

SURVIVORS OF DOMESTIC VIOLENCE

Where to go when you're looking for help

Updated: July 2026

If you are in a situation where you are experiencing domestic violence, help is available. Your immediate safety is most important. You can seek medical treatment at any hospital or call 9-1-1 if necessary.

Crisis Lines

The crisis lines listed below are free of charge and available 24 hours a day, seven days a week. They can provide emotional support, crisis counselling, safety planning, referrals, information and assistance with urgent moves.

Assaulted Women's Helpline: 416 863-0511 | 1 866 863-0511 (toll-free) | 1 866 863-7868 (TTY)

Beendigen Anishinabe Women's Crisis Line: 1 888-200-9997

Fem'aide: 1 877 336-2433 | 1 866 860-7082 (TTY) (French-speaking)

Gerstein Crisis Centre: 416 929-5200

Hope 24/7 / Peel Rape Crisis Centre Line: 1 800 810-0180

Human Trafficking Hotline: 1 833 900-1010

Interval House Criss Line: 416 924-1491 | 1 888 293-5516 | 416 924-0899 (TTY)

La Maison Toronto Crisis Line: 647 777-6433 (French-speaking)

Support for Male Survivors of Sexual Abuse: 1 866 887-0015

The Redwood 24/7 Crisis Line: 416 533-8538 (or text 647 370-8300) | 416 533-3736 (TTY)

Toronto Central Intake: 416 397-5637 (to find a shelter)

Toronto Rape Crisis Centre: 416 597-8808

Trans Lifeline: 1 877 330-6366

Victim Services Toronto: 416 808-7066

Victim Support Line: 416 314-2447 | 1 888 579-2888

Women's Habitat Crisis Line: 416 252-5829 | 416 252-0361 (TTY)

Yorktown Family Services 24-Hour Crisis Line: 416 394-2999

If any of this information is incorrect or outdated, please email the information to us at access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health info and help finding services: <https://camh.ca/pfls>

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Sexual and Domestic Assault Treatment Centres

Scarborough Centre for Healthy Communities (SCHC), Sexual Assault and Domestic Violence Care Centre

2660 Eglinton Avenue East, Scarborough | 629 Markham Road, Unit 2, Scarborough | 1333 Neilson Road, Suite 320, Scarborough

<https://schcontario.ca/programs/health-services/sexual-assault-domestic-violence-care-centre>

Tel.: 416 847-4134

intake@schcontario.ca

Services: Offers one-on-one counselling for people who have experienced sexual assault, childhood sexual assault and spousal/partner abuse; in crisis situations, trained staff arrange health care follow-ups, emergency and nursing care, crisis intervention, safety planning, collection of forensic evidence and referral to community resources

Eligibility: Individuals age 12+ (all genders and sexual orientations) with or without OHIP coverage or immigration status

Referral: Self-referral accepted (form available online); call to set up an appointment

Fees: Free

Note: The centre has an all-female team of counsellors; if you are in crisis or have been assaulted in the past seven days, please visit the Scarborough Hospital ER (or your nearest ER)

Scarborough Health Network (SHN), Sexual Assault and Domestic Violence Care Centre (SA/DVCC)

Birchmount Hospital, 3030 Birchmount Road, Scarborough | Centenary Hospital, 2867 Ellesmere Road, Scarborough | General Hospital, 3050 Lawrence Avenue East, Scarborough

www.shn.ca/areas-of-care/sexual-assault-and-domestic-violence-care-centre

Tel.: 416 495-2555

Services: Offers 24-hour emergency care (e.g., documentation/treatment of injuries, safety planning, referral to outpatient counselling service/relevant community agencies), medical care (e.g., baseline pregnancy test, prophylactic medication for pregnancy prevention, baseline STI testing and medications), forensic care (e.g., documentation and evidence collection), and follow-up services and counselling (e.g., re-documentation of injuries, follow-up medical care/testing results, safety planning, referral to social service agencies/specialized outpatient counselling services)

