

PCC Resource Listings

A quick reference guide for staff and volunteers.

If you do not find the services you are looking for in this guide, try calling 211 for information about *community services* or 311 for services provided by the *City of Toronto*.

Important Numbers & Websites:

Telehealth 1-866-797-0000

Uninsured Clinic 416-264-4446

Ontario Midwives 416-425-9974

Find a Doctor 416-297-2626

Ontario Works (financial aid) 416-397-1010
www.mcass.gov.on.ca/en/mcass/programs/social/ow/

Service Canada

www.servicecanada.gc.ca/eng/home.shtml

Service Ontario

www.ontario.ca/serviceontario

Child Tax

www.cra-arc.gc.ca/cctb/

Revenue Canada

www.cra-arc.gc.ca

SCARBOROUGH

Doctors Urgent Care Center & Pharmacy
647-352-3621

Diversity Midwives
416.609.8187
www.diversitymidwives.com/

Sages-Femmes Rouge Valley Midwives
416-286-2228 or 905-409-6447

TDSB Newcomer Services (Malvern Mall)
416-396-4631
www.tdsb.on.ca/newcomers/adults/settlementservices/newcomerservices.aspx

Emily Stowe Shelter for Women
416-264-4357

Emily Stowe Shelter for Women
Birkdale Residence
416-392-5650

Homeward Family Shelter
416-724-1316

Birkdale Residence
Lorraine 416-397-5714

Taibu Community Health Care Clinic – 416-644-3536
Administration – 416-644-3539
Community Services – 416-644-3539
www.taibuchc.com/

Tropicana Community Services
416-439-9009
www.tropicanacommunity.org

Scarborough Housing Help Centre
416-285-8070

Salvation Army Sexual Assault Centre
416-495-2555

Scarborough Women's Centre
416-431-1138

Scarborough Grace Hospital
416-495-2535 –Spiritual Care

Scarborough Centenary Hospital
416-281-7332 x4047 –prenatal classes and
Hospital tour booking

Scarborough Hospital General Division
416-438-2911 x 3233 –breastfeeding clinic

**Scarborough Hospital Grace Division
and Scarborough Hospital General
Division** 416-495-2843 –prenatal classes

Agincourt Community Services Assoc.
416-321-6912

Malvern Family Resource Centre
416-281-1376
Contact Belinda: 416-961-8100

**Neighbourhood Resource Centres of
Scarborough**
416-396-5822

Phyllis Griffiths Neighbourhood Centre
416-691-7990

**Scarborough Recreation and Parks
Department**
416-396-7411

**Victoria Park Four Seasons Community
Centre**
416-756-9624

West Hill Community Services
416-284-5931

Adult/Child Learning Centre
416-282-4538

**West Scarborough Neighbourhood
Community Centre**
416-755-9215

ETOBICOKE

Etobicoke Housing Help Centre North
416-741-1553

Rexdale Women's Centre
416-745-0062

Etobicoke Family Life Education Council
416-626-7837

Thistledown Community Services Unit
416-745-2822

Etobicoke General Hospital
416-747-3400 x 2303

YORK REGION

**Weston-King
Neighbourhood Centre**
416-241-9898

Ontario Early Years Centre:
416-653-3270

York Community Services:
416-653-5400

General Welfare and Family Benefits:
416-392-6242

York Neighbourhood Center
416-766-4634. Ext.233

Syme-Woolner Satellite Program: “Jane’s Place”
416-766-4634

Toronto Public Health: Sexual Health Clinic

416-338-7272
1-800-668-2437 if you would like taped information on various topics.

190 Woolner Avenue
Social Housing
416-338-7400.

Syme-Woolner Drop-in Program
Christine at 416-767-2186

Healthy Beginnings Pre/Postnatal Support
416-652-7867 x221

Having a Baby Prenatal Program
415-653-5400 x1300

Healthy Woman, Healthy Babies
416-604-0640 x6452

Unison Health and Community Services – pre/postnatal, breastfeeding, midwifery Keele and Rogers site
416-653-5400

