

# Creating Caring Communities Together

A Directory for St. James Town and Surrounding Areas:

**COVID-19 Resources**

**Updated: February 2021**



Hospice Toronto  
416-364-1666  
[www.hospicetoronto.ca](http://www.hospicetoronto.ca)



*This directory is a Community Health Navigation Resource Booklet. Please share with others who may find this resource helpful. If you would like to request edits or you would like more information, please contact Hospice Toronto at [info@hospicetoronto.ca](mailto:info@hospicetoronto.ca) or 416-364-1666.*

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**General Websites For Inquiry:**

Internet Bot that can help find resources in the GTA: <https://chalmers.amplelabs.co/>

Community and Social Services Hotline (Ontario 211): <https://211ontario.ca/>

Emergency Shelter support and resources Ontario 311: <https://www.toronto.ca/home/311-toronto-at-your-service/>

## **Food Resources**

**The 519** - <https://www.the519.org>

519 Church St, Toronto, ON M4Y 2C9 **(416- 392-6874)**

**Takeaway Meals** will continue to be served on Sundays from 1 to 2:30 pm. Access from the patio in front of FABARNAK or Back of the building. No Cost and is open to anyone in GTA

**Sprint Senior Care (Age 55+)** - <https://sprintseniorcare.org/meals-wheels>

140 Merton Street, Toronto, ON M4S 1A1 **(416-481-6411)**

Email: [info@sprintseniorcare.org](mailto:info@sprintseniorcare.org).

\*To access services please call or email Agency to begin registration\*

**Food Banks:** Supporting Seniors who are having difficulty attaining food. **(Free of Charge)**

**Meals on Wheels: (Low cost)**

Provide Frozen and hot meals which can be ordered 7 days week

[https://sprintseniorcare.org/sites/default/files/hot meal menu pdf.pdf](https://sprintseniorcare.org/sites/default/files/hot%20meal%20menu.pdf)

- Provide Wellness Boxes which include ready-to- eat, ready-to- cook

[https://sprintseniorcare.org/sites/default/files/wellness box sample menu.pdf](https://sprintseniorcare.org/sites/default/files/wellness%20box%20sample%20menu.pdf)

**Sanctuary** - <https://www.sanctuarytoronto.org/covid19>

25 Charles St E Toronto Downtown Central Toronto ON M4Y 1R9 - **(416-922-0628)**

**Call Before** - Meals offered Tuesday 10-3 and Thursday 4:30pm- 9pm

**The Redeemer Toronto (No cost)**- <https://theredeemer.ca/drop-in/>

162 Bloor St W. North York, ON M5S 1M4 **(416-922-4948)** - **Open to everybody**

**No registration**

Monday, Tuesday and Wednesday (10- 11:30) Meals to go will be available at the Avenue Road Ramp Door

Thursday and Friday (10 am – Noon) .Street Outreach with Sandwiches, Supplies and Resources

**Margaret's Drop In (No cost)**- <https://margarets.ca/drop-in-services/>  
 323 Dundas St. E Toronto, M5A2A2 (647-367-2100) - **Open to everybody**  
 Hot meals provided  
     Breakfast 7am- 8:30 am  
     Lunch 10:30am -11:30am  
     Snack 3:30pm – 4:30 pm  
     Dinner 5:00pm – 6:00 pm  
 Wednesday and Saturdays 10-11 lunch

**YSM (Yonge Street Mission), Davis Centre Services (No cost)** -  
<https://www.ysm.ca/get-help/covid-19-response/>  
 270 Gerrard St. E., Toronto – (416) 929-9614 x3200 – **Open to Individuals with M4 M5 postal code**  
 Appointment Required once every two weeks.  
     **Food bank** Tuesday – Friday 9- 3 with appointment  
**If New:** Must provide photo ID, documentation of most recent monthly income, proof of address to be entered in system.  
     **Take Away Meals** Operation hours: Tuesday and Thursday 4pm- 5pm

## **Clothing and Supplies**

**The 519** – <https://www.the519.org>

519 Church St, Toronto, ON M4Y 2C9 (416) 392-6874 – **No cost and Open to anyone**

- **Access to clothing and hygiene supplies** will continue on Fridays and Sundays from 2 to 3:30pm. Access from the south Splash Pad gate.
- **Harm reduction and emergency clothing** (hats, gloves, socks, etc.) will be available at the FABARNAK entrance during operating hours.

