

NEWCOMER RESOURCES

(List is not exhaustive nor an endorsement of any particular service)

SETTLEMENT SERVICES:

Catholic Crosscultural Services -416-757-7010, <https://www.cathcrosscultural.org/> 55 Town Centre Courts, Suite 401, Scarborough M1P 4X4 - settlement / women's services / language / employment / seniors / supports for families with special needs children/ citizenship prep workshops

COSTI – 416-658-1600 - <http://costi.org/> multiple locations across the city - children & youth / mental health / seniors / language training / employment – career planning and assessment / housing / refugee services / women's programs / workshops and training (require registration) - interviewing / resume writing / second career / youth networking / youth employment / smart serve / skills training / work permits / Federal Internship opportunities

Culture Link - 416-588-6288 - <https://www.culturelink.ca/> - 2340 Dundas Street West, Suite 301 (inside the Crossways Mall) Toronto ON M6P 4A9 mentorship / seniors / job search / recreation / bikes / cybersecurity training

FCJ Refugee Centre - 416-469-9754 - 208 Oakwood Ave. Toronto, ON M6E 2V4
<https://www.fcjrefugeecentre.org/> Refugee Hearing and Appeals Orientations / immigration and refugee protection / primary care and mental health clinic / settlement / food support / women's program (Women's Entrepreneurship Program) / youth / human trafficking / many pre-recorded webinars, some in a variety of languages – preparing for refugee hearing / Covid 19 info / pathways to permanent residency / starting a refugee claim / accessing therapeutic service / housing

Newcomer Women's Services - 416-469-0196 - <https://www.newcomerwomen.org/> 745 Danforth Avenue, Suite 401 Toronto, Ontario M4J1J4 – employment / leadership program (Sister2Sister) / youth / youth employment / settlement services

Settlement.org - <https://settlement.org/> online search service / variety of information translated into over 30 languages / immigration and citizenship / legal / housing / employment / health / community / daily life

Settlement Assistance and Family Support Services - Tel: 416-431-4847 - <https://safss.org/> head office - 1200 Markham Rd., Suite #214 Toronto, ON M1H 3C3 / domestic violence / jobs / language services / newcomer settlement /

Tesco - 416-757-6043 <https://tesoc.org/> 1160 Birchmount Rd, Unit 1A Scarborough ON – services in 13 languages – settlement services / mental health / women aiding women / language services / family counselling / seniors / employment

EMPLOYMENT SERVICES: (most of the above settlement services and some of the community services below have employment programs)

Helping Newcomers Work - <https://helpingnewcomerswork.ca/> online search / webinars/ dress for success or best (men and women's clothing) / data base for training, search, hiring opportunities

Immigrant Networks - <https://immigrantnetworks.com/> - provides connection with professionals and exposure to job market

Newcomer Women's Services Toronto - <https://www.newcomerwomen.org/employment-programs> works with all genders / all immigration statuses / must register for service

Tropicana Employment Centre- (416) 491-7000, 505 Consumers Road – Suite 102 North York, ON M2J 4V8 www.tropicanaemployment.ca

YMCA of Greater Toronto - <https://ymcagta.org/employment-and-immigrant-services/employment-services> - Multiple locations / Job fairs / webinars / resume writing / career path planning / interview prep/

Job search websites:

Indeed - <https://ca.indeed.com/jobs-in-Toronto,-ON>

ZipRecruiter - <https://www.ziprecruiter.com/Search-Jobs-Near-Me>

HOUSING

East York Housing Help Centre - 416 698-9306 – <http://eyetfrp.ca/> - 1350 DANFORTH AVE Toronto, ON M4J 1M9_- affordable housing listings, tenant support, listing of financial support programs

Emergency Shelter – central intake - 416-338-4766; Toll Free 1-877-338-3398 **(24/7)**

Federation of Metro Tenants' Association - Tenant Hotline: 416-921-9494
<https://www.torontotenants.org/>

Housing Help Centre (formerly Scarborough Housing Help Centre) 416-285-8070
2500 LAWRENCE AVE E Toronto, ON M1P 2R7, shhc.org find market rent housing, assistance with applications, evictions, mediation, newcomer services

North Etobicoke Housing Help Centre - 416 740-3704, 21 PANORAMA CRT Toronto, ON M9V 4E3 albionneighbourhoodservices.ca

Rental Housing Enforcement Unit - government office at 1-888-772-9277 (toll-free) or 416-585- 7214 - <https://www.ontario.ca/page/solve-disagreement-your-landlord-or-tenant>

