



RESOURCE LIST

FOOD BANK

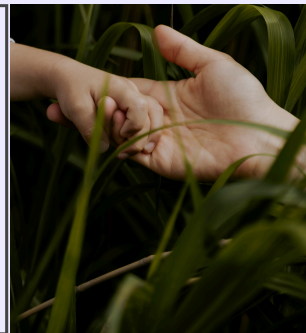
416-203-0050

ONTARIO WORKS /FINANCIAL SUPPORT

1-888-999-1142

TORONTO RENT BANK

416-397-7368



Support is just a conversation away.

EMERGENCY SHELTERS

416-338-4766

211 TORONTO - COMMUNITY & GOVERNMENT SERVICES

211 OR 1-888-340-1001

SALVATION ARMY EMERGENCY SHELTER

1-800-725-2769



There are resources and people ready to support you.

TORONTO DISTRESS CENTRE

416-408-4357

LEGAL AID

416-979-1446

CONNEX ONTARIO HELPLINE

1-800-565-8603



Click the QR Code for More Information!

ASSAULTED WOMEN'S HELP LINE

1-866-863-0511

KIDS HELP PHONE

1-800- 668-6868

MUSLIM WELFARE

416-754-8116



Use the resources around you—they're designed to help you thrive

