

# 2017-2018 COMMUNITY RESOURCES

*Social Services That May Be Able To Help You*





### ACT TO END VIOLENCE AGAINST WOMEN

Act to End Violence Against Women informs, supports and empowers women and children to live their lives free from violence. Among their many services are Jewish Legal Information and Support (JLIS), Alternative Short Term Emergency Housing (ASTCH) for women and their children who have experienced abuse and educational resources. They advocate to end violence against women.

[www.acttoendvaw.org](http://www.acttoendvaw.org) 905-695-5372  
1-866-333-5952 (toll free)



### BERNARD BETEL CENTRE \*

The Bernard Betel Centre offers more than 120 social and educational programs each week to seniors.

[www.betelcentre.org](http://www.betelcentre.org) (416) 225.2112



### CHAI TIKVAH FOUNDATION \*

The Chai Tikvah Foundation runs Jewish residential homes for adults with mental health problems. The staff help residents cope with stress, develop friendships, learn to cook, manage money, set goals and more.

(416) 634.3050



### CIRCLE OF CARE \*

Circle of Care offers a variety of services. It helps seniors who live in their own homes be more independent; it runs Kosher Meals on Wheels. Staff members speak more than 20 languages including Hebrew, Russian and Yiddish.

[www.circleofcare.com](http://www.circleofcare.com) (416) 635.2860



### CREDIT COUNSELLING SERVICES

The goal of not-for-profit credit counselling services is to equip you with the tools necessary to successfully manage your finances. Whether you need help with debt management, budgeting or general financial education, a certified credit counsellor can help.

[creditcounsellingcanada.ca](http://creditcounsellingcanada.ca)  
1-866-398.5999



### DRESS FOR SUCCESS

Dress for Success is an organization that helps women become financially independent by providing them with professional clothing, support and other tools to help them do well in work and in life. Prior to a job interview, obtain a referral to visit any of the local Dress for Success boutique. Volunteers will help choose an interview outfit and will also provide guidance and support for the upcoming interview. They will also provide support in employment retention and job training.

[toronto.dressforsuccess.org](http://toronto.dressforsuccess.org)  
(416) 901.6022

### FINANCIAL ADVOCACY AND PROBLEM SOLVING PROGRAM (FAPS)

FAPS provides a range of free financial services to low-income community members in north west-area of Toronto. Services include filing tax returns, applying for social assistance benefits and post-secondary education, making a budget on limited income, avoiding scams and financial frauds.

[janefinchcentre.org](http://janefinchcentre.org) (416) 663.2733 x 231



### JACS TORONTO \*

JACS offers support to people in our community, their families and friends, who are dealing with addictions.

[www.jacstoronto.org](http://www.jacstoronto.org) (416) 638.0350



### JEWISH FAMILY & CHILD (JF&CS) \*

Jewish Family & Child offers a wide range of services and programs designed to intervene and assist in dealing with poverty, violence and abuse offered to couples, families, and individuals of every age, social and economic background. Among its many programs are Jewish Hospice, child protection, chaplaincy, financial assistance and more.

[www.jfandcs.com](http://www.jfandcs.com) (416) 638.7800

### JUST A SECOND SHOP \*

Open six days a week, the JF&CS-operated Just-A-Second Shop offers new and gently used clothing and small household items at very reasonable prices. Proceeds from the shop support the many ways JF&CS serves the community, with a special focus on sending children to Jewish day and overnight camps. Clients of our Agency are able to select a certain number of items at no charge.

[www.jfandcs.com/just-a-second-shop](http://www.jfandcs.com/just-a-second-shop)  
(416) 633.9898

**FAMILY RESOURCE CENTRE'S CLOTHING CUPBOARD \***

JF&CS is proud to operate The Clothing Cupboard in the Promenade Mall. It is a space where women, children and teens can find clothing at no cost. Hundreds of families have visited the Cupboard, and the need for a dignified, private way to shop at no cost is ongoing.

(Appointments are required) karin@thefamilyresourcecentre.ca

[www.jfandcs.com/the-clothing-cupboard](http://www.jfandcs.com/the-clothing-cupboard)  
**(905) 882.8509 ext 2**

**KEHILLA RESIDENTIAL PROGRAMME \***

The Kehilla Residential Programme helps people with housing challenges. One service they offer is a Rental Assistance Program to people who qualify.

[www.kehilla.ca](http://www.kehilla.ca) **(416) 932-1212**

**KOSHER FOOD BANK**

There are two kosher depots in Toronto that distribute bags of non-perishable kosher foods to mostly Jewish immigrant families, as well as to those in need from the surrounding community. In order to be eligible for the program, clients need to provide documents showing that they are on government assistance.

