

2021 Guide

Up Your Life

Living on a Limited Budget in York Region



uphub





IMPORTANT NUMBERS

York Region Police Emergency	911
Non-emergency	1-866-876-5423
Crimestoppers	1-800-222-TIPS(8477)
Hate Crime Hotline	1-877-354-HATE(4283)
Community Crisis Response Services: 310-COPE	1-855-310-COPE(2673)
Streamlined Access	1-844-660-6602
Mental Health Helpline	1-866-531-2600
Warm Line and Peer Crisis Support Service	1-888-777-0979
Drug and Alcohol Helpline	1-800-565-8603
National Suicide Prevention Lifeline	1-800-273-8255
Assaulted Womens Helpline	1-866-863-0511
Domestic Abuse and Sexual Assault Care Centre	905-883-1212
Victim Services of York Region	1-866-876-5423 x 6790
Toronto Rape Crisis Centre Crisis Line	416-597-8808
Human Trafficking Helpline	1-800-263-6734
Women's Support Network of York Region	
Crisis Line	1-800-263-6734
Human Trafficking Helpline	905-758-5285
Crisis Text	647-492-5188
Victim Support Line	1-888-579-2888
Male Survivors of Sexual Abuse Crisis and Support	1-866-887-0015
PFLAG Anonymous Support Line	1-866-977-3524
Lesbian Gay Bi Trans Youth Line	1-800-268-9688
York Rainbow Support Line	1-888-967-5542
Kids Help Phone	1-800-668-6868
Developmental Services Ontario Central East	1-855-277-2121
York Region Children's Aid Society	1-800-718-3850
Poison Control	1-800-268-9017
Street Outreach Van - LOFT/Crosslinks	1-866-553-4053
First Nations and Inuit Hope for Wellness Helpline	1-855-242-3310
Senior Safety Line - Elder Abuse Ontario	1-866-299-1011
Shelters	
Belinda's Place	289-366-4673
Blue Door Shelters	1-888-554-5525
Sandgate Women's Shelter	1-800-661-8294
Sutton Youth Shelter	905-722-9076
Yellow Brick House	1-877-222-8438



OUR HISTORY

York Region on a Limited Budget was inspired by a group of individuals who wondered how they could eat and live better, but do so inexpensively. A committee was formed by people who were living on limited incomes. They were given an opportunity to research options for stretching one's budget. In 1997, York Region on a Limited Budget was published as a result of their work.

Since the initial production, York Support Services Network (YSSN) undertook the task of updating and printing several revised editions of this booklet, often with the assistance of consumers. Ever growing in popularity, this booklet garnered the interest and generous support of valued community partners.

Recently, YSSN received support from the Ontario Trillium Foundation to update this guidebook so that it better reflects the changing and diverse population of York Region. YSSN partnered with community members and people with lived experiences, alongside a group of community partners to revise this book so that it is more inclusive and reflective of our community.

PLEASE NOTE: We have made every attempt to ensure the information in this booklet is current and accurate. You will find updates and more information online at uphub.ca

Information is constantly changing. If your listing in the guide requires an update please let us know! Email us at uphub@yssn.ca or visit uphub.ca and create an account.

Directory listings have been updated to reflect changes to services as a result of the COVID-19 pandemic.



ABOUT YSSN

York Support Services Network (YSSN) offers a range of programs and services throughout York Region, including case management, access to community-based supports, and community crisis response services which also extends to South Simcoe. Our focus is on supporting individuals and their families by helping them find the services they need to live a meaningful life.

Mental Health	Developmental Services
Case Management	Case management for children, youth and their families Case management for adults
Community Crisis Response— 1.855.310.COPE	Developmental Services Ontario for Central East Region
Streamlined Access <ul style="list-style-type: none">Is a partnership with mental health and addictions agencies that connects individuals, 16 years of age and older, who have a mental health and/or addiction concern or dual diagnosis, to mental health supports and services within their community.	Additional Developmental Services Serving York Region <ul style="list-style-type: none">Children's Case CoordinationCommunity Helpers for Active ParticipationCommunity Crisis Response CoordinationLocal Case Resolution CoordinationRespite Access FacilitationPassport ProgramOntario Autism Program

CONTACT US!

Address: 240 Edward St., Unit 3, Aurora, ON L4G 3S9

Phone: [905-898-6455](tel:905-898-6455) • Toll Free: [1-866-257-9776](tel:1-866-257-9776)

Email: contact@yssn.ca • Website: yssn.ca

Legend

- Online Service Options
- Paid Services



TABLE OF CONTENTS

2SLGBTQ+ / Crisis and Helplines.....	6
Abuse / Crisis and Helplines.....	8
Bereavement and Loss / Hospice Services Across York Region.....	12
Child and Youth Resources / Helplines.....	13
Medical Resources.....	17
York Region School Boards.....	18
Clothing and Furniture.....	18
Dental.....	22
Developmental Disability Services.....	22
Eating Disorder Support.....	26
Employment, Education and Training.....	26
First Nations, Metis and Inuit.....	29
Food Banks, Pantries and Closets.....	31
Community Meals.....	34
Other Food Resources.....	36
Health Support.....	38
Hospitals.....	40
Immigrant Services.....	40
Income and Financial Support.....	43
Monthly Budget Sheet.....	44
Legal Support.....	45
Living with a Physical Disability.....	46
Mental Health and Addictions / Helplines.....	48
Children/Youth.....	50
Hospitals.....	51
Addictions - Anonymous Programs.....	52
Smoker's Helplines.....	54
Pre and Post-Natal.....	55
Pets.....	57
Public Libraries.....	58
Public Directories.....	60
Public Transportation.....	62
Accessible Transportation.....	62
Recreation Programs.....	63
Children and Youth Supportive Programs.....	64
EarlyON Programs.....	65
Seniors / Helplines.....	67
Anti-Abuse Helplines.....	69
Shelters and Emergency Housing and Crisis Helplines.....	69
Seasonal Shelters.....	70
More Housing Support.....	71



2SLGBTQ+

CRISIS and HELPLINES

Lesbian Gay Bi Trans Youth Line

Text Line

Live Chat Line

[1-800-268-9688](tel:1-800-268-9688)

[647-694-4275](tel:647-694-4275)

youthline.ca

PFLAG Anonymous Support Line

[1-866-977-3524](tel:1-866-977-3524)

York Rainbow Support Line - Family Services York Region

[1-888-967-5542](tel:1-888-967-5542)

info@fsyr.ca

360°kids

Support and services for youth (counselling, housing, housing supports, educating, upgrading and employment programs). 2SLGBTQ+ positive spaces.

80F Centurian Dr., Suite 200, Markham

[905-475-6694](tel:905-475-6694)

360kids.ca

info@360kids.ca

CAYR Community Connections



Creating safer, confidential, and inclusive spaces and services in York Region where people can access dignified support and meaningfully engage in self-determined pathways to well-being.

17665 Leslie Street, Newmarket

[1-800-243-7717](tel:1-800-243-7717)

cayrcc.org

[905-884-0613](tel:905-884-0613)

info@cayrcc.org

Harm Reduction Program

[905-884-0613](tel:905-884-0613) ext. 211

harmreduction@cayrcc.org

HIV Program

[905-884-0613](tel:905-884-0613) ext. 208

mmezaopazo@cayrcc.org

Rainbow Space Program

[905-884-0613](tel:905-884-0613) ext. 205

rainbowspace@cayrcc.org



Being gay and coming out has been a complicated and often isolating journey. My sense of safety can change depending on where I am and who I'm with. It hasn't been easy but I am in a place in my life now where I can support other people who are struggling, especially with their mental health. It may seem like it at times, but we are not alone in this.

Gay York Region

Provides a central point of reference to all local LGBTQ+ services and resources in York Region.

gayyorkregion.com

[1-888-905-5428](tel:1-888-905-5428) ext. 71

Mobile York South Simcoe (MOBYSS)

Provides confidential, non-judgmental services that do not require OHIP. Clinics are located in Markham, Richmond Hill, Newmarket, Vaughan, Georgina.

mobyss.ca

[289-879-2376](tel:289-879-2376)

PFLAG

A volunteer-led support, resource and education network that brings together all members of the community.

4630 Highway 7 E., PO Box 64530, Markham

[647-700-7676](tel:647-700-7676)

pflagyork.ca

[1-888-905-5428](tel:1-888-905-5428) ext. 73

support@pflagyork.ca

Rainbow Youth York Region

rainbowyouthyork.com

[1-888-905-5428](tel:1-888-905-5428) ext. 74

info@rainbowyouthyork.com

York Pride Fest

165 - A Pony Dr., Newmarket

yorkpridefest.com

[905-235-3186](tel:905-235-3186) ext. 2



Seeking support can present a serious challenge when you're struggling, especially for those of us who are members of the LGBTQ community. We sometimes require specialized services that are unique to our lived experiences, but are often hard to find.

I know firsthand what it's like to feel isolated and excluded, as well as the frustration of scrolling through various websites and making phone calls to countless organizations hoping to find the right resources to help me cope. I wish I had known about York Region on a Limited Budget back then; it would have made a big difference. But what I know for sure today is: Should I find myself struggling in the future, there's a resource out there I can turn to that will help me find support. And now you know, too. I hope it serves you well.

————— **J.R.**

York Region Sexual Health Clinics

Provides confidential, non-judgmental services that do not require OHIP. Clinics are located in Markham, Richmond Hill, Newmarket, Vaughan, Georgina.

- Counselling and education on birth control, sexually transmitted and blood-borne infections, HIV/AIDS, sexual orientation, sexuality and relationships
- Low-cost birth control
- Emergency contraceptives, pregnancy testing, counselling and referral
- Testing and treatment of sexually transmitted infections
- HIV testing (including anonymous and rapid HIV testing)
- Sexual health examinations
- Needle exchange services

[1-800-361-5653](tel:1-800-361-5653)

TTY: [1-866-512-6228](tel:1-866-512-6228)
accessyork@york.ca



ABUSE

CRISIS and HELPLINES

Assaulted Women's Helpline

Crisis Line

Mobile

[1-888-364-1210](tel:1-888-364-1210)

[1-866-863-0511](tel:1-866-863-0511)

[#SAFE \(7233\)](https://www.safeyork.ca/safe7233)

Domestic Abuse and Sexual Assault Care Centre of York Region

Dial 0 to speak to a nurse

[905-883-1212](tel:905-883-1212)

Male Survivors of Sexual Abuse Crisis and Support Line

[1-866-887-0015](tel:1-866-887-0015)

Toronto Rape Crisis Centre

Multicultural Women Against Rape

[416-597-8808](tel:416-597-8808)

Victim Services of York Region

[1-866-876-5423](tel:1-866-876-5423) ext. 6790

Victim Support Line

[1-888-579-2888](tel:1-888-579-2888)

Women's Support Network of York Region

Human Trafficking Helpline

[905-758-5285](tel:905-758-5285)

Crisis Line

[908-895-7313](tel:908-895-7313)

Crisis Text

[647-492-5188](tel:647-492-5188)

Yellow Brick House

[1-800-263-3247](tel:1-800-263-3247)

Assaulted Women's Helpline

Offers a **24-hour telephone and crisis line** to all women who have experienced abuse. Available in up to 200 languages.

[1-888-364-1210](tel:1-888-364-1210)
awhl.org

TTY: [1-866-863-7868](tel:1-866-863-7868)
hpham@awhl.org

Abuse Hurts - Canadian Centre for Abuse Awareness

Provides access to support, healing, and individual empowerment for adult survivors, their families, and caregivers. Programs for women, children, men, seniors, First Nations, human trafficking and outreach services.

120 Harry Walker Pkwy. N., Newmarket

[905-727-4357](tel:905-727-4357)
abusehurts.ca

[1-800-379-8858](tel:1-800-379-8858)
info@abusehurts.ca

Canadian Centre for Victims of Torture (CCVT)

Assists survivors of torture, war, genocide and crimes against humanity in overcoming the lasting effects of torture and war, genocide and organized violence.

192 Jarvis St., 2nd Floor, Toronto

[416-363-1066](tel:416-363-1066)
ccvt.org

[1-877-292-2288](tel:1-877-292-2288)

Cedar Centre



Provides abuse and trauma support, therapy, education, and advocacy. Therapeutic services for victims of childhood trauma.

17705 Leslie St., Unit 12, Newmarket

[905-853-3040](tel:905-853-3040)
cedarcentre.ca

[1-800-263-2240](tel:1-800-263-2240)
cedar@cedarcentre.ca

Chinese Family Services of Ontario (CFSO)

Provides professional counselling, family and settlement services, addictions programs and violence against women programs, with a focus on helping Chinese Canadians.

5665 14th Ave. E., Markham

[416-979-8299](tel:416-979-8299)
chinesefamilyso.com

[1-866-979-8298](tel:1-866-979-8298)
info@chinesefamilyso.com

Domestic Abuse and Sexual Assault Care Centre of York Region (DASA)

Provides free care for victims/survivors of domestic abuse and sexual assault including emergency care following abuse or an assault, examination, testing, follow-up care, and counselling services by appointment. **Emergency Services 24/7.**

10 Trench St., Richmond Hill

[905-883-2216](tel:905-883-2216)
mackenziehealth.ca/dasa

[1-800-521-6004](tel:1-800-521-6004)
dasa@mackenziehealth.ca

Elder Abuse Prevention (EAPON)

Offers elder abuse information about prevention, intervention, and general knowledge of elder abuse.

2 Billingham Rd., Suite 306, Toronto
eapon.ca

[1-866-299-1011](tel:1-866-299-1011)
info@eapon.ca

What is Abuse?

Abuse is a behaviour that is used to dominate, hurt, control or intimidate you or your dependents. Abuse can take the form of unwanted physical, sexual, emotional, verbal or neglectful behaviour. Abuse can be inflicted by someone you know, trust and even love or by a complete stranger. If you feel like you have been a target of abuse:

1. Understand that you are not alone and that you have the right to an abuse-free life.
2. Get help. Support is available for you right here in our community.

Report ON

To report actual or suspected abuse or neglect of adults with developmental disabilities.

[1-800-575-2222](tel:18005752222)

www.mcss.gov.on.ca

reportONdisability@ontario.ca

Toronto Rape Crisis Centre - Multicultural Women Against Rape



Provides a wide range of services to all survivors of sexual violence, their family members and friends including counselling and court support.

[416-597-1171](tel:4165971171)

trccmwar.ca

info@trccmwar.ca

Victim Services of York Region

In partnership with York Regional Police and the OPP, provides **24-hour emotional support and practical assistance** to persons victimized by crime or tragic circumstances.

[905-953-5363](tel:9059535363)

victimservices-york.org

[1-866-876-5423](tel:18668765423) ext. 6790

victimservices@yyp.ca

Victim Support Line

Multilingual, toll-free information line for victims of crime.

attorneygeneral.jus.gov.on.ca

[1-888-579-2888](tel:18885792888)

Women's Centre of York Region



Offers a range of group programs and one-on-one support.

16775 Yonge St., Unit 207, Newmarket

[905-853-9270](tel:9058539270)

wcyr.ca

[1-855-853-9270](tel:18558539270)

info@wcyr.ca

Women's Support Network of York Region (WSN)

Provides free, non-judgmental, confidential services to anyone who has experienced any form of sexual violence.

1110 Stellar Dr., #109, Newmarket

[905-895-3646](tel:905-895-3646)

womenssupportnetwork.ca

[1-800-263-6734](tel:1-800-263-6734)

info@womenssupportnetwork.ca

Yellow Brick House



Emergency shelter and support for abused women and their children and women that are at risk of abuse. Offers counselling for women and children, court support, transitional housing, assistance with housing search, 24/7.

