

MENTAL HEALTH

Connex Ontario Support Line	Provides free and confidential health services for people experiencing problems with alcohol & drugs, mental illness, or gambling.	1-866-531-2600 www.connexontario.ca/en-ca/
Telehealth Ontario (24/7)	A free, confidential service you can call to get health advice or information. A registered nurse will take your call 24/7.	1-866-797-0000, TTY 1-866-797-0007 www.health.gov.on.ca/
Family Services York Region	Provides counselling and community based cultural support services in York Region.	1-888-223-3999 www.fsyrc.ca
York Support Services Network	The crisis worker will provide the individual with an immediate telephone response for a variety of situations, such as feeling depressed or distressed, loneliness, anxiety, fear, anger or if the person is concerned about having nowhere to go. Available anytime.	1-888-695-0070, 905-898-6455 www.yssn.ca/Mental-Health-Services
Canadian Mental Health Association York Region	Facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness and addiction.	1-866-345-0183, 905-841-3977 www.cmha-yr.on.ca/
Mood Disorders Association of Ontario	Offers free support and recovery programs to people across Ontario living with depression, anxiety, or bipolar disorder.	1-888-486-8236, 416-486-8046 www.mooddisorders.ca/
310-COPE Crisis Response Service	Supports children and adolescents who are experiencing a mental health crisis. As well, it supports seniors, their families, and their caregivers who live and cope with dementia, mental illness and other neurological conditions	Text (1-855-310-2673), 1-855-310-COPE (2673), TTY 905-722-6223 www.yssn.ca/
One Stop Shop Directory for services	“One Stop Shop” resource directory for mental health, addictions and housing services	www.onestopdirectory-yr.ca/
Streamlined Access York Region	A navigation and referral service that uses a streamlined application process to review applications and provide access to a number of mental health supportive housing programs for individuals aged 16 and over, who are	1-844-660-6602, 289-340-0348 yssn.ca/streamlinedaccess

	experiencing mental health and/or addiction concerns.	
Kids Help Phone	Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French	1-800-668-6868, text CONNECT to 686868 https://kidshelpphone.ca/
Connex Ontario Support Line	Live system navigation specialist available anytime to provide youth and adult mental health resources like addictions treatment, crisis lines, self-help groups, etc. Call, chat and email available.	1-866-531-2600 www.connexontario.ca/en-ca/
Children's Mental Health Ontario	Curates evidence-based resources to help families and those working with kids find trustworthy, reliable information.	416-921-2109 or email: info@cmho.org https://cmho.org/
Cedar Centre	Provides a unique and holistic approach to therapy, education and advocacy for those who have experienced trauma. Offers services for children, youth, and families, adults, and newcomers.	905-853-3040, 1-800-263-2240 or email: cedar@cedarcentre.ca https://cedarcentre.ca/
Boost Child and Youth Advocacy Centre	Works to prevent child abuse and violence through awareness and education. Provide resources for families, professionals, and youth.	Toronto: 1-855-424-1100, Barrie: 705-792-6600, Peterborough: 705-743-9200 email: info@boostforkids.org https://boostforkids.org/
Catholic Community Services of York Region	Provides a broad array of programs and services that enable all citizens, immigrants, newcomers and refugees, to participate fully in social, economic, political, and cultural life.	905-770-7064, Toll Free: 1-800-263-2075 https://www.ccsyr.org/
Jewish Family and Child Services	Serves as the Children's Aid Society to the Jewish community in Toronto and York Region. Delivers counselling services and educational programs to address poverty, violence, abuse, unemployment, and other issues.	416-638-7800 https://www.ifandcs.com/
Chinese Family Services of Ontario	A non-profit accredited professional counselling, family services, and settlement agency with a focus on Chinese Canadians. Offers linguistically and culturally sensitive services to individuals and families in need of counselling and settlement services.	http://cfso.csdesign.ca/en/aboutUs.asp?p=1
COSTI Family and Mental Health Services	Offers counselling and mental health services as well as therapeutic groups and workshops	http://www.costi.org/programs/family.php

	for Italian Canadians in Toronto and York Region.	
Hong Fook Mental Health Association	Hong Fook Mental Health Association is the leading ethno-cultural community mental health agency with a consolidated culturally competent team serving Asian and other communities in the GTA. Hong Fook provides a continuum of mental health services covering the spectrum from “promoting wellness” to “managing illness” in Cambodian, Chinese (Cantonese and Mandarin), Korean, Vietnamese and English.	https://hongfook.ca/association/
Women’s Centre of York Region	Offers unique programming and services that address a range of circumstances to women who are in need to positive change. Offers counselling and programs that teach decision making skills, financial empowerment, becoming “job ready” and self-employment.	905-853-9270, Toll Free: 1-855-853-9270 https://www.wcyr.ca/
Centre for Addiction and Mental Health (CAMH) – ACCESS CAMH	Can provide patients, families, friends and health care professionals with general information about services, information regarding eligibility requirements and instructions on how to make a referral to CAMH, and support to self-refer for addictions services. Family members and friends may contact Access CAMH if they are concerned about a loved one’s mental health or substance use. Interpretation services available.	ACCESS CAMH Services: 416-535-8501, press 2 https://www.camh.ca/
Addiction Services of York Region (ASYR)	Provides community treatment services, support and assistance to those struggling with substance use and problem gambling. Using a harm reduction approach to addiction treatment, those who wish to decrease their substance use of gambling and those who wish to quit entirely are equally supported. Most programs are available free of charge. Ontario Health Card not required in order to access services.	905-841-7007, 1-800-263-2288 https://helpwithaddictions.ca/en/