**Margaret's Drop In** - <https://margarets.ca/drop-in-services/>

323 Dundas St. E Toronto, M5A2A2 (647-367-2100) – **No cost and Open to anyone**

Drop in – any available items

**Sanctuary** - <https://www.sanctuarytoronto.org/covid19>

25 Charles St E Toronto Downtown Central Toronto ON M4Y 1R9 - (416-922-0628)

**Covid Restrictions may apply** - Tuesday and Friday 11am-4pm: Showers, Clothing/supplies, Health clinic

**Covid Restrictions may apply:** Thursday 5pm -9pm: Showers, clothing/supplies, Health Clinic

## **Dental Support**

**235 Danforth Ave.,** east of Broadview - **416-392-0934**

- Offered to Children (0-17 years old), parents enrolled in selected Toronto Public Health Programs, and Seniors (age 65 + )
- Cannot have dental Insurance
- Unable to pay for a dentist

**St. Michaels** (NEED REFERRAL FROM DOCTOR) - 80 Bond Street **(416) 338-0905**

- Offered to Children/Youth up to the age of 17, Patients of St. Michaels with urgent dental conditions,
- Offered to individuals who do not have a private dental insurance
- Services: Dental exams and x-rays, Teeth cleaning, Fluoride treatment, Fillings and sealants, Extractions, Root canal treatment on selected teeth, Partial and full dentures (after you pay a fee)
- Call to ensure you are eligible for services
- Upon having referral from your doctor, the clinic will contact you directly to book an appointment

## **Financial and Housing Support**

**Fred Victor** - <https://www.fredvictor.org/what-we-do/housing/>

325 Bleecker St. Toronto, On M4X 1M2 – **(416) 482-4103**

Provides various supports and resources; Affordable housing, transitional housing, women's transition to housing, shelters, etc.

- **Covid 19 Emergency Response:** Due to safety procedures, Fred Victor has set up a temporary shelter at **Edward Hotel**
  - o 250 units/rooms
  - o Support for women, men, and couples facing mental health, substance use, social isolation, unemployment/underemployment
  - o Onsite access to case management, counselling, trauma care support

**Dixon Hall Neighbourhood Services operates new sites**

- **Respite Service** : 354 George Street Toronto, ON M5A 2N3– **(24-7 for immediate concerns): (416)688-5014**

**Turning Point Youth Services** - <https://turningpoint.ca/programs/#other-programs-and-services>

95 Wellesley St. E Toronto, ON M4Y 2X9 – **(416) 925-9250**

Emergency shelter for youth age 12-17. Providing support for group counselling, residential support, school programs, etc.

**YSM (Yonge Street Mission), Davis Centre Services** - <https://www.ysm.ca/get-help/covid-19-response/>

280 Gerrard St. E., Toronto and 306 Gerrard St. E – **(416) 929-9614**

Appointment Required. Operation Hours Mondays 10am – 3pm

Provide immediate support for those at risk of losing housing. Assist with housing application, rental search, unit viewing, eviction prevention and housing stability

**Margaret's Drop In** - <https://margarets.ca/drop-in-services/>

323 Dundas St. E Toronto, M5A2A2 **(647-367-2100)**

**Covid Restriction may apply** Housing worker: Monday and Friday 9:30am – 4pm

**The 519** - <https://www.the519.org/programs/housing-services>

519 Church St, Toronto, ON M4Y 2C9 **(416) 392-6874**

Resources for youth ages 16-29 who identify as part of the LGBTQ community. This organization assists with providing resources and support in housing or shelter relief. Email Victoria at [VWatson@The519.org](mailto:VWatson@The519.org) to book an appointment for a phone call.

Free legal assistance via video calls for ID applications, name changes, gender marker changes, and other related needs.

We will work with clients to schedule appointment dates and times.

**By appointment only. Contact: [TransIDClinic@The519.org](mailto:TransIDClinic@The519.org)**

## **Mental Health**

**YSM (Yonge Street Mission) Employment Services** - <https://www.ysm.ca/get-help/covid-19-response/>

280 Gerrard St. E., Toronto M5A 2G4 – **(416) 355-3568 or (416) 929-9614 x 3235**

**Open to everybody**

Monday-Friday appointment telephone counselling

Monday, Tuesday, Wednesday, Friday 9:30am-4:30pm and Thursdays 10am-7:30pm

**Margaret's Drop In** - <https://margarets.ca/drop-in-services/>

323 Dundas St. E Toronto, M5A2A2 **(647-367-2100)**

Doctor available on Wednesday – by appointment

**LGBT Youth Line** – Mobile- friendly chat/text platform

Text 647-694-4275 | Chat [www.youthline.ca](http://www.youthline.ca)