[905-709-0900](tel:905-709-0900)

Outreach Shelter: [905-727-1944](tel:905-727-1944)

yellowbrickhouse.org

[1-800-263-2231](tel:1-800-263-2231)

[1-877-222-8438](tel:1-877-222-8438)

info@yellowbrickhouse.org

York Region Centre for Community Safety

Connects adults and children who have experienced domestic violence to services that can assist them in getting the help they need.

25 Deverill Court, Suite 107, Markham

[905-836-7601](tel:905-836-7601)

yrccs.ca

info@yrccs.ca

York Region Children's Aid Society

Provides 24/7 child protection services. Supports at-risk families and links families with essential community services.

16915 Leslie St., Newmarket

[905-895-2318](tel:905-895-2318)

yorkcas.org

[1-800-718-3850](tel:1-800-718-3850)



I have suffered from depression all my life, and am a survivor of abuse. I have received a great amount of help from YSSN and 310-COPE and am so grateful for all of it. I also got a peer support worker. They have been such a help for me. They showed me what it meant to do self-care and that meant a lot to me. I have become a peer support worker so that I can help others as I could relate my story with other people. I now have had many people say to me that they can see how well I am doing from the inside out. It is wonderful how things have changed.

— D.

Legend

-  Online Service Options
-  Paid Services



BEREAVEMENT AND LOSS

Hospice Services Across York Region

Bereavement support for anyone who has experienced the death of someone close to them.

Doane House Hospice

17100 Yonge St., Newmarket

doanehospice.org



[905-967-0259](tel:905-967-0259)

Evergreen Hospice

5762 Hwy. 7 E., Unit 201, Markham

evgcares.org

[416-499-2185](tel:416-499-2185)

Hope House Community Hospice

350 Industrial Pkwy. S., Suite 4, Aurora

hopehousehospice.com



[905-727-6815](tel:905-727-6815)

Hospice Georgina

20849 Dalton Rd., Unit C, Georgina

hospicegeorgina.com

[905-722-9333](tel:905-722-9333)

Hospice Vaughan

31 Woodbridge Ave., Vaughan

hospicevaughan.com

[905-850-6266](tel:905-850-6266)

Margaret Bahen Hospice

653 Queen St., Newmarket

myhospice.ca



[905-967-1515](tel:905-967-1515)

LAST WILL AND TESTAMENT & POWER OF ATTORNEY

Consider creating your **Last Will and Testament and Power of Attorney** so that decisions can be made according to your wishes. There are websites that will help you to create these documents for little or no fees. The only cost to you would be getting them notarized by a Notary Public Officer or lawyer.

A **Last Will and Testament** allows you to appoint an executor to administer your estate after your death according to your specified wishes.

A **Power of Attorney** is used to grant powers to another person to act on your behalf, such as managing your medical, legal and/or financial affairs.

Bereaved Families of York Region (BFOYR)

Provides bereavement support services to individuals and families grieving the death of a loved one.

17070 Yonge St., Newmarket

[905-898-6265](tel:905-898-6265)

bfoyr.com

[1-800-969-6904](tel:1-800-969-6904)

info@bfoyr.com

Canada Pension Plan Death Benefit (CPP/OAS)

The Canada Pension Plan offers a death benefit, up to a maximum amount of \$2,500, to be paid out if the deceased has been a CPP contributor.

[1-800-277-9914](tel:1-800-277-9914)

[TTY: 1-800-255-4786](tel:1-800-255-4786)

canada.ca/en/services/benefits/publicpensions/cpp/cpp-death-benefit.html



CHILD AND YOUTH RESOURCES

HELPLINES

kidshelpphone.ca

[1-800-668-6868](tel:1-800-668-6868)

York Hills

[905-503-9561](tel:905-503-9561)

York Region Kidsline (non-emergency)

[1-888-703-5437](tel:1-888-703-5437)

360° kids



360°kids offers support services to homeless and at-risk youth in York Region. Provides housing, employment, wellness and support and education programs.

80F Centurian Dr., Suite 200, Markham

[905-475-6694](tel:905-475-6694)

360kids.ca

info@360kids.ca

Across U-hub



Provides a nurturing environment for youth's development, aiming to foster social, emotional, cultural, physical and spiritual growth.

232 Hood Rd., Markham

[905-944-1944](tel:905-944-1944)

acrossuhub.com

info@acrossuhub.com

Catholic Children's Aid Society of Toronto (CCAS)

2206 Eglinton Ave., Toronto
ccas.toronto.on.ca

[416-395-1500](tel:416-395-1500)

Centre for Behaviour Health Sciences - Mackenzie Health

Provides behavioural services for individuals who have a developmental disability with a significant cognitive delay, autism or are living with the effects of an acquired brain injury.

mackenziehealth.ca

[905-773-2362](tel:905-773-2362)

Children's Treatment Network of Simcoe York (CTNSY)

Supports children and youth with special needs in their homes, communities and schools.

13175 Yonge St., Richmond Hill
[905-773-4779](tel:905-773-4779)
ctnsy.ca

[1-866-377-0286](tel:1-866-377-0286)
info@ctnsy.ca

Chippewas of Georgina Island

Services that preserve, promote and advance the culture, health, education, and well-being of our First Nations community including language, history, and spirituality.

RR#2 Box N-13, Georgina
georginaisland.com/community-services/health
Health Centre
Child and Family Services

[905-960-9133](tel:905-960-9133)
[705-437-4242](tel:705-437-4242)
[705-437-1337](tel:705-437-1337) ext. 4223

Counselling Services for York Region

7845 Kipling Ave., Vaughan
[416-999-3437](tel:416-999-3437)
csyorkregion.com



info@csyorkregion.com



Early Intervention Services (EIS)

Programs that support children with special needs and their families.
Available to York Region children up to school age.

[1-877-464-9675](tel:1-877-464-9675)
york.ca

TTY: [1-866-512-6228](tel:1-866-512-6228)
[1-888-703-5437](tel:1-888-703-5437)(KIDS)
accessyork@york.ca

Family Services York Region (FSYR)



Counselling provided for children, youth, women, men and their families in multiple languages.

fsyr.ca

info@fsyr.ca
groupservices@fsyr.ca

Georgina

25202 Warden Ave.,

[905-476-3611](tel:905-476-3611)

Markham

4261 Hwy. 7, Suite 203,

[905-415-9719](tel:905-415-9719)
[1-866-415-9723](tel:1-866-415-9723)

Richmond Hill

10610 Bayview Ave., Unit 18,

[905-883-6572](tel:905-883-6572)
[1-888-820-9986](tel:1-888-820-9986)

Newmarket

1091 Gorham St., Suite 300,

[905-895-2371](tel:905-895-2371)
[1-888-223-3999](tel:1-888-223-3999)

Immigrant Youth Centre

5284 Hwy. 7 E., Unit 2, Markham

[647-456-1971](tel:647-456-1971)
cicsiyc.org

infoiyc@cicscanada.com

Jewish Family and Child Services

Supports children, youth and their families through prevention, protection, counselling, education and advocacy services.

9600 Bathurst St., Suite 242, Vaughan

[905-303-5838](tel:905-303-5838)
jfandcs.com

info@jfandcs.com

John Howard Society of York Region (JHS)



Offers a range of programming such as HYPE, a free youth program focusing on positive, healthy relationships for ages 12 – 25; and MiNDSET (emotional regulation program).

johnhoward.on.ca/yorkregion

admin@johnhoward.yorkregion.on.ca

3075 14th Ave., Suite 220, Markham

16600 Bayview Ave., Unit 306, Newmarket

[905-470-0003](tel:905-470-0003)
[905-895-9943](tel:905-895-9943)

Kerry's Place Autism Services



Offers support and services for children and adults with autism.

34 Berczy St., Suite 130, Aurora

[905-713-6808](tel:905-713-6808)

kerrysplace.org

[1-833-775-3779](tel:1-833-775-3779)

info@kerrysplace.org

Kinark Child and Family Services

Provides programs and services across the region for children and youth with complex mental health needs.

218 Earl Stewart Dr., Unit 7, Aurora

[905-713-0700](tel:905-713-0700)

kinark.on.ca

TTY: [1-888-454-6275](tel:1-888-454-6275)

[1-800-230-8529](tel:1-800-230-8529)

info@kinark.on.ca

Springboard

Offers programs for adults and youth who are in various stages of the justice system.

Newmarket Courthouse, 50 Eagle St., Newmarket

[905-895-7674](tel:905-895-7674)

springboardservices.ca

info@springboardservices.ca

York Hills



York Hills offers a range of mental health services to children from birth to age 18 and their families and has expertise in treating the social, emotional and behavioural challenges of children, youth and their families.

402 Bloomington Rd., Aurora

[905-503-9560](tel:905-503-9560)

yorkhills.ca

[1-866-536-7608](tel:1-866-536-7608)

yorkhills@yorkhills.ca

York Outreach

Offers sports, camps, school outreach programs, and other initiatives for youth. Also offers counselling, workshops, and language training.

4261 Hwy. 7 E., Unit A14-114, Markham

[905-534-0637](tel:905-534-0637)

yorkoutreach.com

info@yorkoutreach.com

York Region Children's Aid Society

24/7 child protection services. Provides prevention and awareness programs to keep children safe.

16915 Leslie St., Newmarket

[905-895-2318](tel:905-895-2318)

yorkcas.org

[1-800-718-3850](tel:1-800-718-3850)

York Region - Family and Children's Division

[1-888-703-5437](tel:1-888-703-5437)

york.ca

TTY: [1-866-512-6228](tel:1-866-512-6228)

accessyork@york.ca

Child Care Fee Assistance

feesubsidywaitlist@yokr.ca

Available to eligible York Region families that require assistance with the cost of child care for children up to 12 years of age.

KidsLine

[1-888-703-5437](tel:1-888-703-5437)

Provides early learning information and resources about children's services including: info about licensed childcare options, EarlyON programs, childcare fee subsidy, infant hearing, summer camp, approved recreation programs.

Medical Resources

Hospital for Sick Children - Sick Kids

555 University Ave., Toronto

sickkids.ca

[416-813-1500](tel:416-813-1500)

Mackenzie Richmond Hill Hospital-Outpatient Child/Family Services

10 Trench St., Richmond Hill

mackenziehealth.ca

[905-883-1212](tel:905-883-1212)

Markham Stouffville Hospital - Mental Health Programs

Provides mental health services and programs for children, youth and families. Physician referral required.

msh.on.ca

myhospital@msh.on.ca

381 Church St., Markham

Mental Health Patient Navigator

Child and Adolescent Services

[905-472-7373](tel:905-472-7373)

[416-804-9386](tel:416-804-9386)

[905-472-7530](tel:905-472-7530)

Mobile York South Simcoe (MOBYSS)

Travelling health care (physical, mental and sexual health) in York Region and South Simcoe. Services are LGBTQ positive and are geared towards youth aged 12 – 25 years old.

mobyss.ca

[289-879-2376](tel:289-879-2376)

Southlake Regional Health Centre - Mental Health Programs

Provides mental health services and programs for children, youth and families. Emergency and by appointment available.

596 Davis Dr., Newmarket

southlakeregional.org

[905-895-4521](tel:905-895-4521) ext. 2215

York Region School Boards

Conseil Scolaire Catholique Mon Avenir

(French Catholic School Board)

[416-397-6564](tel:416-397-6564)
cscmonavenir.ca

[1-800-274-3764](tel:1-800-274-3764)

Conseil Scolaire Viamonde

(French Public School Board)

[416-614-0844](tel:416-614-0844)
csviamonde.ca

[1-888-58-ELEVE](tel:1-888-58-ELEVE) (35383)

York Catholic District School Board

[1-800-363-2711](tel:1-800-363-2711)
ycdsb.ca

[905-713-1211](tel:905-713-1211)
[416-221-5051](tel:416-221-5051)
communications@ycdsb.ca

York Region District School Board

yrdsb.ca

[905-727-3141](tel:905-727-3141)



CLOTHING AND FURNITURE

Clothing

Clothes Closet – Trinity Anglican Church



Clothing sold for a nominal fee and in some cases for free on presentation of a signed voucher from Welcoming Arms.

79 Victoria St., Aurora

[905-727-6101](tel:905-727-6101)

LOFT/Crosslinks - Housing Support Services

Crosslinks provides support for clients who may be homeless or at risk of becoming homeless.

102 Main St. S., Newmarket

[905-967-0357](tel:905-967-0357)
loftcs.org/what-we-do/specialized-services/housing

[1-888-967-0357](tel:1-888-967-0357)
info@loftcs.org

Once Upon A Child



Buy and sell gently used kid's items.

1285 Elgin Mills Rd. E., Richmond Hill

[905-508-0005](tel:905-508-0005)

130 Davis Dr., Newmarket

[905-898-2002](tel:905-898-2002)

onceuponachild.com

Plato's Closet



Buy/sell gently used young adult clothing in good condition.

16655 Yonge St., Newmarket

platosclosetnewmarket.com

[905-853-8880](tel:905-853-8880)

Share and Care Clothing Depot

Please call for hours of operation.

333 Davis Dr., Newmarket

bethelnewmarket.com

[905-895-8341](tel:905-895-8341)

St. James the Apostle Church

Food Bank and Clothing Bank.

18794 Leslie St. E., Gwillimbury

stjamessharon.com/community-outreach

[905-478-1959](tel:905-478-1959)

St. Vincent de Paul Society

St. Vincent de Paul Society (SVP) can help with food, clothing and furniture needs. Contact your local Roman Catholic Church and ask to speak with a SVP member.

ssvp.on.ca

[416-364-5577](tel:416-364-5577)

Unionville Alliance Church - Master's Pantry

Please call for hours of operation.

4898 16th Ave., Markham

uachome.org

[905-477-1104](tel:905-477-1104)

info@uachome.org

Welcoming Arms - Bridging The Gap

Provides emergency food vouchers, Clothes Closet vouchers and basic toiletry items to Aurora residents.

44 Metcalfe St., Aurora

welcomingarms.ca/bridging-the-gap

[905-726-1483](tel:905-726-1483)

welcomingarmsinfo@gmail.com



I am both a caregiver and a Family Peer Mentor. I help build and support resilient caregivers by reminding our community that we need to learn how to surf and ride the waves.

— **Cindy H.**

Furniture

Habitat for Humanity Restore



Resell new gently used items for your home, including furniture, kitchens, bathrooms, lighting, appliances, flooring and more.

[HabitatReStore.ca](https://www.habitatrestore.ca)

Markham

20 Fincham Ave.,

[416-755-7353](tel:416-755-7353) ext. 5312

ReStoreME@habitatgta.ca

Markham

7701 Woodbine Ave.,

[416-755-7353](tel:416-755-7353) ext. 5305

ReStoreMK@habitatgta.ca

Newmarket

16715 Yonge St., Unit C,

[416-755-7353](tel:416-755-7353) ext. 5308

ReStoreNM@habitatgta.ca

Vaughan

2180 Steeles Ave. W.,

[416-755-7353](tel:416-755-7353) ext. 5307

ReStoreVW@habitatgta.ca

Vaughan

551 Cityview Blvd.,

[416-755-7353](tel:416-755-7353) ext. 5311

ReStoreWN@habitatgta.ca

Jewish Russian Community Centre - Furniture Depot (JRCC)



1416 Centre St., Unit 6, Vaughan

Furniture available but pick-up is required.

[416-222-7105](tel:416-222-7105) ext. 500

www.jrcc.org

The Salvation Army Community Family Services

By appointment only. Markham/Stouffville at North Scarborough location.

