

Our Services

Supporting Seniors. Strengthening Independence. Building Connections.

At the **Senior Tamils' Centre of Ontario (STC)**, we understand that the needs of seniors extend beyond recreation and social activities. Navigating services, accessing reliable information, learning new technologies and knowing where to turn for help can sometimes be challenging.

Our services are designed to help seniors remain **informed, independent, confident, connected and supported**. Through our staff, volunteers, professional partners and community networks, we provide culturally responsive assistance in a welcoming and respectful environment.

Information, Support & Referrals

We help seniors access information about **community programs, government services, health and social resources, and other supports** available to older adults. When specialized assistance is required, we connect individuals with appropriate organizations and professionals.

Health & Wellness Support

STC works with healthcare professionals and community partners to provide **health education, wellness information, seminars and workshops** on topics that matter to seniors, encouraging prevention, healthy choices and informed decision-making.

Legal Information & Support

Through partnerships with qualified professionals, seniors have opportunities to receive **legal information and guidance** on issues relevant to older adults and to better understand their rights and available options.

Income Tax Assistance

Our **free income tax clinic** assists eligible seniors with completing their annual income tax returns, helping them maintain access to important government benefits and credits.

Digital Support

As more essential services move online, we help seniors develop the confidence to use **computers, smartphones and digital services**. Digital education also helps members communicate with family and friends, find information and participate more independently in today's connected world.

Friendly Visits & Social Support

STC reaches beyond the walls of our Centre through **friendly visits and outreach to seniors**, including residents of long-term care homes. These connections provide companionship, friendship and a continuing sense of belonging to the community.

Counselling & Guidance

We provide a welcoming place where seniors can seek **information, guidance and appropriate referrals** when facing personal or practical concerns. Where specialized assistance is needed, we help connect them with suitable community resources.

Elder Abuse Awareness & Prevention

STC is committed to promoting the **safety, dignity and rights of older adults**. Through educational sessions, professional partnerships and awareness initiatives, we help seniors recognize different forms of elder abuse, understand their rights and learn where appropriate help and support can be found.

Volunteer & Peer Support

Our philosophy of “**seniors helping seniors**” is at the heart of STC. We encourage members to share their knowledge and experience through volunteering, mentoring and peer support, creating a community in which seniors both receive support and provide it to others.

Community Connection

We work collaboratively with **community organizations, government agencies, healthcare providers, professionals and other service partners** to connect seniors with resources and opportunities that contribute to their overall well-being.

Here When Seniors Need Us

Whether someone needs information, assistance, a referral, an opportunity to learn, or simply a connection to the community, STC strives to be a **trusted and welcoming first point of contact**.

Our goal is not simply to provide services, but to empower seniors with the knowledge, confidence, connections and support they need to live with dignity, independence and purpose.

At STC, no senior should feel that they have to navigate the journey of aging alone.