**Progress Place Warmline** – [www.warmline.ca](http://www.warmline.ca)

Accessing mental and emotional support with online chat, text, or call

Hours of Operation: Noon-Midnight 7 days a week

Between 12pm – 8pm Call (416) 323-3721

Between 8pm – Midnight call (416) 960-9276

Text (647) 557-5882

**The 519** - <https://www.the519.org/covid19-emotional-selfcare>

519 Curch St, Toronto, ON M4Y 2C9 **(416) 392-6874**

Friendly Check-in by The 519 staff over the phone or via email for community members aged 18+. **Monday to Friday (based on client preference and staff availability)**

**Bounce Back Reclaim Your Health** – <https://bouncebackontario.ca/bounceback-offers-quick-tips-to-support-your-mental-health-during-covid-19/>

8271 Keele St. Unit 2, Concord, ON, L4K 1Z1 – **Toll Free: 1-866-345-0224**

Providing free coping skills and guided self-help during covid for individuals aged 15 years and up. This service is not a crisis service for counselling but providing individuals with life-skills programs such as skill building workshops and online videos.

**Crisis Services Canada: 1-833-456-4566**

Suicide prevention and support

**Togetherall** - <https://togetherall.com/en-ca/>

585 Dundas St. E Toronto, ON. M5A 2B7

Online chat. Peer-to-peer mental health support that is accessible 24/7. Free to all Ontarians aged 16+

## **COVID 19 Testing Sites & Information**

**Assessment Center:** 76 Grenville St, Toronto, ON M5S 1B2

**Dale's Pharmacy Parliament:** Testing individuals without symptoms – Call for an appointment  
572 Parliament Street Toronto, ON M4X 1P8- **(416) 921-5700**  
Monday - Friday: 9 a.m. to 5:30 p.m.

**Bloor- Sherbourne Pharmacy:** Testing Individuals without symptoms – Call for an appointment  
608 Sherbourne Street Toronto, ON M4X 1X6  
Monday: 9:30 a.m. to 7 p.m.  
Tuesday: 9:30 a.m. to 7 p.m.  
Wednesday: 9:30 a.m. to 7 p.m.  
Thursday: 9:30 a.m. to 6 p.m.  
Friday: 9:30 a.m. to 6 p.m.  
Saturday: 10 a.m. to 2 p.m.

### **Public Health Ontario – Information on Corona Virus**

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>

### **Up to date Information on the Vaccine**

<https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-vaccines/>

<https://covid-19.ontario.ca/covid-19-vaccines-ontario>



# **Fact Sheet on Covid-19**



## **COVID-19 FACT SHEET**

Updated December 14, 2020

### **COVID-19 Vaccine** [Developed by Pfizer-BioNTech]

#### **COVID-19**

[COVID-19](#) is a viral infection that primarily affects the lungs. Some people may have a mild illness. Others may get very sick, including seniors or people with a pre-existing health condition. Very rarely, some children can get a serious inflammatory condition. The long-term effects of COVID-19 are not fully known. Some people are at greater risk of getting COVID-19 because of their work or living conditions.

#### **How this Vaccine Works**

This vaccine tells your body's cells to make "spike proteins." The spike proteins are specific to the virus that causes COVID-19. Your immune system will respond to the spike proteins by making antibodies that will fight off infection. Your new antibodies will break down the spike proteins and get rid of them. Your new antibodies will protect you from illness if you are exposed to the COVID-19 virus. It is not known if the vaccine can prevent infection. The vaccine does not contain the virus and so it cannot give you COVID-19.

The Pfizer-BioNTech vaccine has been tested in large clinical trials to ensure it has met safety standards, and has been licensed and approved by Health Canada.

#### **Vaccine Benefits**

Two doses of the vaccine are required for better protection, given 21 days apart. It can be given to people 16 years of age and older, including seniors. After completing the two-doses, it may take another seven days to achieve maximum protection against COVID-19. At this time, there is no information on the long-term protection with this vaccine. In trials, the vaccine was 95% effective.

There is a small chance that you may still get COVID-19 after being vaccinated. It is important to continue with public health measures such as physical distancing, wearing a mask, and staying home if you are sick. Health care and other staff must still wear personal protective equipment (PPE) even after they have been vaccinated.

#### **Side Effects and Risks**

Some people may experience side effects from the vaccine, but they will likely be moderate and resolve after a few days. Some of the symptoms are part of the body's response to developing immunity.