**Beth Sholom Synagogue**

1445 Eglinton Ave. West  
Open Wednesday, 9:00-10:00 AM  
[www.bethsholom.net](http://www.bethsholom.net)  
**(416) 783.6103**

**Pride of Israel Synagogue**

59 Lissom Crescent  
Open Wednesday morning at 10:00-11:00 AM  
[www.prideofisraelsynagogue.com](http://www.prideofisraelsynagogue.com)  
**(416) 226.0111**

**LOW-INCOME ENERGY ASSISTANCE PROGRAM (LEAP)**

Low-income customers can get up to \$500 in emergency assistance for their electricity bills (\$600 if your home is heated electrically) and \$500 for their natural gas bills. The assistance is only available if you are behind on your bill – or in arrears – and may face having your service disconnected. You cannot receive more money than you owe on your bill. Therefore, you may not receive the full amount of the grant. Emergency financial assistance is for emergency situations only and is not meant to provide you with ongoing help to pay your bills.

[www.oeb.ca](http://www.oeb.ca) **1-877-632-2727**

**ONTARIO ELECTRICITY SUPPORT PROGRAM (OESP)**

The OESP will reduce the cost of eligible households' electricity by applying a monthly credit directly to your bill. The credit amount will depend on how many people live in the home and combined household income.

[ontarioelectricitysupport.ca/FAQ](http://ontarioelectricitysupport.ca/FAQ)  
**1-855-831-8151**

**JEWISH FREE LOAN TORONTO \***

Jewish Free Loan Toronto provides interest-free loans to individuals who are struggling with financial problems. Loans are available for education, personal and family needs, or to start a new business.

[www.jewishfreeloan.ca](http://www.jewishfreeloan.ca) **(416) 635-1217**

**JIAS (JEWISH IMMIGRANT AID SERVICES) TORONTO \***

JIAS Toronto welcomes and provides information and support to newcomers. Among other things, it helps newcomers meet each other and connect with Canadians, find employment and become more comfortable in their new Toronto homes.

[www.jiastoronto.org](http://www.jiastoronto.org) **(416) 630-6481**

**JRCC FURNITURE DEPOT**

The JRCC Furniture Depot (Thornhill) is a not-for-profit organization, aiming to give free furniture to families and individuals in need. The inventory includes many furniture items, such as tables, chairs, mattresses, desks, sofas, etc. To set up an appointment, clients need to be referred by any of the social services agencies across York Region and Toronto that it collaborates with.

[www.jrccfurnituredepot.org](http://www.jrccfurnituredepot.org)  
**(416) 222.7105 ext. 500**

**JVS TORONTO \***

Through career, employment, training and psychological services, JVS helps people of different backgrounds meet their educational and employment goals. JVS serves youth, women, newcomers, people with disabilities, mature workers, the unemployed and underemployed.

[www.jvstoronto.org](http://www.jvstoronto.org) **(416) 787-1151**

**REENA \***

Reena helps bring Jewish adults with developmental disabilities into our general society through a variety of programs and services.

[www.reena.org](http://www.reena.org) (905) 889-6484

**RENT and UTILITY ASSISTANCE**

York Region residents can get financial assistance for rent, mortgage payments, utilities and other housing costs through two programs.

The Housing Stability Program is for people who are already receiving Ontario Works or Ontario Disability Support Program (ODSP) benefits. An appointment will be made with a Housing Stability Worker to see if you are eligible for the program.

**1-888-256-1112**

**TTY: 905-895-4293 or**

**toll free 1-866-512-6228**

(for the deaf or hard of hearing)

The Homelessness Prevention Program is for people who are not receiving other financial assistance.

For Markham, Richmond Hill or Vaughan, contact Jewish Family and Child Services at

**416-638-7800, Ext. 6234**

For Aurora, East Gwillimbury, Georgina, King, Newmarket, or Whitchurch-Stouffville, contact The Salvation Army at

**905-895-6119 Ext. 1**

**TORONTO RENT BANK**

Toronto Rent Bank provides interest-free repayable loans to low-income households facing eviction due to short-term financial difficulties. They may also help by coming up with a first and last month's rent through their Rental Deposit Loan. Staff will assess a client's long-term housing sustainability. A potential client will need to show that all other means of financial help available has been used up before applying for Rent Bank loan. All loans are to be paid back in full in monthly installments. Repayments go back into the Rent Bank fund to help others.

[www.nipost.org/toronto](http://www.nipost.org/toronto) (416) 924.2543 x 226

**ZAREINU \***

Highly trained and experienced staff provide individualized therapies and special education to children with a wide range of physical and developmental challenges from birth to 18 years in a safe, comfortable and enthusiastic environment rich in Jewish tradition and teachings.

