrence Avenue East  
Wheelchair Accessible/Wifi

**Fairview**

416-395-5750  
35 Fairview Mall Drive  
Wheelchair Accessible/Wifi

**Flemingdon Park**

416-395-5820  
29 St. Dennis Drive  
Wheelchair Accessible/Wifi

**Hillcrest**

416-395-5830  
5801 Leslie Street  
Wheelchair Accessible

**Jane/Sheppard**

416-395-5966

Jane Sheppard Mall, Unit 11

2721 Jane Street

Wheelchair Accessible

**North York Central Library**

416-395-5535

5120 Yonge Street

Wheelchair Accessible/Wifi

**Pleasant View**

416-395-5940

575 Van Horne Avenue

Wheelchair Accessible

**Victoria Village**

416-395-5950

184 Sloane Avenue

Wheelchair Accessible

**Woodview Park**

416-395-5960

16 Bradstock Road

Wheelchair Accessible

**Yorkville**

416-393-7660

22 Yorkville Avenue

Wheelchair Accessible

**York Woods**

416-395-5980

1785 Finch Avenue West

Wheelchair Accessible/Wifi

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**Scarborough****Agincourt**

416-396-8943; TTY: 416-396-8953

155 Bonis Avenue

Wheelchair Accessible/Wifi

**Albert Campbell**

416-396-8890

496 Birchmount Road

Wifi

**Bendale**

416-396-8910

1515 Danforth Road

Wheelchair Accessible/Wifi

**Bridlewood**

416-396-8960

Bridlewood Mall

2900 Warden Avenue

Wheelchair Accessible/Wifi

**Burrows Hall**

416-396-8740

1081 Progress Avenue

Wheelchair Accessible

**Cedarbrae**

416-396-8850

545 Markham Road

Wheelchair Accessible

• Closed for renovation

**Cliffcrest**

416-396-8916

3017 Kingston Road

Wheelchair Accessible/Wifi

**Eglinton Square**

416-396-8920

Eglinton Square Mall

1 Eglinton Square, Unit 126

Wheelchair Accessible

**Goldhawk Park**

416-396-8964

295 Alton Towers Circle

Wheelchair Accessible

**Guildwood**

416-396-8872

Guildwood Plaza

123 Guildwood Parkway

Wheelchair Accessible

**Highland Creek**

416-396-8876  
3550 Ellesmere Road  
Wheelchair Accessible

**Kennedy/Eglinton**

416-396-8924  
Liberty Square Shopping Plaza  
2380 Eglinton Avenue East  
Wheelchair Accessible  
• Closed for renovation

**Malvern**

416-396-8969  
30 Sewells Road  
Wheelchair Accessible/Wifi

**Maryvale**

416-396-8931  
Parkway Mall  
85 Ellesmere Road  
Wheelchair Accessible

**McGregor Park**

416-396-8935  
2219 Lawrence Avenue East  
Wheelchair Accessible

**Morningside**

416-396-8881  
4279 Lawrence Avenue East  
Wheelchair Accessible/Wifi

**Port Union**

416-396-8885  
5450 Lawrence Avenue East  
Wheelchair Accessible

**Steeles**

416-396-8975  
Bamburgh Gardens Plaza  
375 Bamburgh Circle  
Wheelchair Accessible

**Taylor Memorial**

416-396-8939  
1440 Kingston Road  
Wheelchair Accessible

**Woodside Square**

416-396-8979  
Woodside Square Mall  
1571 Sandhurst Circle  
Wheelchair Accessible/Wifi

**Toronto/East York****Annette Street**

416-393-7692  
145 Annette Street  
Wheelchair Accessible

**Beaches**

416-393-7703  
2161 Queen Street East  
Wheelchair Accessible/Wifi

**Bloor/Gladstone**

416-393-7674  
1101 Bloor Street West  
Wheelchair Accessible  
• Will reopen spring 2009

**City Hall**

416-393-7650  
Nathan Phillips Square  
100 Queen Street West  
Wheelchair Accessible/Wifi