Shelter and Housing Justice Network - <http://www.shjn.ca/>

Toronto Rent Bank - 416-397-RENT (7368) www.torontorentbank.ca
financial assistance for those paying market rent and not on government assistance

West Toronto Housing Help Services - 416 531-0841, 2333 DUNDAS ST W
Toronto, ON M6R 3A6, wtcls.org – find market rent housing /assistance with applications/
evictions

CRISIS SERVICES

Assaulted Women’s Helpline – 416-863-0511/ 1-866-863-0511 <https://www.awhl.org/> 24/7 in
200 languages

Black Youth Helpline - 416-285-9944 www.blackyouth.ca

Gerstein Centre: 416 929-5200 <https://gersteincentre.org/>

LGBTQQ2SI Youth Help Line www.youthline.ca text to: 647-694-4275

Naseeha Help Line - Call or text: 1 866-627-3342, www.naseeha.org Noon – midnight 7 days a
week serving the Muslim community

Toronto Distress Centres: 416 408-4357 or 408-HELP. Text 45645 <https://www.dcoqt.com/>
call, text or online

Toronto Rape Crisis Centre: 416-597-8808 - <https://trccmwar.ca/> Callers can be anyone who
has been raped, sexually assaulted or abused, women who have had unwanted sexual touching,
incest survivors and friends or family.

Toronto Seniors Helpline: 416-217-2077 <https://torontoseniorshelpline.ca/> stabilizing age-
related mental health and addiction crises, risk and safety assessments, immediate referrals to
community mobile crisis units, support for families and caregivers

LEGAL

Black Legal Action Centre - BLAC -1-877-736-9406 (toll-free), 416-597-5831

<https://www.blacklegalactioncentre.ca/contact-us/> free legal services to low and no income Black Ontarians who are facing a legal issue directly related to anti-Black racism.

Find a local legal clinic <https://www.legalaid.on.ca/legal-clinics/> search by postal code

Legal Aid Ontario - 1-800-668-8258 (toll free) - <https://www.legalaid.on.ca> 300 different languages

Steps To Justice <https://stepstojustice.ca/> housing/ family / wills/ tribunals / family violence / employment / help filling forms

West Toronto Community Legal Services – 416-531-7376 - <https://www.wtcls.org/> free legal service to low income west end Torontonians

GOVERNMENT PROGRAMS

Housing Stabilization Fund – City of Toronto - <https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/housing-stabilization-fund/> fund provides money for emergency housing needs to people receiving financial assistance through Ontario Works or income support through the Ontario Disability Support Program (ODSP) in the city of Toronto. To apply, speak to your Ontario Works or ODSP caseworker

Low Income Energy Assistance Program - <https://www.oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program>

Ontario Electricity Support Program - <https://ontarioelectricitysupport.ca/>

Ontario Financial Assistance Programs - <https://www.ontario.ca/page/social-assistance> - Ontario Works, ODSP

HEALTH

Access Alliance Multicultural Health and Community Service <https://accessalliance.ca/contact-us/> - 3 locations – downtown, Danforth and Jane – primary health / food programs / community / settlement / LGBTQ / families / seniors

Black Health Alliance - 647-367-6656 <https://blackhealthalliance.ca/> excellent links to other resources / advocacy

Black Creek Community Health Centre - 416-249-8000 or 416-246-2388 <https://www.bcchc.com/> 2 locations

Immigrant Women's Health Centre - 416-323-9986, 489 College St., #2, Toronto, ON M6G 1A5

<http://iwhctoronto.com/> free sexual health clinics, low cost birth control, STI testing, multiple languages

LAMP Community Health Centre – 416-252-6471, 185 Fifth St., Etobicoke - <https://lampchc.org/> Primary health, mental health, community services, workshops

TAIBU Community Health Centre – 416-644-3536 <http://taibuchc.ca/en/contact/> serving the Black community across the GTA

The Crossroads Clinic – 416-323-6031 and press 2 - Women’s College Hospital’s Refugee Health Clinic 76 Grenville St., 3rd floor Toronto, ON M5S 1B2
https://www.womenscollegehospital.ca/assets/pdf/crossroads/CROSSROADSCLINICBRO_2017_FINAL.pdf refugee friendly/ OHIP not necessary

Telehealth Ontario – [1-866-797-0000](tel:1-866-797-0000) (24/7) talk to a registered nurse

