

Legal Services

Aboriginal Legal Services Of Toronto
www.aboriginallegal.ca (416) 408-3967

Lawyers Referral Service
(416) 947-3330

Legal-Aid- Scarborough
www.legalaid.on.ca (416) 750-7172

Legal Line
www.legaline.ca (416) 929-8400

Scarborough Community Legal Services
(416) 438- 7182

West Scarborough Community Legal Services
www.westscarboroughlegal.ca (416) 285-4460

Victim/Witness Assistance Program
www.attorneygeneral.jus.gov.on.ca (416) 212-1310

Health Services

Tele-Health Ontario (24hrs)
www.health.gov.on.ca 1-866-797-0000

Rouge Valley Health System (Centenary Site)
www.rougevalley.ca (416) 284-8131

Scarborough Grace www.tsh.to
Grace Division (416) 495-2400
General Division (416) 438-2911

Toronto Public Health
www.toronto.ca/health (416) 338-7454

West Hill Community Health Centre
www.westhill-cs.on.ca (416) 284-6439

Dental Treatment Centre (416) 338-7442

Emergency Services

Police, Fire, Ambulance 911

Assaulted Women's Helpline
www.awhl.org (416) 863-0511

Scarborough Distress Centre
www.torontodistresscentre.com (416) 408-4357

Domestic Violence and Sexual Assault Care Centre- Scarborough Grace Hospital
www.sacc.to (416) 495-2555

Dr. Roz's Healing Place
drozshealingplace.com (416) 264-4357

Mobile Crisis Unit (416) 289-2434

Juliette's Place
www.juliettesplace.org (416) 724-1316

Counselling Services

Catholic Family Service of Toronto
www.cfsofto.org (416) 222-0048

Family Services Association
www.fsatoronto.com (416) 595-9618

Scarborough Women's Centre
www.scarboroughwomenscentre.ca (416) 439-7111

Scarborough Women's Centre provides a range of services to women from all walks of life, economic situations, ethno-racial backgrounds, and ages. Many are dealing with violence, poverty, isolation, and other health issues. Women benefit greatly from the connection developed with other women, the assurance that they are not alone and enrichment from the experience of others. We provide:

Information: Telephone information referral, linking women with resources needed.

Education: Courses, workshops, and support groups on topics of concern for women.

Support: Case Management/Counselling and mentoring for women who want to make plans to change their lives.

SCARBOROUGH COMMUNITY SERVICES FOR WOMEN



“Connecting Women
In Scarborough
To Resources”

Compiled by
Scarborough
Women's Centre
August 2008

www.scarboroughwomenscentre.ca

Child and Youth Services

Aisling Discoveries Child and Family Centre www.aislingdiscoveries.on.ca	(416) 321-5464
East Metro Youth Services www.emys.on.ca	(416) 438-3697
Catholic Children's Aid Society www.ccas.toronto.on.ca	(416) 395-1966
Children's Aid Society of Toronto www.casmt.on.ca	(416) 924-4646
Hospital for Sick Children www.sickkids.ca	(416) 813-1500
Jewish Family and Child Services of GTA www.jfandcs.com	(416) 638-7800
Justice for Children and Youth www.jfcy.org	(416) 920-1633
Kids Help Phone www.kidshelpphone.ca	1-800-668-6868
Native Child and Family Services of Toronto www.ncfst.org	(416) 969-8510
BOOST www.boostforkids.org	(416) 515-1100
YWCA Family Support Centre www.ywcatoronto.org	(416) 266-1232

General Services

Community Information Toronto www.211toronto.ca	211
Agincourt Community Services Association	(416) 321-6912
Birchmount Bluffs Neighbourhood Centre www.bbnc.ca	(416) 396-4310
Cliffcrest Community Centre	(416) 267-6293
Malvern Family Resource Centre www.mfrc.org	(416) 281-1376
Scarborough Housing Help Centre www.shhc.org	(416) 285-8070
Warden Woods Community Centre www.wardenwoods.com	(416) 694-1138
Catholic Cross Cultural Centre www.cathcrosscultural.org	(416) 644-0816

Safety planning is critical, whether you (or a friend) are in an abusive situation or are in the process of leaving one. The risk of violence increases directly after women leave their abusive partners. Develop a safety plan; it can save your life and your children's lives.

Safety While Living With An Abuser:

- Remove deadly weapons from your house.
- Talk about the abuse with someone you trust.
- Ask the neighbours to call the police if they hear loud noises or fighting.
- Make sure your children know their phone number and address.
- Teach your child how to use the telephone and when to call for help.
- Identify safe places to go in an emergency.
- Hide clothing, money, keys, and important family documents with a family/friend in case you need to leave quickly.

Safety After You Leave an Abuser:

- Try to be with someone else as much as possible, especially when leaving your house, work, or any place the abuser knows about.
- Change your routine.
- Report to your friends/family about where you are, when you are leaving and returning.
- Buy additional locks and safety devices to secure your window and doors.
- Carry with you at all times a charged cellular phone that is easily accessible.
- Notify the police in your district and give them copies of related police reports and civil protection orders.
- Always be aware of your surroundings and look to make sure the abuser is not around.

Employment Services

ACCESS (Scarborough)

www.acestrain.com

(416) 431-6326

Times Change Women's Employment Service

www.timeschange.org

(416) 927-1900

YMCA Employment and Community Services

www.ymcagta.org

(416) 609-9622

YWCA- L.E.A.P

(Learn, Explore, Assess & Prepare)

www.ywcatoronto.org

(416) 269-0090

Ontario Works/Welfare

(416) 397-1000



Ethno-Specific Services

Chinese Family Life Services of Toronto

www.chinesefamilyso.com

(416) 979-8299

Greek Orthodox Family Services and

Counselling Wife Assault Program

(416) 291-5229

Oasis Centre des Femmes

www.oasisfemmes.org

(416) 591-6565

South Asian Family Support Services

www.safss.com

(416) 431-4847

Tropicana Community Services Organization

www.tropicanacommunity.org

(416) 439-9009

Centre for Information & Community Services

of Ontario Settlement Information Hotline

(416) 292-2832