

Newcomer Services

Catholic Cross Cultural Services
Multiple Scarborough Locations
<http://www.cathcrosscultural.org/>

Canadian Centre for Victims of Torture
416-750-3045 (Scarborough)
www.ccvvt.org

Newcomer Services for Youth (Malvern)
416-396-4631
www.tdsb.on.ca



Recreational /After school Programs

Boys and Girls Club of East Scarborough
416-281-0262
<http://www.esbgc.org/>

Malvern Family Resource Centre
416-281-1376
<http://www.mfrc.org>

Scarborough Community Services for Young Women



Scarborough Women's Centre has expanded its services to meet the needs of young women ages 15-19 years old. We help better prepare young women for their future, as they become aware of the issues they face and to help them make positive choices in their lives.



Scarborough Women's Centre
2100 Ellesmere Road, Suite 245
Scarborough, Ontario M1H 3B7
(T) 416-439-7111 (F) 416-439-6999
www.scarboroughwomenscentre.ca

Counselling Services

East Metro Youth Services What's up Walk-in
416-438-3697
www.emys.on.ca

Youth Link
416-967-1773
www.youthlink.ca

Chinese Family Services of Ontario
416-979-8299
www.chinesefamilyso.com

Native Child and Family Services of Toronto
416-969-8510
www.nativechild.org

Addictions and Mental Health

Canadian Mental Health Association
416-289-6285 (Scarborough)
www.toronto.cmha.ca

Central Toronto Youth Services
416-924-2100
www.ctys.org

East Metro Youth Services
416-438-3697
www.emys.on.ca

LGBTQ Services

Youth Line
1-800-268-9688
www.youthline.ca

The 519 Church Street Community Centre
416-392-6874
www.the519.org

Young Women with Disabilities

Nellie's Shelter
Office: 416-461-8903 | Crisis: 416-461-1084
www.nellies.org

Dr.Roz's Healing Place
Office: 416-264-0823 | Crisis: 416-264-435
drrozshealingplace.com

Shelter and Housing

Covenant House
416- 598-4898 | Toll Free: 1-800-435-7308
www.covenanthouse.ca

Eva's Place
416-441-1414
www.evasinitiatives.com

Scarborough Housing Help Centre
416-285-8070
www.shhc.org

Second Base (Scarborough) Youth Shelter
416.261-2733 (103)
www.secondbase.ca

Emergency Services

Police, Fire, Ambulance
911

Assaulted Women's Helpline
416-863-0511
www.awhl.org

**Domestic Violence and
Sexual Assault Care Centre**
416-495-2555
www.sacc.to

Eva's Place Crisis Phone
416-441-4060
www.evasinitiatives.com

Food Share
416-363-6441
www.foodshare.net

Kid's Help Phone
1-800-668-6868
www.kidshelpphone.ca

Mobile Crisis Centre
416-495-2891

Toronto Distress Centre
416-408-4357
www.torontodistresscentre.com

211 Toronto
211
211toronto.ca

Employment Services

Acces (Scarborough)
416-431-5326
www.accestrain.com

AYCE Employment Services
416-491-700
www.ayce.on.ca

Birchmount Bluffs Neighbourhood Centre
416-396-4310
www.bbnc.ca

**Centre for Information and
Community Services**
416-292-7510
www.cicscanada.com

Operation Springboard (Youth at Work)
416-615-0788
www.operationspringboard.on.ca

Tropicana Community Service
416-439-9009
www.tropicanacommunity.org



Safety Planning

Safety planning is critical, whether you are in an abusive situation or are in the process of leaving one. If you are dealing with an unsafe family member, tell somebody you trust such as a friend, teacher or family member.

Safety at School/ Work:

- If alone, let your friends know where you will be going
- Have a friend walk you to class and accompany you at lunch time or have someone meet you at the end of your shift.
- Arrange transportation before going out.

Safety at Home:

- Tell your parents or other safe family members about what is happening.
- Make sure doors and windows are locked.
- Know where the exit area is in every room.
- Have a list of emergency phone numbers on hand, such as 911.
- Have a code word with friends and family so that if you need to call them, they will know if you are in trouble.

Safety When Ending an Abusive Relationship:

- Break up with your partner in a public place, and tell someone that you plan to end the relationship.
- Let other people know where you will be when you do so.
- Talk to a friend or counsellor for debriefing after you end the relationship

Safety After You End an Abusive Relationship

- Try to be with someone else as much as possible, especially when leaving school, home, or any place the abuser knows about.
- Change your routine.
- Always be aware of your surroundings and look to make sure the abuser is not around.

- Report to your friends/family about where you are, when you are leaving and returning.
- Notify the police in your district and give them copies of related police reports and civil protection orders.

Safety at Social Gatherings

- Never walk away with strangers.
- Tell people you trust where you are going.
- Never get in a car with someone who has been drinking or doing drugs.
- Carry money or a cell phone in case you need to make an emergency phone call. Don't forget to keep emergency numbers and the phone number of a taxi service in your wallet bag, or program them into your cell phone.
- Keep a phone charger with you in case your phone runs out of battery.
- Stick with another person or a group of your friends.
- Be aware that drugs used for sexual assault are often slipped into drinks. Always be responsible for getting and watching your own drinks.
- Don't share personal information with strangers.
- Have a code word with friends so that they will know if you are in trouble.

Safety Online

- Do not say or do anything online that you would not do in person
- Ensure you have online profiles on highest privacy settings
- Save and keep track of any hurtful, dangerous or harassing posts or pictures involving yourself
- Do not share passwords to online accounts, except to a guardian, if safe
- Do not share location on posts to social media websites
- Change passwords to online accounts if someone has access to your accounts that should not