

HealthLinks

North York West

Resource Guide to Local Services

In the North York West Region

Health

Legal &
Financial
Help

Mental
Health

Disability
Supports

Children
& Youth

Dental
Care

Foot &
Eye Care

Seniors
Services

Career
Help &
Settlement

Central LHIN



BLACK CREEK
COMMUNITY HEALTH CENTRE

**This is an initiative of the North York West Health
Link Patient, Family & Community Advisory**

This booklet was inspired and driven by them.

This guide will help you access local services in the North York West Community.

Resources included can help you with: health care, dental care, disability supports, food, housing, home care, legal assistance, mental health, drug and medical device supports, seniors' services, and more.

All of the services listed are free or are provided at a low cost. Please call the specific service to confirm any costs or other details.

If you can't find the information you need, call the City of Toronto information line at 311 or go to <http://www.centralhealthline.ca>

Contact North York West Health Link at 416-249-8000 or nywhealthlink@bcchc.com

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Children's and Youth Services

Financial Help for Children with Special Needs

Ontario Assistance to Children with Severe Disabilities

City of Toronto Regional office

Phone: 416-325-0500

This program provides financial support for low to moderate income families to help with the extra costs of caring with a child, under 18 years, who has a severe disability

Support is between \$25-\$470/month.

Apply over the phone.

Ontario Special Services at Home Program

City of Toronto Regional office

Phone: 416-325-0500

Help is provided for families caring for a child with a developmental or physical disability through payment for special services.

Can include programs to help the child learn new skills or respite support. Funding differs per family.

Apply over the phone.

President's Children's Charity

Website:

www.presidentschoice.ca/en_Ca/community/pccc.html

Financial assistance is provided to children with special needs for essential equipment and therapies.

Families who have a child under 18 years of age and a household income of \$70 000 or less qualify.

Visit the website to apply.

Jennifer Ashleigh Children's Charity

Phone: 905-852-1799 ext.32

Funding can be provided to children with a physical or developmental disability or severe medical issue for treatment and household costs.

A household income of \$60 000 or less is required.

Call for more information or to apply.

Support for Children with Special Needs

Surrey Place

Phone: 416-925-5141

Specialized services to help children living with developmental disabilities, autism spectrum disorder and visual impairments reach their full potential.

Includes groups, workshops, one-on-one treatment, family counseling and group support.

No referral needed.

Adventure Place

Phone: 416-744-7650 ext. 228

Services are provided to reduce the impact of difficulties and special needs and to help children achieve their potential.

Includes community based treatment, support services and day treatment programs.

A parent or guardian can access the programs by phone.

Speech, Language and Hearing Support

Toronto Infant Hearing Program

Phone: 416-338-8255

Support for hearing & hearing loss.

All children 0-2 months of age can receive newborn hearing screening.

Children ages 2-24 months of age who have a risk factor associated with permanent hearing loss or have been identified with hearing loss and children 24 months - 6 years with permanent hearing loss can get support. Includes hearing assessments, hearing technology evaluations, and family support.

OHIP is not needed.

**Toronto Preschool Speech
and Language Program**

Phone: 416-338-8255

Help for children with speech and language concerns, at no cost. Available for children from birth to when they start junior kindergarten.

The program offers assessment, monitoring, home programs for caregivers, parent and caregiver education, individual therapy, and other services.

OHIP is not needed.

After School and Recreational Programming

**City of Toronto
Welcome Policy**

Phone: 416-338-2000

An annual amount is provided to low income individuals/families to be spent on any City of Toronto recreation programs.

Apply over the phone.

All organizations listed provide low cost/free afterschool or recreational programming for children and/or youth.

Call to find out what is programming offered, any costs and how to register.

Amesbury Community Centre

Phone: 416-395-7802

1507 Lawrence Ave W, Toronto ON, M6L 1A8

Drop in and Recreational children's and youth programming

BELKA

Phone: 416-276-0852

120 Norfinch Drive, Toronto ON, M3N 1X3

Afterschool programming and homework help

Black Creek Public Library

Phone: 416-395-5720

Sheridan Mall, 1700 Wilson Avenue, Toronto ON, M3L 1B2

Afterschool programming

Brookview Middle School Boys & Girls Club

Phone: 416-395-2120

4505 Jane Street, Toronto ON, M3N 2K7

Afterschool programming and arts based programming

Chalkfarm Community Centre

Phone: 416-395-7802

180 Chalkfarm Drive, Toronto ON, M3L 2H8

Afterschool, youth and march break/summer programming

Carmine Stefano Community Centre

Phone: 416-395-6127

3100 Weston Road, Toronto ON, M9M 2S7

Children's and youth recreational programming

Doorsteps Neighbourhood Services

Phone: 416-243-5480

Chalkfarm location: 180 Chalkfarm Drive, Toronto ON, M3L 1K4

Daystrom location: 25 Daystrom Drive, M9M 2A8

Falstaff location: 40 Falstaff Avenue, M6L 2E1

Children's recreational programming at various locations

Downsview Public Library

Phone: 416-395-5720

2793 Keele Street, Toronto ON, M3M 2G3

Afterschool programming

Driftwood Community Recreation Centre

Phone: 416-395-7944

4401 Jane Street, Toronto ON, M3N 2K3

Afterschool, youth, and march break/summer programming

Falstaff Community Centre

Phone: 416-395-7924

50 Falstaff Avenue, Toronto ON, M6L 2C7

Afterschool, youth and march break/summer programming

Glen Long Community Centre

Phone: 416-395-7961

35 Glen Long Avenue, Toronto ON, M6B 2M1

Drop-in youth programming and recreational children's programming

Gord & Irene Risk Community Centre

Phone: 416-395-0355

2650 Finch Avenue W, Toronto ON, M9M 3A3

Recreational children's programming, march break/summer camps

Jane and Finch Boys & Girls Club

Phone: 416-636-6650

300 Grandravine Drive, Toronto ON, M3N 1J4

Afterschool, youth, and march break programming

Jane and Finch Community & Family Centre

Phone: 416-663-2733

4400 Jane Street, Toronto ON, M3N 2K4

Programming for youth between 13-30 years of age

Oakdale Community Centre

Phone: 416-395-0484

350 Grandravine Drive, Toronto ON, M3N 1J4

Afterschool, youth and march break/summer programming

Pelmo Park Community Centre

Phone: 416-395-7956

171 Pellatt Avenue, Toronto ON, M9N 2P5

Children's recreational programming

Yorkwoods Public Library

Phone: 416-395-5980

1785 Finch Ave. W, Toronto ON, M3N 1M6

A variety of programming including homework help and the arts.

Chiropody and Foot Care

Organizations Providing Free Foot Care

Black Creek Community Health Centre

Sheridan mall location

Phone: 416-249-8000
2202 Jane Street, Unit 5, Toronto ON

Yorkgate mall location

Phone: 416-246-2388
1 Yorkgate Blvd, Suite 202, Toronto ON

No OHIP needed. Can self-refer or have doctor's referral. Must live in service area.

Provides treatment, foot care, education and referrals for the general population as well as those living with Diabetes.

Unison Health and Community Services

Keele Rogers location

Phone: 416-653-5400
1651 Keele Street, Toronto ON

Lawrence Heights location

Phone: 416-787-1661
12 Flemington Road, Toronto ON

Jane Trethewey location

Phone: 416-645-7575
1541 Jane Street, Toronto ON

No OHIP needed. Can self-refer or have doctor's referral. Must live in service area.

Provides treatment, foot care, education and referrals for the general population.

Humber River Family Health Team

Dixon location

Phone: 647-342-8266
245 Dixon Road, Toronto ON, M9P 2M4

Mount Dennis/Black Creek location

Phone: 416-763-1171
2050 Weston Road, Toronto ON,

Can self-refer or have doctor's referral. Must live in service area.

