



**PCAWA**  
PEEL COMMITTEE AGAINST WOMEN ABUSE

Region of Peel

# **GENDER-BASED VIOLENCE RESOURCE GUIDE**

Version 1  
2024



Women and Gender  
Equality Canada

Femmes et Égalité  
des genres Canada

# Funder Recognition

This Resource Guide was generously supported by **Moyo Health & Community Services** as part of their **Women and Gender Equality Canada (WAGE)** funded project:

**"Creating Supportive structures that address Gender Based Violence, enhance intersectional allyship among men and uplift BIPOC women"**

With **Moyo Health and Community Services**, this project is collaboratively driven by **Punjabi Health and Community Services (PCHS)** and **East Mississauga Community Health Centre**



Women and Gender  
Equality Canada

Femmes et Égalité  
des genres Canada

# TABLE OF CONTENTS

|                                                         |    |
|---------------------------------------------------------|----|
| <b><i>ABOUT MOYO</i></b>                                | 3  |
| About Moyo and their GBV project.                       |    |
| <b><i>INTRODUCTION</i></b>                              | 5  |
| About PCAWA. What is the resource guide? Who is it for? |    |
| <b><i>WHAT IS GBV?</i></b>                              | 6  |
| Gender-based violence as a system-level issue.          |    |
| <b><i>GBV IN PEEL</i></b>                               | 7  |
| Building context of GBV in Peel.                        |    |
| <b><i>WHY IS THE GUIDE IMPORTANT?</i></b>               | 8  |
| Working together across systems.                        |    |
| <b><i>HOW TO USE THE GUIDE</i></b>                      | 9  |
| How to navigate the resource guide.                     |    |
| <b><i>CRISIS LINE INFORMATION</i></b>                   | 11 |
| Crisis line and emergency support information           |    |
| <b><i>HOW TO GET INVOLVED</i></b>                       | 12 |
| How to be GBV Ally.                                     |    |
| <b><i>RESOURCE LIST</i></b>                             | 14 |
| Organized alphabetically.                               |    |

For the past 30+ years, Moyo Health and Community Services (Moyo HCS; previously known as Peel HIV AIDS Network, PHAN), a community and AIDS service organization (ASO) in the Peel region has been providing a growing array of health promotion, education, social and support services for people living with, affected by, and at systemic risk of HIV for communities in Mississauga, Brampton, and Caledon.

Guided by a strengths-based multidisciplinary approach rooted in principles and values of inclusion, anti-racism, anti-oppression, decolonization and cultural safety, self-determination, sex positivity, and harm reduction, Moyo recognizes and meaningfully promotes the voices of the community and folks with lived experience.

## MOYO'S GENDER-BASED VIOLENCE PROJECT

In Oct 2021, with funding from Women And Gender Equality Canada (WAGE), in collaborative partnership with East Mississauga Community Health Center (EMCHC) and Punjabi Community Health Services (PCHS), a three years project on Gender Based Violence was initiated. The goal of the project was to create a supportive structure that address gender-based violence through community-building that advances gender equity for BIPOC women and 2SLGBTQ+ folks. This project work is collaboratively driven in partnership with East Mississauga Community Health Center (EMCHC) and Punjabi Community Health Services (PCHS).

**This project objectives include strengthen partnerships and establish collaborative networks that address gender-based violence by:**

- 1 Fostering intergenerational safer spaces in which BIPOC women can access support and gain skills in leadership and community-building.**
- 2 Addressing the role toxic masculinity plays in gender-based violence and supporting men in becoming allies for women and 2SLGBTQ+ folks who experience intersectional forms of violence.**
- 3 Co-designing and implementing education and best practice tools that promote gender equity, healthy masculinity, and equitable access to resources and opportunities**

During a review of existing GBV resources, GBV Community Advisory Committee and the partners all agreed to develop a more robust and updated resource guide for the region building on PCAWA's Peel Region Community Resource Directory. Through discussions with PCAWA and working partners, PCAWA was contracted to work on developing the GBV Resource Guide collaboratively with the inputs from Moyo staff (ED and GBV Coordinator), the partners (LAMP and PCHS) and GBV Advisory Committee members. This resource development process also involved input from the broader community partners who are members of PCAWA, including organizations with a primary mandate of supporting survivors of gender-based violence.

We would like to thank each and every partner and their team, the GBV Community Advisory Committee and the PCAWA membership who have been involved and provided their invaluable expertise and insights in developing this Resource Guide. We would also like to thank the enthusiastic and committed PCAWA team who have developed this resource guide with the input from key community members and partners collaboratively.

Lastly, we greatly appreciate our partner WAGE for funding this project along with its' project activities including development and sharing of this Resource Guide.

# ABOUT PCAWA

Founded in 1984, PCAWA is a cross-sectoral community collaborative of community members and organizations in Peel that have a shared goal of ending gender-based violence (GBV) in our community. Our mission is to facilitate and advocate for a coordinated and effective community response to GBV in the Region of Peel.



**ILLUSTRATION BY:**  
**Hams Abdulwahed**  
**Visual Artist and Graphic Designer**

---

## What is the resource guide?

This resource guide was developed to provide a clear, detailed and comprehensive overview of supports and services available to survivors of gender-based violence in the Region of Peel.

**We want survivors to know there is always someone available to listen and support them.**

---

## Who is the resource guide for?

This resource guide is meant to be utilized by anyone and everyone.

This guide is meant to be a central location where:

- Survivors can access resources available to them in Peel based on their unique needs
- Service providers can learn about other organizations they can utilize for their clients who have experienced GBV
- Community members can access centralized information about GBV resources that they may need to share with family, friends, coworkers, etc.

**The information included in this resource guide is important for everyone.**

# What is gender-based violence?

## Gender-based violence is a system-level issue

Gender-based violence is an umbrella term that describes violence that is rooted in patriarchy systems, values and beliefs.

It recognizes a power imbalance between the perpetrator and the person experiencing violence, and that power imbalance is based in gender dynamics.

This is why **gender-based violence is disproportionately experienced by women, girls, gender-diverse, trans and Two-Spirit people**. Those that have less power when compared to men because of their gender.

Intimate partner violence, domestic violence and violence against women are all types of gender-based violence.

Gender-based violence as an umbrella term is more inclusive to communities that are disproportionately impacted by gender-based violence but are often left out these conversations - like gender diverse, trans, Two-Spirit and non-binary folks.

## Gender-Based Violence has many different forms

It's important for us to remember that gender-based violence has many different types and forms. In a situation of violence, there may be one or many of these happening simultaneously.

- Physical
- Psychological or emotional
- Sexual
- Financial
- Coercion
- Spiritual
- Stalking/harassment
- Technology-Facilitated
- Systemic
- Human Trafficking
- Femicide

This list is certainly not exhaustive, but it demonstrates that gender-based violence can be many different things. No one form of gender-based violence is more valid or impactful than the other, it is important to recognize that experiencing any of these things can have a significant impact on survivors.

# 27%

increase in survivors accessing shelter programs  
(Embrave, 2022)

# 75%

of women reported abuse and conflict with a partner, spouse or parent as their top reason for their housing loss.  
(Region of Peel, 2021 PiT Count)

# 28,000

households waiting for subsidized housing in the Region of Peel  
(Region of Peel, 2023)

# 18%

increase in users of Food Banks Mississauga  
(Food Bank Mississauga, June 2022 - May 2023)

# 16,000

incidents of intimate partner violence responded to by Peel Regional Police  
(Peel Regional Police, 2022)

## Gender-based violence and intimate-partner violence is an epidemic in the Region of Peel

In 2023, gender-based violence and intimate partner was declared an epidemic by the Region of Peel, the City of Brampton, the City of Mississauga and the Town of Caledon.

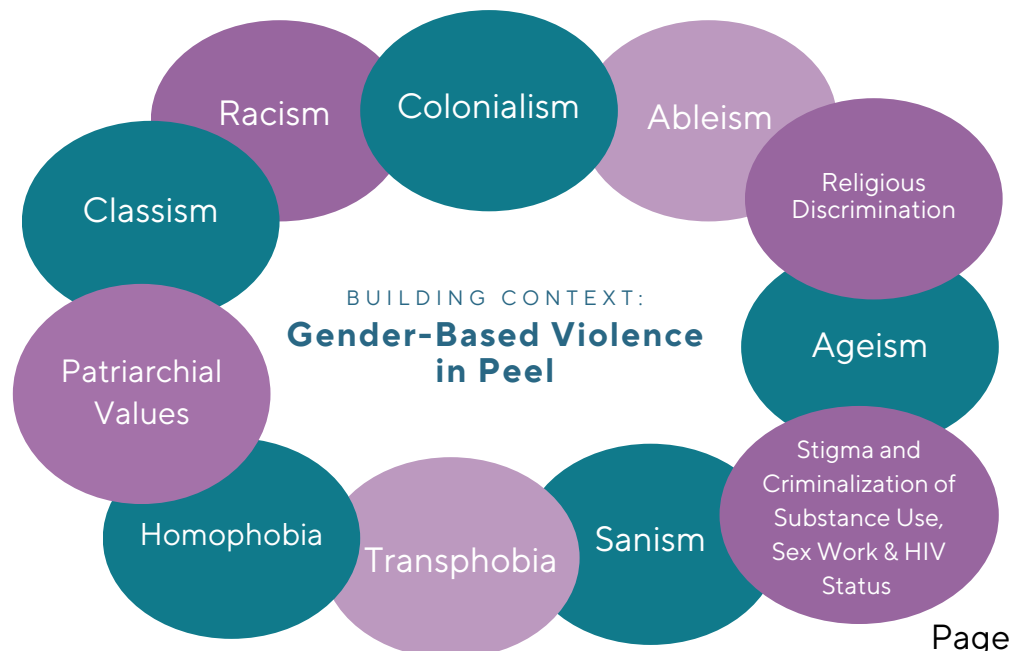
However, service providers and community organizations knew this well before a formal declaration was made.

Gender-based violence continues to be a widespread issue in our community that is the result of systems, policies and practices that do not reflect the lived realities of survivors.

Gender-based violence is systemic, which means it cannot be meaningfully addressed without understanding how all the systems included in the image below are working together to create an environment where gender-based violence is not only present, but encouraged.

This means that understanding the context of gender-based violence cannot be understood without understanding things like: the status of affordable housing in a community, the poverty and unemployment rates in a community and the cost of living in a community.

**Full a full overview of the context of gender-based violence in Peel, visit the PCAWA website for the Peel Region GBV Snapshot.**





# Why is the Resource Guide Important?

Gender-based violence is a complex issue that requires interdisciplinary and cross-sectoral supports and services. No organization can be a one stop-solution to the multifaceted impacts and social determinants of gender-based violence. We must collaborate and share resources to give access to holistic supports to survivors in our communities.

This resource guide originated from the identified need for service providers to better collaborate and coordinate services for survivors in our community.

We hope that the gender-based violence and community service sector organizations can connect with one another and work together to meet the needs of survivors of gender-based violence.



**2023 PCAWA TAKE BACK THE NIGHT POSTER**  
Designed and Screen Printed by Clara Lynas in Partnership  
with The Blackwood Gallery

# How to Use the Resource Guide

Resources in our guide will be organized alphabetically by name of organization. Each organization will be labeled with a number of categories which can be searched using the “Find” function (Ctrl+F).

## Searchable Categories Include:

- GBV
- BIPOC
- Employment
- Harm Reduction
- Legal
- LGBTQ
- Mental Health
- Newcomer
- Shelter
- Health
- Parenting/Family
- Income Insecurity
- Youth

On each page you will find contact information such as address, phone number, website, email, and social media for each organization.

There will also be a list of programs and services provided by the organization and any additional notable information.

**These programs are not exhaustive as to what the organization offers, but rather are those we think would be most useful/relevant to survivors.**

# How to Use the Resource Guide

The supports and services are also colour coded by their type based on the breakdown below.

|                     |                  |                  |
|---------------------|------------------|------------------|
| Shelter/Housing     | Health           | Harm Reduction   |
| Crisis Line         | Youth            | Advocacy         |
| Parenting/ Family   | Employment       | Community        |
| Legal               | Newcomer Support | Public Education |
| 2SLGBTQIA+          | Mental Health    |                  |
| Low Income Supports | GBV Support      |                  |

The information included in this Resource Guide has been updated and sourced based on the current version information included below.

If certain information is no longer applicable or current, please email [pcawa@embrave.ca](mailto:pcawa@embrave.ca).

**Current Version Information:**

**Version 1**

**Published July 2024**

# Are you a survivor in crisis?

**You are not alone. There are people here to support you right now.**

There are many available crisis lines available with knowledgeable people ready to pick up and provide immediate support.

They support people are ready and trained to provide you the support and services you need.

**Please reach out for support. You are not alone.**

## Do you know a survivor in crisis?

**Reassure your support for them and share information about available crisis lines.**

You may not know what to say to a survivor in crisis - but there are people that are just a phone call away that do.

There are knowledgeable support people available that are trained on how to properly respond to a crisis situation.

Have this important information ready, and share it with whoever might need it.

**Assaulted Women's Helpline - 1-866-863-0511**

**Caledon/Dufferin Victim Services - (905) 951-3838**

**Embrave: Agency to End Violence - (905) 403-0864**

**Family Transition Plan - 1-800-265-9178**

**Fem'aide: Francophone Women's Support Line - 1-877-336-2433**

**Kids Help Phone/Jeunesse J'écoute - 1-800-668-6868**

**Victim Services of Peel - 905-568-1068**

**If it is an emergency situation and/or someone's safety is at immediate risk call the local police at 9-1-1.**

# GET INVOLVED

## LISTEN, LEARN

## TAKE ACTION

---

Gender-based violence is a community issue. Everyone has a role to play in ending gender-based violence regardless our gender, career, or level of impact it may have had in our lives. It is our collective responsibility to both respond to and prevent violence in our communities.

## 1 REFLECT

Being a GBV ally starts with critical self-reflection and learning about the impacts of systems of power and control such as the patriarchy. It is important to unlearn harmful internalized biases, myths, and attitudes that reinforce gender stereotypes and normalize gender-based violence.

## 2 TAKE ACTION

If you suspect violence, or come across harmful content and speech towards women, girls, and gender diverse folks, flag the content as inappropriate. Have conversations with people in your life and help them with the reflection process when safe to do so. Believe survivors. Let survivors know that they are not alone. Allow them to make decisions about their life.

## 3 ADVOCATE

Advocacy efforts are critical in challenging the dominant beliefs, values, and social norms that perpetuate gender-based violence and harmful gender power dynamics. There are many ways to engage in meaningful advocacy like engaging with campaigns on social media (e.g. The 16 Days of Activism) or attending community advocacy events (e.g. Take Back the Night).

## 4 DONATE

PCAWA consists of many incredible member organizations that you can support in many ways. Visit [www.pcawa.net](http://www.pcawa.net) for a full list of our incredible members.

# mulberry: Gender-Based Violence Services in Ontario

## Looking for GBV supports and services outside of the Greater Toronto Area?

mulberry is a digital platform that includes all gender-based violence focused services and supports that are available to anyone who is supporting survivors and their safety in Ontario.



Visit their website   
**mulberry.ca**

## Parenting/Family, Youth, Mental Health

- + **Address** Abiona Centre 1102 Broadview Ave. Toronto, ON M4K 2S5
- + **Website** <https://www.abionacentre.ca/>
- + **Number** (416) 425-6348      + **Email** [info@Abionacentre.ca](mailto:info@Abionacentre.ca)

| + <b>Programs and Resources</b>                       |                                                                                                                                                                                                                                                                                                                                         |
|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Kuumba Project</b>                               | Focuses on developing the mental well-being of black children from birth until Grade 1 by building a sense of belonging within the community                                                                                                                                                                                            |
| ● <b>Postnatal Transitional Housing Program</b>       | Provides support for young mothers, aged 16-21, and their babies.<br>Residential counsellors and social workers are available to support and help ensure mom is coping, the attachment process is going well, baby is thriving<br>Mothers will have the option to attend school/work and learn positive and effective parenting skills. |
| ● <b>Live in Treatment Program</b>                    | Provides support to 22 young mothers, aged 13-21 and babies who are supported by residential counsellors and social workers 24 hours a day, 7 days a week.<br>Client's may arrive at any time during pregnancy, and they and their babies stay for up to six months after delivery.                                                     |
| ● <b>Maternal Infant Mental Health (MIMM) Program</b> | Promotes optimal child and youth mental health and well-being by focusing on the health and wellness of all families and caregivers with children from 0 to 5 years old who reside in the GTA.                                                                                                                                          |

### + **Additional Info**

If you have questions about our programs for adolescent mothers, please contact: Intake Social Worker Tel: (416) 425-6348 x 230



+ Address 3087 Danforth Avenue Toronto, Ontario M1L 1A9

+ Website <https://aboriginalhsc.org/>

+ Number (416) 260-6011      + Email Contact form on website

| + Programs and Resources                           |                                                                                                                                                                                                                                                                         |
|----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● Workshops                                        | Workshops on tenant rights, budgeting, parenting, legal assistance, eviction prevention, and other topics are available to clients.                                                                                                                                     |
| ● Native and Social Housing Application Assistance | Offers clients help with the process of applying for subsidized housing<br>Expert advice on how to best apply for social housing and/or for Native housing is provided as well as application forms available on hand for Native housing providers in the Toronto area. |
| ● Internet-Based Consultations                     | Allows clients who are not able to receive help in person to get the help they require over the phone, through mail or through email.                                                                                                                                   |
| ● Housing Searches                                 | Reviewing the daily updates and helping with searches using the Internet, the newspapers and rental books to help clients search out new housing, in person, or over the phone                                                                                          |

### + Additional Info

All Aboriginal families or individuals in need of affordable housing or at risk of being homeless are eligible for assistance through the Aboriginal Housing Support Centre







# Aboriginal Legal Services



BIPOC, Legal, GBV

- + Address 211 Yonge Street, Suite 500 Toronto, ON M5B 1M4
- + Website <https://www.aboriginallegal.ca/>
- + Number 1 (416) 408-3967      + Email [info@aboriginallegal.ca](mailto:info@aboriginallegal.ca)

| + Programs and Resources                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Giiwedin Anag Council</b>                                                                                          | An Indigenous Family Dispute Resolution (IFRD) program. The Council is made up of staff from Aboriginal Legal Services and volunteers from the Indigenous community in the Greater Toronto Area. Elders, Knowledge Keepers, Aunties, Uncles, and community members gather in a Talking Circle to guide families through their difficult situations. |
|  <b>Legal Clinic</b>                                                                                                  | A community legal aid clinic funded by Legal Aid Ontario, which provides free legal assistance to low-income Aboriginal people living in the City of Toronto. Offers support to Status, Non-Status, Inuit, Métis, and self-identified Aboriginal people.                                                                                            |
| <br> <b>Victim Rights Advocacy</b> | Provides culturally grounded services to community members of all genders who have survived violence.<br><br>Provides support with criminal injuries compensation, public legal education sessions, court support and support circles for survivors of violence                                                                                     |

+ Additional Info

---

---

# Across Boundaries



## BIPOC, Mental Health

+ Address 51 Clarkson Ave, York, M6E 2T5

+ Website <https://acrossboundaries.ca/>

+ Number (416) 787-3007 ext. 222 + Email Contact form on website

| + Programs and Resources                        |                                                                                                                 |
|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| ● <b>Adult Mental Health Case Management</b>    | Community mental health, addictions, and in house programs for racialized adults over 18.                       |
| ● <b>2SLGBTQ+ Case Management</b>               | Counselling, psychotherapy, addictions, and systems navigation for QTBIPOC folks.                               |
| ● <b>Psychiatric Consultation Program</b>       | Psychiatrist service, support, consultation, and education to service providers and users.                      |
| ● <b>Addictions &amp; Wellness Services</b>     | 7-week peer led virtual & in-person program focused on harm reduction & self-agency approach to goals.          |
| ● <b>Youth Case Management &amp; Programs</b>   | Mental health and substance use support & services for transitional aged youth (15-24).                         |
| ● <b>Mental Health &amp; Justice Initiative</b> | For racialized folks experiencing severe mental health distress and are involved in the criminal justice system |
| ● <b>At Home/Housing First</b>                  | Supports for racialized folks experiencing mental health to transition out of homelessness                      |
| ● <b>Family Support</b>                         | Knowledge, skills, and information on how families can support their loved ones.                                |

## + Additional Info

**Eligibility Criteria for Service:** A member of a racialized community, resident of the Greater

Toronto Area & have a mental illness/ severe mental health problem and/or addictions