**College/Shaw**

416-393-7668  
766 College Street  
Wheelchair Accessible

**Danforth/Coxwell**

416-393-7783  
1675 Danforth Avenue  
Wheelchair Accessible

**Davenport**

416-393-7732  
1246 Shaw Street  
Wheelchair Accessible

**Dawes Road**

416-396-3820  
416 Dawes Road  
Wheelchair Accessible

**Deer Park**

416-393-7657  
40 St. Clair Avenue East

**Dufferin**

416-393-7712  
1625 Dufferin Street  
Wheelchair Accessible

**Forest Hill**

416-393-7706  
700 Eglinton Avenue West  
Wheelchair Accessible

**Gerrard/Ashdale**

416-393-7717  
1432 Gerrard Street East  
Wheelchair Accessible/Wifi

**High Park**

416-393-7671  
228 Roncesvalles Avenue  
Wheelchair Accessible

**Jones**

416-393-7715  
118 Jones Avenue  
Wheelchair Accessible

**Leaside**

416-396-3835  
165 McRae Drive  
Wheelchair Accessible

**Lillian H. Smith**

416-393-7746  
239 College Street  
Wheelchair Accessible/Wifi

**Locke**

416-393-7730  
3083 Yonge Street  
Wheelchair Accessible

**Main Street**

416-393-7700  
137 Main Street  
Wheelchair Accessible

**Mount Pleasant**

416-393-7737  
599 Mt. Pleasant Road  
Wheelchair Accessible

**Northern District**

416-393-7610  
40 Orchard View Boulevard  
Wheelchair Accessible/Wifi

**Pape/Danforth**

416-393-7727  
701 Pape Avenue  
Wheelchair Accessible

**Palmerston**

416-393-7680  
560 Palmerston Avenue  
Wheelchair Accessible

**Parkdale**

1303 Queen Street West  
416-393-7686  
Wheelchair Accessible/Wifi

**Parliament**

416-393-7663  
269 Gerrard Street East  
Wheelchair Accessible/Wifi

**Perth/Dupont**

416-393-7677  
1589 Dupont Street  
Wheelchair Accessible

**Queen/Saulter**

416-393-7723  
765 Queen Street East  
Wheelchair Accessible

**Riverdale**

416-393-7720  
370 Broadview Avenue  
Wheelchair Accessible/Wifi

**S. Walter Stewart**

416-396-3975  
170 Memorial Park Avenue  
Wheelchair Accessible

**Sanderson**

416-393-7653  
327 Bathurst Street  
Wheelchair Accessible

**Spadina Road**

416-393-7666  
10 Spadina Road  
Wheelchair Accessible

**St. Clair/Silverthorn**

416-393-7709  
1748 St. Clair Avenue West

**St. James Town**

416-393-7744  
495 Sherbourne Street  
Wheelchair Accessible

**St. Lawrence**

416-393-7655  
171 Front Street East  
Wheelchair Accessible

**Swansea Memorial**

416-393-7695  
95 Lavinia Avenue  
Wheelchair Accessible

**Thornccliffe**

416-396-3865  
48 Thornccliffe Park Drive  
Wheelchair Accessible  
• Closed for renovation