Provides treatment, foot care, education and referrals for the general population.

Private Providers of Low Cost Foot Care

<p>Accent on Feet Phone: 416-635-8637 4430 Bathurst Street, Toronto ON <i>Near Lawrence St W and Bathurst St</i></p>	<p>Podiatry Services</p>
<p>Blackcreek Foot & Orthotic Clinic Phone: 647-350-3888 1635 Lawrence Ave W, Toronto ON <i>Near Lawrence Ave W & Black Creek</i></p>	<p>Chiropody Services</p>
<p>Downsview Wellness Clinic Phone: 647-352-1234 2780 Jane St., Toronto ON <i>Near Finch Ave W. & Jane St.</i></p>	<p>Chiropody Services</p>
<p>Foot Care Place Phone: 416-746-3668 2065 Finch Ave W, Toronto ON <i>Near Finch Ave W and Jane St</i></p>	<p>Chiropody Services</p>
<p>North York Seniors Centre Phone: 416-733-4111 80 Sheppard Ave W, Toronto ON <i>Near Sheppard Ave W & Younge St</i></p>	<p>Podiatry Services</p>
<p>Promed Foot Clinic Phone: 416-630-8819 1315 Finch Ave W, Toronto ON <i>Near Jane St. & Hwy 400</i></p>	<p>Chiropody Services</p>
<p>Robert Mark Warner Phone: 416-635-2986 3695 Keele Street, Toronto ON <i>Near: Finch Ave W and Keele St</i></p>	<p>Podiatry Services</p>

Dental Care

Programs providing Low Cost/Free Dental Care

Healthy Smiles Ontario

Toll Free: 1-844-296-6306
TTY toll free: 416-327-4282

A Government of Ontario program that provides free preventative, routine & emergency dental services for children and youth 17 years and younger. Families must be on OW or ODSP, or meet income requirements.

Ontario Works (OW)/ Ontario Disability Support Program (ODSP)

Phone: 416-325-5666 or Contact your local office

If you are on OW or ODSP, you may qualify for some basic dental coverage or emergency coverage. Speak to your worker.

Organizations providing Low Cost/Free dental care

Toronto Student College Dental Clinic

Phone: 416-423-3099
28 Vanley Cres, Toronto ON, M3J 2B8

Affordable dental care cleanings and x-rays provided by dental students under the guidance of registered staff.

Unison Health & Community Services

Phone (Jane St.): 416-338-1254
1541 Jane St., Toronto ON

Phone (Lawrence): 416-787-1661
12 Flemington Road, Toronto ON

Phone (Keele St.): 416-338-1224
1651 Keele St., Toronto ON

Phone (Finch St.): 647-436-0385
540 Finch Ave W, Toronto ON

Free dental care for:
-Children, 2-18 years of age*
-Adults, 18 -65 years of age with Ontario Works (OW) or Ontario Disability Support Program (ODSP)
-Seniors, 65 years of age or older*
*Some restrictions apply

<p>Faculty of Dentistry, University of Toronto</p> <p>Phone: 416-979-4927 101 Elm Street, Toronto ON, M5G 2L3</p>	<p>Low cost care, including an adult clinic, children's clinic and orthodontic clinic.</p> <p>Open September to June</p>
<p>George Brown College, Wave Dental Clinic</p> <p>Phone: 416-415-4547 51 Dockside Dr., Toronto ON, M5A 0B6</p>	<p>Low cost cleanings, small fillings and dentures.</p> <p>Open September to June</p>
<p>Regent Park Community Centre Dental Clinic</p> <p>Phone: 416-364-7019 465 Dundas St. E, Toronto ON, M5A2B2</p>	<p>Basic services, including exams, cleaning, x-rays, fillings, etc.</p>
<p>Queen West – Central Toronto Community Health Centre</p> <p>Phone: 416-703-8481 168 Bathurst St., Toronto ON, M5V 2R4</p>	<p>Basic dental services, including cleanings, fillings, and root canals, for youth/adults at a reduced rate or on OW/ODSP plans.</p>
<p>Volunteer Urban Dental Clinic</p> <p>Phone: 416-289-4349 3000 Lawrence Ave. E, Scarborough ON, M1P 2V1</p>	<p>Provide low cost dental care including emergency care, x-rays, fillings, cleanings.</p>

Dentists Providing Low Cost Dental Care

<p>Dentistry on Wilson</p> <p>Phone: 416-244-5544 1623 Wilson Ave. Toronto ON, M3L 1A5</p>	<p>Accept OW/ODSP plans, as well as Health Smiles Ontario (HSO). Payment plans available.</p>
<p>Dr. Michael Chernick</p> <p>Phone: 416-243-1300 1593 Wilson Av, Toronto ON, M3L 1A5</p>	<p>Accept OW/ODSP plans, Healthy Smiles Ontario (HSO) and Non-Insured Health Benefits (NIHB).</p>
<p>Dr. Jack Fingrut & Associates</p> <p>Phone: 416-748-3353 2780 Jane Street, Toronto ON, M3N 2J2</p>	<p>Accept OW/ODSP plans as well as Health Smiles Ontario (HSO). Cost can be discretionary to dentist.</p>

<p align="center">North York Sheridan Dental Clinic</p> <p>Phone: 416-244-5638 1700 Wilson Ave., Toronto ON, M3L1B2</p>	<p>Accept OW/ODSP plans as well as Health Smiles Ontario (HSO).</p> <p>Denturist on site.</p> <p>Payment plans available.</p>
<p align="center">Pars Dental Clinic</p> <p>Phone: 416-630-1417 2821 Keele St., Toronto ON, M3M 2G6</p>	<p>Discounted rates for Seniors, Same Day Emergency Care, and for certain professions. Call for details</p>
<p align="center">Toronto Smile Centre</p> <p>Phone: 416-636-6730 1394 Wilson Ave, Toronto ON, M3M1H8</p>	<p>Accept OW/ODSP plans as well as Health Smiles Ontario (HSO).</p> <p>Payment plans available.</p>

Disability Supports

Information and Referral

<p align="center">Centre for Independent Living in Toronto</p> <p align="center">Phone: 416-599-2458</p>	<p>Information and referrals to people with disabilities, and their family members, for a variety of services.</p> <p>Includes information and referrals to independent living, housing, attendant services, transportation, employment and more.</p>
<p align="center">Developmental Services Ontario (DSO) – Toronto</p> <p align="center">Phone: 1-855-372-3858</p>	<p>Individuals 16 years or older, living in Toronto, who have a developmental disability, can access services through DSO Toronto.</p> <p>DSO will assess if individuals are eligible to receive services and supports, complete a support plan, and connect individuals to supports</p> <p>Supports include funding, respite for caregivers, residential services and supports, access to adult protective services workers, and more.</p>

Disability Support Services

Access Independent Services

Phone: 416-780-1650

Provides opportunities for adults with physical disabilities to live independently in the community.

Includes supportive housing programs, personal attendant support, and other services.

Apply through Centre for Independent Living Toronto (see previous page).

Community Head Injury Resource Services of Toronto (CHIRS)

Phone: Intake 416-240-8000

Also available by email at intake@chirs.com

Supports for adults living with Acquired Brain Injury. Outreach, case management, supported living, day program, neurobehavioural intervention for individuals with complex needs including mental health and substance use

Community Living Toronto

Phone: 647-426-3220

Various locations across Toronto, including North York

Provides opportunities for adults and children with developmental or physical disabilities.

Includes day programs, employment assistance and skills development, case management, and housing.

For those 16 years and older, apply through Developmental Services Ontario (see previous page).

Pace Independent Living

Phone: 416-789-7806

970 Lawrence Avenue West,
Toronto ON, M6A 3B6

Personal support, supportive housing, and other services for people with disabilities.

