

# Community Resources



## Mental Health



### The Access Point

The Toronto Mental Health and Addictions Access Point, referred to as The Access Point, is a centralized point where you can apply for individual mental health and addictions support services and supportive housing.

The Access Point provides coordinated access to a number of services within the large network of service providers through one application and intake assessment process.

Services include:

-*Individual Support Services:* Intensive Case Management, Early Psychosis Intervention, Assertive Community Treatment Teams

-*Supportive Housing:* Mental Health Supportive Housing Program, Problematic Substance Use Housing Program, Mental Health and Justice Housing Program

### Family Services Toronto

Family Services Toronto work with individuals, families and communities destabilized by precarious mental health and/or socioeconomic circumstances, to achieve greater resilience, stability and equity.

The organization holds an understanding of poverty and the harmful effects of marginalization, discrimination and oppression to support individuals and families in the core service areas of community counselling and mental health, gender-based violence and developmental disabilities.

Services include:

-*Confidential, trauma informed, strengths based single session counselling:*

-Family therapy for adults and children (16+)

-Trauma Services

-Walk In Counselling (*currently virtual*)

-Male Survivors of Sexual Abuse

-LGBTQ+ and HIV/AIDS Counselling Services

### Across Boundaries

Across Boundaries provides equitable, holistic mental health care specifically for racialized communities from a client-centred, collaborative approach utilizing an anti-racism, and anti-oppressive lens within their work.

Services include:

-Adult Mental Health Case Management Services

-2SLGBTQ+ Case Management Services

-Psychiatric Consultation Program

-Peer Led Addictions and Wellness Services

-Youth Case Management Services for Transitional Aged Youth (15-24)

-Mental Health and Justice Initiative (including mental health supportive housing and case management)

-At Home/Housing First Case Management Services (for racialized folks experiencing homelessness)

-Family Support

#### Contact Information:

Website: [theaccesspoint.ca](http://theaccesspoint.ca)

Email: [info@theaccesspoint.ca](mailto:info@theaccesspoint.ca)

Telephone: **(416) 640-1934**

#### Contact Information:

Website: [familyservicetoronto.org](http://familyservicetoronto.org)

Email: [sau@familyservicetoronto.org](mailto:sau@familyservicetoronto.org)

Telephone:

*General Information:*

**416-595-9230 ext. 0**

*Service Access Unit:*

*(for virtual walk in counselling)*

**416-595-9618**

#### Contact Information:

Website: [acrossboundaries.ca](http://acrossboundaries.ca)

Telephone: **(416) 787-3007 ext. 222**

# Mental Health



## Canadian Centre for Victims of Torture

The Canadian Centre for Victims of Torture (CCVT) is a non-profit founded by a group of Toronto doctors, lawyers and social-service professionals. CCVT offers a wealth of programs, including mental health counselling and support that helps survivors develop trust and regain a sense of empowerment.

### Services include:

- Confidential assessment by in-house psychiatrists, psychologists and family doctors
- Counselling by highly skilled staff
- Crisis intervention and support services to individuals and families experiencing mental-health crisis
- Individual, family and group counselling
- Referral to treatment
- Public education with a focus on mental health

*Most CCVT clients have little or no prior experience with mental-health care; many are deeply traumatized, guarded and shut down. It takes time for them to develop trust. CCVT gives them the space to become comfortable, and to get to know staff and volunteers. With each client, they develop an individual treatment plan, giving them a realistic picture; never promising easy solutions. Collaboratively, clients work on a program that includes short-term, mid-term and long-term goals. On a practical level, a treatment plan may include services available at the Centre or provided by outside agencies and institutions. And just as importantly, the plan addresses the big picture: it sets out a path to help survivors access their own internal resources, and to regain their confidence at their own pace.*

### Contact Information:

Website: [ccvt.org](http://ccvt.org)

Email: [mabai@ccvt.org](mailto:mabai@ccvt.org)

Telephone: **416 363 1066**

Toll Free: **1-877-292-2288**

## Naseeha Helpline

Naseeha provides young Muslims with the tools needed to address mental health. With their confidential helpline, youth can receive immediate, anonymous and confidential support over the phone from 12pm-12am 7 days a week.

### Services also include:

-Mental Health Workshops in community centres and mosques to raise awareness within the community of the stigma around mental health.

### Contact Information:

Website: [naseeha.org](http://naseeha.org)

Email:

[info@naseeha.net](mailto:info@naseeha.net)

Telephone: **1877 627  
3342**

# Financial Resources



## Ontario Works (OW)

Ontario Works provides money for food, shelter and other costs to people in financial need who meet the eligibility criteria. Financial Assistance may include money for food, shelter, clothing and other household costs, the cost of prescription medications, and other help with health costs.

