

Call ahead during pandemic, some services may not be available

CHILD BIRTH & HEALTH

Access Alliance Multicultural Health and Community Services

(416) 693-8677

Major intersection: Danforth Ave and Victoria Park Ave

3079 Danforth Avenue

Healthy child screenings, walk-in clinic

<https://accessalliance.ca>

Scarborough Health Network - Centenary hospital

<https://www.shn.ca>

(416) 284-8131

Major intersection: Ellesmere Rd and Morningside Ave

2867 Ellesmere Rd, Scarborough, ON M1E 4B9

Breastfeeding support, 24h Treatment of injuries and illnesses

Diversity Midwives

(416) 609-8187

<https://www.diversitymidwives.com>

Birth help by professional midwives.

Women's College Hospital

<https://www.womenscollegehospital.ca>

(416) 323-6230

Major intersection: College St and Bay St

76 Grenville Street, 7th floor

Reproductive life-stages program, Postpartum depression treatment

Healthy Babies Healthy Children (HBHC)

Free home-visiting program that supports you and your family with a new baby

416-338-7600

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/pregnancy-during-pregnancy/prenatal-programs/healthy-babies-healthy-children/>

DAYCARE & NURSERY SERVICES

City of Toronto Child Care

<https://www.toronto.ca/community-people/children-parenting/children-programs-activities/licensed-child-care/>

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

Boys & Girls Club of East Scarborough, Ontario Early Years

(416) 282-7284

Major intersection: Lawrence Ave and Morningside Ave

4218 Lawrence Avenue East, Unit 15

programs and services for families and caregivers with children birth to 6 years of age

<https://esbgc.net/early-years-services/>

West Scarborough Neighbourhood Community Centre

416-491-1466

Major intersection: Warden Ave and Finch Ave

2900 Warden Ave, 347 A Toronto, ON, M1W 2S8

Bridlewood EarlyON Child and Family Centre

caregiver and child drop-in , parent support groups

<https://www.wsncc.org>

SERVICES FOR PRE AND POST NATAL CARE IN SCARBOROUGH



(416) 439-7111

Scarborough Women's Centre empowers women to become economically and emotionally independent for future success and to strengthen their local communities, free from violence. The Centre delivers programs and services to promote positive change for women in a safe, inclusive and welcoming environment.

www.scarboroughwomenscentre.ca

EDUCATION & WORKSHOPS

YWCA Family Support Centre

(416) 269-0090

Major intersection: McCowan Rd and Kingston Rd

3090 Kingston Road, Suite 101

Teen mother programs, parenting programs

<https://www.ywcatoronto.org>

Agincourt Community Services Association- Child and Family Centre

416-299-9872

Parent, caregiver and child programs

Major intersection: McCowan Rd and Kingston Rd

4139 Sheppard Ave E Toronto, ONM1S 1T1

<https://www.agincourtcommunityservices.com/child-family-centre>

Toronto Public Health - Welcome to Parenting Class

Virtual Postnatal Class: Birth to 6 Months

Info about bringing baby home, breastfeeding, nutrition etc

<https://toronto.welcometoparenting.com>

Strides Toronto

(416) 321-5464

Major intersection: Markham Rd and Ellesmere Rd

1200 Markham Road, Suite 200, Scarborough, Ontario M1H 3C3

Parent coaching, prenatal programs

<https://stridestoronto.ca>

Life With A Baby

offers programs and events to cover all stages of parenthood

<https://www.lifewithababy.com>

Rosalie Hall

(416) 438-6880

Major intersection: Lawrence Ave and McCowan Rd

3020 Lawrence Avenue East

Shelter specially for mother and child, Pre-natal group (24 and younger)

COUNSELLING SERVICES

Scarborough Women's Centre (online during pandemic)

(416) 439-7111

Major Intersection: Markham Rd and Ellesmere Rd 2100 Ellesmere Road, Suite 245

Free individual counselling

<http://www.scarboroughwomenscentre.ca>

Scarborough Centre for Healthy Communities

(416) 642-9445

Multiple locations across Scarborough, health care services, support services, and community programs

<https://www.schcontario.ca>

Updated December 2020 (During Pandemic)

