



Peel Family Mediation Services Community Resource List

Family Law Information Centre (FLIC) Room 261, Phone: (905) 453-7795

A. Grenville and William Davis Courthouse, 7755 Hurontario Street, Brampton L6W 4Y6 Room 261

Head Office: Phone: 1 (844) 452-PFMS (7367) Fax: (905) 453-7796

Email: irc@peelfamilymediation.org Website: www.peelfamilymediation.org

HOSPITALS

CVH- Credit Valley Hospital

B: Bilingual (English and French)

THC/MS- Trillium Health Center/Miss Site

I: Interpretation available

WOHC- William Osler's Health Centre

M: Multilingual (Multiple languages spoken)

LEGAL SERVICES & ADVOCACY

Court Support Services (CMHA/Peel)..... 905-456-4700
.....Extensions: 5663 & 5666
Family Court (Custody & Support)..... 905-456-4700
Family Responsibility Office..... 416-326-1817
Lawyer Referral Service..... 416-947-3330
Service: online delivery..... Additional info: www.findlegalhelp.ca
Justice Net www.justicenet.ca
Legal Aid Ontario (Peel)..... 905-453-1723
Mississauga Community Legal Services..... 905-896-2050
Service: inquires and intakes through phone only
Additional info: offices are closed until further notice
North Peel and Dufferin Community Legal services... 905-455-0160
Service: offices are closed; remote service on the phone & online
Additional info: northpeeldufferinjustice.ca
Office Of The Children's Lawyer..... 416-314-8000
Service: online delivery
Ontario Human Rights Commission.....1-800-387-9080
Elizabeth Fry Society of Peel/Halton 905-459-1315
Service: remote delivery Additional info: www.efrypeelhalton.ca

DOMESTIC/FAMILY VIOLENCE

Safe Centre of Peel..... 905-450-4650
... Punjabi speaking court support worker ... 905-450-4650- Ex. 305
Service: offices are closed; services are provided via telephone
Additional info: www.scopeel.org
Victim / Witness Assistance Program (B)..... 905-456-4797
Service: in-person services are suspended; online services provided
Assaulted Women's Help Line (M,I)..... 1-888-863-0511
.....GTA: 416-863-0511
Victim Services Of Peel(Brampton)..... 24hr 905-568-1068
Victim Support Line.....1-888-579-2888
.....GTA:416-314-2447
Heal Network (Children counselling supports)..... 905-450-1608
Service: offices are closed; services remain online
Additional info: www.cfspd.com
Salvation Army - Brampton 905-451-4115
Honeychurch Family Life Resource Centre 905-451-4115
Service: programs remain in-person
Additional info: www.tsavawservices.ca
Women's Counselling Centre 905-820-8984
Service: programs remain in-person
Additional info: www.tsavawservices.ca
Chinese Association of Mississauga..... 905-275-8558
Service: services are available in person by appointment only
Additional info: chineseassociationmississauga.com
Peel Committee Against Woman Abuse.....905-823-3441
Additional info: pcawa.net
Courage in Action.....416-290-5227
Additional info: courageinaction.ca

SCHOOL BOARDS

Dufferin-Peel Catholic District School Board..... 905-890-1221
Peel District School Board..... 905-890-1099

MENTAL HEALTH SERVICES FOR CHILDREN & YOUTH

Nexus Youth Services..... 905-795-3518
Service: offices are closed, delivery is remote
Additional info: nexusyouth.ca
Rapport Youth and Family Services..... 905-455-4100
Service: contact 905-451-4655 for an intake appointment
Additional info: wheretostart.ca
Peel Children's Centre..... 905-795-3500
.....24/7 Crisis Line:..... 416-410-8615
Service: offices are closed; online delivery
Additional info: peelcc.org
Tangerine (Walk-in Counselling).....905-795-3530
Service: offices are closed; they offer 45 min telephone-based consultations
Additional info: tangerinewalkin.com
Associated Youth Services of Peel (AYSP).....905-890-5222
Service: offices are closed; services continue online
Additional info: aysp.ca
Child/Adolescent Clinic (Peel Memorial Centre)...905-494-2120
.....extension56709
Service: in the process of adapting services through virtual care
Child/Adolescent Mental Health Services (Trillium)...905-451-4655
Service: online delivery (remotely and via telephone)
Additional info: now referred to as Wheretostart.ca
Connex Ontario.....1-866-531-2600
Service: fully operational and available via telephone, chat, and email
Additional info: connexontario.ca

