



HELPFUL RESOURCES FOR WOMEN EXPERIENCING ABUSE

If you are experiencing violence or abuse, access these free supports available in Peel, Halton, and Toronto regions.

PEEL RESOURCES

Embrace 24/7 Crisis Line

905-403-0864 or 1-855-676-8515

<https://embrace.ca/>

The 24/7 Crisis Support Line provides immediate support to survivors in the community experiencing any form of violence. Clients define and identify their needs and what types of supports they want to access such as immediate crisis support and intervention, risk assessment and safety planning, emotional support, referrals to other services, information-sharing, problem-solving and intake into the Shelter Program.

Victim Services of Peel

905-568-1068

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

The 24/7 Crisis Line provides immediate support to survivors in the community through services such as crisis intervention, financial assistance and services, access to safe housing, court bail resources, and referral to other long-term support services.

211 Central

211 or 1-877-330-3213

<https://211ontario.ca/>

The 24/7 service is offered in more than 150 languages, by phone, chat, text, and web. 211 helps connect people to the right information and services, making their pathway to care and resources a guided and trusted one.

Assaulted Women's Helpline

1-888-915-0536

<https://www.awhl.org/contact-us>

The 24/7 Helpline offers anonymous and confidential support to all women in the province of Ontario who have experienced any form of abuse.

Family Services of Peel

905-453-5775

<https://fspeel.org/>

Children of all ages who have experiences or witnessed violence can access individual counselling in a supportive and child friendly environment with or without parental/guardian consent depending on their age.

Nisa Homes

<https://nisahomes.com/>

Nisa Homes provides transitional housing for immigrant, refugee, non-status or Muslim women and children fleeing abuse or homelessness and remote casework support for any women needing support. For housing, please call 1-888-456-8043. For free mental health counselling, call Nisa Helpline at 1-888-711-6472, an anonymous helpline resource, available 10 a.m. to 10 p.m.

Safe Centre of Peel

905-450-4650

<https://scopeel.org/>

The Safe Centre of Peel offers support and compassionate care to families affected by intimate partner violence in Peel. Over 17 agencies work together at one location to provide services such as individualized safety planning, counselling, settlement and immigration services, access to police reporting (if required), transitional housing supports, family court support and more.

HALTON RESOURCES

Halton Women's Place

905-878-8555

<https://haltonwomensplace.com/>

Halton Women's Place is an organization providing shelter and crisis services for physically, emotionally, financially, and sexually abused women and their dependent children and is dedicated to ending violence against women and their children.

The Women's Centre of Halton

905-847-5520

<https://thewomenscentreofhalton.com/>

The Women's Centre of Halton supports women who are experiencing crisis or distress, or who are in transition. They provided services in the areas of life skills coaching, counselling, legal help, employment coaching, peer support and others.

Sakeenah Homes (Brampton, Milton, and Toronto)

1-888-671-3446

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

Sakeenah homes are safe spaces across the country for women and children, where they are provided refuge, nutritious meals, and essential items. Residents in their homes receive holistic support to help them recover and develop strength, while learning skills that move them towards independence and success.

TORONTO/NORTH YORK RESOURCES

North York Women's Centre

416-781-0479

<https://nywc.org/>

They offer a series of free women's empowerment group programs, skills development programs, a drop-in lounge, one-on-one support for individual women and much more.

North York Women's Shelter

416-638-7335

<https://nyws.ca/>

NYWS provides a 17 bedrooms emergency shelter with the capacity to house up to 40 women and their children, plus - a first in the Toronto area - a kennel for their pets!