Women’s Health In Women’s Hands - 2 Carlton Street, Suite 500 Toronto, ON M5B 1J3
General Inquiries: 416-593-7655 <https://www.whiwh.com/>

2SLBGTO

Hassel Free Clinic – 416-922-0566, 66 Gerrard St E, Toronto ON,
<https://www.hasslefreeclinic.org/> free medical and counselling services in sexual health, refugee friendly,

Sherbourne Health Centre – 416-324-4100, 333 Sherbourne St, Toronto
<https://sherbourne.on.ca/> - primary health care, mental health services, newcomer program, youth program, groups and drop ins

The 519 – 416-392-6874, 519 Church St Toronto, <https://www.the519.org/> - refugee settlement and counselling, free space to meet, food program, groups, leadership training and workshops

COMMUNITY PROGRAMS

Across Boundaries - 51 Clarkson Avenue Toronto, Ontario M6E 2T5 Tel: (416) 787- 3007
<https://www.acrossboundaries.ca/> mental health and addiction services for racialized and marginalized communities, skills building, digital programming, support groups, alternative and complementary therapies, art therapy, creative expressions, community kitchen, individual support, counselling, and community partnerships. Services in many languages

Agincourt Community 416-321-6912, 4155 Sheppard Ave East, Suite 100, Scarborough,
<https://www.agincourtcommunityservices.com/> - child & family, newcomer, harm reduction, food security, workshops, legal clinic

Albion Neighbourhood Services, 416 740-3704 21 PANORAMA CRT Toronto, ON M9V 4E3
albionneighbourhoodservices.ca Settlement, housing , assistance with government paper work, boys and girls club

Arab Community Centre Toronto 2 locations – Etobicoke (416)231-7746 / Scarborough (647)341-2722, <https://www.acctonline.ca/> - settlement / youth / employment/ mental health
Ethno-Cultural program listings

Immigrant and Refugee Community - Neighbours Friends Family – 416-322-4950X240
<https://www.immigrantandrefugeenff.ca/contact/Talk-to-us> focus on violence against newcomer women / great resource connections

Malvern Family Resource Centre 416-284-4184, 90 Littles Rd. Scarborough <https://mfrc.org/>
youth, seniors, newcomer, women, activities – serving the Malvern community

Muslim Family and Child Services 416-910-1253 <http://www.mfcsso.ca/index.html> crisis intervention, education,

Rexdale Community Hub - (416) 741 3000, 21 Panorama Court, Toronto,
<http://www.rexdalehub.org/> – serving North Etobicoke – preschool – senior programs, settlement, career planning, job search, housing

TorontoCentralHealthLine.ca -
<https://www.torontocentralhealthline.ca/listservices.aspx?id=10423> - Search culturally specific community programs

Tropicana Community Services - 416-39-9009 1385 Huntingwood Drive, Scarborough ON M1S 3J1 <https://tropicanacommunity.org/> culturally aware and supportive programs with a predominant focus on the Caribbean, Black and African communities of Toronto - counselling, settlement services, childcare, education, personal development, and employment services

Woodgreen Community Services 416-645-6000, 815 Danforth Toronto,
<https://www.woodgreen.org/contact-us/> housing / seniors / day care/ skill training / internationally trained professionals enter job market / career mentorship / professional networking and seminars

Mental Health

The Access Point – 416-640-1934, 661 Yonge St Toronto <http://theaccesspoint.ca/>
Centralized access to mental health, addictions and housing support

Centre for Addiction and Mental Health – CAMH - 416 535-8501 or 1 800 463-2338 toll-free, staffed 24/7 – huge range of services / online info and tutorials / New Beginnings Clinic for refugees provides psychiatric consultation and brief intervention

Canadian Mental Health Association – CMHA -416-789-7957 – 2 locations
<https://toronto.cmha.ca/> social, educational, specialized and internal programs/ fantastic online resource guide

eMentalHealth.ca - <https://www.ementalhealth.ca/index.php?m=heading&ID=98> search by location and culturally specific resource listing

Hong Fook Mental Health Association - 416-493-4242, 3320 Midland Ave Scarborough ON, <https://www.hongfook.ca/association/> continuum of mental health services focused on Asian and other communities- languages include Cantonese, Mandarin, Korean, Vietnamese, Cambodian, English / multiple locations

Mental Health TO -1-866-585-6486, <http://www.mentalhealthto.ca/> - connect to community mental health services / free walk in counselling 6 locations and no health card needed

Mood Disorders Association – 1-888-486-8236 <https://moordisorders.ca/> free support programs for those living with mood disorders