Common side effects that have been reported in the clinical trials for this vaccine include:

<b>very common</b> ≥10% (more than 1 in 10 doses)	<b>common</b> 1%-10% (1 in 100 to 1 in 10 doses)	<b>uncommon</b> 1% (1 in 100 doses)	<b>very rare</b>
<ul style="list-style-type: none"> <li>o pain at the injection site</li> <li>o headache</li> <li>o feeling tired</li> <li>o muscle or joint pain</li> <li>o fever or chills</li> </ul>	redness & swelling at the injection site	enlarged lymph nodes	serious allergic reactions such as anaphylaxis

In rare cases, serious allergic reactions (anaphylaxis) can occur. Allergic reactions can be treated and are usually temporary. Seek medical attention if you have trouble breathing, have hives or swelling of the face and throat. Vaccine side effects will continue to be monitored as people receive the vaccine. If you get a reaction to the vaccine, contact your health care provider who will report the side effect directly to public health. Public health will keep track of the reported side effects to make sure the vaccine continues to be safe.

### Precautions

- Delay getting vaccinated if you have a fever, are sick with COVID-19 symptoms, or have received a vaccine in the past 14 days.
- Avoid trying to get pregnant for at least two months after getting both doses of the vaccine.
- Consult your health care provider if you have a bleeding disorder or are on blood thinner medication.

### Do not get this vaccine, if you:

- have allergies to any vaccine ingredients, including polyethylene glycol; or
- have had a severe reaction to a previous dose of this vaccine.

### Do not get this vaccine without consulting your health care provider, if you:

- are under 16 years of age (you may be able to be vaccinated if you are 12 to 15 years of age);
- are pregnant or breastfeeding; or
- have an autoimmune disorder or a weakened immune system due to illness or treatment.

**For more information**, talk to your health care provider, or visit [toronto.ca/COVID19](https://toronto.ca/COVID19).

### Resources

Government of Canada. Pfizer-BioNTech COVID-19 vaccine: What you should know. Ottawa, ON: December 9, 2020. Available: <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/pfizer-biontech.html>

Pfizer-BioNtech COVID-19 Vaccine product Monograph. December 2020. Available: <https://covid-vaccine.canada.ca/info/pdf/pfizer-biontech-covid-19-vaccine-pm1-en.pdf>

## **COVID INFORMATION: ENGLISH**

### **COVID-19 TESTING IN ST JAMES TOWN**



**WHERE:** The Corner, 200 Wellesley St. East

**WHEN:** January 12- February 12, 2021

**Every Tuesday, 1:00pm- 4:30pm**

**Every Friday, 9:30am- 1:00pm**

Additional dates will be provided as needed

**If you have COVID-19 symptoms or may have been exposed to COVID-19, you MUST self-isolate from others while you are waiting for your test results.**

**Drop in – first come, first served**

**FOR MORE INFORMATION,  
PLEASE CALL: 416-254-4006**

**Please bring your Health/OHIP Card if you have one  
BROUGHT TO YOU BY: HEALTH ACCESS ST. JAMES TOWN**



## COVID INFORMATION: HINDI

### कोविड-19 परीक्षण सेंट जेम्स टाउन में



**जगह:** कॉर्नर, 200 वेलेस्ली स्ट्रीट ईस्ट

**समय:** 12 जनवरी- 12 फरवरी, 2021

प्रत्येक मंगलवार, दोपहर 1:00 बजे- 4:30 बजे

हर शुक्रवार, सुबह 9:30- दोपहर 1:00 बजे

आवश्यकतानुसार अतिरिक्त तिथियां प्रदान की जाएंगी

यदि आपमें COVID-19 के लक्षण हैं या आप किसी COVID-19 प्रसित व्यक्ति के संपर्क में आये हैं तो आपको अपने परिणामों की प्रतीक्षा करते समय दूसरों से अलग रहना होगा।

**ड्रॉप इन - पहले आओ, पहले पाओ**

अधिक जानकारी के लिए, दिए हुए नम्बर पर सम्पर्क करें

Ph: 416-254-4006

\*अगर आपके पास अपना स्वास्थ्य HEALTH/ ओहिप OHIP कार्ड है तो अवश्य लाएं  
सेवा में: हेल्थ ऐक्सेस, सेंट जेम्स टाउन पार्टनर