## Newcomer, Parent/Family

+ **Address** Mississauga Location - 3050 Confederation Parkway, Unit #302 Mississauga, ON L5B 3Z6

+ **Website** <https://afghanwomen.org/>

+ **Number** (416) 588 -3585      + **Email** receptionhd@afghanwomen.org

| + <b>Programs and Resources</b>                           |                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Refugee Services</b>                                 | The Private Sponsorship of Refugees (PSR) program is a program administered by Immigration, Refugees & Citizenship Canada (IRCC) and the people of Canada to extend Canada's capacity to resettle refugees from abroad.                                                                                                 |
| ● <b>Mental Health and Wellness (Make the First Move)</b> | Aims to enable newcomer and refugee women and their children to get physically active through women-only fitness classes, such as free yoga classes, offered in a safe and inclusive space.                                                                                                                             |
| ● <b>Settlement Services Program</b>                      | Provides newcomers to Canada with a wide range of services, including information & orientation, interpretation & translation assistance filling forms/ applying for benefits, assistance finding housing (rentals and applying for subsidized housing), language training referral & enrolment, supportive counselling |
| ● <b>Community Connections</b>                            | Provides information through group sessions on different topics including housing, mental health, parenting and financial literacy.                                                                                                                                                                                     |

+ **Additional Info**



---



---



- + Address 1296 Weston Road, Toronto, ON M6M 4R3
- + Website <https://anduhyaun.org/>
- + Number Info: (416) 243-7669 ext 226  
Shelter: (416) 920-1492 ext 221 + Email Contact form on website

| + Programs and Resources                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Anduhyauun Shelter</b></p>             | <p>A Violence against Women (VAW) Emergency Shelter servicing Indigenous and Non-Indigenous women with or without children fleeing violence.</p> <p>Offers emergency shelter in a substance and violence free environment and 18 beds for women and their children</p> <p>Culturally sensitive counselling and referrals. Women are provided support in a culturally-safe and inclusive environment.</p> |
|  <p><b>Nekenaan Second Stage Housing</b></p> | <p>A transitional housing service that provides safe, affordable, temporary housing to Indigenous women with or without children.</p> <p>Provides a substance and violence free environment free laundry and telephone services, security features such as a coded phone system to enter the building, tenant only elevator access, and emergency on-call service</p>                                    |

+ Additional Info

Application form for housing services available on website

# Anishnawbe Health Toronto



BIPOC, Parenting/Family, Mental Health, LGBTQ

+ Address 225 Queen St E, Toronto, ON

+ Website <https://aht.ca/>

+ Number (416) 360-0486

+ Email [info@aht.ca](mailto:info@aht.ca)

| + Programs and Resources                                        |                                                                                                                                                                                                                                                                                                                                                    |
|-----------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>● <b>Psychiatric/ Psychology Services</b></p>                | <p>Psychiatrists provide assessment, diagnostic, and counselling services to assist individuals with a broad range of mental health issues. Our Psychologists provide psychological, intellectual, and vocational assessments, in addition to psychotherapy, for clients with emotional and/or behavioural disorders.</p>                          |
| <p>● <b>Child and Family Therapy</b></p>                        | <p>Offered to families with children between the ages of 5 and 14 years old. The program delivers both consultation and/or ongoing family therapy to the child directly and to the parents of the child. It is an appointment-based service and evening appointments are available</p>                                                             |
| <p>● <b>Aboriginal Mental Health and Addictions Program</b></p> | <p>Day treatment program that is based on the belief that culture is care. Clients will participate in groups and engage in 1:1 counselling daily for up to 1 year. The program does afford flexibility and clients can attend as often as 5 days or as little as 2 days per week.</p>                                                             |
| <p>● <b>Two Spirit/Trans Services</b></p>                       | <p>Provides clients with a dedicated counsellor available for regular ongoing sessions to community members. The program also includes a Peer Mentor who provides supports to ensure that clients have access to traditional knowledge and ceremonies as well as guidance and experience connected to the processes involved in transitioning.</p> |

+ Additional Info




## GBV

+ Address Mississauga - Confidential Address

+ Website <https://www.armaghhouse.ca/>

+ Number (905) 855-0299      + Email [info@armaghhouse.ca](mailto:info@armaghhouse.ca)

| + Programs and Resources                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Transitional Supportive Housing for Survivors of Violence</b></p> | <p>Safe and affordable, temporary housing, for an extended period of time</p> <p>Emotional support and ongoing counselling from on-site, qualified staff</p> <p>Practical support, as well as accompaniment, for family criminal court, including legal information, advocacy and resources</p> <p>Transitional support for up to one year and sometimes beyond after the women leave Armagh and move into permanent housing.</p> <p>Group facilitation on issues including living independently, self-esteem, parents as a single parent, budgeting and other educational programs</p> <p>Modern, self-sufficient furnished apartments. Additional facilities include laundry, children's play area, youth room and a computer room.</p> |

+ Additional Info

---



---









## Youth, Mental Health

+ Address 160 Traders Blvd E, Mississauga, ON L4Z 3K7

+ Website <https://www.aysp.ca/>

+ Number (905) 890-5222

+ Email [general@aysp.ca](mailto:general@aysp.ca)

| + Programs and Resources                                                                                                                                                                                           |                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   <b>Counseling</b>                              | Provides individual and/or family counselling for children and youth ages 0-17 who are experiencing mental health challenges                                                                               |
|   <b>Dialectical Behaviour Therapy (DBT)</b> | This program provides therapeutic services to youth ages 14-17 who have experienced suicidal thoughts, actions, and/or self-harming behaviour                                                              |
|   <b>Multisystemic Therapy (MST)</b>         | Provides short-term family-focused treatment which aims to reduce antisocial behaviour and improve family functioning                                                                                      |
|   <b>Attendance Centre</b>                   | This program is an alternative to custody program under the Youth Criminal Justice Act (YCJA). It allows a young person to remain in the community, to participate in an in-person, and supervised program |

+ Additional Info

---



---

- + Address 489 College Street, Suite 503 Toronto, Ontario
- + Website <https://www.schliferclinic.com/>
- + Number (416) 323-9149      + Email Contact Form on Website

| + Programs and Resources                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Legal Services</b>            | <p>Offers information regarding clients legal rights, legal protections and legal options in and outside of court</p> <p>Provides advocacy on behalf of clients in such areas as human rights and criminal injuries compensation</p>                                                                                                                                                             |
|  <b>Counselling</b>             | <p>Provides brief and long-term counselling, trauma-informed expressive arts programming, oversees the intake of clients requesting services and operates an effective transitional housing and support services.</p> <p>Team of counsellors come from a range of backgrounds and have helped women (self identified) and gender diverse people, non-binary, intersex, and Two Spirit people</p> |
|  <b>Interpretation Services</b> | <p>Provides free language interpretation/ sign language interpretation. Interpreters are professionally trained and have specialized knowledge of violence against women and gender diverse people issues.</p>                                                                                                                                                                                   |

+ Additional Info

---



---







## BIPOC, Harm Reduction, Newcomer, Mental Health

+ Address 20 Victoria St. 4th floor Toronto, Ontario M5C 2N8

+ Website <https://blackcap.ca/>

+ Number (416) 977-9955 + Email info@black-cap.com

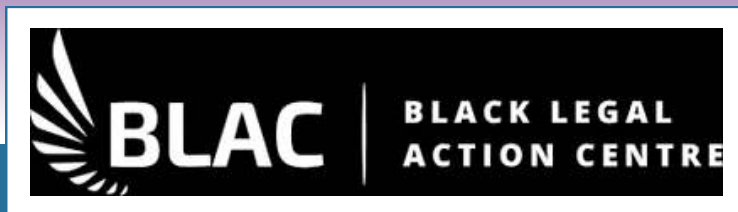
| + Programs and Resources                                                                                                |                                                                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Harm Reduction Program</b>         | Provides valuable resources and information on harm reduction practices meant to reduce harms associated with substance use                                                                                                                                                                            |
|  <b>Women’s Peer Support Program</b> | Strives to build on the value, impact and benefit that can be experienced by women living with HIV when they are able to receive support from other HIV-positive women as well as benefits for those HIV-positive women who are providing support<br><br>Provides a safe inclusive space for all women |
|  <b>Refugee Settlement Program</b>   | Aims to support ACB Refugee Claimants that are PHA’s or from the LGBTQ community. the immigration process, health care system, social services, housing, legal, employment and education etc.                                                                                                          |
|  <b>Prevention Program</b>           | Provides the community and participants with HIV prevention information. Works with the community to develop relevant HIV prevention programs that are community-based, culturally appropriate and reflect the realities of risk                                                                       |

+ Additional Info

---








---



+ Address 720 Spadina Avenue Suite 221 Toronto, Ontario, M5S 2T9

+ Website <https://www.blacklegalactioncentre.ca/>

+ Number (416) 597-5831      + Email info@blac.clcj.ca

| + Programs and Resources                                                                                                                                                                                             |                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Legal Services</b>                                                                                                              | <p>Provides legal aid and services to those who have experienced and have been impacted by anti-black racism.</p> <p>Legal services include education law, human rights, employment law, housing law, income assistance and police complaints.</p>                       |
|  <b>Worker Support Services</b>                                                                                                   | <p>Provides support to temporary foreign workers in partnership with agencies across Ontario by helping migrant workers access accurate, relevant information and available services and supports including health, legal, and social services in their communities.</p> |
|   <b>Collective of Child Welfare Survivors</b> | <p>A grassroots organization that provides various support for child welfare survivors between the ages 15-25 years old, particularly Black, Indigenous, and racialized individuals as well as their families.</p>                                                       |
|  <b>Legal Information</b>                                                                                                         | <p>Offers step-by-step information to help you work through your legal problems along with self-help tools such as checklists and guides.</p>                                                                                                                            |

## + Additional Info

In order to receive help from from BLAC's legal team, download their **intake form** and email it to BLAC at [intake@blac.clcj.ca](mailto:intake@blac.clcj.ca)



## Newcomer , Mental Health

- + Address 150 Central Park Drive, Suite # 107 Brampton, ON, L6T 2T9
- + Website <https://bmccentre.org/>
- + Number (905) 790-8482      + Email [services.bmccentre.org](mailto:services.bmccentre.org)

| + Programs and Resources                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Crisis Counselling</b>                                     | Offers support and guidance from a crisis counsellor to an individual or a group of people such as a family or community during a crisis working on achieving stability, increasing an internal sense of empowerment and safety through appropriate resources.                                                                                                                                                                                      |
|  <b>Navigating the Canadian Labour Market (NCLM) Program</b> | Provides participants with a better understanding of the current market, develop a targeted resume, create an effective job search plan and learn about employer expectations.                                                                                                                                                                                                                                                                      |
|  <b>New Beginnings Settlement Program</b>                    | Offers support to immigrants, refugees and citizens in their settlement/adaption process. Aims to help newcomers and citizens be fully engaged in Canadian life, including the social, economic and cultural aspects; and to maximize the benefits of their contribution into Canadian society                                                                                                                                                      |
|  <b>Breakthrough Intervention Program</b>                    | Focuses on young adults between the ages of 18 and 39 who are directly or indirectly involved in crimes involving firearms, gangs, and human trafficking in the Peel region. The risk factors that expose young individuals to violence—such as being around gang-related family members and friends, early onset of delinquent behaviour, substance addiction, and a lack of fulfilling employment opportunities will be addressed in this program |

## + Additional Info

---








---

# Black Youth Helpline



## Youth, Mental Health, Family/Parenting

- + Address 1111 Finch Ave West, Suite 411, Toronto, ON, M3J 2E5
- + Website <https://blackyouth.ca/>
- + Number 1 (833) 294-8650 + Email [info@blackyouth.ca](mailto:info@blackyouth.ca)

| + Programs and Resources                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Youth Helpline</b>                                                                                                      | Acts as the point of contact for youth, families, school systems, and other stakeholders involved in youth services from our professional services. On request, services in French and other languages are provided.                                                                                  |
| <br> <b>Stay-In-School Initiatives</b> | Provides assistance with building healthy relationships between schools, families and communities, focuses on helping youth remain and succeed in school, helps youth and families address concerns in the school system and supports schools in addressing the needs of diverse student populations. |
| <br> <b>Parent and Family Support</b>  | <p>Provides families with help to better understand and address the challenges confronting their children/youth/family.</p> <p>Supports include developmental counselling, coaching, parental guidance and community development initiatives.</p>                                                     |

### + Additional Info

---

---

# Black Women In Motion






BIPOC, LGBTQ, Youth, Employment

+ Address Toronto

+ Website <https://blackwomeninmotion.org/>

+ Number N/A

+ Email [info@blackwomeninmotion.org](mailto:info@blackwomeninmotion.org)

| + Programs and Resources                                                                                                                |                                                                                                                                                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Black Youth Employment Program</b></p>         | <p>A 13-week program geared at employment and virtual jobs for Black victims of gender-based violence.</p> <p>Offers mental health resources and employment-focused training programs to assist survivors in enhancing their employability skills, business concepts, and wellness plans for long-term work.</p>                                         |
|  <p><b>Crystals and Sage Wellness Initiative</b></p> | <p>24-week movement and mindfulness program for Black Trans, Nonbinary, Two-spirit and Gender-non-conforming survivors aged 16-30. The program holds space for Black queer, trans and gender-diverse survivors to connect, learn, and engage in wellness-based activities that support an embodiment of self-love, soulfulness, healing, and agency.</p> |
|  <p><b>Black Peer Education Network</b></p>          | <p>A 7-month employment and training program for Black women (trans, cis, femmes), gender-non-conforming and nonbinary survivors of gender-based violence between the ages of 16-29</p> <p>Provides learning spaces for survivors to collectively work through dismantling and challenging rape culture within the black community</p>                   |

+ Additional Info

---









---

# Break Free Family Centre



Legal, Youth, Mental Health

- + Address 8-2001 Albion Road Etobicoke, ON M9W 6V6
- + Website <https://breakfreefamily.org/>
- + Number 1 (800) 808-6987      + Email [breakfreecounsel@rogers.com](mailto:breakfreecounsel@rogers.com)

| + Programs and Resources                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Change Youth Justice Program</b></p> <p></p>       | <p>Provides services for youth in contact with the youth/justice system. The program aims to support racialized youth in navigating the judicial system.</p> <p>Includes referrals to external youth justice services, legal counsel referral and goal setting/future planning assistance</p>                                                                  |
| <p> <b>Transitioning Youth Counselling</b></p> <p></p> | <p>This program is designed for youths who are facing issues with their mental health, human/sex trafficking, trauma, and healthy relationships.</p>                                                                                                                                                                                                           |
| <p> <b>BFFC Group Counselling Program</b></p> <p></p>  | <p>This program offers help to youth who have come into contact with the youth justice system. The program aims to help racialized youth understand the legal system.</p> <p>Includes counselling for youth groups of 8 - 12 and 13 - 15, Goal setting/future planning and development and Letter of completion provided to those who complete the program</p> |

+ Additional Info

---



---







## Mental Health, GBV Support

+ Address 100 - 141 Catherine Street Ottawa, ON K2P 1C3

+ Website <https://crcvc.ca/>

+ Number (613) 233-7614  
(toll free)1 (877) 232-2610

+ Email [CRCVC@CRCVC.ca](mailto:CRCVC@CRCVC.ca)

| + Programs and Resources                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Victim Support</b></p> <p></p>                   | <p>Offers a live text and chat service where Victims/survivors, their friends, and relatives can contact us via our SMS service AND live chat system, where a qualified CRCVC staff member is available to help.</p> <p>Offers a toll-free information and support line to victims and survivors of interpersonal violence and their families to aid them in accessing information about the justice system and resources.</p> |
| <p> <b>Homicide Support Group</b></p>                                                                                                   | <p>A support group for family members, friends, and close loved ones of homicide victims, with the goal of providing peer support to people struggling with traumatic loss.</p>                                                                                                                                                                                                                                                |
| <p> <b>Corrections and Parole Support</b></p>                                                                                           | <p>Assists and supports victims in exercising their right to information about the offender who harmed them. We provide a variety of services, including registration assistance, representation (victims can designate us to receive notices on their behalf), attendance at parole hearings, and advocacy on their behalf.</p>                                                                                               |
| <p> <b>Advocacy and Public Education</b></p> <p></p> | <p>Collaborates with all levels of government in Canada to provide submissions, presentations, information, and recommendations in the interests of victims of crime. Also assists victims identify resources, fill out paperwork, and explain the various alternatives accessible to them so that they may make informed decisions.</p>                                                                                       |

## + Additional Info

Text **613-208-0747** to access a live chat service where victims/ survivors, their friends and family can receive support.







+ Address 995 Arrow Road, North York Ontario, M9M 2Z5

+ Website <https://cafcan.org/>

+ Number (416) 740-1056      + Email Info@cafcan.org

| + Programs and Resources       |                                                                                                                                                                                                                                                                                                                                                                            |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Mental Health Support</b> | <p>A variety of culturally safe clinical, preventative, and intervention mental health services geared to meet the cultural needs of Black children, teens, adults, and families.</p> <p>Individual, family, and group therapy, information sharing and referral, legal navigation, and client advocacy with other institutions are all part of the services provided.</p> |
| ● <b>Family Services</b>       | <p>Several family programs have been developed to help children, teens, and families going through conflict and/or difficult transitions improve their interpersonal and communication skills, as well as their coping techniques.</p>                                                                                                                                     |
| ● <b>Youth Services</b>        | <p>Provides culturally sensitive programs to help young men and women aged 16 to 24 effectively transition from their engagement in the justice system to a fulfilling family and community life. Also provides help with everyday transitions and stresses.</p>                                                                                                           |
| ● <b>Children's Services</b>   | <p>Provides an array of culturally sensitive programs that address children's behavioural and emotional needs as they attempt to build a positive attitude towards school and their community.</p>                                                                                                                                                                         |
| ● <b>Employment Services</b>   | <p>Offers evaluation for unemployed clients, create job search plans, and provide resources, counselling, training, including certifications like SmartServe, Food Handlers, and WHMIS for their employment journey.</p>                                                                                                                                                   |

+ Additional Info

---



---

# Catholic Family Services Peel Dufferin



## Mental Health, GBV, Parenting/Family

- + Address Head office: 60 West Drive, Brampton, ON L6T 3T6
- + Website <https://cfspd.com/>
- + Number (905) 450-1608 ext. 112 + Email [info@cfspd.com](mailto:info@cfspd.com)







| + Programs and Resources                        |                                                                                                                                                                                                                       |
|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Counselling &amp; Psychotherapy</b>        | Individual, couples, and family counselling to enhance personal wellbeing and improve relationships for those in Peel region.                                                                                         |
| ● <b>Wellness &amp; Support Groups</b>          | Wellness and counselling support in group settings that can help participants feel less isolated, share their experiences and learn from one another.                                                                 |
| ● <b>Safer Families</b>                         | Counsellor attends family home with CAS worker to provide support counseling, referrals and assess and maintain the safety of the whole family. Referred by CAS.                                                      |
| ● <b>The HEAL Program</b>                       | Supporting women and children affected by intimate partner violence across Peel Region. Includes individual counselling, a physioeducation group, a therapeutic group, youth groups and workshops                     |
| ● <b>Partner Assault Response (PAR) Program</b> | The PAR program delivers a specialized community-based group education/counselling to clients who have been mandated by the court to attend the program in response to a criminal charge involving domestic violence. |

### + Additional Info

Lead agency of the Safe Centre of Peel.