NORTH YORK

North York Women’s Shelter
416-635-9630

North York Housing Help
416-244-0724

YMCA - East York Women’s Shelter
416-693-7342

Ernestine’s Woman Shelter
416-746-3701

Women’s Habitat of Etobicoke
416-252-5829

Youth Without Shelter
416-748-0110

A Safe Place
416-633-8301

North York Public Health
416-395-7600

Building Brighter Futures
416-633-0515 x2310

Caring for Kids Line
416-395-7600

**Black Creek Community Health Centre
Sheridan Mall**
416-249-8000 x2253

**Black Creek Community Health Centre
Yorkgate Mall**
416-246-2388

Fairview Library Support Group
416-395-7600

Fairview Mall (Sears) Clinic
416-502-3737

**Flemingdon Health Centre Fairview
Community Health**

416-640-5298

Hincks-Dellcrest Centre

416-633-0515

**Humber River Regional Hospital Church
Site**

416-243-4359

**Humber River Regional Hospital Finch
Site Clinic**

416-747-3887

Lawrence Mall Clinic

416-395-7600

Saturdays - 416-256-0256

Peer Support Program

416-499-3377

Return to Work/School Group

416-395-7600

Saturday Breastfeeding Support Services

416-395-7600

Yorkdale Mall (Sears) Clinic

416-789-1105

Delta Child Care Network

416-747-1172

Family Drop-In Program

416-787-1661

Contact Agatha or Rosa Maria

Flemingdon Health Centre

www.fhc-chc.com

416-429-4991

**Jane Finch Community and Family
Centre**

416-663-2733

**Lawrence Heights Community Health
Centre**

416-787-1661

North York Women's Centre

416-781-0479

**North York Parks and Recreation
Department**

416-395-6910

Caring for Kids Line

416-395-7600

Bathurst Walk-In Medical Centre

416-633-3629

**Healthy Babies Healthy Children
(PublicHealth Nurse) Central Office**

416-338-7600

www.city.toronto.on.ca/health

**Extended Family Network
(Teen Prenatal)**

416-924-4646 x 3478

Young Moms' Support Group

416-395-7600

Better Beginnings - NOW Prenatal Program

416-499-3377 ext. 333

Falstaff Prenatal Program

416-241-9430

Labour Of Love

416-787-1661

Contact: Judy Downer or Jacki Veregin

**Unison Health and Community Services
Pre/Postnatal, breastfeeding, midwifery**

Lawrence Heights site

416-787-1661

Jane- Tretheway site

416-645-7575

Bathurst-Finch site

416-436-0385

DOWNTOWN TORONTO

Anduhyaun Residence Inc.

416-920-1492 ext. 221

Cornerstone

416-869-3551

Covenant House

416-593-4849

Interval House

416-924-1491

**Metropolitan Toronto Community
Services - Robertson House**

416-392-5662

**Metropolitan Toronto Community
Services - Women's Residences**

416-392-5500

Nazareth House

416-532-0336

Nellie's

416-461-1084

Our Lady of the Resurrection House

416-530-1302

Red Door Battered Women's Shelter

416-462-9750

Rendu House

416-864-0792

Annex Shelter

416-864-0269

Salvation Army- Evangeline Shelter

416-762-9636

Shirley Samaroo House

416-249-7095

STOP 86

416-922-3271

Street Haven at the Crossroads

416-967-6060

Toronto Community Hostel

416-955-4431

Women in Transition Inc. - Bloor House

416-533-1175

Women in Transition Inc. - Spadina House

416-967-5228

Women's Support Group

416-282 8534

Red Door Family Shelter

416-469-4123

Woodgreen Red Door Family Shelter

416-469-4123

Woodlawn Residence

416-923-8454

YMCA Central Administration Bongard House

416-961-8100

Barbra Schilfer Commemorative Clinic

416-323-9149, After Hours: 416-863-0511

Education Wife Assault

416-968-3422

Toronto Rape Crisis Centre - Crisis Line

416-597-8808

Women's College Hospital Sexual Assault Care Centre

416-323-6040

Working Women Community Centre

416-532-2824

Doctor's Hospital

416-963-5251

Hospital for Sick Children

Breastfeeding – inpatients only

416-813-5757

Teen Clinic – Prenatal

416-813-7779

La Leche League Canada

416-483-3368

Motherisk –reproductive risk when exposed to drugs, chemicals, mat disease

416-813-6780

Mount Sinai Hospital

416-586-4543

Saint Michael's Hospital

416-867-7480

Toronto East General Hospital

Prenatal

416-469-6130

Breastfeeding Clinic – walk-in, no referral, open to all (not just TEGH deliveries)

