



POCKET COMMUNITY ASSOCIATION

NEIGHBOURHOOD SUPPORT RESOURCE LIST

In general, the following resources are useful for personal and third-party issues, so whether your concern is for yourself or someone else, please consider contacting the appropriate organizations.

In preparing this list, the PCA sought to identify key and local neighbourhood supports. In many cases, there are other supports available. Please call 211 Toronto for more information.

*DISCLAIMER: The following resources are provided for general information only. The Pocket Community Association (PCA) assumes no responsibility for the accuracy of the information, but the PCA will verify it at least once per year and update it when a needed revision is brought to its attention.

RESOURCE CATEGORY	ORGANIZATION	DESCRIPTION	ADDRESS	PHONE NUMBER	E-MAIL
EMERGENCY	911	For ambulance, fire, police (24/7)	–	911	–
POLICE (Non-Emergency)	Toronto Police Services	For fraud, theft, vandalism, etc.	–	416-808-2222 (24/7)	torontopolice.on.ca
GENERAL HELPLINE	211 Toronto	Guide to Toronto Social Services: Excellent resource for information about and referrals for wide range of community, health, social and related government services in the Toronto area.	–	211 (24/7)	211toronto.ca
	311 Toronto	City of Toronto Services (non-emergencies): information about flu clinics, dead animal pickup, garbage/recycling pickup, green bins, potholes, public library hours, etc, or to report a problem or make a service request.	–	In Toronto: 311 Outside Toronto: 416-392-CITY (2489) (24/7)	toronto.ca/311
ADDICTION	Oasis Addiction Recovery Society	For alcohol, drugs, and gambling addiction.	921 Danforth Ave	416-461-7739	oasismovement.org
ADULTS with DISABILITIES	Toronto Ingenerational Partnerships	Contact for various services (friendly visits, home maintenance, lawn maintenance, snow removal, etc.)	800 Greenwood Ave, Room A-36	416-531-8447	tigp.org
CHILD ABUSE/ NEGLECT	Children's Aid Society of Toronto	To report suspected or known child abuse or neglect.	–	416-924-4646 (crisis 24/7)	torontocas.ca
	Kids Help Phone	Chat counselling lets you connect one-on-one, real time, with a Kids Help Phone counsellor, on the web or from a smartphone.	–	1-800-668-6868 (24/7)	kidshelpphone.ca
CHILD/YOUTH MENTAL HEALTH	Blake Boulton Youth Outreach Service	For youth ages 12-25 and their families.	41 Blake St	416-465-1410	bbyos.org
	Michael Garron Hospital	Formerly Toronto East General Hospital	825 Coxwell Ave	416-461-8272 (24/7)	tegh.on.ca

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COMMUNITY CARE ACCESS CENTRE (CCAC)	Toronto Central Community Care Access Centre (East Office)	Call for assistance with health care in home/school/community settings.	2494 Danforth Ave	416-506-9888	healthcareathome.ca/torontocentral
CRIME/TRAUMA VICTIMS	Victim Services Toronto	–	–	416-808-7066 (24/7)	victimservicestoronto.com
DISTRESS/CRISIS LINE	Distress Centres	–	–	416-408-4357 (HELP) (24/7)	torontodistresscentre.com
	Assaulted Women's Helpline	Distress/Crisis Line for Abused Women.	–	416-863-0511 (24/7)	awhl.org
	Kids Help Phone	Chat counselling lets you connect one-on-one, real time, with a Kids Help Phone counsellor, on the web or from a smartphone.	–	1-800-668-6868 (24/7)	kidshelpphone.ca
ELECTED REPRESENTATIVE	Federal MP (Toronto-Danforth)	Julie Dabrusin	1180 Danforth Ave	416-405-8914	julie.dabrusin@parl.gc.ca
	Provincial MPP (Toronto-Danforth)	Peter Tabuns	923 Danforth Ave	416-461-0223	tabunsp-co@ndp.on.ca
	City Councillor (Ward 14)	Paula Fletcher	–	416-392-4060	councillor_fletcher@toronto.ca
	School Trustee (English Public)	Jennifer Story	–	416-395-8787	jennifer.story@tdsb.on.ca
FOOD BANK	Daily Bread Food Bank	For information and referrals for food banks throughout city (Monday to Friday).	–	416-203-0050	dailybread.ca
	Eastview Neighbourhood Community Centre	Call for food bank hours.	86 Blake St	416-392-1750	eastviewcentre.com
GOVERNMENT	Federal Services	–	–	1-800-622-6232 (1-800-O-CANADA)	canada.ca
	Provincial Services	–	–	416-212-2665 1-844-286-8404 (toll free)	ontario.ca
IMMIGRANT/REFUGEE	Eastview Neighbourhood Community Centre	Contact for various services (citizenship preparation, counselling, English classes, fitness classes, income tax help, etc.)	86 Blake St	416-392-1750	eastviewcentre.com
	WoodGreen Community Services Danforth Ave Main Office	Contact for various services (counselling, English classes, social activities, etc.)	815 Danforth Ave	416-645-6000	woodgreen.org
LEGAL AID	East Toronto Community Legal Services	Deals primarily w/ tenant issues, immigration, social assistance, Canada Pension Plan, Employment Insurance (EI), human rights, & employment rights for residents who meet financial eligibility requirements	1320 Gerrard St E	416-461-8102	etcls.ca