3080 Birchmount Rd., Scarborough

salvationarmy.org

[905-472-3009](tel:905-472-3009)

Clothing and Furniture

Mission Thrift Store



17255 Yonge St., Newmarket

missionthriftstore.com/store/newmarket

newmarket@missionthriftstore.com

[289-803-3044](tel:289-803-3044)

The MCC Care and Share Thrift Shop



Low cost second-hand clothing, home decor, housewares, furniture.

33 Ringwood Dr., Whitchurch-Stouffville

stouffvillethrift.ca

[905-640-1410](tel:905-640-1410)

careandshare@mcco.ca

The Salvation Army - Northridge Community Church

Support in the areas of food, clothing, furniture, rent and energy assistance.

15338 Leslie St., Aurora
northridgesa.com

[905-895-6276](tel:905-895-6276)
mail@northridgesa.com

The Salvation Army and Thrift Store

thriftstore.ca

11300 Yonge St., Richmond Hill
130 Davis Dr., Newmarket
9293 Markham Rd., Markham

[905-787-8993](tel:905-787-8993)
[905-830-1656](tel:905-830-1656)
[905-472-6506](tel:905-472-6506)

The Salvation Army - Georgina Community Church



Food bank and clothing.

1816 Metro Rd., Georgina
salvationarmy.ca

[905-895-6276](tel:905-895-6276)

The Salvation Army Community Family Services

By appointment only. Serves Markham/Stouffville at North Scarborough location.

3080 Birchmount Rd., Scarborough
salvationarmy.ca

[905-472-3009](tel:905-472-3009)

Value Village



Inexpensive, good quality clothing, accessories, household goods.

valuevillage.com

Markham

7655 Markham Rd., Units C-1 and C-2,

[905-201-6164](tel:905-201-6164)

Newmarket

130 Davis Dr.,

[905-953-1344](tel:905-953-1344)

Richmond Hill

10620 Yonge St.,

[905-735-7444](tel:905-735-7444)

Vaughan

101 Northview Blvd.,

[905-830-8535](tel:905-830-8535)

Vaughan

1520 Steeles Ave. W.,

[905-761-7990](tel:905-761-7990)

Legend

- Online Service Options
- Paid Services



DENTAL

Oral Health Clinic

1 Georgian Dr., Barrie
georgiancollege.ca



[705-722-5114](tel:705-722-5114)
oralhealthclinic@georgiancollege.ca

Healthy Smiles Ontario (HSO)

Free dental program for children from families in financial hardship. Families can apply at a Public Health Dental Clinic or online at york.ca/dental.

ontario.ca/page/get-dental-care

[1-844-296-6306](tel:1-844-296-6306)

University of Toronto Faculty of Dentistry

Low cost dental cleaning and emergency dental visits for those that qualify.

101 Elm. St., Toronto
dentistry.utoronto.ca

[416-864-8000](tel:416-864-8000)

York Region Public Health Dental

Dental screening, preventive services, Healthy Smiles Ontario.

[1-800-361-5653](tel:1-800-361-5653)
york.ca/dental

TTY: [1-866-512-6228](tel:1-866-512-6228)
childfamily@york.ca



DEVELOPMENTAL DISABILITY SERVICES

Aptus Treatment Centre

Supports children, teens and adults who have a developmental disability.

40 Samor Rd., North York
aptustc.com

[416-663-3397](tel:416-663-3397)
info@aptus.com

Autism Ontario - York Region Chapter



Provides support, education and social opportunities for children, youth and adults with autism and their families.

11181 Yonge St., Richmond Hill
[905-780-1590](tel:905-780-1590)
autismontario.com/york

[1-800-472-7789](tel:1-800-472-7789)
chaptermgr.york@autismontario.com

[ConnectABILITY.ca](https://connectability.ca)

A virtual community focused on lifelong learning and support for children, youth, adults and seniors with an intellectual disability, their families, caregivers and support networks. Includes articles, services and other information such as events and groups.

Centre for Behaviour Health Sciences - Mackenzie Health

Provides behavioural services for individuals living in York Region or Simcoe County who have a developmental disability with a significant cognitive delay, autism or are living with the effects of an acquired brain injury.

13311 Yonge St., Richmond Hill

mackenziehealth.ca

[905-773-2362](tel:905-773-2362)

Children's Treatment Network of Simcoe York (CTNSY)

Supports children and youth with special needs in their homes, communities and schools. We provide intake, service navigation, assessment, diagnostic services, specialized clinics and rehabilitation services.

13175 Yonge St., Richmond Hill

[1-866-377-0286](tel:1-866-377-0286)

ctnsy.ca

[905-773-4779](tel:905-773-4779)

[1-877-719-4795](tel:1-877-719-4795)

info@ctnsy.ca

Community Living Central York

Provides support to people who have an intellectual disability living in Newmarket and Aurora.

575 Penrose St., Newmarket

clnad.com

[905-898-3000](tel:905-898-3000)

clnad@clnad.com

Community Living Georgina

Supports and services to individuals with a developmental disability who live in the Town of Georgina.

20849 Dalton Rd., Sutton

communitylivinggeorgina.com

[905-722-8947](tel:905-722-8947)

admin@communitylivinggeorgina.com

Community Living York South

Support services to children, youth, adults and seniors who have an intellectual disability living in southern York Region.

101 Edward St., Richmond Hill

communitylivingyorksouth.ca

[905-884-9110](tel:905-884-9110)

info@communitylivingyorksouth.ca

Developmental Services Ontario (DSO) Central East Region

Primary access and referral point for Ministry of Children, community and Social Services (MCCSS) adult funded services for adults who have developmental disabilities.

240 Edward St., Unit 3, Aurora

yssn.ca/dso
dsontario.ca

[905-953-0796](tel:905-953-0796)

[1-855-277-2121](tel:1-855-277-2121)

DSOcentraleast@yssn.ca

Early Intervention Services

Delivers programs that support children with special needs and their families. Services are available to children from birth to school-aged and live in York Region.

17310 Yonge St., Unit 9, Newmarket

[1-888-703-5437](tel:1-888-703-5437)
york.ca

[905-830-4444](tel:905-830-4444)

TTY: [1-866-512-6228](tel:1-866-512-6228)

accessyork@york.ca

Family Support Network (FSN)

Supports families caring for children and adults with intellectual disabilities.

[905-723-8111](tel:905-723-8111)

family-alliance.com

info@familysupportnetwork.ca

Kerry's Place Autism Services

Offers support and services for children and adults with autism.

34 Berczy St., Suite 130, Aurora

[905-713-6808](tel:905-713-6808) - Intake
kerrysplace.org

[905-841-6611](tel:905-841-6611) - Reception

info@kerrysplace.org

Kinark Child and Family Services

Provides programs and services across the region for children and youth with complex mental health needs.

218 Earl Stewart Dr., Unit 7, Aurora

[905-713-0700](tel:905-713-0700)
kinark.on.ca

TTY: [1-888-454-6275](tel:1-888-454-6275)

[1-800-230-8529](tel:1-800-230-8529)

info@kinark.on.ca



Our adult son has autism and we received a lot of help from York Support Services Network. They provided me and my son with wonderful social workers that did their very best to guide us through our situation. They gave essential advice along the way and arranged for funding where my son could get some respite care. They also had mindfulness classes and music classes which helped with my mental illness. They gave us so many tips and resources.

————— **Carina S.**

Meta Centre

Provides programs at various locations to meet the individual needs of children, youth and adults with developmental disabilities and dual diagnosis.

401 Champagne Dr., North York
10 West Pearce St., Unit 10, Richmond Hill
7465 Kipling Avenue, Vaughan, Ontario, L4K 5K8

metacentre.ca

[416-736-0199](tel:416-736-0199)
info@metacentre.ca

New Leaf Living and Learning Together

Offers community based services for individuals with intellectual disabilities and complex needs.

19601 Leslie St., Queensville

newleaf.ca

[905-478-1418](tel:905-478-1418)

Participation House

Provides services for a variety of physical and developmental disabilities including cerebral palsy, epilepsy and spina bifida.

9 Butternut Lane., Markham

participationhouse.net

[905-294-0944](tel:905-294-0944)
postmaster@participationhouse.net

Reena

A non-profit organization which promotes dignity, individuality, independence, personal growth and community inclusion for people with developmental disabilities within a framework of Jewish culture and values.

927 Clark Ave. W., Vaughan

[905-889-6484](tel:905-889-6484)
reena.org

[1-866-667-3362](tel:1-866-667-3362)
info@reena.org

Vita Community Living Services

Provides a range of community based person-directed services for adults with a developmental disability or dual diagnosis.

4301 Weston Rd., North York

vitacsls.org

[416-749-6234](tel:416-749-6234)
myvita@vitacsls.org

York Support Services Network (YSSN)

Provides support to families who have children registered with the Ontario Autism Program and case management services to children, youth and adults with developmental disabilities and their families.

240 Edward St., Unit 3, Aurora

[905-898-6455](tel:905-898-6455)
yssn.ca

[1-866-257-9776](tel:1-866-257-9776)
contact@yssn.ca



EATING DISORDER SUPPORT

Eating Disorders of York Region's Riverwalk Wellness Centre (EDOYR)

Support for disordered eating, for men and women of all ages and support for families.

16 Industrial Parkway S., Aurora
edoyr.com

[905-886-6632](tel:905-886-6632)
info@edoyr.com

National Eating Disorder Information Line

[1-866-633-4220](tel:1-866-633-4220)

Southlake Regional-Young Adult Eating Disorder Program

Please note a Doctors referral is required.

596 Davis Dr., Newmarket
southlakeregional.org

[905-895-4521](tel:905-895-4521) ext. 2429



EMPLOYMENT, EDUCATION AND TRAINING

Job Skills - Employment Programs



Offers employment solutions connecting the skills of job seekers with the needs of employers.

jobskills.org

info@jobskills.org

Head Office

14-130 Davis Dr., Box 34, Newmarket

TTY: [905-898-4465](tel:905-898-4465)

[1-866-592-6278](tel:1-866-592-6278)

Keswick - Employment Services

155 Riverglen Dr., Unit 7

[905-476-8088](tel:905-476-8088)

[1-866-470-5947](tel:1-866-470-5947)

Markham - Employment Services

4961 Hwy. 7, Units 100-101

[905-948-9996](tel:905-948-9996)

[1-866-592-6278](tel:1-866-592-6278)

Markham North - Welcome Centre

8400 Woodbine Ave., Suite 102-103

[289-846-3645](tel:289-846-3645)

[1-866-592-6278](tel:1-866-592-6278)

Newmarket - SIMPACT Practice Firm

16775 Yonge Street, Suite 302

[905-235-7001](tel:905-235-7001)

[1-866-592-6278](tel:1-866-592-6278)

Mobile Programs

Various locations in York Region

[905-898-5138](tel:905-898-5138)

[1-866-256-0861](tel:1-866-256-0861)

360°kids



Offers employment programs for youth ages 16 – 29 in York Region.

80F Centurian Dr., Suite 200, Markham

[905-853-6279](tel:905-853-6279)

360kids.ca

info@360kids.ca

employment.programs@360kids.ca

Specialized Training for Employment (STEP)

[647-637-6023](tel:647-637-6023)

Youth Job Connections

[647-218-0178](tel:647-218-0178)

Youth Success Strategy (YSS)

[647-229-4183](tel:647-229-4183)

Every Bite Matters (EBM)

[416-938-7472](tel:416-938-7472)

Base 4 Success Youth Employment Program

[416-768-7074](tel:416-768-7074)

COSTI Employment Services (Eight locations across York Region)

Career planning and assessment services, employer services, employment services for newcomers and internationally trained individuals, employment service centres, on-line services and youth employment.

costi.org

info@costi.org

Elsbeth Heyworth Centre for Women



Assists with employment programs and continued education.

133 Fieldstone Dr., Vaughan

[905-747-1515](tel:905-747-1515)

ehcw.ca

[416-663-2978](tel:416-663-2978)

info@ehcw.ca

EMETemployment

9600 Bathurst St., Suite 242, Vaughan

emetemployment.ca

[905-303-5838](tel:905-303-5838) ext. 3249

info@emetemployment.ca

Employment Ontario Contact Centre

33 Bloor St. E., 2nd Floor, Toronto

[416-326-5656](tel:416-326-5656)

ontario.ca/page/employment-ontario

[1-800-387-5656](tel:1-800-387-5656)

contactEO@ontario.ca

Georgina Trades Training Inc. (GTTI)

Assists with career-oriented training and industry certifications.

5207 Baseline Rd., Georgina

gtti.ca

[905-722-6300](tel:905-722-6300)

inquiry@gtti.ca

JVS Toronto Employment Source Markham

One-on-one job search and career assistance, employment workshops, and access to financial employment supports.

30 Karachi Dr., Unit 66, Markham

jvstoronto.org/markham

[905-470-9675](tel:905-470-9675)

MarkhamOnline@jvstoronto.org

Learning Centre for Georgina

443 The Queensway S., Unit 17, Georgina
lcgeorgina.org

[905-476-9900](tel:905-476-9900)
info@lcgeorgina.org

Literacy Council York-Simcoe (LCYS)



Assists adults in acquiring employment and life skills.

1100 Gorham St., Suite 15, Newmarket
skillsupgrading.ca

[905-836-7323](tel:905-836-7323)
info@skillsupgrading.ca

Ministry of Education

[416-325-2929](tel:416-325-2929)
edu.gov.on.ca

[1-800-387-5514](tel:1-800-387-5514)

Ontario Youth Apprenticeship Program (OYAP)

oyap.com

Ontario Works Employment Services (OW)

If you qualify for Ontario Works, you have access to a range of employment support and education programs.

[1-877-464-9675](tel:1-877-464-9675)
mcss.gov.on.ca

[1-877-669-6658](tel:1-877-669-6658)

24262 Woodbine Ave., Georgina

[905-989-1883](tel:905-989-1883)

50 High Tech Rd., Richmond Hill

[905-762-2095](tel:905-762-2095)

62 Bayview Pkwy., Newmarket

[905-895-5166](tel:905-895-5166)

9060 Jane St., Vaughan

[905-660-4882](tel:905-660-4882)

Richmond Hill YMCA - Employment and Community Services



Provides employment and community programs across York Region.

10610 Bayview Ave., Unit 12, Richmond Hill
ymcagta.org

[905-780-9622](tel:905-780-9622)
yorkjobs@ymcagta.org

Seneca College Workforce Skills Centre

Provides resources, information, job search support and academic upgrading for job seekers.

workforceready.ca

1490 Major Mackenzie Dr. W., Unit D5, Vaughan
16655 Yonge St Unit 3 Newmarket

[905-417-1781](tel:905-417-1781)
[905-898-6199](tel:905-898-6199)

Employment Support for Newcomers

See immigration section for these listings and more:

- COSTI Employment Services
- Job Skills – Self-Employment Pathways for Newcomers
- Welcome Centre Immigrant Services

Springboard

Offers practical workshops and job development for unemployed individuals aged 16 and up who are in various stages of the justice system.

Newmarket Courthouse, 50 Eagle St., Newmarket
springboardservices.ca

[905-895-7674](tel:905-895-7674)
info@springboardservices.ca

Strategic Employment Solutions, Ontario March of Dimes (SES)



Assists with employment opportunities for people with disabilities.

465 Davis Dr., Unit 128, Newmarket

[905-895-7529](tel:905-895-7529)

modemploymentservices.ca

[1-833-612-6632](tel:1-833-612-6632)

es@marchofdimes.ca

Interested in a career in the food industry?

