

## WE PROVIDE SUPPORT RELATED TO:

- Ontario Works (OW) and Ontario Disability Support Program (ODSP)
- Income support (Employment Insurance Canada Pension Plan, Old Age Security and Child Tax Benefit)
- Housing, rent, evictions and utility debt
- Legal matters
- Immigration and newcomer services
- Crisis counselling
- Health and well-being
- Employment
- Education and training programs
- Accessing clothing, glasses and furniture

## Government Benefits

### Ontario Disability Support Program (ODSP)

416-325-5666

Ontario Works (OW) Queensway 416-397-0330

CPP Disability and Retirement 1-800-277-9914

Revenue Canada - Individual Tax Inquiries  
1-800-959-8281

Service Canada 1-800-206-7218

## Clothing, Furniture and Food

Haven on the Queensway 416-640-2005  
Longbranch Baptist Church Clothing Outlet  
416-251-1525

Muslim Welfare Centre of Toronto  
Admin 416-754-8116  
Food Bank 416-335-9994

New Circles Community Services (Clothing)  
416-422-2591

Red Cross Mobile Food Bank Program 416-480-2500

Recyc- Mattresses: Charity Bed Program  
Contact I&R Services 416-203-0050 x261

Scott Mission- Women and Family Clothing Bank  
416-923-3916

St. Vincent de Paul 416-364-5577

Toronto Vegetarian Food Bank 647-878-6516

## NOTES

---

---

---

---

---

---

---

---

---

---

---

---

Visit [211toronto.ca](http://211toronto.ca) or dial 211 (no charge) for additional information about community, social, health and related government programs and services in Ontario.

Information and referral services may be available at your local food program. Contact your local food program or Daily Bread's I&R Services for more information.

416-203-0050 x261

[irc@dailybread.ca](mailto:irc@dailybread.ca)

Fax: 416-203-2839

191 New Toronto St. Toronto, ON M8V 2E7

**[www.dailybread.ca](http://www.dailybread.ca)**

Updated June 2016



**Information and Referral Services**



## HOURS

**Monday** 10.30 a.m. - 3 p.m.  
**Tuesday** 1 p.m. - 6 p.m.  
**Wednesday** 1 p.m. - 6 p.m.  
**Thursday** Closed  
**Friday** 10 a.m. - 3 p.m.



**Daily Bread**  
Food Bank

**[www.dailybread.ca](http://www.dailybread.ca)**

416-203-0050 x261

[irc@dailybread.ca](mailto:irc@dailybread.ca)

## Crisis, Mental Health and Addiction

Assaulted Women's Helpline (24 hrs)	1-866-863-0511
Centre for Addiction and Mental Health (CAMH) (24 hrs)	416-979-6885
Distress Centres of Toronto (24 hrs)	416-408-HELP(4357)
Connex Ontario Helpline (24 hrs) Drug and Alcohol	1-800-565-8603
Gerstein Crisis Centre City of Toronto/York (24 hrs)	416-929-5200
Black Youth Helpline	416-285-9944
LGBT Youth Line	1-800-268-9688
Muslim Youth Helpline	1-866-627-3342
Ontario Problem Gambling (24 hrs)	1-888-230-3505
Scarborough Crisis Team (24 hrs) Scarborough /East York	416-495-2891
Toronto Rape Crisis Centre/Multicultural Women Against Rape (24 hrs)	416-597-8808
Kids Help Phone (24 hrs)	1-800-668-6868
Mental Health (24 hrs)	1-866-531-2600

## Shelter/Street Outreach

Streets to Home: Assessment and Referral Centre (Walk-in Assessments)	416-392-0090
Central Intake Line (24/7)	416-338-4766 or 311