Includes specialized programming for individuals with acquired brain injuries.

Apply through Centre for Independent Living Toronto (see previous page).

Employment Services

<p>Employment Ontario</p> <p>Phone: 1-800-387-5656</p>	<p>Provides information and referrals for training, skills building, and finding a job.</p> <p>Connect with career counselors and access job postings.</p>
<p>Humber College Community Employment Services</p> <p>Phone: 416-631-7600</p> <p>1700 Wilson Avenue, North York Sheridan Mall, Toronto ON, M3L 1B2</p>	<p>Free employment services for all job seekers in the greater Toronto area.</p> <p>Includes: career planning, employment and training supports, education planning for training or skills upgrading, second career information, mentoring, referrals.</p>
<p>JVS Employment Source</p> <p>Phone: 416-636-2481</p> <p>Jane Finch Mall, 1911 Finch Avenue West, Unit 3 Toronto ON M2N 2V2</p>	<p>Free employment services.</p> <p>Includes: career exploration, job search support, mentoring, job coaching, employment workshops, second career planning and information/referrals.</p>
<p>Learning Enrichment Foundation</p> <p>Phone: 416-244-8982</p> <p>1267 Weston Road, North York ON, M6M 4P9</p>	<p>For newcomers, those out of the workforce for some time, new graduates, those looking for training or just completed training.</p> <p>Includes: workshops, career counselling, career exploration, and information/referrals. Also, offer a variety of training courses and certification courses.</p>
<p>Mennonite New Life Centre Keele Site</p> <p>Phone: 647-776-2057</p> <p>2737 Keele Street, Unit 9, Toronto ON, M3M 2E9</p>	<p>Employment services for newcomers. Includes working with counselors for planning and job search support.</p> <p>Also, offer a bridge training program for international trained psychologists and allied mental health professionals</p>

Eye Care

Government Eye Care Coverage

OHIP Eye Care coverage

Phone: 1-866-532-3161

People aged 65 years and older, and younger than 20 are covered by OHIP for routine yearly eye exams.

Services are available for people of any age with medical conditions or disease affecting the eyes.

People of any age with other health conditions, such as diabetes, glaucoma, cataracts, can receive eye exams once a year.

If you are receiving Ontario Works or ODSP, you are eligible for an eye exam every 2 years.

Phone for more information or talk to your health care provider.

Organizations Providing Eye Care Assistance

LensCrafters Gift of Sight Program

Yorkdale Phone: 416-787-2078

3401 Dufferin Street, Toronto ON

Free eye tests and glasses are provided to individuals in need.

You require a referral letter to be written by a charitable organization which can then be taken to any LensCrafters.

Ontario Association of Optometrists Eye See Eye Learn

Phone: 1-800-540-3837

The Program provides eye exams by participating local optometrists to junior kindergarten students with OHIP.

If a pair of eye glasses is required, a complimentary pair of glasses is provided.

Food, Clothing and Housing

Food & Clothing Banks

Food and clothing banks have certain areas that they serve. Call the numbers below to find out the food banks in your area.

Find out the identification (I.D) requirements of the food/ clothing bank. Check if you need an appointment or can drop in.

Toronto 211 Phone: 211	Information on food and clothing banks closest to you
Food Link Phone: 416-392-6655	Connect to food programs including food banks, meal programs, community kitchens and gardens

Mobile Food/Meals on Wheels

Humber Community Seniors Services Phone: 416-249-7946	Delivers hot fresh meals 5 days a week and frozen meals on weekends. Specialized meals for restricted diets are also available. Clients must live in the service area.
Lumacare Phone: 416-398-5511	Delivers meals to individuals in need. Meals are frozen and delivered once a week. Costs vary and dietary needs accommodated. Clients must live in the service area.
Red Cross Mobile Food Bank Phone: 416-236-3180	Provides food delivery to people who are unable to access a food bank due to disability.
Villa Colombo Services for Seniors Phone: 416-780-0407	Provides Italian style meals to seniors. Costs vary and special diets are accommodated. Clients must live in the service area.

Housing

<p>Centre for Equality Rights in Accommodation Phone: 416-944-0087</p>	<p>Advocacy services for preventing evictions and ending housing discrimination.</p> <p>Does not provide legal advice but will work with and refer to community legal clinics.</p>
<p>Co-operative Housing Federation of Toronto Phone: 416-465-8688 Website: co-ophousingtoronto.coop</p>	<p>Information for co-op housing.</p> <p>Co-operative housing is member controlled housing that provides affordable housing for people on moderate incomes.</p>
<p>COSTI – Housing Help Phone: 416-244-0480 1618-1700 Wilson Ave (Sheridan Mall), Toronto ON, M3L 1A3</p>	<p>Information on housing, both market rent and subsidized. Can advise on housing issues and eviction.</p> <p>Can assist with rent bank and utility grants.</p>
<p>Housing Connections Phone: 416-981-6111 176 Elm St, Toronto ON, M5T3M4 Website: housingconnections.ca</p>	<p>Manages and maintains a centralized waiting list for subsidized rental units in Toronto.</p> <p>Apply for subsidized housing applications in person or online.</p>
<p>Shelter Central Intake Line Phone: 416-338-4766 or 311</p>	<p>Provides placement into available shelters for people who are at risk of/are homeless or are fleeing abusive situations.</p>
<p>Supportive Housing – Access Point Phone: 416-640-1934 Website: theaccesspoint.ca</p>	<p>A centralized place to apply for supportive housing for individuals with mental health and addictions.</p> <p>Can also apply online.</p>

<p>Toronto Tenant Hotline Phone: 416-921-9494</p>	<p>Provides free information about tenant rights in apartments or condominiums.</p> <p>Counsellors can provide advice in over 150 languages.</p>
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Financial Assistance

Programs Providing Financial Assistance

<p>Family Service Toronto MCSS Passport Program</p> <p>Phone: 416-780-1106</p>	<p>This program helps adults 18 years or older with a developmental disability by providing funding for services and supports.</p> <p>This includes aid to take part in community classes, hire a support worker or get respite.</p>
<p>Ontario Works/Ontario Disability Support Program</p> <p>Service Ontario phone: 1-800-267-8097</p>	<p>These programs help eligible residents of Ontario who are in financial need.</p> <p>Employment assistance and supports are provided along with financial assistance.</p> <p>Apply at your local office. Find out where your local office is by calling Service Ontario.</p>

Credit Counseling Services

<p>Credit Counselling Society</p> <p>Phone: 1-888-527-8999 or 647-776-0485</p> <p>Suite 520-425 Bloor St E, Toronto ON, M4W 3R4</p>	<p>This free service provides help over the phone or in person to solve debt problems, manage money better and use credit responsibly.</p> <p>Can also assist in reducing or interest charges from credit cards.</p>
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Tax Clinics

These clinics provide free assistance to complete taxes. Some clinics are open year-round, and others are seasonal (February to April). Many clinics have criteria you must meet.

Call for more information.