### Eligibility

To qualify for Ontario Works financial assistance, you must:

- be at least 16 years of age
- be an Ontario resident
- have assets no greater than the limits set out in the program
- be in financial need
- participate in employment activities

### Health Related Benefits

Ontario Works provides some benefits for health and other costs, depending on your circumstances, including:

Prescription drug coverage (for prescription drugs listed in the Ontario Drug Benefit Formulary)  
Dental care (as per OW caseworker)  
Vision care and eyeglasses (as per OW caseworker)

### Client Expectations while receiving OW

Attend Interviews with caseworker, look for work/become job ready, report money or other income received, report changes to personal life (including moving, change in housing costs, leaving Ontario).

Clients will be assigned an Ontario Works caseworker at their nearest Ontario Works office who should be the first point of contact for any OW queries or inquiries regarding health related benefits.

## Ontario Disability Support Program (ODSP)

*The Ontario Disability Support Program (ODSP) provides income and employment support to people with disabilities.*

### Eligibility

To qualify for ODSP, you must:

- be 18 years or older
- live in Ontario
- be financially eligible
- have a physical or mental health disability, expected to last one year or longer, that substantially limits your ability to work, look after yourself or carry out daily activities.

### Application Process:

If patients receive Ontario Works (OW) and have a disability that may meet the requirements of the definition of disability under the ODSP Act, they can apply for ODSP. Clients should ask their OW caseworker for an electronic referral to the Disability Adjudication Unit (DAU) and an ODSP application, called Disability Determination Package (DDP), will be issued to the client. The electronic referral to the DAU will also allow health care professionals to complete the Health Status Report and Activities of Daily Living online.

The DDP or application package includes instructions and four forms.

Client's health care provider will complete these forms at no cost:

- Health Status Report
- Activities of Daily Living

Clients will complete a:

- Consent form
- Self-report

Clients do not have to fill out the ODSP medical application form if they are:

- receiving the Canada Pension Plan Disability (CPP-D), or
- 65 years of age and over and do not qualify for Old Age Security (OAS).

Client's application would only require confirmation of financial eligibility as per their OW caseworker.

Clients will be assigned an ODSP caseworker at their nearest Ontario Works office who should be the first point of contact for any ODSP queries or inquiries regarding health related benefits.

### Contact Information:

Online Application Portal:  
<https://www.sada.mcsc.gov.on.ca/intake/OW/home-page>

### Telephone Application:

**416-338-8888**

or

Contact Client's assigned OW Caseworker with any queries.

### Contact Information:

Telephone:  
**1-800-445-1822.**

or

Contact Client's assigned OW Caseworker with any queries.

# Support Services for folks without OHIP



## Access Alliance Non Insured Walk In Clinic

The Non Insured Walk In Clinic (NIWIC) offers confidential primary care services to people who do not have health insurance offering care on a “walk-in” and appointment basis.

The clinic team providing care includes a Nurse Practitioner (NP), nurse, midwife, secretary and peer health support worker. The Midwife is available on Thursdays from 12 pm to 7:30 pm.

### Contact Information:

Website: [accessalliance.ca](http://accessalliance.ca)

Telephone: **416-760-8677**.

## FCJ Refugee Services

FCJ Refugee Services offer free primary care to uninsured folks. Currently, the clinic is taking phone and video call appointments only. After an initial assessment and depending on the health concern, the physician will determine if the client requires an in person appointment.

### Contact Information:

Website: [fcjrefugeecentre.org](http://fcjrefugeecentre.org)

Telephone: **416-469-9754**

and ask for

**Elisa Ibarra** at ext.: 230 or option 6, to be screened for eligibility and booked for an appointment.

## Canadian Centre for Refugee & Immigrant Healthcare: Community Volunteer Clinic

Volunteer health professionals at the Community Volunteer Clinic provide free primary medical care to medically uninsured and IFH protected refugees and refugee claimants and others new to Canada. Open Tuesday and Thursday evenings, nurses, physicians, nurse practitioners and others provide medical care. No proof of health insurance is required. Appointments are preferred.

Services include:

- General Medical Care and support – (All ages)
- Vaccinations
- Women's Healthcare
- Mental Health Support and Counselling
- Social Worker - Case Worker
- Dietician Services
- Nutrition, Food Security
- Diabetic Clinic
- Chiropody

### Contact Information:

Website: [healthequity.ca](http://healthequity.ca)

Telephone: **647 267-2176 ext. 1**

**Please call before arrival.**

## Canadian Centre for Refugee & Immigrant Healthcare: SWAN: Scarborough Women Need & Assessment

SWAN provides vital women's services in a safe, protected, confidential medical home for women's health exams, pap smears, breast exams, contraception and family planning, mental health care, sexually transmitted disease care (including HIV) and prevention, cancer screening, food and nutritional support, exams for female genital cutting and more.

