

Resources for People Experiencing Abuse

Crisis/Help Lines

Assaulted Women's Helpline

www.awhl.org

1-866-863-0511

The Assaulted Women's Helpline offers a 24-hour telephone and TTY crisis line to all women who have experienced abuse. They provide counselling, emotional support, information and referrals and have service in multiple languages.

Fem'aide

www.femaide.ca

1-866-860-7082

Fem'aide provides French-speaking women experiencing gender-based violence, support, information and referrals to appropriate services in their community, 24 hours a day, 7 days a week. Fem'aide can also respond to inquiries made by relatives of abused women.

Kids Help Phone

www.kidshelpphone.ca

1-800-668-6868

Kids Help Phone is a 24 hour bilingual and anonymous phone counselling, online counselling and referral service for children and youth.

Lesbian Gay Bisexual Transgender Youth Line

www.youthline.ca

1-800-268-9688 | Text: 647-694-4275

LGBT Youth Line offers anonymous and non-judgmental peer support for 2SLGBTQ youth (29 and under) in Ontario through phone, text and chat services (online) available Sunday to Friday, 4:00PM to 9:30 PM.

Ontario Male Survivors Line

www.attorneygeneral.jus.gov.on.ca/english/ovss/male_support_services/

1-866-877-0015

The Support Services for Male Survivors of Sexual Abuse program provides 24-hour help for male survivors of sexual abuse, both recent and historical, and referrals to counselling programs across Ontario.

Senior Safety Line (SSL)

www.elderabuseontario.com

1-866-299-1011

The SSL provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Family members and service providers can also call for information about community services.

Talk4Healing

www.talk4healing.com

1-855-554-HEAL (4325)

A Helpline for Aboriginal Women, Talk4Healing is a culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario.

Toronto Rape Crisis Centre (TRCC)

www.trccmwar.ca

416-597-8808

TRCC is free and open 24 hours a day, 7 days offering private and confidential crisis intervention/support services.

Front-Line Services Shelters (Toronto)

Shelter Safe - To find a women's emergency shelter near you.

www.sheltersafe.ca

Ernestine's Women's Shelter (North-West Toronto)

www.ernestines.ca

416-746-3701 | TTY 416-746-3716

Interval House (Downtown/Central)

www.intervalhouse.ca

416-924-1491 | TTY 416-924-0899

Juliette's Place (Scarborough North)

www.juliettesplace.org

416-724-1316

Maison d'hébergement pour femmes francophones

www.lamaison-toronto.org

647-777-6433

Muslim Welfare Home (Whitby)

www.muslimwelfarecentre.com

1-866-666-1115

Nellie's (Downtown/Central)

www.nellies.org

416-461-1084 (24 Hour Crisis Line)

North York Women's Shelter

www.nyws.ca

416-635-9630

The Redwood

www.theredwood.com

416-533-8538 (24 Hour Crisis Line) | TTY 416-533-3736

Women's Habitat of Etobicoke

www.womenshabitat.ca

416-252-5829 (24 Hour Crisis Line) | TTY 416-252-0361

Woodgreen Red Door Shelter (Downtown)

www.reddoorshelter.ca

416-423-0310

Yorktown Shelter for Women

www.yorktownfamilyservices.com

416-394-2999

YWCA Women's Shelters

www.ywcatoronto.org/ourprograms/shelterandhousing

416-693-7342

Shelters (Greater Toronto Area)

Anishnaabe Kwewag Gamig Regional Women's Shelter (Roseneath)

www.akgshelter.com

905-352-3708

Bethesda House (Bowmanville)

www.bethesdahouse.ca

1-800-338-3397

Denise House (Oshawa)

www.thedenisehouse.com

1-800-263-3725

Dufferin Region Family Transition Place (Orangeville)

www.familytransitionplace.ca

1-800-265-9178

Herizon House (Ajax/Pickering)

www.herizonhouse.com/resources/shelter-services

1-866-437-4066

Halton Region Family Transition Place (Orangeville)

www.familytransitionplace.ca

1-800-265-9178

Halton Women's Place (2 locations – Milton & Burlington)

www.haltonwomensplace.com

905-878-8555 or 905-332-7892

Interim Place (Two locations in Mississauga)