Eligibility: Individuals age 12+ who have been sexually assaulted or have experienced intimate partner violence; children under the age of 12 will be referred to the Suspected Child Abuse and Neglect (SCAN) program at SickKids Hospital

Referral: Self-referral accepted (form available online)

Fees: Free

Note: Services can be accessed either by visiting the ER at any of the above locations or by scheduling an appointment

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Women's College Hospital (WCH), Sexual Assault/Domestic Violence Care Centre (SA/DVCC)

76 Grenville Street, Ground Floor (in the AACU), Toronto

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

Tel.: 416 323-6040

Services: Available 24/7; offers emotional support, assessment/documentation/photography of injuries and assault history, testing and treatment for STIs, emergency contraceptive options, testing for drugs that may have been used to commit the assault, assessment of risk and safety planning, referral to community resources, short-term counselling, police involvement (optional); follow-up supports include ongoing support/resourcing, counselling, STI testing/treatment and pregnancy testing; counselling program can be accessed by patients who come through WCH's acute service (community referrals not accepted)

Eligibility: Individuals age 16+ who are victims/survivors of sexual assault and domestic/intimate partner violence

Referral: Self-referral accepted (no formal process required)

Fees: Free

Note: All services are provided by registered nurses and no appointment is necessary; patients can access services for up to 30 days following a sexual assault and/or if they are experiencing/have experienced recent domestic/intimate partner violence

Women's Shelters

ShelterSafe.ca, Women's Shelters Canada

<https://sheltersafe.ca/listings>

info@endvaw.ca

Services: Provides a directory of women's shelters and transition homes that can be filtered by province, shelter type (crisis shelter, mixed emergency/second stage, second stage units, safe home), location and distance; includes search categories such as pets allowed (onsite/offsite), accessible (fully/partially), children's programs (onsite/offsite) and gender identities

Languages: Website is available in English and French

City of Toronto, Central Intake for Emergency Shelter

www.toronto.ca/community-people/housing-shelter

Tel.: 3-1-1 | 416 338-4766 | 1 877 338-3398 (toll-free)

Services: Available 24/7; provides callers with assistance in finding a shelter that meets their needs, including sites that serve people who have experienced intimate partner violence, and also connects callers to other services and programs related to their situation

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Interval House, Residential Program

<https://intervalhouse.ca/residential-program>

Tel.: 416 924-1411 | 1 888-801-7337 | 416 924-0899 (TTY)

info@intervalhouse.ca

Services: Offers safe housing in a family-style living environment (13 bedrooms that can house 12 women and 18 children at any time), providing all essential items (e.g., food, toiletries, emergency medicine, baby supplies), as well as one-on-one and group counselling; Women's Program that includes expressive art group, parenting workshops, ESL and cultural interpreters services, legal support, financial support, social activities and housing assistance; Children's Program that includes planned family activities (e.g., baking, gardening, social outings) and tailored counselling sessions; SafePet Program that matches residents with foster homes for their pets while they are staying at the shelter (see separate listing on page 15 for further information)

Eligibility: Women survivors of intimate partner violence and their children

Fees: Free

The Redwood Shelter for Women and their Children

<https://theredwood.com/get-help>

Tel.: 416 533-9372 (general inquiries) | 416 533-8538 (or text 647 370-8300) | 416 533-3736 (TTY) |

[iDetermine.ca](#) (live chat)

info@theredwood.com

Services: Provides emergency shelter where residents have access to their own private room, healthy meals, 24/7 caseworkers, support for registering children in school/daycare and applying for housing, legal support and assistance (e.g., housing/legal rights, child custody), referrals to community agencies, group wellness workshops and meetings; Healing Our Young Ones (HOYO) program provides a therapist to support children living at the shelter (includes play therapy, music and movement, focused talk therapy sessions); Redwood Hub-on-Wheels provides mobile anti-gender-based violence counselling and prevention, basic health care and other complementary services to Toronto neighbourhoods and the GTA, including crisis intervention, referrals, health consultations, sexual wellness/health education, counselling, workshops and items to support essential needs depending on availability (e.g., menstrual/sexual health products, harm reduction supplies, toiletries); The Redwood's Women in Trades: HVAC Technician program supports survivors of violence to pursue careers in the HVAC industry, offering tuition-free training/certification, employment supports/resources, financial supports, counselling, tutoring, peer mentorship and networking opportunities

