

Feed Scarborough food security initiative resource guide.

community resource guide for

- Hotlines
- Covid 19 mental support
- shelters
- food banks



contact information
info@feedscarborough.ca
www.feedscarborough.ca
416-936-3975

Hotlines

Mobile crisis center
mental health and depression support
phone number: 416-495-2891

Pinewood addiction services
addiction support/counseling
phone number: 416-431-8200

Scarborough help network
Anxiety/depression/mental health support
phone number: 416-495-2891

Assaulted women's hotline
trauma support counseling
phone number: 416-863-0511

Trans care communities
mental health support
phone number: 416-750-9885

Gerstein center
depression supports
phone number: 416-929-5200

Senior safety line
financial guides/ senior safety and rights
phone number:
1-866-299-1011

Toronto seniors hotline
PTSD trauma support and counseling for seniors
phone number: 416-217-2077

LGBT youth hotline
mental health coping strategies and anxiety
phone number not available but email at
programs@youthline.ca

Black youth hotline
phone number:416-777-2945

Boultonbee blake youth outreach service
shelter support/depression and anxiety support. phone number: 416-465-1410

Distress center
counseling for addictions and mental health/depression.
phone number:416-486-2242

Youth dale crisis hotline
24 hours 7 days a week, peer support services. phone number:416-363-9990

central Toronto youth services
24 hour 7 days a week hotline for any youth-related issues. phone number:416-924-2100

covid 19 mental support

The progress place warm line
chat group that anyone can join and talk about anxiety and stressors during the covid-19 pandemic
phone number: 12pm to 8pm 416-323-3721
8pm to midnight 416-960-9276
24 hour a day chat line only.

Daily strength online chat group
online chat group that anyone can join and talk about anxiety and stressors as a student during the covid-19 pandemic.
website: www.DailyStrength.org

Shelters

Toronto family residence

provides housing supports for families.
phone number: 416-397-1318
address: 4222 Kingston road

Toronto community family residence

provides housing support for families.
phone number: 416-981-5500
address: 2181 Elsmere Road

Birkdale residence housing and support division

provides housing for anyone in need.
phone number: 416-981-5500
address: 1229 Elsmere road

EYET

can provide temporary shelter for anyone in need. phone number: 416-686-3390
address: 3079 Danforth avenue

Multicultural settlement and community services

shelters for settlers struggling to adjust in Scarborough.
phone number: 416-757-1002
address: 1160 Birtchmount road

Interval house

Provides shelter for abused women only.
phone number: 416-924-0899
address: call first

Homeward family shelter

Provides shelter for families in need.
phone number: 416-724-1316
address: 31 Tapscott Road

Woodgreen red door family

Provides shelter for families.
phone number: 416-915-5671
address: 1731 Lawrence avenue east

Our place peel

Shelter for youth ages 16 to 25
phone number: 905-238-1383
address: 3579 dixie road

Ellen house

Provides shelter to single females 25 or older
phone number: 437-688-2634
address: 30 Ellen street

Wilkinson shelter

Provides shelter for youth, family, single adult, or a couple.
phone number: 905-450-1996
address: 15 Wilkson road

Peel family shelter

website only: peelregion.ca
address: 2420 surveyor road

Cawthra shelter

website only: peelregion.ca
address: 2500 Cawthra road

Brampton queen street youth shelter

website only: peelregion.ca

food banks

Agincourt community

Provides food to those in need.
phone number: 416-292-6912
address: 1911 Kennedy road

Teesdale drop-in center

Provides healthy meals up to three times a week.
phone number: 647-694-1138
address: 40 Teesdale road

Feed Scarborough cliffside location

A community grocery store
phone number: 416-936-3975
address: 2229 Kingston road

Salaheddin Islamic Centre

community grocery store
phone number: 416-936-3975
address: 741 Kennedy road Scarborough.

Feed Scarborough Oakridge location

Community grocery store
phone number: 416-936-3975
address: 3330 Danforth Avenue Scarborough

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community resource guide for
-methadone/suboxone clinics
-safe injection sites
-sober living houses
-treatment centers



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Methadone/suboxone clinics

Methadone clinic and suboxone treatment
provides methadone/suboxone to those who need it.
phone number: 416-490-0499
address: B2-1261 Kennedy road

Addiction center
provides methadone/suboxone to those who need it.
phone number: 647-931-7316
address: 4113A Lawrence Avenue East

Addiction and methadone clinic
provides methadone/suboxone to those who need it.
phone number: 416-462-0228
address: 1288 Danforth avenue

Addiction medicine
provides methadone/suboxone to those who need it.
phone number: 905-709-9955
address: 4800 Sheppard avenue

Doctors pharmacy
provides methadone/suboxone to those who need it.
phone number: 416-490-0490
address: 2B1261 Kennedy road

safe injection sites

The works Toronto
safe injection site for those who have substance misuse disorder and want to ensure using safely while under supervision.
phone number:
416-392-0520
address: 277 Victoria street

South Riverdale community health center
safe injection site for those who have substance misuse disorder and want to ensure using safely while under supervision.
address: 955 queen street east

Fred victor
safe injection site for those who have substance misuse disorder and want to ensure using safely while under supervision.
phone number: 416-364-8228 ext. 3380
address: 145 queen street east

Parkdale queen west community health center
safe injection site for those who have substance misuse disorder and want to ensure using safely while under supervision.
phone number: 416-703-8480
address: 168 Bathurst street

sober living houses

Alpha house

post-treatment residential program
phone number: 416-469-1700
address: 1792-647 Broadview avenue