**Todmorden Room**

416-396-3875  
1081 1/2 Pape Avenue  
Wheelchair Accessible

**Toronto Reference Library**

416-395-5577  
789 Yonge Street  
Wheelchair Accessible/Wifi

**Urban Affairs**

416-397-7241  
Metro Hall  
55 John Street  
Wheelchair Accessible

**Wychwood**

416-393-7683  
1431 Bathurst Street  
Wheelchair Accessible



**Free or Low Cost Meals**

Name	Address & intersection	Phone	Hours	Meals and Cost
416 Community Support for Women (416 Drop-in Centre)	416 Dundas St E (Parliament St-Dundas St E)	416-928-3334	Mon-Sun 8 am-4 pm and open statutory holidays	Free breakfast, lunch
519 Church Street Community Centre	519 Church St (Church St-Wellesley St)	416-392-6874	Sun 10 am-3 pm	Free coffee and pastry Free hot meal 1-2:30 pm
AIDS Committee of Toronto	St. Peter's Anglican Church 188 Carlton St (Carlton-Bleeker Sts)	416-340-2437	Fri noon	Free hot meal – must register with agency
Positive Youth Outreach	399 Church St 4th Floor (Carleton St-Church St)	416-340-8484 ext. 281	Thurs 3-8 pm	Free hot meal
Bloor-Bathurst Interchurch Gathering Spot	Walmer Road Baptist Church 188 Lowther Ave (Bloor St-Spadina Rd)	416-924-5883 ext. 5	Tues 6:30 meal served Meal preparation at 4 pm	\$2 full course meal with shared preparation and clean up
Canadian Red Cross	Our Lady of Lourdes Church 41 Earl St (Sherbourne St-Wellesley St)	416-480-0195 ext. 2206	Mon 8:30 am-10:00 am Wed 5:30 pm-7:00 pm	Mon breakfast Wed dinner
Calvin Presbyterian Church	26 Delisle Ave (Yonge St-St Clair Ave W)	416-923-9030	2nd and last Sat of each month, 8:30 - 10 am	Free community breakfast
Capuchin Outreach	St. Francis Table 1322 Queen St W (West of Dufferin St)	416-532-4172	Tues-Fri & Sun noon-1 pm Mon-Fri 4:30-6 pm	\$1 nutritious meal, offering two entrees for dinner and many lunches
Caribbean Canadian Catholic Centre	867 College St (Ossington Ave-College St)	416-534-1145	Wed 9-11:30 am	Soup kitchen, bag of groceries available to anyone
Christie Ossington Neighbourhood Centre	854 Bloor St W (Ossington Ave-Bloor St W)	416-534-8941 ext. 301	Mon-Thurs 7-9 am Noon-1 pm	Free winter breakfast, Free year-round lunch, Food bank for sole parents on Wed 1:30-3:30 pm
Church of Redeemer	162 Bloor St	416-922-4948	Mon-Fri 9 am-noon	Free meal

Community Action Resource Centre	1884 Davenport Rd, Unit 1 (Lansdowne Ave-Davenport Rd)	416-654-0299	Nov-April Mon, Wed 5-6 pm Fri noon-1 pm	Community dining – \$1 donation welcome but not necessary
Cornerstone Urban Church	188 Carlton St (Sherbourne St-Bleeker St)	416-203-7117	Sat 5-7 pm	Free year-round dinner
Davenport Perth Neighbourhood Centre	1900 Davenport Rd (Lansdowne Ave-Davenport Rd)	416-656-8025	Mon, Wed 5-6:30 pm Fri noon-1:30 pm	\$1 or pay what you can
Doorsteps Neighbourhood Services	Chalkfarm Community Centre 180 Chalkfarm Dr (Jane St-Wilson Ave)	416-241-6384	Thurs noon-2 pm	Healthy Heart Lunch
Fred Victor Centre Friends Restaurant	145 Queen St E (Jarvis St-Queen St E)	416-364-8228	Mon-Fri 10 am-noon Mon-Sun 4-5:30 pm	\$1.50 brunch \$2.50 dinner *credit available
Fort York Food Bank	797 Dundas St (Dundas St-Palmerstone Ave)	416-203-3011	Tues-Sat 10 am-3 pm	Free community meals/snack
Good Neighbours Club (men over 50)	170 Jarvis St (Jarvis St-Queen St E)	416-366-5377	Mon-Fri 11:15 am-12:30 pm Wed-Fri 3:00-4:30 pm Sun 11:15am-12:30 pm	Lunch \$0.25 (men only) Dinner \$0.25 Free Sunday lunch
Good Shepherd Centre	412 Queen St E (Parliament St-Queen St E)	416-869-3619	Mon-Sun 12:30-1 pm and 3:30-4:30 pm	Free
LAMP Community Health Centre	185 Fifth St (Islington Ave-Lake Shore Blvd W)	416-252-6471	Mon, Wed noon	Free
Lawyers Feed the Hungry	Osgoode Hall 130 Queen St W (University Ave-Queen St W)	416-947-3412	Wed 5-6 pm Thurs 6:45-7:30 am Fri 5-6 pm Sun 9-11 am	Free dinner Free breakfast *bagged lunches with the meal when available
Metropolitan United Church	56 Queen St E (Church St-Queen St E)	416-363-0331	Mon, Wed, Fri 11:00 am Mon 6:30-7:30 pm	Free hot brunch Free dinner
Mid-Toronto Community Services	192 Carlton St (Sherbourne St-Carlton St)	416-962-9449	Fri 10 am-1 pm	Meet and eat lunch for persons living with HIV/AIDS