---

- + Address 65 Wellesley Street East, Suite 300, Toronto, ON M4Y 1G7
- + Website <https://ctys.org/>
- + Number (416) 924-2100      + Email Contact form on website

| + Programs and Resources                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Families in TRANSition</b>                                                                                   | <p>A 10-week closed group for parents / caregivers of 2-Spirit, trans, non-binary, gender-questioning youth (ages 13-24) who have recently learned of their child's gender identity.</p>                                                                                                                                             |
|   <b>TRANSceptance</b>      | <p>Offers a monthly online peer-support group for parents and direct caregivers of transgender and non-binary youth and young adults.</p> <p>Provides a shared space where all participants, including facilitators, strive to co-create a safe, respectful, culturally sensitive, and affirming space for all</p>                   |
|  <b>Brief Counselling</b>                                                                                      | <p>Provides youth who have a clear idea of their goals and needs support within a collaborative, and trauma-informed model that uses evidence informed therapy practices. Youth and therapist will work together on goals to build wellness, gain clarity, develop skills, enhance understanding, and experience symptom relief.</p> |
|   <b>Early Intervention</b> | <p>A community-based counselling and case management program that provides up to 3 years of service to youth and young adults who are experiencing psychosis or exhibiting prodromal symptoms</p>                                                                                                                                    |




### + Additional Info

---



---

- + Address 100 Queensway W, Mississauga, ON L5B 1B8
- + Website <https://www.thp.ca/patientservices/womens/Chantels-Place/Pages/default.aspx>
- + Number (905) 848-7580 Ext. 2548    + Email N/A

| + Programs and Resources                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>24 Hour Services</b></p>    | <p><b>Adult/Adolescent Sexual Assault</b><br/>A range of medical, forensic and/or counselling services are offered by admission through the Mississauga Hospital site Emergency Department to document, care for and/or treat physical concerns as a result of a recent sexual assault.</p> <p><b>Pediatric Sexual Assault or Abuse</b><br/>Medical and/or forensic services for children under the age of 12 years who require care, assessment and/or documentation as a result of sexual abuse or assault.</p> <p><b>Domestic Violence</b><br/>Services for individuals 16 years of age or older who have incurred recent physical injuries as a result of domestic violence.</p> |
|  <p><b>Follow Up Services</b></p> | <p>A range of follow-up services of sexual assault and/or domestic violence including re-documentation of injuries, care related to medication and/or results of testing, safety planning and referrals. Follow up counselling and medical care is also offered to survivors.</p>                                                                                                                                                                                                                                                                                                                                                                                                    |
|  <p><b>Forensic Services</b></p>  | <p>Survivors are provided with a comprehensive explanation of the forensic options including the collection of forensic evidence and its release or storage.</p> <p>The Sexual Assault Evidence Kit (SAEK) as designed by the Centre of Forensic Sciences is used to collect forensic evidence up to twelve days post-sexual assault.</p>                                                                                                                                                                                                                                                                                                                                            |

+ Additional Info

---









---

## Mental Health

+ Address Toronto RPO Bloor Street West, Ontario, Canada M6S 4Z7

+ Website <https://www.cosacanada.com/>

+ Number N/A      + Email [info@cosacanada.com](mailto:info@cosacanada.com)

| + Programs and Resources                                                                                                                                                                                |                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Support Circles</b>                                                                                                | Facilitates the formation of support circles consisting of volunteers from the community. These volunteers offer practical and emotional support to individuals who have committed sexual offences, aiding in their reintegration into society |
|   <b>Reintegration Assistance</b> | Assists individuals that are transitioning from prison back into the community by providing guidance, resources, and support to access housing, employment, education, and other essential services                                            |
|  <b>Risk Reduction</b>                                                                                               | Aims to lower the probability of reoffending by creating a support network that encourages responsible behaviour while discouraging isolation, which can contribute to reoffending                                                             |
|   <b>Advocacy and Referrals</b>   | Offers advocacy on behalf of their clients, helping them access appropriate services, treatment, and support within the community                                                                                                              |

+ Additional Info




---



---

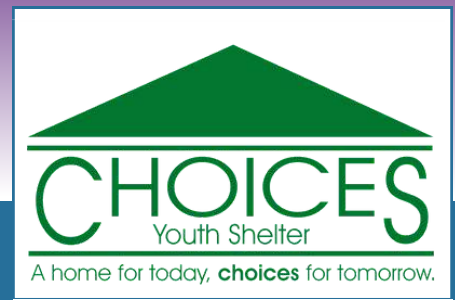
## Parenting/Family, Shelter, Mental Health

- + Address 700 Lawrence Ave W, Suite #480 Toronto, ON M6A 3B4 (West Office)
- + Website <https://cmhato.org/>
- + Number (416) 789-7957      + Email [info@cmhato.org](mailto:info@cmhato.org)

| + Programs and Resources                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Housing Program</b></p>                              | <p>Connects individuals living with mental illness to permanent and affordable housing, enabling them to live independently and improve the quality of their lives.</p> <p>Provides support to help individuals maintain their housing and access community resources to assist them in their recovery process.</p> <p>Individuals 16+ living with a mental illness, who are homeless or at immediate risk of being homeless are eligible to receive support</p> |
| <p> <b>Healthy Families Program</b></p>                     | <p>Assists families by promoting mental health awareness, strengthening the family, reducing barriers preventing support and providing mental health and addiction supports</p>                                                                                                                                                                                                                                                                                  |
| <p> <b>Mental Health and Justice Prevention Program</b></p> | <p>Assists individuals with mental illness who are at significant risk of incurring criminal charges by assisting them to access and use mental health and other services and supports.</p> <p>Serves adults who are 16+ with a mental illness who is involved, or is at significant risk of involvement, with the criminal justice system.</p>                                                                                                                  |

### + Additional Info

Referral Form for housing found here: <https://toronto.cmha.ca/programs-services/post-incarceration-housing-program/>



## Youth, Shelter

- + Address 59 Townline Orangeville, ON L9W 1V5
- + Website <https://sites.google.com/choicesyouthshelter.info/choices-youth-shelter/home>
- + Number (519) 940-5687      + Email [info@choicesyouthshelter.info](mailto:info@choicesyouthshelter.info)

| + Programs and Resources                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>● Youth Emergency Shelter</b></p> | <p>Provides a safe and supportive space that offers homeless youth, 16 to 24 years of age, an alternative to living on the street and supports their transition to a brighter future.</p> <p>Provides shelter, basic needs, counselling and case management for youth, ages 16-24 experiencing homelessness</p> <p>Offers a life skills program to help residents develop a skills in multiple area's including financial, home development, personal care, education and employment</p> <p>Provides a Wellness Program that focuses on managing stress and anxiety, yoga/meditation, health &amp; fitness and nature trips</p> <p>Recognizes the systemic barriers faced by Black, indigenous and people of colour, the LGBTQ2S population, people with disabilities and all other marginalized identities within our community</p> |

## + Additional Info

---



---

## Legal

- + Address 3701 Chesswood Dr. Unit 208 Toronto, ON. M3J 2P6
- + Website <https://disabilitycreditcanada.com/>
- + Number 1-844-800-6020 (toll free) + Email [info@disabilitycreditcanada.com](mailto:info@disabilitycreditcanada.com)

| + Programs and Resources                                                         |                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>● <b>Navigation Assistance</b></li> </ul> | <p>Assists individuals with disabilities in navigating the complex process of obtaining disability tax credits</p> <p>Offers support from experienced, qualified staff members who have a in-depth understand of the impact impairments may have on client’s and their families</p> |
| <ul style="list-style-type: none"> <li>● <b>Personalized Support</b></li> </ul>  | <p>Offers personalized support, including eligibility assessments, guidance through the application process, and advocacy when liaising with government agencies</p> <p>Aims to help clients secure the financial support they deserve</p>                                          |
| <ul style="list-style-type: none"> <li>● <b>Assessment</b></li> </ul>            | <p>Offers a free assessment to help clients determine whether or not they are eligible for compensation</p>                                                                                                                                                                         |

## + Additional Info

---



---



## Employment, Newcomer and Mental Health

+ **Address** 3650 Dixie Rd Suite 103, Mississauga, L4Y 3V9

+ **Website** <https://www.dixiebloor.ca/>

+ **Number** (905) 629-1873  
(905) 629-0791

+ **Email** [info@dixiebloor.ca](mailto:info@dixiebloor.ca)

| + Programs and Resources                                                                     |                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Wellness &amp; Health Support Services</li> </ul>     | Virtual & in-person coaching, mentorship, and workshops to promote coping skills to manage wellness among newcomer & refugees of all age and gender.                          |
| <ul style="list-style-type: none"> <li>Child &amp; Youth Programs</li> </ul>                 | EarlyON drop in program for literacy & numeracy, & physical, social & emotional development. NYCE youth program for settlement, education, health, & social integration       |
| <ul style="list-style-type: none"> <li>Conflict Resolution</li> </ul>                        | Assist groups, businesses, and any resident of Mississauga to resolve disputes, disagreements, or concerns through our free and confidential community mediation service.     |
| <ul style="list-style-type: none"> <li>Financial &amp; Low Income Supports</li> </ul>        | Free assistance with tax returns for those within income guidelines. Emergency financial aid or electricity & utility bill reductions for low income or OESP households.      |
| <ul style="list-style-type: none"> <li>Newcomers to Canada</li> </ul>                        | Orientation settlement program for smooth integration into life in Canada, knowing your rights, and responsibilities. English classes for immigrants and refugees over 18.    |
| <ul style="list-style-type: none"> <li>Employment Program</li> </ul>                         | Free employment counselling to develop job skills, training, work clothing, grooming, and transportation assistance to start and maintain employment.                         |
| <ul style="list-style-type: none"> <li>Caregiver's &amp; Senior's Support Program</li> </ul> | Drop ins providing education, referrals, and community involvement to maintain quality of life. English weekly, & monthly sessions in Mandarin, Urdu, Hindi, Punjabi, Polish. |

+ Additional Info

---







---

+ Address Cliffcrest Plaza, PO Box 88027 Scarborough, ON M1M 3W1

+ Website <https://www.drrozshealingplace.com/>

+ Number (416) 264-0823      + Email info@drhp.ca

| + Programs and Resources                                                                                                                                     |                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Transition and Housing Support Program</b></p>                       | <p>Offers clients Information about community services (housing, legal, financial, health, immigration, children's services, education and employment), safety planning, on-going counselling and support</p>                                                                  |
| <p> <b>Vital Intervention Breakthrough Empowerment (VIBE) Program</b></p> | <p>Works both individually and collectively with abused children and youth ages 5 – 29 to work towards the prevention and eradication of violence using Interactive programming.</p>                                                                                           |
| <p> <b>Front Line Counselling Program</b></p>                             | <p>Offers individual counselling, supportive housing assistance, income support resources, legal referrals and interactive, creative and educational women's groups</p>                                                                                                        |
| <p> <b>Follow Up Care Program</b></p>                                     | <p>Services include crisis support and counselling services for women and children, safety planning, and support and advocacy with legal matters including family, criminal, injuries, worker's compensation, immigration and refugee assistance, and employment insurance</p> |

### + Additional Info

If in need of immediate help, please call the crisis line at **(416) 264-4357**

---

# East Mississauga Community Health Centre



East Mississauga  
Community Health Centre  
A Branch of LAMP









Health, Harm Reduction and Mental Health

+ **Address** 2555 Dixie Rd Unit 7, Mississauga, ON L4Y 4C4

+ **Website** <https://eastmississaugachc.org/>

+ **Number** (905) 602-4082

+ **Email** [mississauga@lampchc.org](mailto:mississauga@lampchc.org)

| + Programs and Resources                                                                                                    |                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>EarlyON Child &amp; Family Program</b> | Free program to parents and children under 6 to strengthen adult-child relationships, support parent education, and foster healthy child development.                            |
|  <b>Adult Learning</b>                    | Adults 19+ & out of school, to upgrade their reading, writing, math, or computer skills. Must be fluent in spoken English & commit to 3h of learning each week for 6-12 months.  |
|  <b>Harm Reduction</b>                   | Street outreach, supply distribution, kit making, safe disposal of supplies, condom distribution, sex worker supports, as well as drug and drug use information                  |
|  <b>Among Friends</b>                    | Program for adults aged 18-65. Focused on fun and mental health promotion, social, recreation, and wellness activities, development of goals and breaking patterns of isolation. |
|  <b>Adult Drop-In</b>                    | Meals, showers, hygiene products, harm reduction supplies, clothing, pet food & services, computer & phone access, laundry, & recreation for homeless individuals                |
|  <b>Health Promotion</b>                 | Preventing illness through personal development groups, education, advocacy, research, collaboration, and reducing social inequalities.                                          |
|  <b>ASK! Community Information</b>       | 416-252-6471 ext. 280 or 281<br>Resource listing, referrals, legal advice, settlement service, tax clinic in English, Farsi, & Russian Mon-Thur                                  |
|  <b>RAY Youth Space</b>                  | Youth empowerment, leadership and education to support healthy life choices for age 13-24. Workshops, camp, arts, tutoring, gendered programs, and community events.             |

+ Additional Info

+ Address 3185 Unity Dr #2, Mississauga, ON L5L 4L5

+ Website <https://edenffc.org/>

+ Number (905) 785-3651      + Email info@edenffc.org

| + Programs and Resources |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>● <b>Get Food</b></p> | <p>Provides access to good food in a dignified, respectful manner.</p> <p><b>Important information for first visit, you will need:</b></p> <ul style="list-style-type: none"> <li>• Identification for everybody in the household, including children (driver’s licence, birth certificate, passport etc.)</li> <li>• Proof of address (driver’s licence, rental agreement, OW or ODSP statement)</li> <li>• Please be sure to bring your own bags as we will not be providing bags or boxes!</li> </ul> |

### + Additional Info

The type of food you receive may vary from month to month based on what is available to the food bank

+ Address 215 Wellesley Street E. Toronto M4X 1G1

+ Website <https://www.efrytoronto.org/>

+ Number (416) 924-3708      + Email [info@efrytoronto.org](mailto:info@efrytoronto.org)

| + Programs and Resources                       |                                                                                                                                                     |
|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Counselling Services</b>                  | General counselling, reintegration services, Trauma, Recovery, and Empowerment Model. Free to women at risk of or in conflict with the law.         |
| ● <b>Court Diversion Program</b>               | Direct accountability program: alternatives for prosecution in minor offences. Partner assault response: group for women charged in GBV cases.      |
| ● <b>Phyllis Haslam Residential Program</b>    | Housing for women on parole or supervision order who are referred through Correctional Services Canada or Ministry of Community Safety.             |
| ● <b>My Start-Up Program</b>                   | Self-employment program, idea generator sessions, employment skills workshops, support developing their business idea, and low interest loan.       |
| ● <b>Volunteer Led Support</b>                 | Talk & Listen Phone Line, free marketplace shopping experience, Vanier recreational visits for inmates, court support programs for women & families |
| ● <b>Record Suspension Information Service</b> | One-on-one assistance submitting a criminal record pardon application to the National Parole Board                                                  |

### + Additional Info






Advocates for alternatives to criminal justice system and provides support for criminalized survivors.

# Embrace: Agency to End Violence



## GBV, Shelter, LGBTQ

- + Address** Two Confidential Shelter Locations - Contact for More Info
- + Website** <https://embrace.ca/>
- + Number** (905) 403-0864 **+ Email** residentadvocatesouth@embrace.ca

| <b>+ Programs and Resources</b>                                                                                             |                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>24-Hour Emergency Shelters</b>         | Women, trans, and genderqueer people over 16 and dependents at risk of or who have experienced any form of violence                                        |
|  <b>24-Hour Crisis Line</b>              | As a client-centred program provides immediate support to survivors in the community experiencing any form of violence. Connected to central intake line.  |
|  <b>Community Support &amp; Outreach</b> | Confidential supports to survivors living in the community. Safety planning, emotional support, referrals, information-sharing and problem-solving.        |
|  <b>Sexual Violence Counselling</b>      | Confidential and non-judgmental supports to survivors of any form of sexual violence. Specialized anti-black racism sexual violence counselling available. |
|  <b>Public Education &amp; Training</b>  | Education programs to community organizations, schools, and workplaces covering a range of topics connected to gender-based violence.                      |

### + Additional Info

Embrace supports women, Two-Spirit, gender queer, trans and non-binary survivors of gender-based violence. Embrace is formerly known as Interim Place. Embrace is the lead agency of PCAWA.



## Youth

+ Address 3010 The Collegeway, Mississauga, ON L5L 4X9

+ Website <https://www.emyc.ca/>

+ Number (905) 820-3577

+ Email Contact form on website

| + Programs and Resources          |                                                                                                                                                                                                                           |
|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>● Professional Development</p> | <p>Provides an 8 week workshop that support youth ages 14-19 with learning essential skills such as: Work etiquette/online etiquette, communication etiquette, job search engine navigation, portfolios/LinkedIn, etc</p> |
| <p>● Kickin it with Kings</p>     | <p>Provides a dynamic mentorship program for males between the ages of 13 - 18. The Program allows participants to be mentored by a variety of subject matter experts who share their knowledge and experiences</p>       |
| <p>● The Future is Female</p>     | <p>This is a mentorship program open to females between the ages of 13-18. The program aims to empowers young women, while helping them build healthy peer relationships</p>                                              |

+ Additional Info

---



---




## Shelter, Youth

+ Address 360 Lesmill Road, Toronto, ON, M3B 2T5

+ Website <https://www.evas.ca/>

+ Number (416) 338-4766      + Email info@evas.ca

| + Programs and Resources                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Emergency Shelter</b></p> | <p>Offers client's between the ages. of 16-24 basic necessities, access to a physician and psychiatrist to address their health and mental health needs, workshops on cooking, financial literacy, job search, as well as assistance in obtaining identification and legal supports and help in finding and keeping housing</p> <p>Offers a Learning Program that provides a variety of life skills, education and employment related activities that help young people gain the skills they need to transition to community living.</p> |

### + Additional Info

If in need of shelter, please call in advance before arrival at **416-338-4766**





## Employment, Mental Health

- + Address 5975 Whittle Road Suite 300, Mississauga ON, L4Z 3N1
- + Website <https://fspeel.org/>
- + Number (905) 270-2250      + Email [fsp@fspeel.org](mailto:fsp@fspeel.org)

|                                          |                                                                                                                                                                                                                                    |
|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| + Programs and Resources                 |                                                                                                                                                                                                                                    |
| ● Trauma Mobile Health Clinic            | Offers free and confidential services, such as sexual health screening, birth control, trauma counselling, pregnancy tests, Hep B Screening, STI Screening, and HIV Testing.                                                       |
| ● Trauma Specific Services               | One-to-one counselling, group counselling, peer to peer, education and support services for those who have been witnesses violenceto or have experienced violence firsthand.                                                       |
| ● Counselling                            | Individual, couples and family counselling is available and can be accessed through a virtual walk-in service or by booking an in-person appointment by calling the Intake Department                                              |
| ● Men's Program                          | Men over the age of 16 who have experienced past or recent sexual abuse can access free individual, group and phone counselling                                                                                                    |
| ● Employment                             | The Employment Services Program works to identify your strengths and assist you in setting employment goals. Programs are available for individuals from 15 to above seeking employment. Eligibility requirements vary by program. |
| ● Adults with Developmental Disabilities | Adults with developmental disabilities that have been assessed can access our services. Skilled staff will work with community partners to help participants achieve their personal goals.                                         |

## + Additional Info

---



---

# Family Transition Place



**GBV, Shelter**

- + Address** 20 Bredin Pkwy, Orangeville, ON, L9W 4Z9
- + Website** <https://familytransitionplace.ca/>
- + Number** 519-942-4122 (Admin)      **+ Email** admin@familytransitionplace.ca.

|                                                                   |                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>+ Programs and Resources</b>                                   |                                                                                                                                                                                                                                                             |
| <b>● Emergency Shelter</b>                                        | Safe, secure shelter and support for women, with or without children, who are experiencing abuse or homelessness.                                                                                                                                           |
| <b>● Second Stage Housing</b>                                     | Supportive temporary housing (up to one year) to help with the transition to independent living.                                                                                                                                                            |
| <b>● Transitional, Legal &amp; Housing Support</b>                | Practical assistance, support and referrals in the areas of housing, education, employment, budgeting, goal setting and safety planning.                                                                                                                    |
| <b>● Rural Response Program</b>                                   | Provides support to women in crisis within the rural areas of Dufferin County. The Rural Response Program will allow for up to six crisis counselling sessions, providing women with abuse education, safety planning, and appropriate community referrals. |
| <b>● Lotus Centre - Sexual Violence Counselling &amp; Support</b> | Compassionate individual and group counselling for survivors of sexual violence.<br><br>Counselling available for partner, family and friends of those have experienced sexual violence.<br><br>Sexual violence education and community engagement.         |

## + Additional Info

---



---

## Income Insecurity

- + **Address** 4544 Eastgate Pkwy, Mississauga, ON L4W 3W6
- + **Website** <https://www.foodbanksmississauga.ca/get-support/#neighbourhood>
- + **Number** (905) 270-5589      + **Email** Contact form on website

| + <b>Programs and Resources</b>   |                                                                                                                             |
|-----------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| ● <b>Neighbourhood Food Banks</b> | Provides 7 plus days of fresh and shelf-stable food support and personal care items for each household member each month    |
| ● <b>Pantries and Cupboards</b>   | Provides 2-3 days of food support for each household member each month                                                      |
| ● <b>Meal and Snack</b>           | Provides 1 cooked meal and 1 packaged or prepared snack to each person per visit                                            |
| ● <b>Food Bank 2 Home</b>         | Delivers healthy and appropriate food to homebound neighbours monthly. Items packed based on dietary needs and preferences. |
| ● <b>Pop-Up Food Bank</b>         | Brings free, fresh fruit and vegetables to high-priority neighbourhoods. Offered in the summer.                             |
| ● <b>Tax Clinic</b>               | Programs helps low-income households file their taxes. Support ensures community members receive tax benefits.              |

### + Additional Info

---



---

## Shelter, Mental Health

- + **Address** [Visit website for a wide range of locations in Toronto](#)
- + **Website** <https://www.fredvictor.org/>
- + **Number** [Visit website for specific inquiries](#)      + **Email** [Visit website for specific inquiries](#)

| + <b>Programs and Resources</b>    |                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Housing and Shelter</b>       | Two emergency shelters are operational 24/7. Both provide short-term beds for homeless and low-income individuals, as well as access to laundering facilities, hygiene supplies, and information and referral to other supports and services.                                                                                                                                  |
| ● <b>Food Security</b>             | Offers multiple food security initiatives such as Food Access, Food Skills, Edible Gardens, Advocacy, and Community Development. These programs teach individuals cooking skills while expanding their nutritional knowledge, how to grow their own traditional foods in our allotment garden program, and better comprehend the systemic causes of poverty and food scarcity. |
| ● <b>Mental Health and Justice</b> | Provides short-term support to those experiencing mental illness and distress, and to those who are struggling to stay out of the criminal justice system                                                                                                                                                                                                                      |
| ● <b>Employment and Training</b>   | Provides individuals with an employment centre that engages them singularly so they can think about short-term and long-term career goals and plan for their future.                                                                                                                                                                                                           |
| ● <b>Emergency Respite Centre</b>  | Low-barrier refuge for individuals who would not otherwise have access to conventional shelter services, as well as one of the main pathways to assist people in beginning the process of finding and securing housing.                                                                                                                                                        |

### + Additional Info

Anyone who needs emergency shelter should call 311 or Central Intake at 416-338-4766, 1-877-338-3398 toll free.