- Female Pelvic Exam and PAP Test
- Maternal and Newborn Care
- Female Genital Mutilation Screening and Assessment
- Sexual Health Counselling
- Sexual Transmitted Infections Screening
- Family Planning and Birth Control Counselling and Prescription
- Breast Examination and Cancer Screening
- Pregnancy Testing and Referral
- General Health Information and Counselling

### Contact Information:

Website: [healthequity.ca/swan](http://healthequity.ca/swan)

Telephone: **647-267-2176 ext. 3**

# ● Support Services for folks without OHIP



## Contact Information:

Website:  
**[muslimwelfarecentre.com](http://muslimwelfarecentre.com)**

Telephone: **647-641-1027**

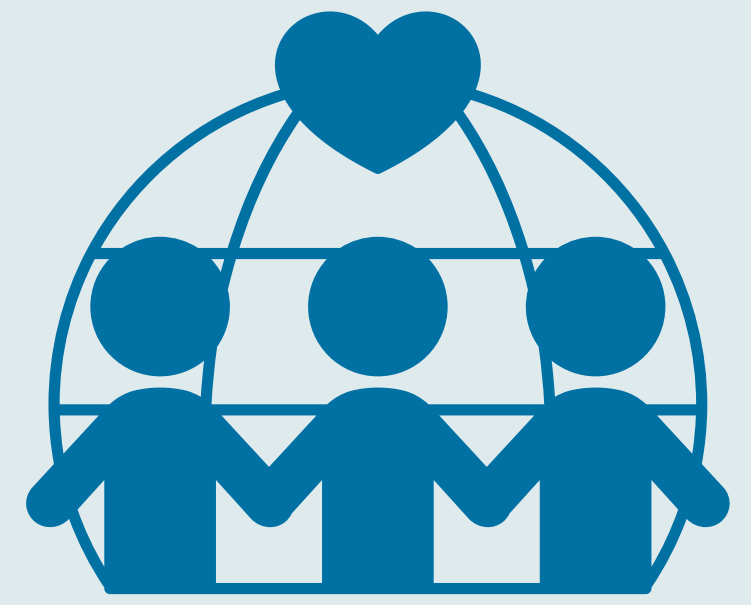
Email:  
**[freeclinic@mwcanada.com](mailto:freeclinic@mwcanada.com)**

## ●●● Muslim Welfare Canada: Medical Clinics for the Uninsured

MWC's Uninsured Medical Clinics offer healthcare services to individuals not covered by the Ontario Health Insurance Plan (OHIP) or other health insurance plans including new immigrants waiting for OHIP coverage to begin, refugees, students and visitors. Medical care is provided by licensed physicians and nurses who dedicate their time and expertise to serve patients on a voluntary basis. The clinics receive medicines from a local pharmaceutical company and have also developed a network of health care providers (pharmacies, doctors, specialists, diagnostic labs, etc.) willing to serve the needy patients at reduced rates. Clinics take place once per week.

Clinics take place in Mississauga and Scarborough, and initial assessments are conducted via telephone.

# ● Disability Supports



## ●●● Developmental Services Ontario

Developmental Services Ontario (DSO) is the access point for adult developmental services funded by the Ministry of Children, Community and Social Services (MCCSS) in Ontario.

Folks living with a developmental disability, in Ontario, who are 18 years old can apply through DSO to determine eligibility to receive adult ministry-funded supports available in their community.

When you connect with your area DSO they will help you:

- understand and complete the application process.
- determine the kind of services and supports you need.
- get access to MCCSS funded services and supports that you need when a spot is available.
- find information in your community.

### **Contact Information:**

Website: [dsontario.ca](http://dsontario.ca)

DSO Toronto Region:  
Telephone: **1-855-DS-ADULT**  
**(1-855-372-3858)**

## ●●● Autism Ontario

Autism Ontario aim to help autistic individuals and families in their communities have access to meaningful supports, information, and connections so they are equitably and seamlessly supported across their life course.

Services include:

- Adult Diagnosis
- Mental Health Resources- including supports for parents and caregivers of autistic individuals
- Transition Resources
- Housing Resources and Advocacy
- Employment Programs

### **Contact Information:**

Website: [autismontario.com](http://autismontario.com)

Telephone: **416-246-9592**  
Toll Free: **1-800-472-7789**

Fax: **416-246-9417**

## ●●● Community Living Toronto

Community Living Toronto support children, youth, adults and families living with developmental disabilities. Services are person-directed and help develop natural networks within the community that encourage independence and personal achievement. Community Living's services are organized into three main streams: specialized services, community participation supports and respite, and supported living.