Bernard Betel Centre for Creative Living

Seasonal Tax Clinic

Phone: 416-225-2112

1003 Steeles Avenue W, Toronto ON, M2R 3T6

COSTI Immigrant Services, North York Centre

Seasonal tax clinic

Phone: 416-244-0480

Sheridan Mall, 1700 Wilson Ave., Suite 206, Toronto ON, M2L 1B2

Doorsteps Neighbourhood Services

Seasonal tax clinic

Phone: 416-241-9430

1700 Wilson Avenue, Toronto On, M2L 1B2

Jane Finch Community and Family Centre

Seasonal tax clinic

Phone: 416-663-2733

4400 Jane St., Suite 108, Toronto ON, M3N 2K4

North York Community House

Seasonal tax clinic

Phone: 416-784-0920

Lawrence Square Mall, 700 Lawrence Ave W, M6A 3B4

Northwood Neighbourhood Services

Year-round tax clinic

Phone: 416-748-0788

1860 Wilson Avenue, Suite 400, Toronto ON, M9M 3A7

York University – TD Community Engagement Centre

Seasonal tax clinic

Phone: 416-736-5980

Yorkgate Mall, 1 Yorkgate Blvd, Suite 232A, Toronto ON, M3N 3A1

Health Care

After Hours and Walk-in Clinics

<p>After Hours Children's Clinic Phone: 416-665-8515 2100 Finch Ave W, Toronto, M3N 2Z9 <i>Near Jane and Finch Ave W.</i></p>	<p>After hours clinic for Children Only <i>Hours:</i> Monday-Friday: 6:30 pm -10 pm Weekends: 10 am - 4 pm</p>
<p>Appletree Medical Centre Phone: 647-722-2370 4700 Keele St, Toronto ON, M3J 1P3 <i>Near Steeles Ave W and Keele St</i></p>	<p>Walk-in Clinic inside York Lanes <i>Hours:</i> Monday – Friday: 9 am- 6 pm Weekends: Closed</p>
<p>Downsview Medical Centre Phone: 416-247-3261 1595 Wilson Ave, Toronto, ON, M3L1A5 <i>Near Jane and Wilson Ave</i></p>	<p>Walk-in Clinic <i>Hours:</i> Mon, Wed, Friday: 9 am- 6 pm Saturday: 9 am- 2 pm</p>
<p>Dufferin Family Care Centre Phone: 416-739 1562 51 Gerry Fitzgerald, Toronto, M3J3N4 <i>Near Sheppard Ave. and Jane St</i></p>	<p>Walk-in Clinic, Canadian Superstore <i>Hours:</i> Monday – Friday: 9 am -8 pm Saturday & Sunday: 9 am – 4pm</p>
<p>Fitpac Walk In Phone: 416-661-7155 4640 Jane St, North York ON, M3N 2K5 <i>Near Jane St. & Steeles Ave. W</i></p>	<p>Walk-in Clinic <i>Hours:</i> Monday – Friday: 10 am- 5 pm Saturday & Sunday: Closed</p>
<p>Four Winds Medical Clinic Phone: 416-665-7708 45 Four Winds, Toronto ON, M3J1K7 <i>Near Finch Ave W & Keele St</i></p>	<p>Walk-in Clinic <i>Hours:</i> Monday: 9:30am- 3:30 pm Tues, Wed.: 9:30 am – 6 pm Thursday: 9:30 am- 7 pm Friday: 9:30 am -12:30 pm Saturday: Closed Sunday: 10 am- 12:30 pm</p>

<p align="center">Islington Clinic</p> <p>Phone: 416-613-4980 2683 Islington, Toronto ON, M9V 2X7 <i>Near Islington Ave. and Albion Rd</i></p>	<p>Walk-in Clinic <i>Hours:</i> Monday – Friday: 10 am- 6 pm Saturday: 10 am – 5 pm Sunday: Closed</p>
<p align="center">Jack Nathan Walk-In Clinic</p> <p>Phone: 416-614-7999 1700 Wilson Ave, Toronto ON, M3L 1B2 <i>Near Wilson Ave and Jane St.</i></p>	<p>Walk-in Clinic inside Walmart <i>Hours:</i> Monday – Friday: 10 am- 7 pm Saturday: 9 am – 5pm Sunday: 9 am- 2 pm</p>
<p align="center">Jane Medical Clinic</p> <p>Phone: 416-748-6936 2780 Jane Street, Toronto ON, M3N 2J2 <i>Near Finch Ave. and Jane St.</i></p>	<p>Walk-in Clinic <i>Hours:</i> Monday, Tues, Wed: 12 pm- 4 pm Thursday & Friday: 2 pm – 5 pm Saturday: 12:30 pm – 3 pm Sunday: Closed</p>
<p align="center">Jane Medical Walk-In Clinic</p> <p>Phone: 416-614-9686 3585 Keele St., Toronto ON. M3M 2H7 <i>Near Sheppard Ave and Keele St.</i></p>	<p>Walk-in Clinic <i>Hours:</i> Monday – Friday: Open 24 hours Saturday and Sunday: Closed</p>
<p align="center">Marlee Medical Centre</p> <p>Phone: 416-780-9986 249 Marlee Ave, Toronto ON, M6B 4B8 <i>Near Jane St. & Steeles Ave. W</i></p>	<p>Walk-in Clinic <i>Hours:</i> Monday – Thursday: 9 am- 7:30 pm Friday: 9 am – 4 pm Saturday & Sunday: 10 am – 2 pm</p>
<p align="center">Medical Walk-In Centre</p> <p>Phone: 416-241-5281 2077 Weston Rd, Toronto ON, M9N 1X7 <i>Near Weston and Lawrence Ave.</i></p>	<p>Walk-in Clinic <i>Hours:</i> Monday – Friday: 9 am- 6 pm Weekends: Closed</p>
<p align="center">MCI: The Doctor’s Office Jane Finch Mall</p> <p>Phone: 416-636-7077 3869 Jane Street, Toronto ON M3N 2K1 <i>Near Finch Ave W and Jane St.</i></p>	<p>Walk-in Clinic in Jane Finch Mall: <i>Hours:</i> Monday, Tuesday, Thursday, Friday: 9 am- 7 pm Wednesday: 9 am – 5 pm Saturday: 9 am – 6 pm Sunday: 10 am – 5 pm</p>

<p align="center">North Park Medical</p> <p>Phone: 416-244-4377 2355 Keele St, North York ON, M6M4A2 <i>Near Lawrence Ave W & Keele St.</i></p>	<p>Walk-in Clinic</p> <p><i>Hours:</i> Monday – Friday: 9 am- 8:30 pm Saturday and Sunday: 10 am – 4pm</p>
<p align="center">North York Medical Centre</p> <p>Phone: 416-243-2272 1575 Jane Street Unit #7, North York, ON, M9N 2R4 <i>Near Jane St. and Trethewey Dr.</i></p>	<p>Walk-in Clinic</p> <p><i>Hours:</i> Monday – Friday: 8 am- 8 pm Saturday: 8 am – 3 pm Sunday: 9 am- 2 pm</p>
<p align="center">Oakdale Medical Walk-In Clinic</p> <p>Phone: 416-901-5119 3065 Finch Ave W, Toronto ON, <i>Near Finch Ave W. and Jane St.</i></p>	<p>Walk-in Clinic</p> <p><i>Hours:</i> Monday, Wed., Friday: 9 am- 6 pm Tuesday, Thursday: 9 am- 7 pm Saturday: 10 am – 2 pm Sunday: Closed</p>
<p align="center">Regent Medical Clinic</p> <p>Phone: 416-398-4500 2737 Keele St, Toronto ON, M3M 2E9 <i>Near Keele and Wilson Ave</i></p>	<p>Walk-in Clinic</p> <p><i>Hours:</i> Mon, Wed, Friday: 9 am- 8 pm Tuesday & Thursday: 9 am – 5 pm Saturday & Sunday: Closed</p>
<p align="center">Trethewey Walk-In Clinic</p> <p>Phone: 416-240-9993 508 Trethewey Dr, Toronto, M6M 4C2 <i>Near Black Creek Dr. and Trethewey Dr.</i></p>	<p>Walk-in Clinic</p> <p><i>Hours:</i> Monday, Wednesday: 10 am- 6 pm Saturday: 10 am – 4 pm</p>
<p align="center">Weston Road Medical Centre</p> <p>Phone: 416-242-2216 1995 Weston Rd, Toronto ON, M9N 1X2 <i>Near Weston Rd and Lawrence</i></p>	<p>Walk-in Clinic</p> <p><i>Hours:</i> Monday – Friday: 9 am- 8 pm Saturday: 9 am – 4 pm Sunday: 10 am- 4 pm</p>

Community Health Centres

Access Alliance

Access Point on Jane

Phone: 416-760-8677

761 Jane Street, Toronto ON

Central location

Phone: 416-324-8677

340 College St., Ste. 500, Toronto ON

Access Point on Danforth

Phone: 416-693-8677

3079 Danforth Avenue, Toronto ON

Free services including Primary Health Care, Diabetes Education, and nutrition counselling. Also, a variety of community programs and settlement services are offered. The Access Point on Jane also includes a Walk-in-clinic for noninsured individuals.

