#### 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)** 

(Service Ontario) 416-325-5666

City of Toronto Human Services 416-338-8888

CPP Disability and Retirement 1-800-277-9914

Revenue Canada –

Individual Tax Inquiries 1-800-959-8281

 Individual Tax Inquiries
 1-800-959-8281

 Service Canada – E.I.
 1-800-206-7218

 Ontario Works
 416-338-8888

# **CLOTHING, FURNITURE, AND FOOD**

Haven on the Queensway	416-640-2005		
Longbranch Baptist Church			
Clothing Outlet	416-251-1525		
Mobile Food Bank Program	416-236-3180		
Muslim Welfare Centre of Toronto			
Admin	416-754-8116		
Food Bank	416-335-9994		
New Circles Community Services			
(Clothing)	416-422-2591		
Red Cross	416-480-2500		
<b>Recyc-Mattresses: Charity Bed Program</b>			
Contact I&R Services	416-203-0050		
Scott Mission – Women and Family	416-923-3916		
Clothing Program and Food Bank			
St. Vincent de Paul	416-364-5577		
Toronto Vegetarian Food Bank	647-878-6516		

#### **NOTES**

Visit 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 Food Bank's I&R Services for more information.

**Phone:** 416-203-0050 x1 **Fax:** 416-203-2893 **Email:** irc@dailybread.ca

191 New Toronto Street, Toronto, ON M8V 2E7

dailybread.ca

# INFORMATION AND REFERRAL SERVICES

Your connection to community support beyond food.



**HOURS** Monday – Friday 9:30am - 4:00pm

416-203-0050 x1 irc@dailybread.ca



# **CRISIS, MENTAL HEALTH & ADDICTION**

<b>Assaulted Women's Helpline (</b> 24 hrs)	1-866-863-0511	
Centre for Addiction and	416-979-6885	
Mental Health (CAMH) (24 hrs)		
Distress Centres of Toronto (24 hrs)	416-408-HELP (4357)	
Connex Ontario Helpline (24 hrs)	1-866-531-2600	
Mental Health, Addiction,	1-866-531-2600	
Problem Gambling		
Gerstein Crisis Centre	416-929-5200	
City of Toronto/York (24 hrs)		
Black Youth Helpline	416-285-9944	
LGBT Youth Line		
Call (Sun – Fri, 6pm – 9pm)	1-800-268-9688	
Text (Sun – Fri, 4pm – 9:30pm)	647-694-4275	
Muslim Youth Helpline	1-866-627-3342	
(3pm – 9pm)		
Ontario Problem Gaming (24 hrs)	1-866-531-2600	
Scarborough Crisis Team (24 hrs)	416-495-2891	
Scarborough/East York		
Toronto Rape Crisis Centre/	416-597-8808	
Multicultural Women Against Rape (24 hrs)		
Kids Help Phone (24 hrs)	1-800-668-6868	
Mental Health (24 hrs)	1-866-531-2600	

# SHELTER/STREET OUTREACH

(Walk-in Assessments)	416-392-0090
Central Intake Line (24 hrs)	416-338-4766 or 311

#### **NEWCOMERS**

COSTI (Dufferin St.)	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	416-233-0050	
Scarborough North	416-439-1293	
Scarborough South	416-261-4901	

#### **YMCA Newcomer Information Centre**

Central	416-975-9168 x32400
North York	416-635-9622 x31070
Scarborough	416-609-9622 x30042
JVS Toronto	416-787-1151

# **FINANCIAL ADVOCACY**

Credit (Counselling) Canada	1-800-267-2272
<b>West Neighbourhood House</b>	416-532-7586

LEGAL			
<b>Legal Aid Ontario</b> (Mon – Fri, 8am-5pm)	1-800-668-8258		
<b>Downsview Community Legal Services</b>	416-635-8388		
Don Valley 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	416-653-5400		
(Legal Clinic at Keele and Rogers Location)			
<b>Scarborough Community Legal Services</b>	416-438-7182		
South Etobicoke Community			
Legal Service	416-252-7218		
West Scarborough Community			
Legal Services	416-285-4460		
West Toronto Community Legal Services	416-531-7376		
Willowdale Comm. Legal Services	416-492-2437		

# **HOUSING**

<b>Albion Neighbourhood Services</b>	416-740-3704
South Office at LAMP	416-252-5990
<b>East York East Toronto Family Resources</b>	Organization
East York Housing Help Centre	416-698-9306
The Neighbourhood Organization	416-424-2900
<b>Neighbourhood Information Post</b>	416-924-2543
North York Housing Help/	
Settlement Services	416-244-0480
Rent Bank	416-397-7386
Tenant Hotline	416-921-9494
The Housing Help Centre Services	416-285-8070
<b>Unison Health and Community Services</b>	416-653-5400
West Toronto Housing Help	416-531-0841
Woodgreen Housing Help	416-645-6000
City of Toronto	416-338-8888 x1
<b>Neighbourhood Information Post</b>	416-924-5491

# **HEALTH**

The 4 Villages Community Health Centre	416-604-0640
Alliance for Healthier Communities	www.aohc.org
Anishnawbe Health Toronto	416-360-0486
Black Creek Community Health Centre	416-249-8000
Queen West Community Health Centre	416-703-8480
<b>Davenport Perth Community</b>	
Health Centre	416-658-6812
East End Community Health Centre	416-778-5858
Flemingdon Health Centre	416-429-4991
Hassle Free Clinic	416-922-0566
Health Care Connect (Service Ontario)	1-800-445-1822
LAMP Community Health Centre	416-252-6471
Muslim Welfare Canada, Medical Clinic	647-641-1027
Parkdale Community Health Centre	416-537-2455
Regent Park Community Health Centre	416-364-2261
Scarborough Centre for	
Healthy Communities	416-642-9445
Sherbourne Health Centre	416-324-4180
South Riverdale Community	
Health Centre	416-461-1925
Stonegate Community Association	416-231-7070
Toronto Public Health	416 220 7600
(Mon – Fri, 8:30am – 4:30pm) After hours	416-338-7600 311
Aitel Hours	511

#### DENTAL

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
Healthy Smiles Ontario	416-338-7600
Parkdale Community Health Centre	
(Under 17 and OW/ODSP emergency)	416-537-2455 x7
West End Oral Health Clinic	
Toronto Public Health – Dental Services	416-338-7600
399 The West Mall	416-338-1468
Stonegate Community Centre	416-338-1120
University of Toronto Dentistry Clinic	416-864-8000 x1
Urban Dental Clinic	
(Small fillings and simple extractions)	416-289-4349