## Mental Health

+ Address 239 Queen Street East, UNIT # 6 Brampton, Ontario L6W 2B6

+ Website <https://fapeel.org/>

+ Number (905) 452-1002      + Email contact@fapeel.org

| + Programs and Resources |                                                                                                                                                                                            |
|--------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● Discussion Groups      | Provides an inclusive space for members to have “small talk”. Members may decide to have someone in from the community to facilitate a discussion group with question and answer sessions. |
| ● Leisure Activities     | Activities and games are offered and they welcome new activity suggestions from members<br><br>40+ group activities which are held monthly, arranged by members for members.               |

+ Additional Info

---



---







## GBV, Mental Health

+ Address 3101 Lake Shore Blvd. West, Toronto, ON M8V 3W8

+ Website <https://thegatehouse.org/>






+ Number (416) 255-5900

+ Email [karen@thegatehouse.org](mailto:karen@thegatehouse.org)

| + Programs and Resources                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Out of the Darkness - Into the Light Program (Phase 1)</b> | Offers support for survivors of childhood sexual abuse in a safe and comfortable environment. Facilitate topic-focused discussions where survivors are given the opportunity to develop and enhance coping skills and to discuss the impact of childhood sexual abuse.                                                                                                                                                          |
|  <b>Forging Individual Transformation</b>                    | This 16 week group will invite participants to continue their healing journey from childhood sexual abuse in a more in-depth focus on specific topics that participants have expressed interest in during the Phase 1 program: Incorporating trauma-focused, mindfulness living techniques and meditation individuals are able to further develop and enhance positive coping skills as they continue their journey of healing. |
|  <b>Individual Counselling and Psychotherapy</b>             | Provides essential support for survivors of childhood sexual abuse (CSA). Primary focus is to create a safe, inclusive, and healing environment where survivors can address their trauma, foster resilience, and reclaim their voices.                                                                                                                                                                                          |
|  <b>Expressive Arts Therapy</b>                              | An 8-week expressive arts therapy group where survivors who have completed The Gatehouse Phase 1 program come together to engage in various creative activities as a means of self-expression, personal exploration, and mutual support.                                                                                                                                                                                        |

+ Additional Info

- + **Address** 1045 Bloor Street West Toronto, ON M6H 1M1
- + **Website** <https://gersteincentre.org/>
- + **Number** (416) 604-2337      + **Email** See website for specific email inquiries

| + <b>Programs and Resources</b>                                                                                            |                                                                                                                                                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Here to Help (H2H) Program</b>        | A multi-service, community-based, mobile team that responds to immediate community needs to help with conflict resolution, crisis intervention, and de-escalation.                                                                                                                |
|  <b>Crisis Beds</b>                     | Short-term beds are available on Bloor and on Charles for those dealing with a mental health crisis and are involved with the CJS                                                                                                                                                 |
|  <b>Mental Health and Justice (MHJ)</b> | Provides short-term Residential Crisis Beds for individuals who are dealing with a mental health / addiction crisis and are currently involved in the criminal justice system                                                                                                     |
|  <b>Telephone Crisis Support</b>        | Crisis Workers are available 24-hours a day, 7 days a week to help clients work out some effective ways of addressing immediate difficulties and to connect them to services that can offer ongoing support.<br><br>For access to the 24 Hour Hotline, please call (416) 929-5200 |
|  <b>Substance Use Crisis Team</b>       | Offers crisis response and 30-day follow-up for those with serious substance use issues, frequently accessing emergency services or facing housing instability.                                                                                                                   |

### + Additional Info

---






---

+ Address 15 Gibson Pl, St. Catharines, ON L2R 0A3

+ Website <https://gilliansplace.com/>

+ Number (905) 684-4000

+ Email Contact form on website

| + Programs and Resources                                                                                         |                                                                                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Safe Shelter</b></p>    | <p>Provides safe, emergency refuge as well as transitional housing for women, children, and LGBTQIA2S+ people.</p> <p>Inclusive and friendly to all women, two-spirit, genderqueer, transgender, and non-binary persons who have experienced violence and abuse.</p> |
| <p> <b>Counselling</b></p>    | <p>Offers both individual and group counselling staffed by experienced counsellors who can provide confidential, timely and compassionate support</p>                                                                                                                |
| <p> <b>Legal Services</b></p> | <p>Legal advice, information, support and referrals to help navigate through the family and criminal court systems.</p>                                                                                                                                              |

+ Additional Info

Call or text the 24/7 Support Line: **905-684-8331**





## Shelter

+ Address 412 Queen St E Toronto, ON M5A 1T3

+ Website www.goodshepherd.ca

+ Number (416) 869-3619      + Email info@goodshepherd.ca

| + Programs and Resources                |                                                                                                                                                                                                                                                                                                    |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>● <b>Barrett House</b></p>           | <p>A barrier-free environment serving persons 18 years and older living with HIV/AIDS who are formerly homeless / unsupported</p> <p>Referral by social service agency, hospital, doctor or self is needed</p> <p>Staffed 24/7, offer basic necessities, meals and has a capacity of 5 persons</p> |
| <p>● <b>Overnight Men's Shelter</b></p> | <p>Provides 97 shelter beds for adult men aged 18 and up. Showers are available, and all visitors receive towels and toiletries. Throughout the year, occupancy remains at 100% capacity. All overnight guests receive breakfast.</p>                                                              |





## + Additional Info

Wheelchair accessible building at rear entrance of Barrett House; street parking close to entrance



## BIPOC, GBV, Shelter

- + Address 1900 King Street East, P.O. Box 69036, Hamilton, ON L8K 6R4
- + Website <https://www.nativewomenscentre.com/>
- + Number (905) 664-1114      + Email N/A

| + Programs and Resources                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Violence Against Women<br/>Emergency Shelter</b> | <p>The 15 bed, 24/7 Emergency shelter is designed for women and their children fleeing from domestic violence, dangerous situations or who are experiencing homelessness. Some of the services offered at VAW include group programs, women's abuse education program, referrals, assistance in finding safe and suitable housing, and traditional healing methods</p>                                 |
|  <b>Healing Our Sisters</b>                         | <p>Healing Our Sisters is our anti-human trafficking program that provides wrap around services including emergency beds, transportation, medical care, meals and trauma-informed culturally respectful care to support women who are at risk and those who have lived the experience of human trafficking.</p>                                                                                        |
|  <b>Honouring The Circle</b>                        | <p>Provide transitional housing for women and their children who are at risk of homelessness, poverty or abuse. While at HTC, families are offered tools of empowerment, self-reliance, and economic independence.</p>                                                                                                                                                                                 |
|  <b>Gyo Geh Doh (New Beginnings)</b>                | <p>Gyo Geh Doh (which means New Beginnings in Cayuga) is a transitional housing space for single women who are facing homelessness, poverty, or abuse. GGD is designed to support women on their healing journeys while providing programming, wrap around supports and other opportunities for women to transform their lives in order to obtain and sustain affordable, safe and stable housing.</p> |

## + Additional Info





---



---

## GBV Support, Shelter

- + Address** Confidential Address  
2211 Brant Street, #20060 Burlington, ON L7P 0A4 (Mailing Address)
- + Website** <https://haltonwomensplace.com/>
- + Number** Burlington & Oakville: 905-332-7892  
Milton & Halton Hills: 905-878-855
- + Email** [info@haltonwomensplace.com](mailto:info@haltonwomensplace.com)

| <b>+ Programs and Resources</b>                                                                                         |                                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Crisis Line</b>                    | Individuals in crisis that require support can call the crisis line to be connected to a Crisis Intervention Counsellor who will offer support, counselling, safety planning, information and resources over the phone or at the shelters.                                                                         |
|  <b>Safe Shelter Services</b>        | Provides a safe and comfortable place to stay for all self-identified women of 16 years of age and older as well as their children fleeing domestic violence. Two emergency short-term shelters are available in the Halton Region, in Milton and in Burlington                                                    |
|  <b>For the Love of Paws Program</b> | For the Love of Paws assists women in temporarily rehoming their pets, allowing them to seek safety and heal from trauma while knowing their pets are loved and cared for. We've worked with area veterinarians and pet boarding organizations to provide safe and temporary spaces for the families that use HWP. |
|  <b>Transitional Housing</b>         | Provides housing for women and children as they move forward towards a life free from domestic violence and abuse. These housing units support women and their children to live independently and securely while also providing case management and community outreach services                                    |




## + Additional Info

If you need support call the 24/7 crisis intervention and support lines at **905-332-7892** or **905-878-8555** or reach out through the online chat tool at [www.haltonwomensplace.com/chat](http://www.haltonwomensplace.com/chat)



## GBV, Shelter

- + Address 314 Harwood Ave. S, Ajax, Ontario L1S 7H2
- + Website <https://herizonhouse.com/>
- + Number (905) 426-1064      + Email administration@herizonhouse.com

| + Programs and Resources                                                                                                                      |                                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Emergency Shelter</b></p>                             | <p>Offers secure emergency shelter for women and children along with 24/7 support staff, meeting basic needs, a children’s program and support with accessing legal services</p>                                                                                                             |
| <p> <b>Crisis Support Line</b></p>                         | <p>A 24/7 help line that is staffed by trained counsellor’s who are available to help and answer questions clients may have<br/>Provides support to help clients find a safe place and if they don’t plan to come to the shelter they can provide support, information and referrals</p>     |
| <p> <b>Crisis Counselling and Transitional Support</b></p> | <p>Offers support to women who may be living in an abusive situation, may be inquiring on what options are available or have left an abusive situation and are still trying to maintain a life free from abuse and violence<br/><br/>Available weekdays, some weekends and some evenings</p> |

### + Additional Info




---



---

## Legal, Newcomer

- + **Address** 55 University Avenue, Suite 1400 Toronto, Ontario, Canada M5J 2H7
- + **Website** <https://www.halco.org/>
- + **Number** (416)340-7790  
(toll-free) 1-(888)705-8889 + **Email** [talklaw@halco.org](mailto:talklaw@halco.org)

| + <b>Programs and Resources</b>                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Legal Advice and Representation</b>                                                                                      | Provides legal advice and representation to individuals living with HIV/AIDS on various legal matters, including housing, employment, immigration, human rights, confidentiality, and privacy issues related to HIV/AIDS.<br>Provides free legal representation to clients who meet case and financial eligibility guidelines, and whose legal problem is within their Areas of Legal Practice |
|  <b>Human Rights Advocacy</b>                                                                                              | Offers guidance and support in cases of human rights breaches, discrimination, and activism involving HIV/AIDS                                                                                                                                                                                                                                                                                 |
|  <b>Healthcare Access</b>                                                                                                  | Clients receive healthcare services and support, including assistance with health insurance, disability benefits, and treatment access difficulties                                                                                                                                                                                                                                            |
| <br> <b>Employment Rights</b>           | Assists clients with job-related issues linked to HIV/AIDS, such as discrimination, wrongful termination, and disability accommodations                                                                                                                                                                                                                                                        |
| <br> <b>Immigration and Refugee Law</b> | Individuals living with HIV/AIDS receive support with immigration and refugee difficulties, such as applications, appeals, and navigating the legal complexity of immigration law                                                                                                                                                                                                              |

## + Additional Info

Please note that HALCO's specific services may change over time, therefore the most up-to-date information can be found on their website or by contacting them directly.









## Health, Shelter, Mental Health

+ Address 90 Shuter St., Suite 206 Toronto, ON M5B 2K6

+ Website <https://homesfirst.on.ca/>

+ Number (416) 214 -1870

+ Email [admin@homesfirst.on.ca](mailto:admin@homesfirst.on.ca)




| + Programs and Resources                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Centralized Food Program (CFP)</b>                                                                                                                                                               | <p>Provides increased food security to vulnerable individuals in both supportive housing and shelters. Weekly meals prepared and delivered to the supportively housed population.</p> <p>Weekly party-sized dishes of dietary and religious-specific foods are delivered to our shelter residents.</p>                                                                    |
|  <b>Intensive Case Management Life Skills</b>                                                                                                                                                      | <p>Assists residents with challenges such as hoarding, personal hygiene, cleaning, accessing health resources and pest control.</p>                                                                                                                                                                                                                                       |
|  <b>Intensive Case Management Shelter</b>                                                                                                                                                          | <p>Provides individual and group support that helps residents in organizing shelter community events, create connections between residents and the outer community and people, and facilitate volunteers</p>                                                                                                                                                              |
|    <b>Follow-Up Supports</b> | <p>Provides individualized support from a Follow Up Support Worker team that are matched with those who have been recently housed from the shelter system. Clients will be assisted in case management planning, crisis intervention, supportive counselling and advocating for and with the client with landlords, service providers and income assistance programs.</p> |

### + Additional Info

If you are looking for shelter, please call 311 or Central Intake at 416-338-4766, or toll-free in Toronto at 1-877-338-3398.

## Parent/Family, Employment, Shelter

- + Address 1-200 North Service Rd. W #424, Oakville, ON L6M 2Y1
- + Website <https://www.homesuitehope.org/>
- + Number (905) 339-2370      + Email Contact form on website

| + Programs and Resources                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Stabilizing First Halton</b>              | <p>A one-year program is designed to assist homeless, or precariously housed single parent families with a rental subsidy, goal-oriented intensive case management, an onboarding workshop, life skills training and wrap-around support.</p>                                                                                                                                                                                                                                                                    |
|  <b>Homeward Bound Halton Youth (HBH-Y)</b> | <p>4-year employment-based program to support low income, single youth parents by giving them the opportunity to secure employment through earning a post-secondary education.</p> <p>Clients receive a year to complete foundational training and life skills workshops to prepare to enter into post-secondary school, a full scholarship to complete a 2-year diploma program at Sheridan College, professional development and employment supports, and a transition strategy once employment is secured</p> |
|  <b>Single Parent Support Forum</b>         | <p>Offers single parents an online platform place to connect with and support one another</p>                                                                                                                                                                                                                                                                                                                                                                                                                    |

### + Additional Info

---



---



## GBV, Mental Health

+ Address 10 Gillingham Drive #305, Brampton, ON L6X 5A5

+ Website <https://www.hope247.ca/>

+ Number (905) 792-0821      + Email [info@hope247.ca](mailto:info@hope247.ca)

| + Programs and Resources                |                                                                                                                 |
|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| ● Individual Crisis Counselling         | 12 free sessions of one-on-one counselling with trauma-informed, educated, compassionate therapist.             |
| ● Enhanced Wellness Programs and Events | A series of programs and events to help community members thrive and grow, while creating valuable connections. |
| ● Community Room                        | Free Wi-Fi, computer access, printing services and books.                                                       |
| ● Pantry and Clothing                   | Food and clothing provided to those who need.                                                                   |

+ Additional Info

---



---








## Mental Health, Shelter, Youth

+ Address 422 Gilbert Avenue Toronto, Ontario M6E 4X3

+ Website <https://horizonsforyouth.org/>

+ Number (416) 781-9898      + Email [info@horizonsforyouth.org](mailto:info@horizonsforyouth.org)

| + Programs and Resources                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Case Management</b></p>              | <p>Provides individualized case management to all youth living at the shelter. Case Managers work one-on-one with clients to help them identify goals and create a plan of action to work towards them.</p>                                                                                                                                                      |
| <p> <b>Mental Health and Wellness</b></p> | <p>Strives to help residents resolve trauma they may be experiencing due to experiencing/witnessing various forms of abuse through multiple counselling techniques and workshops</p> <p>Helps residents access high-quality mental health support in 4 main area's; individual counselling, wellness workshops, psychiatric services and community referrals</p> |
| <p> <b>Housing Support</b></p>            | <p>Supports youth in finding and maintaining stable housing</p> <p>Residents have the opportunity to meet regularly with a Housing Worker who connects clients with resources such as financial assistance and housing listings, and assists them in making phone calls to landlords and attending apartment viewings.</p>                                       |

### + Additional Info








## Newcomer, Parent/Family

+ Address 3021 Markham Rd, Scarborough, ON M1X 1L8

+ Website <https://icnasistersca.org/>

+ Number (647) 660-0545      + Email Contact form on website

| + Programs and Resources                                                                                             |                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Refugee Support Services</b>    | Supports families not only by providing housing and other means of settling in Canada but also by giving the moral support they need while adjusting in a new environment.                               |
|  <b>Shelter Home Supply Drive</b> | Provides items of personal use as well as gifts to women who have endured violence and abuse important occasions and share respect, love and care.                                                       |
|  <b>School Supply Drive</b>       | Provides school supplies such. as backpacks, notebooks, stationary and calculators to children in need                                                                                                   |
|  <b>Meet a Muslim Day</b>         | Facilitates occasions in order to build bridges and remove misconceptions in the community by having open dialogues with neighbours and fellow Canadians.                                                |
|  <b>Parenting Workshops</b>       | Workshop sessions offer parents and caregivers an opportunity to: meet other parents and caregivers, share concerns about children and family life and learn more about children and positive parenting. |

+ Additional Info

---



---












+ Address 3038 Hurontario St Suite 206, Mississauga, ON L5B 3B9

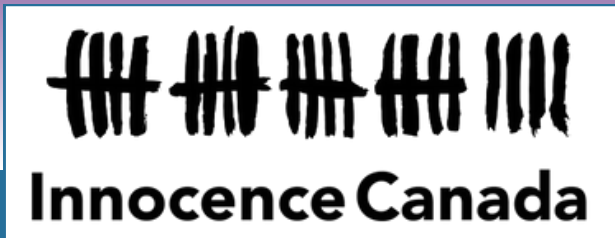
+ Website <https://www.induscs.ca/>

+ Number (905) 275-2369

+ Email [info@induscs.ca](mailto:info@induscs.ca)



| + Programs and Resources                                                                                                                                                                                                                                                                         |                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>ACES Program for Women (Advocacy, Counselling, Empowerment &amp; Safety)</b>                                                                                                                                | Provide culturally-responsive counselling to victims of domestic/family violence and abuse. Empower them through the development of personalized strategies and solutions. |
|  <b>SAATH: Supporting South Asian Families</b>                                                                                                                                                                | Collaboration with Peel CAS to provide a culturally centered approach, with a focus on the unique perspectives and experiences of the South Asian community.               |
|   <b>Family Services</b>                                                                                                   | This program provides crisis intervention, counselling, mediation, case conferencing and day-to-day support to youth and adults.                                           |
|    <b>Family Court Support Services</b> | Provide support to victims of domestic violence navigating the family court system.                                                                                        |
|  <b>Community Mental Health Support Services</b>                                                                                                                                                              | The overall goal of the program is to assist clients in achieving their individual support plans and goals.                                                                |
|  <b>The MAASSI Project</b>                                                                                                                                                                                    | Collaboration with Peel CAS and Punjabi Community Health Services, project builds awareness, and provide support and mentorship on issues facing South Asian families.     |

