



Resources for Survivors

DANDELIONS GROW THROUGH CONCRETE, AGAINST ALL ODDS, AND SO WILL WE.

This curated guide offers diverse supports, resources, and services for survivors of gender-based and sexual violence.

This is a living document that we will be updating and maintaining with community input.



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Tip!

Resources are listed multiple times under multiple headers.
Ex. Trans Lifeline can be found under "Crisis and Help Lines" and "2SLGBTQ+ Supports"



Crisis and Help Lines



IF A SURVIVOR/VICTIM IS IN IMMEDIATE DANGER
THEY SHOULD CALL 911.

GREATER TORONTO AREA

- Catholic Children's Aid Society of Toronto

<https://torontoccas.ca>

416-395-1500 / 24/7 line for concern about a child or youth may be being abused or neglected.

- Scarborough Health Network Community Crisis Program

<https://www.shn.ca/mental-health/crisis-support/>

416 495-2891 / Serving the Scarborough and East York communities, the Community Crisis Program is for individuals 16 years or older.

- Distress Line

<https://www.torontodistresscentre.com>

416-408-4357 / Call 24/7 or text 45645 between 4 pm and 12 midnight.

- Durham Crisis and Mental Health Line

<https://dmhs.ca/cause/crisis-response/>

905 666-0483 /

- Durham Rape Crisis Centre (DRCC)
<https://drcc.ca/>
905 668-9200 /
- Gerstein Crisis Services
<http://gersteincentre.org/our-crisis-services/>
416-929-5200 / Crisis intervention with options for Mobile Crisis Team Support in Central South Toronto.
- Halton Crisis Outreach and Support Team (COAST)
<https://www.haltonpolice.ca/services/coast/index.php>
1-877 825-9011 /
- Halton Women's Place
<https://haltonwomensplace.com>
905-332-7892 / Ask to be connected with a crisis counsellor for support, safety planning, and resources.
- Interim Place
<http://www.interimplace.com>
905-403-0864 / For women experiencing violence.
- Mobile Crisis of Peel
<https://www.connexontario.ca/Directory/Program/8202>
905-278-9036 /
- Oakville Distress Centre
<https://www.dchalton.ca>
905-849-4541 /

- Toronto Rape Crisis Centre/Multicultural Women Against Rape
<https://trccmwar.ca>
416-597-8808 / A grassroots, women and non-binary people run collective.
- Toronto Senior's Helpline
<https://torontoseniorshelpline.ca>
416-217-2077 / Mobile crisis intervention and outreach service for people 65+ with dementia, addictions, or mental illness. Monday-Friday: 9AM-8PM Saturday-Sunday-Statutory Holidays: 10AM-6PM
- Victim Services Toronto
<https://victimservicestoronto.com>
Crisis Hotline: 416-808-7066
info@victimservicestoronto.com / 1-855-310-2673 /
- York Region Community Crisis Response Service & Distress Centre
<https://www.yssn.ca/Crisis-Response-Services>
1-855-310-2673 /

- Hamilton St. Joseph's Hospital Crisis Outreach and Support Team (COAST)

<https://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/coast>

905-972-8338 /

- Niagara Sexual Assault Centre

<http://niagarasexualassaultcentre.com/>

905-682-4584 /

- Ottawa Rape Crisis Centre

<http://www.orcc.net>

613-562-2333 /

- Sexual Assault Centre Hamilton (SACHA)

<http://sacha.ca>

905-525-4162 /

- Hope 24/7: Sexual Assault Centre of Peel

www.hope247.ca

1-800-810-0180 / Crisis line, online crisis chat, counselling, therapeutic groups, and workshops.

- Waterloo Region Sexual Assault Support Centre (SASC)

<https://www.sascwr.org/>

519-741-8633/

- Assaulted Women's Helpline

<http://www.awhl.org/home>

1-866-863-0511 / TTY: 1-866-863-7868 / Text: 7233.

- Canada Suicide Prevention Service

<https://www.crisisservicescanada.ca/en/>

1.833.456.4566 / French and English Connect via text at 45645 4 PM - 12 AM ET.

- Children's Aid Society

<http://www.oacas.org>

1-800-718-1797 /

- Crisis Services Canada

<http://www.crisisservicescanada.ca/>

1-833-456-4566 / Text: 45645 between 4pm-12am or 258258 between 2am-2pm / Online chat: <http://www.dcontario.org/ontx.html>

- Fem'aide

<http://femaide.ca>

1-877-336-2433 / French crisis hotline and resource guide.

- Good2Talk

<https://good2talk.ca>

1-866-925-5454 / Crisis line for post-secondary students.

- Hope for Wellness

<https://www.hopeforwellness.ca/>

1-855-242-3310 / The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

- iDetermine

<https://www.idetermine.ca>

416-533-8538 / TTY: 416-533-3736 / 647-370-8300 / Call, text, and online chat tool for women and non-binary folks experiencing abuse.

- Kids Help Phone

- <https://kidshelpphone.ca>

1800-668-6868 / Text: 686868 / Bilingual and anonymous phone counselling, web counselling, and referral service for children and youth.

- LGBT Youth Line

<https://www.youthline.ca>

1-800-268-9688 / Text: 647-694-4275 / 4:00pm-9:30pm Sunday-Friday.

- Native Youth Crisis Hotline

1-877-209-1266 /

- Support Service for Male Survivors of Sexual Assault

https://www.attorneygeneral.jus.gov.on.ca/english/ovss/male_support_services/

1-888-887-0015 /

- Talk4Healing

<https://www.talk4healing.com>

1-855-554-4325 / For Indigenous women / Call or text available in 14 languages all across Ontario.