Native Canadian Centre of Toronto	16 Spadina Rd (Spadina Rd-Bloor St W)	416-964-9087	Mon-Fri noon-1:00 pm	\$2 if employed \$1 if unemployed/student
Neighbourhood Link Support Services	Secord CC 91 Barrington Av (Barrington Ave-Doncaster Ave)	416-691-7407	Thurs 5-6 pm	Free
Parkdale Activity Recreation Centre	1499 Queen St W (Lansdowne Ave-Queen St W)	416-537-2262	Mon-Fri 9:30 am Mon-Thurs 11:30 am Fri-Sun noon	Free breakfast Free lunch Free lunch
Salvation Army Bloor Central	789 Dovercourt Rd (Dovercourt Rd-Bloor St W)	416-532-4511	Thurs 11 am-4 pm Thurs 6-8 pm	Free lunch Free dinner
Salvation Army Maxwell Meighen Centre	135 Sherbourne St (Sherbourne St-Queen St E)	416-366-2733	Mon, Wed, Thurs, Fri, Sat 12:30 pm	Free. Pick up ticket by 11:30 am for free lunch
Scott Mission	502 Spadina Ave (Spadina Ave-College St)	416-923-8872	Mon-Sun 10:30 & 11:30 am Mon-Fri 4 & 7 pm	Free hot meal Free bag meals
Seventh Day Adventist Church	235 Poplar Rd (Galloway Rd-Kingston Rd)	416-284-9475	Thurs 5:00 pm	Not a sit down meal. Bring your own container
St. Bartholomew's Church	509 Dundas St E (Parliament St-Dundas St E)	416-368-0908	Tues, Thurs 6-8:00 am	Free breakfast, all ages
St. Felix Centre	25 Augusta Ave, Rear Building (Spadina Ave-Queen St W)	416-203-1624	Mon-Fri 11 am-12:30 pm	Free lunch Closed last 2 weeks in August
St. James' Cathedral	65 Church St (Church St-King St E)	416-364-7865	Tues 1:30-3:30 pm	Free hot meal in Parish House (enter green door)
St. Simon's Shelter & St. Simon the Apostle Anglican Church	525 Bloor St (Sherbourne St-Bloor St)	416-925-7475	Wed 6:30 pm	Free community dinner
Syme-Wooner Neighbourhood & Family Centre	2468 Eglinton Ave W (Caledonia Rd-Eglinton Ave)	416-766-4634 ext. 232	Mon-Fri 10 am Mon-Fri noon	Free breakfast Free lunch

Taiwanese and Newtonbrook United Church	53 Cummer Ave (Yonge St-Cummer Ave)	416-229-5454	Wed 11 am	Free lunch
Toronto Christian Resource Centre	40 Oak St (Parliament St-Gerrard St E)	416-363-4234	Mon-Fri 11 am-1 pm Sat-Sun 7 am-9 am *extended winter hours please call ahead for info	Free hot lunch, day/long snacks Weekend breakfast
Toronto Council Fire Native Cultural Centre	439 Dundas St E (Parliament St-Dundas St E)	416-360-4350	Mon-Sun noon-12:30 pm Mon-Thurs 3:45-4:15 pm	Free lunch Free dinner
Toronto Friendship Centre	323 Dundas St E (Sherbourne St-Dundas St E)	416-368-8179	Mon-Sun 6-11 am	Free breakfast/lunch
Trinity Divine Outreach Ministries	1085 Bellamy Rd, Suite 211 (McCowan Rd-Ellesmere Rd)	416-430-0800	3rd Tues of month 1-2 pm	Free lunch
Warden Woods Community Centre	Teesdale Centre 40 Teesdale Place (Pharmacy Ave-Victoria Park Ave)	416-694-1138	Mon, Wed noon-2 pm Thurs noon	Free lunch Bag lunch
West Scarborough Neighbourhood Community Centre	313 Pharmacy Ave (Pharmacy Ave-St Clair Ave E)	416-755-9215	Tues noon-2 pm (Italian) Fri noon-2 pm (English)	\$5 lunch \$8 lunch & transportation
Wychwood Open Door	St Matthew's United Church 729 St Clair Ave W, Basement (Christie St-St Clair Ave W)	416-652-0857	Mon, Wed, Fri 9:30 am-10:30am 12:30-1 pm	Free breakfast Free hot lunch
Yonge Street Mission Christian Community Centre	270 Gerrard St E (Parliament St-Gerrard St E)	416-929-9614	Tues 12:30-3 pm Thurs 12:15-1:30 pm	\$2 Seniors' Club & lunch Free seniors lunch

## General Information:

### ConnexOntario Health Services Information Mental Health Service Ontario

Toll Free: 1-866-531-2600 (access to interpreters for over 160 languages)  
www.mhso.on.ca

- Information and referral service providing detailed information on mental health services and supports ranging from hospital-based to community and self-help groups.
- Confidential and anonymous.