<p>Vaughan Community Health Center</p>	<p>The Allied Health – People Accessing Care Teams (PACT) supports people with a variety of aspects of their health journey. PACT services low or moderate income individuals experiencing one of the following: inadequate housing, unemployment, lack of transportation to appointments, lack of extended health benefits, lack of health coverage (no OHIP), unable to speak English or French, have complex health issues. PACT services include system navigation and case management, mental health counselling, nutrition counselling, physiotherapy, Chiropody, respiratory therapy and type 2 diabetes education and management.</p>	<p>905-303-8490 http://www.vaughanchc.com/programs-services/pact/</p>
<p>Kinark Child and Family Services</p>	<p>Community-Based Child and Youth Mental Health (CYMH) offers a full range of assessment and treatment services including individual, family and group counselling is provided by an inter-disciplinary team of clinicians to children and youth with complex needs and their families. These services are provided to clients in the most appropriate environment to best meet their needs, including Kinark offices, in-home, in the community or schools as well as to children and youth who are in residential care. Also offers autism services, forensic mental health/youth justice services, outdoor programs and camps, and supervised access.</p>	<p>Central Intake: 1-888-454-6275, Autism Services: 1-800-283-3377 https://www.kinark.on.ca/</p>
<p>Cornerstone to Recovery</p>	<p>Helps men and women in recovery with alcohol and/or drug addiction through counselling, job skills and group support. Services available in English. Ninety-day residential treatment offered for men may incur a cost.</p>	<p>905-762-1551 https://cornerstonetorecovery.com/</p>
<p>Bereaved Families of Ontario</p>	<p>A province wide organization dedicated to bereavement support through self-help and mutual aid. Affiliates provide a safe, non-judgemental environment for you to discuss your experiences and learn about grief with</p>	<p>Email: info@bereavedfamilies.net (allow 24-48 hours for response) https://bereavedfamilies.net/</p>

	others who have been there. Services are free of charge.	
Good2Talk: Ontario's Post-Secondary Student Helpline	Offers phone counselling, information and referral services for post-secondary students aged 17-25 years old. Counselling available in English or French anytime.	1-866-925-5454 https://good2talk.ca/
Together All	An online mental health support network for those 16+ that helps people to better manage stress and anxiety. Service is free, anonymous and monitored by professionals 24/7 and supported by clinical analytics. Courses available on depression, anxiety, quitting smoking, and more.	https://togetherall.com/en-ca/
Bounce Back Program	A free skill-building program managed by the Canadian Mental Health Association (CMHA) that is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, this program provides access to tools that will support you on your path to mental wellness.	1-866-345-0224 Email: bb-referral@cmha-yr.on.ca https://bouncebackontario.ca/
Caritas School of Life Therapeutic Community	Offers programs and family support groups for people with addiction, mental health issues, behavioural problems and family issues. My Second Home mental health drop-in and Bee Well Project drop-in programs are free. Men's residential rehab program incurs a cost. Services are provided in English only.	1-800-201-8138 or 416-748-9988 caritas.ca
Inn From the Cold	Drop-in program that provides mental health/addictions/housing support. Has meals/snacks/laundry. Shelter program (November to April) for homeless men and women over age of 16.	905-895-8889 innfromthecold.ca
Mobile York South Simcoe (MOBYSS)	Mobile walk-in clinic for youth that provides primary care and mental health care to individuals between the ages of 12 to 25. Services are free of charge and anonymous. The team is comprised of a Nurse Practitioner,	289-879-2376 mobyss.ca

	Youth Mental Health Worker, and Peer Support Specialist. Ontario Health Card not required.	
Vaughan/Keswick Community Health Centre	Offers free health-related services to address the needs of persons with mental health and addiction issues, as well as local youth and seniors and new immigrants. Ontario Health Card not required.	Vaughan: 905-303-38490, Keswick: 905-476-5621 vaughanchc.com
360 Kids	Serves youth aged 12 to 26, who are seeking services related to homelessness, family breakdown, unemployment, substance use, mental health and addictions, educational difficulties, legal services etc., through counselling and referral services and other community programs.	905-475-6694 360kids.ca

