



URBAN INDIGENOUS EDUCATION CENTRE:

Indigenous Community Resource Guidebook

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INTRODUCTION



The Urban Indigenous Education Centre (UIEC) at the Toronto District School Board offers a variety of services to enhance First Nations, Métis, and Inuit students' well-being and achievement and aims to ensure Indigenous education for all staff and students in the Toronto District School Board. The mandate of the UIEC is guided by the Elders Council, the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP), and the Truth and Reconciliation Commission of Canada: Calls to Action. The Urban Indigenous Education Centre engages in this work by creating opportunities for learning from and with Indigenous communities through professional learning, educational partnerships, community engagements and centering Indigenous perspectives across the curriculum for all students. It also provides direct wraparound support to enhance the overall well-being and achievement of First Nations, Métis, and Inuit students throughout the TDSB.

There are seven canopies in which the Urban Indigenous Education Centre operates under:

- Student Voice
- Professional Learning
- Community Engagement
- Partnerships
- Programming and Curriculum Development
- Research and Innovation
- Truth, Reconciliation, and Self-Determination

The Urban Indigenous Education Centre consists of the UIEC Elders Council, Cultures and Traditions Instructor, an Itinerant Anishnaabemowin Instructor, Indigenous Food Sovereignty Chefs, Community Liaisons, Instructional Leaders, Learning Coaches, an Itinerant Student Success Teacher, an Itinerant Resource Teacher, Social Workers, Graduation Coaches, and a Child & Youth Counsellor. This comprehensive resource guidebook was developed by the Student Success Team and Graduation Coaches at the Urban Indigenous Education Centre to help First Nations, Métis and Inuit students and their families access and connect with community resources in the Greater Toronto Area.

Indigenous Graduation Coaches provide support to First Nations, Métis, and Inuit students to increase the number of Indigenous students obtaining an Ontario Secondary School Diploma and successfully transitioning into post-secondary education, training, or labour market opportunities. Within their role, Indigenous Graduation Coaches act as mentors, advisors, and advocates to students. They are helping students create pathways through the education system, facilitating access and referrals to academic support and community resources to maximize their support system for student achievement and well-being. Above all else, it is the priority of an Indigenous Graduation Coach to create a welcoming environment in the school for Indigenous students and families, engaging students by affirming their intersecting identities and cultures and forming trusting relationships through culturally responsive and relevant pedagogy. Indigenous Graduation Coaches are constantly advocating on behalf of Indigenous students and families to help decolonize school culture and amplify Indigenous voices across the Toronto District School Board and within individual schools.

The Student Success Team at the Urban Indigenous Education Centre is an interdisciplinary team made up of Social Workers, Child & Youth Counsellors, a Student Success Teacher, and an Itinerant Resource Teacher. The team strives to promote Indigenous student success. According to Dr. Susan Dion, Potawatomi-Lenapé scholar and Professor at York University, Indigenous student success must focus on Indigenous student wellbeing rather than the colonial idea of student success which prioritizes the "acquisition of and capacity to replicate knowledge and

the mastery of skills” (Dion, 2010). Social Workers with the Urban Indigenous Education Centre promote Indigenous student success by supporting the biopsychosocial and spiritual growth of Indigenous students within the Toronto District School Board through a wholistic, strength-based, and trauma-informed lens. They provide various forms of individual and group support for Indigenous students including but not limited to clinical counselling, crisis intervention, community outreach, case management, academic support and advocacy, attendance support, psycho-educational groups, and restorative/sharing circles. Social Workers can also extend this support to families, helping to advocate for them by ensuring that they are connected to the appropriate resources. When not providing direct support to students and families, Social Workers with the Urban Indigenous Education Centre are collaborating and consulting with school administrators, teachers, other school staff, and community agencies to create spaces of belonging for Indigenous students. Child and Youth Counsellors have similar duties and approaches to practice as Social Workers but instead focus on supporting the emotional and social growth of Indigenous students within the Toronto District School Board. They provide individual and group short-term goal-oriented intervention/conflict resolution counselling, helping Indigenous students develop academic, communication, and social and personal management skills. A Student Success Teacher offers a much different element of support to Indigenous students than both Social Workers and Child and Youth Counsellors. Some of the duties that a Student Success Teacher fulfills involves direct work

with students. The Student Success Teacher also mentors and works collaboratively with classroom teachers to effectively adapt and support the classroom program and instruction for Indigenous students, modelling effective Indigenous education teaching and learning strategies through co-teaching, providing culturally-safe and trauma-informed instruction, and offer and create alternative options for Indigenous student success and career development. The Itinerant Resource Teacher works in ways that are similar to the Student Success Teacher, with a focus on ensuring student strengths are affirmed and needs are met as an advocate within Special Education processes.

The Student Success Team at the Urban Indigenous Education Centre developed this comprehensive resource guidebook to help Indigenous students and their families discover and connect with community resources in the Greater Toronto Area and online. Within this resource guidebook, students and families will find a variety of resources related to food security, housing and shelters, health and wellbeing, mental health, culture, financial aid and employment training, accessibility, support for Black-Indigenous and Afro-Indigenous students, supports for 2SLGBTQ+ students, and legal aid. All resources and services listed are meant to help First Nations, Métis, and Inuit students and families access supports as needed to achieve a balance of emotional, mental, physical, and spiritual well-being.



A hand holding a bowl of soup with a spoon, overlaid with a yellow filter.

FOOD SECURITY

ArtHeart Community Art Centre, Daniels Spectrum
585 Dundas St E, Studio 210, Toronto, ON, M5A 2B7,
416-203-0034.

Avenue Road Food Bank
240 Avenue Road, Toronto, Ontario M5R 1X2,
416-922-4371.

Bethany Baptist Church - Food Bank
1041 Pape Ave, Toronto, ON, M4K 3W1
416-922-0772.

Black Food Toronto
(416)-832-5639

Canadian Red Cross - Toronto Region - Etobicoke Location
557 Dixon Rd, Unit 110, Toronto, ON, M9W 1A8
416-236-3180.

Caribbean Canadian Catholic Centre - Soup Kitchen
867 College St, Toronto, ON, M6H 1A1
416-534-1145.

Christ Church St James Anglican Church - Food Pantry,
194 Park Lawn Rd, Bsmt, Toronto, ON, M8Y 3J1,
416-251-8711 ext. 23.

**Christie Ossington Neighbourhood Centre - South Site -
South-Men's Shelter and Drop-in Food Access Program,**
850 and 854 Bloor St W, Toronto, ON M6G 1M2
416-792-8941

Church of Redeemer Toronto - The Common Table 162
Bloor Street West, Toronto, ON M5S 1M4
416-922-4948

**Churches on the Hill Food Bank - Timothy Eaton
Memorial Church, Timothy Eaton Memorial Church 230**
St Clair Ave W, Toronto, ON, M4V 1R5
416-967-3842.

**Community Share Food Bank - Church of the Ascension,
Church of the Ascension**
33 Overland Dr, Toronto, ON, M3C 2C3
416-441-3209.

Covenant House Toronto
20 Gerrard St E, Toronto, ON, M5B 2P3
416-598-4898.

Daily Bread Food Bank
191 New Toronto St, Toronto, ON, M8V 2E7
416-203-0050.

**Daily Bread Food Bank - Allan Gardens Food Bank, Saint
Luke's United Church**
353 Sherbourne St, Toronto, ON, M8V 2E7
416-924-9619.

**Discovery Community Christian Church - Westway
Campus Food Bank, Westway Campus**
6 Kilburn Place, Toronto, ON, M9R 2X5
416-247-1922.

Eastview Neighbourhood Community Centre
86 Blake St, Toronto, ON M4J 3C9
416-392-1750.

Flemingdon Park Community Food Bank
10 Gateway Blvd, (Basement), North York, ON M3C 3A1

Fort York Food Bank
380 College St, Toronto, ON, M5T 1S6
416-203-3011.

Fred Victor
40 Oak St., Toronto, ON, M5A 2C6
416-363-4234.

**Friends of Jesus Christ - Sunrise Towers - Food Bank
Ministry Sunrise Towers**
1420 Victoria Park Ave, Toronto, ON, M1S 3B1
416-335-8829.

Glen Rhodes United Church - Food Bank
1470 Gerrard St E, Bsmt, Toronto, ON M4L 2A3
Church 416-465-3755
During food bank hours only 416-465-3858

**Grace Pascoe Care Centre - Calvary Baptist Church -
Calvary Food Bank, Calvary Baptist Church**
72 Main St, Toronto, ON, M4E 2V7
416-691-2899.