Eligibility: All women and their children (including male youths up to the age of 16) who are fleeing domestic abuse, homelessness and systemic poverty, as well as trans and gender-diverse individuals who are disproportionately impacted by gender-based and systemic violence

Languages: Translation services are available for those who need them

Fees: Free

Note: Survivors have to be at least age 16+ in order to reside alone in the shelter

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Women's Habitat Shelter

140 Islington Avenue, Etobicoke (Outreach Centre)

<https://womenshabitat.ca/shelter>

Tel.: 416 252-7949 (administration/outreach) | 416 252-5829 (24/7 crisis line)

Services: Offers a safe and confidential 25-bed shelter with 10 separate bedrooms where women are given a room to share with their children, clean linens and a basic needs package (toothpaste, toothbrushes, soap, shampoo, etc.); shelter provides meals (on-site cook Monday to Friday for lunch, after-school snacks and dinner), housing and legal supports, help securing subsidized daycare/child care, support for children with special needs, and recreational programming for children; Outreach Centre provides individual counselling (by appointment), group counselling and therapeutic programs, transitional and support services, housing assistance and stability support, parenting programs and services for young and older women

Eligibility: Women with or without children who are experiencing or at risk of experiencing any type of violence, including physical, emotional, spiritual and/or financial abuse

Fees: Free

Yorktown Family Services (YFS), Shelter Services

www.yorktownfamilyservices.com/programs/shelter-services

Tel.: 416 394-2950

info@yorktownfamilyservices.com

Services: Provides supportive community-based emergency shelter and support services for women and their children who have experienced abuse, including shelter, crisis intervention, counselling, safety planning and various support group programs

Eligibility: Women age 16+ and their dependent children who have been abused by their partners/significant others (including caregiver or immediate family household member)

Languages: English and translation services

Referral: Centralized referral provided by Assaulted Women's Helpline (see page 1)

Fees: Free

Note: Services are in person and by appointment only

YWCA Toronto, Arise Shelter and Women's Shelter

www.ywcatoronto.org/OurPrograms/shelterandhousing/emergencyshelterfromviolence

Tel.: 416 929-3316 (24-hr line for Arise Shelter) | 416 693-7342 (24-hr line for Women's Shelter)

Services: Provides furnished rooms, shared bathrooms, meals and snacks, welcome kits upon arrival (i.e., toiletries, person care items), secure buildings (with closed circuit cameras), 24/7 YWCA staff availability, access to clothing bank, assistance applying for a personal needs allowance, counselling services, safety planning, help with finding affordable housing, community gardens, indoor/outdoor playground (Women's Shelter only), one-on-one counselling, referrals to lawyers/doctors/community resources, accompaniment to appointments (if requested), family-based activities/celebrations, and ongoing support after leaving the shelter

Eligibility: Women, gender-diverse people and children fleeing violence

Languages: Support is provided in many languages through staff and cultural interpreters, which vary by location (see website for further details)

Fees: Free

Victims of Abuse Support Programs

KCWA Family and Social Services, Transitional Housing and Support Program for Survivors of Domestic Violence

5075 Yonge Street, Suite 401, North York | 540 Finch Avenue West, 2nd Floor, North York

www.kcwa.net/en/family-residential_services_en

Tel.: 416 340-1234

kcwa@kcwa.net

Services: KCWA's Transitional and Housing Support Program (THSP) offers safety planning, help developing a transitional plan, assistance with duty counsel/legal information, access to counselling services, housing support, help applying for government-subsidized housing/social benefits, child care and parenting support, education and training for employment, interpretation and translation services, and referrals to community programs and resources