Renascent Grham Munro center

post-treatment residential program
phone number: 416-847-6441
address: 356 Dundas Street

St Micheals halfway home

post-treatment residential program
phone number: 416-535-3131
address: 277 Rusholme RD

Oxford house harm reduction

post-treatment residential program
phone number: north york N/A
address: 1712 AV Road

Treatment centers

Freedom from addictions

provides medically assisted detox and treatment
for substance misuse disorder.
phone number: 1-888-241-3391
address: 33 victoria street

CAM H Toronto

provides medically assisted detox and treatment
for substance misuse disorder.
phone number: 416-535-8501
address: 175 college street

Renascent Toronto

provides medically assisted detox and treatment
for substance misuse disorder.
phone number: 905-655-5651
address: 90 Colston ave Whitby

Addiction Rehab Toronto

provides Medically assisted detox and treatment for substance misuse disorder.
phone number: 416-792-7550
adress: 4 Warrendale court

services for adults with disabilities

Surex community services

provides services and can connect those with a disability to various services such as funding, transportation, disability benefits.
phone number: 416-469-4109
address: 311-40 wynford drive

Alzheimer's Society of Toronto

provides a class that can improve dementia-related behaviors.
phone number: 416-322-6560
address: 20 Eglinton Ave W, 16th Floor

Better living health and community services

phone number: 416-447-7244
address: 100 Consilium road, Scarborough Ontario.

Scarborough Womans center

provides services such as counseling and mentoring as well as assistance in job searching and crisis intervention.
phone number: 416-439-7111
address: 2100 Elsmere road suite 245

Pegasus community project

provides services such as goal-oriented learning, structural teambuilding skills communication skills, technology skills.
phon number: 416-691-6835
address: 931 Kingston Road Scarborough Ontario

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- community resource guide for
- methadone/suboxone clinics
- Employment services
- community services
- virtual services



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Employment services

ACCES employment Scarborough

Assists in finding jobs for all ages.
phone number: 416-431-5326
address: 2100 Elsmere road

Armenian family support services

Employment support and assistance for Armenian family.
phone number: 416-431-5549
address: 920 Progress avenue

Just for today harm reduction center

Harm reduction approach to helping those in need find accommodating jobs.
phone number:
address: 3090 Kingston road suite 400B

Senior persons living connected

Employment assistance for seniors who need a job or just want to volunteer.
phone number: 416-493-3333
address: 3333 Finch Avenue East

Addiction center Toronto

Provides assistance for substance users in finding jobs.
phone number: 647-931-7316
address: 4113A Lawrence Avenue east

AWIC Community and social services

Provides assistance in finding jobs for anyone.
phone number: 416-499-4144
address: 3268 finch avenue east.Unit 2

Mental health case management

provides job searching assistance to those with mental health complications.
phone number: 416-785-9230
address: 3079 Danforth avenue

Mental health outpatient services

Provides job searching assistance for those with mental health complications.
phone number: 416-431-8135
address: 1225 Kennedy Road

community services

Healthy families healthy communities program

Provide community programs such as therapy and activities to help mental health.
phone number: 416-755-5565
address: 1527 Victoria park avenue

Scarborough community legal services

Provide housing, welfare, disability support employment law, and immigration law.
phone number: 416-438-7182
address: 695 Markham road suite 9

virtual services

Youth wellness hubs Scarborough

peer support groups, employment housing, and education support

phone number: 416-438-3697

address: 1200 Markham road suite 200

Hong fook mental health association

case management, support with housing, Asain community psychiatric care, group psychotherapy.

phone number: 416-493-4242

address: 3320 midland ave, suite 20

Mental health court support program

Provides service and assistance for those who are in the federal court system and also suffer from mental illness.

phone number: 416-285-4177

address: 1911 Eglinton Avenue East

Doctors' pharmacy Scarborough

provides suboxone and methadone to those who need them.

phone number: 416-490-0499

address: 1261 Kennedy road unit B

vasantham, a Tamil wellness center

elder abuse, addiction counseling, crisis intervention, and trauma counseling

phone number: 416-847-4172

address: 2660 Eglinton Avenue east

Across boundaries Toronto

phone number: 416-787-7709

address: 51 Clarkson avenue

Armenian family support services

Provide relationship support within family members.

phone number: 416-431-5549

address: 920 progress avenue

Zentangle meditation

provides meditation classes weekly

phone number: 844-787-7709

address: 4 manor wood Road

Psychotherapy group for men and women

self-love therapy groups

phone number: 416-925-8747

address: the center 316 Dupont

A body-mind therapy retreat

self-love therapy groups

phone number: 877-420-1290

address: Parkdale prana room 1273A queen street west

Youth social skills program

social anxiety program for youth

phone number: 855 249-5362

address: 20 Bridgeland Avenue Suite LL2

Mindful self-compassion group

phone number: 855-507-0092

address: 700 bay street suite 2200

power past the imposter syndrome

phone number: 647-372-2630

address: N/A

Fun virtual groups that encourage anyone to join.

The following 6 virtual groups can be joined by going to the following website.

www.countryliving.com

1. Virtual choir group (the sofa singers)
- A place where you can sing and make new friends!
2. Virtual book club
chat about your favorite novels and meet friends!
3. The virtual group talking about mental health.
Talk to someone about how your feeling or just make new connections with new people!
4. Online exercise classes
stay fit/healthy while at home and meeting new friends!
5. Make new friends online
a place where the goal is to meet new nice people!
6. A friendly phone call