

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)

Anduhyau 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.



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

Toronto
Essential Services
For Women

QUICK REFERENCE GUIDE

[www.efrytoronto.org]

City of Toronto (Non-emergency Services): 311
Community Services Information Line:..... 211

ADDICTIONS

Alcoholics Anonymous..... 416-487-5591
Bellwood Health Services 1-866-475-3254
Breaking the Cycle (Parenting) 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
..... 1-888-881-3887
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 Centre
Women's Connection Program 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..... 416-591-2000
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
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. 4273

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
Training Co-ordinating Group for
Persons with Disabilities 416-413-4922
Woodgreen Community Services 416-645-6000

FOOD AND CLOTHING (Also see DROP INS)

Foodlink Hotline (Food banks in your area)..... 416-392-6655
Breaking the Cycle (Meals/Clothing)..... 416-364-7373
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
Willow Breast & Hereditary Cancer Support... 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 416-934-4533
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