York Region Public Health - Food Handler Certification

Free and low cost training in food safety is offered.

york.ca/foodhandlercertification

[1-877-464-9675](tel:1-877-464-9675)

TTY: [1-866-512-6228](tel:1-866-512-6228)

Yorkworks Employment Services



Assists unemployed or underemployed individuals in their transition back to the job market, and employers in hiring and retaining skilled workers.

111 Sandiford Dr., 2nd floor, Stouffville

[905-640-2352](tel:905-640-2352) ext. 2801

contactstouffville@yorkworks.ca

20887 Dalton Rd., Georgina

[905-722-1480](tel:905-722-1480)

contactsutton@yorkworks.ca

Women's Centre of York Region



Offers a range of business and employment programs.

16775 Yonge St., Unit 207, Newmarket

[905-853-9270](tel:905-853-9270)

wcyr.ca

[1-855-853-9270](tel:1-855-853-9270)

info@wcyr.ca



FIRST NATIONS, METIS AND INUIT

Abuse Hurts/Canadian Centre for Abuse Awareness

Provides culturally sensitive services for First Nations, Metis and Inuit.

120 Harry Walker Pkwy. N., Newmarket

[905-727-4357](tel:905-727-4357)

abusehurts.ca

[1-800-379-8858](tel:1-800-379-8858)

info@abusehurts.ca

Biindigen Healing and Arts

Provides programming and healing opportunities to FNMI families.

153 Moores Beach Rd., Georgina

biindigenhealingandarts@gmail.com

[905-960-7144](tel:905-960-7144)

Chippewas of Georgina Island

Offers services that preserve, promote and advance the culture, health, education, and well-being of our First Nations community including language, history, and spirituality.

RR#2 Box N-13, Georgina

georginaisland.com/community-services/health

[905-960-9133](tel:905-960-9133)

Health Centre

[705-437-4242](tel:705-437-4242)

Child and Family Services

[705-437-1337](tel:705-437-1337) ext. 4223

Metis Nation of Ontario (MNO)

Offers programs and services for Métis people in Ontario, in the areas of healing and wellness, education, housing, community relations, and traditional knowledge.

311-75 Sherbourne St., Toronto

metisnation.org

[416-977-9881](tel:416-977-9881)

Ninoskomtin Native Cultural Friendship Centre of York Region

Maintains connections among aboriginal people living in York Region area. Passes down knowledge of aboriginal culture from elder to youth.

76 Prospect St., Unit 5, Newmarket

www.facebook.com/ninoskomtin

[289-338-0508](tel:289-338-0508)

info@ninoskomtin.org

Non-Insured Health Benefits (NIHB)

Provides eligible First Nations people and Inuit coverage for benefit claims for a specified range of drugs, dental care, vision care, mental supplies and equipment, short-term crisis intervention, mental health counselling and medical transportation.

[1-800-640-0642](tel:1-800-640-0642)

TTY: [1-800-267-1245](tel:1-800-267-1245)



Being that my roots come from indigenous culture, I've been able to utilize mother earth and everything she's been able to offer to us. We smudge with our sage to give us peace and clarity. We take our tobacco and offer it to mother earth to look after us and our prayers. We ask the creator to guide and protect us along our journey. And that has given me the ability to move forward from my trauma.

————— **Mary W.**

York Region District School Board

For students and their families who self-identify as Indigenous, the following opportunities and services are available across the region.

- Cultural learning opportunities including traditional teachings, drumming and storytelling
- Opportunities to meet with other Indigenous students from across the board
- Culturally relevant social and emotional support for students
- Culturally relevant secondary school pathways support including Indigenous specific Ontario Youth Apprenticeship Programming

For more information and how to register, contact your school.



FOOD BANKS, PANTRIES AND CLOSETS

York Region Food Network (YRFN)



Community Gardens - Operates and supports community gardens throughout York Region: allotment gardens, community gardens and smaller gardens at schools, work and housing locations.

Community Kitchens - Provide the opportunity for individuals and groups to participate in cooking and sharing nutritious meals.

Food Skills Workshops - Offers a variety of food skill workshops including knife skills, preserving, nutrition, seed starting and gardening.

Gleaning - A way of gathering vegetables and fruits in the field that would otherwise be left to rot or be plowed under. The gleaning program allows those in need to pick (or glean) the produce in the field for themselves and their family at no cost.

Good Food Box - A fresh and nutritious monthly box of affordable fruits and vegetables. Produce boxes are available for pickup on the 1st and 3rd Wednesday of each month. Orders and payment are due one week prior to each pickup date.

350 Industrial Pkwy. S., Aurora
yrfn.ca

[905-841-3101](tel:905-841-3101)
4moreinfo@yrfn.ca

Aurora

Aurora Food Pantry

350 Industrial Pkwy. S., Aurora
aurorafoodpantry.ca

905-841-1577
info@aurorafoodpantry.ca

Welcoming Arms - Martha's Table

32 Mosley St., Aurora
welcomingarms.ca/marthas-table

905-726-1483
welcomingarmsinfo@gmail.com

Welcoming Arms - Welcome Table

79 Victoria St., Aurora
welcomingarms.ca/welcome-table

905-726-1483
welcomingarmsinfo@gmail.com

Welcoming Arms Aurora

44 Metcalfe Street., Aurora
welcomingarms.ca

905-726-1483
welcomingarmsinfo@gmail.com

East Gwillimbury

East Gwillimbury Food Pantry - East Gwillimbury Public Library - Holland Landing Branch

19513 Yonge St. E., Gwillimbury
egpl.ca/services/egpl-food-pantry

905-836-6492
info@egpl.ca

Helping Hand Food Bank

123 Moore St., Bradford
bradfordfoodbank.ca

905-775-2824
helpinghandfoodbankbradford@gmail.com

Mount Albert United Church Food Pantry

41 Alice St. E., Gwillimbury
mauc.ca

905-473-2562

St. James the Apostle Church

18794 Leslie St. E., Gwillimbury
stjamessharon.com/community-outreach

905-478-1959

Georgina

Georgina Community Food Pantry

20849 Dalton Rd., Georgina
georginafoodpantry.ca

905-596-0557

Helping Hands Food Pantry - Maple Hill Baptist Church

215 Glenwoods Ave., Georgina
maplehillbaptist.org

[905-476-2541](tel:905-476-2541)
helpinghandsfoodpantrymhbc@gmail.com

King

King Township Food Bank

Pick up in three locations.
ktfb.ca

[905-806-1125](tel:905-806-1125)
ktfoodbank@gmail.com

Markham

Markham Food Bank

190 Bullock Dr., Unit 11, Markham
markhamfoodbank.ca

[905-472-2437](tel:905-472-2437)

Unionville Alliance Church - Master's Pantry

4898 16th Ave., Markham
uachome.org

[905-477-1104](tel:905-477-1104)

Newmarket

Newmarket Food Pantry (NFP)

1251 Gorham St., Unit 9, Newmarket
newmarketfoodpantry.ca

[905-895-6823](tel:905-895-6823)

Richmond Hill

Richmond Hill Community Food Bank

55 Newkirk Ave., Richmond Hill
richmondhillcommunityfoodbank.ca

[905-508-4761](tel:905-508-4761)
rhfoodbank@bellnet.ca

What can I do with extra cans of chickpeas?

Peanut butter chocolate chip cookies

- 2 cups canned chickpeas (rinsed thoroughly)
- 1/2 cup natural peanut butter
- 1/2 cup real maple syrup
- 1 egg
- 2 – 3 tsp vanilla extract
- 1 tsp baking powder
- 3/4 cup dark chocolate chips

Purée all ingredients, except for the chocolate chips, in a food processor or high-powered blender, until the mixture resembles a smooth cookie batter (about 30 – 60 seconds). Then mix in the chocolate chips. Drop the batter by the tablespoon onto a greased baking sheet to make approximately 18 cookies. Bake for 12 – 15 min. Let them cool and enjoy!

(Recipe by redefineyourbalance.com)

Vaughan

Humanity First Food Bank

600 Bowes Rd., Unit 40, Vaughan
humanityfirstcanada.ca

[416-440-0346](tel:416-440-0346)

Vaughan Food Bank

5732 Hwy #7, Units 3 & 4., Vaughan
vaughanfoodbank.ca

[905-851-2333](tel:905-851-2333)

Whitchurch-Stouffville

Whitchurch-Stouffville Food Bank

86 Ringwood Dr., Whitchurch-Stouffville
wsfoodbank.ca

[905-591-4443](tel:905-591-4443)
wsfoodbank1@gmail.com

Community Meals

Aurora

Rise and Shine Community Breakfast

79 Victoria St., Aurora
aucrisenshine@gmail.com
auroraunitedchurch.ca/serve-at-aurora-united/rise-shine

[905-727-1935](tel:905-727-1935) ext. 23

St. Andrew's Presbyterian Church - Martha's Table

32 Mosley St., Aurora
welcomingarms.ca

[905-726-1483](tel:905-726-1483)

Trinity Anglican Church - Welcome Table

79 Victoria St., Aurora
welcomingarms.ca

[905-726-1483](tel:905-726-1483)

York Region Food Network - Drop-In Breakfast

350 Industrial Pkwy. S., Aurora
yrfn.ca

[905-841-3101](tel:905-841-3101)

Georgina

Keswick Christian Church

2 Old Homestead Rd., Georgina

[905-476-4548](tel:905-476-4548)

St. Johns Chrysostum Church

432 Ontario St., Newmarket

[905-898-4137](tel:905-898-4137)**Trinity United Church - Lunch At My Place (LAMP)**

461 Park Ave., Newmarket

[905-895-4851](tel:905-895-4851)**Valleyview Alliance Church - Community Dinner**

800 Davis Dr., Newmarket

[905-830-9619](tel:905-830-9619)**Richmond Hill****St. Mary's Anglican Church**

10030 Yonge St., Richmond Hill

[905-884-2227](tel:905-884-2227)**Keswick United Church**

177 Church St., Georgina

[905-476-5532](tel:905-476-5532)**St. Andrews Presbyterian Church**

20858 Dalton Rd. W., Georgina

[905-722-3544](tel:905-722-3544)**The Salvation Army of Georgina Community Church**

1816 Metro Rd., Georgina

salvationarmy.ca[905-722-3059](tel:905-722-3059)**Markham****Grace Anglican Church - Lunch With Grace**

19 Parkway Ave., Markham

[905-294-3184](tel:905-294-3184)**St. Andrew's Presbyterian Church
Let's Do Lunch / Lunch and Mingle**

143 Main St., Markham

[905-294-4736](tel:905-294-4736)**Newmarket****Crosslands Church - Community Dinner**

47 Millard Ave., Newmarket

[905-868-9920](tel:905-868-9920)**Inn from the Cold**

510 Penrose St., Newmarket

[905-895-8889](tel:905-895-8889)

St. Andrew's - Community Lunch

484 Water St., Newmarket

[905-895-5512](tel:905-895-5512)

Other Food Sources

Cedarview Community Church

Area served: Newmarket with a referral by a recognized social agency. Leave message for food delivery.

1000 Gorham St., Newmarket

cedarview.org

[905-895-8893](tel:905-895-8893)

ccc@cedarview.org

Georgina Community Food Pantry

The Food Pantry offers community gardens, a gleaning program and a community kitchen. Please call for details.

20849 Dalton Rd., Georgina

georginafoodpantry.ca

[905-596-0557](tel:905-596-0557)

St. Vincent de Paul Society

St. Vincent de Paul Society (SVP) can help with food, clothing and furniture needs. Contact your local Roman Catholic Church and ask to speak with a SVP member.

ssvp.on.ca

[416-364-5577](tel:416-364-5577)

The Salvation Army - Northridge Community Church

Offers support in the areas of food, clothing, furniture, rent and energy assistance.

15338 Leslie St., Aurora

northridgesa.com

[905-895-6276](tel:905-895-6276)

mail@northridgesa.com

Welcoming Arms - Bridging The Gap

Assistance for low-income residents of York Region, including seniors, to help meet basic needs with emergency food vouchers, Clothes Closet vouchers, basic toiletry items to Aurora residents.

44 Metcalfe St., Aurora

welcomingarms.ca/bridging-the-gap

[905-726-1483](tel:905-726-1483)

welcomingarmsinfo@gmail.com

Legend

-  Online Service Options
-  Paid Services

Are you seeking **services** or
need support in York Region?
Visit **uphub.ca**

uphub
up your life



FOOD COST SAVING TIPS



1

Look for a discounted fresh food section at your grocery store. Buy ripe fruits and veggies to use in the short-term or freeze for later.

2

Shop the sales and plan meals around these items. For example, if potatoes are on sale, plan meals that include soups, stuffed spuds, potato salad, veggie hash, etc.

3

Prices are often (but not always) better when you buy in bulk and in larger packages.

4

Buy fresh vegetables that are in season. Parboil and freeze in serving size bags or containers.

5

Look for specials on bigger cuts of meat. For example, buy the whole chicken rather than just its parts. Cut and freeze meats in serving size bags.

6

Visit grocery stores that price match, so that you can get the best prices in one location.



HEALTH SUPPORT

CAYR Community Connections

17665 Leslie Street, Newmarket

[1-800-243-7717](tel:1-800-243-7717)

cayrcc.org



[905-884-0613](tel:905-884-0613)

info@cayrcc.org

Harm Reduction Program

[905-884-0613](tel:905-884-0613) ext. 211

harmreduction@cayrcc.org

Offers support and services for people who use drugs and substances. Services include harm reduction supplies, safe disposal of used drug equipment, Naloxone kits, overdose prevention training, safer drug use and sexual health promotion information, HIV, Hep C and other testing, and more.

HIV Program

[905-884-0613](tel:905-884-0613) ext. 208

mmezaopazo@cayrcc.org

Offers access to supports such as HIV case management, pre/post testing counselling, treatment/medication adherence support, transportation, food nutritional, and interpretation support as well as practical/emergency assistance, wellness and life skills development programs.

Canadian Cancer Society (CCS)

Information on cancer as well as healthy choices.

cancer.ca

[1-866-786-3934](tel:1-866-786-3934)

Chippewas of Georgina Island

Services that preserve, promote and advance the culture, health, education, and well-being of our First Nations community including language, history, and spirituality.

RR#2 Box N-13, Georgina

georginaisland.com/community-services/health

Health Centre

Child and Family Services

[905-960-9133](tel:905-960-9133)

[705-437-4242](tel:705-437-4242)

[705-437-1337](tel:705-437-1337) ext. 4223

Find a Doctor

College of Physicians and Surgeons of Ontario

cpso.on.ca/Public

inquiries@cpso.on.ca

Mobile York South Simcoe (MOBYSS)

Provides travelling health care (physical, mental and sexual health) in York Region. Services are LGBTQ positive and geared towards youth aged 12-25.

mobyss.ca

[289-879-2376](tel:289-879-2376)

York Region Health Connection - Health Information Line

Public health nurses provide free, confidential information, advice and referrals to public health, community programs and resources. Topics include pregnancy, breastfeeding, and caring for your child, including feeding, safety, growth and development, depression, anxiety and abuse and more.

[1-800-361-5653](tel:1-800-361-5653)
york.ca/health

[1-877-464-9675](tel:1-877-464-9675)
TTY: [1-866-512-6228](tel:1-866-512-6228)
accessyork@york.ca

Ontario Health Card (Service Ontario)

[1-888-376-5197](tel:1-888-376-5197)
ontario.ca/page/health-cards

SE Health



Offers homecare and rehabilitation services for York Region residents, as well as, First Nations, Metis, and Inuit programs.