Horizons for Youth

422 Gilbert Ave, Toronto, ON, M6E 4X3
416-781-9898.

Islamic Social Services and Resources Association

2375 St Clair Ave W, Toronto, ON, M6N 1K9
416-767-1531.

LAMP Community Health Centre - Community Support Services - ASK! Community Information Centre, LAMP Community Health Centre

185 Fifth St, Ground Fl, Toronto, ON, M8V 2Z5
416-252-6471 or 416-252-9701 ext. 280/281.

The Lighthouse

1008 Bathurst St, Toronto, ON, M5R 3G7
416-535-6262.

Lourdes Food Bank - The Edmonton

275 Bleecker St, Southeast corner, Toronto, ON, M4X 1M4
416-972-0630.

Margaret's Drop-In

323 Dundas St. E., Toronto, ON, M5A 2A2
416-788-9514.

Metropolitan United Church, Community Services

56 Queen St E, Bsmt, Toronto, ON, M5C 2Z3
416-363-0331 ext. 41 or ext. 21.

Muslim Welfare Centre - Scarborough location

100 McLevin Ave, Suites 4 and 4A, Toronto, ON, M1B 5K1,
Administration 416-754-8116
Food Bank 416-335-9994
Medical Clinic 416-291-1027.

Native Women's Resource Centre of Toronto

191 Gerrard St E, Toronto, ON, M5A 2E5
416-963-9963.

North York Harvest Food Bank

116 Industry St, Toronto, ON, M6M 4L8
416-635-7771.

North York Harvest Food Bank - Bathurst-Finch Community Food Bank, Northview Heights Secondary School

550 Finch Ave W, Rm 130, Toronto, ON, M2R 1N6
647-704-1111.

North York Harvest Food Bank - Lawrence Heights Community Food Space

81 Varna Dr, Toronto, ON, M6A 2L8
647-786-3663.

North York Harvest Food Bank - Oriole Food Space, Oriole Community Centre

2975 Don Mills Rd W, Toronto, ON, M2J 3B7
647-772-3664.

Oasis Dufferin Community Centre

1219 Dufferin St, Toronto, ON, M6H 4C2
416-536-4431.

Ontario Association of Food Banks

555 Richmond St W, Suite 501, Toronto, ON, M5V 3B1,
416-656-4100.

Parkdale Activity - Recreation Centre (PARC)

1499 Queen St W, Toronto, ON, M6R 1A3
416-537-2262.

Rhema Christian Ministries - The Store House - Food Bank Services

127 Eddystone Ave., Toronto ON M3N 1H5
416-496-1794.

Toronto Metropolitan University Students' Union - Good Food Centre - Community Food Bank, Equity Services Centre

55 Gould St, Rm SCC-209, Toronto, ON, M5B 1E9
416-979-5255 ext 2319.

Salvation Army - Yorkwoods Community Church, Yorkwoods Community Church

20 Yorkwoods Gate SE, Toronto, ON, M3N 1J8
416-631-7222 ext. 102.

Salvation Army, Community and Family Services - Bloor Central Corps

789 Dovercourt Rd, Toronto, ON, M6H 2X4
416-532-4511; Food Bank ext. 100.

Salvation Army, Community and Family Services - East Toronto Corps

107 Cedarvale Ave, Toronto, ON, M4C 4J9
416-467-7664.

Salvation Army, Community and Family Services - North York Temple - Food Bank

25 Centre Ave, Toronto, ON, M2M 2L4
416-225-6683.

Salvation Army, Community and Family Services - River Street Ministries

77 River St, Toronto, ON, M5A 3P1
416-304-1982.

Salvation Army, Community and Family Services York Community Church, The Salvation Army York Community Church

1100 Weston Rd, Toronto, ON, M6N 3S4
Food bank --416-766-1361 ext 1.

Salvation Army, Community and Family Services - Yorkminster Citadel Family Service

1 Lord Seaton Rd, Toronto, ON, M2P 2C1
416-222-9110 ext. 2.

Scarborough Centre for Healthy Communities - Scarborough

629 Markham Rd - Food and Clothing Bank, 4100
Lawrence Ave E, Main floo , Scarborough, ON, M1H 2A4,
416-847-4147.

Scott Mission

502 Spadina Ave, Toronto, ON, M5S 2H1
General Inquiries: 416-923-8872; Women and Family
Food and Clothing Bank: 416- 923-3916; Donation Line
416-923-2400.

Society for the Living - Food Bank, Oakdale Community Centre

350 Grandravine Dr., North York, ON M3N 1J4

Society of Saint Vincent de Paul - Main offic

240 Church St, Toronto, ON, M5B 1Z2
416-364-5577

St Ann Parish Food Bank

120 First Ave, Toronto, ON, M4M 1X1
416-466-2127.

St Bartholomew's Anglican Church - Regent Park - Community Services

509 Dundas St E, Toronto, ON, M5A 3V3
416-368-9180
640 Glenholme Ave, Bsmt, Toronto, ON, M6E 3G9
416-782-8943.

The Stop Community Food Centre

1884 Davenport Rd, Rear Entrance, Toronto, ON, M6H 4E1
416-652-7867.

Syme Woolner Neighbourhood and Family Centre - Eglinton West Office - ork Neighbourhood Food Bank,

2468 Eglinton Ave W, Toronto, ON, M6M 5E2
416-766-4634 ext 228.

Syme Woolner Neighbourhood and Family Centre - Woolner Office - ood Bank

190 Woolner Ave, Bsmt, Toronto, ON, M6N 1Y3
416-766-4634.

Teresa Group Child and Family Aid

124 Merton St, Suite 104, Toronto, ON, M4S 2Z2
416-596-7703.

Thistletown Food Bank

248 Jamestown Cres, Etobicoke, ON, M9V 3M8
416-745-2822.

Thorncliffe Food Bank

1 Leaside Park Dr, Unit 5B, Toronto, ON, M4H 1R1
647-428-9755.

Toronto Council Fire Native Cultural Centre - Food Banks,

439 Dundas St E, Toronto, ON, M5A 2B1
416-360-4350 ext 245.

Toronto People with AIDS Foundation

200 Gerrard St E, 2nd Fl, Toronto, ON, M5A 2E6
416-506-1400.

Toronto Vegetarian Food Bank, Yonge Street Mission, Christian Community Centre,

270 Gerrard St E, Toronto, ON, M6G 3K3
647-878-6516.

Toronto West Seventh-Day Adventist Church - Food Bank

1621 Albion Rd, Lower Level, Toronto, ON, M9V 1B6
416-401-0030.

University of Toronto Students' Union - Multi-Faith Centre, Koffler House - Food Bank, Multi-Faith Centre, Koffler House

Food Bank Room 136 - Student Commons (230 College St., Huron St. Entrance., Toronto ON M5T 1R2
416-978-4911.

Walmer Road Baptist Church - Food Bank Walmer Centre

188 Lowther Ave, 1st Fl, Toronto, ON, M5R 1E8
416-924-1121.

Wesley Mimico United Church - Martin Luther Evangelical Lutheran Church - Food Bank, Martin Luther Evangelical Lutheran Church

2379 Lake Shore Blvd W, Toronto, ON M8V 1B7
416-546-5737; 416-251-5811.

Westminster Chapel at High Park Outreach Ministries - Food and Clothing Bank

9 Hewitt Ave, Toronto, ON, M6R 1Y4
416-466-8819.

Weston Area Emergency Support - Frontlines Building, Frontlines Building

1 King St. (in Central United Church's building), Weston ON M9N 1K8
416-247-3737.

Women's Health in Women's Hands

2 Carlton Street, Suite 500, Toronto, ON M5B 1J3
416-593-7655.

Yonge Street Mission - Christian Community Centre - Community Support and Family Services

270 Gerrard St E, Toronto, ON, M5A 2G7
416-929-9614.

Yonge Street Mission - Evergreen Centre for Street Youth - Evergreen Health Centre, Evergreen Centre for Street Youth

270 Gerrard St E, Toronto, ON, M5A 2G7
416-929-9614 ext. 2238.

York University Federation of Students - Food 4 Thought, On-Campus Food Bank Student Centre

4700 Keele St, Rm 337, Toronto, ON, M3J 1P3
416-736-5324

These services are located outside of Toronto Central but provide service to Toronto Central.