[www.zareinu.org](http://www.zareinu.org) (416) 661-1800



## FREE AND LOW-COST DENTAL SERVICES IN TORONTO

**GEORGE BROWN COLLEGE WAVE DENTAL CLINIC**

Affordable dental services provided such as new dentures, a new filling or examination and cleaning. Students from the School of Dental Health work with faculty to provide dental services to the public. PLEASE NOTE: Dental services are only available during the school year. Services are suspended during school closures and on statutory holidays. 51 Dockside Drive, 3rd Floor, Toronto, M5A 0B6

**Hours:**

**September – April**

Monday-Thursday: 8:00 am – 7:00 pm

Friday: 8:00 am – 3:00 pm

**May – June** Hours vary

[chsclientservices@georgebrown.ca](mailto:chsclientservices@georgebrown.ca)

**416-415-4547**

**UNIVERSITY OF TORONTO**

Address: 101 Elm Street, Toronto, M5G 1G6  
(University and Dundas St. W.)

\* student work supervised by dentists

Hours: Mon-Fri 8:30 am-5:00 pm \*extremely limited service through July and August and long wait list for some programs.

**Service Description:**

Dental care for patients accepted as teaching cases, including denture work

Paediatric Dentistry Surgicentre - dental care for children with special dental needs

**Fees:** Reduced rates visit website for details

**Eligibility - Population(s) Served:** Patients are chosen according to the teaching requirements of the program visit website for details

[www.dentistry.utoronto.ca/patient-clinics](http://www.dentistry.utoronto.ca/patient-clinics)

**TORONTO PUBLIC HEALTH CLINICS**

Free Dental services are offered to children (0-17 years), parents enrolled in selected Toronto Public Health programs and seniors (65 years and older) To be eligible:

- You must live in Toronto
- You cannot have dental insurance
- You are not able to pay for a dentist

• **METROPOLITAN ORAL AND MAXILLOFACIAL SURGERY CENTRE**

[www.metropolitanoms.com/patient.html](http://www.metropolitanoms.com/patient.html)

• **URBAN DENTAL CLINIC IN SCARBOROUGH**

Services: Cleanings, fillings, extractions, root canal treatment, education

Eligibility: Adults under 65 years who are not eligible for ODSP or other social assistance programs and cannot afford private dental services

Cost: Free

Location: 3000 Lawrence Ave. E. Building A, 2nd floor. Toronto

[www.scarboroughcvc.com/programs.html](http://www.scarboroughcvc.com/programs.html)

**416-438-3872**

• **HYGIENE SERVICES ONLY**

**Canadian Business College Dental Hygiene Clinic**

2 Bloor St. West, Upper Cumberland Terrace, Toronto

**416-925-6594**

**Maddison Centre Hygiene**

4950 Yonge St. Unit 15 (Concourse level)

**416-222-0500**

**Oxford College of Arts and Business**

670 Progress Ave., Toronto

**416-439-8668**

**Regency Dental Hygiene Academy**

481 University Ave., Toronto \*Anyone is eligible\*

**416-341-0100**

**Toronto College of Hygiene**

300 Steep Rock Drive

**416-423-3099**

**Dental Clinic Hours:**

**UNISON HEALTH AND COMMUNITY SERVICES**

**Lawrence Heights Site**

12 FLEMINGTON RD  
Toronto, ON M6A 2N4

**416 338-2025**

Monday and Tuesday - 8 am to 4 pm  
Wednesday - 10 am to 6 pm  
Thursday and Friday - 8 am to 4 pm

**Jane Street Hub**

1541 JANE ST Toronto,  
ON M9N 2R3

**416 338-1254**

Monday and Tuesday - 8 am to 4 pm  
Wednesday - 10 am to 6 pm  
Thursday and Friday - 8 am to 4 pm

**Keele-Rogers Site**

1651 KEELE ST Toronto,  
ON M6M 3W2

**416 338-1224**

Monday and Tuesday - 8 am to 4 pm  
Wednesday - 10 am to 6 pm  
Thursday and Friday - 8 am to 4 pm

**Scarborough Civic Centre**

**160 BOROUGH DR**  
Toronto, ON M1P 4N8

**416 338-7442**

Monday and Tuesday - 8 am to 4 pm  
Wednesday - 10 am to 6 pm  
Thursday and Friday - 8 am to 4 pm

**277 VICTORIA ST**

Toronto, ON M5B 1W2  
(at Dundas Street)