+ Additional Info



## Legal

- + **Address** 555 Richmond Street West, Suite 1111 PO Box 106 Toronto, Ontario M5V 3B1
- + **Website** <https://innocencecanada.com/>
- + **Number** 1-(416) 504-7500  
(toll free) 1-800-249-1329 + **Email** See website for specific email inquiries

| + <b>Programs and Resources</b>                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Legal Services</b></p>    | <p>Offers legal services to low-income persons/ clients in Canada in order to show that a false conviction has occurred and exonerate that wrongfully convicted individual.</p> <p>Works to increase public understanding of criminal law and the judicial process.</p> <p>Provides financial assistance to low-income wrongly convicted clients for the necessities of life</p> |
| <p> <b>Public Education</b></p> | <p>Provides Public Legal Education sessions on wrongful convictions to members of the court, police officers, law students, university students, youth, and the general public.</p> <p>Offers presentations that are geared to the audiences' understanding of the law, their education level, and the information they need to help us in fighting wrongful convictions.</p>    |

## + Additional Info

---







---

# Interval House of Hamilton



**Mental Health, Employment, Shelter**

- + **Address** 630 Sanatorium Road, Hamilton, ON L9C 7S7
- + **Website** <https://intervalhousehamilton.org/>
- + **Number** (905) 387-9959      + **Email** [info@intervalhousehamilton.org](mailto:info@intervalhousehamilton.org)

| + <b>Programs and Resources</b>                                                                                                     |                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Employment Counselling</b>                     | Offers support with the improvement of resume-writing skills, job searching, computer skills and interview skills<br>Helps client’s build economic independence and resiliency.                                                                                       |
|  <b>Individual Counselling</b>                   | Provides 12 individual counselling sessions to women who are experiencing violence, abuse or human trafficking at no cost. Sessions are individualized, trauma-informed and goal-based.                                                                               |
|  <b>Emergency Shelter</b>                        | Available for women with or without children who are experiencing violence, abuse and/or trafficking. Offers emergency shelter, a safe environment, meals, and access to support workers.                                                                             |
|  <b>Legal Advocacy and Navigation Assistance</b> | Legal advocates can help women navigate the family, criminal, and immigration legal systems. Legal advocates can assist women with court accompaniment, lawyer meetings, advocacy, safety planning, legal referrals, and post-meeting or court appearance debriefing. |






+ **Additional Info**  
Call the 24/7 crisis line at 905-387-8881

## LGBTQ, Mental Health

+ Address 18 King Street E. Suite 1400 Toronto ON M5C 1C4

+ Website <https://itgetsbettercanada.org/>

+ Number N/A      + Email [info@itgetsbettercanada.org](mailto:info@itgetsbettercanada.org)

| + Programs and Resources                                                                                                                                                                                        |                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Storytelling</b>                                                                                                           | <p>Helps to connect young 2SLGBTQ+ persons with the global 2SLGBTQ+ community by offering access to an array of uplifting and inspiring stories of hope, perseverance, and determination described by members of the 2SLGBTQ+ community and their allies</p> |
|  <b>Online Supports and Resources</b><br> | <p>Provides crisis helplines and supports for those in immediate need of help</p> <p>Provides online articles, tools, tips and videos to help 2SLGBTQ+ navigate various difficulties and challenges they may face</p>                                        |
|  <b>Events and Advocacy Campaigns</b><br> | <p>Engages in advocacy efforts to raises awareness about LGBTQ+ issues, and strives to create inclusive and supportive environments in schools, communities, and workplaces.</p>                                                                             |

+ Additional Info

---




---



## Legal, Parenting/Family, Mental Health

- + **Address** 44 Peel Centre Drive, Suite 400 Brampton, ON L6T 4B5
- + **Website** <https://johnhoward.on.ca/>
- + **Number** (905) 459-0111      + **Email** brampton@johnhowardphd.ca

| + <b>Programs and Resources</b>                                                                                                                       |                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Community Services</b>                                           | Open to those in crisis and facing ongoing challenges with housing, poverty, addiction, mental health, criminal justice, relationships or self-management. Goal is to provide counselling, support, advocacy and referrals.                        |
|  <b>Mental Health and Addictions Peer Support Program</b>          | Individuals with lived experience, and will work with you one-to-one to explore recovery goals and help connect you with community supports and services.                                                                                          |
|  <b>Employment Services</b>                                        | Program operating out of Brampton, provides employment assistance to all persons who are unemployed or underemployed.                                                                                                                              |
|  <b>Bail Program</b>                                               | Open to those over the age of 16 who appear before the courts with outstanding allegations. The goal of the program is to provide an option to the court for those who are candidates for release but who do not have a suitable surety available. |
|  <b>RESOLVE: Anger Management and Emotional Regulation Program</b> | Fee for service program based on sliding scale. Program teaches participants self-regulation and self-management skills that allow them to reduce the intensity, frequency and duration of anger and aggression.                                   |

### + Additional Info

Not a legal service. If you are seeking legal assistance please contact a Community Legal Clinic.

# Juliette's Place (Homeward Family Shelter)








GBV, Parent/Family, Shelter

+ Address #219 - 1371 Neilson Road Scarborough, Ontario M1B 4ZA

+ Website <https://www.juliettesplace.ca/>

+ Number (416) 724-1500      + Email info@juliettesplace.ca

| + Programs and Resources                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   <p><b>Emergency Shelter</b></p>                                                                               | <p>A contemporary, tri-level welcoming space offering private and shared amenities, with: twelve bedrooms and five washrooms (including ones designated accessible), a large combination dining/lounging room, kitchen, and laundry facilities.</p> <p>Policy is to keep families together, so a mother and her children will never be asked to share their assigned room</p> <p>Welcomes male children over the age of sixteen (16) years of age</p> |
|    <p><b>Programming</b></p> | <p><b>For women:</b> Crisis intervention emotional and other support services, housing advocacy, education, life skills</p> <p><b>For children:</b> Tutoring /mentoring, recreation - social, cognitive &amp; physical support services, parenting support</p>                                                                                                                                                                                        |

## + Additional Info








Financial (cheque) donations may also be mailed to the address listed above; or processed immediately by Credit Card /PayPal





## Legal, Youth

- + Address 55 University Ave, 15th Floor, Toronto, ON M5J 2H7
- + Website <https://jfcy.org/>
- + Number (416)920-1633  
(toll free) 1-866-999-JFCY (5329) + Email [info@jfcy.org](mailto:info@jfcy.org)

| + Programs and Resources                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Legal Representation</b>                                                                                                                         | Provides legal representation and advice to children and youth in Ontario who were experiencing difficulties accessing their legal rights. This could include matters related to education, housing, child welfare, mental health, immigration, and other legal issues affecting young people |
|   <b>Street Youth Legal Services (YLS)</b>                      | Provides legal services directly to young street involved youth at drop-in centres and shelters, where they gather to seek other services such as health care, food, employment aid, and counselling.                                                                                         |
|   <b>Childhood Arrivals Support and Advocacy Program (CASA)</b> | Provides outreach, legal counsel, and trusted intermediary services to guarantee that "undocumented" young people have access to the knowledge, resources, and legal help they require to take control of their futures and live safe, secure, and chosen lives.                              |
|  <b>Enhancing Access to Special Education (EASE)</b>                                                                                               | Offers short videos and a written guide on their website to support students & families navigating the special education system.                                                                                                                                                              |
|  <b>Referrals</b>                                                                                                                                  | Provides access to referrals from other community services, agencies, or organizations that could offer additional support beyond legal assistance. These include mental health services, social services and housing support                                                                 |

## + Additional Info

---



---



## BIPOC, Employment, Newcomer

+ Address Mississauga

+ Website <https://www.laadliyan.com/>

+ Number N/A

+ Email [info@laadliyan.com](mailto:info@laadliyan.com)



| + Programs and Resources                                                                                                                                                                                 |                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Udaari (Leap)</b></p>                                                                                            | <p>Created to support young women/international students new in the Greater Toronto Area with their settlement and academic journeys. The program focuses on providing/connecting students with support and resources.</p> |
| <p> <b>Educational Seminars and Workshops</b></p>                                                                     | <p>Educational workshops and seminars held for international students (in the community and within academic institutions) on important topics that have been identified by students</p>                                    |
| <p> <b>Gender-Based Violence Toolkit</b></p>                                                                          | <p>Simple but comprehensive tool with important information if someone is experiencing gender-based violence.</p>                                                                                                          |
| <p> <b>Laadli to Laadli</b></p>                                                                                       | <p>A mentorship program to support with academic and career pathways.</p>                                                                                                                                                  |
| <p>  <b>Biji, Mom &amp; Me</b></p> | <p>Offers various activities to grandmothers, mothers and granddaughters. Monthly activities are conducted to help focus on the mind, body and soul to lessen the intergenerational gap between each generation.</p>       |

### + Additional Info

Organization providing engagement, education and awareness to South Asian girls and women.

## Parenting/Family, Legal

- + Address 40 Dundas Street West; Toronto, Ontario
- + Website <https://www.legalaid.on.ca/>
- + Number 1-(800) 668-8258      + Email info@lao.on.ca

| + Programs and Resources                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Domestic Violence</b></p>   | <p>Provides specialized supports for survivors experiencing domestic violence, including family law matters such as restraining orders or maintaining parenting time.</p> <p><b>Two Hours Free Legal Service</b></p> <p>Program provides two hours of free legal advice for domestic violence survivors in Ontario who need immediate advice and assistance in relation to family law and immigration and refugee law matters.</p> <p>No financial eligibility requirement for this service.</p> <p>People experiencing domestic violence are eligible for up to five two-hour authorizations in a year (one per legal issue)</p> <p>Contact local shelter or community legal clinic to ascertain if this service is available in your community.</p> |
|  <p><b>Family Legal Issues</b></p> | <p>Assists with with Child, Youth and Family Services Act (CYFSA) proceedings (child protection, adoption, and youth justice)</p> <p>Mediation can help make decisions outside of court about custody, support or parenting time. If you qualify for legal aid you can access free mediation services in Peel.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                    |

## + Additional Info

For information on whether you qualify financially for legal aid, visit the Legal Aid Ontario website. You can apply online, phone or in person and will need any documents about the legal case and proof of your income.








### Youth, Mental Health

+ Address 1126 Finch Ave. West Unit 16 , Toronto Ontario , M3J 3J6

+ Website <https://www.lumenus.ca/>

+ Number (416) 222-1153      + Email info@lumenus.ca

| + Programs and Resources                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   <b>Keeping Families Together</b>             | Provides responsive, short-term mental health counselling to clients ages 12 – 18 and their family entering child welfare care or are transitioning out of child welfare care.                                                                                                                                                                                                                                                  |
|  <b>Better Beginnings Now</b>                                                                                                 | Provides services that are available to children (prenatal – 6) who are experiencing, or may be at risk of experiencing, barriers to healthy development, and their families/caregivers. Better Beginnings Now services aim for health promotion by supporting parenting competency and skill building and they include parent/toddler program, early parenting program, prenatal nutrition program and home visiting services. |
|   <b>Drug Education and Harm Reduction</b> | A drug education workshop series that provides youth ages 14-24 with skills and tools to help navigate a complex, drug-using world. Facilitators use music, art, media and games to create a safe, drug-neutral space to engage youth as they develop health literacy skills.                                                                                                                                                   |

+ Additional Info

---



---

# Malton Neighbourhood Services



Mental Health, Legal, Parenting/Family

- + Address 3540 Morning Star Dr, Mississauga ON (Head Office)
- + Website <https://www.mnsinfo.org/>
- + Number (905) 677-6270      + Email Contact form on website

| + Programs and Resources                                                                                                      |                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Women's Support Services</b>            | <p>We offer free day and evening support services for women through an anti-oppression and anti-racism perspective.</p> <p>Advocacy, supportive counseling, referral services for women, including help for women and children who have experienced domestic abuse.</p>                                                           |
|  <b>Black Parent Support Group</b>         | <p>Black Family Support Program is for parents within the Black community in Peel. Working from a culturally-informed perspective the program was developed for parents/caregivers to build on cultural identity, values and practices.</p>                                                                                       |
|  <b>Free Legal Clinic</b>                  | <p>We partner with Mississauga Community Legal Services to offer a free, walk-in legal clinic.</p> <p>The services include free legal advice on: Ontario Works, Ontario Disability Support Program &amp; Housing</p>                                                                                                              |
|  <b>Community Action Plan for Children</b> | <p>CAPC helps families with young children (birth to 6 years of age) living in conditions which may impact on their ability to reach optimal health. The program assists vulnerable families to increase both adult and child health, develop problem-solving skills and social networks, and to engage in their communities.</p> |

## + Additional Info

Multiple locations - check website for full list.

---








## BIPOC, Mental Health

+ Address N/A

+ Website <https://mwc.community/>

+ Number (647) 391-9668

+ Email [info@mwc.community](mailto:info@mwc.community)




| + Programs and Resources                                                                                                                                                     |                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Mental Health Counselling for South Asian Women</b></p>                              | <p>Free short-term online counselling sessions offered one-on-one or in groups. Offered to 18+ South Asian women who live in Mississauga.</p>       |
| <p> <b>South Asian Women Empowerment &amp; Equality of Rights Alliance</b></p>            | <p>Culturally sensitive discussions and workshops to support South Asian women and engage with men &amp; boys to prevent gender-based violence.</p> |
| <p> <b>Addressing Cyber Crime - Building Safer &amp; Inclusive Online Communities</b></p> | <p>Discussions addressing cyber hate crime, cyber and financial fraud, islamophobia, and engaging in online counter speech.</p>                     |
| <p> <b>South Asian Seniors Wellness Cafe Project</b></p>                                  | <p>Culturally sensitive discussions and workshops on issues and experiences of South Asian seniors.</p>                                             |
| <p> <b>South Asian Women in Business</b></p>                                              | <p>Supporting economic and business opportunities for South Asian Women, including the South Asian Women in Business (SAWIB) Magazine.</p>          |

### + Additional Info

Services in English, Hindi, Urdu, and Punjabi languages.

---

- + Address 350 Rutherford Rd S, Brampton, ON L6W 3M2
- + Website <https://www.metisnation.org/>
- + Number (905) 450-4844      + Email [contactus@metisnation.org](mailto:contactus@metisnation.org)

| + Programs and Resources                                                                                                       |                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Mental Health and Addictions Services</b> | Provides a 24HR Mental Health and Addictions (MHA) Crisis Line. For culturally specific mental health and addiction supports for adults, youth, and families in Ontario                                         |
|  <b>Housing and Infrastructure</b>          | This program provides provides a variety of housing and homelessness services that MNO citizens can access. These include the rental, home repair, and property management services                             |
|  <b>K-12 Education Initiatives</b>          | The goal of this program is to identify and provide supports for Métis students and their families as they progress along in their learning journeys with the aim of helping to improve their learning outcomes |

+ Additional Info

---



---

# Mississauga Community Legal Services



Mississauga Community  
Legal Services


## Legal

+ Address 130 Dundas St E #504, Mississauga, ON L5A 3V8

+ Website <https://www.mississaugalegalclinic.ca/>

+ Number (905) 896-2050

+ Email Contact form available on website

| + Programs and Resources                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Free Legal Services for Low Income Residents of Mississauga</b></p> | <p>Housing Law (Tenants or co-op members only – not landlords), including evictions and subsidized housing matters</p> <p>Immigration (not refugee claims), such as sponsorships and permanent resident status</p> <p>Ontario Disability Support Program (ODSP) (we do not help with the completion of application forms)</p> <p>Ontario Works (OW) (we do not help with the completion of application forms)</p> <p>Canada Pension Plan (CPP-Disability or regular CPP)</p> <p>Employment law, such as your rights at work, unpaid wages and wrongful dismissal</p> <p>Start with advice and then consider other services. Can help by preparing documents and sometimes can represent you in a court or in a tribunal.</p> <p>Can also give legal information presentations to community agencies and members of the public.</p> |

## + Additional Info

Criminal, refugee, and family law services are not available. No longer able to assist with matters to WSIB (Workplace Safety and Insurance Board)





## LGBTQ, Youth, Shelter

+ Address 196 Wentworth St N Hamilton, ON

+ Website <https://mission-services.com/>

+ Number (905) 528-5100 + Email [admin@mission-services.com](mailto:admin@mission-services.com)

| + Programs and Resources                                                                                               |                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Willow's Place</b></p>        | <p>A low barrier space for marginalized women, non binary folk and trans folk experiencing homelessness, precarious housing, and social isolation.</p> <p>Access to laundry, shower facilities, a safer place to rest, meals, and harm reduction supplies.</p> <p>15 low-barrier shelter beds to women, trans-, and non-binary people 18 years and older</p> |
| <p> <b>Good Food Centre</b></p>     | <p>Free and accessible to those with a low income.</p> <p>Provides emergency food and hygiene supplies for 7 days.</p>                                                                                                                                                                                                                                       |
| <p> <b>Youth Programs (196)</b></p> | <p>Offers youth in grades 6-8 a healthy after-school snack, a nutritious hot meal and homework help. The program is youth led and strength based, focusing many activities on mental and physical well being.</p>                                                                                                                                            |
| <p> <b>Men's Shelter</b></p>        | <p>Serves men-identifying people over the age of 18</p> <p>Committed to providing men with housing focused support, and harm reduction.</p> <p>Open 24 hours a day, 365 days a year</p>                                                                                                                                                                      |

+ Additional Info

---










---



## LGBTQ, Harm Reduction, Health

- + Address #601 - 7700 Hurontario St, Brampton, L6Y 4M3
- + Website <https://www.moyohcs.ca/>
- + Number (905) 361-0523      + Email info@moyohcs.ca

| + Programs and Resources                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li></li> <li></li> <li></li> <li></li> </ul> <p><b>Client Services</b></p> | <ul style="list-style-type: none"> <li>• One on One Counselling</li> <li>• Case Management</li> <li>• Referrals &amp; Assistance Filling Out Applications</li> <li>• Advocacy &amp; Accompaniments</li> <li>• The PrEP Clinic &amp; Testing</li> <li>• Peer Support, and Drop-in Programs</li> <li>• Education Workshops</li> <li>• Black Women’s Muslim Health Services</li> <li>• Young Black Women</li> <li>• HIV/AIDS Support Services</li> </ul> |
| <p> <b>Harm Reduction</b></p>                                                                                                                                                                                                                                                                                                                                       | <p>Harm reduction &amp; safer sex supplies, overdose prevention, drug information and bad drug reports, harm reduction counselling, and referrals to health and social services.</p> <p>Supervised Consumption Site - Peel UPHNS (Urgent Public Health Need Site)</p>                                                                                                                                                                                 |
| <p> <b>2SLGBTQ+ Programming</b></p>                                                                                                                                                                                                                                                                                                                                 | <p><b>Queer minds:</b> group for individuals 16+ to connect with community &amp; gain knowledge &amp; support on 2SLGBTQ+ topics.</p> <p><b>Chai 'n' Chat:</b> space for you to think out loud.</p>                                                                                                                                                                                                                                                   |
| <p> <b>Health Promotion &amp; Education</b></p>                                                                                                                                                                                                                                                                                                                     | <p>HIV, sexual health, substance use, and harm reduction education, anti racism intersectionality training, Removing the Barriers: 2SLGBTQ+ training, lunch and learns.</p>                                                                                                                                                                                                                                                                           |

### + Additional Info

Moyo was previously known as the Peel HIV/AIDS Network.

Moyo is the official Aids Support Organization (ASO) in the Region of Peel.

