



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.

- Community Crisis Line Scarborough and Rouge Hospital

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

416 495-2891 / Service borders: South to the lake, North to Steeles Avenue, East to Port Union Road, and West to Victoria Park.

- Distress Line

<https://www.torontodistresscentre.com>

416-408-4357 /

- Durham Crisis and Mental Health Line

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

905 666-0483 /

- 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 / Connect 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 /

- 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.

- York Region Community Crisis Response Service & Distress Centre

<https://www.yssn.ca/Crisis-Response-Services>

1-855-310-2673 /

ONTARIO, OUTSIDE OF THE GTA

- 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 /

- 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.

- Shelter of Hope

<http://www.womensshelterofhope.org>

807-597-6908 /

- Assaulted Women’s Helpline

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

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

- 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 /

- 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.

- 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 operator is not available when you call, please keep calling.



Shelter Supports

LIST OF SHELTERS IN ONTARIO

- ShelterSafe

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



Sexual Assault Centres



LIST OF SEXUAL ASSAULT CENTRES IN ONTARIO

- Ontario Coalition of Rape Crisis Centres
<https://sexualassaultsupport.ca/support/>



Health Care Supports



GREATER TORONTO AREA

- Across Boundaries
<http://www.acrossboundaries.ca>
416-787-3007 / Ethno-racial community mental health 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>
416-915-4495 / 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 / Sexual health clinic serving immigrant, refugee, and marginalized clients across Toronto.

- 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

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

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

- Ryerson Students' Union Centre for Safer Sex & Sexual Violence Support

<http://www.rsuonline.ca/csssvs>

416-260-0100 / Sexual health supplies, menstrual supplies, peer support, events, and helpline.

- Seventh Generation Midwives Toronto

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

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

- Sexual Assault/Rape Crisis Centre of Peel

www.hope247.ca

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

- Sherbourne Health Centre

<https://sherbourne.on.ca>

416-324-4109 / Medical care and counselling to newcomers, under-housed/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.

- Victim Services Toronto

<http://victimservicestoronto.com/>

Domestic Violence Unit 416-808-7041 / Sex Crimes Unit 416-808-7474 /

Toronto Police service. Provides immediate crisis response, intervention, and prevention services.

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

<https://www.womenscolleghospital.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.

- Sexual Assault/Rape Crisis Centre of Peel

www.hope247.ca

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

- 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.



Mental Health Supports



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

- 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.

- 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>

416-535-8501 ext. 2 / 8-week outpatient program for women struggling with the impact of trauma on their lives.

- 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.

- 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

<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>

416-324-4109 / Medical care and counselling to newcomers, underhoused/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's College Hospital Trauma Therapy Program

<https://www.womenscollegehospital.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.womenscollegehospital.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.

- 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/services---individual>

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.

- 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.

- South Asian Family Support Services

<https://safss.org>

416-431-4847 / Counselling, legal and housing assistance, and case management.

- 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.

ONTARIO, OUTSIDE OF THE GTA

- Cornerstone Family Violence Prevention Centre

<https://cornerstonenorthumberland.ca>

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

- 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.

- Centre for Treatment of Sexual Abuse and Childhood Trauma

<https://www.centrefortreatment.com/services---individual>

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

- 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.

- 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.



Women with Disabilities Supports



GREATER TORONTO AREA

- RyeACCESS

<http://ryeaccess.rsuequity.ca>

416-979-5255 ext. 4504 / Community events, resources, sexual health and menstrual supplies.

ONTARIO-WIDE

- Disabled Women's Network Ontario (DAWN)

<https://dawncanada.net>

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



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.

- 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.

- Hill Insider

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

647-771-4454 / Wellness, beauty, self-care, and community space by and for Black women.

- 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 abuse 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://www.mcscservices.org/family-support-program/>

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

- Native Women's Resource Centre of Toronto

<http://nwrct.ca/>

416-525-9653 / Support circles, outreach, counseling, 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.

- 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.

ONTARIO-WIDE

- Hope for Wellness

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

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



2SLGBTQ+ Supports



GREATER TORONTO AREA

- Bricks and Glitter

<http://bricks-glitter.com/index/>

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/>

416-595-9618 / Counseling for LGBTQ+ individuals, couples and families, as well as people living with, affected by, or concerned about HIV/AIDS.

- Flamingo Market

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

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://www.breakawayaddictions.ca/p2p>

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 / 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.

- 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>

1-416-906-3098 / 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>

1-800-435-7308 / 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

www.hope247.ca

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

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.

- Gillian's Place

<https://gilliansplace.com/>

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

- 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.

- Fem'Aide

<http://femaide.ca/>

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



Empowerment Supports

- 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.

- Newsgirls Boxing Club

<https://torontonewsgirls.com/>

416-323-9149 / LGBTQ+ inclusive, women-centered boxing gym for people new and skilled boxers alike.