- Trans Lifeline

<https://www.translifeline.org/>

1-877-330-6366 / Operators guaranteed during 10:00am-4:00am (Eastern) / If an operator is not available when you call, please keep calling. Available in English and Spanish



Shelter Supports



LIST OF SHELTERS IN ONTARIO

- ShelterSafe

<https://www.sheltersafe.ca/ontario/>

- Link Toronto SafePet

<https://www.linktoronto.org/safepetclients>

If you are accessing housing and have a pet you cannot take they will arrange a temporary foster



Sexual Assault Centres



LIST OF SEXUAL ASSAULT CENTRES IN ONTARIO

- Ontario Coalition of Rape Crisis Centres

<https://sexualassaultsupport.ca/support/>

The following link provides a list of sexual assault centres in city's and regions across Ontario. Sexual assault centres provide free counselling and information about sexual violence. Click on a city or region linked below to get contact information for a centre near you.



Health Care Supports



G R E A T E R T O R O N T O A R E A

- Across Boundaries

<http://www.acrossboundaries.ca>

416-787-3007 / Ethno-racial community mental health care and addiction services centre by and for racialized communities.

- Anishnawbe Health Toronto

<https://www.aht.ca>

416-360-0486 / Community health centre offering access to health care practitioners including Traditional Healers, Elders and Medicine People.

- Dr. Borna Meisami Foundation

<http://www.drbmeisamifoundation.com>

437-234-7658 / Dental and oro-facial reconstructive services to women who have survived domestic violence.

- Hassle Free clinic

<http://hasslefreeclinic.org>

416-922-0566 / Community-based clinic providing medical and counselling services in all areas of sexual health including anonymous HIV testing.

- Immigrant Women’s Health Centre Toronto (IWHC)

<http://immigranthealth.info>

416-323-9986 / Formerly Immigrant Women’s Health Centre, a sexual health and reproductive health clinic. Provides testing, treatment, counselling and outreach to all genders for a wide range of issues with a multilingual, all-female staff. Services are covered by health cards or federal papers. If you do not have these most costs will be covered by IWHC Toronto for free

- Ocama Collective

<https://www.ocamacollective.com>

Community-directed group of birth workers of colour dedicated to the reclamation of traditional and holistic childbearing and birthing practices for queer and trans IBPOC folks.

- Parkdale Queen West Community Health Centre

<https://pqwchc.org>

416-537-2455 / Community-based health service offering primary health care, dental care, harm reduction, health promotion, counselling, and community development programming.

- Planned Parenthood Toronto

<http://www.ppt.on.ca>

416-961-0113 / Sexual health, mental health, and primary care.

- Seventh Generation Midwives Toronto

<https://www.sgmt.ca/welcome>

416-530-7468 / Maternity care to women from the Aboriginal community.

- Sherbourne Health Centre

<https://sherbourne.on.ca>

416-324-4109 / Medical care and counselling to newcomers, underhoused/homeless people, and 2SLGBTQ people.

- TAIBU Community Health Centre

<http://taibuchc.ca/en/home/>

416-644-3536 / Multidisciplinary, non-for-profit, community-led organization established to serve the Black Community.

- Toronto Birth Centre

<http://torontobirthcentre.ca>

416-366-8080 / Community-based health care facility offering resources, support, and referrals for pregnancy, labour, birth, breastfeeding, and parenting.

- Women's College Hospital Sexual Assault & Domestic Violence Care Centre

<https://www.womenscollegehospital.ca/care-programs/sexual-assault-domestic-violence-care-centre/>

416-323-6040 / Comprehensive service that assists women, men, and trans people, over the age of 14, who are victims/survivors of sexual assault and domestic/intimate partner violence.

- Women's Health in Women's Hands Community Health Centre

<https://www.whiwh.com>

416-593-7655 / Health and wellness for racialized women.

ONTARIO, OUTSIDE OF THE GTA

- Ottawa Birth and Wellness Centre

<https://www.ottawabirthcentre.ca>

613-260-1441 / Midwife-led, community-based healthcare facility.

- Tsi Non:we Ionnakeratstha Ona:grahsta'

<http://www.snhs.ca/BirthingCentre.htm>

519-445-4922 / Aboriginal midwives providing traditional and contemporary midwifery services and programs.

ONTARIO WIDE

- Telehealth Ontario

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

1-866-797-0000 / A free, secure and confidential service you can call or access online 24 hours a day, seven days a week to get health advice from a registered nurse or find health services or information.



Mental Health Supports



GREATER TORONTO AREA

- Abrigo Centre

<http://www.abrigo.ca>

416 534-3434 / Counselling, abuse, employment, parenting, and newcomer services for English and Portuguese language speakers.

- African Community Services

<http://www.africancommunityservices.com>

905-460-9514 / Workshops/group discussions, support groups, individual counselling, referrals and peer support services. Now offering virtual counselling and engaging via WhatsApp.

- Barbara Schlifer Commemorative Clinic

<https://schliferclinic.com>

416-323-9149 / Legal representation, professional counselling and multilingual interpretation to women who have experienced abuse.

- CAMH

<https://www.camh.ca>

1-800-463-2338 / Live-in and outpatient mental health and substance use services for people of all ages.

- CAMH Women and Trauma Service

<https://www.camh.ca/en/your-care/programs-and-services/womens-inpatient-unit>

416-535-8501 ext. 2 / Intended for female inpatients with severe mental illness or mood and anxiety disorders who may have experienced trauma coupled with addiction.

- Centre for Spanish-Speaking Peoples

<http://www.spanishservices.org/en/>

416-533-8545 / Spanish-language supports including individual and group counselling, community groups, settlement supports, court support, and domestic violence supports.

- Dr Roz's Healing Place

<https://www.drrozshealingplace.com/>

(416) 264-0823 / Assisting survivors through an integrative and holistic approach offering emergency housing, support services, referrals, as well as various programs including counselling, job training, life skills development, creative and educational activities.

- Family Service Association of Toronto

<https://familyservicetoronto.org/>

416-595-9618 / Assisting families and individuals through counselling, community development, advocacy, and public education programs. Specific programs for men and LGBTQ+ communities.