Services include:

- Adult Protective Services for folks 18+ living independently in the community with a developmental disability
- Family Support Coordination providing goal-oriented supports and services to people with an intellectual disability who live with their families or in Long Term Care (LTC) facilities who are not able to self-advocate.
- Adult and Children's Respite Services
- Supported Independent Living Services

### **Contact Information:**

Website: [cltoronto.ca](http://cltoronto.ca)

Telephone: **647-426-3220**

Email: [contactus@cltoronto.ca](mailto:contactus@cltoronto.ca)

**Some services are only accessible via referral through Developmental Services Ontario (See above)**

# Caregiver Supports



## **Woodgreen Community Services: Caregiver Wellness & Support Program/ Breathing Space Group Support Program**

The Caregiver Support & Wellness program is designed for individuals caring for a family member, partner or friend living with dementia or other cognitive or psychogeriatric issues. Our social workers provide free one-on-one counselling to help caregivers problem solve, prevent burnout and improve their health and wellbeing. The support group offers a safe space for caregivers to share their experiences and learn from one another.

1:1 appointments with caregivers can be undertaken in person, in East Toronto catchment, or over the phone/virtually, anywhere. The Breathing Space group sessions are offered virtually or by phone. One-on-one counselling sessions may be arranged in clients' homes, if needed.

### *Eligibility:*

Client (caregiver client or their care recipient) resides in East Toronto: Yonge St. to Rouge River and Eglinton Ave. to Lake Shore Blvd. Exceptions can be made upon inquiry.

## **Hospice Toronto: Caregiver Supports**

For many caregivers, the time immediately following the death of a loved one can be fraught with a range of emotions and physical reactions, often leaving caregivers confronting new challenges. The Hospice Toronto team can assist and support caregivers by referring to other community resources.

## **Sinai Health- Circle of Care: Caregiver Respite**

Sinai Health's Caregiver Respite Program offer caregiver respite care services at subsidized rates.

Services include:

- Personal Support Workers supporting bathing, grooming and toileting, as well as light housekeeping and laundry, and shopping or meal preparation.
- Adult Day Program (located near Bathurst & Rutherford) provides care to clients who are living with dementias such as Alzheimer's disease and supports their caregivers as well.
- Volunteer-run hospice care program provides emotional support, companionship, and respite for those caring for a loved one who is dying through in-home visits, phone calls, and video chats.
- Support Groups for caregivers to discuss common issues and feelings, learn coping strategies, and find out about community resources.

### *Eligibility*

The service area for Personal Support & Respite Care runs from Steeles Ave to Bloor-Danforth, and from the 427 to the Scarborough-Pickering Townline.

## **North York Seniors Centre: Caregiver Support Group**

North York Seniors Centre offer a monthly support group for folks who care for seniors to discuss common issues, practice relaxation techniques and gain support from peers. This is a joint program with Meals on Wheels and More.

The third Tuesday of each month, 4:00 to 5:30 pm at 80 Sheppard Ave West.

Free educational workshops around caregiving topics are also offered. They occur virtually on Zoom every Thursday at 11:30 a.m. See website for monthly workshop schedules.

### **Contact Information:**

Please contact Central Intake at  
**cccentralintake@woodgreen.org**  
or  
**416- 572-3575** to register.

### **Contact Information:**

Website: **hospicetoronto.ca**

Telephone: **416-364-1666**

Email: **info@hospicetoronto.ca.**

### **Contact Information:**

Website: **circleofcare.com/respite**

Telephone: **416-635-2860**

Email: **info@circleofcare.com**

### **Contact Information:**

Website: **nyseniors.org/caregiver-support/**



# ● Food Security/ Food Access

## ●●● Feed Scarborough

Feed Scarborough offer Foodbank programs, Drop In Healthy Meal Programs and Mobile Healthy Meal Programs.

Foodbanks are offered throughout the East Toronto/Scarborough area weekly and foodbank orders for pick up can be placed online.

The Mobile Healthy Meal Program runs Mondays, Wednesdays and Fridays at Teesdale Place - 11:30am - 12pm and Gordon Ridge Place - 12:30pm - 1pm. No registration required.

### Contact Information:

Website: <http://www.feedscarborough.ca>

Telephone: **416-936-3975**

## ●●● Black Food Toronto-Afri-Can Food Basket

Black Food Toronto is an initiative that provides fresh fruits and vegetables to members of Toronto's African/Caribbean/Black communities who need support in accessing healthy, culturally appropriate foods.