- Not 9 to 5

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

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

- Reclaim your Voice

www.reclaimyourvoice.org

905-684-8331 / Events and workshops for stories of abuse and sexual violence to be shared.

- Ryerson Students' Union Centre for Safer Sex & Sexual Violence Support

<http://www.rsuonline.ca/csssvs>

416-260-0100 / Sexual health supplies, menstrual supplies, peer support, events, and helpline.

- SEEDS Yoga, Yamikani Msosa

<http://www.yamimsosa.com/seeds-yoga>

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

- Shape your Life

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

416-792-4393 / 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

- 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/?](https://www.gladdaylit.ca/?fbclid=IwAR1FiEx5zs4Fm2uipRM7Ml5LGIFT9Spy_PlhVJZZoU3-Nkg2wtn2hzsJfDk)

[fbclid=IwAR1FiEx5zs4Fm2uipRM7Ml5LGIFT9Spy_PlhVJZZoU3-Nkg2wtn2hzsJfDk](https://www.gladdaylit.ca/?fbclid=IwAR1FiEx5zs4Fm2uipRM7Ml5LGIFT9Spy_PlhVJZZoU3-Nkg2wtn2hzsJfDk)

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

- Ontario Works

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

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

- 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 +

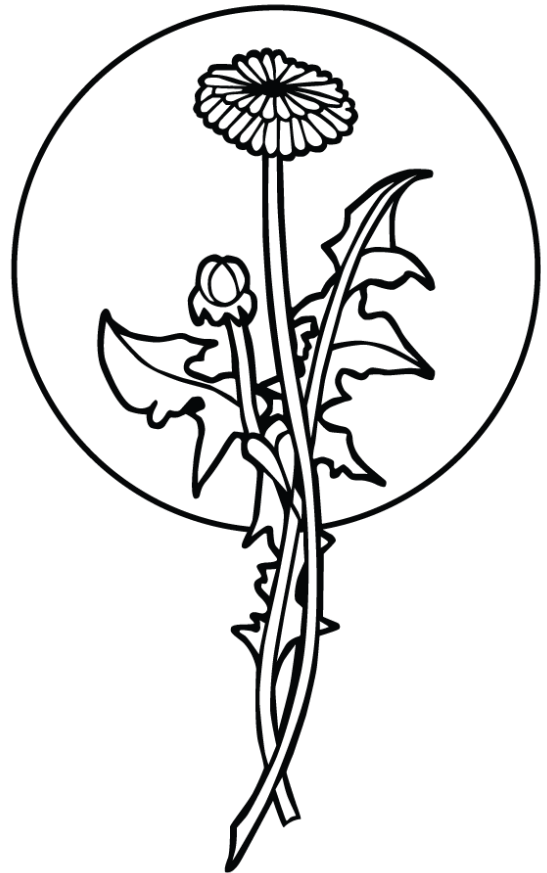
<https://www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.php#vqrp>

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

Tips for Supporting a Friend

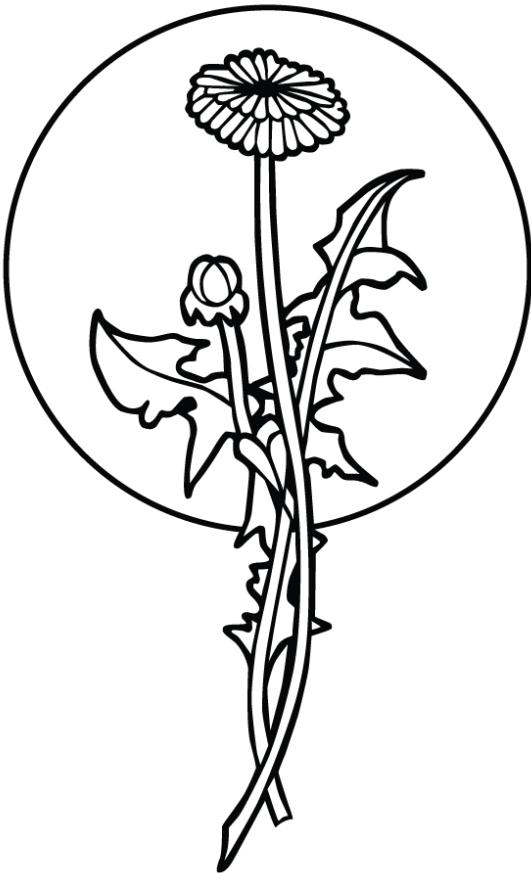
PARTIALLY FROM "CHOOSING YOUR OWN PATH TO SURVIVORHOOD", THE YOUTH ALLIANCE, 2011.

- 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, comrades?
- Help them explore what would help with accountability and reparations.
- Advocate for a process which supports the survivor and leads to 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 abuses.
- 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!