- Hard Feelings

<https://www.hardfeelings.org>

416-792-4393 / Low-cost counselling ranging from \$50-\$80 per session.

- Hope 24/7: Sexual Assault Centre of Peel

www.hope247.ca

1-800-810-0180 / Crisis line, online crisis chat, counselling, therapeutic groups, and workshops.

- Jean Tweed Centre

<https://jeantweed.com>

416-255-7359 / Community-based organization for women with substance use, mental health, and/or gambling issues.

- Parkdale Queen West Community Health Centre

<https://pqwchc.org>

416-537-2455 / Community-based health service offering primary health care, dental care, harm reduction, health promotion, counselling, and community development programming.

- Planned Parenthood Toronto

<http://www.ppt.on.ca/>

416-961-0113 / Workshops for mental health promotion to build strengths, competencies and create resources to improve mental health.

- Rexdale Women's Centre

<http://www.rexdalewomen.org/index.php>

416-745-0062 / Counselling, safety planning, parenting supports, educational resources, medical, and legal referrals.

- Riverdale Immigrant Women's Centre

<http://www.riwc.ca/>

416-465-6021 / Crisis and safety planning supports, counselling for survivors, education, housing, and community resources.

- Sheena's Place

<https://sheenasplace.org/>

416-927-8900 / Supporting people 17+ with eating disorders and body image difficulties.

- Sherbourne Health Centre

<https://sherbourne.on.ca>

416-324-4100 / Medical care and counselling to newcomers, under-housed/homeless people, and 2SLGBTQ people.

- The 519

<https://www.the519.org>

416-392-6874 / Counselling, community events, workshops, skill-building, settlement, and family services for the LGBTQ2S communities.

- The Gatehouse

<http://thegatehouse.org>

416-255-5900 / Peer support groups, art therapy groups for adult survivors of childhood sexual abuse.

- What's Up Walk In Clinic

<https://www.whatsupwalkin.ca>

1-866-585-6486 / Counselling for children, youth, young adults and their families, and families with infants.

- Women and Communities Against Violence (WACAV)

<https://www.yorktownfamilyservices.com/programs/women-and-communities-against-violence/>

416-394-2950 Ext:236 / Provides community-based supports to women who have experienced abuse. Including crisis, counselling, safety planning, advocacy, and referrals for children.

- Women’s College Hospital Trauma Therapy Program

<https://www.womenscolleghospital.ca/care-programs/mental-health/trauma-therapy-program/>

416-323-6230 / Group therapy for survivors of childhood sexual abuse.

- Women’s Health in Women’s Hands Community Health Centre

<https://www.whiwh.com>

416-593-7655 / Health and wellness for racialized women.

- Women Recovering from Abuse Program (WRAP)

<https://www.womenscolleghospital.ca/care-programs/mental-health/wrap>

416-323-6230 / Intensive group therapy program with accompanying individual therapy for women who have experienced physical, emotional, sexual abuse, and/or neglect in childhood.

- Women’s Support Network of York Region

www.womenssupportnetwork.ca

905-895-7313 / Counseling, retreats, and workshops for women who have experienced sexual violence.

ONTARIO, OUTSIDE OF THE GTA

- Anova

<http://www.anovafuture.org/>

519-642-3003 / Counseling, groups, court and housing support.

- Cornerstone Family Violence Prevention Centre

<https://cornerstonenorthumberland.ca>

905-372-1545 / Counseling, court and housing supports, family supports.

- Ottawa Rape Crisis Centre

<http://www.orcc.net>

613-562-2334 / Individual and groups counselling, drop-ins, and public education for trans and cis women, trans men, two-spirit, gender-fluid, and non-binary survivors.

- Gillian's Place

<https://gilliansplace.com/>

905-684-8331 / Shelter and counselling services for women and children experiencing abuse.

- Centre for Treatment of Sexual Abuse and Childhood Trauma

<https://www.centrefortreatment.com>

613-223-4929 Ottawa / Assessment, group and individual therapy, referrals.

- Strong Moms, Safe Kids

<https://www.kwcounselling.com/strong-moms-safe-kids/>

519-884-0000 ext. 235 / Group for mothers and children who have experienced domestic violence in their homes.

ONTARIO - WIDE

- YWCA

<https://ywcacanada.ca>

416-962-8881 / Skill-building, workshops, support groups, employment, and parenting services.



Family Supports



GREATER TORONTO AREA

- Abrigo Centre

<http://www.abrigo.ca>

416 534-3434 / Counselling, abuse, employment, parenting, and newcomer services for English and Portuguese language speakers.

- Boost Child & Youth Advocacy Centre

<https://boostforkids.org>

1-855-424-1100 / Services for children and their families around preventing and responding to child abuse.

- Catholic Family Services

<https://www.cfstoronto.com/>

Toronto Central: 416-921-1163 / Toronto North: 416 222-0048 / Peel-Dufferin: 1-888-940-0584 / Peer support and counselling for individuals, couples, and families.

- Chinese Family Services of Ontario

<https://cfso.care/>

416-979-8299 / Counseling support for women experiencing domestic violence.

- COSTI

<http://www.costi.org/index.php>

416-244-7714 / Counseling and services for English, Italian, and Spanish speaking women.

- Family Services Association of Toronto

<https://familyservicetoronto.org/>

416-595-9618 / Assisting families and individuals through counselling, community development, advocacy, and public education programs.

- Indus Community Services

<https://www.induscs.ca/family-services/>

905-275-2369 / Indus Family Services program provides crisis intervention, counselling, mediation, case conferencing and day-to-day support to youth and adults to decrease the risk of violence, abuse, exploitation, homelessness, mental health crisis, and hospitalization.

- Jewish Family and Child Services

<https://www.jfandcs.com>

416-638-7800 / Crisis intervention, individual and group counselling, education, and referrals.