Food Banks Canada

5025 Orbitor Dr, Bldg 2, Suite 400, Mississauga, ON L4W 4Y5
905-602-5234

The 519

519 Church St, Toronto, ON M4Y 2C9
416-392-6874



HOUSING & SHELTERS

Aboriginal Housing Support Centre (AHSC) is an innovative project developed by Wigwamen Incorporated and made possible through the City of Toronto's Homelessness Initiative Fund. AHSC is a non-profit housing help centre that was created to support Indigenous people with their current housing needs.

Scarborough West Office – 3087 Danforth Ave., Toronto
ON M1L 1A9
(416)-260-6011

Scarborough East Office – 20 Sewells Rd., Scarborough
ON M1B 3G5
(416)-281-2057

Anduhyuan Inc. is a non-profit registered charity founded by five grandmothers in 1973 to respond to the needs of Toronto's Indigenous women. It first opened as a hostel, and now provides emergency shelter and second-stage transitional housing to women and their children fleeing violence. We make culturally inclusive, safe spaces available for those who come through our doors to focus on their healing and wellness journey.

Anduhyuan Shelter Phone: 416-920-1492 ext. 221.

Nekanaan Second Stage Housing Phone: 416-243-7669 ext. 226.

Angels of Hope Against Human Trafficking (Sudbury, ON) is a registered charity, providing long-term, bilingual support to Survivors of human trafficking and sexual exploitation of all ages and backgrounds. Founded in 2015, they strive to walk hand-in-hand with survivors along the road to recovery, while additionally providing support, guidance, education, and counselling to their loved ones. All services are free and confidential

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

Phone: 416-338-4766 or 1-877-338-3398 or by 311.

Exit Doors Here: Helping Sex Workers Leave Prostitution Program, implemented by Elizabeth Fry Toronto, aims to help women wanting to exit prostitution by providing them a time-based service intervention. Using a Critical Time Intervention (CTI) model of change, the program offers an individually adapted, multi-disciplinary approach to supporting participants out of a life of prostitution using customized wraparound services. The program is centered on counselling and social work; Cognitive Behavioral Therapy; service referral; skills training; support groups; and psychoeducation.

Gabriel Dumont Non-Profit Homes (Metro Toronto) Inc. is an 87-unit housing complex for the Indigenous community. They have 3- and 4-bedroom units to accommodate larger families and are located in south east Scarborough. This project offers subsidized housing to families of First Nations, Métis, and Inuit peoples on a rent-g geared-to-income basis.

4201 Kingston Rd, Unit 114A, Scarborough ON M1E 5B3
Phone: 416-286-5277

Indigenous Supportive Housing Program (ISHP) offers monthly rental subsidies (when funding is available) to make housing affordable for community members who are dealing with mental health and/or addictions issues. They also assist community members in obtaining subsidies from other sources and we can help with first or last month's rent. Additionally, ISHP provides eviction prevention supports that include assistance with rent and utilities arrears. They work closely with landlords and tenants and our capacity to help with the purchase of beds and some emergency furnishings as well as referrals to Furniture Bank and moving, helping to stabilize families and single men and women in new housing.

Phone: 416-920-2605.

Jean Tweed Centre is a leading not-for-profit community based organization that provides treatment, support and a safe place for women looking to overcome challenges with substance use, gambling, and mental health. By building life skills and healthy habits, they help clients build a new start for a better future.

Their services include:

- Day Program
- Residential Program
- Individual Counselling
- Gambling Support Group
- Trauma Services
- Support for Mothers and Caregivers
- Justice Programs
- Continuing Care
- Friends and Family Members Support Group

Minwaashin Lodge (Ottawa, ON) provides a range of services to First Nations, Métis, and Inuit women and children (regardless of status) who are survivors of violence. The lodge has some capacity on a case-by-case basis to support women who are fleeing exploitation or human trafficking.

Phone: 613-747-2223.
Crisis Line: (613)-789-1141.

Na-Me-Res (Native Men's Residence) ensures that Indigenous people experiencing homelessness have access to a continuum of culturally appropriate supports securing stable, safe, and affordable housing while helping them to achieve their personal goals and aspirations. Through a culture-based approach that addresses the wholistic needs of clients, Na-Me-Res' (Native Men's Residence) mission is to provide outreach services and permanent housing to Indigenous men experiencing homelessness in Toronto while providing outreach and support services to the broader population.

Programs include:

- Housing Support Services
- Mino Kaanjigoowin: Changing My Direction In Life
- Auduzhe Mino Nesewinong
- NILO – Native Inmate Liaison Officer
- Apaenmowineen: Having Confidence in Myself
- Ngim Kowa Njichaag: Reclaiming My Spirit
- Medicine Wheel Garden
- The Espaniel/Menzies Education Fund
- Nursing Health Services

Phone: 1-866-626-3737

Native Women's Resource Centre of Toronto (NWRCT)

provides a safe and welcoming environment for all Indigenous women and their children in the Greater Toronto Area. Their programs offer wrap around blanket services to address and support basic needs, housing, families, advocacy, employment, education, healing from trauma, and access to ceremonies and traditional practitioners/healers. NWRCT aims to build confidence and capacity within the collective community. They host a variety of Cultural Activities for our clients and the public, including the Minaake Awards, Sisters in Spirit Vigil, and Winter Solstice.

Ontario Aboriginal Housing Services is a non-profit housing provider with a mandate to provide safe and affordable housing to urban and rural First Nation, Inuit and Métis people living off-reserve in Ontario. Their vision is to lead the design, development and delivery of a sustainable and culturally appropriate continuum of housing that promotes excellence in the community and organizational infrastructures.

Their services include:

- Ontario Priorities Housing Initiative Homeownership Program
- Ontario Priorities Housing Initiative Renovates Home Repair Program

Rapid Rehousing Initiative is available to people experiencing chronic homelessness* who are on the Centralized Waiting List for rent-geared-to-income housing and are staying in an emergency overnight space or living outdoors and working with Streets to Homes. This program is not available to the general public.

Application Support Centre Phone: 416-338-8888

SafeHope Home (Ajax) provides long-term recovery programs designed to guide sexually exploited or trafficked women and youth, or those at identifiable risk of becoming sexually exploited and/or trafficked, through full rehabilitation and reintegration into society. This process includes housing, post-secondary education, counselling and more.

Wigwamen is Ontario's oldest and largest urban Indigenous housing provider. With 221 units scattered throughout the City of Toronto, a 92-unit apartment building for families and singles in Scarborough, a 60-unit apartment building in Northeast Scarborough, a 127-unit apartment complex for seniors in downtown Toronto, a 41-unit apartment building in Ottawa, a 145-unit apartment building in the Canary District of Toronto, and a 115-unit apartment building in Scarborough, Wigwamen is committed to providing decent, safe and affordable housing to thousands of Indigenous and non-Indigenous families, singles and seniors.

[Apply for housing here.](#)

YWCA seeks to help women and girls flee violence, secure housing, find jobs, establish their voices, enhance skills and develop confidence. They offer a range of housing options, employment and training programs, community support programs, girls' programs and family programs; they also engage in systemic advocacy.

Phone: 416-961-8100.

360° Kids HOPE Program provides transitional housing and wraparound services for female survivors of human trafficking aged 16-26 in York Region. Their services support the survivors by providing a safe nurturing environment, counselling, medical attention, and self-esteem building tools to promote a healthy transition into independent living. There are 6 beds available where clients can stay for up to 1 year, as well as counselling, and housing and employment through 360° Kids.

Phone: 905-475-6694.

Nishnawbe Homes provides safe secure housing for the Indigenous people who are homeless and/or underhoused in Toronto. The housing units encourage cultural values, community environment, and are drug and alcohol-free environment.



HEALTH & WELLBEING

Aboriginal Healthy Babies Healthy Children (AHBHC)

Program, a program within the Native Women's Resource Centre, is designed to ensure that all Indigenous families and their children (prenatal to age six) who need assistance with physical, emotional, mental, and social issues have access to effective, consistent early intervention services. AHBHC is mandated to provide the best opportunities for healthy child development through home visiting, service coordination, parenting groups, cultural teachings, traditions and referrals. As well as to address the children at risk to ensure that they have access to services and support that will address their needs. The AHBHC program is voluntary and open to any Indigenous family that requests the service. Indigenous families may also access the provincial program via the local public health unit.

Anishnawbe Health Toronto has a mission to improve the health and wellbeing of Indigenous people in spirit, mind, emotion, and body through both Traditional and Western healing approaches. The programs and services offered are based on culture and traditions through a multidisciplinary team of dedicated healthcare professionals and service providers.