416-469-6667

Toronto Hospital - Western Division

Obstetrical Care Program (OCP) –for high risk pregnancies, no catchment area

-deliveries take place at Mt. Sinai Hospital

416-603-5888

Women's College Hospital

416-323-6526

Mothers Support Groups

416-633-0515x226

Public Health Parenting Programs

416-395-7600

Return to Work/School Group

416-395-7600

Alexandra Park Community Centre

416-367-9603

Applegrove Community Complex

416-461-8143

Canadian Mothercraft Society

416-920-3515

Parent/Infant Intervention Program

416-927-9466

Cecil Community Centre

416-598-2403

Central Eglinton Community Centre

416-487-4096

Central Neighbourhood House

416-925-4363

The Children's Storefront

416-531-8151

Church Street Community Centre

416-392-6874

College Montrose Children's Place

416-532-9485

Common Ground Women's Centre

416-921-1646

Community Centre 55

416-691-1113

Creating Together Parent-Child Drop-In

416-537-1004

Davenport-Perth Neighbourhood Centre

416-656-8025

Daystrom Family Resource Centre

416-740-0413

Dixon Hall Neighbourhood Social and

Family Service Centre

416-863-0499

Eastview Neighbourhood Comm. Centre

416-465-5469

Humewood House

416-651-5657

Jane Woolner Neighbourhood Assoc.

416-766-4634

Lakeshore Area Multi-service Project

(LAMP)

416-252-6471

Equally Healthy Kids

www.lampchc.org/content/equally-healthy-kids-nutrition-programs

416-251-2711

Northwood Neighbourhood Services

416-748-0788, Kids Place: 416-398-0030

Parent Resources

416-463-5399

Parkdale Community Health Centre

416-537-2455

St. Jamestown Recreation Centre

416-923-4402

Scott Mission

416-923-8872

South Riverdale Community Health Centre

416-461-2493

Syme Family Centre of the City Of York

416-767-2186

Thorncliffe Neighbourhood Office for Social and Multicultural Development

416-421-3054

Toronto City Mission

416-922-6223

Willowridge Information and Recreation Centre

416-241-5259

Woodgreen Community Centre Of Toronto

416-469-5211

York Parks and Recreation Department

416-394-2469

YWCA

416-961-8100

Nausea and Vomiting Pregnancy Helpline

1-800-436-8477

HIV and HIV Treatment in Pregnancy

1-888-246-5840

Church Street Community Centre

416-392-6874

Toronto City Mission

416-922-6223

Scadding Court Community Centre

416-363-5392

Wednesday's Child

905-628-6008

JFJ Hope Centre

Christian Adoption Agency

905-821-7494

www.jfjhopecentre.ca

Motherisk

www.motherisk.org

416-813-6780

Doula Care

905-842-3385

www.doulacare.ca

Healthiest Babies Possible Prenatal Program

416-395-7600

Great Start Together Perinatal Program

416-603-5800 x2661

**Parkdale Parents' Primary Prevention
Projects (5 P's)**

416-537-8222 x502

Healthy Beginnings

416-652-7867 x221

CLOE – Community Legal Education Council

An extensive collection of legal information resources and publications available in a variety of languages and formats

www.cleo.on.ca

Information on:

Abuse & Family Violence

- Children's Aid: Information for Parents (Fact Sheet)
- Do you know a woman who is being abused?
- A Legal Rights Handbook
- Family Violence when a Woman is sponsored by a spouse or partner

Employment & Work

- Employment Insurance
- Have you been laid off?
- Taking time off work: Pregnancy & Parental leaves and benefits
- Workers Compensation: Your legal responsibilities
- Workers Compensation: Your right to appeal

Family Law

- Children aid: Information for parents (Fact Sheet)

Housing Law

- Can your landlord take your stuff?
- Does your landlord want you to move out (Fact Sheet)
- Fighting Eviction
- Harassment & Discrimination
- Rent Increases
- Renting a place to live (Fact Sheet)

Social Assistance & Pensions

- Do you live with someone who might be seen as your spouse?

Also Information about Immigration and Refugee