# COVID INFORMATION: TAMIL

**COVID-19 பரிசோதனை**  
**ஜேம்ஸ் செயின்ட் டவுனில்**



**இடம்:** த கார்னர், 200 வேலஸ்லி தேரு, கிழக்கு

**நேரம்:** ஜனவரி 12-பிப்ரவரி 12 2021

**செவ்வாய்தோறும், 1:00pm- 4:30pm**

**வெள்ளி தோறும், 9:30am- 1:00pm**

தேவைப்பட்டால் கூடுதலாக தேதிகள் கொடுக்கப்படும்

உங்களுக்கு COVID-19 அறிகுறிகள் இருந்தால் அல்லது COVID-19 க்கு வெளிப்படுத்தப்பட்டிருந்தால்

உங்களது பரிசோதனைக்குரிய முடிவு வரும் வரை உங்களை நீங்களே தனிமைப்படுத்தி கொள்ளவேண்டும்

**முதலில் வருபவர்களுக்கு முன்னுரிமை**  
**அளிக்கப்படும்**

**கூடுதல் விபரங்களுக்கு**

**அழைக்கவும்: 416-254-4006**

நீங்கள் OHIP/HEALTH அட்டை பெற்றிருந்தால் அதை எடுத்து வரவும்.

## COVID INFORMATION: ARABIC

اختبار Covid-19 فيروس كورونا في

**ST JAMES TOWN**



**اين The Corner, 200 Wellesley St. East:**

**متى : 12 يناير - 12 فبراير, 2021**

**كل ثلاثاء, 1:00 م - 4:30 م**

**كل جمعة, 9:30 ص - 1:00 م**

يجب عليك أن تعزل نفسك أثناء انتظار نتائج الاختبار إذا كانت لديك أعراض أو تعرضت لـ COVID-19 وتجنب التواصل مع الآخرين حتى تحصل على نتائج الاختبار.

**أول القادمين أول المخدمين**

لمزيد من المعلومات

يرجى الاتصال على: 416-254-4006

أحضر بطاقة الصحة OHIP إذا كان لديك واحدة - ليست إلزامية

HEALTH ACCESS ST. JAMES TOWN: جلب لكم بواسطة





## COVID INFORMATION: AMHARIC

የኮቪድ-19 ምርመራ በ **ST JAMES TOWN**



**ቦታ ፤ The Corner, 200 Wellesley St. East**

**መቼ ፤ ጥር 4 - የካቲት 5**

**በየሳምንቱ ማክሰኞ ከ 1:00 pm – 4:30 pm**

**በየሳምንቱ አርብ ከ 9: 30 am – 1:00 pm**

ተጨማሪ የምርመራ ቀናቶችን እንዳስፈላጊነቱ የምናሳውቅ ይሆናል።

የኮቪድ -19 (የኮሮናቫይረስ) የህመም ምልክቶች ካሉት ወይም ለኮሮናቫይረስ ከተጋለጡ የምርመራ ውጤት እስኪደርሱት ድረስ አራሱን ከሌሎች ሰዎች ማግለል ይኖበታል።

**ቀድሞ የመጣ ቀድሞ የስተናገዳል!**

ለተጨማሪ መረጃ በዚህ ስልክ ይደውሉ፡ 416-254 4006

የ አንታሪዮ የጤና መገልገያ ካርድ ካለዎት ይዘው ይምጡ።

ይህ አገልግሎት የቀረበለት በ HEALTH ACCESS ST. JAMESTOWN ነው ።

# **COVID INFORMATION: TAGALOG**

## **PAGSUSURI NG COVID-19 SA ST JAMES TOWN**



**SAAN:** The Corner, 200 Wellesley St. East

**KAILAN:** January 12- February 12, 2021

**Tuwing Martes, 1:00pm- 4:30pm**

**Tuwing Biyernes, 9:30am- 1:00pm**

Maglalaan ng karagdagang petsa kung kinakailangan.

Kung ikaw ay may mga sintomas ng COVID-19 o nalantad sa COVID-19, **KAILANGAN** mong ihiwalay ang sarili sa iba habang ika'y naghihintay sa resulta ng iyong pagsusuri.