Services offered include:

- Primary Care
- Fetal Alcohol Spectrum Disorder Diagnostic Clinic
- Mental Health
- Chiropractic
- Psychiatric/Psychology
- Physiotherapy
- Walk-In Counselling
- Child & Family Therapy Services
- Substance Abuse Supports
- Cultural Supports
- Youth Outreach Workers
- Mobile Healing Unit

Programs offered include:

- Diabetes Education Program (DEP)
- Diabetes Prevent Program
- Community Health Worker Training

- Oshkii Okitchiidak Youth Program
- Maternal Infant Program
- Fetal Alcohol Spectrum Disorder Prevention Program
- Babishkhan Circle of Care Program
- Indigenous Supportive Housing Program

225 Queen St. E., Toronto ON M5A 1S4
Phone: (416)-360-0486

179 Gerrard St. E., Toronto ON M5A 2E5
Phone: (416)-920-2605

213 Carlton St., Toronto ON M5A 2K9
Phone: (416)-657-0379

Native Child and Family Services of Toronto (NCFST) is a multi-service urban Indigenous agency providing holistic, culture-based programs and services for Indigenous children and families. NCFST strives to provide a life of quality, well-being, healing, and self-determination for children and families in the Toronto urban Indigenous community. NCFST implements a service model that is culture-based and respects the values of Indigenous peoples, the extended family and the right to self-determination. Programs and services include, but limited to:

- Culture Nights
- Annual Pow Wow
- Aboriginal Child and Family Life Centres
- Summer Camps
- EarlyON Centers
- Maajiishikatoong Zoong Mnidoowin (Building Strong Spirits)
- Indigenous Childcare Centres
- Scarborough Youth Program
- 7th Generation Image Makers

30 College St., Toronto ON M5G 1K2
Phone: (416)-969-8510

Pimaatisiwin Program promotes the healthy development of young children (0-6 years) and builds stronger family foundations and seeks to promote the creation of partnerships within Toronto and strengthen community capacity to increase support for vulnerable children and their families. It also provides community-based children's program which is focused on child health and development activities, parenting skills, nutritional support and collective kitchens, physical activity programs, outreach, and home visits.

Seventh Generation Midwives Toronto (SGMT) is a group practice of midwives who provide high-quality maternity care to pregnant individuals and their families. In reclaiming and sharing Indigenous teachings, SGMT brings the sentiment surrounding the Medicine Wheel in supporting our families with a holistic approach that considers the spiritual, emotional, mental, and physical experiences through their childbearing year. They support their families through pregnancy, labour and delivery, and the first six weeks postpartum. Support area for clients includes the City of Toronto, with a focus on those located downtown, as well as ensuring care for the Indigenous community. SGMT has privileges at Sunnybrook Health Science Centre and the Toronto Birth Centre. Programs include:

- Auduzhe Mino Nesewinong (Place of Healthy Breathing)
- Baby Bundle Program
- Call Auntie

525 Dundas Street East, Toronto ON, M4A 2B6
Phone: 416-530-7468

Shkaabe Makwa at Centre for Addiction and Mental Health (CAMH) is the first hospital-based centre in Canada designed to drive culturally-responsive systems initiatives to achieve health justice and wellness for First Nations, Métis, and Inuit communities through the advancement of research, workforce development and innovative healing models that harmonize traditional knowledge and medical expertise.

Contact Access CAMH at 416-535-8501 and press 2.
Email: shkaabemakwa@camh.ca

Thunder Women Healing Lodge is a community-driven initiative raised out of concern and recognition of the urgent need to break the cycle of Indigenous women's over-representation in Canada's prisons. Indigenous-led, they provide trauma-informed, culturally appropriate services for First Nation (Status and Non-Status), Métis, and Inuit 2SLGBTQIA+ women exiting the justice system.

413 Dundas St E, Toronto, ON M5A 2A9, Canada

Woodgreen is one of the largest social service agencies in the city. They serve 37,000 people each year, working to improve health, independence and well-being for seniors; support newcomers as they settle in Canada; facilitate access to housing and employment resources for single mothers; provide high-quality child care and enriching after-school programs; help build confidence and job readiness for youth; find housing for people experiencing homelessness and deliver a wide range of mental health services.

815 Danforth Avenue, Suite 100, Toronto, ON M4J 1L2
E-mail: info@woodgreen.org
Phone: 416-645-6000



MENTAL HEALTH

Assaulted Women's Helpline offers a 24-hour telephone and TTY crisis line to all women who have experienced abuse. They provide counselling, emotional support, information, and referrals. Available in over 200 languages.

GTA Phone: 416-863-0511

Toll-Free: 1-866-863-0511

Toll-Free TTY: 1-866-863-7868

Text: #SAFE (#7233) on your Bell, Rogers, Fido, or Telus mobile phone

Crisis Text Line, powered by Kids Help Phone, provides young people in Canada with the first-ever, 24/7, free nationwide texting service.

Text HOME to 741741

Distress Centres of Greater Toronto is a service agency dedicated to providing timely emotional support, crisis intervention, and suicide prevention to people in distress. They provide support for those in crisis through 24/7 multilingual inbound, outbound, and in-person programs.

Crisis Phone: 416-408-4357

Text: 45645

Gerstein Crisis Centre is a 24-hour community-based crisis service for adults aged 16 and older in the City of Toronto who are dealing with a serious mental health issue, concurrent or substance use issue, and are currently in crisis.

24-Hour Crisis Line Phone: 416-929-5200

Hope for Wellness Help Line provides 24/7 mental health counselling to Indigenous peoples across Canada. Experienced and culturally-competent counsellors are reachable via phone and online chat. Both telephone and online chat services are in English and French.

Telephone support is also available upon request in Cree, Anishinaabemowin, and Inuktitut but supports in these languages are not available 24/7.

Phone: 1-855-242-3310

Kids Help Phone is the only 24/7 e-mental health service in Canada offering free, confidential support to young people in English and French.

Text CONNECT to 686868 or call 1-800-668-6868 for immediate crisis support.

Talk4Healing offers 24/7 help, support, and resources for Indigenous women, by Indigenous women, across Ontario. Available via phone, text, or chat.

Phone: 1-855-554-HEAL

Text: Simply send a text message to the number above.

Chat: Click on the live chat option through the link.

What's Up Walk-In provides immediate in-person or virtual mental health counselling for children, youth, young adults and their families, and families with infants.

General Inquiries Phone: 1-866-585-6486

9-8-8 is a toll-free suicide crisis helpline for people experiencing suicidal ideation or people worried about someone else that is experiencing suicidal ideation. This service is available 24 hours of the day, 365 days of the year through either call or text. If your safety is at risk, please call 9-1-1 immediately.

Weaving Wellness Centre is an online clinical practice that welcomes and aims to support all those who are focused on growth, transformation, and change, and specializes in working with Indigenous peoples and communities from culturally-grounded perspectives of mental health, well-being, and healing. Registered members of a First Nation can receive free counselling services through Non-Insured Health Benefits (NIHB). Weaving Wellness Centre also offers a sliding scale to help low-income individuals access affordable counselling services.

E-mail: intake@weavingwellness.ca
Phone: 647-931-7797

Qualia Counselling provides counselling services and outreach to Indigenous peoples and community, both locally and across Ontario. Services can be accessed in-person at any of their offices, or over-the-phone or online. Registered members of a First Nation can receive free counselling through Non-Insured Health Benefits (NIHB).

Brantford
217 Terrace Hill Street, Unit B24
Brantford, ON N3R 1G8
Tel: 519-720-9922

Cambridge
182 Pinebush Rd. Suite 1D (main floor)
Cambridge, ON, N1R 8J8
Tel: 226 887 6377

Ohsweken
40 Cao Lane
Ohsweken, ON N0A 1M0
Tel: 226-792-8433

Waterloo
435 The Boardwalk, Suite 406
Waterloo, ON N2T 0C1
Tel: 519-742-0500

Victim Services Toronto provides immediate, confidential support for any person who has experienced crime or sudden tragedy 24 hours of the day, 365 days of the year.

24-Hours Crisis Line Phone: 416-808-7066

Stella's Place provides free mental health services for young adults aged 16 to 29. They seek to help their participants find empowerment to learn new skills and manage their own mental health, accessing support on their own terms. Participants have access to an array of virtual and in-person programs, including peer-to-peer support, clinical services, wellness, and art.