DOMESTIC VIOLENCE

Women's Centre of York Region	Offers unique programming and services that address a range of circumstances to women who are in need to positive change. Offers counselling and programs that teach decision making skills, financial empowerment, becoming "job ready" and self-employment.	1-855-853-9270, 905-853-9270 www.wcyr.ca/
Victim Services of York Region	A non-profit agency that works in partnership with York Regional Police and the O.P.P. to provide 24 hour emotional support and practical assistance to persons victimized by crime or tragic circumstance. Provides on-site crime response, financial assistance to victims of crime, homicide survivor support group, suicide bereavement support group, and telephone crisis response.	1-866-876-5423 ext. 6790, 905-953-5363 www.victimservices-york.org
Ontario Network of Sexual Assault/Domestic Violence Treatment Centers	Nurse-staffed 24 hour telephone line available to assist victims/survivors of domestic violence with service navigation. Offers care and support to survivors of sexual assault, domestic violence, or child abuse. Provides information on health options and centre locations for victims/survivors of violence.	1-855-628-7283 https://www.sadvtreatmentcentres.ca/

Mackenzie Health	Free emergency domestic abuse and sexual assault care and follow-up nursing. Offered at Mackenzie Richmond Hill Hospital and Cortellucci Vaughan Hospital Emergency Rooms.	https://www.mackenziehealth.ca/programs-services/domestic-abuse-and-sexual-assault-dasa
Scarborough Health Network	Offers 24-hour emergency care, crisis intervention, medical care, forensic care, risk assessment and safety planning and referrals to community resources. Offered at Scarborough Health Network Birchmount Hospital	https://www.shn.ca/sexual-assault/
Assaulted Women's Helpline (24/7)	Free, anonymous and confidential 24-hour telephone and TTY crisis telephone line for all women in Ontario who have experienced any form of abuse. Provides crisis counselling, safety planning, emotional support, information and referrals accessible 24/7.	1-866-863-0511, TTY 1-866-863-7868, Mobile: #SAFE (#7233) www.awhl.org
Talk4Healing	A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario. Available 24/7.	Help line: 1-855-554-HEAL (1-855-554-4325), Crisis line: 1-888-200-9997, Live chat: https://www.talk4healing.com/live-chat/
York Support Services Network	The crisis worker will provide the individual with an immediate telephone response for a variety of situations, such as feeling depressed or distressed, loneliness, anxiety, fear, anger or if the person is concerned about having nowhere to go. Available 24/7.	1-888-695-0070, 905-898-6455 https://yssn.ca/
Victim Support Line	The multilingual Victim Support Line provides services to victims of crime across Ontario in most languages spoken in the province. Provides victims of crime and their families with access to a wide range of services, including counselling, financial assistance, and other supports. Available 24/7, toll-free.	1-888-579-2888, chat online Monday to Friday 7am-9pm EST: https://211ontario.ca/chat/
Canadian Human Trafficking Hotline	A confidential, multilingual service, operating 24/7 to connect victims and survivors with social services, law enforcement, and emergency services, as well as receive tips from the public.	1-833-900-1010 https://www.canadianhumantraffickinghotline.ca/

Femaide for Francophone Services	Offers French speaking women who have experienced gender-based violence support, information and referrals to appropriate front-line services within their communities. Available 24/7.	1-877-336-2433 https://femaide.ca/
Women's Support Network of York Region	Offers crisis line, counselling services, services for victims of human trafficking and group programs for anyone who has experienced sexual violence. Crisis line available 24/7.	Crisis line: 905-895-7313, Toll Free: 1-800-263-6734 email: info@womenssupportnetwork.ca https://womenssupportnetwork.ca/
Toronto Rape Crisis Centre/Multicultural Women Against Rape	Provides a 24-hour crisis line and chat support (offered Sundays 7pm-12am EST) for victims/survivors of sexual assault.	416-597-8808 https://trccmwar.ca/
Hope 24/7	Provides support services to survivors of relationship and sexual violence. Offers 24-hour crisis line, trauma-informed clinical interventions and groups and programs to help participants cope with life's challenges.	Crisis line: 1-800-810-0180 https://www.hope247.ca/
Male Survivors of Sexual Abuse Support Line	Male survivors of sexual abuse can access specialized services, including a 24/7 crisis and referral hotline, individual and group counselling, peer support, telephone and online counselling and referrals to other appropriate community support services. Offers multilingual support.	1-866-887-0015
Shelter Safe	ShelterSafe.ca is an online resource for women and their children seeking safety from violence and abuse. The clickable map serves as a quick resource to connect women with the nearest shelter that can offer safety, hope, and support.	https://sheltersafe.ca/
Yellow Brick House Shelter and Crisis Line	Offers crisis line, emergency shelter (2 locations), and services for women (individual and group counselling, parenting support, legal education and support, transitional and housing support and community service referrals) and children (individual counselling, Let's Talk Witness Program, and creative play to help kids express what is hidden or confusing to express in words) who have experienced abuse.	1-800-263-3247 www.yellowbrickhouse.org/
Sandgate Women's Shelter of York Region	Provides all persons who identify as women and their children with shelter, support and	24-hour Crisis line: 1-800-661-8294, 905-722-4042

