

## NATIVE SERVICES

2-Spirited People of the First Nations .....	416-944-9300
Aboriginal Legal Services .....	416-408-3967
Anishnawbe Health Queen St. E. ....	416-360-0486
Gerrard St. E. ....	416-920-2605
Council Fire (Drop-in/Food Bank/Clothing).....	416-360-4350
Miziwe Biik (Employment & Training) .....	416-591-2310
Native Women's Resource Centre.....	416-963-9963

## NEWCOMER/IMMIGRANT/REFUGEE SERVICES

Abrigo Centre (Services in Portuguese) .....	416-534-3434
Access Alliance, Multicultural Health and Community Services (Head Office).....	416-324-8677
Canadian Centre for Victims of Torture Main Office .....	416-363-1066
Scarborough .....	416-750-3045
Catholic Cross Cultural Services .....	416-757-7010
Chinese Family Services of Ontario.....	416-979-8299
.....	1-866-979-8298
COSTI Immigrant Services.....	416-658-1600
Culture Link .....	416-588-6288
FCJ Refugee Centre .....	416-469-9754
Immigrant Women's Health Centre .....	416-323-9986
Mennonite New Life Centre.....	416-699-4527
Midaynta Community Services.....	416-544-1992
Newcomer Women's Services Toronto .....	416-469-0196
Riverdale Immigrant's Women's Centre.....	416-465-6021
South Asian Women's Centre .....	416-537-2276

## PARDONS

Elizabeth Fry Toronto .....	416-924-3708
Government of Canada, Justice National Parole Board - Pardons.....	1-866-242-2411
Pardons Canada - Removal of Criminal Records (Fee for service).....	416-929-6011
.....	1-877-929-6011

## POLICE AND AMBULANCE SERVICE

Emergency .....	911
Police (Main Number) .....	416-808-2222
Ambulance Service (Head Office) .....	416-392-2000

## PRISONS

Grand Valley Institution, Kitchener .....	1-519-894-2011
Vanier Centre for Women in Milton.....	905-876-8300

## SHELTERS FOR WOMEN – Intake Numbers (City of Toronto)

Single Women .....	416-338-4766
.....	1-877-338-3398
Women with Children.....	416-397-5637

## SHELTERS (For women fleeing abuse situations)

Anduhyaun Native Women's Shelter ...	416-920-1492 Ext. 221
Dr. Roz's Healing Place.....	416-264-4357
Ernestine Women's Shelter .....	416-746-3701
Evangeline Residence .....	416-762-9636
Interim Place (Mississauga) Crisis Line .....	905-403-0864
Interval House Crisis Line .....	416-924-1491
Juliette's Place .....	416-724-1316
North York Women's Shelter Crisis Line .....	416-635-9630
Red Door Family Shelter.....	416-469-3457
Women's Habitat .....	416-252-5829
Yorktown Shelter for Women.....	416-394-2999
Toronto Community Hostel (Birkdale Residence) .....	416-392-5650
YWCA Toronto.....	416-693-7342

## SHELTERS (For single women)

Fred Victor Hostel for Women.....	416-368-2642
Gerstein Residence (Crisis & Mental health)....	416-604-2337
Heyworth House .....	416-691-0012
Mary's Home .....	416-595-1578
Nellie's.....	416-461-1084
Nishnawbe Homes (Aboriginal) .....	416-975-5451
Strachan House (Homes First).....	416-395-0928
Street Haven or Joubert House.....	416-967-6060

## SHELTERS (Longer term)

Amelie House .....	416-465-0475
Elisa House.....	416-259-2528
Fife House (For women with HIV/AIDS).....	416-205-9888
George Herman House .....	416-924-2539
Habitat Services (Boarding homes) .....	416-537-2721
Homes First.....	416-214-1870
Margaret Frazer House (for women with mental health issues) .....	416-463-1481
Rosalie Hall (Pregnant and Using).....	416-438-6880
The Rogers Home (For victims of trafficking)..	1-800-435-7308
Winona's Place (Aboriginal).....	416-481-4451

## For additional services:

Correctional Service Canada (Ottawa) .....	1-613-992-5891
(Toronto) 180 Dundas St. W.....	416-973-2183
(Toronto) 330 Keele St. ....	416-762-8171
Federal Government Services Call Reference Canada.....	1-800-667-3355
Ministry of Community Safety and Correctional Services (Provincial).....	416-326-5000
.....	1-866-517-0571
Ontario Government Services Call The Citizen's Inquiry Bureau .....	416-326-1234
.....	1-800-267-8087

## Ontario Works (Welfare)

General .....	416-392-2956
Applications.....	416-397-0330
.....or	1-888-465-4478

Duty Counsel is available in any Provincial Court (Criminal Division). Duty Counsel are lawyers whose services are free if you are eligible. They can advise you of your rights, help you apply for bail, and set a remand date. They do not replace your own lawyer which you need for trial. Call Legal Aid for help at 416-598-0200 if you cannot afford a lawyer for trial.