### Contact Information:

Website: [africanfoodbasket.ca](http://africanfoodbasket.ca)

Telephone: **416-832-5639**

## ●●● FCJ Refugee Centre: Food Distribution & Income Security

In collaboration with the City of Toronto, this program through FCJ provides food hampers to households around the GTA, as well as providing income support and other basic needs on a case by case basis.

### Contact Information:

Email: [acalleja @ fcjrefugeecentre.org](mailto:acalleja@fcjrefugeecentre.org)

Phone: **416-469-9754 ext. 231**

## ●●● Toronto Vegetarian Food Bank

Toronto Vegetarian Food Bank serves Toronto's vegetarians, vegans, and people who are trying to transition to a veg diet but aren't able to because they rely on food banks to be able to feed themselves. The purpose of the food bank program is to support food-insecure vegetarians with the challenges of the poor selection of veg-friendly foods at regular food banks.

### Contact Information:

Email: [tovegfoodbank@gmail.com](mailto:tovegfoodbank@gmail.com)  
to register and for upcoming  
foodbank schedules

## ●●● Toronto Council Fire Native Cultural Centre

Toronto Council Fire Native Cultural Centre offer a foodbank service every second Thursday from 10am-11.30am at The Gathering Place. New clients must register at <https://dailybread.link2feed.ca/>.

The centre also offers a community breakfast program: Tuesday-Thursday from 9:30 am-10 am and Saturday-Sunday (call ahead for details.)

### Contact Information:

Website: <http://www.councilfire.ca/>

Email: [infocoordinator@councilfire.ca](mailto:infocoordinator@councilfire.ca)

Telephone: **416-360-4350**

*New Clients must register at:*  
<https://dailybread.link2feed.ca/>

## ●●● Working Women Community Centre

WWCC offers food security programming for folks throughout Toronto with a central hub, the Oriole Food Space, located in the Don Mills-Sheppard area.

Services include:

- Community Food Kitchens and Food Workshops
- Community Garden Programming
- Community Markets
- Drop In Meal Programming
- The Oriole Foodbank

### Contact Information:

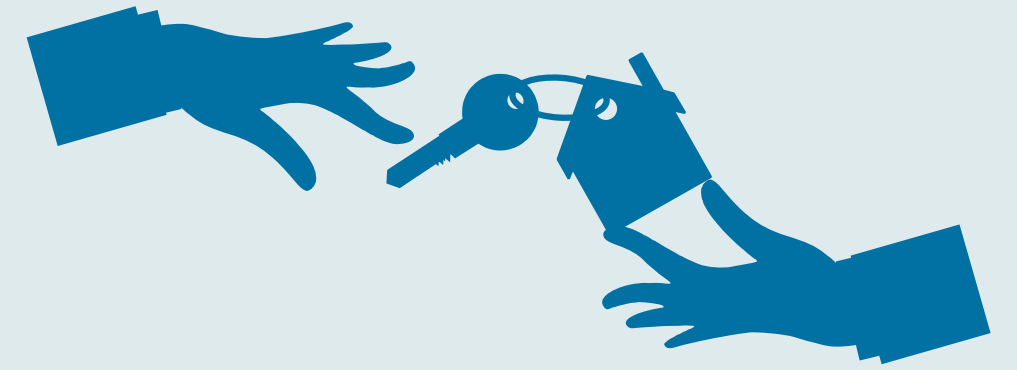
Website: [workingwomencc.org](http://workingwomencc.org)

Telephone: **416-494-7978**





# Housing Resources



## ●●● Access to Housing (Subsidized Housing Applications)

Access to Housing manages the centralized wait list for rent geared to income (subsidized) housing in Toronto.

### Eligibility:

One member of the household must be 16 years or older and at least one member must live independently with or without support services; every household member must be a Canadian citizen, permanent resident of Canada, have applied for permanent resident status or be a refugee claimant.

Applicants can apply online, in-person or through direct mail (see website for details)

**Note: Waitlists can be as long as seven to 12 years, depending on the size of unit; please refer to their website for the most accurate estimate**

### Contact Information:

Website: [toronto.ca/accesstohousing](http://toronto.ca/accesstohousing)

Telephone: **416-338-8888**

## ●●● East York Housing Help Centre

East York Housing Help Centre offer support with subsidized housing applications, eviction prevention, housing stabilization and tenants rights and responsibilities. Clients must call to book an appointment with a worker.

### Contact Information:

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

Telephone: **416-698-9306**

## ●●● The Neighbourhood Organization

The Neighbourhood Organization offers housing support programs with information on housing issues, assistance with applications for subsidized housing, Rent Bank loans, support accessing energy assistance programs and access to rental listings. The office operates on a drop-in basis Monday to Friday from 1:00 to 5:00 p.m. at the Flemingdon location on a first-come, first-served basis

### Contact Information:

Website: [tno-toronto.org/flemingdon-park](http://tno-toronto.org/flemingdon-park)

Telephone: **416-421-3054**  
(main office)

## ●●● Woodgreen Community Services

Woodgreen Community Services connects people with subsidized and affordable housing options; other housing supports, including referrals to emergency shelters, housing support centre and advocacy for tenants rights.