**416 392-6680**

Monday and Tuesday - 8 am to 4 pm  
Wednesday - 10 am to 6 pm  
Thursday and Friday - 8 am to 4 pm

**2398 YONGE ST**

Toronto, ON M4P 2H4  
(at Montgomery, 2 blocks  
north of Eglinton)

**416 392-0907**

Monday and Tuesday - 8 am to 4 pm  
Wednesday - 10 am to 6 pm  
Thursday and Friday - 8 am to 4 pm

**95 LAVINIA AVE**

Toronto, ON M6S 3H9  
(near Runnymede and  
Bloor)

**416 392-1777**

Monday and Tuesday - 8 am to 4 pm  
Wednesday - 10 am to 6 pm  
Thursday and Friday - 8 am to 4 pm

**2340 DUNDAS ST W**

Toronto, ON M6P 4A9  
(at Bloor Street West)

**416 392-0988**

Monday and Tuesday - 8 am to 4 pm  
Wednesday - 10 am to 6 pm  
Thursday and Friday - 8 am to 4 pm

**791 QUEEN ST E**

Toronto, ON M4M 1H6  
(at Boulton, one block  
east of Broadview)

**416 392-6683**

Monday and Tuesday - 8 am to 4 pm  
Wednesday - 10 am to 6 pm  
Thursday and Friday - 8 am to 4 pm

## Dental Clinic Hours:

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|--|---|--|---|
| <p><b>340 COLLEGE ST</b><br/>Toronto, ON M5T 3A9<br/>(at Major Street, west of Spadina)<br/><b>416 392-1410</b></p>  | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> | <p><b>Parkdale Community Health Centre</b><br/><b>1229 QUEEN ST W</b><br/>Toronto, ON M6K 1L2<br/><b>416 338-5652</b></p>  | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 2 pm<br/>Thursday and Friday - 8 am to 4 pm</p> |
| <p><b>235 DANFORTH AVE</b><br/>Toronto, ON M4K 1N2<br/>(one block east of Broadview Ave.)<br/><b>416 392-0934</b></p>                                      | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> | <p><b>TAIBU Community Health Centre</b><br/>Unit 1, (Neilson and Tapscott)<br/><b>27 TAPSCOTT RD</b><br/>Toronto, ON M1B 4Y7<br/><b>416 338-5400</b></p>           | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> |
| <p><b>Etobicoke Civic Centre</b><br/><b>399 THE WEST MALL</b><br/>Toronto, ON M9C 2Y2<br/><b>416 338-1486</b></p>  | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> | <p><b>Anishnawbe Health Toronto</b><br/><b>179 GERRARD ST E</b><br/>Toronto, ON M5A 2E5<br/><b>416 338-6984</b></p>  | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> |
| <p><b>North York Clinic</b><br/>Ground Floor<br/><b>5100 YONGE ST</b><br/>Toronto, ON M2N 5V7<br/><b>416 338-8399</b></p>                                  | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> | <p><b>80 BOND ST</b><br/>Toronto, ON M5B 1X2<br/>(east of Yonge south of Dundas)<br/><b>416 338-0905</b></p>   | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> |
| <p><b>L.A.M.P.</b><br/>(north of Lake Shore Blvd. W)<br/><b>185 FIFTH ST</b><br/>Toronto, ON M8V 2Z5<br/><b>416 252-8576</b></p>                           | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> | <p><b>Unison Health and Community Services</b><br/>Bathurst-Finch Hub<br/>2nd Floor<br/><b>540 FINCH AVE W</b><br/>Toronto, ON M2R 1N7<br/><b>416 338-0631</b></p> | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> |
| <p><b>Rexdale Community Health Centre</b><br/>(on Kipling Ave. north of Rexdale)<br/><b>8 TABER Rd</b><br/>Toronto, ON M9W 3A4<br/><b>416 338-1790</b></p> | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> | <p><b>Stonegate Community Health Centre</b><br/>Suite 28<br/><b>150 BERRY RD</b><br/>Toronto, ON M8Y 1W3<br/><b>416 338-1120</b></p>                               | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> |
| <p><b>Fairview Community Health Centre</b><br/>Suite 357<br/><b>5 FAIRVIEW MALL DR</b><br/>Toronto, ON M2J 2Z1<br/><b>416 338-1008</b></p>                 | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> |  |   |
| <p><b>The Hub</b><br/><b>2660 EGLINTON AVE E</b><br/>Toronto, ON M1K 2S3<br/><b>416 338-3764</b></p>   | <p>Monday and Tuesday - 8 am to 4 pm<br/>Wednesday - 10 am to 6 pm<br/>Thursday and Friday - 8 am to 4 pm</p> |  |   |