Eligibility: Women and their dependents who have experienced violence and/or abuse

Fees: Free

Note: Services are geared toward the Korean community but all are welcome

Shelter Movers, Greater Toronto

<https://sheltermovers.com>

Tel.: 1 855 203-6252

info@sheltermovers.com

Services: Provides free moving and storage services to survivors of gender-based and family violence; assist with three types of moves: Urgent Exit (moving a client and their belongings from an abusive household to a shelter/other safe space), Escorted Move (escorting a client back to their former home with security accompaniment to retrieve their belongings) and Resettlement (transporting a client, their children, pets and belongings from a shelter to their new home)

Eligibility: Individuals age 18+, and their dependents, who have either found a space in a shelter and are ready to leave an abusive relationship or who are already living in a shelter or safe place

Languages: Trauma-informed language interpreters are available if needed

Referral: Self-referrals are not accepted; to access services, clients must be referred by a person of authority or public agency (e.g., shelter staff, social workers, health care providers, community-based organizations, police); referred clients must be moving as a result of abuse/violence

Fees: Free

Note: Shelter Movers will transport pets accompanied by the client, however not all shelters allow pets; Shelter Movers is partnered with local pet fostering agencies that they can connect clients with if interested

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Victim Services Toronto (VST)

40 College Street, Toronto

www.victimservicestoronto.com/home

Tel.: 416 808-7066

info@vstoronto.com

Services: Victim Crisis Response Program (VCRP+), open 24/7, offers immediate on-scene support, including crisis intervention, emotional support (in-person/over the phone), safety planning, resource gathering, referrals to additional supports and advocacy; Neighbourhood Victim Advocacy Program (NVA) provides case navigation, advocacy and crisis intervention in designated communities (see website for details); Case Management Services offer short-term intensive assistance for those experiencing multiple barriers to accessing services, at high risk of violence or who qualify for immediate financial support, as well as human trafficking case management; Victim Quick Response Program+ (VQRP+) assists victims of the most violent crimes who require immediate financial assistance that cannot be obtained through other sources; T.E.A.R. Program offers workshops and a mobile program for youth to equip them with the resources/tools to make healthy relationship choices, identify the warning signs of abusive relationships and reach out for help; Trauma Dog Project provides victims with access to the comfort of a trained dog in court or in the community; Reclaim program supports Canadian survivors of human trafficking, advocating for survivors and working to remove fraudulent and coercive debt from their names

Eligibility: Individuals and families in the aftermath of crime and/or sudden tragedy; VCRP+ is eligible to victims of homicide, attempted murder, serious assault, domestic violence, sexual assault, human trafficking and hate crimes who have access to limited financial assistance

Languages: The NVA Program includes a diverse team of advocates who speak multiple languages

Fees: Free

Note: The NVA Program team is co-located within four local Toronto Police Services (TFS) divisions (see website for details)

Counselling and Other Support Services

Barbara Schlifer Commemorative Clinic

489 College Street, Suite 503, Toronto

www.schliferclinic.com

Tel.: 416 323-9149, option 1

Services: Provides legal services (e.g., help addressing safety needs, identifying legal issues, making informed decisions about legal action, finding the right legal help), counselling services (e.g., brief and long-term counselling, individual and group counselling, trauma-informed expressive arts programming, transitional housing and support), and interpretation services (e.g., language and sign language interpretation at the clinic itself and other applicable settings)

Eligibility: Women (self-identified) and gender-diverse, non-binary, intersex and Two Spirit people who have experienced violence and abuse

Referral: Self-referral accepted; Integrated Intake is the first point of contact for clients requesting services

Hours: Clients can come to the clinic in person on Fridays, 9:30 a.m.–3:30 p.m.