54 Wolseley St., Toronto ON M5T 1A5
Phone: 416-461-2345

The Toronto Community Crisis Service (TCCS) provides free, confidential, in-person mental health supports from mobile crisis worker teams. TCCS supports Toronto residents 16 years of age or older and is available 24 hours of the day, 365 days of the year. Call 211 or 911 to be connected to TCCS. The service provides a non-police-led, community-based, client-centred, and trauma-informed response to mental health crisis calls and wellness checks. TCCS can also provide referrals and connections to other services, resources and information, and post-crisis follow-up supports.

2-Spirited People of the 1st Nations Indigenous-Led City-Wide TCCS, in collaboration with ENAGB Indigenous Youth Agency and Niiwin Wendaanimak/ Four Winds Indigenous Health and Wellness Program, based out of Parkdale Queen West Community Health Centre, is now available.

Family Navigation Project at Sunnybrook Health Sciences Centre provides expert navigation of the mental health and addictions service system for youth aged 11-29 living in the Greater Toronto Area and their families. Their team of experts helps young people and/or their families navigate the mental health system more easily, to find and gain access to resources such as service providers and treatment centres, create an individualized plan and path to care, and communicate effectively with care service providers. There is no cost to access this service. No formal/medical diagnosis is required. No referral is required.

E-mail: familynavigation@sunnybrook.ca
Phone: 1-800-380-9367



CULTURE

Indigenous Youth Roots is a national Indigenous youth-led organization that collaborates with communities to provide programs, grants, and opportunities grounded in Indigenous ways of knowing and being and designed to strengthen and amplify the voices of Indigenous youth. Programs offered include:

- CREation Community Grants
- Indigenous Youth Policy School
- Black Indigenous Solidarity Program encourages Black/Indigenous/Afro-Indigenous youth to meaningfully reflect on their understanding of solidarity, identify community needs, and conceptualize activities to achieve this.
- Concerning Community is a 6-week workshop series aimed at non-Indigenous settlers of colour; it will engage participants in concrete discussions around connecting to homelands, and explore the nuanced experiences of settlers of colour.
- Seeds in Motion program provides spaces for Indigenous youth between 18-29 years of age to learn about culture, grow a community, and explore traditional crafting. It focuses on teachings about plants, medicines, seed saving and harvesting, hunting practices, lunar cycles, and storytelling.
- Words in Motion program provides spaces for Indigenous youth between 18-29 years of age to reconnect to their traditional languages in an online virtual format.
- Two-Spirit Workshops
- Two-Spirit Regalia Skills Program
- Youth Advisory Circle
- Culture and Wellness Program
- Gatherings

ENAGB Indigenous Youth Agency focuses on providing cultural, employment, life skills, wholistic wellness and recreational opportunities to Indigenous youth ages 12-29. Programming is designed through Indigenous youth participation and works to build self-esteem, confidence, skills, and self-determination.

Programs include:

- Youth Program
- EarlyON

- Gdinwewninaa, Gbimaadzewninaa – Our Language, Our Culture

Phone: 416-421-1680

Email: cynthia.bell@enagb-iy.ca

Finding Our Power Together is an Indigenous-led non-profit empowering Indigenous youth across Turtle Island. Born from the resilience of Nibinamik First Nation and surrounding communities in 2016, the mission of Finding Our Power Together is to provide the resources, relationships, and support for Indigenous youth to flourish. They offer a variety of culturally-based therapeutic programs and services that foster community, cultural connection, and wholistic well-being. Programs include:

- Orange Heart Club is an after-school, PA Day, and summer camp program specially created for elementary school students (Grades 1-6). With Orange Heart Club, children will delve into the history of Indigenous peoples in Canada and develop a deeper understanding of reconciliation through engaging activities and meaningful relationships.
- Full Moon Gatherings are safe and inclusive spaces designed for Indigenous-identifying women to come together, learn about traditional teachings and practices, and celebrate the sacredness of life-giving ceremonies. The full moon sweat lodge provides an opportunity for women to participate in a traditional moon lodge, learn songs and teachings, and connect with the powerful energy of the full moon.
- Building Our Bundle is a virtual 8-week psychoeducation program designed to help Indigenous youth aged 14-29 years old develop the tools and resources needed to navigate life's challenges with resiliency. In this group, youth will learn healthy coping mechanisms, emotional regulation, interpersonal effectiveness, and self-care from Indigenous mental health workers. Participants will also have the opportunity to work with a youth mentor one-on-one to help achieve their goals.

- Mushkiki Aki Land-Based Healing Camp is an opportunity for Indigenous youth aged 10-18 years of age to connect with nature, learning traditional skills and teachings, and participate in healing ceremonies.
- Young Leaders Circle provides a space for Indigenous youth aged 14-35 years old to engage in reciprocal sharing and teachings where members can develop skills, explore challenges, and celebrate success in youth life promotion work. The circle advises on organizational decisions and program design, ensuring that programs and services are responsive to the needs of Indigenous youth.
- One-on-One Mentorship is designed to support Indigenous youth aged 14-30 years old across Turtle Island by offering positive relationships through various communication channels. The program aims to provide guidance on mental health skills, self-care, goal-setting, task management, referrals, cultural identity, professional development, and academic support.
- Mental health counselling is offered in individual sessions conducted online, provided by Indigenous and allied mental health professionals. This includes registered social workers and qualifying counselors. Registered members of a First Nation can receive free counselling through Non-Insured Health Benefits (NIHB). They also do a sliding scale for those who have to pay out-of-pocket.
- Sweat Lodge Ceremonies are an empowering and transformative experience tailored for Indigenous young individuals aged 14+. It offers a safe and sacred space for Indigenous youth and community members to explore their ancestral heritage and cultivate a profound understanding of themselves in relation to the natural and spiritual world. Youth Sweats support young individuals to honour their ancestral lineage, access Indigenous wisdom, offer prayers and healing for themselves and community, and establish a deeper connection with themselves and the natural world around them!

Métis Nation of Ontario (MNO) delivers programs and services to its citizens through these branches: Healing and Wellness; Education and Training; Housing; Lands, Resources and Consultation; and Housing and Infrastructure.

Suite 1100, 11th Floor – 66 Slater Street,
Ottawa, ON K1P 5H1

Phone: 613-798-1488

Toll Free Phone: 1-800-263-4889 Ext 7

Registry Phone: 613-798-1006

Registry Toll-Free Phone: 1-855-798-1006

E-mail: contactus@metisnation.org

Registry E-mail: info@mnoregistry.ca

Native Canadian Centre of Toronto seeks to empower the Indigenous community in Toronto by providing programs that support their spiritual, emotional, physical, and mental well-being.

Services include:

- Online Native Canadian Toastmasters
- Seniors Program
- Dodem Kanonhsa'
- Community Health Navigator
- Cultural Programs
- Case Management Support for Adults
- Okichitaw Martial Arts Programs
- Childrens' Indigenous Language-Led Programming
- Youth Program
- Youth Cedar Basket Gift Shop

16 Spadina Road (Bloor & Spadina), Toronto, ON, M5R 2S7

Phone: 416-964-9087

General Email: reception@ncct.on.ca

Gift Shop Email: cedarbasket@ncct.on.ca

Senior's Department Email: Christine.Lynn@ncct.on.ca

Youth Department: Michael.Amos@ncct.on.ca

Cultural Department: Mandy.Mack@ncct.on.ca

Native Youth Resource Centre provides support and advocacy in the areas of housing, education and employment for Indigenous youth ages 16-24.

Services include:

- Drop-In Services
- Youth in Transition
- Youth Outreach
- Youth Justice
- Housing Support and Advocacy
- Physical Literacy – Parks and Rec
- GED Program
- Centennial College Business Administration Program
- Access to Native Learning Centres
- 7th Generation Image Makers

Ontario Federation of Indigenous Friendship Centres' vision is to improve the quality of life for Indigenous people living in an urban environment by supporting self-determined activities which encourage equal access to and participation in Canadian society and which respect Indigenous culture distinctiveness.

Toronto Council Fire Native Cultural Centre focuses on providing counselling, material assistance, and other direct services to First Nations people as well as to encourage and enhance spiritual and personal growth.

Programs include:

- Prenatal Nutrition Program
- Family Nurturing Program
- Little Embers Program
- Akwe:go Program
- Wasa-Nabin Program
- Aboriginal Healing and Wellness
- Urban Aboriginal Healthy Living Program
- Resolution Health / Cultural Support – IRSS Program

Phone: (416)-360-4350

Toronto Inuit Association is a community non-profit organization in Toronto for Inuit from all regions where they provide support in language learning, cultural awareness, as well as family, employment, health and wellness, and fitness services to Inuit and their families.