# Muslim Community Services








Newcomer, Parent/Family, GBV Support

+ Address 4120 Ridgeway Drive, Unit 43 Mississauga ON L5L 5S9

+ Website <https://mcsservices.org/>

+ Number (905) 828-2001      + Email info@mcsservices.org

| + Programs and Resources                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>English Language Training Program</b>                                                                                                                                                                 | <p>Training is designed for new immigrants to Canada and is aimed at supporting them in overcoming the challenges they face in their new nation. These limitations include a lack of knowledge of the official language, a lack of life skills, and a limited understanding of Canada.</p>                                                           |
|   <b>Family Support Services</b>  | <p>Provides counselling and referrals to individuals and families who seek guidance and direction.</p> <p>Provides culturally sensitive and supportive counselling to women who are victims of violence. The aim of the program is to provide education and empowerment to hundreds of women who are living with abuse or have experienced abuse</p> |
|  <b>Senior's Services</b>                                                                                                                                                                               | <p>Aims to reduce the risk of the social isolation of immigrant seniors who have limited access to culturally sensitive activities.</p> <p>This weekly drop-in program gives seniors an opportunity to interact with one another, network, make new friends, plan and get involved in various activities</p>                                         |

+ Additional Info

---





---

## Parenting/Family, Shelter, Mental Health

+ Address 191 Gerrard St E, Toronto, ON M5A 3E5

+ Website <https://nwrct.ca/programs-and-services/>

+ Number (416) 963-9963      + Email info@nwrct.ca

| + Programs and Resources                                                                                               |                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Housing</b>                       | This program provides housing assistance and support services to clients who need housing or are at-risk of becoming homeless.                                                  |
|  <b>Investing in Women's Future</b> | Provides indigenous women in building their economic independence through direct service and referrals pertaining to employment/education/training.                             |
|  <b>Family Support</b>              | This program focuses on crisis management and stabilization, awareness and education, planning and goal setting                                                                 |
|  <b>Trauma Support</b>              | This program provides more timely and effective supports and assist to build capacity of organizations (community, justice, health, education) to better meet their local needs |

+ Additional Info

---






---



## Newcomer, Parenting/Family

- + **Address** 165 Dundas Street West, Suite 116 Mississauga, Ontario L5B 2N6, Canada
- + **Website** <https://www.ncpeel.ca/>
- + **Number** (905) 306-0577      + **Email** info@ncpeel.ca

| + <b>Programs and Resources</b>                                                                                               |                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>English Training</b>                     | Offers full-time English language training classes, a youth and senior program, a workplace communication course and an early childhood course                                                                                                                                              |
|  <b>Labour Market Access (LMA) Program</b> | The Labour Market Access (LMA) program provides newcomers with help obtaining Canadian work experience that matches their professional skills/education. .<br>Offers a 10 week co-op placement, an 8 week training program, childminding during in class participation and job counselling. |
|  <b>Care for Newcomer Children</b>         | Provides care for infants, toddlers, preschoolers and school age children under the regulations of “Day Nurseries Act”,                                                                                                                                                                     |
|  <b>Counselling Services</b>               | Assistance and counselling is available in multiple area's, including Canadian Law and Justice, continuing education, mental health, trauma support counselling, parenting, and physical wellness                                                                                           |

### + Additional Info

---











---

+ Address Mississauga - Confidential Address

+ Website <https://nisahomes.com/>

+ Number +1 (888) 456-8043 + Email info@nisahomes.com

| + Programs and Resources                                                                                                     |                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Casework</b>                            | One-on-one support for clients to secure income, employment and housing                                                             |
|  <b>Shelter and Basic Necessities</b>      | Home of safety, security and confidentiality for women & children.                                                                  |
|  <b>Children's Program</b>                | Play and educational areas are available, along with childcare workers to support the children and mothers                          |
|  <b>Mental Health Support</b>             | Confidential and supportive counselling services                                                                                    |
|  <b>Immigration and Status Assistance</b> | Support & guidance is available and offered to refugee and non-status clients.                                                      |
|  <b>Spiritual Support</b>                 | Support groups and community referrals.                                                                                             |
|  <b>Financial Assistance</b>              | Offers Assistance with moving in and out costs as well as transportation.                                                           |
|  <b>Remote Casework</b>                   | Continued support for clients who move out of Nisa Homes & casework for women in the community who need support other than shelter. |

## + Additional Info

Nisa Homes provides culturally responsive supports and services to Muslim survivors of domestic violence and their children. Supports catered to immigrant, refugee and non-status women.

## GBV, Mental Health, Shelter

- + Address 940 Sheppard Avenue West Toronto, ON M3H 2T6
- + Website <https://nyws.ca/>
- + Number (416) 638-7335      + Email Contact form on website

| + Programs and Resources                   |                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Trauma Counselling</b>                | This program is committed to transparency, accountability and informed consent in all decisions regarding the women and their children. A team of counsellors work with clients to define the goals and outcomes they wish to achieve through therapy                                                         |
| ● <b>Emergency Shelter</b>                 | Provides a 17-bedroom emergency shelter with the capacity to house up to 40 women and their children and a kennel for pets                                                                                                                                                                                    |
| ● <b>Expressive Arts Therapy Program</b>   | Employs a multimodal approach to counselling by incorporating all artistic expressions such as music, drama, poetry, dancing, writing, sketching, or any other artistic form that taps into the individual's inner creativity. Art is utilized as a therapeutic tool to help with change and self-reflection. |
| ● <b>Food Justice and Security Program</b> | Helps residents access their rights to nutritious, culturally competent foods, resource development and the knowledge transfer and exchange (KTE) that comes with the community development.                                                                                                                  |

### + Additional Info

If you are looking for shelter, please call the Assaulted Women's Helpline at 1-866-863-0511



## Legal

+ Address 24 Queen St E #700, Brampton, ON L6V 1A2

+ Website <https://www.northpeeldufferinjustice.ca/>

+ Number (905) 455-0160

+ Email [info@npdcls.clcj.ca](mailto:info@npdcls.clcj.ca)

| + Programs and Resources                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Free Legal Services for Low Income Residents of Brampton, Caledon &amp; Dufferin County</b></p> | <p>Employment Law - Assists with Employment Standards Act issues, Employment insurance, and wrongful dismissal.</p> <p>Housing Law - Assists with Employment Standards Act issues, Employment insurance, and wrongful dismissal.</p> <p>Immigration (not refugee claims), like sponsorships and permanent resident status</p> <p>Ontario Disability Support Program (ODSP) - applying for ODSP or problems once you receive it</p> <p>Ontario Works (OW) - applications and problems once you receive it</p> <p>Canada Pension Plan (CPP-Disability or regular CPP)</p> <p>Can help with preparing documents and can sometimes represent you in a court or tribunal.</p> <p>Also provides legal information presentations to community agencies and members of the public.</p> |

### + Additional Info

Does not provide family law, refugee law or criminal law services. Does not support with debt and consumer rights issues.



# OASIS Centre des femmes



**GBV, Employment, Mental Health and Shelter**

+ Address 150 Main St N, Brampton, ON L6V 1E9

+ Website <https://www.oasisfemmes.org/>

+ Number (905) 454-3332

+ Email [services@oasisfemmes.org](mailto:services@oasisfemmes.org)

| + Programs and Resources                         |                                                                                                                                                              |
|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Counselling</b>                             | French language counselling services for women which allow them to function better in their lives.                                                           |
| ● <b>Family Court Support</b>                    | Support service in the context of the Family Court intended for all French-speaking women victims of domestic violence involved in Family Court proceedings. |
| ● <b>Momentum - Preparation for Dynamic Life</b> | The program offers services by email or phone adapted to the needs of each woman, in order to facilitate the process leading to economic autonomy.           |
| ● <b>Transitional &amp; Housing Supports</b>     | Support women in developing a safety plan, preparing for transition, finding housing, & personalized solutions to living a relationship without violence.    |
| ● <b>Immigrants &amp; Refugee Women</b>          | Support in claiming their rights through migration process, housing, social services & medical & legal appointments.                                         |
| ● <b>Employment Program</b>                      | Free employment counselling to develop job skills, training, work clothing, grooming, and transportation assistance to start and maintain employment.        |
| ● <b>Women of the World</b>                      | French speaking women can express themselves in creative and artistic ways (singing, dancing, theater, gastronomy, etc.) in order to promote well-being.     |

## + Additional Info

Provides supports to Francophone women who have experienced or are experiencing domestic violence and/or sexual assault.



## BIPOC, Shelter

+ Address 42 Mary Street, Hamilton, Ontario

+ Website <https://www.ontarioaboriginalhousing.ca/>

+ Number 1-(866) 391-1061      + Email info@oahssc.ca

| + Programs and Resources                                                                                                                                                                                          |                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Ontario Priorities Housing Initiative</b></p>                                                                             | <p>Provides Service Providers with an opportunity to be selected as a recipient of the Ontario Priorities Housing Initiative (OPHI) for those who are interested and have the experience and capacity to develop Affordable Housing.</p>  |
| <p> <b>OPHI Homeownership Program</b></p>                                                                                      | <p>Aims to assist low to moderate income off-reserve Indigenous renter OR First Time Homebuyer households to purchase affordable homes by providing down payment and closing cost assistance in the form of a forgivable loan.</p>        |
| <p>  <b>Mkaana-wii-giwe'aad Program</b></p> | <p>Provides Indigenous approach, cultural assessments, and medicine wheel teachings, to guide and help participants through their journey to housing. Assists in setting goals, advocating for others' behalves and working together.</p> |

+ Additional Info

---



---

# Ontario Association of Interval and Transition Houses



GBV

+ Address PO Box 27585 Yorkdale Mall Toronto, ON M6A 3B8

+ Website <https://www.oaith.ca/>

+ Number (416) 977-6619      + Email info@oaith.ca

| + Programs and Resources    |                                                                                                                                                                                                                                                                                                    |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● Training                  | Provides Indigenous approach, cultural assessments, and medicine wheel teachings, to guide and help participants through their journey to housing. Assists in setting goals, advocating for others' behalves and working together.                                                                 |
| ● We Count Femicide Because | We Count Femicide Because is an initiative between OAITH and <u>Building a Bigger Wave Ontario Network (BBW)</u> to call attention to and address Femicide rates in Ontario. We Count Femicide Because will raise a public alarm every time a femicide occurs in Ontario.                          |
| ● Advocacy                  | Participate in government round tables, policy development initiatives, and consultations.<br><br>Write submissions to all levels of government to ensure the voices and expertise of frontline shelter workers are incorporated into decision-making, funding allocations, and policy frameworks. |

## + Additional Info





OAITH does not provide direct services. If you are seeking **abuse related services** please contact the **Assaulted Women's Helpline** via **1-888-388-2915** (24 hours a day)

# Ontario Federation of Indigenous Friendship Centres

BIPOC, Mental Health, Shelter, GBV



- + Address 219 Front Street East, Toronto, ON M5A 1E8
- + Website <https://ofifc.org/>
- + Number (416) 956-7575      + Email [ofifc@ofifc.org](mailto:ofifc@ofifc.org)

| + Programs and Resources                                                                                                            |                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Akwe:go</b>                                   | <p>Offers a variety of strategies such as one-to-one activities, group activities, and family circles to encourage positive behaviours and wellbeing. The program supports individualized goals to enhance the child’s area of need</p> <p>2SLGBTQ+ supports, and positive nutrition and physical activity practices.</p> |
|  <b>Healing and Wellness Coordinator Program</b> | <p>Offers services that are culturally appropriate and address the prevention, aftercare and concurrent impacts of family violence on health. Services include but are not limited to: healing circles, peer counselling, crisis intervention, education, and training.</p>                                               |
|  <b>Reaching Home Program</b>                    | <p>Aimed at the prevention and reduction of homelessness and encourages partnerships that contribute to a more sustainable and comprehensive continuum of support designed to help the homeless move to self-sufficiency and to prevent those at risk from becoming homeless.</p>                                         |
|  <b>Healing and Wellness Coordinator Program</b> | <p>Focuses on the improvement of Indigenous health and reduction of family violence which is achieved through the provision of services for those most at risk, notably women and children.</p>                                                                                                                           |

## + Additional Info

---



---

## GBV, Legal

+ Address 158 Spadina Rd, Toronto, ON M5R 2T8

+ Website <https://owjn.org/>

+ Number (416) 392-3135

+ Email [info@owjn.org](mailto:info@owjn.org)

| + Programs and Resources                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   <b>METRAC: Action on Violence Program</b>                                                                                        | <p>Works with individuals, communities, and institutions to transform attitudes, practices, and policies aimed at ending violence against women and youth.</p> <p>OWJN aims to increase access to justice by explaining women's legal rights and options, the legal system and processes, and by posting legal updates, with a focus on Ontario.</p> |
|    <b>METRAC's Community Justice Program</b> | <p>Develops and offers legal information and education to women and service providers in plain English and a range of written, audio, and video media.</p> <p>Partners with community organizations, lawyers, academics, and students to give community-based legal training to women targeted by abuse</p>                                          |
|  <b>Webinars</b>                                                                                                                                                                                                   | <p>Offers multiple webinars and online training modules on topics such as safety planning, human trafficking, family law education and sexual violence</p>                                                                                                                                                                                           |
|  <b>Legal System and Court Resources</b>                                                                                                                                                                           | <p>Information to help individuals find and work with a lawyer and with understanding the law's and legal system</p>                                                                                                                                                                                                                                 |

## + Additional Info

WJN contains general legal information only. **OWJN does not give legal advice.** If you need legal advice, you should contact a lawyer, who can help you make decisions about your legal rights.



- + Address 5170 Dixie Road, Suite 206 Mississauga ON L4W 1E3 (Head Office)
- + Website <https://ourplacepeel.org/>
- + Number (905) 238-1383      + Email [info@ourplacepeel.org](mailto:info@ourplacepeel.org)

|                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>+ <b>Programs and Resources</b></p>                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <ul style="list-style-type: none"> <li><span style="color: purple;">●</span> <b>Emergency Youth Shelter</b></li> </ul>                    | <p>The Emergency Youth Shelter provides shelter, basic needs, counselling and case management for youth, ages 16-24, in the Peel region who are experiencing homelessness.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <ul style="list-style-type: none"> <li><span style="color: grey;">●</span> <b>Outreach Program - Refresh Program</b></li> </ul>           | <p><b>Refresh Your Network</b> – Focuses on mediation and counselling services for youth who are currently homeless or at risk of becoming homeless, and their identified family and natural support.</p> <p><b>The REFRESH Zone</b>– A virtual ‘safe-space’ group for youth to come together from throughout the region, and connect with their peers in a space that is designed for youth to speak their minds, help each other, and receive guidance from a qualified counsellor.</p> <p><b>Refresh Your Skills</b> - A comprehensive cognitive-behavioural training intervention. This program provides psycho-educational learning</p> |
| <ul style="list-style-type: none"> <li><span style="color: grey;">●</span> <b>H.Y.P.E. (Helping Youth Prepare Effectively)</b></li> </ul> | <p>An outreach and after-care program designed to support youth who have lived at the shelter as well as at-risk youth living in the community.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <ul style="list-style-type: none"> <li><span style="color: purple;">●</span> <b>Home For Good Program</b></li> </ul>                      | <p>A program that has been designed to eliminate homelessness and provide stability for the most vulnerable and high-risk youth populations in the Peel Region.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

+ Additional Info

---



---

## GBV, Mental Health

+ Address N/A

+ Website <https://www.ourwave.org/>

+ Number RAINN National Sexual  
Assault Hotline (American)  
1-800-656-4673

+ Email [hello@ourwave.org](mailto:hello@ourwave.org)

| + Programs and Resources            |                                                                                                                                                                                                                                    |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Online Support Communities</b> | Offers a safe online space where survivors can interact with others who have gone through similar experiences, share stories, and offer mutual support                                                                             |
| ● <b>Therapy and Counselling</b>    | Facilitates access to therapy and counselling services, either through collaboration with mental health specialists or by providing information on where survivors can obtain professional assistance                              |
| ● <b>Helplines</b>                  | Provides information on hotlines and helplines that survivors can contact for immediate support or guidance                                                                                                                        |
| ● <b>Advocacy and Activism</b>      | Engages in advocacy efforts to raise awareness about sexual violence, promote prevention, and support policies that protect survivors' rights as well as participating and facilitating awareness campaigns and community outreach |

### + Additional Info

Our Wave is an online platform where survivors can share their stories, get personalized help, and join a community of empathy and understanding.







## Parenting/Family, Youth

+ **Address** 25 Capston Drive, Mississauga, ON L5W 0H3

+ **Website** <https://www.peelcas.org/home>

+ **Number** (905) 363-6131

+ **Email** [mail@peelcas.org](mailto:mail@peelcas.org)

| + Programs and Resources                                                                                                                   |                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Family and Intimate Partner Violence (FIPV) Team</b> | <p>Work with high-risk cases where children are impacted by or exposed to domestic violence.</p> <p>FIPV team is one of several community partners housed at The Safe Centre of Peel, where families and individuals impacted by violence and abuse can access many of the services they need in one place.</p> |
|  <b>Early Help and Prevention</b>                       | <p>Through collaborative networks, able to identify and respond to the unique needs of families early on while connecting them quickly to appropriate and effective community-based supports.</p>                                                                                                               |
|  <b>Positive Parenting</b>                              | <p>Positive parenting is about creating a nurturing home environment based on mutual respect, where children feel safe and supported, and ultimately grow into happy, responsible adults.</p>                                                                                                                   |
|  <b>Child Welfare Immigration Centre of Excellence</b>  | <p>CWICE supports child welfare organizations on cases involving unresolved immigration, settlement, or border-related issues.</p>                                                                                                                                                                              |

+ Additional Info

---



---





+ Address 44 Peel Centre Dr., Suite 200 Brampton, L6T4B5

+ Website <https://www.efryhopehelp.com/>

+ Number (905) 459-1315

+ Email [efryhope@efryhope.com](mailto:efryhope@efryhope.com)

|                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>+ <b>Programs and Resources</b></p>                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                        |
| <p> <b>Ellen House Emergency Shelter Program</b></p>                                                                     | <p>Ellen House supports women experiencing or at risk of homelessness by providing a safe place. They offer assistance in accessing permanent housing and in-house services.</p>                                                                                                                                                       |
| <p> <b>Community Counselling</b></p>                                                                                   | <p>A therapeutic program designed to provide counselling to women and men engaged in behaviours that have led them into conflict. Two main areas are The Anti Criminal Thinking Program and The Anger Management Program</p>                                                                                                           |
| <p>  <b>Prevention Programs</b></p> | <ul style="list-style-type: none"> <li>• Drug Treatment Court-Halton</li> <li>• Adult Court Counselling Service</li> <li>• Direct Accountability Program</li> <li>• Diversion Program</li> <li>• Community Justice Worker</li> <li>• Pre-Disposition Community Service</li> <li>• Alternative Measures</li> <li>• Pardon Me</li> </ul> |
| <p> <b>Vanier Centre for Women - Change is a Choice Program</b></p>                                                    | <p>Offered to women residing at the Vanier Centre for Women, the program introduces the concepts used to address problems to substance use, anger management and criminal thinking to support rehabilitation.</p>                                                                                                                      |

+ Additional Info

---



---



## Health

+ Address 10 Peel Centre Drive, Suite A, Suite 101, Brampton

+ Website <https://www.peelregion.ca/services/health-and-safety/healthy-sexuality-clinic/>

+ Number (905) 799-7700      + Email N/A

|                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>+ <b>Programs and Resources</b></p>                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p><span style="color: red;">●</span> <b>Services Provided</b></p> | <p>The clinic provides the following:</p> <ul style="list-style-type: none"> <li>• Birth control methods and options at a reduced cost.</li> <li>• Free condoms.</li> <li>• Free testing and treatment for sexually transmitted infections (STIs) and testing for certain blood borne infections.</li> <li>• Emergency contraception (the “morning after pill”).</li> <li>• HIV testing (including the option to test anonymously), counselling and referrals.</li> <li>• Free harm reduction supplies, including Naloxone kits</li> </ul> |

+ **Additional Info**

No referral or health card is required.






---

# Polycultural Immigrant & Community Services



## Newcomer, Mental Health

- + Address 17 Four Seasons Place, Suite 102 Toronto ON M9B 6E6
- + Website <https://www.polycultural.org/>
- + Number 1-(844)-493-5839      + Email [info@polycultural.org](mailto:info@polycultural.org)

| + Programs and Resources                                                                                                                            |                                                                                                                                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Multicultural Women's Wellness Program</b>                     | <p>Offered in partnership with Canadian Mental Health Association, a safe place where women experiencing mental health struggles and stresses due to life circumstances can meet, socialize, make friends, network, learn and stay active while having fun.</p>              |
|  <b>Partner Assault Response Program</b>                         | <p>The Partner Assault Response Program (PAR) is a specialized community-based group education and counselling services to offenders mandated by a court of law to attend the program due to criminal charges involving domestic violence.</p>                               |
|  <b>Employment Programs</b>                                      | <p>Variety of employment programs available to support and empower newcomers to enter the job market.</p>                                                                                                                                                                    |
|  <b>Peel-Halton Integrated Services Reception Centre for RAP</b> | <p>Designed to provide refugees with essential services when arriving in Canada. The focus is to make sure to give them the knowledge, skills, abilities and the connections they need with their community to make sure they are able to live safely and independently.</p> |
|  <b>Language Programs</b>                                        | <p>Supports with English language needs with the following programs: Language Instruction for Newcomers to Canada, English Conversation Circle Program and Care for Newcomer Children .</p>                                                                                  |

## + Additional Info

---



---


# Peel Interim Safe Consumption Site (UPHNS)

## Harm Reduction, Health

+ Address 10 Peel Centre Drive, Brampton, ON L6T 4B9

+ Website <https://www.moyohcs.ca/scs>

+ Number 905-791-7800 ext. 4532 + Email adamc@moyohcs.ca

| + Programs and Resources                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Safe Consumption Site</b></p> | <p>Services Provided:</p> <ul style="list-style-type: none"><li>• Safe supervised space to use your pre-obtained drugs (injection and snorting services only currently)</li><li>• Onsite and offsite drug testing</li><li>• Harm reduction/sexual health counselling and education</li><li>• Distribution of harm reduction and sexual health supplies</li><li>• Onsite clinical supports (wound care, STBBI testing)</li><li>• Onsite access to wrap around supports</li><li>• Referrals and connections to other health and social services</li><li>• Snacks, drinks, chill-out space</li><li>• Non-judgemental, stigma free space</li></ul> |

### + Additional Info

Moyo Health & Community Services is the lead agency.