Fees: Free

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Catholic Family Services of Toronto, Women Abuse Services

1155 Yonge Street, Suite 200, Toronto

www.cfstoronto.com/woman-abuse-services

Tel.: 416 921-1163

info@cfstoronto.com

Services: Offers individual, couple and group counselling, including assessments and service plans; transitional housing and support provided for women who are in the process of leaving an abusive relationship to assist them with increasing safety, finding housing and advocacy to connect with relevant community services; women abuse groups, including Understanding Abuse (8–10 week closed group for women who have experienced abuse in their intimate relationships with men), Navigating Emotions Thoughtfully (group for women who want to learn new strategies to respond to their emotions after trauma), RISE (drop-in group that provides support, resources and information to women dealing with the impact of abuse in their relationships) and Here to Help (group for women and their children who have been exposed to intimate partner abuse)

Eligibility: Women who have been abused and their families

Referral: Self-referral accepted

Fees: Counselling fees are charged according to a client's income level; no one is denied service because of their inability to pay fees

Note: For the Understanding Abuse group, participants are required to already be connected with an individual counsellor

Family Service Toronto (FST), Abuse and Violence Supports

355 Church Street, Toronto | 128a Sterling Road, Toronto | 185 Fifth Street, Etobicoke | 8 Taber Road, Etobicoke | 1527 Victoria Park Avenue, Scarborough

<https://familyservicetoronto.org/our-services/areas-of-expertise/abuse-and-violence>

Tel.: 416 595-9618

Services: Counselling Service Program offers individual, couple, family and senior counselling; Violence Against Women (VAW) program offers individual and group counselling services, and community-based groups/workshops; Transitional and Housing Support Program (THSP) provides access to stable housing, referrals to different supports (e.g., legal, financial) and application assistance (e.g., government programs, housing applications); Partner Contact Program provides telephone support to female and same-sex partners of perpetrators of violence who are mandated to attend a Next Steps/Partner Assault Response (PAR) program and includes safety planning, support and information, and referrals to community resources; the David Kelley Services Lesbian, Gay, Bisexual, Trans, Queer (LGBTQ+) Counselling Program provides professional short-term individual, couple and family counselling to people who identify as lesbian, gay, bisexual, trans or queer, including those who have experienced relationship issues, abuse and violence; Pat's Place provides a temporary safe haven for older people experiencing abuse

Eligibility: Varies, depending on the program/service (see website for details)

Languages: Services are available in multiple languages, depending on the program (advise FST of your language requirements at intake)

Fees: Fees are charged on a sliding scale based on household income and family size

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Greek Orthodox Family Services and Counselling Services, VAW Program

Metamorphosis Greek Orthodox Community Branch, 40 Donlands Avenue, Toronto | Scarborough Branch, 3840 Finch Avenue East, Basement, Scarborough

<https://torontoservicedirectory.ca/record/69795260/agency>

Tel.: 416 462-1740 (Metamorphosis Greek Orthodox Community Branch) | 416 291-5229 (Scarborough Branch)

socialservices-sc@goarchdiocese.ca

Services: Offers counselling services to improve family relationships, parenting or children's education, referrals to anger management programs, as well as referrals for newcomers regarding housing, employment, language, training and settlement services; Violence Against Women (VAW) program provides counselling, safety planning, crisis intervention, advocacy, legal referrals, support services and housing assistance within the Greek community, referrals to counselling groups for abusive men, and preventative community education/public awareness about domestic violence

Eligibility: Priority for all services is given to individuals who are victims of domestic violence and abuse, as well as seniors and newcomers

Languages: English, French and Greek

Referral: Referrals are required to access services; call for an appointment

Fees: Free

Jewish Family and Child Services (JF&CS), Women Abuse Services

4600 Bathurst Street, 1st Floor, Toronto

www.jfandcs.com/woman-abuse-services

Tel.: 416 638-7800, ext. 6234

info@jfandcs.com

Services: Provides individual and group counselling, trauma assessment, emergency financial assistance, safety planning, advocacy and community outreach, referrals to other professionals, education and consultation, and priority housing support through the Transitional Housing and Support Program; Here to Help Program for children (ages 4–16) and their mothers who have been abused, helping them understand and talk about their experiences

Eligibility: Women who have been abused and their children, regardless of religious background

Referral: Self-referral accepted; call the Intake team via the above support line, Monday to Friday, 9:00 a.m.–5:00 p.m.