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## Toronto/East York

### Across Boundaries, an Ethnoracial Mental Health Centre

416-787-3007

51 Clarkson Avenue

www.acrossboundaries.ca

- Individual and community support (case management).
- Support groups for consumers/survivors and initiatives to address economic and social barriers.
- Alternative models of support and services, art therapy, drop-in, life skills, and community kitchen.

### Alternatives: East York Mental Health Counselling Services Agency

416-285-7996

2034 Danforth Avenue

www.alternativestoronto.org

- Case management/community support.
- Supportive counselling.
- Information and referral.

### Centre for Addiction and Mental Health

416-535-8501; Crisis line: 416-595-6111

1001 Queen Street West

www.camh.net

- Mental health and addiction assessment and treatment.

### R. Samuel McLaughlin Addiction and Mental Health Information Centre

416-595-6111

219 Dufferin Street, Suite 3B

www.camh.net/McLaughlin

- Walk-ins welcome.
- Staff respond to questions about drugs, alcohol or mental health.

### Community Resource Connections of Toronto

416-482-4103

366 Adelaide Street East, Suite 230

www.crct.org

- Community-based mental health support services, information and mental health promotion.
- Outreach and case management.
- Website has searchable database of mental health services and supports.

### Consumer/Survivor Information Resource Centre of Toronto

416-595-2882

252 College Street, 3rd floor

www.camh.net

- Information, assistance and referral for mental health and addiction services.
- Year round income tax clinic.

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## North York

### Canadian Mental Health Association

416-789-7957 ext. 282 Intake

700 Lawrence Avenue West, Suite 480

www.toronto.cmha.ca

- Information, intake and referral.
- Case management.
- Employment services.
- Peer support drop-in.

### COTA Health

416-785-9230

700 Lawrence Avenue West, Suite 362

www.cotahealth.ca

- Community-based mental health, rehabilitation and support services.
- Case management.

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### **Etobicoke**

#### **Reconnect Mental Health Services**

416-248-2050

2150 Islington Avenue, Suite 202

[www.reconnect.on.ca](http://www.reconnect.on.ca)

- Rehabilitation and support services.
  - Case management/community support.
  - Service provided in over 20 languages.
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### **Scarborough**

#### **Canadian Mental Health Association**

416-289-6285 ext. 243 Intake

1200 Markham Road, Suite 500

[www.toronto.cmha.ca](http://www.toronto.cmha.ca)

- Information, intake and referral.
- Case management services.
- Newcomer women's wellness program.
- Employment services.

## Sex Trade Worker Supports

### **Loft Community Services, Street Outreach Services**

416-926-0744

622 Yonge Street, 2nd Floor

Monday, Tuesday 10:00 a.m.-1:00 p.m.,

2:00 p.m.-6:00 p.m.; Wednesday noon-4:00 p.m.,

5:00 p.m.-8:00 p.m.; Thursday 10:00 a.m.-1:00 p.m.,

2:00 p.m.-4:00 p.m.; Friday 10:00 a.m.-1:00 p.m.,

2:00 p.m.-6:00 p.m.

- Youth under 25 involved in the sex trade, or at high risk.
- Information, counselling and assistance.
- Medical, legal, housing and employment services.

### **Maggie's, Toronto Prostitutes' Community Service Project**

416-964-0150

298 Gerrard Street East, 2nd Floor

[www.maggiestoronto.com](http://www.maggiestoronto.com)

- Peer resource centre.
- Promotion of safer sex practices and materials.

- Referrals to legal and other community services.
- Call for appointment.

### **Parkdale Community Health Centre, Street Health Program**

416-537-2455

1229 Queen Street West

- Health care and outreach services for street involved adults including sex trade workers.