	information. Programs and services include: 24-hour safe shelter crisis helpline, supporting counselling for moms and children, safety planning, meals, clothing, and personal necessities, financial, legal, medical, and housing assistance, assistance with emergency transportation, advocacy, referrals, and children's programs, including culturally sensitive services.	Email: info@sandgate.ca sandgate.ca
Inn From the Cold	Drop-in program provides mental health/addictions/housing support. Has meals/snacks/laundry. Shelter program (November to April) for homeless men and women over age of 16.	905-895-8889 innfromthecold.ca
Blue Door Men's Shelter	Offers 3 emergency housing programs, supportive counselling and case management, aftercare housing support, housing program providing housing services and an employment training program. Offers supportive housing for men, families, male youth, senior men and 2SLGBTQ+ youth.	905-898-1015, Toll Free: 1-888-554-5525 https://bluedoor.ca/
Loft Crosslinks Street Outreach and Services Network/Outreach Van	A comprehensive and coordinated network of services for the homeless in York Region. Brings together community outreach, housing, medical and addiction services, financial support, social and peer support and mental health services. Street Outreach Van: offers mental health support, condoms, needle exchange, assistance in finding shelter and transport for first-time access to shelter, and survival supplies (food, clothing, sleeping bags, tarps and tents).	416-979-1994, Street Outreach Van: 1-866-553-4053, 905-853-3400 (Van operates 7 days a week from 2pm-9pm) loftcs.org
Canadian Centre for Men and Families York Region	An inclusive registered charitable and mental health agency dedicated to supporting men, fathers, boys and their families who have experienced life challenges. Offers support through a broad range of programs including psychotherapy, marriage and couples counselling, legal aid, anger management and a peer support group.	905-707-0474 Email: york@menandfamilies.org www.ccmfyork.org/

CHILDREN & FAMILIES

Early ON Child & Family Centres	Offers a range of programs that provide early learning and parenting programs for families with children birth to 6 years of age. EarlyON programs are free and available to all families in Ontario.	1-866-404-2077 email: early.on@socialenterprise.ca www.earlyonsec.com/
Healthy Babies Healthy Children Program (free)	If you are pregnant or if your family has children, Healthy Babies Healthy Children is a free and voluntary program that can help your family learn about having a healthy pregnancy and birth, connecting with your baby, how you can help your child grow and develop, breastfeeding, food and healthy nutrition, taking care of yourself and your family and services available in the community.	1-800-361-5653, TTY 1-866-512-6228 Email: ChildFamily@york.ca
Canadian Paediatric Society	Offers resources for parents on pregnancy and babies, safety and injury prevention, healthy living, behaviour and development, mental health, health conditions and treatments, immunization, and preteens and teens.	www.caringforkids.cps.ca/
York Paediatric Therapy Services Inc.	Specializes in one-on-one occupational therapy for children ages 0-16 to treat a range of issues including sensory processing disorders, Autism/developmental disorders, handwriting difficulties, coordination disorders, learning disabilities, acquired brain injuries, feeding problems, neurodevelopmental delays, gross and fine motor delays, visual perception issues, and ADHD/ADD.	905-737-9680 Email: rfstein@yorkpaediatrics.com www.yorkpaediatrics.com/
Water Babies Swimming Lessons	Provides swimming lessons for babies and children.	http://www.waterbabies.ca/
PLAY Positive Leisure Activities for Youth (free)	York Region offers subsidies for recreation programs, day camps and youth overnight camps. Recreation programs and day camp subsidies provide children from families with low income the ability to take part in programs offered by the municipal recreation departments. The youth overnight camp funding helps eligible youth ages 12-17 attend an approved overnight camp. Space in programs not guaranteed.	1-877-464-9675 www.york.ca/recreationsubsidies

Kids Help Phone	Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French	1-800-668-6868, text CONNECT to 686868 https://kidshelpphone.ca/
Children's Aid Society	Works to keep children safe and families together by providing child protection services 24/7, engaging and supporting families in problem solving, linking families to essential community services and providing prevention and awareness programs to keep children safe and families strong.	24-hour phone line: 905-895-2318 or 1-800-718-3850 https://www.yorkcas.org/contact.asp
Bullying Canada	Bullying Canada is the only national organization that resolves bullying situations for Canadian youth by directly facilitating communication between bullied kids, their tormentors, parents, teachers, school boards and social services. Offers 24/7 support network.	24-hour phone line: 877-352-4497 https://www.bullyingcanada.ca/
Child Care Fee Subsidy	York Region helps make child care more affordable for families with low and moderate income by offering a Child Care Fee Subsidy that reduces the amount of money that families have to pay licensed child care providers to care for their child(ren) under the age of 13. First-come-first-served program.	1-877-464-9675, TTY 1-866-512-6228 Email: accessyork@york.ca
Rose of Sharon Services for Young Mothers – Rosie's Closet Resource Room	Provides young mothers with access to baby clothing and essential items including food, diapers and wipes, baby formula, and women's toiletries provided through door-stop deliveries through COVID-19. Rose of Sharon also offers educational services and supports for young mothers aged 14-29 years old in York Region.	905-853-5514, Toll Free: 1-877-516-3715 email: info@roseofsharon.com https://roseofsharon.com/
Kerry's Place Autism Services	Provides social, recreational, educational, consultation and behavioural learning opportunities for children, youth, and adults.	905-841-6611, Toll Free: 1-833-775-3779 email: info@kerrysplace.org https://roseofsharon.com/
Al-Anon Family Group and Alateen	Support groups for family and friends of someone with an alcohol addiction.	Meeting information: 1-888-425-2666 al-anon.org
Caritas School of Life Therapeutic Community	Offers programs and family support groups for people with addiction, mental health issues, behavioural problems and family issues. My Second Home mental health drop-in and Bee Well Project drop-in programs are free. Men's	1-800-201-8138 or 416-748-9988 caritas.ca