192 Spadina Ave., Toronto, ON M5T 3B3

Tungasuvvingat Inuit provides specific support to individuals, families, children, and youth living in or visiting Toronto. The programs and support have been developed with the aim of creating access and fostering meaningful connections within the community. In addition to cultural workshops and community gatherings, Tungasuvvingat Inuit offers one-on-one counselling, food security programs, and more.

145 Front St. E., Suite 203, Toronto, ON M5A 1E3

Phone: (416)-801-2247

pkreps@tiontario.ca

7th Generation Image Makers has provided urban Indigenous youth with access to high-quality arts programming and professional arts training in a culturally supportive and safe environment. 7th Generation Image Makers is committed to creating opportunities for Indigenous youth to develop and maintain artistic literacy in a variety of creative disciplines and technologies. Indigenous youth work with artists, mentors, and elders to engage the community from an Indigenous perspective through artmaking.

Programs include:

- Urban Indigenous Ways of Knowing provides youth with opportunities to travel out of the city to other communities and explore how we can access and apply cultural ways of knowing within urban spaces. For participants attending the trips and workshops, this program aims to provide transformative first time experiences for youth who face barriers when accessing cultural programming and traveling for ceremonies. Youth are mentored by Indigenous Artists, to prepare for the creative component of this program to be involved in a large group project for youth to design and paint a mural.

- reGENerate provides ten Indigenous youth aged 16-24 with the skills and experience they need to navigate the arts and culture sector as professional artists through a series of weekly workshops led by the Arts Program Coordinator and various 7th GIM alumni. Participants receive mentorship from former youth who are now professional artists.
- Here on Turtle's Back provides participants with the opportunity to explore a variety of ancestral practices pertaining to the 13 moon months, while also discussing the relationship we have with our materials as artists.
- The Indigenous Youth Artist in Residence program offers workspace; stipend; and access to the University of Toronto Scarborough courses, events, staff, and faculty to an Indigenous youth with interest in post-secondary and portfolio development. The program is open to Indigenous applicants aged 16-24 who are current or former members of the 7th Generation Image Makers program.
- All My Relations program allows youth to experience working with horses and learning about the historical relationship Indigenous peoples had with horses and how that relationship is still thriving today.

30 College St., Toronto, M5G 1K2
Phone: 416-969-8510



FINANCIAL AID & EMPLOYMENT TRAINING

Community Health Worker Training Program provides participants with culturally-based training in community health work. Through a partnership with George Brown College, graduates of the program receive college certification and are then eligible for admittance to the final year of the College's Community Worker Diploma Program. The combination of on-the-job training and coursework covers four main subject areas: Traditional Health, Community Development, Communication and Presentation Skills, Advocacy, and Interpersonal Group Work Skills.

Phone: 416-920-2605 ext. 330. E-mail: dking@aht.ca

Completing the Circle Program is an employment placement program for youth 15-30 years old. It provides individual support to youth with multiple barriers to employment. Depending on experience and needs, youth can access training for up to five weeks, so they get the confidence, skills, and tools to start and maintain a career. They offer work opportunities, employment maintenance, career advancement, professional development, training, and support targeted to each program participant.

Program benefits include:

- One-on-one support that meets your individual needs.
 - Paid virtual/in-person workshops for up to five weeks.
 - No-cost certifications (Customer Service Excellence/AODA, First Aid/CPR, WHMIS).
 - Work-related clothing, equipment, and other necessary supports to start and maintain employment.
 - Paid, full-time work placement, leading to permanent employment.
 - Employment placement completion bonus.
-

Miziwe Biik Employment & Training provides services to the Indigenous peoples in the Greater Toronto Area; to work with employers to secure employment opportunities; deliver federal and provincial programs; and promote Indigenous entrepreneurship and the development of our economies.

Their services include:

- Paid Training Opportunities
- Academic Upgrading
- Employment Support
- Funding for High School and Post-Secondary Students
- Paid Training Programs

Phone: (416)-591-2310

Nikibii Dawadinna Giigwag is a culturally grounded Indigenous youth employment and pathway to post-secondary school program in the field of Landscape Architecture at the University of Toronto.

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

Ontario Works provides money for food, shelter, and other costs to people in financial need who meet the eligibility criteria. Financial Assistance may include money for food, shelter, clothing and other household costs, the cost of prescription medications, and other help with health costs. If you are in an emergency or crisis, you might be eligible for Emergency Assistance, which will provide you with immediate, but temporary, financial support instead of ongoing financial support like Ontario Works. If you are eligible for Emergency Assistance, the amount you get will depend on your specific situation. In most cases you will not get more than what you would get on Ontario Works.

Youth Employment and Skills Strategy (YESS) is the Government of Canada's commitment to helping young people, particularly those facing barriers to employment, get the information and gain the skills, work experience and abilities they need to make a successful transition into the labour market.

For more financial and employment support, [click here](#).



ACCESSIBILITY

Lumenus offers a broad range of mental health, developmental, autism and early years intervention services to children, youth, families, and individuals across Toronto.

1126 Finch Avenue West, Unit 16 Toronto, ON, M3J 3J6

SNAP Program, which stands for Stop Now And Plan, is an evidence-based behavioural model that provides a framework for teaching children struggling with behaviour issues, and their parents, effective emotional regulation, self-control and problem-solving skills. The primary goal of SNAP is to keep children in school and out of trouble by helping them make better choices “in the moment.”

Intake Line Phone: (416)-603-1827 ext. 3143

Strides Toronto seeks to build strength and resilience with infants, children, youth, and families through equitable, accessible, client-driven services; system leadership; and advocacy. They offer programs such as ADHD Seminars, Autism Foundational Family Services, Autism Youth for Community Engagement & Socialization, Preschool Speech and Language Program, Triple P, and more.

Phone: 416-438-3697 or (416)-321-5464

contactus@stridestoronto.ca

Surrey Place is a not-for-profit organization that serves people of all ages with developmental disabilities, autism spectrum disorder and visual impairments in the Toronto region and Northwestern Ontario. They address a range of needs with comprehensive services for children and families, including:

- Behaviour services
- Speech-language pathology
- Occupational therapy
- Mental health services
- Family and caregiver training

Surrey Place works with families to develop individualized service plans that address specific goals, based on the child or youth's needs. They also offer tandem services for caregivers based on the specific program their child or teen is following. For example, if a child or teen is accessing one of their behavioural treatment services, parents can access caregiver education programs and coaching at the same time. We also offer services for youth past 18 years of age, into adulthood.

Contact information can be found here

Geneva Centre for Autism based in midtown Toronto, is an international leader in the development and delivery of evidence-based clinical and recreational programs for children, youth, and adults with autism. They offer fee-for-service OAP services, free OAP services, adult services, as well as camps and respite.

112 Merton St.
Toronto, ON, M4S 2Z8

164 Merton St.
Toronto, ON, M4S 3A8

Phone: 416-322-7877

Child Development Institute (CDI) is a leader in providing a range of specialized mental health services for children and youth from 0 to 18 and their families.

197 Euclid Ave., Toronto, Ontario M6J 2J8
Phone: 416-603-1827

Help Ahead is for anyone under 18 looking for mental health and well-being services in Toronto, in both English or French, or for anyone looking to support a child or youth aged 0-18 and their family in accessing local services or programs.

Phone: 1-866-585-6486



BLACK- INDIGENOUS, & AFRO-INDIGENOUS RESOURCES

Across Boundaries provides a dynamic range of dignified, inclusive, and compassionate mental health and addiction services for racialized communities.

Services include but are not limited to:

- Adult Mental Health Case Management Services
- Psychiatric Consultation Program
- Addictions and Wellness Services
- Youth Case Management Services
- Mental Health and Justice Initiative
- At Home/Housing First Case Management Services
- Family Support

Phone: 416-787-3007 ext. 222

Black Business and Professionals Association is a non-profit, charitable organization that addresses equity and opportunity for the Black community in business, employment, education, and economic development.

Programs include, but are not limited to:

- Youth Entrepreneurial Development Training Program
- Financial Literacy Program for Black Youth and Adults

180 Elm St., Toronto ON M5T 3M4

info@bbpa.org

(416)-504-4097

Black Legal Action Centre (BLAC) is an independent not-for-profit community legal clinic that combats individual and systemic anti-Black racism by conducting research, engaging in structural transformation, and providing legal services to members of Ontario's Black communities. BLAC engages in advocacy, community development, law reform, test case litigation, and public legal education. BLAC offers a diverse range of legal services and advice on issues related to education, employment, housing, human rights, government support, and other topics. They also offer comprehensive information about legal issues that we do not directly advise on through Steps to Justice, such as criminal law, family law, and immigration.