### **Streetlight Support Services**

416-534-0680; Toll Free: 1-877-330-9997

674 Markham Street

- Provides alternatives for those wishing to leave the sex trade.

### **Toronto Police Service, Bad Date Hotline**

416-808-0000

- Anonymous hotline for sex trade workers to report abuse or violence.

For admission to a shelter, please call one of the following numbers:

**Assessment and Referral Centre**  
(single adults, youth and couples)  
416-338-4766; Toll Free: 1-877-338-3398

**Central Family Intake**  
(families)  
416-397-5637

## Shelter List

Name	Phone	Address
<b>Family</b>		
Beatrice House	416-652-0077	177 Caledonia Road
Birkdale Residence	416-392-5650	1229 Ellesmere Road
Family Residence	416-397-1318	4222 Kingston Road
Robertson House	416-392-5662	291 Sherbourne Street
Sojourn House	416-864-0515	101 Ontario Street
Toronto Community Hostel	416-925-4431	191 Spadina Road
Woodgreen Red Door Queen Shelter	416-469-3457	875 Queen Street East
Christie Refugee Welcome Centre (formerly World Vision Reception Centre)	416-588-9277	43 Christie Street
<b>Mixed Adult</b>		
COSTI Reception Centre	416-922-6688	100 Lippincott Street
Dixon Hall Heyworth House	416-691-0012	2714 Danforth Avenue
Fife House	416-205-9888	confidential address
Fred Victor Bethlehem United Shelter	416-644-1734	1161 Caledonia Road
Homes First Society - Strachan House	416-395-0928	805 A Wellington Street West
Homes First Society - 3576 St. Clair Avenue East	416-269-1717	3576 St. Clair Avenue East
University Settlement Part-time Shelter	416-598-3444	23 Grange Road
<b>Single Men</b>		
Christie-Ossington Neighbourhood Centre Men's Shelter	416-534-8941	973 Lansdowne Avenue
Cornerstone Place	416-658-5224	833 St. Clair Avenue West
Dixon Hall Schoolhouse	416-960-9240	349 George Street
Good Shepherd Centre	416-869-3619	412 Queen Street East
Native Men's Residence	416-652-0334	14 Vaughan Road
Sagatay	416-651-6750	26 Vaughan Road
Salvation Army - Gateway	416-368-0324	107 Jarvis Street
Salvation Army - Hope Shelter	416-979-7058	167 College Street
Salvation Army - Maxwell Meighen Centre	416-366-2733	135 Sherbourne Street

**Single Men continued**

Scott Mission Overnight Shelter	416-923-8872	502 Spadina Avenue
Seaton House Main Site	416-392-5522	339 George Street
Seaton House - Birchmount Residence	416-392-6164	1673 Kingston Road
Seaton House - Downsview Dells	416-392-5452	1651 Sheppard Ave. West
Seaton House - Fort York	416-338-8800	38 Bathurst Street
St. Simon's Shelter	416-925-7475	525 Bloor Street East

**Single Women**

Fred Victor Centre Women's Hostel	416-368-2642	86 Lombard Street,
Homes First Society - Savard's	416-395-0932	1322 Bloor Street West
Nellie's	416-461-1084	confidential address
Salvation Army - Evangeline Residence	416-762-9636	2808 Dundas Street West
Salvation Army - Florence Booth	416-603-9800	723 Queen Street West
St. Vincent De Paul - Amelie House	416-465-0475	126 Pape Avenue
St. Vincent De Paul - Elisa House	416-259-2528	60 Newcastle Street
St. Vincent De Paul - Mary's Home	416-595-1578	70 Gerrard Street East
St. Vincent De Paul - St. Clare's Residence	416-225-3466	3410 Bayview Avenue
Street Haven at the Crossroads	416-967-6060	87 Pembroke Street
Women's Residence Main Site	416-392-5500	674 Dundas Street West
Women's Residence - Bellwoods House	416-392-5791	63 Bellwoods Avenue
YWCA First Stop Woodlawn	416-923-8454	80 Woodlawn Avenue East