Dropin services are available Monday to Friday from 9:00 a.m. to 4:00 p.m.

### Contact Information:

Website: [woodgreen.org](http://woodgreen.org)

Telephone: **416-645-6000**

## ●●● The Rent Bank

Toronto Rent Bank grants provide support to Toronto residents who are behind on their rent or need help with a rental deposit. Applications are made via telephone.

Residents may be eligible for an interest-free rental arrears or rental deposit grant if they:

- Live in Toronto
- Pay market rent for a rental unit covered by the Residential Tenancies Act (RTA)
- Fall within the low-income household eligibility requirement
- Are not currently in receipt of social assistance such as Ontario Works (OW) or Ontario Disability Support Program (ODSP)\*
- Can satisfy other Toronto Rent Bank Program requirements, as required

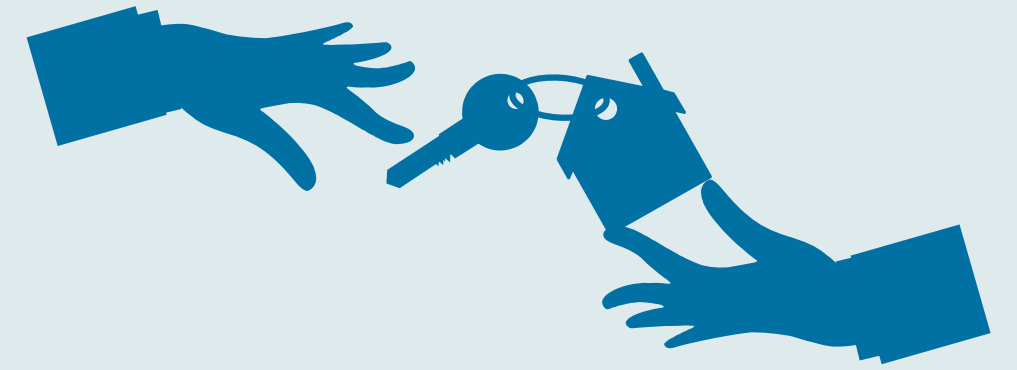
### Contact Information:

Website: [torontorentbank.ca](http://torontorentbank.ca)

Telephone: **416-397-RENT (7368)**



# Housing Resources



## ●●● Central Intake-Emergency Shelter Spaces- City of Toronto

If clients are in need of emergency shelter space, please call the City of Toronto's Central Intake line at 416-338-4766 or 1-877-338-3398 or by calling 311.

Central Intake is a City-operated, 24/7 telephone-based service that offers referrals to emergency shelter and other overnight accommodation, as well as information about other homelessness services.

Central Intake provides the following services:

- Refers callers experiencing homelessness to available emergency accommodation, including referrals to City-operated or partner-operated shelters and 24-hour respite sites
- Supports callers through warm transfers to specialized services and responds to requests for information about other services and programs that may be seen as connected to homelessness response, such as detox programs, primary and mental health care supports, refugee services and legal services
- Provides information to callers about housing stability services (for example, drop-ins, supports to daily living, housing help and eviction prevention, the Rent Bank, Office of the Commissioner of Housing Equity and Landlord and Tenant Board)

Central Intake caseworkers provide callers with referrals to shelters across the city by learning about (or assessing) the caller's needs and using a centralized information system to identify shelter spaces that are available at that time that can meet the client's needs.

While caseworkers make every effort to match callers to shelters based on their preferences, callers to Central Intake may not always be offered or accept a shelter space on their first call depending on availability at the time of the call. This is because Toronto's shelter system is complex and dynamic, and space availability changes throughout the day as people access services or find alternate accommodations. Further, some callers have specific needs or requests that limit the spaces available to them, including the need for spaces for couples, accessibility needs or supports for pets.

