

Updated Resource List

Date: April 3, 2020

Baby Essentials:

Under the circumstance of the current situation, many Toronto organizations who have provided baby essentials in the past are currently closed. Please call 2-1-1 to find out the closest food bank near you because there are some food banks who are providing baby essentials. Please contact your ODSP worker to find out if you are eligible for the child emergency fund.

Emergency Food Services:

(*Note: Before accessing any of these services, please call ahead to confirm they are still running as programs continue to be affected by the developing situation.)

Food Baskets - Operation Ramzieh is offering food packages to folks who are 55+ years of age, disabled, or are single parents. To register: <https://operationramzieh.org/>

Cabbagetown

- **YSM's Davis Centre** - Phone: (416) 929-9614
Address: 270 Gerrard Street East, Toronto, ON
Food bank Hours: 10am - 12pm and 1pm - 3pm, from Tuesday to Friday

Corktown

- **Good Sheppard Ministries** - Phone: (416) 869-3619
Address: 412 Queen Street East, Toronto, ON
Providing lunch bags: 2pm - 4pm, Everyday

Danforth

- **Eastview Neighbourhood Community Centre-** Phone: (416) 392-1750
Address: 86 Blake Street, Toronto, ON
Food bank hours: 10:30am - 1pm, on Tuesday
Food bank guideline: Will run from the East Gym Door at Kempton Howard Park (86 Blake st.)

Etobicoke

- **Haven on the Queensway** - Phone: (416) 640-2005
Address: 1533 The Queensway, Etobicoke, ON
Food bank guideline: Food bank will continue to serve clients by appointments and pick up only. Should you require emergency food, please contact by telephone.

Harbord Village

- **The Scott Mission** - Phone: (416) 923-8872
Address: 502 Spadina Ave, Toronto, ON M5S 2H1
Emergency Food bank: Monday - Friday from 9am - 12pm

Prepackaged meals to go: Monday-Saturday from 10am-12pm

Kensington

- **YSM's Evergreen Centre for Street Youth** - Phone: (416) 929-9614
Address: 365 Spadina Avenue, Toronto, ON
Food bank Hours: Take-out lunches available from 12pm-2pm, Monday to Friday
Snacks and coffee available from 12pm-4:30pm, Monday to Friday

Parkdale

- **Parkdale Community Food Bank**- Phone: (416) 532- 2375
Address: 1499 Queen Street West, Toronto, ON
Food bank Hours:
Wednesday-Thursday from 10:30 am-3:30pm and Friday-Saturday from 10:30 - 1:30pm
Please be advised, Friday is reserved for seniors and people living with disabilities.

Scarborough

- **Scarborough Centre for Healthy Communities**- Phone: (416) 847-4147
Address: 4100 Lawrence Avenue East, Toronto, ON
Foodbank guideline: Providing pre-packaged boxes/bags
Food bank Hours: Wednesday from 12:30pm-3:30pm, Thursday from 2pm-4:30pm and Friday 10:30am-1pm

St. Clair West

- **The Stop Community Food Centre**- Phone: (416) 652-7867
Address: 1884 Davenport Road, Toronto, ON
Foodbank guideline: Providing pre-packaged boxes/bags
Food bank Hours: Monday-Friday from 12-3pm
Take-out meals: Monday, Tuesday, Thursday, and Friday from 9am-10am and 12pm-1pm

The Junction

- **The Sharing place** - Phone: (416) 762- 3322
Address: 624 Annette Street, Toronto, ON
Food bank guideline: Currently offering takeout meals and food hampers on for breakfast, Thursdays: 10am-1pm and dinner, Thursdays: 6:30pm-7:30pm

Note: Any highlighted information are changes that have been made recently and will continue until further notice

ASO 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: **12am – 4pm, from 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: **Tuesdays: 2pm - 4pm**

(**Note:** The agency will ask you to wait in front of the building to provide you with a pre-assembled 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: Office is closed as of March 17th. Staff can be reached through phone and email.

Services Provided now:

- Many of the programs and services are being adapted to over the phone or through email.
- Women's Programs now have a ~~closed/private~~ Facebook group! I post videos every Tuesday and Thursday, like Coffee Night and Women's Zone. Here is the link: <https://www.facebook.com/groups/actwomensprograms/>
- **Free Online Yoga:** Here is the website: www.eva.yoga, the login button is in the top right corner. Username/email: snast@actoronto.ca, password: Gratitude123

PWA

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

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

Hours:

Monday 12pm – 4p.m.

Tuesday 12pm – 4p.m.

Wednesday 12pm – 4p.m.

Thursday 12pm – 4p.m.

Friday 9pm – 4p.m.

Saturday Closed

Sunday Closed

Services Provided:

- Pick up pre-assembled grocery bag once a week (12pm – 4pm, Monday – Friday)
- Consult with staff using phone or email
- All support programs are currently postponed

Link for more information/access: <https://www.pwatoronto.org/practical-supports/>

Financial Assistance Guidelines: <https://media.pwatoronto.org/wp-content/uploads/2020/04/2020-2021-Financial-Assistance-Guidelines.pdf>

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:

- For essential services, workers are only assisting clients with urgent matters
- Food bank (**Tuesdays from 2pm-4pm**) – The agency will have you wait out front to provide you with a pre-assembled bag outside

Black CAP

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

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

Hours: **Office is closed until further notice**

Services Provided now:

- Support Coordinators are working remotely and continue to provide one-to-one support to community members.
- Providing assistance and advocacy support as needed.
- Online group sessions to engage PHAs who attend our monthly groups

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 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 until further notice

If you are in need of reaching staff at our agency please email Michelle at: MichelleF@ttgtoronto.ca and she will do her best to assist you.

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