

SETTLEMENT ASSISTANCE

Citizenship & Immigration Canada
1-888-242-2100
200 Town Centre Court
In-help person by appointment only.

Newcomer Women's Services
(416) 469-0196
745 Danforth Avenue, Unit 401
Settlement resources, classes

Centre for Immigrant & Community Services
(416) 292-7510
Multiple locations across Scarborough
Recreation, language, job search

Settlement.Org
www.settlement.org
Orientation to Ontario, community resources, and useful information

ACCES 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

Agincourt Community Services
(416) 292-6912 ext. 3
1911 Kennedy Road, Unit 105
Assistance in application forms, Citizenship Test preparation

SERVICES FOR NEWCOMER WOMEN 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

COUNSELLING SERVICES

Scarborough Women's Centre
(416) 439-7111
2100 Ellesmere Road, Suite 245
Free individual counselling

Scarborough Centre for Healthy Communities
(416) 642-9445
Multiple locations across Scarborough
Counselling & mental health workshops

Settlement Assistance & Family Support Services
(416) 431-4847 ext. 227 or 245
1200 Markham Road, Suite 214
Counselling for violence against women

Family Services Toronto
(416) 586-9777
1527 Victoria Park Avenue
Offers counselling in multiple languages

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

EMERGENCY SERVICES

Assaulted Women's Helpline
(416) 863-0511
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
(416) 597-8808
trccmwar.ca
24/7 crisis line and counselling

Toronto Distress Centre
(416) 408-4357
www.torontodistresscentre.com
24/7 line for social work & mental health

Mobile Crisis
(416) 495-2891
Mental health team will visit 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

HEALTH SERVICES & CLINICS

Ontario Health Insurance Plan (OHIP)

1-866-532-3161

www.health.gov.on.ca/

Information about public health plan

Scarborough Hospital

(416) 438-2911 (General Campus)

3050 Lawrence Avenue East

(416) 495-2400 (Birchmount Campus)

3030 Birchmount Road

Access Point on Danforth

(416) 693-8677

3079 Danforth Avenue

Walk-in clinic, nutrition, screenings

Refugee Health Line

1-866-286-4770

Call for services available for refugees

Rouge Valley Health System

(416) 284-8131

2867 Ellesmere Road

24h Treatment of injuries and illnesses

SENIOR WOMEN

St. Paul's L'Amoreaux Seniors' Centre

(416) 493-3333

3333 Finch Avenue East

Multicultural recreational programs

Elder Abuse Ontario

(416) 916-6728; 1-866-299-1011

Help available in 150 languages

LANGUAGES & CULTURE

Access Alliance Language Services

(416) 324-2731 ext. 0

languages@accessalliance.ca

Interpretation, translation, and more

Canadian Language Benchmarks

clb-osa.ca

Online English self-assessment tool

Catholic Cross-cultural Services

www.cathcrosscultural.org

Multiple locations across Scarborough

Free English classes, libraries, services

offered in 34 languages

CHILDREN, YOUTH, & FAMILY

East Metro Youth Services

(416) 438-3697

1200 Markham Road, Suite 313

Newcomer youth program, networking

City of Toronto Child Care Website

<http://bit.ly/22CcrBm>

Visit the website to find licensed child care centres in your neighbourhood

YWCA Family Support Centre

(416) 266-1232

3090 Kingston Road, Suite 101

Workshops on childcare and parenting

Malvern Family Resource Centre

(416) 284-4184

90 Littles Road

Family-oriented programs for new immigrants

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

Abused women and their children

Julliette's Place

(416) 724-1316

www.juliettesplace.org

Accessible, service in 96 languages

YWCA Women's Shelter

(416) 693-7342

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



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www.manoftaste.de

SAFETY PLANNING FOR NEWCOMERS

Newcomer women can face unique barriers in domestic violence. Often the abuser gains power and control through threats of isolation from the community, deportation, and loss of sponsorship or child custody.

Safety While Living With an Abuser:

- Remember that domestic abuse is a crime in Canada.
- Find out about your rights by contacting community legal clinics. Your situation may differ depending on whether you are a permanent resident, refugee, or a non-status woman.
- Talk about the abuse with someone you trust.
- Ask the neighbours to call the police if they hear loud noises or fighting.
- Rehearse your safety plan with your children.
- Identify safe places to go in an emergency. Plan ahead.
- Hide clothing, money, keys, and important documents with a trusted 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 routine.
- Remain in contact with only the friends/family members you trust.
- Carry a cellular phone at all times.
- Collect and keep any evidence that could be used for your Humanitarian and Compassionate grounds application.
- Always be aware of your surroundings.