Fees: Fees are based on a sliding scale; service is never denied based on an inability to pay

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La Maison Toronto

www.lamaison-toronto.org

Tel.: 647 777-6419 (administration) | 647 777-6433 (shelter)

info@lamaison-toronto.org

Services: Provides temporary emergency housing, confidential support, meals, emergency transportation, security risk management and planning, support and guidance in legal/administrative procedures, access to external services/resources, rights advocacy, post-shelter follow-up, individual and group meetings, thematic and creative workshops, recreational and entertainment activities; DIVI (De l'immigration vers l'intégration) program facilitates community integration for French-speaking immigrant and refugee women age 16+, offering needs/asset assessments, information, guidance and support (e.g., counselling); Programme enfants-témoins (Child Witness Program) for women and their children (ages 5–18) to encourage mother/child dialogue, offering a safe and confidential space to express feelings and deal with conflict; Mobiliser les jeunes (Mobilizing Youth) program for young people that promotes resilience, a sense of belonging, social and professional integration, leadership development and provides access to French-language resources and peer helpers; CPPS et métiers is a program for French-speaking racialized women, immigrants, refugees and survivors of various forms of violence, helping them acquire skills, knowledge and competencies related to employment/self-employment by learning a specialized trade

Eligibility: Francophone women and their children experiencing domestic and family violence

Languages: All services are provided in French

Fees: Free

North York Women's Centre (NYWC)

116 Industry Street, Toronto

<https://nywc.org>

Tel.: 416 781-0479

info@nywc.org

Services: Offers short-term, non-clinical support focused on listening, care and resource navigation; NYWC Group programs are skill-, community- and peer support-based group programs that focus on building strengths and personal power; One-on-One Support offers a safe, confidential space for short-term one-on-one support from trained staff available in two ways—information and resource line by phone/email (conversations up to 30 min) and one-on-one in-person or virtual appointments (scheduled for up to 1 hr); Steps to Work Program offers regular one-on-one support and weekly group workshops to help participants build the tools, skills and self-confidence to prepare for an entry/return to work; The Lounge is a drop-in space for people to connect, rest, build community and participate in low-barrier programs (e.g., skill-building activities, employment resources, mental health assistance, legal support)

Eligibility: All women and gender-diverse people age 18+

Referral: Self-referral accepted; intake form available online for Steps to Work Program

Fees: Free

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Oasis Centre des Femmes

465 Yonge Street, Toronto | 150 Main Street, Brampton

<https://oasisfemmes.org/services>

Tel.: 416 591-6565 (Toronto Office) | 905 454-3332 (Brampton Office)

services@oasisfemmes.org

Services: Provides counselling, psychosocial and emotional support, accompaniment to family court, support for housing and resources, employability and economic autonomy programs, community workshops and activities; Transitional and Housing Support program provides personalized support, accompaniment and access to appropriate resources, services and supports; Family Court Support service for individuals involved in family court proceedings in Toronto and Halton-Peel; Élan program provides participants in Toronto and Brampton with the necessary tools to find a job, including online/in-person training and group workshops with individual support; Tremplin, programme entrepreneuriat, supports women who wish to start a business and gain financial independence

Eligibility: Francophone women age 16+ in Toronto and Halton-Peel, regardless of their status (citizens, immigrants, refugees, etc.) who have experienced or are experiencing domestic violence and/or sexual assault

Referral: Self-referral accepted; call to make an appointment

Languages: The majority of services are provided in French

Fees: Free

Riverdale Immigrant Women's Centre (RIWC), Violence Against Women and Children (VAWC) Program