90 Allstate Pkwy., Suite 300, Markham

[905-940-9655](tel:905-940-9655)
sehc.com

[1-800-463-1763](tel:1-800-463-1763)
communicationsSEHC@sehc.com

Telehealth Ontario

[1-866-797-0000](tel:1-866-797-0000)

Vaughan Community Health Centre (VCHC)



Provides primary health care, social programs, and health promotion services with an emphasis on priority populations who face barriers accessing health care. Programs include health promotion, family medicine and chronic disease and management.

19401 Jane St., Suite 206, Vaughan
716 The Queensway S., Georgina
vaughanchc.com

[905-832-0093](tel:905-832-0093)
[905-476-3008](tel:905-476-3008)
info@vaughanchc.com

York Region Sexual Health Clinics

Provides confidential, non-judgmental services that do not require OHIP. Clinics are located in Markham, Richmond Hill, Newmarket, Vaughan, Georgina.

- Low-cost birth control
- Emergency contraceptives, pregnancy testing, counselling and referral
- Testing and treatment of sexually transmitted infections
- HIV testing (including anonymous and rapid HIV testing)
- Sexual health examinations
- Needle exchange services

[1-800-361-5653](tel:1-800-361-5653)

TTY: [1-866-512-6228](tel:1-866-512-6228)
accessyork@york.ca

Legend

-  Online Service Options
-  Paid Services

Hospitals

Mackenzie Richmond Hill Hospital

10 Trench St., Richmond Hill

[905-883-1212](tel:905-883-1212)

mackenziehealth.ca

Cortellucci Vaughan Hospital

3200 Major Mackenzie Dr., Vaughan

[905-883-1212](tel:905-883-1212)

mackenziehealth.ca/about-us/cortellucci-vaughan-hospital

Markham Stouffville Hospital

381 Church St., Markham

[905-472-7373](tel:905-472-7373)

msh.on.ca

Southlake Regional Health Centre (SRHC)

596 Davis Dr., Newmarket

[905-895-4521](tel:905-895-4521)

southlakeregional.org



IMMIGRANT SERVICES

Catholic Community Services of York Region (CCSYR)

Provides counselling and immigrant settlement services.

21 Dunlop St., Unit # 101, Richmond Hill

ccsyr.org

[905-770-7040](tel:905-770-7040)

[1-800-263-2075](tel:1-800-263-2075)

Centre For Immigrant and Community Services (CICS)

Provides a wide range of settlement programs and services in York Region. Serving all age groups in 20 languages.

7220 Kennedy Rd., Markham

[905-479-7926](tel:905-479-7926)

cicscanada.com

[1-877-761-1155](tel:1-877-761-1155) x 3201/3202

info@welcomecentre.ca

York Region Francophone Association Inc. (AFRY)

Provides help to Francophone newcomers in York Region, through francophone schools, summer camps, daycares, and residential services.

1145 Nicholson Rd., 2nd floor, Newmarket

[289-552-4297](tel:289-552-4297)

info@afry.ca

Chinese Family Services of Ontario

Provides professional counselling, family and settlement services, addictions programs and violence against women program with a focus on helping Chinese Canadians.

5665 14th Ave., E., Markham

[416-979-8299](tel:416-979-8299)

chinesefamilyso.com

[1-866-979-8298](tel:1-866-979-8298)

info@chinesefamilyso.com

Immigrant Women Resource Centre (CICS)



Empowering immigrant women to become financially independent, relationally competent and self-confident.

7220 Kennedy Rd., Unit 5, Markham

cicscanada.com

[905-415-9763](tel:905-415-9763)

info@cicscanada.com

COSTI Immigrant Services

Services are available to all residents of York Region looking for employment, family counselling, and settlement services. **See Welcome Centre listing below for locations.**

costi.org

Elsbeth Heyworth Centre for Women



Offers programs for women to support settlement, integration, abuse prevention and empowerment.

133 Fieldstone Dr., Vaughan

[905-747-1515](tel:905-747-1515)

ehcw.ca

[416-663-2978](tel:416-663-2978)

info@ehcw.ca

Immigrant Youth Centre

Services are offered to all residents of York Region looking for employment, family counselling, and settlement services.

5284 Hwy. 7 E., Unit 2, Markham

cicsiy.org

[905-294-8868](tel:905-294-8868)

info@cicscanada.com

Welcome Centre – Immigrant Services



One-stop service designed to guide and support immigrants in York Region. Settlement and integration services, English language training, accreditation, employment supports and other services.

[1-877-761-1155](tel:1-877-761-1155)

welcomecentre.ca

info@welcomecentre.ca

Markham North	8400 Woodbine Ave., Suite 102-103	289-846-3645
Markham South	7220 Kennedy Rd.	905-479-7926
Newmarket	16655 Yonge St., Unit #26	289-841-3032
Richmond Hill	9325 Yonge St., Unit 31A	289-842-3124
Vaughan	9100 Jane St., Bldg H, Units 56-67	905-761-1155
Mobile Outreach		mobileunit@welcomecentre.ca

Jewish Immigrant Aid Services - 1 Open Door (JIAS)



Offers comprehensive, wrap-around settlement and integration services and programs to help newcomers (immigrants and refugees) feel welcome and become part of the community.

Lebovic Campus 9600 Bathurst St., Suite 242, Vaughan
jiastoronto.org

[905-881-6500](tel:905-881-6500)
info@jiastoronto.org

Job Skills – Self-Employment Pathways for Newcomers



Helps newcomers explore the idea of starting a business.

8400 Woodbine Ave., Suite 102-103, Markham
[905-477-4639](tel:905-477-4639)
jobskills.org

[1-855-234-8868](tel:1-855-234-8868)
pathways@jobskills.org

Support Enhance Access Service Centre (S.E.A.S)

Focuses on family and immigrant services. The services are extended to all ethnic groups but with particular attention to the Chinese, Vietnamese and Filipino communities.

32 South Unionville Ave. Units 2036 & 2038., Markham
seascentre.org

[905-305-1808](tel:905-305-1808)
info@seascentre.org

Social Services Network of York Region

Provides community supports for the Diverse South Asian community.

8 Shadlock St., Unit 5A, Markham
ssnon.com

[905-554-9033](tel:905-554-9033)

York Outreach

Offers settlement services for youth: individual counselling, workshops, and referrals to other appropriate services and resources. English language (LINC and ELT) training programs.

4261 Hwy. 7 E., Unit A14-114, Markham
yorkoutreach.com

[905-534-0637](tel:905-534-0637)
info@yorkoutreach.com



I am a woman of colour, survivor of domestic violence, refugee claimant, single mother, internationally trained professional, ambitious, empowered entrepreneur; who spent more than a decade on a waiting list for affordable housing. Some of the community services I utilized included but not limited to the Domestic Abuse Sexual Assault Care Centre of York Region, Women's College Hospital, Women's Support Network, Women Centre of York Region and YSSN. I am thrilled to be such an active part of the York Region community and I have a lot to say about people's ability to get the services that they need.

————— **Carleen M.**



INCOME AND FINANCIAL SUPPORT

Canada Pension Plan / Old Age Security / Guaranteed Income Supplement

Information on retirement pension, disability benefits and survivor's pension.

Hepburn Block, 80 Grosvenor St., 6th Floor, Toronto

[1-800-277-9914](tel:1-800-277-9914)

TTY: [1-800-255-4786](tel:1-800-255-4786)

Ontario Ministry of Children, Community and Social Services

17310 Yonge St., Unit 1, Newmarket

[905-868-8900](tel:905-868-8900)

[1-877-669-6658](tel:1-877-669-6658)

Family Responsibility Office (FRO)

For assistance in getting support payments.

Hepburn Block, 80 Grosvenor St., 6th Floor, Toronto

[416-326-1817](tel:416-326-1817)

[1-800-267-4330](tel:1-800-267-4330)

mcss.gov.on.ca

Ontario Disability Support Program (ODSP)

mcss.gov.on.ca

dsp.newmarket@ontario.ca

Provides financial assistance and employment supports for adults living with disabilities.

Special Services at Home (SSAH)

children.gov.on.ca

Helps families who are caring for a child with developmental and/or physical disabilities.

Assistance for Children with Severe Disabilities

children.gov.on.ca

Helps middle to lower income parents of children with severe disabilities who live at home.

Ontario Works (OW)

OW is a province-wide assistance program to help people in need. OW can help residents find employment and assist with basic living costs until they become self-sufficient.

[1-877-464-9675](tel:1-877-464-9675)

[1-877-669-6658](tel:1-877-669-6658)

mcss.gov.on.ca

Georgina

Woodbine Ave.,

[905-989-1883](tel:905-989-1883)

Newmarket

62 Bayview Pkwy.,

[905-895-5166](tel:905-895-5166)

Richmond Hill

50 High Tech Rd.,

[905-762-2095](tel:905-762-2095)

Vaughan

9060 Jane St.,

[905-660-4882](tel:905-660-4882)

Monthly Budget Sheet

Month _____

Monthly Income \$_____ Starting Balance \$_____ Debt \$_____

DESCRIPTION	AMOUNT	PAID
Housing		
Mortgage/Rent	\$	\$
Electricity/Gas	\$	\$
Telephone	\$	\$
Internet/Cable	\$	\$
Other household bills	\$	\$
Food		
Groceries	\$	\$
Restaurant	\$	\$
Transportation		
Car payment	\$	\$
Car insurance	\$	\$
Transit costs	\$	\$
Medical		
Doctor/dentist bills	\$	\$
Medication	\$	\$
Personal		
Clothing	\$	\$
Entertainment	\$	\$
Toiletries	\$	\$
Other	\$	\$
Debts		
Credit Card	\$	\$
Other debts	\$	\$
Monthly Total		

Find a printable copy: www.uphub.ca/en/up-tools/up-tools.aspx



LEGAL SUPPORT

Aboriginal Legal Services (ALS)

211 Yonge Street, Suite 500, Toronto

[416-408-3967](tel:416-408-3967)

aboriginallegal.ca

[1-844-633-2886](tel:1-844-633-2886)

info@aboriginallegal.ca

ARCH Disability Law Centre

Offers legal services for people living with disabilities in Ontario, advocacy, discrimination cases, accessibility laws.

55 University Ave., 15th Floor, Toronto

[416-482-8255](tel:416-482-8255)

archdisabilitylaw.ca

[1-866-881-2724](tel:1-866-881-2724)

TTY: [1-416-482-1254](tel:1-416-482-1254)

archgen@lao.on.ca - for intake

Community Legal Clinic – York Region (CLCYR)

CLCYR is staffed by lawyers, paralegals and support staff and offers free legal help to those who meet our financial eligibility criteria.

21 Dunlop St., Suite 200, Richmond Hill

[905-508-7539](tel:905-508-7539)

clcyr.on.ca

[1-800-668-8258](tel:1-800-668-8258)

[1-888-365-5226](tel:1-888-365-5226)

mailbox@clcyr.on.ca

Family Law Service Centre of Legal Aid Ontario

17070 Yonge St., Suite 102, Newmarket

[905-898-3943](tel:905-898-3943)

legalaid.on.ca

[1-888-613-8775](tel:1-888-613-8775)

Human Trafficking Helpline

Offers free legal support for survivors of human trafficking. Available to all women, men, trans and gender-diverse people.

[1-833-999-9211](tel:1-833-999-9211)

ontario.ca/HumanTrafficking

TTY: [1-888-340-1001](tel:1-888-340-1001)

John Howard Society of York Region (JHSYR)



Offers a range of programming to support for those involved in the justice system.

johnhoward.on.ca/yorkregion

admin@johnhoward.yorkregion.on.ca

3075 14th Ave., Suite 220, Markham

16600 Bayview Ave., Unit 306, Newmarket

[905-470-0003](tel:905-470-0003)

[905-895-9943](tel:905-895-9943)

Justice for Children and Youth (JFCY)

Provides legal advice and representation to young people 17 years and under; and homeless youth 24 years and under.

55 University Ave., 15th Floor, Toronto

[416-347-8689](tel:416-347-8689)
jfcy.org

[1-866-999-JFCY \(5329\)](tel:1-866-999-JFCY)
info@jfcy.org

Springboard

Offers programs for adults and youth who are in various stages of the justice system.

Newmarket Courthouse, 50 Eagle St., Newmarket

[905-895-7674](tel:905-895-7674)
springboardservices.ca

info@springboardservices.ca

Toronto Rape Crisis Centre / Multicultural Women Against Rape



Provides a wide range of services to all survivors of sexual violence.

[416-597-1171](tel:416-597-1171)
trccmwar.ca

info@trccmwar.ca



LIVING WITH A PHYSICAL DISABILITY

Assistive Devices Program – Ministry of Health and Long-Term Care

The Assistive Devices Program helps Ontario residents living with a long-term disability with funding to assist with costs of equipment such as wheelchairs, respiratory devices, visual aids, etc.

[1-800-268-6021](tel:1-800-268-6021)
health.gov.on.ca/adp

TTY: [1-800-387-5559](tel:1-800-387-5559)
adp@ontario.ca

Central Local Health Integration Network - Home & Community Care (LHIN)

Provides a wide-range of health-care services and resources to support you at home, at school or in the community.

11 Allstate Pkwy., Suite 500, Markham
[905-895-1240](tel:905-895-1240)
centrallhin.on.ca

[1-866-392-LHIN \(5446\)](tel:1-866-392-LHIN)
TTY: [416-222-0876](tel:416-222-0876)
central.lhin@lhins.on.ca



Vision Loss Rehabilitation Ontario (VLRO)



As an independent healthcare service provider, funded by the Government of Ontario, VLRO is the province's leading provider of rehabilitation therapy for people with vision loss. Referral from a healthcare professional is required.

1091 Gorham St., Suite 202, Newmarket

[905-898-6413](tel:905-898-6413)
visionlossrehab.ca

[1-844-877-8572](tel:1-844-877-8572)
info@vlrehab.ca

Spinal Cord Injury Ontario (SCIO)



Services range from Peer Support programs for those who have a new spinal cord injury to Regional Service Co-ordination programs to offer support to meet your needs.

520 Sutherland Dr., Toronto

[416-422-5943](tel:416-422-5943)
sciontario.org

[1-877-422-1112](tel:1-877-422-1112)
info@sciontario.org



Living with a physical disability can be extremely challenging. However, I found it beneficial to stay active with my friends and family in my community. Whether that was sports (watching, playing and coaching), recreation and leisure, eating out, family get togethers, attending church, bible study etc. Getting out helped me transition from being a “patient” back to being “someone who really enjoys life.”

————— **Charlie Warriner**



MENTAL HEALTH AND ADDICTIONS

CRISIS AND HELPLINES

Community Response Crisis Services

[310-COPE \(2673\)](tel:310-COPE)

Good To Talk

[1-866-925-5454](tel:1-866-925-5454)

Krasman Centre - Warm Line and Peer Crisis Support Service

[1-888-777-0979](tel:1-888-777-0979)

Mental Health Helpline

[1-866-531-2600](tel:1-866-531-2600)

York Hills

[905-503-9561](tel:905-503-9561)

York Support Services Network (YSSN)



Provides individualized support through crisis response, case management and peer support services to adults with serious mental health condition/ addictions or dual diagnosis.

240 Edward St., Unit 3, Aurora

[905-898-6455](tel:905-898-6455)

yssn.ca

[1-866-257-9776](tel:1-866-257-9776)

contact@yssn.ca

Community Crisis Response Services

[1-855-310-COPE \(2673\)](tel:1-855-310-COPE)

Provides confidential support to help those experiencing mental health crisis through telephone, text, Live Chat, and community response. Call, text [1-855-310-COPE \(2673\)](tel:1-855-310-COPE) or chat online at cope.yssn.ca.

Streamlined Access

[1-844-660-6602](tel:1-844-660-6602) | [289-340-0348](tel:289-340-0348)

Connecting people to mental health, addiction and dual diagnosis services in York Region and South Simcoe.