- Native Child & Family Services

<https://nativechild.org/>

416-969-8510 / Community events, childcare programs, youth resources, employment resources, case management, counselling, circles, and child welfare.

- SAFSS

<https://safss.org>

416-431-4847 / Formerly South Asian Family Support Services, SAFSS is a non-profit, charitable, multi-service organization providing services to the community in the Greater Toronto Area (GTA) with a particular emphasis on un-served and under-served areas of Scarborough.

- Skylark Children, Youth & Families

<https://www.skylarkyouth.org/>

416 482 0081 / Individual and family counselling and support to children, youth, and their families.

- The Gatehouse

<http://thegatehouse.org>

416-255-5900 / Child-friendly support, community, and resources for individuals impacted by childhood sexual abuse.

- West Neighbourhood Services

<http://www.westnh.org>

416-532-4828 / Counseling, legal support, sliding scale after-school programs. Services in English, Cantonese, Mandarin, Portuguese, and Hungarian.

- Yorktown Family Services

<https://www.yorktownfamilyservices.com/>

(416) 394-2424/ YFS supports and equips women, children, youth and families to create positive change in their lives.

- Cornerstone Family Violence Prevention Centre

<https://cornerstonenorthumberland.ca>

905-372-1545 / Counseling, court and housing supports, family supports.
24/7 number 905-372-0746

- Niagara Chapter - Native Women

<http://ncnw.net/>

905-871-8770 / Case management, supports, programming, and family resources.



Child and Youth-Specific Supports

GREATER TORONTO AREA

- Boost Child & Youth Advocacy Centre

<https://boostforkids.org>

1-855-424-1100 / Services for children and their families around preventing and responding to child abuse.

- Central Toronto Youth Services

<https://ctys.org>

416-924-2100 / Community-based children's mental health centre serving young people experiencing mental health issues, conflicts with the law, and/or marginalization.

- Child and Adolescent Services for Abuse and Trauma (CASAT)

<https://www.childdevelop.ca/programs/family-violence-services/child-and-adolescent-services-abuse-and-trauma-casat>

416-603-1827 / Mental health consultations and counseling.

- Skylark Children, Youth & Families

<https://www.skylarkyouth.org/>

416 482 0081 / Individual and family counselling and support to children, youth, and their families.

- Stella's Place

<https://stellasplace.ca>

416-461-2345 / Mental health supports including peer support, clinical, online, employment, wellness, creativity, and recovery for young adults aged 16 to 29.

- Supporting Our Youth (SOY)

<https://soytoronto.com>

416-324-5077 / Support for the health and well-being of queer and trans spectrum youth 29 years old and under through groups, programs, events, individual support, and mentorship.

- Toronto Distress Centre

<https://www.torontodistresscentre.com>

416-408-4357 / Provides crisis response and intervention to the emotionally vulnerable and at-risk.

- What's Up Walk In Clinic

<https://www.whatsupwalkin.ca>

1-866-585-6486 / Counselling for children, youth, young adults and their families, and families with infants.

- Yorktown Family Services

<https://www.yorktownfamilyservices.com>

416-394-2424 / Community service agency comprised of an infant, child, and youth mental health centre; a women's shelter and community-based violence against women services; and rapid access to mental health, primary health, and social service programs for youth and young adults.

- YouthLink

<https://youthlink.ca>

416-967-1773 / Workshops, events, financial aid, mental health services, and housing supports for youth and their support networks.

ONTARIO, OUTSIDE OF THE GTA

- Kawartha Sexual Assault Centre - Building Internal Resources Through Horses

<http://kawarthasexualassaultcentre.com/building-internal-resilience-through-horses/>

705-748-5901 / 10 week program for youth (13-18) that combines expressive arts, education, and an opportunity to work in partnership with horses.

- OK2BME

<https://ok2bme.ca>

519-884-0000 / Counseling and youth groups in Waterloo.

- Positive Space Network

<https://www.positivespacenetwork.ca>

905-339-3525 ext. 295 / Training, drop-ins, and resources for LGBTQ+ community.

- Radius Child & Youth Services

<https://radiuscys.ca/our-services/>

416-744-9000 x327 / Clinical assessment and counseling for children, adolescents, families.

- Kids Help Phone

<https://kidshelpphone.ca>

1800-668-6868 / Text: 686868 / Bilingual and anonymous phone counselling, web counselling, and referral service for children and youth.

- LGBT Youth Line

<https://www.youthline.ca>

1-800-268-9688 / Text: 647-694-4275 / 4:00pm-9:30pm Sunday-Friday.

- Native Youth Sexual Health Network

<http://www.nativeyouthsexualhealth.com/index.html>

Organization by and for Indigenous youth working across issues of sexual and reproductive health, rights, and justice.

- Wellness & Emotional Support for Youth Online

<https://wesforyouthonline.ca>

1-519-507-3737 / Free online counseling for youth ages 13-24, by self-referral.

- YWCA

<https://ywcaCanada.ca>

416-962-8881 / Skill-building, workshops, support groups, employment, and parenting services.



Disability Supports

GREATER TORONTO AREA

- City Services for People with Disabilities

<https://www.toronto.ca/city-government/accessibility-human-rights/accessibility-at-the-city-of-toronto/city-services-for-people-with-disabilities/>

416-338-0889 / The city of Toronto offers accessible programming and disability-related supports across a variety of areas, including in personal support, financial support, home support and recreation.

ONTARIO-WIDE

- Disabled Women's Network Ontario (DAWN)

<https://dawncanada.net>

514-396-0009 / Resources for safety planning, identifying abuse, and storytelling.

- Ontario Disability Support Program

<https://www.ontario.ca/page/ontario-disability-support-program>

416-325-5666 / Information about income support, benefits for health costs and other disability supports from the Ontario Disability Support Program (ODSP).



