

HEALTH | DENTAL

Rexdale Community Health Centre
8 Taber Road
416-744-0066

Stongegate Community Health Centre
150 Berry Road
416-231-7070

LAMP Community Health Centre
185 Fifth Street
416-252-6471

North York General Hospital Child & Adolescent Health Services
416-632-8703

Unison Health & Community Services
1651 Keele St
416-653-5400

SEXUAL HEALTH CLINICS

Crossway Clinic
2340 Dundas Street W
416-392-0999

Etobicoke Civic Centre
399 The West Mall
416-338-1517

Jane Street Clinic
662 Jane Street
416-338-7272

HOUSING

West Toronto Housing Help Services
2333 Dundas St W, Suite 404
416-531-0841

Humewood House
416-651-5657 ext 240

Women's Habitat of Etobicoke
416-252-7949

Yorktown Shelter for Women
416-394-2950

PARENTING PROGRAMS & PRENATAL SUPPORTS

Yorktown Supporting Young Families Program
21 Ascot Ave
416-394-2424 ext 243

Rexdale Women's Centre
23 Westmore Drive, Suite 400
416-745-0062

Women's Habitat of Etobicoke
140 Islington Ave
416-252-7949

LAMP Community Health Center
185 Fifth Street
416-252-6471

Jean Tweed Centre Pathways to Healthy Families
416-255-7359

Stongegate Community Health Centre
150 Berry Road
416-231-7070

1900 Sheppard Ave W. Young Parent Resource Centre
647-349-0109

York Community Services
1651 Keele St
416-653-5400

EDUCATION | EMPLOYMENT

Burnhamthorpe Collegiate Adult Learning Centre
500 The East mall
416-394-3809

Humewood House
416-651-5657 ext 240

Eva's Initiatives
416-364-4716

Jobstart
2930 Lake Shore Blvd. West
416-253-2992

Community Microskills Development Ctr.
416-247-7181

COUNSELLING | GROUP SUPPORTS

Women's Habitat of Etobicoke
140 Islington Ave
416-252-7949

Jean Tweed Centre Pathways to Healthy Families
416-255-7359

Rexdale Women's Centre Etobicoke
416-745-0062

Yorktown Child & Family Centre
416-394-2424

Macaulay Child Development Centre
416-789-7441

LEGAL HELP

Parkdale Community Legal Services
1266 Queen St W
416-531-2411

South Etobicoke Community Legal Service
5353 Dundas St West Suite 210
416-252-7218

Rexdale Community Legal Clinic
500 Rexdale Blvd
416-741-5201

West Toronto Community Legal Services
2333 Dundas St W, Suite 404
416-531-7376

WEST TORONTO



programs for dads

Dad's Connection: Aisling Discoveries
416-321-5464 ext 233

Dads Count: Youthlink
747 Warden Ave.
416-967-1773 ext 217

June Callwood Centre
205 Parliament St
416-365-1888

LAMP
185 Fifth St, Etobicoke
Brian Russell
416-252-8293

Canadian Father Involvement Initiative
www.cfii.ca

Black Daddies Club
www.blackdaddiesclub.com

More Than a Haircut Macaulay Child Development Centre
416-789-7441 ext 235

Caring Dads OISE | University of Toronto
252 Bloor Street West
www.caringdadsprogram.com



EAST TORONTO

HEALTH | DENTAL

East End Community Health Centre
1619 Queen St. E
416-778-5858

Scarborough Centre for Healthy Communities
416-642-9445
www.schcontario.ca

TAIBU
1371 Nielson Rd. Unit 418
416-644-3536
www.taibuchc.ca

Urban Health Outreach Uninsured Clinic
2881 Eglinton Ave E.
416-264-4446

Sage-Femmes Mid-Wives
6758 Kingston Road, Unit 6.
905-409-6447
416-286-2228
www.yourmidwives.com

Diversity Mid-Wives
3410 Sheppard Ave unit 602
416-609-8187
www.diversitymidwives.com

FREE Massages for prenatal moms or babies
Centennial College
416-289-5353

HOUSING | SHELTERS

Second Base Youth Shelter
702 Kennedy Rd.
416-261-2733

Touchstone Youth Centre
1076 Pape Ave.
416-696-6932

Scarborough Housing Help Centre
2500 Lawrence Ave E.
416-285-8070

East York Housing Help Centre
416-698-9306
www.eastyorkhousinghelp.ca

Scarborough Centre for Healthy Communities: Homelessness Intervention Program
416-847-4143

Rosalie Hall
3020 Lawrence Ave E
416-438-6880

Massey Centre for Women
1102 Broadview Ave.
416-425-6348 ext 230

Woodgreen Community Services
416-645-6000 ext 1175

EMPLOYMENT | EDUCATION

YMCA Employment & Community Services
www.ymcatoronto.org

Woodgreen Community Services
Boundless Possibilities for Women
416-466-9299 ex 3006

Newcomer Women's Services
416-469-0916
Operation Springboard
416-850-0169 416-849-4421
www.operationsspringboard.on.ca

Rosalie Hall: Young Parent Employment Program & School Program
3020 Lawrence Avenue East
416-438-6880

YWCA Family Support Centre
3090 Kingston Rd.
416.269-0090 | 416.264.5788

Scarborough Centre for Alternative Studies (SCAS)
720 Midland Ave
416-396-6921

Monsignor Fraser College
416-393-5532
416-397-6496

COUNSELLING | GROUP SUPPORTS

East Toronto Postpartum Adjustment Program
416-469-7608

Blake Boutlbee Youth Outreach Services
416-465-1410
www.bbyos.org

Rosalie Hall
3020 Lawrence Ave E.
416-438-6880

Woodgreen Walk-in Counselling Services
650 Queen St. E
Weds. 4 to 8pm.
416-645-6000 ext 2512