Phone: 416-597-5831

Email: info@blac.clcj.ca

Black Women in Motion is a Toronto-based, survivor-led, grassroots organization that empowers and supports the advancement of Black women, girls, and nonbinary and gender-non-conforming survivors of gender-based violence. They work within an anti-racist, intersectional feminist, trauma-informed and survivor-centred framework to create culturally-relevant resources, healing spaces, educational and economic opportunities for survivors.

- Black Youth Employment Assistance Program is a 14-week, virtual employment, and entrepreneurial-focused program for Black survivors of gender-based violence. BYEAP provides employment-focused training opportunities and mental health resources to support survivors in developing their employability skills, business ideas and wellness strategies for job retention.
- Crystals & Sage Wellness Initiative is a 24-week movement and mindfulness program for Black Trans, Nonbinary, Two-Spirit and Gender-non-conforming survivors between the ages of 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.
- Black Peer Education Network is 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. The program provides learning spaces for survivors to collectively work through dismantling and challenging rape culture within the black community, by encouraging critical conversations about gender-based violence, anti-blackness, patriarchy, queerphobia, white supremacy, colonization, and consent.
- Training and Consultation Services provides organizations and businesses support in developing programs, tools, resources, and environments, that are decolonial, anti-racist, survivor-centred and culturally relevant.

Black Youth Helpline strives towards primary prevention of social, and psychological breakdown in communities through a focus on education, health, and community development.

Their services include but not limited to:

- Stay-In School Initiatives
- Parent and Family Support
- Systems Navigation Assistance

Phone: 416-285-9944

Caribbean African Canadian Social Services focuses on building and strengthening the service framework for African Canadian children, youth and families through culturally-safe individual and group counselling supports, case management services, employment services, youth mentorship, and youth outreach programs.

Their services include:

- Mental Health Counselling
- Employment Services
- Children's Services
- Youth Services
- Family Services
- SNAP (STOP NOW AND PLAN)

Phone: 416-740-1056

CEE Centre for Young Black Professionals is a charity dedicated to addressing economic and social barriers affecting black youth ages 14 and over. Their programs are focused on youth workforce development, education, and advocacy to influence systems and policy.

Phone: 416-492-3000

Email: info@ceetoronto.org

The Jamaican Canadian Association (JCA) exists to deliver programs and services, provides a physical hub, and advocate to improve the well-being and equity of Jamaican, Caribbean & African-Canadian communities within the Greater Toronto Area.

L.E.A.R.N. After-School Program, a program within TAIBU Community Health Centre, stands for Literacy. Education. Arts. Recreation. L.E.A.R.N. places Black youth at its center, bridging the gaps between school, parents, and community to increase student success. The program adopts an Afrocentric lens to support youth, aged 7-13 and 14-19, with one-on-one mentorship, homework support and mentoring, for students in elementary and high school, to overcome barriers to success. By pairing up with Black high school and adult mentors twice a week for academic and social support, participants benefit from the relationship by empowering participants, helping them identify barriers to success, and opportunities to overcome those barriers.

Ronaye Chester

Program Assistant

Phone: 416-644-3539 ext. 2237

Proclaiming Our Roots is the culmination of the histories, stories and experiences of mixed Black and Indigenous Peoples on Turtle Island. This project aimed to create written, visual, and narrative archives of the geographies, histories, and contemporary realities of Black-Indigenous Peoples. This project has afforded individuals, who all identified as having Indigenous and Black ancestry, the opportunity to create their own digital stories or personal videos. They engage with arts- and community-based research to illuminate the stories of community members and to counter colonial forms of oppression.

The R.I.T.E.S. Program, part of Central Toronto Youth Services, is a culturally specific, identity development initiative that supports the empowerment of Black and African Canadian children, youth, and their families. The program and its various services employ an integrated, full spectrum model of support and care so that participants have access to a range of clinical mental health programs, supports, and resources. The R.I.T.E.S. Program implements an asset-focused, strength-based, approach informed by evidence and research on the effects of racism, stress management, and racial identity and focuses on supporting young people in building their identity, practical skills of leadership, conflict transformation, resilience, and problem-solving in a positive and health environment.

Their services include:

- R.I.T.E.S. Individual Counselling Program
- R.I.T.E.S. Youth Justice Pilot Program
- R.I.T.E.S. Group Program

(416)-924-2100

Saturday Morning Tutoring Program (SMTP), a program within the Jamaican Canadian Association, engages students in hands-on, practical and relevant real-life experiential learning. The program serves students in grades 1 to 12. Students enhance their knowledge, skills and competencies related to career/networking and skill development by participating in engaging activities, lessons, and programming throughout the year. There are specific workshops related to skills, career and networking development, including soft-skills training and hear from experts in a variety of professions.

Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY) provides services to African and Caribbean Canadian youth and their families who are dealing with problem substance use and mental health concerns. The SAPACCY team works from a cultural competence lens to help Black youth work through mental health and addiction concerns. Their programs offer mental health and addiction counselling and support in accessing resources to assist youth and their families/caregivers in reducing harm, moving toward recovery, and making the best choices for themselves and their family. To draw on families' experiences, support, and strength, the service offers a 5-week family support group. This group is open to all family members with Black Youths aged 14-24 (does not have to be a CAMH client) who are experiencing substance use and/or mental health concerns.

80 Workman Way, Toronto, ON M6J 1H4

Phone: (416)-535-8501 ext. 30655.

TAIBU Community Health Centre offers Black-identifying clients from throughout the Greater Toronto Area access to primary care, health promotion, and disease prevention programs in a culturally affirming environment. They have programs related to health and wellness, care for families, care for seniors, and youth projects. Located in the Malvern neighbourhood of Scarborough, ON.

Their services include:

PRIMARY CARE

- Counselling
- Dental Health
- Back2Life Program
- Sickle Cell Clinic
- Cancer Screening
- Telemedicine

CHRONIC DISEASE MANAGEMENT

- Diabetes Education Program
- Hypertension Prevention Management
- Foot Health
- Healthy Cooking for People Living with Diabetes
- Nutrition

FRANCOPHONE SERVICES

- Primary Care
- Health Promotion & Education

TORONTO COMMUNITY CRISIS SERVICE

27 Tapscott Road, Unit #1, Toronto, Ontario M1B 4Y7
Phone: 416-644-3536

Tropicana Community Services offer culturally-aware and supportive programs to those in need, including but not limited to counselling, settlement services, childcare, education, personal development, and employment services, with a predominant focus on the Caribbean, Black and African communities of Toronto.

Their programs include but are not limited to:

- Harvest Share Program which takes in donations from various food suppliers, groceries and restaurants and redistributes it to families in the Scarborough area facing food insecurity.
- Ricochet Program is a free service that provides clothing to help those with limited income. Tropicana offers clothing for men and women struggling to have adequate clothing.
- Tech4Transformation seeks to address the need for access to computer equipment for the education of children and for the growing work-from-home requirements of adults.
- On-Site Coding Workshop for grades 4–8 (ages 9–13) is a subsidized program that introduces students to the world of computer programming.

- Increase Your Success Tutoring Program for youth in grades 1–12 (ages 6–18), offers academic assistance via one-on-one Zoom sessions and on-site group sessions. Tutoring is available for mathematics, science, and language arts (English).
 - On-site STEM (Science, Technology, Engineering and Math) Program is for grades 4–8 (ages 9–13) and it focuses on S.T.E.M. (science, technology, engineering, and math) related project work.
 - Youth Mentorship Program is for youth 12–24 years old and is culturally focused. It deals with anti-black racism and was created to support individuals that identify as a member of the Black community.
 - Steel Pan/Steelman Lessons are for anyone who wishes to learn to play ages 9–65+. Classes are available for beginner, intermediate, and advanced learners.
 - The Reading Partnership is a free 10-week online (via Zoom) play-based program that guides parents through the process of teaching their children (ages 4–6) to read.
 - Defy Your Label is a free, 8-week program that offers youth in grades 4–8 (ages 9–13) guidance in their personal growth. The program is designed with the end goal of participants achieving the skills that will aid them in leading happier and more positive lives.
-

Women's Health In Women's Hands is a community health centre for racialized women living Toronto and surrounding areas, specializing in the health and wellness needs of those from African, Caribbean, Latin American, and South Asian communities. Their health care team consists of physicians, registered nurses, health educators, health promoters, community health workers, community outreach workers, counsellors, community-based researchers, nurse practitioners, dietitians, mental health therapists, and chiropractors.