BIPOC Supports



G R E A T E R T O R O N T O A R E A

- Across Boundaries

<http://www.acrossboundaries.ca>

416-787-3007 / Ethno-racial community mental health centre by and for racialized communities.

- African Community Services

<http://www.africancommunityservices.com>

905-460-9514 / Workshops/group discussions, support groups, individual counselling, referrals and peer support services.

- Black Women in Motion

<https://blackwomeninmotion.org/>

Organization that celebrates and supports the advancement of Black and African-Caribbean diasporic womxn through collaboration with local partners and community agencies.

- Carribean African Canadian Social Services

<https://cafcan.org/our-services/family-services/ouch-that-hurts/>

416-740-1056 / Individual and group counseling for women experiencing violence.

- Indus Community Services

<https://induscs.ca/aces-program/>

Mississauga: 905-275-1976 / Brampton: 905-450-4650 / Culturally responsive counselling to survivors of domestic/family violence and their families.

- Kababayan Multicultural Centre

<https://www.kababayan.org>

416-532-3888 / Capacity-building and counseling services for Filipina and immigrant women.

- Muslim Community Services

<https://mcsservices.org/>

Mississauga: 905-790-1910 / Brampton: 905-828-1328 / This program provides culturally sensitive counselling to women who are victims of violence.

- Native Women's Resource Centre of Toronto

<http://nwrct.ca/>

416-963-9963 / Support circles, outreach, counselling, and connection to Elders.

- Rexdale Women's Centre

<http://www.rexdalewomen.org/index.php>

416-745-0062 / Counselling, safety planning, parenting supports, educational resources, medical, and legal referrals.

- Riverdale Immigrant Women's Centre

<http://www.riwc.ca/>

416-465-6021 / Crisis and safety planning supports, counselling for survivors, education, housing, and community resources.

- South Asian Women's Centre

<http://www.sawc.org/>

416-537-2276 / Wellness, counseling, job support, and legal support for Bengali, Gujarati, Hindi, Punjabi and Tamil women.

- Toronto Indigenous Harm Reduction

<https://www.torontoindigenoushr.com/>

torontoindigenoushr@gmail.com / provides basic needs, access to critical health support & covid 19 testing, harm reduction supplies, sexual, reproductive health and prenatal support, traditional medicines, traditional food, expressive arts, and ceremony to some of our most vulnerable people.

- Tropicana Community Services

<http://tropicanacommunity.org>

416-439-9009 / Therapeutic and supportive counselling, safety planning, court accompaniment, assistance in accessing housing and legal aid, and transition planning.

- Women's Health in Women's Hands Community Health Centre

<https://www.whiwh.com>

416-593-7655 / Health and wellness for racialized women.

- 2-Spirited People of the 1st Nations

<http://www.2spirits.com>

416-944-9300 / Community gatherings, workshops, harm reduction supplies, and events for 2-Spirit people.

ONTARIO, OUTSIDE OF THE GTA

- Niagara Chapter - Native Women

<http://ncnw.net/>

905-871-8770 / Case management, supports, programming, and family resources.

- Hope for Wellness

<https://www.hopeforwellness.ca/>

1-855-242-3310 / Indigenous crisis line. Cree, Ojibwe, and Inuktitut counseling available by request.

- Black Health Alliance

<https://blackhealthalliance.ca/>

info@blackhealthalliance.ca/ Provides many reports and resources for Black communities: housing & shelter, food & nutrition, mental health, community safety services, men's health, and sexual health.



2SLGBTQ+ Supports



G R E A T E R T O R O N T O A R E A

- Bricks and Glitter

<https://bricks-glitter.com/>

Community arts festival, celebrating Two-Spirit, trans, and queer talent, ingenuity, caring, anger, and abundance.

- CAMH Rainbow Services

<https://www.camh.ca/en/your-care/programs-and-services/rainbow-services-lgbtq>

416-535-8501 ext. 2 / Individual and group counseling for substance use struggles.

- David Kelley Services

<https://familyservicetoronto.org/our-services/programs-and-services/david-kelley-services/>

416-595-9230 ext. 0 / Counseling for LGBTQ+ individuals, couples and families, as well as people living with, affected by, or concerned about HIV/AIDS.

- Flamingo Market

<https://flamingomarket.ca/>

Market and community for 2SLGBTQ+ entrepreneurs.

- Glad Day Bookshop

<https://www.gladdaybookshop.com>

416 901-6600 / Community events and resources.

- Hassle Free clinic

<http://hasslefreeclinic.org>

416-922-0566 / Community-based clinic providing medical and counselling services in all areas of sexual health including anonymous HIV testing.

- Parkdale Queen West Community Health Centre

<https://pqwchc.org>

416-537-2455 / Community-based health service offering primary health care, dental care, harm reduction, health promotion, counselling, and community development programming.

- Pieces to Pathways

<https://breakawaycs.ca/programs/pieces-to-pathways/>

416-537-9346 / Addiction and substance use support for 2SLGBTQQIA+ youth ages 16 to 29.

- Positive Space Network

<https://www.positivespacenetwork.ca>

905-339-3525 ext. 295 / Training, drop-ins, and resources for LGBTQ+ community.

- Sherbourne Health Centre

<https://sherbourne.on.ca>

416-324-4109 / Medical care and counselling to newcomers, under-housed/homeless people, and 2SLGBTQ people.

- Supporting Our Youth (SOY)

<https://soytoronto.com>

416-324-5077 / Support for the health and well-being of queer and trans spectrum youth 29 years old and under through groups, programs, events, individual support, and mentorship.

- The 519

<https://www.the519.org>

416-392-6874 / Counselling, community events, workshops, skill-building, settlement, and family services for the 2SLGBTQ communities.

ONTARIO, OUTSIDE OF THE GTA

- Gilbert Centre

<https://gilbertcentre.ca/>

705-722-6778 Barrie / Online community, social, and support programming.