BounceBack Ontario



Supports adults and youth 15+ learn skills to help manage anxiety, combat unhelpful thinking, and become more active and assertive.

[1-866-345-0224](tel:1-866-345-0224)

bouncebackontario.ca

bounceback@ontario.cmha.ca

bb-referral@cmha-yr.on.ca

Canadian Mental Health Association (CMHA) York Region



Provides a wide range of services and programs for youth and adults living with mental health challenges.

1101 Nicholson Rd., Unit 5, Newmarket

[905-841-3977](tel:905-841-3977)

cmha-yr.on.ca

[1-866-345-0183](tel:1-866-345-0183)

yorkregion@cmha-yr.on.ca

Hong Fook Mental Health

Offers mental health supports for Cambodian, Chinese, Cantonese, Mandarin, Korean and Vietnamese communities.

3320 Midland Ave., Suite 201, Scarborough

[416-493-4242](tel:416-493-4242)

hongfook.ca

info@hongfook.ca

Krasman Centre

Offers peer support, mental health recovery and social services programs serving people who experience mental health challenges as well as, people who experience homelessness.

10121 Yonge St., Richmond Hill

[905-780-0491](tel:905-780-0491)

krasmancentre.com

[1-888-780-0724](tel:1-888-780-0724)

postmaster@krasmancentre.com

Drop-in Centre (partnership with LOFT/Crosslinks)

102 Main St. S., Newmarket

10121 Yonge St., Richmond Hill

[289-763-3388](tel:289-763-3388)

[905-780-0491](tel:905-780-0491)

Warm Line and Peer Crisis Support Service

[1-888-777-0979](tel:1-888-777-0979)

A 24/7 non-crisis and crisis telephone support from a recovery and peer-informed perspective. The support line is answered by individuals with lived experience with mental health concerns, addiction, and/or trauma.

LOFT/Crosslinks - Housing Support Services

Crosslinks provides a continuum of supports and independent housing for clients with mental health challenges and who may be homeless or at risk of becoming homeless.

102 Main St. S., Newmarket

[905-967-0357](tel:905-967-0357)

loftcs.org/what-we-do/specialized-services/housing

[1-888-967-0357](tel:1-888-967-0357)

info@loftcs.org

LOFT/Crosslinks - Street Outreach Van

Serving individuals with complex challenges, including mental illness, addiction and homelessness. Provides food, clothing, needle exchange, help finding shelter, sleeping bags, and crisis support.

102 Main St. S., Newmarket

[905-853-3400](tel:905-853-3400)

loftcs.org info@lofts.org

[1-866-553-4053](tel:1-866-553-4053)

[416-274-4972](tel:416-274-4972) (text)

Mental Health Helpline

A helpful information and referral specialist will answer your **call, email or web chat 24/7 for addictions**, mental health and gambling. Services are free and confidential.

[1-866-531-2600](tel:1-866-531-2600)

connexontario.ca

Mental Health - Children/Youth

360°kids Home - Base Drop-In Centre



The centre serves at-risk and homeless youth aged 13 – 26 in York Region. Provides support for employment, family issues, life skills, shelter, hot food, counselling, recreational activities and clothing.

360kids.ca

info@360kids.ca

10415 Yonge St., Suite E., Richmond Hill
1441 Clark Ave. W., Vaughan

[905-475-6694](tel:905-475-6694) ext. 2
[647-459-7773](tel:647-459-7773) | [416-873-8004](tel:416-873-8004)

Good 2 Talk – Post Secondary Student Helpline

A free, confidential **24/7 helpline** providing professional counselling, information and referrals for mental health, addictions and well-being to post-secondary students in Ontario.

[1-866-925-5454](tel:1-866-925-5454)

Text [GOOD2TALKON](https://www.good2talk.on.ca) to 686868

Kinark Child and Family Services

Offers programs and services across the region for children and youth with complex mental health needs.

218 Earl Stewart Dr., Unit 7, Aurora

[905-713-0700](tel:905-713-0700)

kinark.on.ca

TTY: [1-888-454-6275](tel:1-888-454-6275)

[1-800-230-8529](tel:1-800-230-8529)

info@kinark.on.ca

Mobile York South Simcoe (MOBYSS)

Offers travelling health care (physical, mental and sexual health) in York Region and South Simcoe. Services are LGBTQ positive and are geared towards youth aged 12 – 25 years old.

mobyss.ca

[289-879-2376](tel:289-879-2376)

York Hills



York Hills offers a range of mental health services to children from birth to age 18 and their families and has expertise in treating the social, emotional and behavioural challenges of children, youth and their families.

402 Bloomington Rd., Aurora

[905-503-9560](tel:905-503-9560)

yorkhills.ca

[1-866-536-7608](tel:1-866-536-7608)

yorkhills@yorkhills.ca

York Outreach

Offers individual counselling, workshops, and referrals.

4261 Hwy. 7 E., Unit A14-114, Markham

[905-534-0637](tel:905-534-0637)

yorkoutreach.com

info@yorkoutreach.com

Mental Health - Hospitals

Mackenzie Richmond Hill Hospital

10 Trench St., Richmond Hill

mackenziehealth.ca

[905-883-1212](tel:905-883-1212)

Markham Stouffville Hospital - Mental Health Programs

Provides mental health services and programs for children, youth and families. A physician referral required.

msh.on.ca

myhospital@msh.on.ca

381 Church St., Markham

Mental Health Patient Navigator

Child and Adolescent Services

[416-804-9386](tel:416-804-9386)

[905-472-7530](tel:905-472-7530)

Southlake Regional Health Centre - Mental Health Programs

Provides mental health services and programs for children, youth and families. Emergency and by appointment available.

596 Davis Dr., Newmarket

southlakeregional.org

[905-895-4521](tel:905-895-4521) ext. 2215

“

I never thought my mental illness would let me reach this age. I asked myself these questions, where do I begin? How do I talk about myself without having everything come flooding back and doing damage to my recovery...yes recovery? I was introduced to YSSN about 7 years ago and began utilizing their services along with CMHA and WSN. I began educating myself and advocating for myself.

— Randee K.

Legend

-  Online Service Options
-  Paid Services

Addictions - Anonymous Programs

AL-ANON AND ALATEEN FAMILY GROUPS (AL-AON)

[416-410-3809](tel:416-410-3809)

al-anon.alateen.on.ca

[1-888-425-2666](tel:1-888-425-2666)

ALCOHOLICS ANONYMOUS (AA) - Greater Toronto Area Intergrroup

[416-487-5591](tel:416-487-5591)

AAToronto.org

[1-877-404-5591](tel:1-877-404-5591)

info@aatoronto.org

COCAINE ANONYMOUS (GA)

[416-927-7858](tel:416-927-7858)

ca-on.org

[1-866-622-4636](tel:1-866-622-4636)

GAMBLERS ANONYMOUS (GA)

[416-366-7613](tel:416-366-7613)

gamblersanonymousontario.org

[1-855-222-5542](tel:1-855-222-5542) (2CALL-GA)

NARCOTICS ANONYMOUS (NA)

orscna.org

[1-888-811-3887](tel:1-888-811-3887)



ARE YOU AT-RISK OF HAVING AN ADDICTION?

(check off all that apply)

- ☐ Increased tolerance
- ☐ Withdrawal when not engaged
- ☐ Partaking more than you wanted/expected
- ☐ You wish to decrease use but are unable
- ☐ You spend a lot of time and energy on the substance/activity (driving to multiple doctors to get prescriptions, spending excessive hours in a casino regularly, chain smoking, planning your day around a hangover or crash)
- ☐ You neglect or give up important social, occupational or recreational activities due to this substance/activity
- ☐ You continue with the substance or activity despite knowing that it is causing you problems or making problems worse

**You may have an addiction if you checked off 3 of the above.
Help is available right here in our community.**

Addiction Services for York Region (ASYR)



Offers counselling, case management, nursing, medical and peer support for people affected by substance-use disorders and problem gambling.

210-14785 Yonge St., Aurora

[905-841-7007](tel:905-841-7007) x 322

asyr.ca

[1-800-263-2288](tel:1-800-263-2288)

info@asyr.ca

CAYR Community Connections



Offers services for people seeking support for their drug and substance use.

17665 Leslie Street, Newmarket

[905-884-0613](tel:905-884-0613)

cayrcc.org

[1-800-243-7717](tel:1-800-243-7717)

info@cayrcc.org

Harm Reduction Program

[905-884-0613](tel:905-884-0613) ext. 211

harmreduction@cayrcc.org

HIV Program

[905-884-0613](tel:905-884-0613) ext. 208

mmezaopazo@cayrcc.org

Caritas School of Life

An addictions and mental health treatment centre that provides a safe therapeutic space for individuals and families to heal and grow.

241 Hanlan Rd., Units 1 and 2, Vaughan

[416-748-9988](tel:416-748-9988)

caritas.ca

info@caritas.ca

Cornerstone to Recovery



Provides men's and women's services, counselling, family counselling, addiction services for anyone experiencing or impacted by substance abuse, misuse, addiction and mental illness.

570 Steven Ct., Unit B, Newmarket

[905-762-1551](tel:905-762-1551)

cornerstonetorecovery.com

info@cornerstonetorecovery.com

Kettleby Ranch

[286-716-9956](tel:286-716-9956)

Offers a residential men's recovery community.

Wellness Centre

[905-762-1551](tel:905-762-1551) x 403

wellness@cornerstonetorecovery.com

Offers a physical and mental wellness programs and facility.

Horizons Opioid Treatment Services

Methadone and suboxone clinics provide programs that help individuals get their lives back on track. Multiple locations across the GTA.

horizonsclinic.ca

[1-855-742-9449](tel:1-855-742-9449)

Road to Recovery Clinic

A health clinic for opioid and other substance use disorders.

15 John St. W., Bradford

roadtorecoveryclinic.ca

[905-775-4999](tel:905-775-4999)

Vitanova

Provides a range of addiction-related services to individuals, families and the community at large.

6299 Rutherford Rd., Vaughan

vitanova.ca

[416-744-8940](tel:416-744-8940) - [905-850-3690](tel:905-850-3690)

info@vitanova.ca

Addictions - Smoker's Helplines

Smoker's Helpline

Provides support and information for those trying to quit smoking.

smokershelpline.ca

[1-877-513-5333](tel:1-877-513-5333)

Text iQuit to 123456

York Region Public Health - Tobacco-Free Living Program

Provides cost-free quit smoking services such as nicotine replacement therapy (e.g. patch, gum).

york.ca/tobacco

[1-877-464-9675](tel:1-877-464-9675) ext. 73037

childfamily@york.ca



My biggest challenge was fear. Fear is neither abnormal nor a sign of weakness but I feared everything including fear itself. I lived in a cage of insecurity and chronic stress, anxiety and constant worry and diminished self-worth. I could never find myself and turned to drugs, alcohol, men and other self destructive things that kept the vicious circle going. I hit rock bottom.

Programs like YSSN, NA, AA, ASYR taught me that I wasn't alone, and I learned what the disease of addictions does and that I don't have to be a victim anymore and that this is going to be an ongoing process.

— Sue J.

Legend

-  Online Service Options
-  Paid Services



PRE AND POST NATAL

ABC Prenatal Nutrition Program for Women of All Ages



All Babies Count is a free prenatal nutrition program for women of all ages who need extra support during their pregnancy. Expecting mothers learn about nutrition, pregnancy and parenthood, enjoy a healthy snack and have the opportunity to create peer-support relationships with others.

Available in Georgina, Markham, Newmarket and Richmond Hill

[905-853-5949](tel:905-853-5949)

roseofsharon.com

[1-877-516-3715](tel:1-877-516-3715)

information@roseofsharon.com

Markham Stouffville Crisis Pregnancy Centre (MSCPC)

Offers support and services to all individuals involved in crisis pregnancy, post-abortion or single parenting situations.

6070 Hwy. 7 E., Main Floor, Markham

[905-472-4357](tel:905-472-4357)

mscpc.ca

info@mscpc.ca

Rose of Sharon Services for Young Mothers 14-29



Provides counselling, education, and parenting support/resources to prenatal, parenting mothers and their families in York Region. All programs are free.

361 Eagle St., Newmarket

[905-853-5514](tel:905-853-5514)

roseofsharon.com

[1-877-516-3715](tel:1-877-516-3715)

information@roseofsharon.com

TLC The Life Centre

Provides support and education to help women overcome challenges and life issues in a non-judgmental, caring environment. A 'Sister's Closet' program helps provide tangible needs for moms with children (diaper's and clothing vouchers).

615 Davis Dr., Suite 202, Newmarket

[905-853-5433](tel:905-853-5433)

tlcthelifecentre.ca

[905-505-0732](tel:905-505-0732) (text)

York Region Health Connection - Health Information Line

Public health nurses provide free, confidential information, advice and referrals to community programs and resources. Topics include pregnancy, breastfeeding, and caring for your child, including sleep, feeding, safety, growth and development, depression, anxiety and abuse.

[1-800-361-5653](tel:1-800-361-5653)

york.ca/health

TTY:[1-866-512-6228](tel:1-866-512-6228)

accessyork@york.ca



All Babies Count

A free weekly prenatal nutrition program for women of all ages who need extra support during their pregnancy. Expectant mothers learn about nutrition, pregnancy and parenthood. A healthy snack and meal are provided at each session. Translators, child care may be provided.

Breastfeeding Program

york.ca/breastfeeding

Provides families with free breastfeeding information and support during the prenatal and postnatal period, including telephone support and one-on-one assistance in our breastfeeding clinics.

Healthy Babies Healthy Children Program (HBHC)

york.ca/HBHC

A home visiting program where eligible families are connected with a registered nurse, a family visitor or a social worker who offers support, information and connections to community resources.

Prenatal Education

york.ca/prenatalclasses

A free online program designed to support pregnant women and their partners to have a healthy pregnancy experience and baby.

Transition to Parenting

york.ca/TTP

A 12-session support and education group for pregnant and postpartum women experiencing challenges with the transition to parenting and/or coping with Perinatal Mood Disorders such as depression or anxiety.

York Region Sexual Health Clinics

Provides confidential, non-judgmental services that do not require OHIP. Clinics are located in Markham, Richmond Hill, Newmarket, Vaughan, Georgina.

- Counselling and education on birth control, sexually transmitted and blood-borne infections, HIV/AIDS, sexual orientation, sexuality and relationships
- Low-cost birth control
- Emergency contraceptives, pregnancy testing, counselling and referral
- Testing and treatment of sexually transmitted infections
- HIV testing (including anonymous and rapid HIV testing)
- Sexual health examinations
- Needle exchange services

[1-800-361-5653](tel:1-800-361-5653)

TTY: [1-866-512-6228](tel:1-866-512-6228)

accessyork@york.ca

Legend

-  Online Service Options
-  Paid Services



PETS

Dog Tales Rescue and Sanctuary

Dog rescue and horse sanctuary for abused and neglected animals to heal and be rehabilitated while they wait for homes.

1405 19th Sideroad, King City

[905-713-1887](tel:905-713-1887)

dogtales.ca

info@dogtales.ca

Farley Foundation

Pet owners in receipt of Ontario Disability Support Program (ODSP), Ontario Works (OW), CPP Disability or Guaranteed Income Supplement (GIS) can apply for funding for urgent veterinary care.

[1-888-262-9811](tel:1-888-262-9811)

farleyfoundation.org

info@farleyfoundation.org

Ontario SPCA and Humane Society



Provides province-wide leadership on the prevention of cruelty to animals, the promotion of animal welfare and low cost animal healthcare.