Open from 12:30 PM to 7:30 PM from Monday to Friday.

# Prisoners with HIV/AIDS Support Action Network (PASAN)



Health, Parenting/Family and Mental Health

+ Address 526 Richmond St E Toronto, ON M5A 1R3

+ Website <http://www.pasan.org/>

+ Number 416-920-9567  
Toll Free - 1-866-224-9978 + Email Check Website for Program Specific Contact Email

|                                             |                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>+ <b>Programs and Resources</b></p>      |                                                                                                                                                                                                                                                                                                                                                                              |
| <p>● <b>Individual Support Services</b></p> | <p>Individual support services include counselling and case management. Pre- and post-release planning and referrals, advocacy for medical services/treatment, housing aid, phone support and emergency financial assistance</p>                                                                                                                                             |
| <p>● <b>Community Support Services</b></p>  | <p>Provides support from AIDS Service Organizations and community groups across Ontario. This includes resources &amp; educational/ training assistance to set up prison outreach and support projects, strategies to develop referral "hubs" for HIV positive prisoners networking for the development of a continuum of care for prisoners transferred between regions</p> |
| <p>● <b>Prison Education Systems</b></p>    | <p>Conducts HIV prevention education programs in many adult institutions. includes a Peer Educators Group where formerly incarcerated individuals are living with HIV are educators for current prisoners.</p>                                                                                                                                                               |
| <p>● <b>Cell Count: Forum</b></p>           | <p>PASAN produces a unique quarterly publication containing content made by and for prisoners.</p>                                                                                                                                                                                                                                                                           |
| <p>● <b>Training Services</b></p>           | <p>Conducts free training for those working with prison-affected and drug using populations.</p>                                                                                                                                                                                                                                                                             |

+ Additional Info

Accept collect calls from prisons in Canada.

- + Address 2980 Drew Road, Unit 241 Mississauga, ON L4T 0A7 (Head Office)
- + Website <https://pchs4u.com/>
- + Number (905) 677-0889      + Email info@pchs4u.com

| + Programs and Resources                                                           |                                                                                                                                                                                                                                                                                                            |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>● Sahara Better Families Program</li> </ul> | <p>The Sahara Better Families Program (BFP) provides support to children, youth, and families for those experiencing mental health issues as well as to those supporting them. Areas covered by the program are mental health, cultural conflict, violence, and substance abuse.</p>                       |
| <ul style="list-style-type: none"> <li>● Sahara Parenting Program</li> </ul>       | <p>This program is designed to raise awareness and provide education on the issues of building positive healthy relationships.</p>                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>● Sahara Mental Health Program</li> </ul>   | <p>This program provides case management for mental health related issues to individuals and their family members residing specifically in Halton Region. This program is offered to individuals who are 16 years of age or older, and identify with the South Asian, newcomer, and Muslim population.</p> |
| <ul style="list-style-type: none"> <li>● Settlement Services</li> </ul>            | <p>To help newcomers integrate into Canadian society, settlement services are available for newcomers/permanent residents (PR), Canadian citizens, international students, work permit holders, live-in caregivers and convention/refugee claimants to Canada.</p>                                         |

## + Additional Info

Multiple locations - check website for full list.

---








## LGBTQ, Health, Legal

+ Address 333 Sherbourne Street Toronto ON, M5A 2S5

+ Website <https://www.rainbowhealthontario.ca/>

+ Number (416) 324-4100      + Email info@rainbowhealthontario.ca

| + Programs and Resources                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>2SLGBTQ Online Learning Platform</b><br> | <p>Offers training for healthcare and social service providers to increase their clinical and cultural competency in caring for their 2SLGBTQ service users.</p>                                                                                                                                                 |
|  <b>Trans Health Mentorship Call</b><br> | <p>A teleconference Ontario clinicians to connect with peers who have experience caring for trans and non-binary service users.</p> <p>The call is open to any professional (physician, nurse, social worker, mental health worker, etc.) who is or will be working with trans and non-binary service users.</p> |
|  <b>Legal Information</b>                                                                                                   | <p>Access to information about legal rights regarding gender-affirming care and healthcare services/ The Ontario Human Rights Commission through the website.</p>                                                                                                                                                |

+ Additional Info

---



---

# Regional Diversity Roundtable



## BIPOC

- + Address 28 Village Centre Place Ste. 107 Mississauga, ON L4Z 1V9
- + Website <https://www.rdrpeel.org/>
- + Number (905) 232-7371      + Email [rdr@regionaldiversityroundtable.org](mailto:rdr@regionaldiversityroundtable.org)

| + Programs and Resources                                  |                                                                                                                                                                                      |
|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Diversity, Equity &amp; Inclusion (DEI) Training</b> | Our DEI training helps your team or organization to gain a shared understanding of essential diversity concepts and to build individual and collective DEI capacity.                 |
| ● <b>Coaching</b>                                         | Provide one-to-one coaching to build your DEI competence and skills. Takes a supportive, strength-based approach to coaching, building on your own professional and lived experience |
| ● <b>Consulting</b>                                       | Experienced consultants support non-profits, governments and businesses seeking to build and sustain their diversity, equity and inclusion strategies and efforts.                   |
| ● <b>Community Leadership Program</b>                     | The Community Leadership Program is a free nine-month leadership training for people passionate about building up our diverse communities.                                           |

### + Additional Info

---



---



# Red Door Family Shelter



## GBV, Shelter, Income Insecurity

+ Address 21 Carlaw Avenue Toronto, ON M4M 2R6

+ Website <https://www.reddoorshelter.ca/>

+ Number (416)915-5671

+ Email [info@reddoorshelter.ca](mailto:info@reddoorshelter.ca)

| + Programs and Resources   |                                                                                                                                                                                                                                                                                                                          |
|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Emergency Shelter</b> | <p>Offers women fleeing violence a safe shelter and has 161 beds between both locations.</p> <p>Families come to the Red Door Shelter through a referral from agencies such as Children's Aid Societies, Public Health Department, Police Services, through Central Family Intake</p>                                    |
| ● <b>Moving Program</b>    | <p>Reduces client's moving costs and provides them with much-needed furniture and household items at no cost.</p> <p>Provide a valuable, tangible way to help families who are transitioning out of the shelter.</p>                                                                                                     |
| ● <b>Food Bank</b>         | <p>Provides shelter residents with a care package that contains basic kitchen supplies and staple food items so they are able to prepare meals in their kitchenettes.</p> <p>Provides essential support to families when they arrive at our shelter, during their stay and after they have moved out of the shelter.</p> |

+ Additional Info

---

---








## BIPOC, Youth, Shelter

+ Address 134 Queen St. E #406 Brampton, ON L6V 1B2

+ Website <https://www.restcentres.org/>

+ Number 1-(905)863-1118      + Email [info@restcentres.org](mailto:info@restcentres.org)

| + Programs and Resources                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Bridge of Hope Shelter</b></p>                                                                                | <p>Offers an evidenced-based program that offers an alternative to shelters, by matching youth tenants with host families in the community.</p> <p>REST conducts regular follow-ups to ensure progress.</p>                                                                                          |
| <p> <b>Bare Necessities Program</b></p>                                                                            | <p>Provides those in need with food, personal hygiene products and household furnishings through subsidies, gift cards and household starter packs.</p> <p>Strives to empower youth to maintain a standard of living with a sense of safety and dignity as they work towards their independence.</p> |
| <p> <b>Black Youth Matter Hotline</b></p>                                                                          | <p>An emergency response hotline that offers support to youth dealing with social isolation and facing factors that may lead to homelessness.</p>                                                                                                                                                    |
| <p>  <b>L.I.F.E Program</b></p> | <p>Provides youth with the opportunity to develop fundamental personal, domestic and professional skills that support their independence, development and employment candidacy through counselling and support group</p>                                                                             |

### + Additional Info

---



---



## Newcomer, Legal, Income Insecurity

+ Address 1558 Bloor Street West, Toronto, ON M6P 1A4

+ Website <https://romerohouse.org/>

+ Number (416) 763-1303      + Email [info@romerohouse.org](mailto:info@romerohouse.org)

| + Programs and Resources |                                                                                                            |
|--------------------------|------------------------------------------------------------------------------------------------------------|
| ● Food Security          | Collaborates with local partners to provide weekly food hampers and care for our community garden          |
| ● Transitional Housing   | Provides transitional housing and wrap around support for one year to 10 newly arrived refugee families    |
| ● Legal Support          | Offers support in navigating the refugee determination system and accessing quality legal representation   |
| ● Settlement Support     | Accompanies families in accessing education, income assistance, employment, food security, and health care |
| ● Community              | Offers regular programs for adults and children, including celebrations                                    |
| ● Clothing               | Provides gently used seasonal clothing and various household items in the Romero House Boutique            |

+ Additional Info

---









---

## BIPOC, GBV, Mental Health

+ **Address** 36 Queen Street East, Brampton L6V 1A2  
2227 South Millway, Suite 202, Mississauga L5L 3R6

+ **Website** <https://rootscs.org/>

+ **Number** (905) 455-6789      + **Email** office@rootscs.org

| + Programs and Resources                                                                                                                                 |                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Fresh Start for Women</b>                                           | Support for women who have experienced domestic or sexual violence. Individual and group counselling, court accompaniments, and referrals.                             |
|  <b>GBV Prevention Program</b>                                        | Based at Safe Centre of Peel: Provides free wrap around services and addresses family & partner violence primarily to trans women & those who have been trafficked.    |
|  <b>Social Enterprising &amp; Entrepreneurial Development Program</b> | 12 week work shop and mentorship for racialized women to develop entrepreneurial skills and enhance employment readiness. Support with transport and child care costs. |
|  <b>Internet Safe Use</b>                                             | Tips for safe internet use and online activity for those who have experienced or are at risk of experiencing gender-based violence and their families.                 |
|  <b>Building Health Families - Peel CAS</b>                           | In partnership with Peel CAS, this program delivers culturally-appropriate counselling to those who struggle with intersectional challenges as parents.                |
|  <b>The Akoma Wraparound Project – Peel CAS</b>                       | Project provides wraparound services to youth and their families involved with Peel CAS that would enable them to develop needed community support.                    |

### + Additional Info


Provides culturally-sensitive supports and programs to the Black, African and Caribbean (BAC) communities.

## GBV

+ Address N/A

+ Website <https://www.sheltermovers.com/greatertoronto/>

+ Number 1-855-203-6252 Ext. 103 + Email [info.peel@sheltermovers.com](mailto:info.peel@sheltermovers.com)

| + Programs and Resources                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Moving &amp; Storage for Survivors</b></p> | <p>Serves anyone who is moving due to abuse or violence.</p> <p>Makes all the arrangements to move and store survivors' belongings securely, on the client's terms.</p> <p>Three types of moves:</p> <p><b>Urgent Exit</b> - Moving a client and their belongings from an abusive household to a shelter or other safe space.</p> <p><b>Escorted Move</b> - Escorting a client back to their former home with security accompaniment to retrieve their belongings.</p> <p><b>Resettlement</b> - Transporting a client, their children, pets and belongings from shelter to their new home.</p> <p>Operate by referrals by any person of authority or public agency.</p> |

+ Additional Info





---



---

## BIPOC, LGBTQ

- + **Address** The 519 Church St Community Centre - 519 Church Street Toronto, ON M4Y 2C9
- + **Website** <https://www.salaamcanada.info/>
- + **Number** (416) 904-9721      + **Email** salaamqueercanada@gmail.com

| + <b>Programs and Resources</b>                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   <p><b>Monthly Discussion Group</b></p> | <p>Holds a monthly discussion group at the 519 Church Street Community Centre.</p> <p>This group has a drop-in model and primarily focuses on discussions related to coming out, sexuality, spirituality, and religion and offers social support to its attendees. Some months, social events are held instead of support group discussions at the 519.</p> |
|   <p><b>Settlement Services</b></p>     | <p>In-person or online peer support requests can be arranged based on volunteer availability and capacity. Peer support includes having supportive conversations, sharing experiences, and learning information about resources with a Salaam volunteer.</p>                                                                                                |

### + **Additional Info**

A volunteer-run national organization dedicated to creating space for people who identify as both Muslim and queer and trans.

# Salvation Army - Honeychurch Family Life Resource Centre








Shelter, GBV

+ Address Confidential Location

+ Website <https://www.tsavawsservices.ca/wcc-about-us/>

+ Number (905) 451-4115

+ Email [help@flrc.ca](mailto:help@flrc.ca)

| + Programs and Resources                                                                                    |                                                                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Emergency Shelter</b>  | <p>Short-term, emergency, shelters support women and their children escaping partner violence.</p> <p>Provides basic needs and offers a range of services including counselling, life skills groups, advocacy, budgeting assistance and emotional/practical support.</p> |
|  <b>Counselling</b>      | <p>All clients are assigned a primary counsellor to provide them with abuse and crisis counselling, support, practice assistance, advocacy, and referrals to relevant community services.</p>                                                                            |
|  <b>Legal Support</b>    | <p>Provides clients with information, advocacy, support and referrals to meet their legal needs and concerns as well as information about the family and criminal court systems.</p>                                                                                     |
|  <b>Outreach Program</b> | <p>Provides follow-up support to women after they are discharged from the shelter. This includes emotional and practical support, referrals, and advocacy.</p>                                                                                                           |
|  <b>Housing</b>          | <p>Housing Worker provides support to clients for a smooth transition back into the community. Informs clients of the different types of housing resources available (subsidized, second stage, etc.) and provides direction in the application processes.</p>           |

+ Additional Info

---



---

# Salvation Army Women's Counselling Centre



Giving Hope Today







## Legal , GBV Support

+ Address 2460 The Collegeway, Mississauga, ON L5L 1V3

+ Website <https://www.tsavawservices.ca/wcc-about-us/>

+ Number (905) 820-8984

+ Email [help@flrc.ca](mailto:help@flrc.ca)

| + Programs and Resources                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Counselling</b>                                                                                           | <p>This program offers professional counselling on a one to one basis to survivors of abuse. Offer both short and longer term counselling.</p>                                                                                                                                                                                                                                                                                                                                                            |
|  <b>Psychoeducational Groups</b>                                                                            | <p>Offer a variety of psychoeducational groups between the months of September and June each year. These are small groups, no more than 10 clients per group.</p> <p>They are interactive in nature and are primarily educational in nature. Offered in both daytime and evening time slots.</p> <p>Following core groups are offered: Free Yourself from Abuse, How to Recognize Safe People, Setting Healthy Boundaries, Healthy Self-Esteem, Building Healthy Relationships &amp; Anger Management</p> |
|   <b>Legal Support</b>   | <p>Provides legal information, brochures and booklets which contain a great deal of information about the legal system and the rights of women.</p>                                                                                                                                                                                                                                                                                                                                                       |
|   <b>Client Advocacy</b> | <p>Many clients are involved with a variety of different community agencies or would benefit from this involvement. We provide advocacy in assisting clients to connect with other agencies.</p>                                                                                                                                                                                                                                                                                                          |

## + Additional Info



## Parenting/Family, Health, Income Insecurity

- + Address 3413 Wolfedale Rd, Unit 10, Mississauga, ON L5C 1V8
- + Website <https://www.sevafoodbank.com/>
- + Number (905) 361-7382 ext 1 + Email [info@sevafoodbank.com](mailto:info@sevafoodbank.com)

| + Programs and Resources          |                                                                                                                                                                                |
|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Get Help</b>                 | Provides a 7-10 days' worth of food, once per month, to individuals and families who live in Mississauga                                                                       |
| ● <b>Healthy Living Workshops</b> | This program is facilitated by a Registered Dietitian and Registered Nurse from Four Corners who teach clients about diabetes, nutrition and better health                     |
| ● <b>Dental Screenings</b>        | Dental hygienists from the Canadian Academy of Dental Hygiene provide free oral health screenings to individuals and families and offer referrals for cost-effective treatment |
| ● <b>Tax Clinic</b>               | Allows clients to clients to have their tax returns prepared right on-site                                                                                                     |

### + Additional Info

---




---

+ Address 962 Bloor St West Toronto, Ontario Canada M6H 1L6

+ Website <https://sistering.org/>

+ Number (416) 926-9762

+ Email [generalinfo@sistering.org](mailto:generalinfo@sistering.org)

| + Programs and Resources                                                                                                            |                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Low-Barrier Drop-In (24/7)</b></p>         | <p>Offers support and resources to women and trans folk who are/have experienced marginalization and poverty</p> <p>Offers access to hot meals, clothing, shower and laundry facilities, telephone/internet access, pet friendly</p> <p>Onsite access to a Settlement Worker</p> |
|  <p><b>Spun Studio</b></p>                       | <p>Empowers marginalized women/trans individuals by teaching textile skills, fostering community, and offering economic opportunities through product creation.</p>                                                                                                              |
|  <p><b>On The Path to Employment Program</b></p> | <p>Supporting women who have received supports from Sistering’s Drop In programs. Services and resources include individualized pre-employment and employment counselling, resumé writing, job search support and interview skills</p>                                           |
|  <p><b>Food Access Program</b></p>               | <p>Provides healthy and culturally appropriate foods to community members experiencing food insecurity, poverty, and homelessness.</p>                                                                                                                                           |

+ Additional Info

---



---



## BIPOC, Shelter, Mental Health, Income Insecurity

+ **Address** (Mailing Address) 5659 McAdam Road. Unit B4 Mississauga, ON, L4Z 1N9, Canada

+ **Website** <https://www.sakeenahcanada.com/>

+ **Number** 1-(888)-671-3446      + **Email** [info@sakeenahcanada.com](mailto:info@sakeenahcanada.com)

| + <b>Programs and Resources</b> |                                                                                                                                                                                               |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Mental Health Services</b> | Provides residents and clients with mental health workers to assess their needs and give them with a variety of therapy programs, in-person or remotely.                                      |
| ● <b>Financial Assistance</b>   | Provides assistance to clients and residents so that they may purchase belongings that they had to leave behind.                                                                              |
| ● <b>Shelter</b>                | Offers immediate shelter through transitional shelters and emergency motel/hotel placements                                                                                                   |
| ● <b>Food</b>                   | Provides nutritious food to residents, as well as operating a food bank, The People's Market, providing food items to other members of society who need the help.                             |
| ● <b>Referrals</b>              | Caseworkers help residents and clients apply for government programs and subsidies so that they may have an income until they find work.                                                      |
| ● <b>Legal</b>                  | Residents and clients are offered opportunities to speak to lawyers and Legal Aid agencies so that they may understand how to proceed with any legal cases or legal issues they may be facing |

+ **Additional Info**



---



---



- + Address 800 Lansdowne Avenue, Unit 1 Toronto, Ontario M6H 4K3
- + Website <https://www.sawc.org/>
- + Number (416) 537-2276      + Email info@sawc.org






| + Programs and Resources                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Settlement Programs and Services</b>                                                                     | Services offered include interpretation and translation, information and referral, family counselling, advocacy, support and crisis intervention delivered in English, Bengali, Hindi, Kanada, Marathi, Malay, Nepalese, Oriya, Punjabi, Sinhalese, Tamil, Telegu, Tibetan, Sindhi, Asamese, Urdu as well as other languages as needed by clients |
|  <b>Violence Against Women Program</b>                                                                     | Provides culturally sensitive counselling, information and referral in a language they are comfortable with.                                                                                                                                                                                                                                      |
|  <b>Wellness Group</b>                                                                                     | Works to address mental health issues of South Asian women with young children who may be feeling stressed, isolated and/or depressed.<br><br>Three groups (Tamil, Hindi, and Punjabi) meet weekly to discuss issues impacting themselves and women in general, offer mutual support, and share information/resources.                            |
|   <b>Senior's Group</b> | Meets to discuss issues such as exercise, diet and nutrition, cultural activities, crafts, elder abuse, and health issues as they affect women who are seniors.                                                                                                                                                                                   |