- OK2BME

<https://ok2bme.ca>

519-884-0000 / Counseling and youth groups.

ONTARIO-WIDE

- LGBT Youthline

<https://www.youthline.ca>

1-800-268-9688 / Text: 647-694-4275 / 4:00pm-9:30pm Sunday-Friday.

- The Trevor Project's TrevorSpace

<https://www.thetrevorproject.org/trevorspace/>

TrevorSpace, an affirming, online community for LGBTQ young people between the ages of 13-24.

- Trans Lifeline

<https://www.translifeline.org/>

1-877-330-6366 / Operators guaranteed during the 10:00am-4:00am (Eastern) / If operator is not available when you call, please keep calling.



Sex Worker Supports



GREATER TORONTO AREA

- Butterfly (Asian and Migrant Sex Workers Network)

<https://www.butterflysw.org>

416-906-3098 / Legal resources and advocacy for Asian and migrant sex workers.

- Maggie's

<https://www.maggiesto.org>

416-964-0150 / Organization run by and for sex workers providing drop-ins, peer support, advocacy, events, and harm reduction supplies.

ONTARIO, OUTSIDE OF THE GTA

- Sex Workers' Action Program of Hamilton (SWAP)

<https://swaphamilton.com>

Education, outreach, advocacy, harm reduction supplies, and referrals for sex workers.

- Sex Workers Advisory Network Sudbury

<https://www.swansudbury.com>

705-280-8005 / Workshops, events, support groups, sexual health and harm reduction supplies for sex workers.

- Bad Date Coalition

<https://www.baddatecoalition.ca>

416-765-6009 / Social action group dedicated to improving safety for people involved in sex work.



Human Trafficking Supports

- Covenant House

<https://covenanthousetoronto.ca>

(416) 598-4898 / Shelter, transitional housing, mental health and substance use supports, legal supports, and health care.

- Guelph-Wellington Women in Crisis

<https://gwwomenincrisis.org>

1-800-265-7233 / Human trafficking supports, court support, shelter, sexual assault centre, and other programs.

ONTARIO - WIDE

- Canadian Human Trafficking Hotline

<https://www.canadianhumantraffickinghotline.ca/>
1-833-900-1010 / 200 languages spoken.

- Ontario Human Trafficking Helpline

<https://www.swansudbury.com>
1-833-999-9211 / 170 languages spoken.



Supports for Men



GREATER TORONTO AREA

- Abuse Hurts

<https://abusehurts.ca>
905-727-4357 / Referrals, peer support, and workshops for all survivors and peer support program for male survivors.

- Family Service Association of Toronto

<https://familyservicetoronto.org>
416-595-9618 / Free counselling up to 8 sessions.

- Hope 24/7: Sexual Assault Centre of Peel

<https://www.hope247.ca/nimby>
1-800-810-0180 / Crisis line, online crisis chat, counselling, therapeutic groups, and workshops.

- Parkdale Queen West Community Health Centre
<https://pqwchc.org>
416-537-2455 / Community-based health service offering primary health care, dental care, harm reduction, health promotion, counselling, and community development programming.
- Hope Place Men’s ‘Live-In’ Treatment Centre
<https://hopeplacecentres.org/mens-live-in-treatment-centre/>
905.465.3961 / A 27 day trauma-informed ‘live-in’ addiction treatment program for men.

ONTARIO-WIDE

- One in Six
www.lin6.org
Online chat and support groups.
- Support Service for Male Survivors of Sexual Assault
https://www.attorneygeneral.jus.gov.on.ca/english/ovss/male_support_services/
1-888-887-0015 / Peer support, group counseling, referrals.



Francophone Supports



GREATER TORONTO AREA

- Barbara Schlifer Commemorative Clinic

<https://schliferclinic.com>

416-323-9149 / Legal representation, professional counselling and multilingual interpretation to women who have experienced abuse.

- Catholic Family Services

<https://www.cfstoronto.com>

Toronto Central: 416-921-1163 / Toronto North: 416 222-0048 / Peel-Dufferin: 1-888-940-0584 / Peer support and counselling for individuals, couples, and families.

- Colibri

<http://www.centrecolibri.ca>

1-877-797-2060 / Counseling, housing, and legal support.

- Francophone Centre of Toronto

<http://www.centrefranco.org/>

416-922-2672 / Health services, child and family services, newcomer services, legal services, and mental health services.

- La Maison

<http://www.lamaison-toronto.org/>

647-777-6433 / Shelter for Francophone women.

- Oasis Centre Des Femmes

<http://www.oasisfemmes.org>

416-591-6565 / Support for francophone women in the GTA and Halton-Peel who are survivors of sexual assault.

ONTARIO, OUTSIDE OF THE GTA

- Campagne Femmes Ontariennes et Droit de la Famille

<http://undroitdefamille.ca>

613 241-8433 / Legal support and family law.

- Women's Place of South Niagara

<https://womensplacesn.org>

Welland and surrounding areas: 905-788-0113 / Niagara Falls and Port Erie: 905-356-5800 / Counselling, shelter, safety planning, emotional support, helpline, legal help, and referrals.

ONTARIO - WIDE

- Fem'Aide

<http://femaide.ca/>

1-877-336-2433 / Provides support for French-speaking women struggling with gender-based violence. 24 hours a day, seven days a week.



Empowerment Supports



GREATER TORONTO AREA

- Anishnawbe Health Toronto

<https://www.aht.ca>

416-360-0486 / Community health centre offering access to health care practitioners including Traditional Healers, Elders and Medicine People.

- Black Women in Motion

<https://blackwomeninmotion.org/>

Organization that celebrates and supports the advancement of Black and African-Caribbean diasporic womxn through collaboration with local partners and community agencies.

- Dandelion Initiative

<https://www.dandelioninitiative.ca/>

By and for survivors doing advocacy work, peer support, events, and free healing workshops.