www.interimplace.com

905-403-0864 or 905-676-8515

Sandgate Women's Shelter of York Region

www.sandgate.ca

1-800-661-8294

Vaughan Women's Shelter (Vaughan)

www.etavaughan.com

1-877-382-1888

Victoria's Shelter (Lindsay)

www.womensresources.ca/emergency

1-800-565-5350

YWCA Y's Wish Shelter (Oshawa)

www.ywcadurham.org/#!/emergencyshelter/tsv6s

1-888-576-2997

Sexual Assault/Domestic Violence Care Centres

Care offered 24 hours a day to women, men and trans people who have been sexually assaulted or experienced domestic violence.

Chantel's Place (Peel Region)

www.trilliumhealthpartners.ca/patientservices/womens/Pages/sexualassault.aspx

905-848-7580, ext. 2548

Lakeridge Health Oshawa (Durham Region)

www.lakeridgehealth.on.ca/en/ourservices/resources/DV.pdf

905-576-8711, ext. 3286

Mackenzie Health (York Region)

www.mackenziehealth.ca/en/programs-services/domestic-abuse-and-sexual-assault-dasa.aspx

905-832-1406, ext. 2

Scarborough and Rouge Hospital

www.tsh.to/areas-of-care/emergency/sexual-assault-and-domestic-violence/#

416-495-2555

Women's College Hospital (Toronto)

www.womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre/

416-323-6040

Support Services

Barbra Schlifer Commemorative Clinic

www.schliferclinic.com

416-323-9149

Barbra Schlifer Clinic offers legal representation and professional counselling to women who have experienced violence.

Family Service Toronto

www.familyservicetoronto.org/our-services/programs-and-services/violence-against-women

416-595-9618

The Violence Against Women (VAW) Program assists women who have experienced abuse during the course of their lives. Services are provided in multiple languages.

North York Women's Centre

www.nywc.org

416-781-0479

North York Women's Centre provides resources and supports that empower women to make positive changes in their lives.

Rexdale Women's Centre

www.rexdalewomen.org

416-745-0062

The Rexdale Women's Centre is an independent, non-for-profit, voluntary agency that serves high-need women and their family members residing in the Greater Toronto Area

Riverdale Immigrant Women's Centre

www.riwc.ca

416-465-6021

RIWC is a multilingual agency delivering settlement, language training, anti-violence and employment services for marginalised women and their families in the Toronto area.

Scarborough Women's Centre

www.scarboroughwomenscentre.ca

416-439-7111

A women's resource centre which provides information, education and support services to assist survivors of abuse.

Victim Services Program of Toronto

www.victimservicestoronto.com

416-808-7066

Provides crisis intervention, safety planning, and support immediately after an incident.

YWCA Toronto

www.ywcatoronto.org

416-961-8100

Provides an array of programs for women who are being abused, including two shelters, a loan program to assist women to leave situations of violence, group programs for women and child witnesses of violence, and housing support.

Sexual Assault Centres

Toronto Rape Crisis Centre/Multicultural Women Against Rape

www.trccmwar.ca

416-597-8808 | TTY 416-597-1214

Offers counselling, court support, groups for survivors of sexual violence.

Indigenous-Specific Services

Anduhyun Inc

www.anduhyun.org

416 920 1492

A non-profit organization that provides support for Aboriginal women leaving abusive situations. There is an emergency shelter and second stage housing.

Anishnaabe Kwewag Gamig Regional Women's Shelter (Roseneath)

www.akgshelter.com

905-352-3708

Provides a safe, supportive, temporary alternative to a violent home for Aboriginal and non-Aboriginal women and their children (16 years and under) who are seeking refuge from abuse.

Native Child and Family Services Toronto

www.nativechild.org

416-969-8510

Offers programs for women in abusive relationships & member agency of Support Services Network for Male Survivors in Ontario.

Native Women's Resource Centre

www.nwrct.ca

416-963-9963

The Native Women's Resource Centre of Toronto (NWRCT) is a community-based organization dedicated to providing resources and support to urban Indigenous women and their families.

2-Spirited People of the First Nations

www.2spirits.com

416-944-9300

We provide prevention education and support for Two-Spirit, including First Nations, Métis and Inuit people living with or at risk for HIV and related co-infections in the GTA.