	residential rehab program incurs a cost. Services are provided in English only.	
360 Kids	Serves youth aged 12 to 26, who are seeking services related to homelessness, family breakdown, unemployment, substance use, mental health and addictions, educational difficulties, legal services etc., through counselling and referral services and other community programs.	905-475-6694 360kids.ca

CHILD EXPLOITATION		
Cedar Centre for Trauma-Specific Therapy	Provide a unique and holistic approach to therapy, education and advocacy for those who have experienced trauma. Offers services for children, youth, and families, adults, and newcomers.	905-853-3040, 1-800-263-2240 www.cedarcentre.ca
Radius Child & Youth Services	A specialized community-based organization that provides clinical assessment and counselling services to children, youth and families affected by interpersonal abuse, physical, sexual, or emotional abuse, neglect, or who have witnessed domestic violence. Also offers services to children under 12 years old who have engaged in concerning sexual behaviour and adolescents who have engaged in sexually abusive behaviour.	1-855-744-9001, Text: 647-324-9444, Email: info@radiuschild-youthservices.ca https://radiuscys.ca/
Internet Child Exploitation (ICE) Counselling Program – Boost for Kids	Provides referrals to short-term counselling for child and youth victims of Internet exploitation and to their impacted family members.	416-515-1100 ext.59338 or 1-855-424-1100 ext.59338, Email: ice@boostforkids.org https://boostforkids.org/families/intervention-programs/internet-child-exploitation/

ADDICTION		
Connex Ontario Support Line	Live system navigation specialist available anytime to provide youth and adult mental health resources like addictions treatment, crisis lines, self-help groups, etc. Call, chat and email available.	1-866-531-2600 www.connexontario.ca/en-ca/
York Support Services Network – Community Crisis Response Service	The crisis worker will provide the individual with an immediate telephone response for a variety of situations, such as feeling depressed or distressed,	1-888-695-0070, 905-898-6455 https://yssn.ca/

	loneliness, anxiety, fear, anger or if the person is concerned about having nowhere to go. Available anytime.	
Streamlined Access York Region	A navigation and referral service that uses a streamlined application process to review applications and provide access to a number of mental health supportive housing programs for individuals aged 16 and over, who are experiencing mental health and/or addiction concerns.	1-844-660-6602, 289-340-0348 yssn.ca/streamlinedaccess
Addiction Services Central Ontario	Providing community treatment services, support and assistance to those struggling with substance use and problem gambling. Using a harm reduction approach to addiction treatment, those who wish to decrease their substance use or gambling and those who wish to quit entirely are equally supported. Most programs are available free of charge. Ontario Health Card not required for service.	905-841-7007, 1-800-263-2288 ext. 322 www.helpwithaddictions.ca/en/
Enhanced Care Clinics	Offers programs for treating opioid addiction, as well as treatment for other substances including alcohol and prescription drugs. Assessment and treatment may be offered on the same day during walk-in clinic hours. Ontario Health Card required.	Aurora: 905-505-0950, Aurora East: 905-841-3450, Thornhill: 905-707-7309, Newmarket: 905-895-8631 https://www.enhancedcare.ca/
Ontario Addiction Treatment Centres	Offers services for drug addiction and programs for treating opioid addiction. Assessment and treatment may be offered on the same day during walk-in clinic hours. Ontario Health Card required.	Info line for new patients: 1-877-937-2282- https://www.oatc.ca/
Rapid Access Addiction Medicine (RAAM) Clinics	Addiction Services Central Ontario is working in partnership with hospitals in York Region, South Simcoe and Toronto, to offer quick access to quality care. RAAM clinics are drop-in clinics for people needing assistance with substance use. No appointment needed. Show up during clinic hours with Ontario Health Card.	1-888-399-8342, 289-221-4839 asyr.ca/programs/rapidaccess-addictionmedicine-raam
True North Medical Clinics	Offers programs for treating opioid addiction and treatment for other substances including alcohol and prescription drugs. Assessment and treatment may be offered on the same day during walk-in clinic hours. Ontario Health Card Required.	1-888-878-3563 truenorthmedical.com

