

Welcome Policy

The City of Toronto provides a free subsidy to help individuals and families with low-income to join recreation programs.

- Call the Welcome Policy application line at 416-338-8888 (TTY: 416-338-3195) and an application form will be mailed to you.
- Pick one up at any City of Toronto recreation centre.
- Download one at <https://www.toronto.ca/community-people/employment-social-support/child-family-support/subsidy-for-recreation-programs/>



MISSION

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.

Scarborough Women's Centre has developed this brochure for women with children who are interested in their child being part of extra-curricular activities or looking for mental health programs. Many of these agencies provide services for the child and their families.

CONTACT

2100 Ellesmere Road
Suite 245

Scarborough, Ontario, M1H 3B7

Call: 416-439-7111

Email: ed@scarboroughwomenscentre.ca

Hours: Mon.-Thurs. 9-5pm & Fri. 9-4pm



Children's Supports in Toronto East

Compiled by
**SCARBOROUGH WOMEN'S
CENTRE**

August 2018

Services

Boys & Girls Club of East Scarborough

Children and Youth to 24, Adults

- Social, Educational and Recreational Programs
- Parenting Workshops

100 Galloway Road, Scarborough,
Telephone: 416-281-0262

Child Development Institute

Children 0-12 and Youth 13-18, and Families.

- Mental Health Services, Counselling, Child Care Services

197 Euclid Ave., Toronto
Telephone: 416-603-1827

Aisling Discoveries Child and Family Centre

Children to 12, and Families

- Treatment Services, Student Support Services, Individual and Family Counselling

325 Milner Avenue, Suite 110,
Scarborough
Telephone: 416-321-5464

Services

Agincourt Community Services Association

Children, and Families

- After-School Programs, Play Programs with Parents,
- Parenting Support

4139 Sheppard Ave East, Toronto
Telephone: 416-299-9872

Malvern Family Resource Centre

Children and Youth to 24

- After-School Programs, Leadership and Self-Confidence Programs

90 Littles Road, Scarborough
Telephone: 416-284-4184

East Metro Youth Services

Youth 12-18, and Families

- Individual and Family Counselling, Youth Outreach Program, After-School Program, Drop-In Activities

1200 Markham Rd Suite 200, Toronto
Telephone: 416-438-3697

Safety Planning

A safety plan is important to have whether you are in a difficult situation or planning on leaving one. It is key that your children are aware of the safety plan if you suspect they could be in harm as well.

- Identify safe places to go in an emergency. Plan ahead.
- Hide clothing, money, keys, medication, and important documents with a trusted family/friend
- Try not to be alone, especially when leaving your house, work, or any place the victimizer knows about.
- Remain in contact with only the friends/family members you trust.
- Carry a mobile phone at all times.
- Always be aware of your surroundings.
- Ask the neighbours to call the police if they hear loud noises or fighting.
- Rehearse your safety plan with your children.

If you suspect that your children might be in harm's way, you need to talk to your nearest children's aid society (CAS) if any of your children are under the age of 18 years.