**Youth**

Covenant House	416-598-4898	20 Gerrard Street East
Eva's Phoenix	416-364-4716	11 Ordnance Street
Eva's Place	416-441-1414	360 Lesmill Road
Eva's Satellite	416-229-1874	5248 Yonge Street
Horizons for Youth	416-781-9898	422 Gilbert Avenue
Native Child & Family Service Transition House	416-323-1840	558 Bathurst Street
Second Base Youth Shelter	416-261-2733	702 Kennedy Road
Touchstone Youth Centre	416-696-6932	1076 Pape Avenue
Turning Point Emergency Shelter	416-925-9250	95 Wellesley Street East
YMCA House	416-504-9700	485 Queen Street West
Youth Without Shelter	416-748-0110	6 Warrendale Court
YWCA First Stop Woodlawn	416-922-3271	80 Woodlawn Avenue East

Shelters that do not have direct admission are not on the list.



Anyone who needs emergency shelter should call one of the following numbers:

### **Assessment and Referral Centre**

(Single adults, youth and couples)  
416-338-4766; Toll Free: 1-877-338-3398  
67 Adelaide Street East (temporary location)  
8:30 p.m.-7:30 a.m. daily  
• For street respite and referrals

Please note: the permanent location for the Assessment and Referral Centre, 129 Peter Street, is scheduled to open in the fall of 2009.

### **Central Family Intake (families)**

416-397-5637

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## **Outreach programs**

Street outreach services in Toronto are available 365 days a year.

### **Anishnawbe Health**

(Aboriginal clients)  
416-920-2605; Mental Health Crisis Line  
(24 hour): 416-891-8606  
179 Gerrard Street East  
Monday, Wednesday 9:00 a.m.-8:00 p.m.;  
Tuesday, Thursday, Friday 9:00 a.m.-5:00 p.m.

### **Cota Health**

Hostel Outreach Program  
General Information 416-785-9230;

Client Service Centre/Referrals: 416-785-8797  
700 Lawrence Avenue West, Suite 362

### **Community Resource Connections of Toronto**

Hostel Outreach Program (women)  
416-482-4103  
366 Adelaide Street East, Suite 230

### **Loft Community Services**

Street Outreach Service (youth under 25)  
416-926-0744; Street cell phone: 416-473-8936  
622 Yonge Street, 2nd Floor  
Monday-Saturday 8:00 p.m.-midnight

### **Street Health**

416-921-8668  
338 Dundas Street East  
Monday-Friday 9:00 a.m.-5:00 p.m.

### **Streets to Homes**

416-392-0090  
112 Elizabeth Street  
Monday-Friday 9:00 a.m.-noon (walk-in service).

### **Toronto North Support Services**

Office: 416-499-5969 ext. 223; Mobile phone for 8-4 shift: 416-990-3317; Mobile phone for 11-7 shift: 416-990-4114  
132 Rainside Road, Suite 2,  
Monday-Friday, 8:00 a.m.-4:00 p.m.; Monday-Thursday 11:00 a.m.-7:00 p.m.

## Trans Resources

The following list of organizations provide a variety of services such as health care, trans programs, individual counseling, workshops, groups, youth programs and community activities to transgendered, transsexual, gay, lesbian, bisexual, two-spirit, and intersex people as well as those who work in the sex-trade.

### **Sherbourne Health Centre**

416-324-4180  
333 Sherbourne Street  
www.sherbourne.on.ca  
Monday 12:30 p.m.; Friday 8:30 a.m.  
(first come, first served)

### **519 Church Street Community Centre**

416-392-6878 ext. 104

mealtran@the519.org  
 Weekly drop-in: Monday 6:00 p.m.-9:30 p.m.  
 Trans youth drop-in: Wednesday 5:00 p.m.-9:00 p.m.

### **2-Spirit People of the First Nations**

416-944-9300  
 593 Yonge Street (north of Wellesley Ave)  
 www.2spirits.com  
 Monday-Thursday 9:00 a.m.-4:00 p.m.

### **Rainbow Services at CAMH**

416-535-8501 ext. 6781;  
 Toll Free: 1-800-463-2338 ext. 6781  
 60 White Squirrel Way, 4th Floor

(at CAMH's Queen Street Site)  
 www.camh.net/rainbow\_services/  
 Monday-Friday 9:00 a.m.-5:00 p.m.  
 • Evening group sessions available.