NEWCOMERS & SETTLEMENT SERVICES

Newcomer Centre of Peel.....905-306-0577
Service: services and classes are offered online
Additional info: ncpeel.ca
Newcomer Information Centres
.....Brampton East: 905-595-0722 ext. 4000
.....Brampton South: 905-457-4747 ext. 4000
Service: now referred to as *Achev*; in person services have been suspended
Additional info: achev.ca
COSTI Immigration Services (employment resources)....905-459-8855
Service: online delivery
Additional info: www.costi.org
Vietnamese Community Centre of Mississauga..... 905-891-3825
Service: offices are closed; online service delivery is provided
Catholic Cross-Cultural Services Bram: 905-457-7740
..... Miss: 905-273-4140
Service: in person services with reduced capacity by appointment only
Additional info: cathcrosscultural.org
Polycultural Immigrant & Community Services.....905-403-8860
Service: in person/online delivery available
Additional info: polycultural.org
Brampton Multicultural Community Centre..... 905-790-8482
Service: offices are closed; service is available via phone, email, video conferencing, and social media outlets
Additional info: bmccentre.org

COUNSELLING SERVICES

Family Services of Peel..... Centralized Intake: 905-453-5775
..... Miss: 905-270-2250
Catholic Family Services Of Peel Dufferin..... Bram: 905-450-1608
..... Miss: 905-897-1644
Service: offices are closed; services are provided remotely online
Additional info: cfsdpd.com
Caledon Community Services..... 905-584-9460
Service: in-person programs are suspended
Additional info: visit www.ccs4u.org for more information
ECLYPSE Youth Drop-In Centre..... 905-866-6900
Community Mental Health Services..... CVH: 905-813-2398
..... THC/MS: 905-848-7586
Service: online delivery *Additional info:* thp.ca
Indus Community Services Bram: 905-459-4776
..... Miss: 905-275-2369
Service: offices are closed; services provided remotely
Additional info: induscs.ca
Muslim Community Services..... 905-790-1910
Service: offices are closed; service provided online
Additional info: mcsservices.org
Punjabi Community Health Services..... Bram: 905-790-0808
..... Miss: 905-677-0889
Service: offices closed; services continue over the phone
Additional info: pchs4u.com
Afghan Women's Organization..... 905 279-3679
Service: in-person services are suspended; services by email, phone,
and online are available. *Additional info:* afghanwomen.org
Dixie Bloor Neighbourhood Services..... 905-629-1873
Service: offices are closed; clients can be served remotely
Additional info: dixiebloor.ca
Malton Neighbourhood Services..... 905-677-6270
Service: delivered remotely via online or over the phone
Additional info: mnsinfo.org
Oasis centre Des Femmes (F)..... 905-454-3332
...Fem'aide: Fracophone women's crisis hotline (F).... 1-877-336-2433
United Achievers Community Services..... 905-455-6789
Service: offices are closed; services are provided online
Additional info: unitedachievers.org
SPECTRA Community Support Services..... 905-459-7777
African Community Services..... 905-460-9514
Service: offices are closed; services are provided online
Additional info: africancommunityservices.com
Family Enhancement Centre..... 905-799-2228
Service: offices are open for in-person counselling sessions; remote
delivery is continuing to be offered *Additional info:* tfec.ca
Peel Aboriginal Network..... 905-712-4726
Additional info: ofifc.org
Sukhmani Haven- help for international students
Email-info@sukhmanihaven.com Contact- 289-652-2488
CAROW - Residential options for Criminalized women... 289-233-3351
Additional info: www.carow.ca
Roots Community inc. – Support line..... 647-812-8545
Brampton..... 905-455-6789
Mississauga 905-455-6789

Resources for Men

Canadian Centre for Men and families..... 647-479-9611
..... or 1-844-900-CCMF (2263)
Email: info@menandfamilies.org
Men Therapy Toronto 647-677-8281
Email: mentherapytoronto.com
Native Men's Residence (Shelter) Toronto 1-866-626-3737
Wilkinson Road Shelter (shelter for men)..... 905-452-1335
Services: in-person
St. Leonard's Place Peel 905-457-3611
Shelter/supportive housing for men
Roots Community inc. – Support line..... 647-812-8545

CRISIS

24/7 Crisis Support Peel Dufferin 905-278-9036
Kids Help Line (24 hrs). 1-800-668-6868
SPECTRA Community Support Services..... 905-459-7777
..... TeleCheck for Seniors (55+)..... 289-569-1201
..... Touching Base (16+) 289-569-1302
..... Peel Postpartum Family Support Line..... 905-459-8441
..... Multilingual Lines..... 905-459-7777
Mobile Crisis response (24 hrs)..... 905-278-9036
Peel Regional Police..... 905-453-3311
COAST (CRISIS Outreach & Support Team) 1-877-825-9011
..... Caledon: 1-888-811-2222
Crisis Intervention Services Here 24/7
..... Waterloo/Wellington/ Dufferin: 1-844-437-3247