- Hana Shafi / Frizz Kid Art

<https://www.instagram.com/frizzkidart/?hl=en>

Affirmations and empowerment through art.

- InkWell Workshops

<http://www.inkwellworkshops.com>

416-781-4199 / Creative-writing workshops for people living with mental-health or addictions issues led by award-winning professional writers with lived experience of mental illness.

- Maya Nadeem

<https://www.instagram.com/mayanadeemcf/?hl=en>

Workshop facilitation using creative expression, mindfulness, and somatic movement.

- METRAC

www.metrac.org

1-877-558-5570 / Legal supports, peer-led workshops, and education.

- Next Generation Arts

<https://www.nextgenerationarts.ca/programs>

Next Generation Arts is a not-for-profit charitable arts organization serving youth in Scarborough

- Not 9 to 5

<https://www.not9to5.org/>

Mobilizing mental health & addiction support resources for the hospitality industry.

- Planned Parenthood Toronto

<https://ppt.on.ca/programs/>

Free workshops and events surrounding sexuality and sexual health.

- Reclaim your Voice

www.reclaimyourvoice.org

Events and workshops for stories of abuse and sexual violence to be shared.

- SEEDS Yoga, Yamikani Msosa

<https://www.yamimsosa.com/>

Trauma-informed and healing-centred yoga practices that seek to empower the participants using different yoga forms.

- Shape your Life

<http://www.shapeyourlifeboxing.com/>

Free, trauma-informed, non-contact boxing program for people who have experienced violence.

- Shaunga Tagore

<https://shaungatagore.com/>

Astrology, healing, empowerment for survivors.

- Venus Fest

<https://www.venusfest.net/>

Music and community events by and for women, feminized, & non-binary people.

- Yalla Roza

<https://www.instagram.com/yallaroza/?hl=en>

Illustrations and affirmations for empowerment.

ONTARIO, OUTSIDE OF THE GTA

- Kawartha Sexual Assault Centre - Building Internal Resources Through Horses

<http://kawarthasexualassaultcentre.com/building-internal-resilience-through-horses/>

613 241-8433 / 705-748-5901 / 10 week program for youth (13-18) that combines expressive arts, education, and an opportunity to work in partnership with horses.

ONTARIO-WIDE

- Outward Bound Canada

<https://www.outwardbound.ca/>

/ To cultivate resilience, leadership, connections and compassion through inspiring and challenging journeys of discovery in the natural world.

- YWCA

<https://ywcacanada.ca>

416-962-8881 / Skill-building, workshops, support groups, employment, and parenting services.



Financial Supports



GREATER TORONTO AREA

- Peel Region Social Services

<https://www.peelregion.ca/help/>

905-793-9200 / Help applying for financial support and subsidies.

ONTARIO, OUTSIDE OF THE GTA

- Hamilton Artists Relief Fund

<https://www.hamiltonartscouncil.ca/hamilton-artists-relief-fund>

905-481-3218 / Emergency financial support for Hamilton artists.

ONTARIO-WIDE

- COVID-19 Economic Response Plan

<https://www.canada.ca/en/department-finance/economic-response-plan.html#individuals>

Salary support, increased child tax benefit, mortgage support.

- Glad Day Emergency Survival Fund

<https://www.gladdaylit.ca/?>

[fbclid=IwAR1FiEx5zs4Fm2uipRM7M15LGIFT9Spy_PlhVJZZoU3-Nkg2wtn2hzsJfDk](https://www.gladdaylit.ca/?fbclid=IwAR1FiEx5zs4Fm2uipRM7M15LGIFT9Spy_PlhVJZZoU3-Nkg2wtn2hzsJfDk)

For LGBTQ2S artists, performers, and tip-based workers.

- Ontario Works

https://www.mcsc.gov.on.ca/en/mcsc/programs/social/publications/dom_violence.aspx

1-888-789-4199 / Immediate financial assistance to escape domestic violence and abuse.

- The NESS Fund

<https://ywcacanada.ca/nessfund/>

Canada's first National Emergency Survivor Support Fund (the NESS Fund). This initiative will provide women, gender-diverse people and their families with immediate financial support to leave unsafe homes or emergency shelters and begin their healing journeys.

This NESS Fund provides survivors of violence who are currently in violent living situations or current residents of emergency shelters with immediate financial support for essential needs like: housing, utilities; storage fees; furniture; moving expenses and/or travel expenses.

- The 519: How to File Your Own Taxes

<https://docs.google.com/document/d/1m7ochEvazU9nrjbHysv3xQmgF1o74311f5tWCLA5f3g/edit> / https://docs.google.com/document/d/1g-VMPChr1SR748NTISiyUa660_SxceAemvr6t09FB6c/edit

- Victim Quick Response Program +

<https://www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.php#vqrp>

1-888-579-2888 / Short-term financial support for victims of violent crimes and their families.



Legal Supports



GREATER TORONTO AREA

- Barbra Schlifer Women's Clinic

<https://www.schliferclinic.com/legal-services/>

416-323-9149 / Offers legal representation and professional counselling to abuse survivors

ONTARIO, OUTSIDE OF THE GTA

- Community Legal Assistance Sarnia

<https://www.claslegalclinic.ca/>

519-332-8055 / provides free legal services for people with low incomes in Sarnia-Lambton, Aamjiwnaang, Bkejwanong (Walpole Island) and Kettle and Stony Point.

- Durham Community Legal Clinic

<https://www.durhamcommunitylegalclinic.ca/>

905-728-7321 / non-profit community legal clinic funded by Legal Aid Ontario.

- Peterborough Community Legal Centre

<https://www.ptbo-clc.org/>

705-749-9355. / Free Legal Services for low income residents of Peterborough City and County

- Advocacy Centre for Tenants Ontario

<https://www.acto.ca/>

ACTO works for the advancement of human rights and justice in housing for low- income Ontarians through legal advice & representation, law reform, community organizing, training and education.