Services include:

- Primary Health Care
- Community Services and Programs
- Mental Health Services
- netWORKING
- Clinical Services

2 Carlton St., Suite 500, Toronto ON M5B 1J3
info@whiwh.com
(416)-593-7655 ext. 7

Ancestral Hands Midwives is a Black midwife-led organization serving the Black community by informing and empowering clients during the prenatal, birth, and postpartum periods. They focus on access, empowerment, and education to address the maternal health disparities caused by systemic racism.

1371 Neilson Road, Suite 208, Scarborough, ON M1B 4Z8
info@ancestralhands.ca
647-478-6079

Dr. Roz's Healing Place is a centre for healing and empowerment that works towards the eradication of violence against women, their children, and youth locally, nationally, and globally. Their vision is to identify all forms of violence with special focus on systemic anti-black racism. Through the delivery of innovative programs and services, Dr. Roz's Healing Place helps empower women to make positive life changes through the cultivation of a holistic lifestyle.

Services include:

- Frontline Counselling
- Transition and Housing Support Program
- Child and Youth Program
- Building Opportunities for Women Program
- Follow Up Care Program
- VIBE Program
- In-School Programming
- Cultural Connect Summer Program
- Women's Live Matter 2
- SCOPE (Sistas Calling Outreach Programming and Education)
- DRHP Sustainable Fashion Training Programme

Crisis Line: (416) 264-4357 (HELP)

info@drhp.ca



2SLGBTQ+

Central Toronto Youth Services is a community-based, accredited Children's Mental Health Centre that services many of Toronto's most vulnerable youth. They provide equitable, evidence-informed mental health services to youth and young adults supporting them to strengthen their mental wellbeing to thrive in their families and communities. Pride and Prejudice for 2SLGBTQ+ Youth and Families offer groups and programming, such as:

- BOYBOY
- Families in TRANSition (FIT)
- TRANSceptance
- Individual and Family Counselling

Friends of Ruby is dedicated to the progressive well-being of 2SLGBTQIA+ youth aged 16-29 years old through mental health services, social services, and housing.

Their services include:

- Mental Health Counselling
- Drop-In Services and Programming
- Case Management and Practical Support
- Transitional Housing Support

489 Queen Street East, (Lower Level – LL01),
Toronto ON M5A 1V1
Phone: (416)-359-0237
E-mail: info@friendsofruby.ca

LGBTQ at the J – Jewish Community strives to be the heart of Toronto's LGBTQ+ Jewish community, providing queer Jewish people with the opportunities to gather, celebrate, and thrive. They aim for the full inclusion and celebration of LGBTQ+ Jewish people across Jewish communal institutions, in Jewish life, arts, and cultural initiatives, informal and formal education and more.

750 Spadina Ave., Toronto ON M5S 2J2
(416)-924-6211
info@mnjcc.org

LGBTQ+ YouthLine is a toll-free service provided by LGBTQ+ youth for LGBTQ+ youth that are 29 and under. They offer peer online peer support through text, email, and online forums as well.

Text: (647)-694-4275
E-mail: askus@youthline.ca
+1 (800)-268-9688
(416)-962-9688

Ontario Aboriginal HIV/AIDS Strategy (OAHAS) provides culturally-appropriate programs and strategies to respond to the HIV/AIDS epidemic among Indigenous peoples in Ontario through promotion, prevention, long-term care, treatment, and support initiatives consistent with harm reduction.

+1 (647)-490-6339

Rainbow Services Addictions Program, part of the Centre for Addictions and Mental Health (CAMH), provides counselling to people within the LGBTQ+ community who have concerns about their use of drugs and alcohol.

60 White Squirrel Way, Toronto ON M6J 1H4
1 (800)-463-2338 ext. 4647

Saalam Canada is a national volunteer-run organization dedicated to creating and cultivating safe and supportive spaces for LGBTQ+ Muslims. They celebrate the diverse experiences of the Muslim community and support LGBTQ+ people who identify with Islam ritually, culturally, spiritually, or religiously.

(416)-925-9872 ext. 2209

Supporting Our Youth (SOY) is an innovative community development program of Sherbourne Health centered on supporting the health and well-being goals established by 2SLGBTQ+ youth and young adults, many of whom are homeless, racialized, and newcomers. All programs are free and for self-identifying 2SLGBTQ+ youth, including youth who are questioning their sexual and/or gender identity.

Services include:

- Goal Planning Services with Youth Resource Workers
- Groups and Drop-Ins
- Youth In Transition
- Mentorship and Peer Leadership Programs
- Internal Housing Program

333 Sherbourne St., Toronto ON M5A 2S5

Toronto PFLAG (Parents, Families, and Friends of Lesbians and Gays) promotes the health and well-being of LGBTQ2S+ people by helping to keep families together through support and education.

Transgender Youth Clinic at SickKids provides information on medical options and treatment plans for puberty blocking and medical transition. The clinic takes an affirming approach to gender-identity and care. Throughout ongoing assessment and discussions, they support the young person and family in deciding about options that can help the young person feel more comfortable in their body with the hope of decreasing feelings of gender dysphoria.

The Triangle Program is a high school within the Toronto District School Board that is open to all 2SLGBTQ+ youth who need a smaller and safer space where they can find and build community. The Triangle Program strives to reflect the experiences of their students through a 2SLGBTQ+ and social justice-focused curriculum.

115 Simpson Ave., Toronto ON M4K 1A1
(416)-393-8443

2-Spirited People of the First Nations is a non-profit organization in Toronto focused on nurturing and growing the sacred roles that 2-Spirit peoples have within the community and celebrating the strengths of 2-Spirit peoples to provide physical, emotional, mental, and spiritual advocacy. Programs and events are updated regularly.

Phone: 416-944-9300

The 519 is a non-profit organization committed to the health, happiness, and full participation of the 2SLGBTQ+ communities in Toronto.

Service areas include:

- Anti-Violence Initiatives (AVI)
- Arts and Culture
- Community Vaccine Engagement
- Community Wellness
- Community-Led
- Drop-In
- Family and Children
- Financial Services
- Health Services
- Housing Services
- Legal Initiatives
- Newcomers
- Older Adults
- Recovery Support Groups
- Resources
- Sports and Recreation
- Trans-Specific
- Training
- Youth Programming

519 Church St., Toronto ON M4Y 2C9
(416)-8392-6874
info@the519.org



LEGAL AID

Aboriginal Legal Services work includes but is not limited to:

- Giiwedín Anang
- Indigenous Court Workers Program where Indigenous court workers explain legal rights and obligations to their clients; assist in securing legal counsel, finding interpreters if they are needed, assist with pre-sentence reports/bail hearings/reports. Please note that Court Workers cannot provide legal advice to clients on specific issues but can refer clients to lawyers and advise counsel to assist with legal matters and inquiries.
- Gladue Reports
- Legal Clinic serves people in a variety of areas including housing, ODSP/OW, Indian Act Matters, Canada Pension Plan, disability, police complaints, criminal injuries compensation, and human rights. Referrals to Lawyers on other matters including criminal and family law can be arranged. The Legal Clinic is 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. The Clinic is involved in law reform, community organizing, public legal education, and test case litigation.

211 Yonge St., Suite 500, Toronto ON, M5B 1M4
Phone: 416-408-3967

Community Legal Education Ontario work includes but not limited to:

- Steps to Justice and Justice Pas-à-Pas websites, with question and answers on everyday legal problems experienced by people in Ontario across a range of topics.
- Guided Pathways, which are interactive interviews that help people complete legal forms and create legal documents, including:
 - Family law court forms.
 - Housing law (T1 and T6 for the Landlord & Tenant Board).
 - Powers of attorney.
 - A simple will.

- Eviction Solution Explorer.
- Elder abuse response and safety plan.
- Training and tools for community workers at CLEO Connect.
- An extensive collection of legal information resources and publications available in a variety of languages and formats.
- Research into effective ways of developing and delivering legal rights information.
- Online resources for nonprofit organizations on the Nonprofit Law Ontario website.

Landlord & Tenant Board (LTB) resolves disputes between residential landlords and tenants, as well as eviction applications filed by non-profit housing co-operatives. The LTB also provides information about its practices and procedures and the rights and responsibilities of landlords and tenants under the Residential Tenancies Act.

Record Suspension Program seeks to help women understand the process of setting aside their criminal record. For free, they provide one-on-one assistance with submitting a pardon application to the National Parole Board of Canada.