CHILDREN & PARENTING SERVICES

Children's Aid Society – Peel..... 905-363-6131
Erinoak Kids Centre for Treatment and Development.... 905-855-2690
Online Services and In-person services
Additional info: <https://www.erinoakkids.ca>
Bridgeway Family Centre..... 905-495-3430
Online Services and In-person Services
Additional info: <https://bridgewaycentre.ca>
Region of Peel- Child Care Subsidy..... 905-793-9200
Service: delivered online
Additional info: <https://www.peelregion.ca/childcare-subsidy>
Children's Services (child subsidy/child care centres): 905-791-1585
Service: delivered online and over the phone
Family Education Centre..... 905-452-0332
Service: online
Child Development Resource Connection (CDRCP).... 905-507-9360
Services: online and limited services over the phone
Additional info: <https://www.cdrep.com>
Brampton Life Centre..... 905-454-2191
The Dam-Youth drop-in and parenting groups..... 905-826-6558
Service: in person and online services
Additional info: <https://www.thedam.org>
Vita Centre 905-502-7933
Service: in person and online services provided
Additional info: <https://vitacentre.org>
Motherisk Helpline (risks/diseases during pregnancy): 416-813-6780
Parents and Friends of Lesbians and Gays (PFLAG) Toronto
..... Phone support line: 416-406-6378
..... PFLAG Peel Region Number 1 888-530-6777 ext. 567
Service: online
Additional info: <https://pflagcanada.ca>
Supervised Access Programme 1-844-373-4515
Service: online services
Additional info: <https://familyservicesottawa.org>
Side By Side Supervised Access Services 416-518-1569
Service: online and in person services
Additional info: <https://familyservicesottawa.org>
Peel Young Parents Resource Group 905-791-7800; ext. 7557
Service: online services
Additional info: <https://familyservicesottawa.org/supervised-access-program>

FINANCIAL/EMPLOYMENT

Child Tax Benefits..... 1-800-387-1193
Employment Insurance..... 1-800-206-7218
Ontario Works in Peel..... 905-793-9200
Ontario Disabilities Support Program..... Bram. 905-460-5025
YMCA Employment and Community Services..... 905-276-9322
Service: in-person and online
Additional info: <https://ymcagta.org>

HOUSING/SHELTERS

Assaulted Women's Helpline..... 1-866-863-0511
Services: online
Additional info: <https://www.awhl.org/home>
Central Intake Toronto..... 416-338-4766
Additional info: <https://www.toronto.ca/housing>
Central Intake Peel..... 905-450-1996
Additional info: <https://www.peelregion.ca/housing/shelters/>
Peel Access to Housing (Path)..... 905-453-1300
Services: online services
Additional info: <https://www.peelregion.ca/housing/initiatives-resources/programs/path.htm>
Services and Housing in the Province..... 905-795-8742
Services: online and in-person
Additional info: <https://shipshey.ca>
Peel Living..... 905-453-2500
Services: online and in person
Additional info: <https://www.peelregion.ca/peelliving/>
City of Toronto (311)..... 416 392-2489
Peel Outreach Services..... 1-877-848-8481 ext.1
Services: online and in-person
Additional info: <https://cmhapeeldufferin.ca/programs-services/outreach/>
Armagh (abused women)..... 905-855-0299
Services: in person and online
Additional info: <http://armaghhouse.ca/>
Angela's Place..... 905-791-3887
Additional info: <http://shipshey.ca/housing>
Family Transition Place (for families)..... 1-800-265-9178
.....Orangeville: 519-941-4357
Additional info: <https://familytransitionplace.ca>
Peel Youth Village (16-24 years)..... 905-791-5576
Additional info: <https://www.peelregion.ca/housing/peel-youth-village/>
Our Place Peel (16-24 years)..... 905-238-1383
Additional info: <https://ourplacepeel.org>
Brampton Queen Street Youth Shelter (16-24 years).....905-791-2334
Services: in-person and online
Embrace (women over 16 years/children/male youth up to 18 years).....
..... 905-403-0864 OR 1-855-676-8515
Services: online and in-person
Additional info: <https://embrace.ca>
Peel Family Shelter..... 905-272-7061
Services: in person
Cawthra Road Shelter Services: in-person905-281-1272
(single adults/couples without children) Toll Free.....1-888-919-7880
Ellen House (single women over 18 years).....437-688-2634
Additional info: <http://efrypeelhalton.ca/portfolio/ellen-house-3/>
First Stop Woodlawn (single women)..... 416-961-8787 ext. 397
Services: in-person
Additional info: <https://www.ywcatoronto.org>
Ernestine's Women Shelter (abused women).....416-746-3701
Services: in-person and online
Additional info: <https://ernestines.ca>
Nisa Homes: women's shelter+1 888-456-8043
Email- info@nisahomes.com