16586 Woodbine Ave., Stouffville

[905-898-7122](tel:905-898-7122)

ontariospca.ca

[1-888-668-7722](tel:1-888-668-7722)

info@ospca.on.ca

York Region Public Health Rabies Program - Health Connection

Low-cost rabies vaccination clinics are available. Make sure your dogs and cats are vaccinated against rabies.

[1-800-361-5653](tel:1-800-361-5653)

york.ca

TTY: [1-866-512-6228](tel:1-866-512-6228)

accessyork@york.ca

Legend

-  Online Service Options
-  Paid Services



PUBLIC LIBRARIES

Aurora Public Library (APL)



15145 Yonge St., Aurora
library.aurora.on.ca

[905-727-9494](tel:905-727-9494)

East Gwillimbury Public Library (EGPL)



egpl.ca

info@egpl.ca

Holland Landing Branch

19513 Yonge St. E., Gwillimbury

[905-836-6492](tel:905-836-6492)

Mount Albert Branch

19300 Centre St. E., Gwillimbury

[905-473-2472](tel:905-473-2472)

Georgina Public Library (GPL)



georginalibrary.ca

eservicessupport@georgina.ca

Keswick Branch

90 Wexford Dr., Georgina

[905-476-5762](tel:905-476-5762)

Pefferlaw Branch

76 Pete's Ln., Georgina

[705-437-1514](tel:705-437-1514)

Peter Gzowski Branch

5279 Black River Rd., Georgina

[905-722-5702](tel:905-722-5702)

King Township Public Library (KTPL)



king-library.on.ca

info@kinglibrary.ca

Ansnerveldt Branch

18997 Dufferin St., King

[905-775-8717](tel:905-775-8717)

King City Branch

30 Fisher St., King

[905-833-5101](tel:905-833-5101)

Nobleton Branch

8 Sheardown Dr., King

[905-859-4188](tel:905-859-4188)

Schomberg Branch

77 Main St., King

[905-939-2102](tel:905-939-2102)

Newmarket Public Library (NPL)



438 Park Ave., Newmarket
newmarketpl.ca

[905-953-5110](tel:905-953-5110)

Markham Public Library (MPL)



markham.ca

Aaniin Branch

5665 14th Ave., Markham

[905-513-7977](tel:905-513-7977) ext. 4470

Angus Glen Library

3990 Major Mackenzie E., Markham

[905-513-7977](tel:905-513-7977) ext. 7100

Cornell Branch

3201 Bur Oak Ave., Markham

[905-513-7977](tel:905-513-7977) ext. 3460

Markham Village Library

6031 Hwy. 7, Markham

[905-513-7977](tel:905-513-7977) ext. 4271

Milliken Mills Library

7600 Kennedy Rd., Markham

[905-513-7977](tel:905-513-7977) ext. 5337

Thornhill Community Centre Branch

7755 Bayview Ave., Markham

[905-513-7977](tel:905-513-7977) ext. 3521

Thornhill Village Library

10 Colbourne St., Markham

[905-513-7977](tel:905-513-7977) ext. 3481

Unionville Library

15 Library Ln., Markham

[905-513-7977](tel:905-513-7977) ext. 5517

Richmond Hill Public Library (RHPL)



rhpl.ca

Central Library

1 Atkinson St., Richmond Hill

[905-884-9288](tel:905-884-9288)

Oak Ridges Library

34 Regatta Ave., Richmond Hill

[905-773-5533](tel:905-773-5533)

Richmond Green Library

1 William F. Bell Pkwy., Richmond Hill

[905-780-0711](tel:905-780-0711)

Richvale Library

40 Pearson Ave., Richmond Hill

[905-889-2847](tel:905-889-2847)



York Region Public Libraries have been a wonderful place to find information for living, entertainment and planning for the future.

We have used library reference materials to obtain information; the computers and copiers that are available, read and type your way out of trouble. Librarians are often helpful in so many ways. They are great sources of information and will show you how to use equipment and to find the information that you may need."

— **Alba R.**

Vaughan Public Libraries (VPL)



vaughanpl.com

[905-653-7323](tel:905-653-7323)

Civic Centre Resource
Pleasant Ridge
Vellore Village Library
Ansley Grove Library
Bathurst Clark Resource Library
Dufferin Clark Resource Library
Kleinburg Branch
Maple Branch
Pierre Berton Resource Library
Woodbridge Branch

2191 Major Mackenzie Dr., Vaughan
300 Pleasant Ridge Ave., Vaughan
1 Villa Royale Ave., Vaughan
350 Ansley Grove Rd., Vaughan
900 Clark Ave. W., Vaughan
1441 Clark Ave. W., Vaughan
10341 Islington Ave. N., Vaughan
10190 Keele St., Vaughan
4921 Rutherford Rd., Vaughan
150 Woodbridge Ave., Vaughan

Whitchurch-Stouffville Public Library (WSPL)



15145 Yonge St., Aurora

wsplibrary.ca

[905-642-7323](tel:905-642-7323)



PUBLIC DIRECTORIES

Access York

York Region's contact centre provides information, referrals, and application services for York Region programs and services.

17250 Yonge St., Newmarket

[1-877-464-9675](tel:1-877-464-9675)
york.ca

TTY: [1-866-512-6228](tel:1-866-512-6228)
accessyork@york.ca

ConnectABILITY.ca

connectability.ca

A virtual community focused on lifelong learning and support for children, youth, adults and seniors with an intellectual disability, their families, caregivers and support networks.

Ontario 211

[211ontario.ca](tel:211)

A program and service information helpline and web search engine. Dial [211](tel:211).

Up Hub

uphub.ca

Connects you with online and offline peer-led resources created by people with lived experiences. And keep up to date with this guide content.

Volunteer Directory

Neighbourhood Network

Offers volunteer opportunities and links community resources to partnered charities and agencies.

14988 Yonge St., Aurora

[905-726-3737](tel:905-726-3737)

neighbourhoodnetwork.org

[1-855-870-4586](tel:1-855-870-4586)

info@neighbourhoodnetwork.org

up hub

uphub.ca

Are you seeking services or need support in York Region? **Up your life** by connecting to the services that are right for you, created by peers – people who understand what you're going through. Visit the uphub.ca website for:

- A personalized approach to accessing a directory of 400+ local services through a built-in, self-assessment tool
- Connections with online and offline peer-led resources created by people with lived experiences



Contribute to Up Hub by becoming a Community Content Creator by uploading your mobile videos and share your stories at uphub.ca



PUBLIC TRANSPORTATION

Brampton Transit

brampton.ca/transit



[905-874-2999](tel:905-874-2999)

Durham Region Transit

durhamregiontransit.com



[1-866-247-0055](tel:1-866-247-0055)

Go Transit

gotransit.com



[1-888-GET-ON-GO](tel:1-888-GET-ON-GO) (1-888-438-6646)

Mississauga Transitway

miway.ca



[905-615-4636](tel:905-615-4636)

Routes Connecting Communities (formerly Georgina Transit)



Volunteer drivers provide available, accessible and affordable transportation to people who are restricted based on health, finances, and location.

[905-722-4616](tel:905-722-4616) - Ride Dispatch
routescc.org

[905-722-8191](tel:905-722-8191)
info@routescc.org

Toronto Transit Commission TTC

[416-393-4636](tel:416-393-4636)
ttc.ca



[1-866-642-9882](tel:1-866-642-9882)

York Region Transit

[905-762-2100](tel:905-762-2100)
yrt.ca



[1-866-668-3978](tel:1-866-668-3978)
transitinfo@york.ca

Accessible Transportation

Community and Home Assistance to Seniors (CHATS) - iRide Plus



Professionally trained drivers provide transportation for older adults, with a variety of vehicles that accommodate mobility devices.

chats.on.ca/transportation

[1-844-IRIDE-01](tel:1-844-IRIDE-01) (1-844-474-3301)
seniorshelp@chats.on.ca

Dignity Transportation



Provides dependable service for people living with a disability.
Services available 24/7.

[416-398-2222](tel:416-398-2222)

dignitytransportation.com

[1-866-398-2109](tel:1-866-398-2109)

info@dignitytransportation.com

GTA Accessible Transportation



Provides accessible transportation for those living with a disability.
Services available 24/7.

[416-834-5559](tel:416-834-5559)

gtaaccessible.com

[1-800-936-3040](tel:1-800-936-3040)

info@gtaaccessible.com

York Region Transit, Mobility Plus



[905-762-2112](tel:905-762-2112)

yrt.ca/en/mobility-plus

[1-866-744-1119](tel:1-866-744-1119)

TTY: [1-866-276-7479](tel:1-866-276-7479)

mobilityplusfeedback@york.ca



RECREATION PROGRAMS

Aurora Parks, Recreation and Cultural Services Department

100 John West Way., Aurora

[905-727-1375](tel:905-727-1375)

aurora.ca

info@aurora.ca

East Gwillimbury Parks and Recreation Department

19000 Leslie St. E., Gwillimbury

[905-478-4282](tel:905-478-4282)

eastgwillimbury.ca

customerservice@eastgwillimbury.ca

Georgina Recreation and Culture Department

26557 Civic Centre Rd., Georgina

[905-476-4301](tel:905-476-4301)

georgina.ca

eleisure@georgina.ca

King Parks, Recreation and Culture Department

2585 King Rd., King

[905-833-5321](tel:905-833-5321)

king.ca

[905-833-5361](tel:905-833-5361)

servicingking@king.ca

Markham Parks and Recreation Department

101 Town Centre Blvd., Markham

[905-477-5530](tel:905-477-5530)

markham.ca

customerservice@markham.ca

Newmarket Parks and Recreation Department

395 Mulock Dr., Newmarket

[905-895-5193](tel:905-895-5193)

newmarket.ca

[1-877-550-5575](tel:1-877-550-5575)

info@newmarket.ca

Richmond Hill Parks and Recreation Department

225 East Beaver Creek Rd., Richmond Hill

[905-771-8870](tel:905-771-8870)

richmondhill.ca

recreation@richmondhill.ca

Vaughan Parks and Recreation Department

2141 Major Mackenzie Dr., Level 3, Vaughan

[905-832-2281](tel:905-832-2281)

vaughan.ca

[905-832-2281](tel:905-832-2281)

accessvaughan@vaughan.ca

Whitchurch - Stouffville Parks and Recreation Department

111 Sandiford Dr., Whitchurch-Stouffville

[905-640-1900](tel:905-640-1900)

townofws.ca

[1-855-642-TOWN \(8696\)](tel:1-855-642-TOWN(8696))

Children and Youth Supportive Programs

Big Brothers Big Sisters of York



Provides one-to-one and group mentoring programs for at-risk children and youth in York Region and Bradford West Gwillimbury.

350 Industrial Pkwy. S., Aurora

bbbsy.ca

[905-726-2149](tel:905-726-2149)

general@bbbsy.ca

Girl Guides of Canada - Ontario Council

Empowers girls to discover themselves. Programs include STEM activities, outdoor adventures and discussions on mental health, healthy relationships.

180 Duncan Mills Rd., Suite 100, Toronto

[416-926-2351](tel:416-926-2351)

girlguides.ca/ON

[1-877-323-4545](tel:1-877-323-4545)

info@guidesontario.org

EarlyON Programs

Free support services and programs for parents, caregivers and their children from birth to 6 years. Drop-in programs available at various locations for families and children to participate in storytelling, sing-alongs-games and other activities.



Early childhood professionals are available to help families to access resources and find supports to assist with growth and development.

[1-877-464-YORK \(9675\)](tel:1-877-464-YORK)

york.ca/allourkids

Programs in Markham, Thornhill and Concord - Family Day

[416-922-9556](tel:416-922-9556)

familydaycare.com/earlyon

Programs in Nobleton, Woodbridge, Kleinburg, Aurora, Maple - Social Enterprise of Canada

[905-895-0809](tel:905-895-0809)
earlyonsec.com

[1-866-404-2077](tel:1-866-404-2077)
early.on@socialenterprise.ca

Programs in Richmond Hill, Markham, Stouffville - YMCA of Greater Toronto

[905-883-6901](tel:905-883-6901)

ymcagta.org/earlyon

Programs in Richmond Hill, Newmarket & Holland Landing - York Professional

15203 Yonge St., Aurora
ypce.com/family-drop-in-resources

[905-841-1314](tel:905-841-1314)
inquiries@ypce.com

Programs in Newmarket, Keswick, Holland Landing and East Gwillimbury - York Child Development and Family Services Inc.

[905-830-1888](tel:905-830-1888)

yorkchild.ca/earlyon/about-earlyon/

Girls Inc.



Empowering girls aged 6 – 18 years of age through many different programs.

482 Queen Street., Newmarket

[905-830-0776](tel:905-830-0776)
girlsincyork.org

info@girlsincyork.org

Scouts Canada - York Headwaters

[416-490-6364](tel:416-490-6364)
yhwscouts.ca and scouts.ca

[1-888-855-3336](tel:1-888-855-3336)
info@yhwscouts.ca

Youth Assisting Youth (YAY)



YAY is dedicated to investing in the leaders of tomorrow and transforming the lives of youth through the power of Peer Mentoring. Helping high risk youth ages 6-15.

5734 Yonge St., Suite 401, Toronto

[416-932-1919](tel:416-932-1919)

youthassistingyouth.com

[1-877-932-1919](tel:1-877-932-1919)

mail@yay.org

Cadets and Navy

140 Aurora Squadron, Royal Canadian Air Cadets



140aurora.com

[905-727-4692](tel:905-727-4692)

140admo@gmail.com

748 Royal Canadian (Army) Cadet Corps

Parade Address - 120 Rouge Bank Dr., Markham

748armycadets.weebly.com

[905-294-9063](tel:905-294-9063)

748army@cadets.gc.ca

8 Globemaster Squadron Royal Canadian Air Cadet Squadron

233 Centre St. E., Richmond Hill

8globemaster.com

[905-508-8889](tel:905-508-8889)

info@8globemaster.com

Navy League of Canada - Navy League and Sea Cadets of Canada

55 Forhan Dr., Newmarket

[905-895-3038](tel:905-895-3038)

nlcccarinthia.com

[1-800-375-6289](tel:1-800-375-6289)

admin@nlcccarinthia.com

Queen's York Rangers 2799 Army Cadet Corps

#6 - 14845 Yonge St., Suite 363, Aurora

[905-726-8600](tel:905-726-8600)

rangers2799.com

2799army@cadets.gc.ca

Royal Canadian Air Cadets - 283 Woodbridge Legion Royal Canadian Air Cadet Squadrons

2 Davos Rd., Vaughan

[416-410-7104](tel:416-410-7104)

283aircadets.ca

recruiting@283aircadets.ca

Royal Canadian Air Cadets 778 Banshee Squadron Richmond Hill



8-9251 Yonge St., Suite 407, Richmond Hill

[905-770-0948](tel:905-770-0948)

778banshee.com

info@778banshee.com



SENIORS

HELPLINES

Advocacy Centre for the Elderly

[1-855-598-2656](tel:1-855-598-2656)

Elder Abuse Prevention

[416-916-6728](tel:416-916-6728)

Senior Safety Line

[1-866-299-1011](tel:1-866-299-1011)

Alzheimer's Society of York Region



240 Edward St., Suite 2, Aurora

[905-726-3477](tel:905-726-3477)

alzheimer.ca/en/york

[1-888-414-5550](tel:1-888-414-5550)

info@alzheimer-york.com

Canada Pension Plan/ Old Age Security/GIS

Retirement pension, disability benefits, survivor's pension.

