

## **MISCELLANEOUS**

### **211Toronto**

[www.211toronto.ca](http://www.211toronto.ca)

Information service for GTA residents

### **Housing Help Centre**

(416) 285-8070

2500 Lawrence Avenue East, Unit 205

Referrals, rent loans, settlement help

### **Credit Canada Debt Solutions**

(416) 228-3328

55 Town Centre Court, Suite 630

Money management counselling

### **Access Employment Scarborough**

(416) 431-5326

2100 Ellesmere Road, Suite 250

Job search strategies, assessment

### **YWCA Scarborough Employment**

(416) 264-5788

2425 Eglinton Ave East, Suite 303

Workshops, trainings, mock interviews

### **Ontario Works/Client Services**

Multiple locations

[www.mcss.gov.on.ca](http://www.mcss.gov.on.ca)

Financial and employment assistance

*This brochure lists just some of the resources offered within the Scarborough community. If you are looking for a service that is not in here, you are welcome to contact us by email ([outreach@scarboroughwomenscentre.ca](mailto:outreach@scarboroughwomenscentre.ca)) or telephone (416-439-7111).*

## **SERVICES FOR PRE AND POST NATAL CARE IN SCARBOROUGH**



**(416) 439-7111**

*Scarborough Women's Centre delivers programs and services to promote positive change for women in a safe, inclusive and welcoming environment. The Centre empowers women to become economically and emotionally independent for future success and to strengthen their local communities, free from violence.*

[www.scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca)

## **COUNSELLING SERVICES**

### **Scarborough Women's Centre**

(416) 439-7111

2100 Ellesmere Road, Suite 245

Free individual counselling

### **Scarborough Sexual Health Clinic**

(416) 338-7438

160 Borough Drive

Pregnancy testing and counselling

### **Scarborough Centre for Healthy Communities**

(416) 642-9445

Multiple locations across Scarborough

Counselling & education services

## **LEGAL SERVICES**

### **Scarborough Community Legal Services**

(416) 438-7182

695 Markham Road, Suite 9

Basic telephone advice, appointment

### **West Scarborough Community Legal Services**

(416) 285-4460

2425 Eglinton Avenue, Suite 201

Basic telephone advice, appointment

### **Legal Aid Ontario**

(416) 979-1446

[www.legalaid.on.ca](http://www.legalaid.on.ca)

Legal certificate if financially eligible

### **Family Responsibility Office**

(416) 326-1818; TTY: 1-866-545-0083

Provides assistance in child support.

Please have your 7-digit case # ready.

## **EMERGENCY SERVICES**

### **Assaulted Women's Helpline**

(416) 863-0511

[www.awhl.org](http://www.awhl.org)

Provides health and legal information

### **Sexual Assault and Domestic Violence Care Centre**

(416) 495-2400

3030 Birchmount Road

Crisis intervention, emergency care and evidence collection for sexual assault

### **Toronto Rape Crisis Centre**

Crisis: (416) 597-8808

[trccmwar.ca](http://trccmwar.ca)

24/7 crisis line and counselling

### **Toronto Distress Centre**

(416) 408-4357

[www.torontodistresscentre.com](http://www.torontodistresscentre.com)

24/7 line for social work & mental health

### **Mobile Crisis**

(416) 495-2981

Mental health team will be dispatched for assistance

### **FoodLink**

(416) 392-6655

Referral service for food banks and low-cost food programs

### **Scarborough Centre for Healthy Communities—Food and Clothing Bank**

4100 Lawrence Avenue East

No referral needed; you can arrange a visit up to once a week for food, and once a month for clothing

## **CHILD BIRTH & HEALTH**

**Access Alliance Multicultural Health and Community Services**  
(416) 693-8677  
3079 Danforth Avenue  
Healthy child screenings, walk-in clinic

**Motherisk Information**  
(416) 813-6780  
[www.mothersrisk.org](http://www.mothersrisk.org)  
Health information during pregnancy

**Rouge Valley Health System**  
(416) 284-8131  
2867 Ellesmere Road  
24h Treatment of injuries and illnesses

**Diversity Midwives**  
(416) 609-8187  
Birth help by professional midwives

**Women's College Hospital**  
(416) 323-6230  
76 Grenville Street, 7th floor  
Post-partum depression treatment

**Breastfeeding Clinic—Scarborough Hospital, Birchmount Campus**  
(416) 495-2843  
3030 Birchmount Road  
Breastfeeding help from lactation consultants and nurses for new mothers

**Dental Treatment Clinic**  
(416) 338-7442  
160 Borough Drive  
Free or low-cost dental care

## **DAYCARE & NURSERY SERVICES**

**City of Toronto Child Care Website**  
<http://bit.ly/22CcrBm>  
Visit the website to find licensed child care centres in your neighbourhood

**Boys & Girls Club of East Scarborough, Ontario Early Years**  
(416) 282-7284  
4218 Lawrence Avenue East, Unit 15  
Cares children from birth to 6 years

**Warden Woods Community Centre**  
(416) 392-5078  
76 Firvalley Court  
Licensed child care for 0~30 months

**YWCA Family Support Centre**  
(416) 266-1232  
3090 Kingston Road, Suite 101  
Teen mother programs, childcare, parenting

## **EDUCATION & WORKSHOPS**

**Aisling Discoveries Child and Family Centre**  
(416) 321-5464  
325 Milner Avenue, Suite 110  
Parent coaching, prenatal programs

**Living and Learning with Baby—Toronto Public Health Unit**  
(416) 338-7600  
5 week group workshop for parents with children 6 weeks to 6 months old

## **EMERGENCY HOUSING**

**Central Family Shelter Intake Line**  
(416) 397-5637  
Call for arrangement of housing across different locations within the GTA

**Dr Roz's Healing Place**  
(416) 264-4357  
[www.drrozshealingplace.com](http://www.drrozshealingplace.com)  
Abused women and their children

**Julliette's Place**  
(416) 724-1316  
[www.juliettesplace.org](http://www.juliettesplace.org)  
Accessible, service in 96 languages

**YWCA Women's Shelter**  
(416) 693-7342  
[www.ywcatoronto.org](http://www.ywcatoronto.org)  
For women and youths fleeing abuse

**Rosalie Hall**  
(416) 438-6880  
3020 Lawrence Avenue East  
Shelter specially for mother and child

**Homelessness Intervention**  
(416) 847-4143  
4100 Lawrence Avenue East  
Assistance of homeless families or individuals who are facing eviction



## **SAFETY PLANNING WHILE PREGNANT**

*Pregnancy heightens the risk of abuse, as the woman is more physically and emotionally vulnerable than when she was not pregnant. Abuse often occurs for the first time when a woman is pregnant. Domestic abuse during pregnancy increases the risks of miscarriage and birth defects.*

### **Safety While Living With an Abuser:**

- Discuss your situation with your health care providers.
- Try to stay on the first floor of your home, as stairs can be dangerous.
- Get into a fetal position around your stomach if you are being attacked.
- Ask the neighbours to call the police if they hear loud noises or fighting.
- Identify safe places to go in an emergency. Plan ahead.
- Hide clothing, money, keys, health information, and important documents with a family/friend.

### **Safety After You Leave an Abuser:**

- Try not to be alone, especially when leaving your house, work, or any place the abuser knows about.
- Change your daily routine.
- Have the contact information of your prenatal health care providers readily accessible.
- Report to your friends/family about where you are, when you are leaving and returning.
- Carry a charged cell phone at all times.
- Request or notify the police of any civil protection orders, such as peace bonds or restraining orders.
- Always be aware of your surroundings.