Black Creek Community Health Centre

Sheridan Mall location

Phone: 416-249-8000

2202 Jane Street, Unit 5, Toronto ON

Yorkgate Mall location

Phone: 416-246-2388

1 Yorkgate Blvd, Suite 202, Toronto ON

Provides free health services to those living in the service area.

Includes registered primary health care, nutrition counselling, chronic disease management and prevention, foot care, breastfeeding support and other community programming.

Unison Health & Community Services

Bathurst Finch location

Phone: 647-436-0385

540 Finch Ave W., Toronto ON

Lawrence Heights location

Phone: 416-787-1661

12 Flemington Road, Toronto ON

Jane Trethewey location

Phone: 416-645-7575

1541 Jane Street, Toronto ON

Keele Rogers location

Phone: 416-653-5400

1651 Keele St., Toronto ON

Multi-service health centre, including health and social services.

Includes registered primary health care, nutrition counselling, chronic disease management and prevention, foot care, breastfeeding support and other community programming.

Family Health Teams/NP Clinics

Emery Keelesdale Nurse Practitioner Led Clinic

Islington Office

Phone: 647-476-1315

2972 Islington Avenue, Toronto ON

Eglinton Office

Phone: 647-476-1351

2562 Eglinton Avenue W, Toronto ON

Provides primary health care (including physical check-ups and providing prescriptions), chronic disease prevention and management, and other care.

For registered clients with OHIP.

Humber River Family Health Team

Dixon site

Phone: 647-342-8266

245 Dixon Road, Toronto ON, M9P 2M4

Mount Dennis/Black Creek site

Phone: 416-763-1171

2050 Weston Rd, Toronto ON, M9N1X9

Free health services including primary health services and mental health services through social workers. Diabetes education, dietitians, foot care, care for seniors, and COPD/asthma services.

Clients must register for services.

Jane Finch Family Health Team

Phone: 416-745-4555

1 Yorkgate Blvd (Yorkgate Mall),
Toronto ON, M3N 3A1

A variety of free services for registered clients. Includes primary health care, nutritional counseling, diabetes education, smoking session, obstetrical services and mental health services.

West Park Family Health Team

Phone: 416-243-3706

82 Buttonwood Avenue, Toronto ON,
M6M 2J5

Interdisciplinary team of health professionals providing primary health care, diabetes management, hypertension/cardiovascular education, nutrition counselling, mental health counselling and smoking cessation services.

House Call Doctors

Toronto House Call

Phone: 416-631-3000

This service arranges doctors to come to the home, 7 days a week.

Patients must live in the Toronto area. Services are free with a valid Ontario Health Card.

National Home Doctor Service/MedVisit

Phone: 1-888-353-7425

Doctors treat patients with urgent (non-life threatening), acute conditions at home. Care provided on weekends, weeknights, and holidays. Free for those with valid OHIP

Sexual Health Clinics and Information

AIDS & Sexual Health Info Line

Phone toll free: 1-800-668-2437

Phone: 416-392-2437

Speak to counselors about HIV/AIDS, sexually transmitted infections and safer sex activities. Referrals to sexual health clinics.

Free and anonymous service.

Birth Control & Sexual Health Centre

Phone: 416-789-4541

960 Lawrence Avenue W, Suite 403,
Toronto ON, M6A 3B5

No OHIP or referral needed. Call for an appointment.

Provides birth control counseling, low cost or free birth control, free condoms, HIV testing and more.

Black Creek Community Health Centre Sexual Health Drop in

Sheridan mall location

Phone: 416-249-8000

2202 Jane Street, Toronto ON,

Yorkgate mall location

Phone: 416-246-2388

1 Yorkgate Blvd, Toronto ON

No OHIP or referral needed. Walk in.

Provides birth control counseling, low cost or free birth control, free condoms, HIV testing and more

Sheridan hours:

Tuesday & Thursday 3:30 – 6:00 PM

Yorkgate location hours:

Wednesday: 2:00 – 5:30 PM

<p>The Jane Street Clinic Phone: 416-338-7272 662 Jane St, Toronto ON, M6N 4A7</p>	<p>No OHIP or referral needed. Walk in. Provides birth control counseling, low cost or free birth control, free condoms, HIV testing and more. <i>Hours:</i> Tuesday: 1:00 – 5:30PM Wednesday: 2:00 – 6:30PM Thursday: 9:30 -11:30AM, 1-4PM</p>
<p>The Talk Shop Phone: 416-338-7000 5110 Yonge St., Toronto ON, M2N6M1</p>	<p>No OHIP or referral needed. Walk in. Provides birth control counseling, low cost or free birth control, free condoms, HIV testing and more. <i>Hours:</i> Monday, Thursday: 2:00 -6:30 PM Wednesday: 9:30 AM – 3:30AM</p>

Home Care

Information and Referrals

Community Care Access Centre (CCAC) – Central
Phone: 416-222-2241

Community Care Access Centres provide a wide range of health care services and resources to support at home. This can include help with personal care, grooming, or cleaning. Care is available regardless of age.

CCAC will conduct an initial assessment to determine the right care that is needed.

Provided at no cost or low cost.

See Seniors Services for more information on home care pg. 39

Legal Assistance

Aboriginal Legal Clinic

Phone: 416-408-4041

211 Yonge Street., Suite 500,
Toronto ON, M5B 2H1

Legal services are provided for Aboriginal people living in the City of Toronto.

Assistance provided for: Housing, ODSP/OW, Indian act matters, Canada Pension, Disability, Police Complaints, Criminal Injuries, and Human Rights.

Community & Legal Aid Services Programme (CLASP)

Phone: 416-736-5029

York University, Osgoode Hall Law School, 4700 Keele St., Toronto ON, M3J 1P3

CLASP is a free legal clinic run by law students who are supervised by licensed lawyers.

Legal services are provided to low income individuals in administrative, criminal, employment, family and immigration Law.

Legal information can also be given over the phone.

Jane Finch Legal Clinic

Phone: 416-398-0677

1315 Finch Avenue W., Suite 409,
Toronto ON, M3J 2G6

Free unbiased legal services are provided to low income community members within the service area.

Legal services provided for immigration, tenant rights, government assistance/benefits appeals, power of attorney, commissioning and notarizing.

Legal Aid Ontario

Phone: 1-800-668-8258

Free general legal information. If applicable, a lawyer can provide advice over the phone.

Provides legal aid certificates for eligible individuals – vouchers for legal services that can be used at approved lawyer's offices.

Areas covered include criminal legal matters, family law, and refugee/immigration matters.