RESOURCE CATEGORY		ORGANIZATION	DESCRIPTION	ADDRESS	PHONE NUMBER	E-MAIL
MENTAL HEALTH CRISIS/ Mobile Crisis Response Team		Gerstein Crisis Centre	Mental health/addiction crisis; NOT medical treatment/emergency.	–	416-929-5200 (24/7)	gersteincentre.org
SENIOR ADULTS		Senior Crisis Access Line	Call about concerns for seniors' physical or mental health, safety, etc.	–	416-619-5001	
		Eastview Neighbourhood Community Centre	Contact for various services (clubs, day trips, fitness classes, friendly visits, income tax help, etc.)	86 Blake St	416-392-1750	eastviewcentre.com
		Toronto Ingenerational Partnerships	Contact for various services (friendly visits, home/lawn)	800 Greenwood Ave, Room A-36	416-531-8447	tigp.org
		WoodGreen Community Services Danforth Ave Main Office	Contact for various services (counselling, English classes, social activities, etc.)	815 Danforth Ave	416-645-6000	woodgreen.org
SHELTER	Abused Women	Assaulted Women's Hotline	Call for information about shelters throughout the city.	–	416-863-0511	awhl.org
		YWCA Women's Shelter (YWCA Arise)	–	–	416-929-3316 (24/7)	ywcatoronto.org
	Homeless Families & Individuals	Toronto Hostel Services: Central Intake	Call for information about emergency shelter throughout the city (for families & individuals, including youth and assaulted women) 24/7	–	416-338-4766	toronto.ca/housing/index.htm
	Abused/ Homeless/ Runaway Youth	Covenant House	For abused/homeless/runaway youth age 16 to 24.	20 Gerrard St E	416-593-4849 (24/7)	covenanhousetoronto.ca
		Kennedy House Youth Services & Shelter	–	1076 Pape Ave	416-421-7776 (24/7)	kennedyhouse youthshelter.com
SEXUAL ASSAULT/ DOMESTIC VIOLENCE		Scarborough Health Network, Birchmount Campus	Sexual Assault/Domestic Violence Care Centre (any gender).	3030 Birchmount Rd	416-495-2555 (crisis 24/7)	tsh.to
		Women's College Hospital		76 Grenville St	416-323-6040 (24/7)	womenscollegehospital.ca
SUICIDE		Crisis Services Canada: Canada Suicide Prevention Services	Support/prevention for individuals who are having suicidal thoughts/ever attempted suicide, are concerned about someone who may be at risk, or who are coping with suicide loss.	–	1-833-456-4566	crisisservicescanada.ca
WALK-IN MEDICAL CLINIC		Albany Medical Clinic	After-hours care for minor illness/injury; NOT emergencies.	807 Broadview Ave	416-461-9471	albanyclinic.ca
		Children's After-Hours Clinic (Danforth Site)		235 Danforth Ave, Suite 100	416-461-3000	kidsafterhoursclinic.ca