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

Major intersection: Birchmount Rd Finch Ave E

3030 Birchmount Road Crisis intervention, emergency care and evidence collection for sexual assault

<http://www.sacc.to>

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

Scarborough Hospital Regional Mobile Crisis Team

(416) 495-2981

Mental health team will be dispatched for assistance

FoodShare Toronto

(416) 392-6441

Referral service for food banks and low- cost food programs

LEGAL SERVICES

Scarborough Community Legal Services

(416) 438-7182695

Markham Road, Suite 9

Major intersection: Markham Rd and Lawrence Ave

Basic telephone advice, appointment

<https://www.scarboroughcommunitylegal.ca>

West Scarborough Community Legal Services

(416) 285-4460

Major intersection: Kennedy Rd and Eglinton Rd 2425

Eglinton Avenue, Suite 201

Basic telephone advice, appointments

<https://www.westscarboroughlegal.ca/contact-us/>

Legal Aid Ontario

(416) 979-1446

www.legalaid.on.ca

Legal certificate if financially eligible

Family Responsibility Office

(416) 326-1818; TTY: 1-866-545-0083

Major intersection: Keele St and Wilson Ave

125 Sir William Hearst Ave, Toronto, ON M3M 0B5 Provides assistance in child support. Please have 7-digit case # ready

<https://www.ontario.ca/page/paying-and-receiving-child-and-spousal-support>

GENERAL SERVICES

211Toronto

www.211toronto.ca

Information service for GTA

Housing Help Centre

(416) 285-8070

Major intersection: Lawrence Ave and Midland Ave

2500 Lawrence Avenue East, Unit 205

Referrals, rent loans, settlement help

<http://www.shhc.ca>

Credit Canada Debt Solutions

(647) 427 8478

Major intersection: McCowan Rd and Ellesmere Rd 55 Town Centre

Court, Suite 630

Money management Counselling

<https://www.creditcanada.com>

Access Employment Scarborough

(416) 431-5326

Major intersection: Markham Rd and Ellesmere Rd

2100 Ellesmere Road, Suite 250

Job search strategies, job assessment

<https://accesemployment.ca>

YWCA Scarborough Employment

(416) 264-5788

Major Intersection: Kennedy Rd and Eglinton Rd

2425 Eglinton Ave East, Suite 303

Workshops, trainings, mock interviews

<https://www.ywcautoronto.org>

Ontario Works/Client Services

Multiple locations

www.mcass.gov.on.ca

Financial and employment assistance

Scarborough Sexual Health Clinic (closed during pandemic)

(416) 338-7438

Major intersection: Brimley Rd and Ellesmere Rd

160 Borough Drive

Pregnancy testing and counselling

<https://www.toronto.ca/community-people/health-wellness-care/health-clinics/sexual-health-clinics/>

Crossways Clinic (open during pandemic, Appointment only)

Major intersection: Dundas St and Bloor St

2340 Dundas St. W., Toronto, ON M6P 4A9

416-392-0999

EMERGENCY HOUSING

Dr Roz's Healing Place

(416) 264-4357

Major Intersection: Brimley Rd and St Clair Ave E

21 Brimley Rd, Scarborough, ON M1M 3H3

www.drrozsheltingplace.com

Abused women and their children

Central Family Shelter Intake Line

(416) 397-5637

Call for arrangement of housing across different locations within the GTA

Julliette's Place

(416) 724-1316

Major Intersection: Mc Levin Ave and Neilson Rd 31 Tapscott Rd, Scarborough, ON M1B 5P9

www.juliettesplace.org

Accessible, service in 96 languages

YWCA Women's Shelter

(416) 693-7342

www.ywcautoronto.org

For women and youth fleeing abuse

Rosalie Hall

(416) 438-6880

Major intersection: Lawrence Ave and McCowan Rd

3020 Lawrence Avenue East

Shelter specially for mother and child, Pre-natal group (24 and younger)

SAFETY PLANNING WHILE PREGNANT

Pregnancy heightens the risk of abuse, as the woman is more physically and emotionally vulnerable than when she was not pregnant. Abuse often occurs for the first time when a woman is pregnant. Domestic abuse during pregnancy increases the risks of miscarriage and birth defects.

Safety While Living With an Abuser:

- Discuss your situation with your health care providers.
- Try to stay on the first floor of your home, as stairs can be dangerous.
- Get into a fetal position around your stomach if you are being attacked.
- Ask the neighbours to call the police if they hear loud noises or fighting.
- Identify safe places to go in an emergency. Plan ahead.
- Hide clothing, money, keys, health information, and important documents with a 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 daily routine.
- Have the contact information of your prenatal health care providers readily accessible.
- Report to your friends/family about where you are, when you are leaving and returning.
- Carry a charged cell phone at all times.
- Request or notify the police of any civil protection orders, such as peace bonds or restraining orders. Always be aware of your surroundings.

This brochure lists just some of the resources offered within the Scarborough community. If you are looking for a service that is not in here, you are welcome to contact us by email (outreach@scarboroughwomenscentre.ca) or telephone (416-439-7111).