<p>Legal Aid Ontario – Francophone Advice Line</p> <p>Phone: 1-877-966-7345</p>	<p>Services provided by the Centre de Francophone de Ontario.</p> <p>Areas covered include immigration, housing, employment standards, consumer rights, human rights, social and disability benefits.</p>
<p>Victim/Witness Assistance Program, Ministry of the Attorney General</p> <p>Phone: 416-314-0009</p>	<p>Provides information, assistance and support to victims and witnesses of crime.</p> <p>Services begin once police charges have been laid.</p>

Mental Health

Information and Referral

<p>Mental Health Helpline</p> <p>Phone: 1-866-531-2600</p>	<p>Free and confidential service that provides information and referral to counselling services and supports.</p> <p>Provides support and strategies to help meet goals, and basic education about mental health.</p> <p>Service provided in 170 languages.</p>
<p>The Access Point</p> <p>Phone: 416-640-1934</p> <p>661 Yonge Street, 4th Floor, Toronto ON, M4Y 1Z8</p>	<p>Information and referral to community based mental health services for adults 16 years and older, living in the city of Toronto.</p> <p>Includes: case management (setting goals and navigating systems); assertive community treatment team (treatment for people with serious mental illness), and supportive housing for those with mental health and/or addiction issues.</p> <p>Applications can be completed online or over the phone.</p>

Mental Health Supports

<p>Across Boundaries Phone: 416-787-3007 ext. 222</p>	<p>Case management for racialized youth and adults with mental health or addiction issues.</p> <p>Other programs and services are also offered, such as support groups, life skills training, and art therapy.</p>
<p>Centre for Addiction and Mental Health (CAMH) Phone: 416-535-8501</p>	<p>Services and programs for people facing addictions and mental health challenges. Services for children, youth, adults and seniors.</p> <p>Clinical services include assessment, interventions and inpatient/residential programs.</p>
<p>Canadian Mental Health Association (CMHA) Phone: 416-789-7957</p>	<p>Support for youth and adults with mental illness. Includes case management, assertive community treatment teams, employment services, and support groups.</p> <p>Additional services for individuals with mental illness who are involved in the criminal justice system.</p>
<p>Cota Phone: 416-785-9230</p>	<p>Support to adults living with mental illness, geriatric mental health conditions, acquired brain injuries, developmental disabilities.</p> <p>Includes case management, supportive housing, day programs, and justice related services.</p>
<p>Griffin Centre Phone: 416-222-1153</p>	<p>Support for adults and youth with mental health concerns or dual diagnosis (mental health problem & developmental disability) or Autism Spectrum Disorder.</p> <p>Includes counselling, drop in services, day & residential support.</p>

<p style="text-align: center;">LOFT</p> <p>Phone: 416-979-1994</p>	<p>Supports for adults, youth and seniors with moderate to severe mental health and substance abuse.</p> <p>Includes case management, system navigation, supportive housing, and behavioral supports.</p>
<p style="text-align: center;">Toronto North Support Services</p> <p style="text-align: center;">(TNSS)</p> <p>Phone: 416-499-5969</p>	<p>Community based, multi service agency providing mental health and homeless programs to adults.</p> <p>Includes case management (also in French), mental health and justice programs, and support for homeless individuals with mental illness.</p>

Crisis Lines

<p style="text-align: center;">Anishnawbe Mental Health Crisis Management Services</p> <p>Phone: 416-891-8606</p>	<p>This 24 hours, 7 days a week service provides phone counseling or can arrange to meet in the community.</p> <p>For indigenous individuals.</p>
<p style="text-align: center;">For you Telecare Family Service</p> <p>Phone: 416-241-5456</p>	<p>A trained counselor is available over the phone 24/7 to provide emotional support anonymously.</p> <p>Services in English and Korean.</p>
<p style="text-align: center;">Gerstein Crisis Centre</p> <p>Phone: 416-929-5200</p>	<p>Crisis workers over the phone 24 hours a day, 7 days a week to support mental health crises.</p>
<p style="text-align: center;">Kids Help Phone</p> <p>Phone: 1-800-668-6868</p>	<p>Anonymous and confidential counselling and information for young people. Available 24/7.</p>
<p style="text-align: center;">Toronto Distress Centre</p> <p>Phone: 416-408-4357</p>	<p>Provides a confidential help line service available 24 hours a day, 365 days a year to people experiencing emotional distress.</p>

<p>Warm Line, Progress Place Phone: 416-960-9276</p>	<p>Provides support to anyone living with mental illness from 8pm to 12am daily. Peer Run.</p>
<p>Youthdale Crisis Support Team Phone: 416-363-9990</p>	<p>Any parent or legal guardian can call for access to professionals 24 /7 for assessment of a child's mental status and for referrals.</p>

Counselling

<p>Access Alliance <i>Access Point on Jane</i> Phone: 416-760-8677 761 Jane Street, Toronto ON <i>Central location</i> Phone: 416-324-8677 340 College St., Ste 500, Toronto ON <i>Access Point on Danforth</i> Phone: 416-693-8677 3079 Danforth Avenue, Toronto ON</p>	<p>Individual and family counseling, therapeutic counselling, group therapy and crisis intervention are provided. No doctor's referral needed.</p>
<p>Black Creek CHC <i>Sheridan mall location</i> Phone: 416-249-8000 2202 Jane Street, Unit 5, Toronto ON <i>Yorkgate mall location</i> Phone: 416-246-2388 1 Yorkgate Blvd, Ste. 202, Toronto ON</p>	<p>Free counselling services provided by registered social workers including individual, family and couples counseling, advocacy and information/referral. No doctor's referral needed.</p>
<p>Catholic Family Services <i>Central Toronto Office</i> Phone: 416-921-1163 1155 Yonge St, Suite 200, Toronto ON <i>North Toronto Office</i> Phone: 416-222-0048 5799 Yonge St, Suite 300, Toronto ON</p>	<p>Individual, couple, family and group counselling is provided to help people resolve challenging problems. Walk-in services also available. Counselling fees are charged according to income, however, no one is denied due to inability to pay.</p>

<p style="text-align: center;">COSTI</p> <p>Phone: 416-244-7714</p> <p>Suite 105,1700 Wilson Ave (inside Sheridan Mall), Toronto ON, M3L1A3</p>	<p>Individual, Couples and Family Counselling available to Italian Canadians.</p> <p>Problem gambling counselling is available to individuals of Italian, Hispanic, and Portuguese descent.</p>
<p>Family Services Association</p> <p><i>Lawrence Office</i> Phone: 416-595-9618 700 Lawrence Ave W, Toronto ON</p> <p><i>Central office</i> Phone: 416-595-9618 202-128A Sterling Rd., Toronto ON</p>	<p>Professional staff offer individual, family and couple counselling to find solutions, explore options and identify strengths.</p> <p>Services are provided in Farsi, Tamil, Spanish, French and English. Walk in services also available. Fees based on household income.</p>
<p style="text-align: center;">Mennonite New Life Centre of Toronto</p> <p><i>Keele Site</i> Phone: 647-776-2057 2737 Keele St., Unit 9, Toronto ON</p> <p><i>Queen Site</i> Phone: 416-699-427 1774 Queen St. E, Toronto, M4L1G7</p>	<p>Offers short term supportive counselling for newcomers struggling with stress or trauma. Services are provided in Spanish, English and Turkish.</p> <p>Anger management group counselling is also available.</p>
<p style="text-align: center;">Unison Health & Community Services</p> <p><i>Bathurst Finch location</i> Phone: 647-436-0385 540 Finch Ave W., Toronto ON</p> <p><i>Lawrence Heights location</i> Phone: 416-787-1661 12 Flemington Road, Toronto ON</p> <p><i>Jane Trethewey location</i> Phone: 416-645-7575 1541 Jane Street, Toronto ON</p> <p><i>Keele Rogers location</i> Phone: 416-653-5400 1651 Keele St., Toronto ON</p>	<p>Counselling and case management services by registered social workers and case coordinators.</p> <p>Provide individual, family and couples counseling, crisis intervention, advocacy, newcomer support, information and referral.</p> <p>No doctor's referral needed.</p>