[1-800-277-9914](tel:1-800-277-9914)

TTY: [1-800-255-4786](tel:1-800-255-4786)

Central Local Health Integration Network -Home & Community Care (LHIN)

Provides a wide-range of health-care services and resources to support seniors at home or in the community. We help determine the right care and health supports for you and get you the care you need.

11 Allstate Pkwy., Suite 500, Markham

[905-895-1240](tel:905-895-1240)

centrallhin.on.ca

[1-866-392-LHIN\(5446\)](tel:1-866-392-LHIN(5446))

TTY: [1-416-222-0876](tel:1-416-222-0876)

central.lhin@lhins.on.ca

Elsbeth Heyworth Centre for Women



Programs include abuse reduction, aging at home senior and government services.

133 Fieldstone Dr., Vaughan

[905-747-1515](tel:905-747-1515)

ehcw.ca

[416-663-2978](tel:416-663-2978)

info@ehcw.ca

Legend

-  Online Service Options
-  Paid Services

CHATS - Community and Home Assistance to Seniors



Offers in-home and community support services that enable older adults to continue to live safely in their own homes. Services include, Homemaking, Caregiver Respite & Personal Care, Telephone Reassurance Program, Wellness & Social Programs, Adult Day Programs, Diversity Outreach Programs, Caregiver Support & Education, Hospital-to-Home Transitions and much more!

240 Edward St., Suite 1, Aurora

[905-713-6596](tel:905-713-6596)

chats.on.ca

[1-877-452-4287](tel:1-877-452-4287)

seniorshelp@chats.on.ca

iRide Plus

chats.on.ca/transportation

[1-844-IRIDE-01 \(1-844-474-3301\)](tel:1-844-IRIDE-01)

CHATS professionally trained drivers provide transportation for older adults to and from medical appointments, grocery stores, CHATS programs and more! A variety of vehicles that accommodate mobility devices and client needs are available.

Meals on Wheels

[905-713-6596](tel:905-713-6596)

Volunteer drivers hand-deliver home-style nutritious meals to older adults on a weekly basis. Great tasting and convenient. Special dietary needs can also be accommodated.

Loft Senior Services

Provides specialized, community-based support services to vulnerable and at-risk seniors with complex challenges including absence of family support, social isolation, cultural dislocation, poverty, mental or physical health issues, dementia, addictions or behavioral challenges.

15 Toronto St., 9th Floor, Toronto

www.loftcs.org/what-we-do/specialized-services/seniors

[416-979-1994](tel:416-979-1994)

info@loftcs.org

SE Health



Offers homecare and rehabilitation services for York Region residents, as well as First Nations, Metis, and Inuit programs.

90 Allstate Pkwy., Suite 300, Markham

[905-940-9655](tel:905-940-9655)

sehc.com

[1-800-463-1763](tel:1-800-463-1763)

communicationsSEHC@sehc.com

Social Services Network of York Region (SSN)

Provides senior supports and programs.

8 Shadlock St., Unit 5A, Markham

[905-554-9033](tel:905-554-9033)

ssnon.com

naz@ssnon.com

York Region Seniors Facilities, Long Term Care and Community

[1-866-967-5582](tel:1-866-967-5582)

accessyork@york.ca

ANTI-ABUSE HELPLINES

Senior Safety Line

Information and referral helpline to support vulnerable seniors dealing with elder abuse as well as their families, friends and caregivers.

elderabuseontario.com

[1-866-299-1011](tel:1-866-299-1011)

info@elderabuseontario.com

Elder Abuse Prevention (EAPON)

Offers elder abuse information about prevention, intervention, and general knowledge of elder abuse.

2 Billingham Rd., Suite 306, Toronto
eapon.ca

[416-916-6728](tel:416-916-6728)

info@eapon.ca

Advocacy Centre for the Elderly

2 Carlton St., Suite 701, Toronto
advocacycentrefortheelderly.org

[416-598-2656](tel:416-598-2656)

[1-855-598-2656](tel:1-855-598-2656)



SHELTERS AND EMERGENCY HOUSING

CRISIS and HELPLINES

Sandgate - Women's Shelter Crisis Line

[1-800-661-8294](tel:1-800-661-8294)

Yellow Brick House Crisis Line

[1-800-263-3247](tel:1-800-263-3247)

360°kids - Connections Emergency Housing



Connections is housing for youth between the ages of 16-26 experiencing homelessness. We provide basic needs (food, bedding, hygiene supplies, etc.) wraparound services; and assistance finding appropriate, affordable, and stable housing.

10415 Yonge St., Suite E, Richmond Hill
360kids.ca

[905-475-6694](tel:905-475-6694) ext. 3

info@360kids.ca

Belinda's Place

Provides emergency and transitional housing for women (without children), drop-in and after care to women at risk of being homeless.

16580 Yonge St., Newmarket
belindasplace.ca

Belindas_Place@can.salvationarmy.org

Blue Door Shelters

Blue Door's emergency housing services for youth offers a supportive environment for individuals aged between 16 and 26.

[905-898-1015](tel:905-898-1015)
bluedoor.ca

[1-888-554-5525](tel:1-888-554-5525)
info@bluedoor.ca

Blue Door - Porter Place Emergency Housing for Men

18838 Hwy. 11 E., Gwillimbury

[905-898-1015](tel:905-898-1015) ext. 1

Blue Door - Leeder Place Emergency Housing for Families

18838 Hwy. 11 E., Gwillimbury

[905-898-1015](tel:905-898-1015) ext. 2

Blue Door - Kevin's Place Emergency Housing for Male Youth's

835 Gorham St., Newmarket

[905-898-1015](tel:905-898-1015) ext. 3

Sandgate - Women's Shelter of York Region

Emergency shelter for abused women and their children and women that are at risk of abuse. Offers follow up group meetings, individual counselling.

[905-722-3220](tel:905-722-3220)
[905-722-4043](tel:905-722-4043) - Admin and donations

[1-800-661-8294](tel:1-800-661-8294) - Crisis Line
sandgate.ca

Sutton Youth Shelter

Emergency shelter for homeless youth between the ages of 16 and 26. In addition to basic needs, counselling and life skills are provided. The Centre also provides transitional housing for youth for up to 1 year.

20898 Dalton Rd., Georgina

[905-722-9076](tel:905-722-9076)
suttonyouthservices.ca

contact@suttonyouthshelter.ca

Yellow Brick House



Emergency shelter and support for abused women and their children and women that are at risk of abuse. Offers counselling for women and children, court support, transitional housing, assistance with housing search. Support available 24/7.

www.yellowbrickhouse.org

info@yellowbrickhouse.org

Outreach
Crisis Line

[905-727-1944](tel:905-727-1944) | [1-877-222-8438](tel:1-877-222-8438)
[1-800-263-3247](tel:1-800-263-3247)

Seasonal Shelters

Inn from the Cold

Seasonal shelter for homeless men and women over the age of 16 years. Includes laundry, bathing facilities, drop-in support and other services. Housing supports available by appointment.

510 Penrose St., Newmarket

innfromthecold.ca

info@innfromthecold.ca

MOSAIC Interfaith Out of the Cold Inc.

Emergency shelter in various locations in York Region. Open from Nov. – Mar.

miotc.ca

[416-948-6682](tel:416-948-6682)

More Housing Support

360°kids



360°kids offers support services to homeless and at-risk youth in York Region. We provide housing programs, such as Youthrive, Youth Residences, Nightstop, HOPE and Housing Assistance. We also offer employment, wellness and support and education programs.

80F Centurian Dr., Suite 200, Markham

360kids.ca

[905-475-6694](tel:905-475-6694)

info@360kids.ca

Habitat for Humanity York Region

Builds safe, decent, and affordable homes for low-income families.

2180 Steeles Ave., W., Unit 10, Vaughan

[416-755-7353](tel:416-755-7353)

habitatgta.ca

info@habitatgta.ca

Housing Help Centre - Housing Help In York

Assists individuals and families in York Region to find and maintain affordable, safe housing. Mobile services available in some locations. Call to book an appointment with a housing counsellor.

shhc.ca/housing-help-york

yorkhousing@shhc.ca

Markham

Newmarket

Richmond Hill

Thornhill and Georgina

Vaughan

[416-317-3655](tel:416-317-3655)

[647-267-5319](tel:647-267-5319)

[647-241-1237](tel:647-241-1237)

[416-414-6779](tel:416-414-6779)

[416-268-0654](tel:416-268-0654)



The prejudice, and lack of humanity towards people suffering from poverty and mental illness is beyond understanding.

I am proud of myself for my perseverance and for overcoming and departing the shelter system under the most difficult circumstances.

————— **Melanie S.**

LOFT/Crosslinks - Housing Support Services

Provides a continuum of supports and independent housing for clients with mental health challenges and who may be homeless or at risk of becoming homeless. Housing options include cooperative living in shared homes, individuals apartments and self-contained units with on-site support.

102 Main St. S., Newmarket

[905-967-0357](tel:905-967-0357)

loftcs.org/what-we-do/specialized-services/housing

[1-888-967-0357](tel:1-888-967-0357)

info@loftcs.org

LOFT/Crosslinks - Street Outreach Van

Serving individuals with complex challenges, including mental illness, addiction and homelessness. Provides food, clothing, needle exchange, help finding shelter, sleeping bags, and crisis support.

102 Main St. S., Newmarket

[905-853-3400](tel:905-853-3400)

loftcs.org info@lofts.org

[1-866-553-4053](tel:1-866-553-4053)

[416-274-4972](tel:416-274-4972) (text)

York Region Community Services and Housing Department

Social Housing provides affordable rental housing for people with low to moderate incomes who are not able to pay for adequate housing in the private sector. Special priority status for victims of abuse is available.

17310 Yonge St., Unit 9, Newmarket

[905-830-4444](tel:905-830-4444)

york.ca/housing

[1-877-464-9675](tel:1-877-464-9675)

TTY: [1-866-512-6228](tel:1-866-512-6228)

accessyork@york.ca

Housing Support

Assistance with payments for rent and utility arrears, moving costs, mortgage arrears, first and last month's rent, etc. If you live in York Region and do not receive assistance from Ontario Works and/or ODSP, you may be eligible.

North (Aurora, East Gwillimbury, Georgina, King, Newmarket and Whitchurch-Stouffville)

Northridge Community Church of the Salvation Army (NCC-SA)

15338 Leslie St., Aurora

[905-895-6276](tel:905-895-6276)

northridgesa.com

mail@northridgesa.com

South (Markham, Richmond Hill, Vaughan)

Jewish Family and Child Services

9600 Bathurst St., Suite 242, Vaughan

[905-303-5838](tel:905-303-5838)

jfandcs.com

info@jfandcs.com

Access York [1-877-464-9675](tel:1-877-464-9675)

Kristine's Story

In the fall of 1995, I got on a plane in Northwestern Ontario, pregnant, carrying one suitcase of clothes and my cat. My mother had paid for the ticket for me to come down so I could get away from an abusive relationship and have a fresh start, but as my due date grew closer things grew more challenging. I had a hard time finding a place to live and I didn't know where to go to find help with everything I had been through, parenting support and figuring out what to do next. I was overwhelmed and stressed. I was very lucky to have support from my mom, but everything else had to go on hold while I was having my son and getting us situated in a safe place to live.

One day, I was walking down Main Street in Newmarket with my son in the stroller and I saw Rose of Sharon Services for Young Mothers and decided to go in and see what they had to offer. After talking with them, I decided to seek counselling and my son went into their child centre. I became a client for a couple of years. At one of our meetings, my counsellor gave me a copy of *York Region on a Limited Budget* (YRLB). I was skeptical at first because I was looking to become more independent and not rely on other people's help. But my counsellor said something that I will never forget and that changed my viewpoint forever: "We are not meant to be independent; we are to be interdependent. We are here to rely on each other in ways that we need and we can use our knowledge and lessons learned to be there for others."

This book has helped me through many things in my life and I still find it an invaluable resource. I basically can't look at a section in the book and say that there isn't something listed there that hasn't helped me. Even now, as an anti-poverty, disability and education advocate, I use this book all the time. It has information for everyone; not just people on a limited budget. I carry copies of YRLB with me all the time because I never know when someone will ask me for information and I can help them find it and give them a copy. I was a part of the team that updated the book in 2017 and am honoured to be part of this version as well.

Kristine

We dedicate this edition to Brian Arkinson

In 2019 we lost our dear friend and community advocate, Brian. Brian had such a positive impact for so many at YSSN and in the broader community of York Region.

Coming from a place with lived experience of mental health and addictions, Brian overcame tremendous adversity. He used his experiences to help others navigate the recovery system, and was tireless in his pursuit to be a strong peer support worker. In 2017 Brian became a YSSN staff member and was part of the original team that helped elevate this book into the accessible and inclusive community guidebook that it is today.

His passing signals, ever more, the need for support and connection for all community members. His spirit and memory live on in each page of this book.



May his memory be a blessing.

What is Peer Support?

A peer is someone who shares common experiences with others, such as a mental health challenge or illness.

A Peer Supporter is someone who has lived through similar experiences and is trained to support others who are experiencing similar challenges. Peer Support is proven to be a highly effective resource for those on the path of recovery and it's a growing field.

Where can I find Peer support help?

Peer Support work can be found in many forms, such as group leaders or Helpline workers. You will find that many agencies and non-profit organizations offer Peer services today. When connecting with local organizations please inquire and take a look at [UpHub.ca](https://uphub.ca) too.

How do I become a Peer Supporter?

To become a Peer Supporter it often just takes the willingness to share your experience and the commitment to personal development to get started. Great examples of peer support services in our community include the Krasmen Centre and CAYR Community Connections.

Peer Support Canada offers certification for Peer Supporters, Family Peer Supporters, and Peer Support Mentors. Peer Support Certification is recognized across Canada and meets the national Standards of Practice. The Standards of Practice were developed with peer supporters from across the country, backed by peer leaders, and include the knowledge, skills, experience, and code of conduct requirements to provide peer support services with due care and skill.

For more information on how to become a peer certified supporter visit: peersupportcanada.ca

Thanks To Our Peers

This guide is Peer-reviewed information, meaning it was developed for you with your experiences and needs in mind. Over the past 2 years, YSSN's Up Hub Project Team and the Peer Advisory Committee have developed a peer-based initiative to elevate peers, which included:

- Rebranded "York Region on a Limited Budget" to "Up Your Life" guide
- Re-vetted and updated agency listings
- Helped with the development of the Up Hub website
- Helped develop the storytelling pod housed at the YSSN Aurora location
- Contributed their stories for the Up Hub website through the video storytelling pod

YSSN wishes to thank the Peer Advisory Committee for their contributions and help to get this information to the community.

Thank You!

Are you seeking **services** or need **support**
in York Region? Visit uphub.ca



York Support Services Network

240 Edward St., Unit 3, Aurora, ON L4G 3S9

[905-898-6455](tel:905-898-6455) | [1-866-257-9776](tel:1-866-257-9776)

yssn.ca | uphub.ca

@yorksupport  @UpHubYR

@york_support  @UpHubYR

@yorksupport  @UpHubYR



This book wouldn't have its pay-it-forward spirit without Anne Mossey.

**This project benefited from the support and help from the York Region
on a Limited Budget Stakeholder Committee and our community.**

Regional Municipality of York, York Regional Police, York Catholic District School Board,
York Region District School Board, Community & Home Assistance to Seniors (CHATS),
Aurora Public Library, York Region Paramedics, YMCA Employment & Community,
Addictions Services for York Region, PFLAG, 360 Kids, Krasman Centre, Welcome Centre,
Southlake Regional Health Centre, Blue Door Shelters, York Region Food Network,
Community Legal Clinic of York Region

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The Ontario Trillium Foundation

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

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Un organisme du gouvernement de l'Ontario