## Newcomers

Community MicroSkills Development Centre	416-247-7181
COSTI (Dufferin Street Location)	416-658-1600
FCJ Refugee Centre	416-469-9754
Parkdale Intercultural Association	416-536-4420
Polycultural Immigrant and Community Services	
West Toronto	416-533-9471
Etobicoke	416-233-0055
Scarborough North	416-439-1293
Scarborough South	416-261-4901
YMCA Newcomer Information Centre	
Central	416-975-9168 x4
North York	416-635-9622 x185
Scarborough	416-609-9622 x30042
JVS Toronto	416-787-1151

## Financial Advocacy

Credit (Counselling) Canada	1-800-267-2272
West Neighbourhood House	416-848-7980

## Legal

Legal Aid Ontario (Monday – Friday 8 am-5pm)	1-800-668-8258
Downsview Community Legal Services	416-635-8388
Downtown Legal Services	416-978-6447
Flemingdon Community Legal Services	416-441-1764
Jane Finch Community Legal Services	416-398-0677
Kensington-Bellwoods Comm. Legal Services	416-924-4244
Neighbourhood Legal Services	416-861-0677
Parkdale Community Legal Services	416-531-2411
Rexdale Community Legal Services	416-741-5201
Unison Health and Community Services (Legal Clinic at Keele and Rogers location)	416-653-5400
Scarborough Community Legal Services	416-438-7182
South Etobicoke Community Legal Services	416-252-7218
West Scarborough Community Legal Services	416-285-4460
West Toronto Community Legal Services	416-531-7376
Willowdale Comm. Legal Services Services	416-492-2437

## Housing

Albion Neighbourhood Services	
Etobicoke Housing Help Centre	416-740-3704
South Office at LAMP	416-252-5990
East York East Toronto Family Resources Organization	
East York Housing Help Centre	416-698-9306
Flemingdon Neighbourhood Services	416-424-2900
Neighbourhood Information Post	416-924-2543
North York Housing Help	416-244-0480
Scarborough Housing Help	416-285-8070
Unison Health and Community Services	416-653-5400 x6
West Toronto Housing Help	416-531-0841
Woodgreen Housing Help	416-645-6000 x2500
Emergency Energy Fund	416-338-3332
Low Income Energy Assistance Program (LEAP)	
	416-924-5491
Tenant Hotline	416-921-9494

## Health

The 4 Villages Community Health Centre	416-604-0640
Anishnawbe Health Toronto	416-360-0486
Black Creek Community Health Centre	416-249-8000
Queen West Community Health Centre	416-703-8480
Community Care Access Centres	310-CACC (2222) *no area code needed
Davenport Perth Community Health Centre	416-656-8025
East End Community Health Centre	416-778-5858
Flemingdon Health Centre	416-429-4991
LAMP Community Health Centre	416-252-6471
Parkdale Community Health Centre	416-537-2455
Regent Park Community Health Centre	416-364-2261
Scarborough Centre for Healthy Communities	
Scarborough South	416-642-9445
Scarborough North	416-297-7490
The Hub, Mid-Scarborough, Central	416-640-7390
Sherbourne Health Centre	416-324-4180
South Riverdale Community Health Centre	416-461-1925
Stonegate Community Association	416-231-7070
Hassle Free Clinic	416-922-0566
Health Care Connect (Service Ontario)	1-800-445-1822
Community Health Centre Search	www.aohc.org
Toronto Public Health	
Mon-Fri 8:30-4:30	416-338-7600
After hours	311
Dentistry with Care (Free/Low Cost)	416-539-9887
Evangel Hall (call I&R Services)	416-504-3563
George Brown College Wave Dental Clinic	416-415-4547
Parkdale Community Health Centre (under 17 and OW/ODSP emergency)	
West End Oral Health Clinic	416-537-0275 x415
Toronto Public Health - Dental Services	416-338-7600
Healthy Smiles Ontario	1-866-532-3161
University of Toronto Dentistry Clinic	416-979-4927
Urban Volunteer Dental Clinic (Small fillings and simple extractions)	416-289-4349