Please note: Only you know what services are best for you. This booklet just gives you an overview of services for women in Toronto. It is up to you to decide if they meet your needs. Use the internet or talk to friends to find out more. We have identified women only services but some are for both men and women. Though these services are available to all women, the needs of women in conflict with the law have been taken into account.



**Elizabeth  
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**Elizabeth  
Fry** t o r o n t o  
Hope. Strength. Justice.

Toronto  
Essential Services  
For Women

**QUICK REFERENCE GUIDE**

City of Toronto (Non-emergency Services): ..... 311

Community Services Information Line:..... 211

### ADDICTIONS

Alcoholics Anonymous..... 416-487-5591  
Bellwood Health Services..... 1-800-387-6198  
Mothercraft Breaking the Cycle..... 416-364-7373  
Centre for Addiction and Mental Health..... 416-535-8501  
DART (Drug & Alcohol Treatment Helpline).. 1-800-565-8603  
Jean Tweed Centre..... 416-255-7359  
Narcotics Anonymous Helpline..... 416-236-8956  
..... 1-888-811-3887  
Ontario Problem Gambling Helpline ..... 1-888-230-3505  
Women's Own Withdrawal  
Management Centre  
(General Information)..... 416-603-1462  
(Crisis Central Access) ..... 1-866-366-9513

### ASSAULTED WOMEN'S SERVICES

Assaulted Women's Helpline ..... 1-866-863-0511  
Barbra Schlifer Commemorative Clinic..... 416-323-9149  
METRAC (Information only)..... 416-392-3135  
Sexual Assault Care Centre ..... 416-323-6040  
Toronto Rape Crisis Centre ..... 416-597-8808

### COUNSELLING

519 Church Street Community Centre..... 416-392-6874  
Access Alliance Multicultural  
Health & Community Services ..... 416-324-8677  
Catholic Family Services of Toronto ..... 416-921-1163  
David Kelley LGBTQ & HIV/AIDS Counselling.. 416-595-9618  
Family Service Toronto ..... 416-595-9618  
Jewish Family & Child Service ..... 416-638-7800  
Parkdale Community Health Care ..... 416-537-8222  
Women's Connection Program ..... or 416-537-2455  
Sheena's Place (Eating Disorders)..... 416-927-8900  
Sherbourne Health Centre ..... 416-324-4180  
Y.W.C.A. (80 Woodlawn Ave. E.) ..... 416-923-8454  
Y.W.C.A. (87 Elm St.) ..... 416-961-8100  
Women's Brief Psychotherapy Clinic..... 416-323-6011  
University Health Network ..... 416-340-4800

### DISTRESS/SUPPORT/INFORMATION SERVICES

AIDS and Sexual Health Infoline..... 1-800-668-2437  
Bereaved Families of Ontario (Toronto) ..... 416-440-0290  
Catholic Children's Aid Society of Toronto ..... 416-395-1500  
Children's Aid Society of Toronto ..... 416-924-4646  
Find Help Information Services ..... 416-392-4605  
24/7 community helpline..... 1-888-340-1001  
Distress Centres of Toronto ..... 416-408-4357  
Kid's Help Phone..... 1-800-668-6868  
Lesbian, Gay, Bi, Trans Youthline..... 1-800-268-9688  
Ontario HIV Treatment Network..... 1-877-743-6486  
Prisoners with HIV/AIDS Support  
Action Network (PASAN)..... 1-866-224-9978  
Scarborough Women's Centre..... 416-439-7111  
Street Helpline ..... 1-866-392-3777  
Streetlight (For Sex Workers)..... 416-534-2759  
Traveller's Aid ..... 416-366-7788  
Victim Support Line..... 1-888-579-2888  
Victim Services Toronto ..... 416-808-7066

### DROP INS (For Women)

416 Drop-In Centre ..... 416-928-3334  
Adelaide Resource Centre ..... 416-392-9243  
Maggie's (For sex workers)..... 416-964-0150  
Sistering ..... 416-926-9762  
Street Haven ..... 416-967-6060

### EDUCATION/LITERACY

City Adult Learning Centre..... 416-393-9740  
Frontier College..... 1-800-555-6523  
Redirection Through Education..... 416-415-5000  
(George Brown College)..... Ext. 2622  
Street Haven Learning Centre ..... 416-392-9230  
..... or toll free 1-844-967-6060  
Toronto Centre for Community  
Learning and Development..... 647-349-2244