### **Maggie's, The Toronto Prostitutes' Community Service Project**

416-964-0150  
 298 Gerrard Street East, 2nd Floor  
 www.maggiestoronto.ca  
 • Informal counselling and support.  
 • Legal advocacy.  
 • HIV and STI education and materials.

## Voice Mail and E-mail

Free computer and Internet access is available at all Toronto Public Libraries. See pages 41-46 for details.

### **Community Access Program (CAP)**

905-428-6025  
 www.ic.gc.ca/eic/site/cap-pac.nsf/eng/home  
 • CAP provides affordable or free Internet and computer access at various locations across the city.  
 • For a list of locations near you please visit their website.

### **Metro Voicemail Project**

- Persons without telephones can receive a voicemail number to retrieve messages from any touch-tone phone.
- \$10 for three months.

Sign up locations:  
 Agincourt Community Services  
 416-321-6912  
 4155 Sheppard Avenue East, Suite 100

Central Neighbourhood House  
 416-966-8595 ext. 204

365 Bloor Street East, Suite 1807  
 Monday, Wednesday 1:30 p.m.- 3:30 p.m.

Community Action Resource Centre  
 416-652-2273  
 1652 Keele Street

Queen West Community Health Centre  
 416-703-8482  
 168 Bathurst Street

### **Wireless Toronto**

647-722-3567  
 contact@wirelesstoronto.ca  
 http://wirelesstoronto.ca  
 • Provides free wireless Internet at various hotspots across the city.  
 • The network username is wirelesstoronto.

For youth shelters, please see the complete shelter listings on pages 53-54.

### Drop-ins

(See Toronto Drop-in Network brochure on pages 13-28 for more detail)

#### Evergreen (Yonge Street Mission)

416-977-7259  
381 Yonge Street  
[www.ysm.on.ca/evergreen](http://www.ysm.on.ca/evergreen)

#### Sketch

416-516-1559  
580 King Street West, 2nd Floor  
[www.sketch.ca](http://www.sketch.ca)

#### Youthlink Inner City

416-703-3361  
7 Vanauley Street  
[www.youthlink.ca](http://www.youthlink.ca)

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## Employment and Training

#### Horizons for Youth, Career Horizons

416-781-9898  
422 Gilbert Avenue  
[www.horizonsforyouth.org](http://www.horizonsforyouth.org)

#### Youthlink, Street Involved Youth Program (SIYP)

416-703-3361  
7 Vanauley Street  
[www.youthlink.ca](http://www.youthlink.ca)

- 10-week program combining life skills with training in computer repair for youth 16-24.

#### Youth Employment Services (YES), Streets to Jobs

416-504-5516  
555 Richmond Street West, Suite 711  
[www.yes.on.ca](http://www.yes.on.ca)

- Employment services include job postings, counselling, assessment and assistance getting work experience.

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## Housing Help and Other Supports

#### Humewood House

416-651-5657  
40 Humewood Drive  
[www.humewoodhouse.ca](http://www.humewoodhouse.ca)

- Residence, education and counselling for pregnant teens and mothers age 13-21.

#### June Callwood Centre for Women and Families

416-365-1888  
205 Parliament Street  
[www.junecallwoodcentre.org](http://www.junecallwoodcentre.org)

- Support for pregnant young women and young mothers and fathers, 18 years and under and their children.

#### Native Child and Family Services

416-969-8510  
30 College Street  
[www.nativechild.org/](http://www.nativechild.org/)

- Provides counselling and other programs for children and families in the Toronto Native Community.
- Informal drop-in for Aboriginal street youth.

#### Oolagen Community Services

416-395-0660  
65 Wellesley Street East  
[www.oolagen.org](http://www.oolagen.org)

- Children's mental health centre with programs for youth age 13-18 and their families.

#### Eva's Initiatives, Family Reconnect Program

416-441-1414  
360 Lesmill Road  
[www.evasinitiatives.com](http://www.evasinitiatives.com)

- Counselling and support for youth and families to reconnect.

#### Sherbourne Health Centre, Supporting Our Young (SOY)

333 Sherbourne Street  
416-324-5077  
[www.sherbourne.on.ca](http://www.sherbourne.on.ca)

- Provides lesbian, gay, bisexual, transsexual and transgendered youth with mentoring, supportive housing programs, skill building and employment supports.



Canada

TORONTO