

A cluster of several yellow, hand-drawn hearts of various sizes, some overlapping, positioned to the left of the title.

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ANTICIPATORY GRIEF SERVICES

TORONTO

Circle of Care

Phone: 416-635-2860

Email: info@circleofcare.com

Hospice Toronto

Phone: 416-364-1666

Email: info@hospicetoronto.ca

Philip Aziz Centre for Hospice Care

Phone: 416-363-9196

Email: info@philipazizcentre.ca

The Dorothy Ley Hospice

Phone: 416-626-0116

MISSISSAUGA

Heart House Hospice

Phone: 905-712-8119

Email: info@hearthousehospice.com



ANTICIPATORY GRIEF SERVICES

BRAMPTON

**Wellspring Chinguacousy
(Cancer Support)**
Phone: 905-792-6480

Bethall Hospice
Phone: 905-838-3534
Email: info@bethalhospice.org

OAKVILLE

Acclaim Health Hospice & Bereavement
Phone: 905-827-8800
Email: generalinquiries@acclaimhealth.ca

**Wellspring Birmingham Gilgan House
(Cancer Support)**
Phone: 905-257-1988

Ian Anderson House
Phone: 905-337-8004
Email: info@ianandersonhouse.com



CRISIS & HELP LINES

TORONTO

Distress Centres of Greater Toronto

Phone: 416-408-4357

Text: 45645

Gerstein Crisis Centre

Phone: 416-929-5200

Email: admin@gersteincentre.org

Kid's Help Phone

Phone: 1-800-668-6868

Text "CONNECT" to 686868

Assulted Women's Helpline

Phone: 416-863-0511

Canada Suicide Prevention Service

Phone: 1-833-456-4566

MISSISSAUGA

Spectra Helpline

Phone: 905-459-7777

Kid's Help Phone

Phone: 1-800-668-6868

Text "CONNECT" to 686868

Assulted Women's Helpline

Phone: 416-863-0511

Peel Children's Centre Crisis Reponse

Phone: 416-410-8615

Canada Suicide Prevention Service

Phone: 1-833-456-4566

Victim Services of Peel Crisis Line

Phone: 905-568-1068

Peel Crisis Capacity Network

Phone: 905-273-4900



CRISIS & HELP LINES

BRAMPTON

Spectra Helpline

Phone: 905-459-7777

Kid's Help Phone

Phone: 1-800-668-6868

Text "CONNECT" to 686868

Assulted Women's Helpline

Phone: 416-863-0511

Peel Children's Centre Crisis Reponse

Phone: 416-410-8615

Canada Suicide Prevention Service

Phone: 1-833-456-4566

Victim Services of Peel Crisis Line

Phone: 905-568-1068

OAKVILLE

Kid's Help Phone

Phone: 1-800-668-6868

Text "CONNECT" to 686868

Assulted Women's Helpline

Phone: 416-863-0511

Distress Centre Halton

Phone: 905-849-4541

Crisis Outreach and Support Team

Phone: 1-877-825-9011

Canada Suicide Prevention Service

Phone: 1-833-456-4566



MENTAL HEALTH SERVICES

TORONTO

Canadian Mental Health Association

Phone: 416-789-7957

Email: info@cmhato.org

Baycrest Clinical Services:

Outpatient Mental Health Program

Phone: 416-785-2500 ext. 2730

Email: OMPH@baycrest.org

LOFT Community Services

Phone: 416-979-1994

Email: info@loftcs.org

Skylark Children, Youth & Families

Phone: 416-482-0081

Email: info@skylarkyouth.org

Reconnect Community Health Services

Phone: 416-248-2050

Progress Place

Phone: 416-323-0223

Stella's Place

Phone: 416-461-2345

Email: connect@stellasplace.ca

Toronto Mental Health & Addiction

Access Point

Phone: 416-460-1934

Email: info@theaccesspoint.ca

MISSISSAUGA

Peel Children's Centre

Phone: 905-795-3500

Email: contact@peelcc.org

Cornerstone Family Counselling Services

Phone: 905-214-7363

Email: inbox@cfcsnet.ca

The Family Enhancement Centre

Phone: 905-488-5461

Email: info@tfec.ca

Family Services of Peel

Phone: 905-270-2250

Email: fsp@fspeel.org

Tangerine Walk-In Counselling

Phone: 905-795-3530

Addictions, Mental Health, Anger

Rehabilitation Services

Phone: 647-618-2763

Canadian Mental Health Association

Phone: 905-451-2123

Email: info@cmhapeel.ca

Catholic Family Services

Phone: 905-450-1608

Email: info@cfspd.com



MENTAL HEALTH SERVICES

BRAMPTON

Family Services of Peel

Phone: 905-453-5775

Email: fsp@fspeel.org

Tangerine Walk-In Counselling

Phone: 905-795-3530

Peel Children's Centre

Phone: 905-795-3500

Email: contact@peelcc.org

Addictions, Mental Health, Anger

Rehabilitation Services

Phone: 647-618-2763

Canadian Mental Health Association

Phone: 905-451-2123

Email: info@cmhapeel.ca

John Howard Society

Phone: 905-459-2205

Email: brampton@johnhowardphd.ca123

Vector Health Clinic

Phone: 905-230-8320

Email: info@vectorhealthclinics.ca

Catholic Family Services

Phone: 905-450-1608

Email: info@cfspd.com

OAKVILLE

Canadian Mental Health Association

Phone: 905-693-4270

Email: info@cmhahrb.ca

Thrive Counselling

Phone: 905-845-3811

Email: info@thrivecounselling.org

Oakville Trafalgar Memorial Hospital:

Mental Health Community Support Team

Phone: 905-845-2571 ext. 4800

Email: djones@haltonhealthcare.on.ca

Family & Adolescent Straight Talk

Phone: 905-469-6338

Email: jim@familytalk.ca

Reach Out Centre for Kids (ROCK)

Phone: 905-339-3525



ADDICTION & REHAB SERVICES

TORONTO

Alpha House

Phone: 416-469-1700

Bellwood Health Services: Concurrent Trauma and Addiction Program

Phone: 416-495-0926

Email: info@bellwood.ca

Breakaway Addiction Services

Phone: 416-234-1942

Centre for Addiciton & Mental Health

Phone: 416-535-8501

George Hull Centre for Children & Families

Phone: 416-622-8833

Jean Tweed Treatment Centre

Phone: 416-255-7359 ext. 233

Pine River Institute

Phone: 416-955-1453

Addiction Centre Toronto

Phone: 416-462-0228

Comprehensive Treatment Clinic

Phone: 647-490-4008

MISSISSAUGA

Peel Addiction Assessment & Referral Centre

Phone: 905-629-1007

Mississauga Treatment Centre

Phone: 905-279-0011

The Homewood Clinic Mississauga

Phone: 289-207-0011

YMCA Youth Substance Abuse Program

Phone: 905-276-9322 ext. 31216

Addiction & Concurrent Disorders Centre

Phone: 905-813-4402



ADDICTION & REHAB SERVICES

BRAMPTON

Withdrawal Management Centre

Phone: 905-456-3500

OATC Brampton Clinic

Phone: 905-450-6679

New Direction Addiction Centre

Phone: 905-460-1762

Horizon's Opioid Treatment Services

Phone: 1-855-742-9449

OAKVILLE

ADAPT: Addiction Assessment & Treatment

Phone: 905-847-6547

Email: adapt@haltonadapt.org

Hope Place Centres

Phone: 905-465-3324

Email: continuingcare@hopeplacecentres.org

OATC Methadone Maintenance Treatment

Phone: 905-901-1882

Email: info@canatc.ca



LGBTQ+ SERVICES

TORONTO

The 519 Community Centre

Phone: 416-392-6874

Email: info@The519.org

Central Toronto Youth Services

Phone: 416-924-2100

Egale

Phone: 416-964-7887

Email: info@egale.ca

Lesbian Gay Bi Trans Youthline

Phone: 416-962-9688

Text: 647-694-4275

Email: askus@youthline.ca

Rainbow Health Ontario

Phone: 416-324-4100

Email: info@rainbowhealthontario.ca

AIDS Committee of Toronto (ACT)