### EMPLOYMENT SERVICES

ACCES (For new Canadians)..... 416-921-1800  
Fred Victor Employment/Resource Centre ..... 416-364-8986  
Jewish Vocational Services..... 416-787-1151  
On-Track..... 416-283-5229  
Operation Springboard ..... 416-977-0089  
Opportunity for Advancement..... 416-787-1481  
St. Stephen's Employment & Training..... 416-925-2103  
..... Ext. 4000

Rexdale Women's Centre..... 416-745-0062  
Skills for Change ..... 416-658-3101  
Times Change..... 416-927-1900  
Toronto Community Employment Service ..... 416-488-0084  
Woodgreen Community Services ..... 416-645-6000

### FOOD AND CLOTHING (Also see DROP INS)

Foodlink Hotline (Food banks in your area)..... 416-392-6655  
Daily Bread Food Bank ..... 416-203-0050  
St. Francis Table (Meals) ..... 416-532-4172

### HEALTH SERVICES (General)

AIDS Committee of Toronto..... 416-340-2437  
Birth Control & V.D. Information ..... 416-789-4541  
Choice in Health Clinic ..... 416-975-9300  
Community Care Access Centres (Home Care)416-506-9888  
COTA Health..... 416-785-9230  
Dental Emergency Service ..... 416-485-7121  
Hassle Free Clinic (Women/Trans)..... 416-922-0566  
Medvisit (Doctor house calls) ..... 416-631-3000  
Morgentaler Clinic (Abortion Services) ..... 416-932-0446  
Planned Parenthood of Toronto ..... 416-961-0113  
Regent Park Health Centre ..... 416-364-2261  
Scarborough Centre for Healthy Communities... 416-642-9445  
Service Ontario Infoline (Health Cards)..... 1-800-267-8097  
Sherbourne Health Centre ..... 416-324-4180  
South Riverdale Community Health Centre..... 416-461-1925  
Street Health (To obtain ID)..... 416-921-8668  
Canadian Cancer Society ..... 416-778-5000  
Women's College Hospital -  
(Family Practice) ..... 416-323-6060  
(Bay Centre for Birth Control)..... 416-351-3700  
Women's Health in Women's Hands ..... 416-593-7655

### HEALTH SERVICES (Mental Health)

Across Boundries (Ethnocultural) ..... 416-787-3007  
Centre for Addictions & Mental Health..... 416-535-8501  
Gerstein Centre ..... 416-929-5200  
Mental Health Helpline ..... 1-866-531-2600  
Stella's Place (For Youth & Adults) ..... 416-461-2345

### HOUSING HELP

Toronto Community Housing (General Inquiries)... 416-981-6014  
TCH (Client Care Centre) ..... 416-981-5500

### LEGAL SERVICES

C.L.A.S.P. (York University)..... 416-736-5029  
Downtown Legal Services ..... 416-934-4535  
Lawyer Referral Service ..... 416-947-3300  
Legal Aid (Ontario Head Office) ..... 416-979-1446  
..... 1-800-668-8258  
Legal Aid (Toronto Office)..... 416-598-0200  
Provincial Ombudsman ..... 1-800-263-1830  
Women's Legal Education and Action Fund ... 416-595-7170  
..... 1-888-824-5323

### Bail and Parole Reporting Centre

2440 Lawrence Ave. E., Toronto..... 416-750-7474

### Bail Program - Toronto

60 Queen St. W. (Old City Hall) ..... 416-314-3765  
444 Yonge Street (College Park) ..... 416-314-9227

### Criminal Courts - Provincial

College Park 444 Yonge Street..... 416-325-8950  
Old City Hall 60 Queen St. W. .... 416-327-5614  
Scarborough 1911 Eglinton Ave. E..... 416-325-0983  
Metro North 1000 Finch Ave. W. .... 416-314-4208  
Metro West 2201 Finch Ave. W. .... 416-314-3962

### Direct Accountability Program

College Park 444 Yonge St.(E.Fry Office)..... 416-593-4267  
Old City Hall 60 Queen St. W. .... 416-214-2469  
Scarborough 1911 Eglinton Ave E..... 416-755-1168  
Metro West 2201 Finch Ave. W. .... 416-314-3939 Ext. 380  
Metro North 1111 Finch Ave. W. .... 416-663-9449

### Mental Health Diversion (Courts)

College Park 444 Yonge Street..... 416-598-3495  
Old City Hall 60 Queen St. W. .... 416-364-3671  
Scarborough 1911 Eglinton Ave. E..... 416-285-4177  
Metro North 1000 Finch Ave. W. .... 416-667-0933  
Metro West 2201 Finch Ave. W. .... 416-314-3408

### Toronto Drug Treatment Court/Old City Hall

Office..... 416-973-1314  
Duty Counsel..... 416-594-9300