- Justice for Children and Youth

<https://jfcy.org/en/>

416-920-1633 / Legal services for young people under 18 and homeless youth under 25 in Ontario.

- Law Society of Ontario

<https://lso.ca/home>

1-800-668-7380, / offers free half-hour consultation with a lawyer in your area and gives names of lawyers who accept legal aid

- Ontario.ca Legal Advice

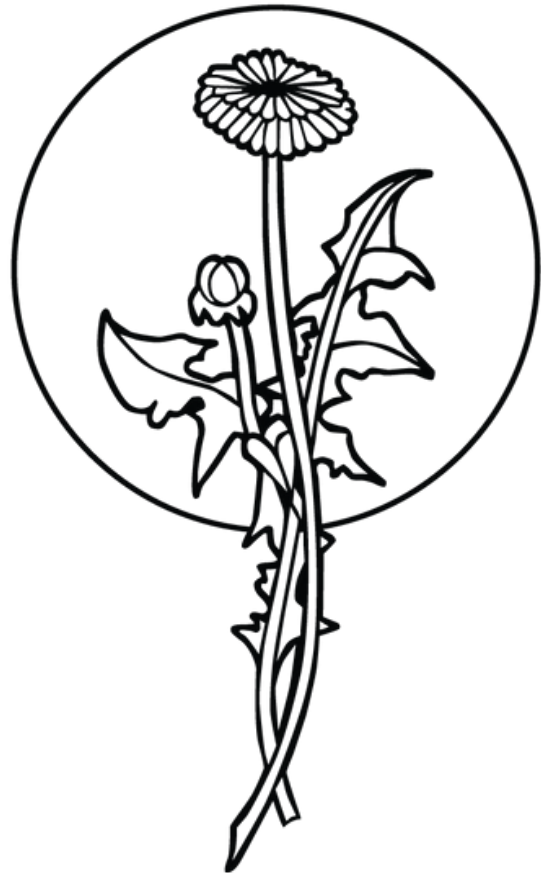
<https://www.ontario.ca/page/independent-legal-advice-sexual-assault-victims>

1-855-226-3904 / Offers up to 4 hours of legal advice over the phone or on zoom.

Tips for Supporting a Friend

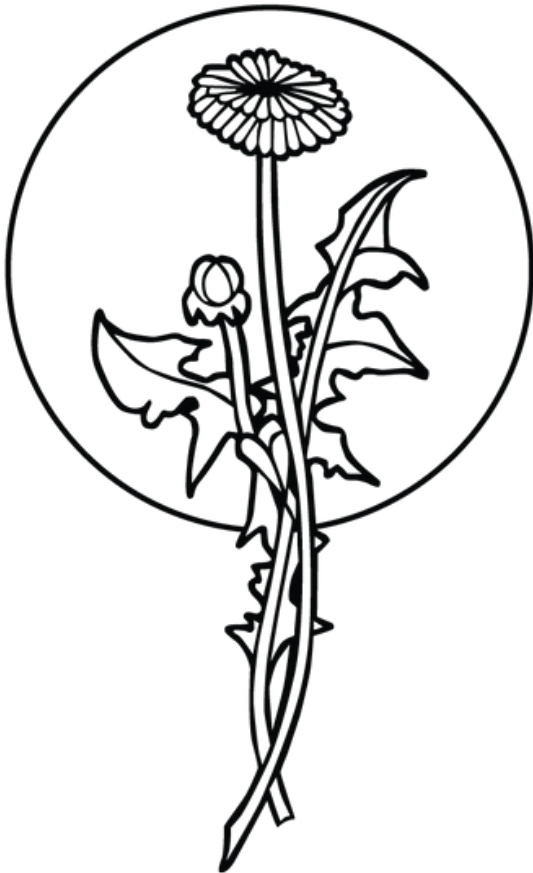
PARTIALLY FROM "CHOOSING YOUR OWN PATH TO SURVIVORHOOD", THE YOUTH ALLIANCE, 2011.

- Believe them.
- Tell them you believe them.
- Listen non-judgmentally.
- Remind them that they are not to blame. The abuse is the responsibility of the perpetrator.
- Maintain the survivor's confidence and resist the urge to share their story with others unless given permission by the survivor.
- Ask what their needs are for safety and healing. What do they need from friends, family, co-workers, and comrades?
- Help them explore what would help with accountability and reparations.
- Advocate for a process which supports the survivor and leads to the accountability of the perpetrator.
- Don't pressure them to act before their time or before they are ready.
- Remember the survivor knows best.



Reminder to All Survivors

AS A SURVIVOR, YOU HAVE THE RIGHT TO:



- Name the abuse/assault.
- Feel angry, hurt, sad, loving, or forgiving of the person or people who assaulted you and any friends or family who have collaborated with the violence. Any or all of these emotions can be a natural response.
- Speak about your abuse.
- Have space to reflect on your history without judgment.
- The physical and psychological care that is necessary for surviving trauma.
- A safe and secure home.
- Safe relationships with family, friends, partners, lovers, and service providers.
- Confront perpetrators and those who have participated in violence and abuse.
- Leave.
- Take action to stop the abuse.
- Love and be loved.



Back Page

BY AND FOR SURVIVORS OF SEXUAL AND GENDER-BASED VIOLENCE.

The Dandelion Initiative is a non-profit organization founded and led by survivors of sexual violence for survivors of sexual violence. We prioritize women, 2SLGBTQ+ survivors, racialized, and marginalized survivors. We fundamentally believe in the power of education as a form of resistance to gender-based violence. We work under an intersectional, trauma care framework and apply survivor-centric practices to all of our work.

www.dandelioninitiative.ca



Find more resources [here](#).



The intention of this document is to provide a catalog of resources for survivors throughout Ontario. As a living document, this catalog will continue to be enriched and edited as we receive community feedback. If there's a resource you think should be added, please help us make this package stronger by letting us know!