Phone: 416-340-2437

Email: ask@actoronto.org

Sherbourne Family Health Team

Phone: 416-324-4180

2-Spirit People of the 1st Nations

Phone: 416-944-9300

Email: info@2spirits.org

Toronto Pflag

Phone: 416-406-6378

Email: office@torontopflag.org

MISSISSAUGA

QXposure

Phone: 905-602-4082 ext. 455

Email: qxposure@hotmail.com

Associated Youth Services of Peel

Phone: 905-890-5222

Email: general@aysp.ca

Peel HIV/AIDS Network

Phone: 905-361-0523

Email: info@phan.ca

Rainbow Health Ontario

Phone: 416-324-4100

Email: info@rainbowhealthontario.ca



LGBTQ+ SERVICES

BRAMPTON

Associated Youth Services of Peel

Phone: 905-890-5222

Email: general@aysp.ca

Peel HIV/AIDS Network

Phone: 905-361-0523

Email: info@phan.ca

Rainbow Health Ontario

Phone: 416-324-4100

Email: info@rainbowhealthontario.ca

OAKVILLE

Positive Space Network

Phone: 289-208-0886

Email: psncoordinator@rockonline.ca

Rainbow Health Ontario

Phone: 416-324-4100

Email: info@rainbowhealthontario.ca



ABUSE & ASSAULT SERVICES

TORONTO

Assulted Women's Help Line

Phone: 1-866-863-0511

Women's College Hospital:

Trauma Therapy Program

Phone: 416-323-6230

Email: info@wchospital.ca

Etobicoke Children's Centre: The West

End Services for Abuse & Trauma

Phone: 416-240-1111

Email: ecc@etobicokechildren.com

Etobicoke Children's Centre: The West

End Services for Abuse & Trauma

Phone: 416-240-1111

Email: ecc@etobicokechildren.com

The Gatehouse

Phone: 416-255-5900

Email: mbarcelos@thegatehouse.org

Just For Today Harm Reduction Centre:

Domestic Abuse Program

Phone: 416-693-5877

Scarborough Health Network: Sexual Assault Care Centre & Domestic Violence

Phone: 416-495-2555

Ernestine's Women's Shelter

Phone: 416-743-1733

Email: contact@ernestnes.ca

Nellie's Shelter

Phone: 416-461-8903

Email: community@nellies.org

MISSISSAUGA

Trillium Health Partners: Chantel's Place

Phone: 905-848-7580 ext. 2548

Peel Region's Hope Place (Crisis Line)

Phone: 1-800-810-0180

Assulted Women's Help Line

Phone: 1-866-863-0511

Interim Place

Phone: 905-403-9691

Crisis Line: 905-403-0864



ABUSE & ASSAULT SERVICES

BRAMPTON

Assulted Women's Help Line

Phone: 1-866-863-0511

Hope 24/7

Phone: 905-792-0821

Email: info@hope247.ca

OAKVILLE

Assulted Women's Help Line

Phone: 1-866-863-0511

Sexual Assault & Violence Intervention Services of Halton

Phone: 905-825-3622

Email: savis@savisofhalton.org

The Women's Centre of Halton

Phone: 905-847-5520

Email: admin@thewomenscentreofhalton.com

Radius Child & Youth Services

Phone: 905-825-3242

Email: info@radiuschild-youthservices.ca



SHELTERS & HOUSING SERVICES

TORONTO

To access all shelters in Toronto
call **311** or **Central Intake** at
416-338-4766 or **1-877-338-3398**.

Covenant House Toronto

Phone: 416-598-4898

Email: inquiries@covenanthouse.ca

Eva's Place

Phone: 416-977-4497

Email: info@evas.ca

Horizon's for Youth

Phone: 416-781-9898

Email: info@horizonsforyouth.org

Good Sheppard Centre

Phone: 416-869-3619

Evangeline Residence

Phone: 416-762-9636

Heyworth House

Phone: 416-691-0012 ext. 4010

MISSISSAUGA

Interim Place

Phone: 905-403-9691

Peel Family Shelter

Phone: 905-272-7061

Cawthra Shelter

Phone: 905-281-1272

Our Place Peel

Phone: 905-238-1383

Email: info@ourplacepeel.org

Peel Youth Village

Phone: 905-791-5576

Angela's Place

Phone: 905-791-3887 ext. 7058

Armagh

Phone: 905-855-0299

Email: armagh@rogers.com



SHELTERS & HOUSING SERVICES

BRAMPTON

Wilkinson Shelter

Phone: 905-452-1335

Brampton Queen Street Youth Shelter

Phone: 905-791-2334

St. Leonard's Place

Phone: 905-457-3611

OAKVILLE

Salvation Army Halton Lighthouse Shelter

Phone: 905-339-2918

Home Suite Hope

Phone: 905-339-2370



EMPLOYMENT SERVICES

TORONTO

Attwell Employment & Social Services

Phone: 416-392-6400

Crossways Employment Services

Phone: 416-338-1818

Rexdale Employment Services

Phone: 416-392-2644

Queensway Employment & Social Services

Phone: 416-392-6550

York Humber Employment & Social Services

Phone: 416-392-6200

Employment Ontario

Phone: 416-326-5656

Email: contactEO@ontario.ca

MISSISSAUGA

Centre for Education & Training

Phone: 905-949-0049

Email: info@tcet.com

Indus Community Services:

Newcomer & Employment Services

Phone: 905-275-2369

Email: info@induscs.ca

Polycultural Immigrant & Community Services

Phone: 905-403-8860

Email: info@polycultural.org

ACCES Employment

Phone: 905-361-2522

Employment Ontario

Phone: 905-366-0322

Email: eos@fspeel.org

AppleOne Employment Services

Phone: 905-277-2770

Email: mississauga@appleone.com



EMPLOYMENT SERVICES

BRAMPTON

COSTI Employment Services

Phone: 905-459-8855

Email: info@costi.org

AppleOne Employment Services

Phone: 905-453-8000

Email: brampton@appleone.com

Sheridan Community Employment Services

Phone: 905-459-7533 ext. 5307

Active Employment

Phone: 1-844-790-7778

Email: info@activeemployment.ca

Employment Ontario

Phone: 416-326-5656

Email: contactEO@ontario.ca

OAKVILLE

Sheridan Community Employment Services

Phone: 905-845-9430 ext. 8160

AppleOne Employment Services

Phone: 905-339-3333

Email: oakville@appleone.com

Centre for Skills Development & Training

Phone: 905-847-8345

Employment Halton

Phone: 905-825-6000 ext. 2777

Employment Ontario

Phone: 416-326-5656

Email: contactEO@ontario.ca



ADDITIONAL COMMUNITY SERVICES

TORONTO

Alzheimer Society of Toronto

Phone: 416-322-6560

Email: write@alz.to

Central Neighbourhood House

Phone: 416-925-4363

Email: central@cnh.on.ca

Dixon Hall Neighbourhood Services

Phone: 416-863-0499

Family Services Toronto

Phone: 416-595-9618

Haven Toronto

Phone: 416-366-5377

Email: info@haventoronto.ca

Fred Victor

Phone: 416-364-8228

St. Stephen's Community House

Phone: 416-925-2103 ext. 1255

Email: info@sschto.ca

MISSISSAUGA

Lakeshore Community Outreach Centre (The Compass)

Phone: 905-274-9309

Email: info@thecompass.ca

Peel Outreach Services

Phone: 1-877-848-8481 ext. 2

Email: peeloutreachteam@peelregion.ca

St. Mary's Food Bank

Phone: 905-238-9008

Eden's Food for Change

Phone: 905-785-3651

Email: info@edenffc.org

The Dam (Youth Centre)

Phone: 905-826-6558

Associated Youth Services of Peel

Phone: 905-890-5222

Email: general@aysp.ca

Nexus Youth Services

Phone: 905-795-3518

Indus Community Services

Phone: 905-275-2369

Email: info@induscs.ca

Peel Senior Link

Phone: 905-712-4413

Email: info@peelseniorlink.com

Victim Services of Peel

Phone: 905-568-8800

Email: info@vspeel.org



ADDITIONAL COMMUNITY SERVICES

BRAMPTON

Victim Services of Peel

Phone: 905-568-8800

Email: info@vspeel.org

Brampton Caledon Community Living

Phone: 905-454-2191

Associated Youth Services of Peel

Phone: 905-890-5222

Email: general@aysp.ca

Heart Lake Community Food Cupboard

Phone: 905-846-4519

Email: secretary@heartlakeunited.ca

Brampton Meal on Wheels

Phone: 905-453-4140 ext. 3720

Email: bramptonmealswheels@bellnet.ca

Metis Nation of Ontario: Brampton/Metis

Family Well-being Program

Phone: 905-450-4844

Eclipse Youth Drop-In Centre

Phone: 905-790-7707 OR

Phone: 905-866-6900

OAKVILLE

Big Brothers Big Sisters of Halton

Phone: 905-339-2355

Oakville Fairshare Food Bank

Phone: 905-847-3988

Kerr Street Mission

Phone: 905-845-7485

Email: admin@kerrstreet.com

MADD Canada

Phone: 905-829-8805

Email: info@madd.ca

Nottingham Youth Centre

Phone: 905-845-6932

Email: oakvilleyouth@oakville.ca