Al-Anon Family Group and Alateen	Support groups for family and friends of someone with an alcohol addiction.	Meeting information: 1-888-425-2666 al-anon.org
Alcoholics Anonymous	Information, referrals and self-help group support for those with an alcohol addiction. Groups may be available in languages other than English.	1-877-404-5591, 416-487-5591, TTY: 1-866-831-4657 aatoronto.org
Caritas School of Life Therapeutic Community	Offers programs and family support groups for people with addiction, mental health issues, behavioural problems and family issues. My Second Home mental health drop-in and Bee Well Project drop-in programs are free. Men's residential rehab program incurs a cost. Services are provided in English only.	1-800-201-8138, 416-748-9988 caritas.ca
Centre for Addiction and Mental Health – ACCESS CAMH	Can provide patients, families, friends and health care professionals with general information about services, information regarding eligibility requirements and instructions on how to make a referral to CAMH, and support to self-refer for addictions services. Family members and friends may contact Access CAMH if they are concerned about a loved one's mental health or substance use. Interpretation services available to assist callers.	416-535-8501, press 2 camh.ca
Cornerstone to Recovery	Helps men and women in recovery with alcohol and/or drug addiction through counselling, job skills and group support. Services available in English. Ninety-day residential treatment offered for men may incur a cost.	905-762-1551 cornerstonetorecovery.com
Narcotics Anonymous (NA)	Non-profit fellowship/society of people struggling with drug addiction. A program of complete abstinence from all drugs. Groups may be available in languages other than English. NA World Services website (na.org) has additional resources.	1-888-696-8956, 1-877-414-4464 or 416-410-3689 anchorna.org
Vitanova Foundation, Drug and Alcohol Rehabilitation Centre	Provides a range of addiction-related services to individuals, families and the community at large. Client-centred agency, focused on addiction recovery and restoring the individual's potential as a valued member of a fully functioning family and a	905-850-3690, 416-744-8940 vitanova.ca

	net contributor to the community. Ontario Health Card required for residential treatment for men.	
CAYR Community Connections	Offers a safe, inclusive space to access support and engage in self-determined pathways to well-being. Also, offers health and wellness support services for people living with and affected by HIV/AIDS. Harm reduction supplies for those who use drugs. Inclusive and safe spaces for members of the 2SLGBTQ+ community and their allies through the My House Rainbow Meeting Spaces.	1-800-243-7717 cayrcc.org
Krasman Centre	Drop-in program provides support, recovery workshops and group activities from a harm reduction approach led by staff with personal substance use experience. Includes support for addictions, coping for family, mental health and trauma.	1-888-780-0724, 905-180-0491, Crisis Line: 1-888-777-0979 krasmancentre.com
Vaughan/Keswick Community Health Centre	Offers free health-related services to address the needs of persons with mental health and addiction issues, as well as local youth and seniors and new immigrants. Ontario Health Card not required.	Vaughan: 905-303-8490, Keswick: 905-476-5621 vaughanchc.com
360 Kids	Serves youth aged 12 to 26, who are seeking services related to homelessness, family breakdown, unemployment, substance use, mental health and addictions, educational difficulties, legal services etc., through counselling and referral services and other community programs.	905-475-6694 360kids.ca

FAMILY LAW MATTERS AND LEGAL SYSTEM

Family Mediation Services	Free family mediation services are available in all Ontario family courts. These services are available at the courthouse on the day of the scheduled court date. Low cost off-site family mediation services are also available. In York region Family mediation is available at York Hills, their goal is to provide effective alternatives to the traditional approach – aiming to lower the amount usually associated with the dissolution of a relationship.	905-853-4816 Email: irc@yorkhills.ca https://www.yorkhills.ca/services/mediation/
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Family Law Information Centre (FLIC)	Free services available across Ontario that provide information about separation, divorce and related family law issues, child protection, family justice services, alternate forms of dispute resolution, local community resources, and court processes.	https://www.ontario.ca/page/family-law-information-centres
Mandatory Information Program (MIP)	Information sessions about the legal process of separation or divorce. Program is available at family court locations, or online through family mediation and information service providers. In York region, clients can contact the Information and Referral Coordinator to schedule.	905-853-4816 email: irc@yorkhills.ca https://www.yorkhills.ca/services/mediation/
Supervised Access Program	Provides a safe, neutral and child-focused environment for children to spend time with their parents or extended families through difficult periods of separation and adjustment. Location and contact information can be found at https://www.ontario.ca/page/supervised-access-centres In York region this service is provided by Social Enterprise for Canada.	Location Information: https://www.ontario.ca/page/supervised-access-centres York Region: https://www.socialenterprise.ca/supervised-access/ or 1-844-373-4515
Family Court Support Workers	Provide support for victims of domestic violence involved in the family court process.	Toll free at 1-888-579-2888, 416-314-2447 (GTA) https://www.ontario.ca/page/family-court-support-workers
Legal Aid Ontario	Provide legal assistance for low-income people.	To get help fast: call toll-free at 1800-668-8258 from Monday to Friday from 8am to 7:30pm. https://www.legalaid.on.ca/
Lawyer Society Referral Service	An online service that gives you the name of a lawyer in your area who can give you a free consultation for up to 30 minutes. You can ask for a lawyer who speaks your language, or a lawyer who accepts Legal Aid Certificates.	https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service
Community Legal Clinics	Legal Aid Ontario funded 79 legal clinics that provide free services for people with low income in the following types of legal issues: social assistance, housing matters, various employment matters and some immigration matters.	https://www.legalaid.on.ca/legal-clinics-list/#1c
Community Legal Clinic of York Region	Provides access to justice and help with employment and work, housing law, immigration law, income assistance and services for victims of	https://clcyr.on.ca/

