

## **IMPORTANT RESOURCES FOR INDEPENDENT LIVING**

### **EMERGENCY NUMBERS:**

**Police/Fire/Ambulance:** 9-1-1

**Toronto Police non-Emergency Line:** 416-808-2200

**Gerstein Crisis Centre (24/7):** 416-929-5200

**Toronto Distress Centre (24/7):** 416-408-4357 or text 741741 (2am-2pm daily)

**Kids Help Phone: (24/7)** 1-800-668-6868 (up to age 20)

**Canada Suicide Prevention Service** 1-833-456-4566

### **HOUSING:**

[Housing & Shelter – City of Toronto](#)

[Home \(torontohousing.ca\)](#)

[WoodGreen](#) – housing help and other support services in East Toronto

[The Access Point](#) – housing help for mental health and addictions

[Homepage - Canadian Centre for Housing Rights \(housingrightscanada.com\)](#)

[Housing Support Referrals & House Hunting Tools - The 519](#)

[Street-involved Youth | Yonge Street Mission \(ysm.ca\)](#)

[Home - Covenant House Toronto](#) – youth shelter for 16-24 years of age

**Tenant Hotline (Mon-Fri, 8:30am-6pm):** 416-921-9494

**Landlord & Tenant Board (Mon-Fri, 8:30am-5pm):** 416-645-8080

### **FOOD SECURITY**

[Food Secure Canada](#)

[Afri-Can FoodBasket – Healthy Food – Healthy Communities \(africanfoodbasket.ca\)](#)

[Black Creek Community Farm \(blackcreekfarm.ca\)](#)

[Find a Food Bank - Food Banks Canada](#)

### **FINANCES**

[Social assistance | ontario.ca](#)

[Tax credits and benefits for people | ontario.ca](#)

[Income tax - Canada.ca](#)

[Youth Opportunities Fund | Ontario Trillium Foundation \(otf.ca\)](#)

[Financial Literacy | YouthRap](#)

[CNH Easy Access Voicemail](#) – low-cost voicemail services

[How do I open a bank account? | New Youth](#)

## **EDUCATION**

[Go to college or university in Ontario | ontario.ca](#)

[OSAP: Ontario Student Assistance Program | ontario.ca](#)

[Student aid - Canada.ca](#)

[Home | Sky's the Limit Youth Organization \(stlonline.org\)](#) – resources and funding for technology

[Employment Profile \(gov.on.ca\)](#) – program feedback on all post-secondary courses

[Educational Support - cafdn](#) – CAS foundation offers scholarships, college tours, etc.

[Heritage Skills Development centre HSDC – Home \(hsdconline.org\)](#)

## **EMPLOYMENT**

[CEE Centre For Young Black Professionals – Careers | Education | Empowerment \(ceetoronto.org\)](#)

[ECLYPSE Youth Employment Program - Rapport Youth & Family Services](#)

[Get help finding a youth or student job | Ontario.ca](#)

[Employment Ontario | ontario.ca](#)

[Apprenticeship in Ontario | ontario.ca](#)

[Youth Works Program - cafdn](#)

## **CRIMINAL JUSTICE**

[Legal Aid Ontario](#)

[Lawyers – Legal Aid Ontario](#)

[Home - CLEO \(Community Legal Education Ontario / Éducation juridique communautaire Ontario\)](#)

[Home - Steps to Justice](#)

[YNOT Services | Restorative Justice Program](#)

[Home - Black Legal Action Centre | Legal Services for Black Ontarians](#)

[Collective of Child Welfare Survivors \(collectiveofcws.ca\)](#)

[Youth - FASDJustice CA](#)

[Youth Justice - Central Toronto Youth Services \(ctys.org\)](#)

[What happens if I get arrested? | New Youth](#)

## **PARENTING**

[Healthy Babies Healthy Children – City of Toronto](#)

[Planned Parenthood Toronto – boldly empowering toronto's youth \(ppt.on.ca\)](#)

[Support for Mothers and Caregivers – The Jean Tweed Centre](#)

[Massey Centre](#) – young parents resources and residence

[Jessie's Centre | Helping Young Pregnant & Parenting Women \(jessiescentre.org\)](#)

[Rosalie Hall | Home](#) – young parents residence, resources and school

[Register a birth \(new baby\) | ontario.ca](#)

[Ontario Child Benefit | ontario.ca](#)

## **IMMIGRATION**

[Immigration and citizenship - Canada.ca](#)

[Home | New Youth](#) – online community and resources for immigrant youth

[Child Welfare Centre for Excellence](#) - Free Immigration Advocates for youth having left care

## **TRANSPORTATION**

[Get a G driver's licence: new drivers | ontario.ca](#)

[Register and insure a vehicle in Ontario | ontario.ca](#)

[Ontario 511 \(511on.ca\)](#) – road safety and reports

## **CULTURE & COMMUNITY**

[Fostering Community](#) – an online community for youth in and formerly in care

[Black Youth Helpline](#)

[Home \(cheersyouthmentorship.com\)](#) – youth mentorship program for black youth leaving care

[HOME | Project Outsiders](#) – youth-led social organization for former foster care youth

[Naseeha](#) – helpline for Muslim Youth

[2Spirits - Your Spiritual Home](#) – 2Spirited First Nations resources

[Wraparound | Lumenus | Programs & Services](#) – services up to 25 years of age

[Youth in Care Networks - The National Youth in Care Network: Youth in Care Canada](#)

[Never Too Late Program](#) - helps youth find connections to “family”

## **HEALTH**

[Find a doctor or nurse practitioner | ontario.ca](#)

[Free Dental Care – City of Toronto](#)

[Renew a health card | ontario.ca](#)

[TAIBU Community Health Centre \(taibuchc.ca\)](#)

[Women's Health in Women's Hands \(whiwh.com\)](#)

[Casey House](#) – Living with or at risk of HIV

[Parkdale Queen West Community Health Centre \(pqwchc.org\)](#)

[Unison Health & Community Services \(unisonhcs.org\)](#)

**Telehealth:** 1-866-797-0007

## **COUNSELLING & MENTAL HEALTH**

[Community Mental Health Programs - Toronto Central - torontocentralhealthline.ca](#)

[Walk-In Counselling - Family Service Toronto](#)

[Health & Fitness Toronto - Mind Your Life And Associates \(mindyourlives.com\)](#)

[Belfon Psychological Services - Enhancing the wellbeing of children in their Homes, Schools, and Communities. \(belfonpsychology.com\)](#)

[Home - Healing Consultants](#)

[Stella's Place Young Adult Mental Health Toronto \(stellasplace.ca\)](#)

[Across Boundaries – We are leaders in providing equitable, holistic mental health and addiction services for racialized\\* communities.](#)

[Home - Umbrella Mental Health Network \(umhn.ca\)](http://umhn.ca) – LGBTQ2 counselling and support

[About Me \(composetherapy.ca\)](http://composetherapy.ca) – therapist focused on black youth