SEXUAL ASSAULT/ABUSE

Hope 24/7 905-792-0821
Crisis Support Peel Dufferin905-278-9036/1-888-811-2222
Services: online
Sexual Assault 24- hour crisis Line 1-800-810-0180
Radius Child & Youth Services416-744-9000 ext.327
Services: in person and online
Peel Elder Abuse Support Program..... 905-459-7777
..... Caledon: 1-877-298-5444
Services: have closed- redirected to 24/7 Spectra helpline
Elder Abuse Ontario..... 416-916-6728
Chantel's Place.....905-848-7580 ext.2548
Services: in person, phone and online <https://trilliumhealthpartners.ca>

FOOD BANKS & EMERGENCY FOOD SERVICES

Eden Food for Change 905-785-3651
Services: in-person
Additional info: <https://edenffc.org>
Seva Food Bank.....905-361-7382
Services: in-person
Additional info: <https://www.sevafoodbank.com>
The Mississauga Food Bank..... 905-270-5589
Services: in-person
Additional info: <https://www.themississaugafoodbank.org>
Salvation Army – Family Services..... Miss: 905-279-3941
..... Bram: 905-791-1085
..... Meadowvale: 905-824-0450
..... Erin Mills: 905-820-6868
Services: in-person
Additional info: <https://salvationarmy.ca>
St. Louise Outreach Centre of Peel..... 905-454-2144
Services: in-person
Additional info: <http://www.stelouisefoodbank.ca>
Knight's Table..... 905-454-8725
Services: in-person
Additional info: <https://knightstable.org>
The Compass Food Bank & Outreach Centre..... 905-274-9309
Services: in-person and online
Additional info: <https://thecompass.ca/>

GENERAL INFORMATION

City of Brampton (Main Line)..... 905-874-2000
Services: in-person and online
Additional info: <https://www.brampton.ca>
City Hall Mississauga..... 905-615-3200
Services: in-person and online
Additional info: <https://www.mississauga.ca/council>
DNA Testing Canada..... 905-582-5299
..... Toll Free: 1-866-863-5139
Services: in-person
Law Society of Ontario..... 416-947-3300
..... Toll-Free: 1-800-668-7380 OR TTY: 416-644-4886
Services: online
Additional info: <https://lso.ca/home>
Canada Revenue Agency (Personal Income Tax)..... 1-800-959-8281
Services: online
Peel Public Health Healthy Sexuality Clinics..... 905-799-7700
Services: in-person and online
Additional info: <https://www.peelregion.ca/health/sexuality/clinics>
Peel Regional Police Non-Emergency line..... 905-453-3311
Additional info: <https://www.peelpolice.ca>

SERVICES FOR SENIORS

Senior Safety Line..... 1-866-299-1011
Services: online
Additional info: <http://www.eapon.ca>
Family Services of Peel Mississauga: 905-270-2250
Services: online and some in-person
Additional info: <https://fspeel.org/>
Elder Help Peel..... 905-457-6055
Additional info: <https://elderhelppeel.org/ehp/>
Peel Senior Link 905-712-4413
Services: in-person and online
Additional info: <https://peelseniorlink.com>
TeleCheck Seniors program.....289-569-1202
Services: online and over the phone

TRANSPORTATION

Brampton Transit..... 905-874-2999
Services: in-person bus transportation
Mississauga Transit..... 905-615-4636
Services: in-person bus transportation
Peel TransHelp..... 905-791-1015
Services: in-person bus transportation

