



AWSC Community Resource Directory (2026)

Legal Aid & Rights Resources

- Legal Aid Ontario | 1-800-668-8258 | <https://www.legalaid.on.ca>
- Barbra Schlifer Clinic | 416-323-9149 | 489 College St Toronto | <https://schliferclinic.com>
- CLEO | <https://www.cleo.on.ca>
- Pro Bono Ontario | 1-855-255-7256 | <https://www.probonoontario.org>
- Human Rights Legal Support Centre | 1-866-625-5179 | <https://hrlsc.on.ca>

Mental Health & Wellness

- CAMH | 416-535-8501 | 1001 Queen St W Toronto | <https://www.camh.ca>
- CAMH Virtual Urgent Care | <https://www.camh.ca/en/patients-and-families/programs-and-services/virtual-urgent-care>
- CMHA Ontario | 1-800-875-6213 | 180 Dundas St W Suite 2301 Toronto | <https://ontario.cmha.ca>
- ConnexOntario | 1-866-531-2600 | <https://www.connexontario.ca>
- Naseeha | 1-866-627-3342 | <https://naseeha.org>
- Muslim Mental Health Canada | <https://muslimmentalhealth.ca>

Youth Mental Health

- Kids Help Phone | 1-800-668-6868 | <https://kidshelpphone.ca>
- Good2Talk | 1-866-925-5454 | <https://good2talk.ca>
- Youth Wellness Hubs Ontario | <https://youthhubs.ca>
- Stellas Place | 416-461-2345 | 54 Wolseley St Toronto | <https://stellasplace.ca>
- Jack.org | <https://jack.org>

Women & Family Support

- Assaulted Womens Helpline | 1-866-863-0511 | <https://www.awhl.org>
- Womens Health in Womens Hands | 416-593-7655 | 2 Carlton St Suite 500 Toronto | <https://www.whiwh.com>
- Womens College Hospital | 416-323-6400 | 76 Grenville St Toronto | <https://www.womenscollegehospital.ca>
- Family Violence Resources | <https://www.canada.ca/en/public-health/services/health-promotion/stop-family-violence/services.html>

Housing, Food & Financial Support

- Ontario Works | 1-888-999-1142 | <https://www.ontario.ca/page/ontario-works>
- Daily Bread Food Bank | <https://www.dailybread.ca>
- Toronto Financial Support for Renters | <https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/>
- Toronto Social Housing | <https://www.toronto.ca/community-people/employment-social-support/housing-support/rent-geared-to-income-subsidy/>
- York Region Social Housing | <https://www.york.ca/support/housing/applying-subsidized-housing>
- Peel Region Housing Subsidy | <https://peelregion.ca/housing-social-support/housing-subsidy>
- Muslim Welfare Canada | 647-641-1027 | 100 McLevin Ave Scarborough | <https://mwcanada.org>

Health Care & Newcomer Services

- Access Alliance Non-Insured Walk-In Clinic | 416-760-8677 | 761 Jane St Toronto | <https://accessalliance.ca>
- University Health Network | <https://www.uhn.ca>
- Holland Bloorview Kids Rehabilitation Hospital | <https://hollandbloorview.ca/services>
- Canadian Dental Care Plan | <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>
- FCJ Refugee Centre | 416-469-9754 | <https://www.fcjrefugeecentre.org>

Crisis & Emergency

- 988 Suicide Crisis Helpline | Call/Text 988 | <https://988.ca>
- 211 Ontario | 211 or 1-877-330-3213 | <https://211ontario.ca>
- Distress Centres of Greater Toronto | 416-408-4357 | <https://www.dcoft.com>
- Emergency Shelters Toronto | <https://www.toronto.ca/community-people/housing-shelter/homeless-help/shelters/>