1326 Gerrard Street East, Toronto

<https://riwc.ca/vaw-program>

Tel.: 416 465-6021 (general) | 647 395-3605 (VAWC)

info@riverdalehub.ca | vawcounselling@riverdalehub.ca

Services: Offers crisis intervention (on-site and by phone), safety planning, referral support, advocacy and escort services to liaise with community partners/legal services, housing support and confidential culturally specific counselling services and support (e.g., sexual assault counselling, long-term therapeutic counselling, goal-focused counselling)

Eligibility: Women, non-binary and/or gender non-confirming people age 16+, including their children and family members, who have experienced any form of violence (i.e., physical, sexual, emotional and/or mental), serving all denominations

Languages: English, Arabic, Hindi, Mayalam, Tagalog and Tamil

Fees: Free

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Women's College Hospital (WCH), Women Recovering from Abuse Program (WRAP)

76 Grenville Street, 7th floor, Toronto

www.womenscollegehospital.ca/care-programs/mental-health/trauma-therapy-program

Tel.: 416 323-6230

Services: A day-treatment group therapy program with accompanying individual therapy comprised of an assessment and two phases—Phase One: Building Resources Group (BRG) (weekly assessment and preparation group, held virtually on Thursdays, 2:00–3:30 p.m.) and Phase Two: Intensive Day Treatment Program (8-week-long hybrid relational group therapy program, 9:00 a.m.–1:00 p.m., Monday to Thursday; in-person sessions on Wednesdays)

Eligibility: Women (trans and cis), non-binary and gender-diverse people who have experienced physical, emotional, sexual abuse and/or neglect in childhood

Referral: Physician or nurse practitioner referral required

Fees: Free

Women's Health in Women's Hands, Community Health Centre (WHIWH CHC)

2 Carlton Street, Suite 500, Toronto

<https://whiwh.ca>

Tel.: 416 593-7655 (general) | 416 593-7655, ext. 7 (clinical)

info@whiwh.com

Services: Provides short-term counselling, group sessions and workshops, mental health information/education, advocacy and referrals

Eligibility: Racialized women, trans and non-binary clients from the African, Black, Caribbean, Latin American and South Asian communities in Toronto and surrounding municipalities

Referral: Self-referral accepted

Fees: Free

Note: An intake form is available online for download but will not be accepted via fax or email; please bring the completed physical form to the centre for review

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YWCA Toronto, Supports Services

87 Elm Street, Toronto

www.ywcatoronto.org/ourprograms/supportservices

Tel.: 416 961-8100

info@ywcatoronto.org

Services: Here to Help is a 12-week expressive arts parenting program that involves art activities, mindfulness, games and stories to support enhancing and building strengths and resources to heal from domestic violence; Breakthrough program supports exploring, learning and practising ways to heal from the effects of trauma using arts, mindfulness and connecting to the body; Choices for Living is a trauma-informed recreation program offered as 12-week sessions (virtual or in-person) where participants meet to discuss common problems and create a shared community through expressive arts, mindfulness and body-based awareness practices; YWCA December 6 Fund provides interest-free loans to women and gender-diverse individuals fleeing abuse in order to cover expenses experienced as a direct result (e.g., rent deposits, moving expenses, basic furniture, storage expenses, utility deposits and arrears); National Emergency Survivor Support (NESS) Fund provides one-time financial support of up to \$2,000 to survivors of gender-based violence to help them leave and establish safe, stable housing

Eligibility: Women (cis or trans), Two Spirit and gender-diverse individuals who have experienced or are experiencing violence at any point in their lives; more specific eligibility criteria for each program are noted on the website

Referral: Referral form and support letter required from a referring agency for the YWCA December 6 Fund (forms available online)

Fees: Free

Note: Some services are hosted at other YWCA locations (see website for details)

Resources for Male Victims of Domestic Violence

Canadian Centre for Men and Families (CCMF), Domestic Abuse, Violence, and Trauma Support for Men