	crime. They also give legal information on abuse and family violence, criminal law, complaints against government, debt and consumer rights, family law and French language rights.	
Student Legal Service Organization (SLSO)	Funded by Legal Aid Ontario and operate out of Ontario's seven law school. With the supervision of full time lawyers, volunteer law students provide legal advice and represent clients in cases such as minor crimes, landlord and tenant, immigration and tribunals.	https://www.legalaid.on.ca/student-legal-service-organizations/
Specialty and Ethnolinguistic Clinics	Assist people across Ontario, providing services in a specific area of law or to a particular community. In addition to providing legal services to individuals, several specialty clinics also advocate on behalf of the particular community they serve: Indigenous communities, Black and other racialized communities, the elderly, children and youth, injured workers and those living with disabilities.	https://www.legalaid.on.ca/legal-clinics-list/#spe
Ontario Court of Justice	Provides a guide to process for cases at the Superior Court of Justice and resources for family law proceedings.	Guide to process: https://www.ontariocourts.ca/scj/news/publications/guide-family/ Resources: https://www.ontariocourts.ca/scj/family/resources/#Family_Law_Information
Office of the Children's Lawyer	Operates as an independent law office within the Family Justice Services Division of the Ministry of the Attorney General. They represent the interests of children in various areas of law including civil litigation, estates, child custody and access disputes and child protection proceedings.	416-314-8000 https://www.attorneygeneral.jus.gov.on.ca/english/about/artcl/fjsd_ocl.php
Luke's Place Virtual Legal Clinic for Women	Provides free summary legal advice to women in Ontario who have been subjected to intimate partner violence.	905-728-0978, 1-866-516-3116 Email: admin@lukesplace.ca www.lukesplace.ca
Community Legal Education Ontario (CLEO)	Focuses on providing information to people with barriers to accessing the justice system, and works in partnership with other legal clinics and community organizations across Ontario.	https://www.cleo.on.ca/en

Victim/Witness Assistance Program	Assists victims of crime with their court proceedings, court case, and specific needs.	416-314-2447 (GTA), 1-888-579-2888 www.ontario.ca/victimservices
JusticeNet	A not-for-profit service helping people in need of legal advice whose income is too high for legal aid and too low to afford standard legal fees.	Email: info@justicenet.ca www.justicenet.ca

HOUSING

Community Living York South Residential Program	Provides support services to children, youth, adults and seniors who have an intellectual disability and live in Southern York Region. Provides services to those living in Kleinburg, Gormely, Maple, Nobleton, Richmond Hill, Thornhill, Vaughan, and Whitchurch-Stouffville.	(905) 953-0796, 1-855-277-2121 www.communitylivingyorksouth.ca/
Housing Help Centre	Works with families in York Region to find and maintain affordable, safe housing. Provide various types of housing assistance including mediating between tenants and landlords, preventing evictions, assisting low income populations with accommodations searches, filling out applications for subsidized housing, and providing referrals.	647-267-5319 www.shhc.ca/
York Region Subsidized Housing – Housing Access	Housing Access manages a centralized waitlist for about 5000 subsidized rental housing units in York Region operated by non-profit and co-operative housing organizations. Housing Access can help you with information about applying for subsidized housing and the wait list.	https://www.york.ca/
Shelter Safe	ShelterSafe.ca is an online resource for women and their children seeking safety from violence and abuse. The clickable map serves as a quick resource to connect women with the nearest shelter that can offer safety, hope, and support.	https://sheltersafe.ca/
York Region Transitional Shelter	Provides individuals and couples experiencing homelessness with a secure place to self-isolate before transitioning into longer term or temporary housing.	1-877-464-9675 ext. 76140 Email: TransitionalShelter.Line@york.ca
Belinda's Place (for women who are homeless)	Provides basic needs, temporary housing, client-focused wraparound services and follow-up	289-366-4673 (HOPE) www.BelindasPlace.ca