<p>Yorktown Family Services</p> <p>Phone: 416-394-2424</p> <p>2010 Eglinton Avenue W, Suite 300, Toronto ON, M6E 2K3</p>	<p>Provides effective, accessible, quality mental health treatment, prevention and out of reach services to children, youth, women and families.</p>
<p>York University Psychology Clinic</p> <p>Phone: 416-650-8488</p> <p>4700 Keele St, Toronto ON, M3J 1P3</p>	<p>Provides psychological assessments as well as individual psychotherapy for adults, adolescents and children.</p> <p>Fee for services, but can be reduced.</p>

Addiction Services

Drugs and Alcohol

<p>Alcoholics Anonymous</p> <p>Phone (24 hrs a day help line): 416-487-5591</p>	<p>Peer led groups that share their experiences to help recover from alcoholism.</p> <p>Groups meet across the GTA.</p>
<p>Drug and Alcohol Helpline</p> <p>Phone: 1-800-565-8603</p>	<p>Free, anonymous and confidential service. Offers support and information about counselling and other services (treatment, etc) in your community.</p>
<p>Narcotics Anonymous</p> <p>Phone: 1-888-811-3887</p>	<p>Peer led group of men and women for whom drugs had become a major problem and are no longer using. Groups meet across the GTA.</p>
<p>Toronto Withdrawal Management System</p> <p>Phone: 1-866-366-9513</p>	<p>Staff will help to find resources for any person needing to withdraw from alcohol and/or drugs.</p> <p>Available 7 days/week, 24 hrs/day.</p>

Gambling

<p>Gamblers Anonymous</p> <p>Phone (24 hrs a day help line): 1-855-222-5542</p>	<p>Peer led group to share their experiences and strengths to help recover from a gambling problem.</p> <p>Groups meet across the GTA.</p>
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<p>Ontario Problem Gambling Helpline</p> <p>Phone: 1-888-230-3505</p>	<p>Free, anonymous and confidential service. Offers support and information about counselling and other services (treatment, etc) in your community.</p>
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Violence Supports

<p>Assaulted Women's Helpline</p> <p>Phone: 416-863-0511</p>	<p>Free, anonymous crisis phone line available in over 200 languages 7 days a week/365 days per year.</p> <p>Provides crisis counseling, safety planning, information and referrals.</p>
<p>North York Women's Shelter Crisis Line</p> <p>Phone (Crisis Line): 416-635-9630</p>	<p>Crisis line for women who have faced violence and abuse.</p> <p>Provides information about shelter beds and other services.</p>
<p>Toronto Rape Crisis Centre</p> <p>Phone (Crisis Line): 416-597-8808</p> <p>Phone (General): 416-597-1171</p>	<p>Assists anyone who has been raped, sexually assaulted or abused as well as to family and/or friends.</p>
<p>Victim Support Line</p> <p>Phone: 1-888-579-2888</p>	<p>Information, including legal and financial, about services for victims of crime and their families.</p>

Newcomers, Settlement & Cultural Services

<p>Afghan Association of Ontario</p> <p>Phone: 416-744-9289</p> <p>130 Bridgeland Avenue, Suite 202, Toronto ON, M6A 1Z4</p>	<p>Settlement services, form filling, referral and escorting, and interpretation and translation for the Afghan community.</p>
<p>Centre for Spanish Speaking Peoples</p> <p>Phone: 416-533-8545</p> <p>2141 Jane St, 2nd floor, Toronto ON</p>	<p>Settlement services, form filling, legal clinic, women's programs, youth programs for Spanish speaking individuals.</p>

<p>COSTI Immigrant Services Phone: 416-244-0480 Sheridan Mall, 1700 Wilson, Toronto</p>	<p>Settlement services, employment service, skills training, citizenship preparation, Italian Seniors programs, women’s programs.</p>
<p>CAFCAN (Jamaican Canadian Association Social Service) Phone: 416-740-1056 995 Arrow Road, Toronto</p>	<p>Settlement services, Employment services, adaptation services, seniors’ programs, parenting, youth and women’s programs</p>
<p>Manantial Neighbourhood Services Phone: 416-915-0997 1875 Sheppard Ave W., Toronto</p>	<p>Settlement services, newcomer integration, crisis intervention, women’s, youth and parenting programs. Primarily for Latin American individuals.</p>
<p>Midaynta Community Services Phone: 416-645-7575 Jane street hub, 1541 Jane St, Toronto</p>	<p>Settlement services, housing services, seniors and youth programming for Somali and the African diaspora.</p>
<p>North York Community House Phone: 416-784-0920 Libraries and schools across the GTA</p>	<p>Settlement services, English language classes, form filling, translation and interpretation, employment and skills and training.</p>
<p>Northwood Neighbourhood Services Phone: 416-748-0788 1860 Wilson Ave, Suite 400, Toronto</p>	<p>Settlement services, form filling, employment assistance, referral, early years programming, women’s, youth and seniors programming.</p>
<p>Vietnamese Association Phone: 416-636-8887 3585 Keele Street, Unit 13, Toronto ON,</p>	<p>Settlement and adaptation services, form filling, employment counselling, family and gambling counselling, employment training.</p>
<p>Working Women Community Centre – North York West Phone: 647-346-3700 2065 Finch Ave W., Suite 106, Toronto</p>	<p>Settlement services, English classes, form filling, immigrant women’s support groups, employment assistance, specialized settlement for live in care givers.</p>

Palliative Care

Information and Referrals

CCAC

Phone: 416-222-2241 or 310-2222

Assess individuals needing palliative, end of life, care.

Referrals to palliative services and hospice palliative care nurse practitioners for in house care.

Community and Residential Palliative Care

Dorothy Ley Hospice

Phone: 416-626-0116

220 Sherway Drive, Toronto ON

Community and residential palliative care for anyone in service area with a life limiting illness.

Doctor's referral required.

Hazel Burns Hospice

Phone: 416-782-5915

2562 Eglinton Ave W, Toronto ON

Palliative in home care as well as residential palliative care for those who are terminally ill.

Provided free of charge to those living in service area (city of York).

Kensington Health Hospice

Phone: 416-963-9640

38 Major Street, Toronto ON

Residential palliative care for individuals over age 19 with a life expectancy of three months or less.

Referral is completed by a doctor, hospital or CCAC.

Temmy Latner Centre for Palliative Care

Phone: 416-586-4800 ext. 7884

In house palliative care by physicians/health professionals.

Care is covered under OHIP for anyone living in the City of Toronto. Doctor's or CCAC referral required.

Victorian Order of Nurses

Phone: 647-788-3180 or
1-855-285-2991

In home palliative care, provided by a nurse and volunteers, for those living in Toronto.

Self-referrals accepted.

Physiotherapy

OHIP Physiotherapy Services

These clinics provide Physiotherapy that is free of charge to those with OHIP coverage, who also meet the following criteria:

- Age 65 and over or Age 19 and under;
- Any age person receiving Ontario Works or ODSP;
- A person who has been hospitalized overnight with a referral.

If you don't meet these criteria, you will have to pay the clinic directly, but costs can vary or sometimes can be lowered. Call for information.