26 Mansur Terrace, Toronto

<https://menandfamilies.org/program-registration>

Tel.: 647 479-9611 | 1 844 900-2263 (toll-free)

info@menandfamilies.org

Services: Offers one-on-one therapy and counselling with registered psychotherapists, family shelter (see listing below for further information), Ontario legal information clinic, workshops, legal aid, assistance navigating the family law system, family mediation, marriage and couples counselling; Men's Peer Support Group (MPSG) provides mentoring, emotional and social support, information, education and practical help; Nexus Recovery is a 13-week trauma recovery program for men who have suffered interpersonal abuse to help them acquire helpful skills, coping strategies and resources throughout the recovery process

Eligibility: Men who have experienced abuse or violence

Fees: Free

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Canadian Centre for Men and Families (CCMF), Family Shelter for Men and Children

<https://menandfamilies.org/familyshelter>

Tel.: 647 479-9611, ext. 1

shelter@menandfamilies.org

Services: Provides temporary living spaces (6 bedrooms able to accommodate up to 12 individuals) and residential support for single men as well as fathers with children, in addition to food, clothing and additional in-house resources; services offered include emergency case management, emergency trauma counselling, male survivors of domestic abuse support group, legal clinic for family and criminal law matters, fathering after separation or divorce, drop-in peer support group, outreach and advocacy, assisting with housing applications, and referrals to additional external services

Eligibility: Single men as well as fathers with children who have experienced any form of domestic abuse

Fees: Free

Note: An initial intake questionnaire will need to be completed during or in advance of registration

Family Service Toronto (FST), Male Survivors of Sexual Abuse

355 Church Street, Toronto | 128a Sterling Road, Toronto | 185 Fifth Street, Etobicoke | 8 Taber Road, Etobicoke | 1527 Victoria Park Avenue, Scarborough

<https://familyservicetoronto.org/our-services/programs-and-services/male-survivors-of-sexual-abuse>

Tel.: 416 595-9618

Services: Counselling services available for male survivors of sexual abuse through various FST programs, primarily the Counselling Service Program and David Kelley Services Lesbian, Gay, Bisexual, Trans, Queer (LGBTQ+) Counselling Program (see website and/or listing on page 8 for further details)

Eligibility: Male survivors age 16+ who are residents of Ontario and have experienced historical sexual abuse or are victims of a recent sexual assault, including any incident of sexual activity without consent; the family of male survivors may also be eligible for service

Fees: Confidential counselling services are provided free of charge for up to 8 sessions; should there be a further need for services, a sliding scale fee will be applied based on household income and family size

Pet Resources

HelpingPawsTO

www.toronto.ca/community-people/housing-shelter/homeless-help/pet-services-in-homeless-shelters

Services: Free pet services provided by the City of Toronto and the Toronto Humane Society, including spay and neuter, vaccination, microchipping, flea control, health exams and free pet food, coats, leashes, crates, carriers and other supplies as available; Toronto Humane Society also offers free behaviour training and discounted dental services

Eligibility: Clients of a shelter or 24-hour homeless service in Toronto who have a pet

Referral: Referral form required to access free pet services; speak to a staff member at the shelter or homeless service

Fees: Free

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SafePet Ontario

www.safepet.ca

Services: Provides pet-safekeeping for survivors of family violence and sex trafficking in Ontario through temporary care/fostering for up to 12 months; to qualify for the SafePet Ontario program, all pets must be in general good health at the time of application and have the required documentation (i.e., proof of spay/neuter, up-to-date vaccinations)

Eligibility: Survivors of abuse, family violence or human trafficking of all gender identities, sexual orientations and ages who are actively fleeing from violence/danger and have a pet; due to limited foster spaces, not every application will be eligible and survivors who have previously had a pet in the program are not eligible to reapply

Referral: Applications must include the name and contact information of a professional (e.g., caseworker, nurse, police officer, counsellor, family doctor, shelter staff, VAW worker, housing support worker, therapist) who can verify you are a survivor of family violence or human trafficking

Note: This is not an emergency service; SafePet will respond to applications within 3–5 business days but placement may take up to 12 weeks or more; submit one form per pet and include your name on each form

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