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List of community resources  
especially for senior women in  
Scarborough

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Compiled by  
SCARBOROUGH  
WOMEN'S CENTRE

June 2018

We provide information, education, and  
support to women of all ages to promote  
long lasting empowerment.

416-439-7111  
[www.scarboroughwomenscentre.ca](http://www.scarboroughwomenscentre.ca)  
2100 Ellesmere Rd, Suite #245  
(Ellesmere & Markham Rd)



## NEWCOMER SERVICES

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### **Polycultural Immigrant and Community Services**

Midland & McNicoll | 416-439-1293

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

Serves all of Scarborough  
Settlement counselling, English classes,  
recreational workshops

### **Agincourt Community Services**

**Association**, Dorset Park Community Hub  
Weekly Newcomer Seniors' Cafe  
Ellesmere & Kennedy | 416-292-6912 ext. 3  
Serves all of Scarborough

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

## HEALTH SERVICES

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### **Providence Healthcare**

416-285-3666 | [providence.on.ca](http://providence.on.ca)

Serves all of Toronto

### **Central East Local Health Integration Network**

310-2222

Information & referral for healthcare support

### **Canadian Mental Health Association**

Markham & Ellesmere | 416-789-7957

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

Serves all of Toronto

Community support services, educational  
workshops

## COMMUNITY SUPPORT SERVICES

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Transportation, housing, homecare support,  
day programs, health services, counselling,  
and more

### **Carefirst Seniors & Community Services Association**

Midland & McNicoll | 416-502-2323

Serves Central East Scarborough

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

+ Abuse helpline

+ Chronic disease management

### **Family Service Toronto**

Victoria Park & Eglinton | 416-595-9618

Serves anywhere west of Victoria Park

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

+ Counselling for abused women

### **Scarborough Centre for Healthy Communities** (Various locations)

416-642-9445 | [www.schcontario.ca](http://www.schcontario.ca)

Serves all of Scarborough

+ Meals on Wheels

### **Senior Persons Living Connected**

Warden & Finch | 416-493-3333

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

Serves all of Scarborough

+ Meals on Wheels

+ Health & Wellness Clinics

### **TransCare Community Support Services**

McNicoll & Pharmacy | 416-750-9885

Serves all of Scarborough

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

+ Meals on Wheels

### **Warden Woods Community Centre** (Various locations)

Serves Southwest Scarborough

416-694-1138 | [www.wardenwoods.com](http://www.wardenwoods.com)

+ Meals on Wheels

+ Crisis intervention assistance

## SAFETY PLANNING

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Abuse is a violation of one's human rights, and can happen at any age. Abuse can be physical, emotional, verbal, financial, sexual and spiritual. Neglect is also a form of abuse, such as not providing for an older person with food, shelter, medication or care.

Abusers can be anyone; including a spouse, children, grandchildren, friends, neighbours, care providers, landlords, staff or any individual in a position of power, trust, or authority. Here are some ways to try and keep yourself as safe as you can:

- Tell someone you trust.
- Ask for help, be specific in what you need
- Call 911 if someone is harming you

Keep important personal documents together and easily accessible for your use:

- Phone numbers (doctor's office, pharmacy, etc.)
- Emergency money
- Extra clothing
- List of prescriptions and 3 days worth of medications
- Glasses, hearing aids, and other assistive devices
- A safe place to go in the event of an emergency (in or outside the house )

Copies of relevant documents such as:

- Identification, passport, health card, SIN, marriage certificate
- Insurance papers
- Lease, mortgage, bank accounts
- Immigration papers

Government of Ontario Ministry of Senior Affairs. *Safety Planning for Older Persons*. Retrieved from the Government of Ontario website: [www.ontario.ca/page/information-about-elder-abuse](http://www.ontario.ca/page/information-about-elder-abuse)

**Senior Safety Line:** 1 866 299 1011  
24/7, 150+ languages



## EDUCATION & SOCIAL NETWORKING

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### Toronto Public Libraries

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

Kennedy/Eglinton Library | 416-396-8924

Cedarbrae Library | 416-396-8850

Scarborough Civic Centre | 416-396-3599

### Community Centres

Scarborough Village Recreation Centre  
416-396-4048

Birkdale Community Centre | 416-396-4069

Centennial Recreation Centre | 416-396-405

## LEGAL SERVICES

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### Scarborough Service Canada Centre

1 800-622-6232

Information about pension plans and other federal programs

### Legal Aid Ontario

1-800-668-8258 | [www.legalaid.on.ca](http://www.legalaid.on.ca)

Free general legal information for low income Ontarians

### Advocacy Centre for the Elderly

Downtown Toronto | 416-598-2656

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

Direct legal services for low-income seniors

### Canada Anti Fraud Centre

1-888-495-8501

[www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

Information on fraud detection, report fraud

## INFORMATION RESOURCE WEBSITES

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### Ontario Community Support Association

[www.caredove.com/ocsa](http://www.caredove.com/ocsa)

Specific resources for seniors, such as Meals on Wheels, help around the house, daytime activities, health services, and more

### Central East Health Line

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

Wide range of health topics and services in the Scarborough area

### 211 Ontario

211 | [www.211ontario.ca](http://www.211ontario.ca)

A variety of services and programs filtered by area

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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.

All of our services are free. While referrals are welcome, participation is voluntary.

You are not alone. We are here to help. Learn the tools and tips you need to move forward in your life!