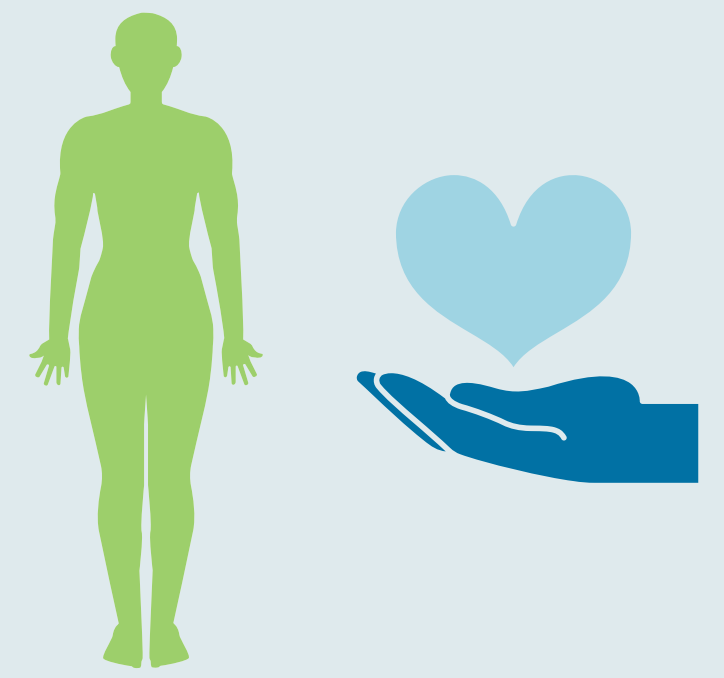
If a client contacts Central Intake and hears that there are no available beds that meet their needs at that time, the caseworker will encourage the individual to call back later, and will also offer to record the caller's phone number so they can be called back if space becomes available.

### Contact Information:

Telephone: **416-338-4766 or 311**

Toll Free: **1-877-338-3398**

# ● Eating Disorder Support



## ●●● Sheena's Place

Sheena's Place offers group-based support to people aged 17+ affected by an eating disorder or disordered eating providing professionally-facilitated groups completely free of charge. Participants do not require an eating disorder diagnosis or referral to register. Sheena's Place are committed to inspiring hope, reducing stigma, raising awareness and offering meaningful help and information at all stages of recovery.

Programs are offered seasonally and include drop-in, open and closed groups, as well as workshops on special topics which alternate every season. Participants can sign up for groups online using the program calendar.

### Contact Information:

Website: [sheenasplace.org](http://sheenasplace.org)

Telephone: **416-927-8900**

## ●●● National Eating Disorder Information Centre (NEDIC)

NEDIC is a program of the University Health Network, Toronto. NEDIC takes a non-dieting, client-centred approach and will not refer clients to diet centres. The website offers extensive information and comprehensive help resources, as well as links to other sources. Contact information and program details are provided for provincially funded programs, plus links to private providers with details such as how to access services, range of services, costs (if any), and practitioners' credentials.

### Contact Information:

Website: [nedic.ca](http://nedic.ca)

Telephone: **416-340-4156**

Toll Free Helpline: **1-866-633-4220**

# Trauma Supports



## The Gatehouse Adult Phase 1 – 15 Week Peer-Support “Out of the Darkness-Into the Light” Program

The 15-week peer-led group offers support for survivors of childhood sexual abuse in a safe and comfortable environment: A place to come together and have their voice heard. Through peer facilitated topic-focused discussions, survivors are given the tools to develop and enhance coping skills and the discuss impact of childhood sexual abuse. The group incorporates social re-connection, education, and information on the effects that sexual abuse can have. The program is led by two Gatehouse trained volunteer facilitators. This is a closed group process (intake required) and no new participants are added to the group beyond the second week. Clients may self-refer. Please note there is a cost of \$25 (total) for the 15 week schedule.

### Contact Information

Website:  
<https://thegatehouse.org/adult-support-program/>

*Complete intake form via website to register.*

## Women's College Hospital- Trauma Therapy Program

Women's College Hospital offers an OHIP covered trauma therapy program which aims to support folks who have survived childhood interpersonal trauma which may include sexual, physical or emotional violence and neglect. The Trauma Therapy Program offers a variety of best practice interventions for treatment of trauma, including Psychoeducation, CBT, Relational Therapy, Sensorimotor Psychotherapy, Internal Family Systems and Creative Expressive Therapies through short-term, time-limited therapy. Referrals to the program must be made by a physician.

### Contact Information

Telephone: **416-323-6400 ext. 4863**

## Toronto Distress Centre- Survivor Support Program

Toronto Distress Centre's Survivor Support Program offers 8 one on one weekly counselling session for folks who have lost someone to suicide or homicide. Clients may self-refer to the program.

### Contact Information

Website: [torontodistresscentre.com](http://torontodistresscentre.com)  
Telephone: **416-595-1716**

## CAMH Women and Trauma Service- Integrated Day Treatment Service

This outpatient program supports women dealing with the impact of trauma on their lives incorporating DBT, psychoeducation, skill building and coaching. The program runs half days on Monday, Tuesday, Thursday and Friday and clients must be referred by a physician.

