

Government Services

Local-Municipal

311 Information (multilingual) on City of Toronto for non-emergency services

Ontario-provincial www.health.gov.on.ca

Seniors Canada Online Information for seniors from multiple government agencies at www.seniors.gc.ca

Health Card at 700 College Street, Toronto

Ontario Drug Benefit Program: 1-866-532-3161 or TTY 1-800-387-5559

Ontario Works Medical Transportation
www.toronto.ca/socialservices/healthcosts

Disability Pension: 1-800-277-9914

Seniors Information Line: 1-888 910-1999

Senior Safety Line 1-866-299-1011

(24 hours a day - 7 days per week - 150 different languages)

Ministry of Health Assistive Devices, Drug Benefit Program
416-314-5518

Federal

Old Age Security/CPP: 1-800-277-9914
<http://www.hrsdc.gc.ca/eng/oas-cpp/index.shtml>

Employment insurance, parental leave, unemployment, Compassionate leave: 1-800-206-7218
<http://www.servicecanada.gc.ca/eng/sc/ei/benefits/maternityparental.shtml>

Community Support Services

Dial 211

24 hours, free information about health, social services and education in the Greater Toronto Area

Community Care Access Centre (CCAC)

Home support, referrals to other services.
416-506-9888 or 1-866-243-0061
www.ccac-ont.ca

Toronto Public Health

Information on local non-clinical, health programs.
416-338-7600

Hospice Toronto

Supports for those living with life-limiting conditions, their families and caregivers, and offers information and referrals, at no charge.
416-364-1666 www.hospicetoronto.ca

Yonge Street Mission

SJT Community office - 225 Wellesley Street East, Toronto
416-929-9288
Main location - 306 Gerrard Street East, Toronto (416) 929-9614

Access Alliance

Multicultural resources
340 College Street, Unit 500, Toronto
416-324-8677

Bleecker-Wellesley Activity Network: www.bwan.ca

416-928-2195

Canadian Cancer Society 416-488-5400 or 1-800-268-8874

Transportation 1-888-939-3333 www.cancer.ca

Canadian Diabetes Association: 416-363-0177 www.diabetes.ca

Central Neighbourhood House

416-925-4363

Food and Nutrition Services

Community Navigation Access Program: 1-877-540-6565

www.cnap.ca - 34 Community Support Service (CSS), Toronto

Mid Toronto Community Services

416-962-9449

Riverdale Immigrant Women's Centre

416-927-9527

Sherbourne Health Centre

416-324 4180

SHOUT Youth Clinic: 416-927-8553 (homeless and street involved youth supports)

Food Share: 416-363-6441

Food Bank Access Number: 416-392-6655

Lourdes Food Bank

275 Bleecker Street (back entrance)

416-972-0630 www.ourladyoflourdes.ca/social_faith/food_bank.htm

Grocery Delivery

Grocery Gateway: 905 564-8774 or www.grocerygateway.com

Health Supports and Safety Access Numbers

911 Police - Ambulance - Fire EMERGENCY

Ambulance non-emergency: 416-638-7301

Police non-emergency: 416-808-2222

Toronto Fire Services non-emergency: 416-338-9512

Telehealth:

Free health advice: 1-866-797-0000 or TTY 1-866-797-0007

Mental Health Services:

Centre for Addiction & Mental Health

Emergency/Crisis Services: 416-979-6885

Non-emergency: 416-789-7957, ext. 282

CRCT – Community Resource Centre of Toronto (and STOP Program) www.crct.org 416-482-4103

Progress Place: www.progressplace.org 416-323-0223

Counselling Services

Family Services Toronto: 416-595-9618

Distress Centre Toronto: 416-408-4357

Victim's Services: 416-808-7066

Bereavement Families of Ontario-Toronto: 416-440-0290

Wood Green Walk-in Counselling Service

815 Danforth Avenue 2nd floor, Suite 202

4:00pm - 8:00pm (arrive no later than 6:45 pm)

Seniors Crisis Access Line (SCAL): 416-619-5001

"We can make a living by what we get; we make a life by what we give"

- Winston Churchill

Equipment and Assistive Devices

Medical Alarms

Philips Lifeline: 1-866 963-5325
Lifeline Systems: 416-445-3387
First Call response: 416-516-0088
Medic Alert: 416-696-0267

Assistive Devices Program

416-327-8804 or 1-800-268-6021: www.health.gov.on.ca

Hearing Health Program: 416-928-2500

Transcare Community Support Services (Incontinence Supplies): 416-750-9885 ext. 238

Housing & Long Term Care

Adult Day Programs: Toronto Long Term Care Homes and Services: 416-392-8545

Toronto Rent Bank

Interest free loans for qualified tenants:
416-924-3862

Toronto Social Housing Connections: 416-981-6111

Medical Clinics and Family Doctors

For information on where you can find a walk-in-clinic or a family doctor near you please visit:

www.health-local.com/find/walk-in-clinic/toronto/ontario

Sherbourne Health Centre at 333 Sherbourne Street, Toronto:
416-324 4180

Medvisit Doctor's House: 416-631-3000

Medical Services Directory

For the public to find non-critical health care services:
Walk-in/After Hours Clinics, Urgent Care Centres, Family Health Care Providers www.hco-on.ca/English/Home-Page/

Be Breast Aware

Breast health and breast cancer screening in English, French, Arabic, Bengali, Farsi, Portuguese and Spanish. 1-888-778-3100
www.willow.org

In home Foot Care

St. Elizabeth Visiting Nurses: 416-498- 8600

Foot Care Centre at Women's College Hospital - 60 Grosvenor Street, Toronto (Dr.'s referral needed): 416-323-6020

Queen West Community Health Centre: 416-703-8480

Women's Health In Women's Hands: 2 Carlton Street, Toronto
416-593-7655

*Never believe that a few **caring** people can't change the world.
For, indeed, that's all who ever have."*

- Margaret Mead

Dental Care

Toronto Public Health Dental Services for Seniors:
416-392-0907

George Brown College – Hygiene, Dentures:
416-415-5000, ext 4547

Toronto Academy of Dentistry: (for those on Social Service): 416-967-5649

Hearing and Vision Care

Hearing Health Care Services

Hearing tests, hearing aids, evaluation, sales, maintenance repair, batteries.

416-928-2501 or TTY 416-964-0023

Vision hardship program

Social Service funding for seniors: 416-397-0330

Bell Canada Special Needs

Telephone equipment : 1-800-268-9243

Canadian National Institute for the Blind (CNIB)

129 Bayview Avenue, Toronto
416-486-2500

Legal Matters

Pension and Death Benefits: www.canadabenefit.gc.ca

Power of Attorney: 416-314-2800 or 1 800-366-0335

Advocacy Centre for the Elderly (ACE)

Legal Support for Seniors: 416-598-2656

www.advocacycentreelderly.org

Living Wills

www.jointcentreforbioethics.ca

Lawyer Referral Service: 416-947-3330

Legal Aid Ontario: 416-598-0200 www.legalaid.on.ca

Neighbourhood Legal Services: (416) 861-0677

Transportation

TTC- Wheels Trans

Door to Door Transportation. A TTC fare is paid to the driver.

416-393-4111 or TTY: 416-393-4555

For reservations call 416-393-4222

TTC General Information: 416-393-4000

TTC Complaints: 416-393-3030

Driver testing

416-326-1234 <http://www.ontario.ca/driving-and-roads/drivers-licence>

Toronto Ride

Volunteer Drivers: **416-481-5250**

Canadian Cancer Society – RIDE Program for those who need assistance to get to medical appointments: (416) 480-7901

toronto@ontario.cancer.ca