### + Additional Info



## Shelter, Health, Employment

- + **Address** 87 Pembroke Street. Toronto, ON. M5A 2N9
- + **Website** <https://www.streethaven.org/>
- + **Number** (416) 967-6060  
(toll free) 1-844-967-6060    + **Email** Fundraising@streethaven.com

| + <b>Programs and Resources</b>                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Emergency Shelter</b>                                                                                           | Able to provide 50 women with shelter, a safe place to sleep, food, medical supports and clothing along with assisting them in accessing counselling to help them move forward in their healing/recovery journey                                                                                                                                 |
|  <b>Training Services</b>                                                                                         | Provides free educational, life skills and pre-employment services for women. Delivers programming that is flexible and geared towards women.                                                                                                                                                                                                    |
| <br> <b>Addiction Services</b> | Offers a 3-month intensive , trauma informed program for for women or individuals who identify as women (ages 24 and up, experiencing challenges associated with substance dependency<br><br>Teaches women how substance use impacts their lives, relationships, health and well-being, through a variety of therapeutic methods and techniques. |
|  <b>Supportive Housing</b>                                                                                        | Offers women recovering from trauma , mental health difficulties and substance abuse issues housing and provides them with resources in order for them to learn to live independently and reintegrate back into their communities                                                                                                                |





### + **Additional Info**

If you require additional information or are in need of a bed today, please call the main office of the Emergency Shelter at 416-967-6060 ext. 224 or the toll-free number at 1-844-967-6060



## Health, Mental Health

- + Address 27 Tapscott Road, Unit #1 Toronto, Ontario M1B 4Y7
- + Website <https://www.taibuchc.ca/>
- + Number (416) 644-3536      + Email info@taibuchc.ca

| + Programs and Resources                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   <p><b>The Aya Circle of Care</b></p>            | <p>Offers intensive HIV case management, patient navigation and links to supports, public education and awareness about HIV and peer led support groups</p> <p>Improved access to intensive HIV case management with timely access to a Nurse Practitioner, Registered Nurse, Social Worker and Infectious Disease Specialist.</p>                                              |
|   <p><b>Toronto Community Crisis Service</b></p> | <p>Non-police led mobile crisis teams that can meet clients 24 hours/day, 7 days a week.</p> <p>Provides immediate support. Clients call and can be met at their home or any safe location in the designated service area.</p> <p>Free to use, confidential, discreet, and offers help to anyone in service area with a focus on African, Caribbean, and Black populations.</p> |

## + Additional Info

---



---

# The Indigenous Network






BIPOC, Legal, Health, Youth

+ Address 208 Britannia Road East – Unit 1 Mississauga, Ontario L4Z 1S6

+ Website <https://theindigenousnetwork.com/>

+ Number (905) 712-4726 + Email info@theindigenousnetwork.com

| + Programs and Resources                                                                                                               |                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Indigenous Court Worker Program</b></p>        | <p>This program assists Indigenous people who come in conflict with the law by providing support, liaison services, resources and information on matters relating to the judicial system</p>                                           |
| <p> <b>Wasa-Nabin Program</b></p>                   | <p>This program is for urban Indigenous at-risk youth (ages 13-18). It aims to promote cultural identity, self-esteem, educational values and career goals, and to enhance healthy choices for Indigenous and Non-Indigenous youth</p> |
| <p> <b>Indigenous Wholistic Mental Wellness</b></p> | <p>Provides traditional Indigenous and Western counselling/case management through an in-depth cultural understanding and a uniquely caring approach that incorporates Traditional Indigenous knowledge, experience and healing.</p>   |

+ Additional Info

---



---



+ Address 60 West Dr, Brampton, L6T 3T6

+ Website <https://scopeel.org/>

+ Number (905) 450-4650      + Email scop@cfspd.com

|                                        |                                                                                                                                                                                                                                                                                                     |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>+ <b>Programs and Resources</b></p> |                                                                                                                                                                                                                                                                                                     |
| <p>● <b>Client Navigator Team</b></p>  | <p>Wraparound services for adults who have experienced violence and abuse to access multi-services with 1 point of contact without having to repeat traumatization.</p>                                                                                                                             |
| <p>● <b>Counselling</b></p>            | <ul style="list-style-type: none"> <li>• Needs and Risk Assessments</li> <li>• Safety Planning</li> <li>• Crisis Intervention</li> <li>• Trauma &amp; Abuse Counselling</li> <li>• Supportive Counselling</li> </ul>                                                                                |
| <p>● ● <b>Support Services</b></p>     | <ul style="list-style-type: none"> <li>• Parenting Supports</li> <li>• Child Care</li> <li>• Legal Aid Applications</li> <li>• Transitional Housing</li> <li>• Family Court</li> <li>• Ontario Works and ODSP support services available for those impacted by intimate partner violence</li> </ul> |

+ **Additional Info**

Collaboration hub consisting of 17 partner agencies serving families affected by abuse and violence in Peel.





## LGBTQ

- + **Address** Mailing Address: 548 Market St., PMB 15337San Francisco, CA 94104-5401
- + **Website** <https://translifeline.org/>
- + **Number** 1-(877) 330-6366      + **Email** Contact Form on Website

| + <b>Programs and Resources</b>                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> <div style="width: 15px; height: 15px; background-color: #2e8b57; border-radius: 50%; margin-bottom: 5px;"></div> <div style="width: 15px; height: 15px; background-color: #00b0f0; border-radius: 50%;"></div> </div> <div> <p><b>Hotline</b></p> </div> </div> | <p>A peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.</p> <p>Full anonymity and confidentiality</p> <p>No non-consensual active rescue (calling 911, emergency services, or law enforcement)</p> <p>If you experience vocal dysphoria, we won't assume your gender identity.</p> <p>You won't be asked for any identifying information.</p> <p>When you call, you'll speak to a trans/ nonbinary peer operator</p> |

+ **Additional Info**







---



---



- + Address 1385 Huntingwood Drive Scarborough ON M1S 3J1
- + Website <https://tropicanacommunity.org/>
- + Number (416) 439-9009      + Email [info@tropicanacommunity.org](mailto:info@tropicanacommunity.org)

| + Programs and Resources                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   <b>Childcare Centres</b>                      | Provides children from 4 - 12 years old, with a safe and enriching environment before and after school, that encourages growth and personal development.                                                                                                                         |
|  <b>Employment</b>                                                                                                             | Helps prepare youth and adults to meet the challenges of an ever-changing job market. Employment Services program guides job seekers from resume to interview and more.                                                                                                          |
|  <b>Education</b>                                                                                                              | Increase Your Success tutoring program for youth in grades 1-12 (ages 6-18), offers academic assistance via one-on-one Zoom sessions and in-person group sessions held at our head office location. Tutoring is available for mathematics, science, and language arts (English). |
|   <b>Violence Against Women Counselling</b> | Free culturally appropriate counselling, support, and referral services for women and their dependents who have experienced historic or current gender-based violence by their partners or significant others (including caregiver, family, or household member).                |

### + Additional Info

---



---

# Victim Services of Peel



## GBV Support, Legal

+ Address 7750 Hurontario St, Brampton, ON L6V 3W6

+ Website <https://www.vspeel.org/>

+ Number (905) 568-1068      + Email info@vspeel.org

|                                                                                         |                                                                                                                                                              |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| + Programs and Resources                                                                |                                                                                                                                                              |
| <span style="color: red;">●</span> <b>Victim Crisis Response</b>                        | Provides a mobile rapid response program providing crisis intervention services to victims in the immediate aftermath of crime and tragedy.                  |
| <span style="color: red;">●</span> <b>Victim Quick Response</b>                         | Provides victims of violent crime with timely access to financial assistance, services, and resources.                                                       |
| <span style="color: blue;">●</span> <b>South Asian Family Enrichment (SAFE) Program</b> | This program is designed specifically to support South Asian victims (including children) of intimate partner violence.                                      |
| <span style="color: purple;">●</span> <b>Transitional Housing and Support Services</b>  | This program helps victims of intimate partner violence and human trafficking access safe and affordable housing.                                            |
| <span style="color: brown;">●</span> <b>Court Bail Program</b>                          | This is a court-based program that provides vital information to victims about their rights and their offenders' bail hearings, bail conditions and release. |
| <span style="color: lightblue;">●</span> <b>Referral Services</b>                       | Provides referrals to a wide range of long-term services and supports for victims.                                                                           |

+ Additional Info

---



---



+ Address 5659 McAdam Rd Unit C2 Mississauga, Ontario L4Z 1N9

+ Website <https://vitacentre.org/>

+ Number (905) 502-7933 + Email [info@vitacentre.org](mailto:info@vitacentre.org)

| + Programs and Resources             |                                                                                                                                                                                                                                                                                                                                                                       |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>One to One Counselling</b>      | One-to-one counselling program helps mothers, mothers to be, fathers, fathers to be, and caregivers to make positive decisions for themselves and their children.                                                                                                                                                                                                     |
| ● <b>Growing as Parents</b>          | This free parenting and life skills program that is offered in 12-week sessions, three times a year in various locations. It is open to mothers, fathers, and caregivers in Peel Region with children up to 6 years old.                                                                                                                                              |
| ● <b>Me, My Baby, Our Connection</b> | This is a free interactive parenting program that is offered in 12-week sessions to young parents with children up to 18 months of age. The aim of the program is to help you better understand your relationship with your baby.                                                                                                                                     |
| ● <b>Nobody's Perfect</b>            | This is a free parenting and life skills program offered in 12-week sessions, three times a year in various locations. It is open to mothers, fathers, and caregivers in Peel Region with children up to 6 years old. The program provides you with information and support to recognize your strengths and understand your needs, and in turn your children's needs. |
| ● <b>Super Connection</b>            | A free parenting and life skills program that is offered in 12-week sessions, three times a year in various locations. This program provides you with information regarding food security, health and nutrition while encouraging positive parenting and life skills.                                                                                                 |

### + Additional Info

All programs listed above are offered for free.



- + Address** Bramalea - 40 Finchgate Boulevard, Suite 224 Brampton On L6T 3J1  
Four Corners Health Centre - 7205 Goreway Drive, Unit 75 Mississauga ON L4T 2T9
- + Website** <https://www.wellfort.ca/>
- + Number** Brampton Site - (905) 451-6959  
Malton Site - (905) 677-9599     **+ Email** Contact form on website

| <b>+ Programs and Resources</b>   |                                                                                                                                                                                                                                                                                                    |
|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>● Counselling</b>              | Mental health professionals offer counselling supports to registered clients for support with mental health conditions, relationship issues, challenges with sleep, substance use, depression, grief and trauma and other personal challenges.                                                     |
| <b>● Sexual Health</b>            | Offer HIV, Hepatitis, and STI testing, treatment and support at outreach locations across Peel Region. Also offer access to PrEP (pre-exposure prophylaxis) for those at increased risk of acquiring HIV for a variety of reasons.<br><br>HIV Self Testing Kits are available at the Bloom Clinic. |
| <b>● Harm Reduction</b>           | Team offers outreach and onsite distribution of various harm reduction supplies for safer sex and drug use. This includes safer inhalation and injection supplies, collection & disposal of used equipment, peer support, health education and support and mobile services.                        |
| <b>● Midwifery &amp; Prenatal</b> | Provide prenatal and midwifery care for parents and baby leading up to and after birth. Services include health education, breastfeeding support, and group programs for expecting and new parents.                                                                                                |

### **+ Additional Info**

Languages offered: English and Multiple Language Interpretation Services are offered.

---

# Women and Children's Precious Shelter



## GBV, Shelter

- + Address Confidential Address
- + Website <https://www.wcpreciousshelter.ca/>
- + Number +1 (437) 855-3301 + Email [wncpreciousshelter@gmail.com](mailto:wncpreciousshelter@gmail.com)

| + Programs and Resources                                                                               |                                                                                                                                                                                                                                                                                                                                           |
|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <span style="color: purple;">●</span> <b>Shelter</b>                                                   | A Safe and Secure Shelter For Women and Children Fleeing Abuse, 24-Hours/ 7 Days per Week                                                                                                                                                                                                                                                 |
| <span style="color: purple;">●</span> <b>Housing Program</b>                                           | Goal is to offer abused women a plethora of reputable housing programs in the city of Peel. We have and will continue to work collaboratively with other shelters and community based organizations, to ensure our clients have access to safe, transitional, permanent, and possible home ownership.                                     |
| <span style="color: orange;">●</span> <b>Employment Services</b>                                       | Assist women to scaffold on their existing skills, and/or guide them towards career choices where they will be successful. Enhancing their proficiencies to be employable and retainable, is our primary goal.                                                                                                                            |
| <span style="color: black;">●</span> <b>Educational Services</b>                                       | Residents will be exposed to tools to propel them towards new areas of learning, or completion of previously started programs.                                                                                                                                                                                                            |
| <span style="color: red;">●</span><br><span style="color: grey;">●</span> <b>Health &amp; Wellness</b> | Health & wellness programs undoubtedly speak to the challenges women in "survival mode" encounter. After traumatic experiences, it is an arduous task to find resources, to address both theirs and their children's (if applicable), mental and physical health needs. These programs eliminate the women's frustration in this process. |

## + Additional Info

---



---

# Women's Habitat Shelter



## GBV, Shelter

- + **Address** 140 Islington Avenue Etobicoke, ON M8V 3B6
- + **Website** <https://womenshabitat.ca/>
- + **Number** (416) 252-7949      + **Email** habitat@womens-habitat.ca

| + <b>Programs and Resources</b>   |                                                                                                                                                                                                                                                                                                                    |
|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ● <b>Meals</b>                    | All food is provided at the shelter allergies will be accommodated. We only serve halal meat whenever possible and the shelter is pork free. A Cook on-site cooks dinner and an after school snack for the kids Monday to Friday. Women are welcome to cook meals for the family in the large, accessible kitchen. |
| ● <b>Housing Support</b>          | Women who qualify for Special Priority Housing through Toronto Community Housing, will have access to an advocacy letter being written for them and assistance in filling out an application.                                                                                                                      |
| ● <b>Program's and Activities</b> | Offers recreational programs for kids of all ages, including in-house activities as well as scheduled outings (museums, movies etc.)                                                                                                                                                                               |
| ● <b>Legal Support</b>            | Offers client's/residents support through legal processes.<br><br>Offers assistance with applying for Legal Aid, finding a lawyer and navigating the legal system.                                                                                                                                                 |

## + Additional Info

**Shelter 24/7 Crisis Line:** (416) 252-5829





---

# Women in Crisis



## GBV, Shelter

- + **Address** Guelph-Wellington Women in Crisis, 38 Elizabeth St, Guelph, ON N1E 2X2
- + **Website** <https://gwwomenincrisis.org/>
- + **Number** (519) 836-1110      + **Email** [adminrec@gwwomenincrisis.org](mailto:adminrec@gwwomenincrisis.org)

| + <b>Programs and Resources</b>                                                                                             |                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>24-Hour Crisis Line</b>                | <p>Provides a 24-hour telephone and TTY support and referral line in Guelph and Wellington County. Offers support to those who have experienced or are experiencing physical, sexual, emotional or financial abuse and/or stalking.</p>                                                                       |
|  <b>Marianne's Place</b>                 | <p>An accessible emergency shelter that provides temporary housing for those experiencing gender-based violence.</p> <p>Welcomes all women and their children who are experiencing relationship violence (physical, sexual, emotional, verbal, financial abuse and/or stalking) and/or human trafficking.</p> |
|  <b>Sexual Assault Centre</b>            | <p>Offers individual and group counselling and support to women 16 years of age and older who have or are experiencing any form of sexual violence.</p> <p>Offers support to families, partners and friends of survivors of sexual assault or woman abuse.</p>                                                |
|  <b>Transitional and Housing Program</b> | <p>Provides support for women in the community who are experiencing abuse, or have left abusive relationships recently.</p> <p>Offers one-on-one counselling and support, risk assessment and safety planning, financial support and help with custody/child support issues</p>                               |

## + Additional Info

**24 Hour Crisis Line:** [519-836-5710](tel:519-836-5710) or [1-800-265-7233](tel:1-800-265-7233)







## GBV, Shelter

+ Address 52 West Beaver Creek Rd, Richmond Hill, ON L4B 1L9

+ Website <https://www.yellowbrickhouse.org/>

+ Number (905) 709-0900      + Email [info@yellowbrickhouse.org](mailto:info@yellowbrickhouse.org)

| + Programs and Resources                                                                                                    |                                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Crisis and Support Line</b>            | Provides support from counsellors that are available 24/7 to take calls from women in crisis to immediately assess the level of danger and help women take appropriate action.                                                                         |
|  <b>Emergency Shelter</b>                | Provides a safe space for women and their children.<br><br>Two shelters are available; one has sixteen beds and four cribs, the second shelter has sixteen beds and three cribs, providing space for five families, and including one accessible unit. |
|  <b>Let's Talk Child Witness Program</b> | Helps women enhance their parenting skills and understand the impact of family violence on their children. Supportive group sessions in our 8-week program for mothers with children ages 5-12.                                                        |
|  <b>Legal Information and Support</b>    | Provides women with assistance in dealing with family law matters, such as marital separation.<br><br>Women with other legal matters, i.e. immigration, are provided with support in finding assistance.                                               |

### + Additional Info

**24 Hour Crisis and Support Line** Text or Call Toll Free: 1-800-263-3247







## Youth, Shelter, Employment

+ Address 6 Warrendale Court Etobicoke, ON M9V 1P9

+ Website <https://yws.on.ca/>

+ Number (416) 748-0110      + Email [communications@yws.on.ca](mailto:communications@yws.on.ca)

| + Programs and Resources                                                                                                         |                                                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Life Skills Program</b></p>              | <p>Offers both current and former residents vital life skills training and support, based on their individual needs.</p> <p>This program takes a holistic, personalized perspective.</p>                                                                                                                |
|  <p><b>Housing and After-care Program</b></p> | <p>Places each youth into stable, affordable housing and aims to prevent relapse back into homelessness.</p> <p>Program works within a Housing First framework, guided by each youth and their individual needs.</p>                                                                                    |
|  <p><b>Employment Program</b></p>             | <p>Offers individual support to youth to elevate their confidence and support them in overcoming barriers to employment. Skills needed to gain employment are taught, such as resume writing and interviewing, and connections to training programs, career shadowing, and volunteer opportunities.</p> |
|  <p><b>Emergency Residential Program</b></p>  | <p>Offers emergency accommodation for up to 33 youth each night. Strives to meet the immediate needs of the youth by providing them with crisis counselling, shelter, nutritious food, clothing, and hygiene products.</p>                                                                              |

### + Additional Info

To receive immediate help, please call **416-748-0110** and press 0

---





## GBV, Shelter, Parenting/Family

+ Address 87 Elm Street Toronto, ON M5G 0A8

+ Website <https://www.ywca-toronto.org/>

+ Number (416) 961-8100

+ Email [info@ywca-toronto.org](mailto:info@ywca-toronto.org)

| + Programs and Resources                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <b>Davenport Shelter</b>          | <p>A pet-friendly emergency shelter with 55 beds available, and will soon be expanded to 73.</p> <p>Offers support to individuals 16 years of age and older, who identify as women or gender diverse, and are in need of shelter or fleeing violence.</p> <p>Provides client's with trauma informed staff, support finding safe and affordable housing and individual/group support programs</p> |
|  <b>Parenting After Abuse</b>     | <p>A free 12-week parenting program in south Scarborough for moms of children aged 4 to 16 and other gender diverse parents who encountered abuse.</p>                                                                                                                                                                                                                                           |
|  <b>Teen Mothers Program</b>      | <p>A free in-person drop-in support program for young women ages 14-22. Offers opportunities to gain positive parenting skills and access to resources that help mothers on their parenting journey.</p>                                                                                                                                                                                         |
|  <b>1st Stop Woodlawn Shelter</b> | <p>Provides free shelter and supports to women and gender diverse individuals 16 years of age and older who are experiencing homelessness or in immediate crisis. Offers 12 transitional beds for up to a two-year stay.</p>                                                                                                                                                                     |

+ Additional Info

---



---



**PCAWA**  
PEEL COMMITTEE AGAINST WOMEN ABUSE

Region of Peel  
GENDER-BASED VIOLENCE  
**RESOURCE GUIDE**  
Version 1 - 2024

If you or a survivor you know would like support, call  
Embrace's 24/7 crisis lines:

905-403-0864 or 905-676-8515

***You are not alone***



Women and Gender  
Equality Canada

Femmes et Égalité  
des genres Canada