### Contact Information

Telephone: **416-535-8501-press 2**

## A Time For Men

A free 12 week program for men who have experienced sexual abuse. Clients may self-refer by telephone and an in-person assessment will be completed before beginning in groups.

### Contact Information

Website: [bloorwestpsychotherapy.ca](http://bloorwestpsychotherapy.ca)  
Telephone: **416-432-7725**

## Fred Victor- Seeking Safety Group

A free five session skill building group for folks with experiences of trauma **and who use substances** aged 20-65. Following the five session skill building group, clients may participate in a 10-12 week follow up group. Clients may self-refer by completing the application and consent form at the adjacent link.

### Contact Information

Telephone: **416-644-3081**

### Link to Register:

<https://www.fredvictor.org/what-we-do/health-services/concurrent-disorders-support-services/>

## YWCA of Greater Toronto- Breakthrough Supports

**Imagining New Directions Group:** For women who have survived childhood sexual abuse or incest.

**Healing Through Expressive Arts Group:** For women who have experience violence or abuse.

**Stepping Into Connections:** For women new to group support.

**Creating Safety & Possibilities Group:** For women healing from the effects of intimate partner violence.

Clients may self-refer by telephone. Childcare is available while attending programs.

### Contact Information

Telephone: **416-487-7151 ext. 266**

# Family Support Programs



## ●●● South Riverdale Child-Parent Centre

SRPCPC is a non-profit organization providing free programming to all children aged 0-6 years and their parents and caregivers.

Services include:

- **Daily Drop-In:** SRCPC's core program where adults, together with the infants, toddlers and preschoolers in their care, find a warm welcome in a comfortable neighbourhood space. Children discover a stimulating and safe play environment. Parents, grandparents and caregivers are encouraged to share information and develop friendships and are provided with opportunities for learning about child development and community resources.

Drop-in hours are:

9 a.m. - 1:30 p.m. on Mondays, Thursdays and Fridays

1 p.m. - 5:30 p.m. on Tuesdays

- **Free outings**

- **Workshops:** Workshops are sometimes for adults only and sometimes for caregivers and child(ren) to enjoy together. When the workshop is for adults only, child care is provided. Workshop topics include cooking, yoga, movement with the Leslieville School of Dance, Zumba, book club and lectures from childhood literacy experts, Toronto Public Health and centre participants willing to share their skills. Registration is required ahead of time—please visit the Centre, or call 416-469-3776 for more information.

### Contact Information

Website: [srpcp.org](http://srpcp.org)

Email: [info@srpcp.org](mailto:info@srpcp.org)

Telephone: **416-469-3776**

## ●●● Canadian Mental Health Association: Family Outreach and Response (FOR) Program

The Family Outreach and Response (FOR) Program at CMHA Toronto provides support to family and friends who have a loved one experiencing a mental health issue, recognizing “family” as any person who plays a significant role in an individual’s life. FOR offers education and practical skills to help clients gain confidence in their ability to support loved ones, themselves and strengthen relationships.

Services Include:

- One-on-one support with a family worker
- A Variety of groups and workshops
- Specialized supports, including:

1. Early Intervention Family Support

Support for family and friends of young adults experiencing early signs of psychosis.

2. Dialectical Behaviour Therapy (DBT-Informed) Family Support

Support for family and friends of a loved one with a label of borderline personality disorder or other emotion dysregulation issues.

3. Family Navigation Program

In partnership with St. Joseph’s Health Centre, our family navigators provide support and education to families of individuals who encounter mental health services at the hospital.

### Contact Information

Website: [toronto.cmha.ca/family-support](http://toronto.cmha.ca/family-support)

Email: [info@cmhato.org](mailto:info@cmhato.org)

Telephone: **416-789-7957**

*FOR services are offered at the two following locations:*

- **Toronto Site: 2333 Dundas St. W., Suite 501, Toronto, ON M6R 3A6**
- **Scarborough Site: 1200 Markham Rd., Suite 500, Scarborough, ON M1H 3C3**

## ●●● Family Services Toronto- Families in Transition Program

Families in Transition (FIT) is a voluntary service supporting the emotional well-being of children and adults who are experiencing significant change brought on by separation/divorce. Professional staff works with families to find solutions, explore options using a variety of tools and approaches that promote the emotional well-being of children and their parents.

Services Include:

Short Term Counselling services for separating, divorcing and blended families

- Individual one-on-one counselling for children/youth
- Individual one-on-one counselling for parents
- Groups and workshops
- 

FIT does not offer mental health assessments, parenting capacity assessments, mediation or legal support, reunification or case management.

### Contact Information

Telephone: **416-595-9618**

*There are fees for all services at Families in Transition. Fees are based on a sliding scale to ensure that persons with all income levels can access programs.*