**Bumisita – unang dumating, unang matitingnan**

**PARA SA KARAGDAGANG IMPORMASYON,**

**MANGYARING TUMAWAG: 416-254-4006**

Mangyaring dalhin ang iyong Health/OHIP Card kung mayron ka  
HATID SA INYO NG: HEALTH ACCESS ST. JAMES TOWN



# **COVID INFORMATION: MANDARIN**

## **ST JAMES TOWN COVID-19 测试**



**地点:** The Corner, 200 Wellesley St. East

**时间:** 1月12日- 2月12日, 2021

**逢周二, 1:00pm- 4:30pm**

**逢周五, 9:30am- 1:00pm**

**其它时间另行通知**

在等待测试结果时如果有感染症状或接触过确诊患者你必须自我隔离。

无需预约, 先到先测试

了解更多信息, 请电

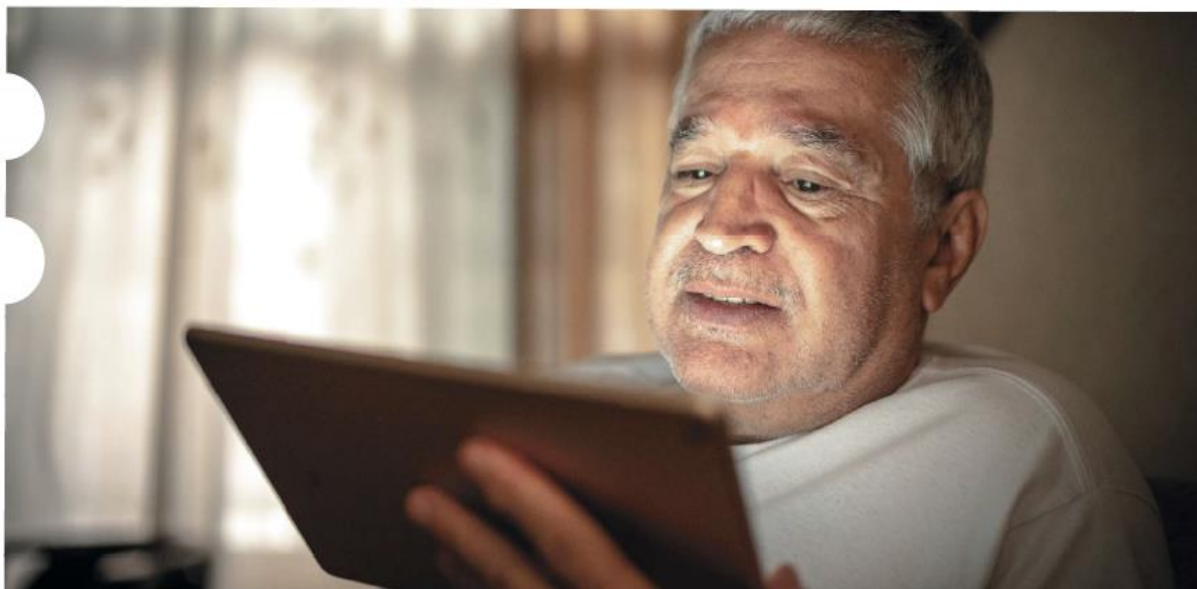
416-254-4006

如果您有健康卡/OHIP請攜帶

向您提供服務的機構是

HEALTH ACCESS ST. JAMES TOWN

## Information On Technology Support



# Trouble using technology?

## The library can help seniors!

Toronto Public Library's Seniors Tech Help team provides free help to seniors on how to use technology. We offer one-on-one phone help, detailed help sessions, and a variety of classes and workshops.

Get help with:

- Using your smartphone, tablet or laptop
- Connecting with family and friends online
- Borrowing e-books, audiobooks, newspapers and magazines
- Shopping safely online
- Accessing health and support services
- Internet safety, security and privacy

Don't have a TPL library card? We can help! Seniors Tech Help staff will help you get a new TPL Digital Access Card for immediate access to our digital collections. No need to leave home this winter.

**Contact:**

Telephone: **416-393-6225**

Email: [techhelp@tpl.ca](mailto:techhelp@tpl.ca)

**Service available:**

January 4 – March 12, 2021

Mon-Fri: 9:30 am – 4:30 pm

If you develop COVID symptoms please call:

**Telehealth Ontario** at **1-866-797-0000** or call the **Toronto Covid19 hotline** at **416 338-8421**

If you are in distress, please call the **GTA distress line: 416-408-4357** or the **Seniors' Hotline** at **416-217-2077**

Call **311** for Information on City Services

**Call 211 for information on community resources (You can also text 21166, chat online: [211Ontario.ca/chat](https://211Ontario.ca/chat), or email: [gethelp@211Ontario.ca](mailto:gethelp@211Ontario.ca)) or access the website at [211ontario.ca](https://211ontario.ca). 211 is available in over 150 languages. Just press 1 for English and then say the language you need information example "I speak Spanish", and they will connect you to an interpreter**