

# Resource List

## Food Banks:

- **Toronto PWA Foundation** - Phone: (416) 506-1400  
<https://www.pwatoronto.org/>  
Address: 200 Gerrard St E 2nd floor, Toronto, ON M5A 2E6  
Food bank Hours: 11am – 5pm, Monday – Friday  
Pre-assembled food bag - only once a week
- **WHIH (Women’s Health in Women’s Hands)**  
<http://www.whiwh.com/> Phone: (416) 593-7655 (press 8 to speak to reception)  
Address: 2 Carlton St #500, Toronto, ON M5B 1J3  
Food bank Hours: Tuesday 2-4pm and Thursday 10-12pm (  
**(Note:** The agency will ask you to wait in front of the building to provide you with a pre-  
ensembled bag outside)
- **Call 2-1-1:**  
Hours of operation: 24/7  
Call 2-1-1 to find a food bank near you or visit:  
<https://211ontario.ca/211-topics/food/food-banks-and-referrals/>

Step 1: Type in your location (e.g. Postal code or address)

Step 2: Scan through locations near you

Step 3: Contact this service prior to visiting in person to receive up to date information on their service (e.g. wait times, hours of operation etc.).

Other services 2-1-1 can help you locate:

<https://211ontario.ca/211-topics/food/>

- Food access for seniors/people with disabilities
- Food delivery
- Food for special dietary needs
- Free / Low-cost meals
- Grocery stores, fresh food and producers
- Grow / Pick your own food
- Infant formula / Baby food and other baby essentials
- Non-profit catering services and eating establishments

## Shelters:

- **Call 2-1-1:**

Hours of operation: 24/7

Call to find a shelter near you or visit:

<https://211ontario.ca/211-topics/homelessness/homeless-shelters/>

Step 1: Type in your location (e.g. Postal code or address)

Step 2: Scan through locations near you

Step 3: Contact this service prior to visiting in person to receive up to date information on their service (e.g. wait times, hours of operation etc.).

Other services 2-1-1 can help you locate:

<https://211ontario.ca/211-topics/homelessness/>

- Homeless respite: Day centers where homeless people can spend time during the day or evening. May offer supplies, facilities for personal care or needs, or other basic supportive services.
- Street outreach centers: Outreach to homeless or street-involved individuals. May include counselling, mobile health services, food, clothing, hygiene items, and assistance obtaining shelter and housing.

## ASO Resources & Service Updates:

### ACT Toronto

<https://www.actoronto.org/> Phone: (416) 340-2437

Address: 543 Yonge St 4th floor, Toronto, ON M4Y 1Y5

Hours:

Monday 10a.m.–9p.m.

Tuesday 10a.m.–9p.m.

Wednesday 10a.m.–9p.m.

Thursday 10a.m.–9p.m.

Friday 10a.m.–5p.m.

Saturday Closed

Sunday Closed

### Services Provided now:

- Intakes for new service users

- Employment Services
- Counselling services available at Church-Wellesley and Maple Leaf Medical Clinics during certain times and days. Call office for more information.
- 3 access computers in their office that are available for clients
- Income Tax clinic for people who made appointments
- All support programs and lunch programs for this month have been cancelled

## **PWA**

<https://www.pwatoronto.org/> Phone: (416) 506-1400

Address: 200 Gerrard St E 2nd floor, Toronto, ON M5A 2E6

Hours:

Monday	10a.m.–6p.m.
Tuesday	10a.m.–6p.m.
Wednesday	10a.m.–8p.m.
Thursday	10a.m.–8p.m.
Friday	9a.m.–5p.m.
Saturday	Closed
Sunday	Closed

### **Services Provided now:**

- Pick up pre-enssembled grocery bag once a week (11am – 5pm, Monday – Friday)
- Pick up and drop off financial assistance receipts or cheques and harm reduction supplies
- Consult with staff by phone and email as normal
- All support programs are currently postponed

## **WHIH (Women’s Health in Women’s Hands)**

<http://www.whiwh.com/> Phone: (416) 593-7655 (press 8 to speak to reception)

Address: 2 Carlton St #500, Toronto, ON M5B 1J3

Hours:

Monday	9a.m.–5p.m.
Tuesday	9a.m.–5p.m.
Wednesday	9a.m.–5p.m.
Thursday	9a.m.–5p.m.
Friday	9a.m.–5p.m.
Saturday	Closed
Sunday	Closed

**Services Provided now:**

- For essential services, workers are only assisting clients with urgent matters
- Food bank (Tuesday 2-4pm and Thursday 10-12pm) – The agency will have you wait out front to provide you with a pre-enssembled bag outside

**Black CAP**

<http://www.blackcap.ca/> Phone: (416) 977-9955

Address: 20 Victoria St 4th floor, Toronto, ON M5C 2N8

**Hours:**

Monday	9a.m.–5p.m.
Tuesday	9a.m.–5p.m.
Wednesday	9a.m.–5p.m.
Thursday	9a.m.–5p.m.
Friday	9a.m.–5p.m.
Saturday	Closed
Sunday	Closed

**Services Provided now:** In-office services may be limited, and support programs cancelled. Call their office to find out what services are currently available.

**Casey House**

<https://www.caseyhouse.com/> Phone: (416) 962-7600

Address: 119 Isabella St, Toronto, ON M4Y 1P2

Hours: Open 24hrs

**Services Provided now:** Casey House is currently actively health screening clients at the front door and not accepting any guests other than inpatient visitors, staff and clients. All partner use of the space and support programs are cancelled at this time.

## **FIFEHOUSE**

<https://www.fifehouse.org/> Phone: (416) 205-9888

Address: 490 Sherbourne St #2, Toronto, ON M4X 1K9

Hours:

Monday 9am – 5pm

Tuesday 9am – 5pm

Wednesday 9am – 5pm

Thursday 9am – 5pm

Friday 9am – 5pm

Saturday Closed

Sunday Closed

### **Services Provided now:**

- Homeless drop-in has been cancelled. If you need assistance, reach out to Lawrence at ext. 213. He will ask a series of questions for a health screening and possibly arrange one on one meeting.
- In-take with new clients will be over the phone
- Existing clients can speak to their worker over the phone and a one-on-one meeting may be setup after health screening

## **The Teresa Group**

<https://teresagroup.ca/> Phone: (416) 596-7703

Address: 124 Merton St, Toronto, ON M4S 2Z2

Hours: Currently closed

If you are in need of reaching staff at our agency please email: [MichelleF@ttgtoronto.ca](mailto:MichelleF@ttgtoronto.ca) or [desouzaV@ttgtoronto.ca](mailto:desouzaV@ttgtoronto.ca) and they will do their best to assist you.

For any other resources or services that may have not been listed above please call 2-1-1.

Thank you!