	services to assist women who are homeless or at risk of homelessness.	
Sandgate Women's Shelter of York Region	Provides all persons who identify as women and their children with shelter, support and information. Programs and services include: 24-hour safe shelter crisis helpline, supporting counselling for moms and children, safety planning, meals, clothing, and personal necessities, financial, legal, medical, and housing assistance, assistance with emergency transportation, advocacy, referrals, and children's programs, including culturally sensitive services.	905-722-3220, 1-800-661-8294 Email: info@sandgate.ca www.sandgate.ca
Yellow Brick House	Offers crisis line, emergency shelter (2 locations), and services for women (individual and group counselling, parenting support, legal education and support, transitional and housing support and community service referrals) and children (individual counselling, Let's Talk Witness Program, and creative play to help kids express what is hidden or confusing to express in words) who have experienced abuse.	1-800-263-3247 www.yellowbrickhouse.org/
Blue Door Men's and Family Shelter	Offers 3 emergency housing programs, supportive counselling and case management, aftercare housing support, housing program providing housing services and an employment training program. Offers supportive housing for men, families, male youth, senior men and 2SLGBTQ+ youth.	Leeder Place: Space for 15 families nightly Porter Place: Space for 30 men nightly Kevin's Place: Space for 12 male youth nightly 905-898-1015, Toll Free: 1-888-554-5525 https://bluedoor.ca/
Newmarket Drop-by Program	Offers access to lunch, snacks, coffee, tea, and other beverages, personal care services (washroom, shower and personal care items), mental health supports, wellness check, access to computer and Wi-Fi, use of telephones and information and referrals. Operated Monday-Friday from 10am-4pm at Ray Twinney Recreation Complex.	Ray Twinney Recreation Complex (Lounge 1) 100 Eagle Street West, Newmarket, ON 647-512-8754
Newmarket Food Pantry	Provides an emergency supply of 3 days of food to their clients, which includes fresh produce, including dairy, bread and meat when available, as	905-895-6823 Email: info@newmarketfoodpantry.ca https://newmarketfoodpantry.ca/

	well as canned, non-perishable items, baby needs, pet needs and toiletries.	During COVID: Call 905-895-6823, ext. 120 to book a delivery
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TRANSPORTATION		
Loft Crosslinks Street Outreach and Services Network/Street Outreach Van	A comprehensive and coordinated network of services for the homeless in York Region. Brings together community outreach, housing, medical and addiction services, financial support, social and peer support and mental health services. Street Outreach Van: offers mental health support, condoms, needle exchange, assistance in finding shelter and transport for first-time access to shelter, and survival supplies (food, clothing, sleeping bags, tarps and tents).	416-979-1994, Street Outreach Van: 1-866-553-4053, 905-853-3400 (Van operates 7 days a week from 2pm-9pm) loftcs.org
Mobility On-Request Accessible Transportation	Offers two types of ride requesting: a ride sharing service that allows you to request transit when and where you need it and door-to-door shared ride accessible public transit service for people with disabilities.	1-866-744-1119, Booking: 1-844-667-5327, TTY: 711 Email: transitinfo@york.ca https://www.yrt.ca/en/our-services/mobility-on-request-paratransit.aspx
iRide Plus (seniors over 55 & adults w/disabilities)	Offers affordable door-to-door non-emergency community transportation that enables seniors and adults with disabilities to access health care programs and services.	1-844-474-3301 (1-844-IRIDE-01) or www.irideplus.com

2SLGBTQ+		
LGBT Youthline	Offers confidential and non-judgemental peer support through our telephone, text and chat services.	1-800 268-9688, Text: 647 694-4275 or www.youthline.ca
Rainbow Support Referral Line	Provides individual, couple and family counselling services to people who identify as 2SLGBTQ+.	1-888-967-5542
Rainbow Space Counselling	Offers peer-led programs and access to inclusive and safer spaces to gather together, opportunities to organize and participate in recreational activities, information and resources about health and social services, harm reduction education, supplies and resources, sexual health education, supplies and resources, lending library of queer literature, volunteering and leadership	905-895-2371 Email: rainbowspace@cayrcc.org www.cayrcc.org/rainbowspace/

	opportunities and peer learning and wellness promotion groups to those who identify as a member of the 2SLGBTQ+ community in York.	
PFLAG Support Line	York Region's support LGBTQ2 support, resource and education network. Offers support line for those that identify as a member of the 2SLGBTQ+ community and their families.	1-866-YR-PFLAG (977.3524) www.pflagyork.ca/

RESOURCES FOR FATHERS		
Dad Central Ontario	Provides resources, webinars, and courses for fathers about parenting.	613-257-2779 ext. 3108 Email: info@dadcentral.ca www.dadcentral.ca
Dad Advice for Parenting, Gear & Life	Provides resources and information to fathers about various parenting topics and parenting stages.	www.fatherly.com
Life With a Baby	Facilitates monthly community events with other mothers or fathers who have children at the same stage of life.	www.lifewithababy.com
Footprints of Fatherhood Blog	Provides peer-directed training workshops and resources for fathers.	www.footprintsoffatherhood.wordpress.com/
The Men's Project	One of the world's leading clinics working in a male-centred approach to psychology and therapy. Offers psychotherapy tailored to men throughout Ontario.	613-482-9363 or www.menandhealing.ca
Focus on Fathers Group	A 6 session parenting group for fathers led by experienced male facilitators. Topics of the group include the importance of fathers in child development, positive behaviour management, best practices for managing stress and anger, conflict resolution, co-operative parenting, age appropriate needs to children's nutrition and safety, care of sick children and positive impacts of reading and playing with children.	905-770-7040 Ext. 237 or Email: groups@ccsy.org or www.ccsy.org/focusonfathers
Father's Mental Health	Provides mental health resources and referrals for fathers who are transitioning into parenthood.	Email: info@fathersmentalhealth.com or www.fathersmentalhealth.com/