Humber Physiotherapy Services

Phone: 416-245-4155

1436 Royal York Road, Toronto ON, M9P 3A9
Near Royal York Rd & Eglinton Ave.

NJ Manager Physiotherapy

Phone: 416-244-3810

1730 Weston Road, Toronto ON, M9N1V6
Near Finch Ave W & Keele St.

Physiotherapy Centre

Phone: 416-631-7797

4059 Chesswood Drive, Toronto ON, M3J 2R8
Near Sheppard Ave W & Keele St.

Professional Physiotherapy Centre

Phone: 416-241-2321

2100 Lawrence Avenue W., Toronto ON, M9N 1J1
Near Lawrence Ave W & Weston Road

ProMed Physiotherapy

Phone: 416-638-7744

1315 Finch Ave W, Toronto ON, M3J 2G6
Near Finch Ave W & Keele St.

St. Clair Dufferin Physio

Phone: 416-604-4404

909 Jane St., Toronto ON, M6N 4C6
Near Eglinton Ave W & Jane St.

West Toronto Physiotherapy and Rehabilitation – PT Health

Phone: 647-4934652

960 Lawrence Ave W., Toronto ON, M6A 3B5
Near Lawrence Ave W & Dufferin St.

York Physiotherapy and Rehabilitation Centre

Phone: 416-781-3945

977 Eglinton Ave., Toronto ON, M6N 4C6
Near Eglinton Ave W & Bathurst St.

Pregnancy and Prenatal Care

Humewood House

Phone: 416-651-5657

Pre- and post- natal residential services for young women; parenting, nutrition and life skills training, individual/family counselling services.

Toronto Public Health Prenatal Programs

Phone: 416-338-7600

Variety of prenatal programs: prenatal nutrition program (weekly), Healthiest babies possible (one on one nutrition), and healthy babies, healthy children program (home visiting).

West End Midwives

Phone: 1-800-575-5386

Free midwifery care services including pre- and post- natal care for mom and baby. Program also offered for noninsured individuals.

Prescription drug & medical device coverage

Programs Providing Drug Coverage

Ontario Drug Benefit, Government of Ontario

Phone: 1-888-405-0405

Once you turn 65 years old, you qualify for this program. Apply at the pharmacy or on the phone.

Pay the first \$100 of your drug costs at the pharmacy and then up to \$6.11 for each prescription after.

If you make under \$19 300/year, you can apply for the Seniors co-payment to pay \$2 for prescriptions.

Ontario Trillium Drug Program

Phone: 1-800-575-5386

If your prescription drug costs are high (about 3-4% of after tax household income) you would benefit from the Trillium Drug program.

Apply online, over the phone, or in person at the pharmacy.

Pay a deductible of 3-4% of after tax household income, which will go towards your drugs, and then pay \$2 on each prescription afterwards.

Private Companies Providing Drug Assistance

Pharmaceutical Patient Assistance Programs

- Astra Zeneca
- Teva
- Lilly Canada
- Sanofi-Aventis

Many pharmaceutical companies provide free or low cost drugs to individuals in need.

Ask your health care provider to complete a referral form from the pharmaceutical company.

Programs Providing Medical Device Coverage

Ontario Assistive Devices Program

Phone: 1-800-268-6021

This government run program provides funding, up to 75% of the cost, towards medical equipment.

Includes wheelchairs, hearing aids, artificial limbs and other devices. There is more coverage for Seniors including needles and syringes.

Anyone with a valid OHIP card can qualify and the program can be accessed through a medical vendor after a health provider has given a diagnosis. Call for information.

Ontario Monitoring for Health Program

Phone: 1-800-361-0796

This program helps individuals who use insulin or have gestational diabetes pay for supplies.

This includes up to 75% reimbursement for blood glucose test strips, lancets, and blood glucose meters.

You must apply for the first time with a form signed by a doctor or nurse practitioner. To obtain a form, call the number or ask your pharmacy.

Medical Device Assistance

City of Toronto Hardship Fund

Phone: 416-397-0330

Can assist you to pay for special health related items.

Includes reimbursement for items such as wheelchairs, scooters, respiratory supplies and more.

If you receive Ontario Works or Ontario Disability Support Program, speak with your caseworker.

If you do not receive government assistance, apply on the phone.

<p>March of Dimes Assistive Devices Program</p> <p>Phone: 1-866-765-7237</p>	<p>The Program can help to buy, repair and maintain a wide variety of mobility or assistive equipment.</p> <p>Includes wheelchairs, scooters, replacement batteries, walkers, bath aids, patient lifts and more.</p> <p>Participants must be a permanent resident of Ontario and meet financial criteria.</p> <p>An application form, that can be found online or obtained over the phone, must be completed to apply.</p>
<p>Red Cross Health Equipment Loan Program</p> <p>Phone: 416-236-3180</p>	<p>The Red Cross provides low cost short term loans of medical equipment including wheelchairs, walkers, crutches, canes, and other equipment.</p> <p>Phone for more information.</p>

Seniors Services

Information and Referral

Toronto Seniors Helpline

Phone: 416-217-2077

Provides information and referrals for support services including: non-medical crisis support, day programs, case management, nursing, respite care, shopping assistance, supportive housing, and transportation.

Monday to Friday, 9AM to 8PM;
Saturday to Sunday, 10AM to 6PM.

Services for Mental Health and Wellbeing

<p>Circle of Care Phone: 416-635-2860</p>	<p>Home and community support services for adults and family caregivers, focusing on seniors.</p> <p>Includes: personal support and respite care; counselling and support; meals on wheels and diner's clubs; transportation services; and a day centre.</p>
<p>ESS Support Services Phone: 416-243-0127</p>	<p>Community and in-home support services for older adults, seniors and caregivers.</p> <p>Programs and services include: Adult Day Programs, Seniors' Luncheons, Assisted Living, Caring Centres for overnight respite, group Exercise Classes, In-home Respite, Transportation, Caregiver Support Groups, friendly Visiting and more.</p>
<p>Lumacare Phone: 416-398-5511</p>	<p>Services for seniors, 55 and older.</p> <p>Includes personal care in the home, respite care, adult day programs, assisted living services, transportation, diners' clubs, and transitional programs.</p>
<p>Red Cross Phone: 416-480-2500</p>	<p>Personal support services for Seniors, including personal care, home management and respite companion care.</p> <p>Inquire about costs/subsidies.</p>
<p>Villa Colombo Services for Seniors Phone: 416-780-0407</p>	<p>Services for seniors, 65 and older or 55 and older for some services.</p> <p>Includes Adult Day Programs, Assisted Living Services, Transportation, Emergency Response and general information/referrals.</p>

Wandering Persons Assistance

MedicAlert Safely Home Program

Phone: 1-855-581-3794

In partnership with the Alzheimer's Society of Canada.

A MedicAlert bracelet worn by the person with dementia provides critical information and a 24/7 Emergency hotline, that will then inform caregivers.

Yearly cost. Call for information

**If you didn't find the information you
needed, please call:**

**City of Toronto information line at 311 or
211 Toronto information & referral line at 211**

HealthLinks North York West

Partners

Access Alliance Community Health Centre
Access Independent Living Services
Across Boundaries
Black Creek Community Health Centre (BCCHC)
Canadian Mental Health Association (CMHA)
Central Community Care Access Centre (CCAC)
Central LHIN
Centre for Addiction and Mental Health (CAMH)
Circle of Care
City of Toronto – Community Development Unit
Community Head Injury Resource Services (CHIRS)
Cota
Emery Keeleisdale Nurse Practitioner Led Clinic
ESS Support Services
Griffin Centre
Hawthorne Place Care Centre
Health Quality Ontario (HQO)
Humber River Family Health Team (HRFHT)
Humber River Hospital (HRH)
IDA Pharmacy – Yorkgate Mall location
Jane Finch Family Health Team (JFFHT)
Jane/Finch Community and Family Centre
LOFT
Lumacare
Marlee Medical Centre
Ontario Lung Association
PACE Independent Living
Progress Place
Toronto North Support Services (TNSS)
Toronto Paramedic Services
Unison Health and Community Services
Villa Colombo Services for Seniors
Walmart Pharmacy – Sheridan Mall location
West Park Family Health Team (WPFHT)
West Park Health Care Services

Health Links help coordinate care and encourage collaboration between different health care providers. They help to improve access, create connections, inform patients, and protect universal health care.

To contact North York West Health Link: call 416-249-8000 ext. 2238 or email nywhealthlink@bcchc.com.