LGBTQ2S-Specific Services

The 519

www.the519.org/programs/community-counselling

416-392-6878 x4000

The 519's Counselling Services are trauma-informed, which means that our service providers and front-line staff understand the impacts of trauma, and work with the clients to promote safety.

Family Service Toronto's David Kelley Services (DKS)

www.familyservicetoronto.org/our-services/programs-and-services/david-kelley-services/

416-595-9618

DKS provides trauma-informed counselling supports to people who identify as LGBTQ and are experiencing same-sex abuse in a safe, supportive environment.

Sherbourne Health

www.sherbourne.on.ca

416-324-4180

Sherbourne Health is committed to providing (free) specialized mental health counselling services and groups that empower LGBTQ (lesbian, gay, bisexual, trans* and queer/questioning, 2 spirit) people – individuals over 18 years of age, couples, families and parents – to live healthier, happier Queer-positive lives.

Education and Advocacy

Local (Greater Toronto Area)

METRAC

www.metrac.org

METRAC works with individuals, communities and institutions to change ideas, actions and policies with the goal of ending violence against women and youth. Delivering relevant and boundary-breaking services and programs, they focus on education and prevention and use innovative tools to build safety, justice and equity.

Springtide Resources

www.springtideresources.org

Springtide Resources develops and implements programs aimed at responding to the growing prevention, intervention and educational needs of those working toward ending violence against women and their children.

Woman Abuse Council of Toronto (WomanACT)

www.womanact.ca

WomanACT is a policy development and planning body that coordinates an efficient and effective approach to providing services for women experiencing violence and their families.

Provincial (Ontario)

Aboriginal Shelters of Ontario (ASOO)

www.aboriginalshelters.ca

The Aboriginal Shelters of Ontario Board of Directors will collaborate and support Organizations to work towards addressing and ending family violence by providing quality service incorporating traditional beliefs.

Centre Passerelle pour femmes du nord de l'Ontario

www.centrepasserelle.ca

A Francophone organization serving Francophone women in Northern Ontario, aged 16 and over.

Ontario Association of Interval & Transition Houses (OAITH)

www.oaith.ca

OAITH is a coalition of first stage emergency shelters, 2nd stage housing organizations and community-based women organizations who work towards ending violence against all women.

Ontario Coalition of Rape Crisis Centres (OCRCC)

www.sexualassaultsupport.ca

Coalition of over 24 Sexual Assault Centers across the province that provide counselling, advocacy, accompaniments and public education.

Ontario Native Women's Association (ONWA)

www.onwa.ca

ONWA empowers and supports Aboriginal women and their families. Ending violence against Aboriginal women and their families sits at the cornerstone of the organization.

National

DisAbled Women's Network (DAWN)

www.dawncanada.net

DAWN Canada's mission is to end the poverty, isolation, discrimination and violence experienced by women with disabilities and Deaf women. Their overarching strategic theme is one of leadership, partnership and networking to engage all levels of government and the wider disability and women's sectors and other stakeholders in addressing our key issues.

Native Women's Association of Canada (NWAC)

www.nwac.ca

[1-800-461-4043](tel:1-800-461-4043)

Native Women's Association of Canada is founded on the collective goal to enhance, promote, and foster the social, economic, cultural and political well-being of First Nations, Métis and Inuit women, girls and gender-diverse people within First Nations, Métis and Inuit Canadian societies.

White Ribbon Campaign

www.whiteribbon.ca

White Ribbon is the world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity.

Women's Legal Education and Action Fund (LEAF)

www.leaf.ca

[416-595-7170](tel:416-595-7170)

LEAF is a national, charitable, non-profit organization, founded in 1985. LEAF works to advance the substantive equality rights of women and girls in Canada through litigation, law reform and public education using the Canadian Charter of Rights and Freedoms.

Women's Shelters Canada: Shelters and Transition Houses United to End Violence Against Women

www.endvaw.ca

Women's Shelters Canada provides a strong, unified voice on the issue of violence against women. A unified voice means the issue of violence against women is on the agenda at the national level. It means the vital role of shelters and transition houses is understood and valued. It means hope to women experiencing violence everywhere.