SERVICES FOR NEWCOMER WOMEN IN SCARBOROUGH

**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

**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 Aid Ontario**
(416) 979-1446
www.legalaid.on.ca

**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

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

Last Updated on August 2016
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:

1. Remember that domestic abuse is a crime in Canada.
2. 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.
3. Talk about the abuse with someone you trust.
4. Ask the neighbours to call the police if they hear loud noises or fighting.
5. Rehearse your safety plan with your children.
6. Identify safe places to go in an emergency. Plan ahead.
7. Hide clothing, money, keys, and important documents with a trusted family/friend.

Safety After You Leave an Abuser:

1. Try not to be alone, especially when leaving your house, work, or any place the abuser knows about.
2. Change your routine.
3. Remain in contact with only the friends/family members you trust.
4. Carry a cellular phone at all times.
5. Collect and keep any evidence that could be used for your Humanitarian and Compassionate grounds application.
6. Always be aware of your surroundings.