ALCOHOL/ADDICTION SERVICES

Addiction Counselling Services (WOHC)
..... (for adults): 905-796-3005 ext. 0
... (for youth 16-24 years): 437-231-5549 OR 905-494-2120 ext. 28011
Services: in-person and online
Additional info: <https://www.williamoslerhs.ca/en/areas-of-care/addictions-services-for-adults.aspx>
Alateen and Al-Anon Family Groups..... 416-410-3809
Services: online *Additional info:* <https://al-anon.org/>
Alcoholics Anonymous (AA) GTA Intergroup..... 416-487-5591
Services: online
Additional info: <https://www.aatoronto.org>
Centre of Addiction and Mental Health (CAMH)..... 416-535-8501
..... Toll-Free: 1-800-463-2338
Services: in-person
Additional info: <https://www.camh.ca>
Peel Works Needle Exchange Program (NEP)..... 647-225-1623
Services: in-person
Additional info: <https://www.peelregion.ca/health/needle-exchange>
Peel Addiction Assessment & Referral Centre..... 905-629-1007
Services: online and some in-person
Additional info: <https://www.paarc.com>
YMCA Youth Substance Abuse Program (YSAP)
..... (for youth 14-24 years): 416-473-7407
Services: in-person and online
Additional info: <https://ymcagta.org/youth-programs/ysap>
Credit Valley Addictions and Concurrent Disorders..... 905-338-4123
Services: in-person and online
Additional info: <https://trilliumhealthpartners.ca>
Withdrawal Management (WOHC)..... 905-456-3500
..... OR: 905-494-2120 ext. 22584
Services: in-person
Additional info: <https://www.williamoslerhs.ca/en/areas-of-care/addictions-services-for-adults.aspx>
Rapid Access Addiction Medicine (RAAM) Clinic..... 905-451-2123
Services: in-person
Additional info: <https://cmhapeeldufferin.ca/programs-services/rapid-access-addiction-medicine-clinic-raam/>
CMHA Peel 24/7 Crisis Line..... (Peel Dufferin): 905-278-9036
..... (Caledon & Dufferin): 1-888-811-2222
Services: in-person and online
Jean Tweed Centre..... 416-255-7359
Services: in-person, online and telemedicine services
Additional info: <https://jeantweed.com>
RESQ Youth International..... 905-451-0953
Services: in-person and online
Additional info: <https://www.resqyouth.com/>
Mackay Manor – addiction treatment for men 1-877-819-4181

RECREATION

Big Brothers Big Sisters of Peel..... 905-457-7288
Services: online and some in-person
Additional info: <https://peel.bigbrothersbigsisters.ca>
Boys and Girls Club of Peel..... 905 712-1789
Services: online
Additional info: <http://www.bgcpeel.org>
Public Library..... Bram: 905-793-4636
..... Miss: 905-615-3500
Services: online and some in-person
Additional info: <https://www.bramptonlibrary.ca>
<https://www.mississauga.ca/library>
Parks and Recreation..... Miss: 905-615-4100
..... Bram: 905-874-2300
Services: in-person (vaccine receipt required)

HOSPITALS & MENTAL HEALTH SERVICES

Canadian Mental Health Association – Peel..... 905-451-2123
Crisis Outreach and Support Team (COAST) – Peel..... 905-278-9036
Hospital Crisis Intervention (non-crisis line)..... 905-848-7495
Services: in-person
Additional info: <https://trilliumhealthpartners.ca/patientservices/mentalhealth/acuteCareInpatientServices/Pages/Crisis-Intervention-Team.aspx>
Credit Valley Hospital..... 905-813-2200
Services: in-person and online
Additional info: <https://trilliumhealthpartners.ca>
William Osler's Health Centre Brampton..... 905-494-2120
Services: in-person and online
Additional info: <https://www.williamoslerhs.ca/en/index.aspx>
Hospital for Sick Children..... 416-813-1500
Services: in-person and online
Additional info: <https://www.sickkids.ca>
Telehealth Ontario Toll-Free: 1-866-797-0000
Community Care Access Centre..... Brampton: 905-796-0040
..... Caledon: 1-888-733-1177
Services: online
Additional info: <http://www.centralwestlin.on.ca>
Peel Public Health..... 905-799-7700
Services: online
Additional info: <https://www.peelregion.ca/health>

AMERICAN SIGN LANGUAGE (ASL) and OTHER LANGUAGES INTERPRETATION SERVICES

A2Z Interpretation, Translation & Transportation..... 416-847-0102
Services: online and in-person
Additional info: <https://www.a2zinterpreting.com>
Most Valuable Asset Interpreting Services 416-233-5649
..... OR Toll-Free: 1-888-238-5124
Services: online and in-person
Additional info: <https://www.mostvaluable.com>
ARCO International Languages 416-291-4747
Services: online and in-person
Additional info: <https://www.arcoincgroup.com>
Toronto Sign Language Interpreter Service (TSLIS)..... 647-885-1740
Services: online and in-person
Additional info: <https://www.tslis.ca>