East Metro Youth Services
1200 Markham Rd Ste 200
416- 438-3697
www.emys.on.ca

Youthlink
416-967-1773
www.youthlink.ca

Tropicana Community Services
670 Progress Ave Units 14-16
416-439-9009
www.tropicanacommunity.org

Nellie's Community Support & Outreach
416-461-0625

Riverdale Immigrant Women's Centre
1326 Gerrard St. E
416-465-6021

PARENTING PROGRAMS & PRENATAL SUPPORTS

Rosalie Hall
3020 Lawrence Ave E
416-438-6880

Healthier Babies Program
416-847-4153

East York, East Toronto Family Resources
416-686-3390

Malvern Family Resource Centre
416-281-1376
www.mfrc.org

YWCA Family Support Centre
3090 Kingston Rd
416-266-1232

Aisling-Discoveries (Babies Best Start)
325 Milner Ave, suite 110
416-321-5464

Neighbourhood Centre
91 Barrington Ave.
416-698-1626

LEGAL

Scarborough Community Legal Services
695 Markham Rd.
416-438-7182

West Scarborough Community Legal Services
2425 Eglinton Ave E.
Suite 201
416-285-4460

Flemingdon Community Legal Services
49 The Donway West
416-441-9156

city wide | services

211

A Directory of over 20,000 community, social, health and government agencies.

311

For non-emergency services and programs in the City

Street Health I.D. Replacement
416-921-8668

TTC
416-393-4636

Childcare Subsidy
416-392-5437
APPLY WHILE PREGNANT

Toronto Employment & Social Services
Intake: 416-397-0330
General Info:
416-392-2956

Canadian Child Tax Benefit
1-800-387-1193

Foodlink Hotline
416-392-6655

CHILD WELFARE AGENCIES
CAS 416-924-4646
CCAS 416-395-1500
JF&CS 416-638-7800
NC&FS 416-969-8510

RESPIRE CARE
June Callwood Centre for Families
416-365-1888

Women's Habitat of Etobicoke
416-252-7949

CRISIS NUMBERS
Connex Ontario
1-866-531-2600
information 24/7 about alcohol or drug treatment services

Assaulted Women's Helpline
416-863-0511
Toll Free: 1-866-863-0511

Distress Centres of Toronto
416-408-HELP (4357)

Kids Help Phone Toll Free
1-800-668-6868

Toronto Rape Crisis Centre
416-597-8808

ADDICTION | COUNSELLING SERVICES
Central Access
1-866-366-9513
For admission to a detox or withdrawal programs

Jean Tweed Centre
416-255-7359

Elizabeth Fry Society
416-924-3708

Motherisk
1.877.327.4636

Breaking The Cycle
416-364-7373

Centre Francophone de Toronto
416-922-2672

YOUNG PARENT RESOURCE CENTRES
Rosalie Hall
3020 Lawrence Ave E.
416.438.6880

June Callwood Centre for Families
205 Parliament Street
416.365.1888

Massey Centre for Women
1102 BROADVIEW AVE.
416.425.6348 EXT. 230

Humewood House
40 Humewood Dr.
416.651.5657 ext. 240

HOUSING | SHELTERS
If you need emergency shelter Call Central Intake:
416-397.5637
1-877-338-3398

Oolagen Community Services (Wraparond)
416.395.0660
Street Helpline
1-866-392-3777
free from any pay phone

Covenant House
416.598.4898
Young Parent Resource Centre
1900 Sheppard Ave W.
647-349-0109

HEALTH | DENTAL OHIP
416-314-7444
www.health.gov.on.ca

Toronto Public Health
416-338-7600
www.toronto.ca/health

Sick Kids Hospital Young Families Program
416-813-5804

Telehealth Ontario
Toll Free: 1-866-797-0000

MedVisit Doctors *Housecalls
416-631-3000
www.medvisit.ca

Aids & Sexual Health Info Line
416-392-2437
Free & confidential

Access Alliance
416-324-8677
www.accessalliance.ca

Planned Parenthood Toronto
416-961-0113

Shout Clinic
416-703-8482

St. Michaels Hospital Women's Health Care
416.867.7480

LEGAL
Legal Aid Ontario
1-800-668-8258
416-979-1446

Advocacy Centre for Tenants
416-597-5855

Family Law information Centres:
311 Jarvis St
416-326-1694

47 Sheppard Ave E.
416-326-1233

393 University Ave.
416-327-2064

Justice for Children & Youth
416-920-1633
www.jfcy.org

downtown

COUNSELLING | GROUP SUPPORTS

Oolagen Community Services
416-395-0660

Family Services Toronto
416-595-9618

Central Toronto Youth Services
416-924-2100

Turning Point Youth Services Project Going Home
416-925-9250

Barbara Schlifer Clinic
416-323-9149 ext 234

Covenant House Community Support Services
416-204-7037

PARENTING PROGRAMS & PRENATAL SUPPORTS

Growing Up Healthy Downtown
416-595-9230 ext 328

Native Women's Resource Centre
416-963-9963

Parents for Better Beginnings
416-362-0805

Hincks Dellcrest Centre
921-8716
Toronto Public Health
416-338-7600

Ontario Early Years Centres
1-866-821-7770
www.ontarioearlyyears.ca

LGBTQ Parenting Network (Sherbourne Health Centre)
416-324-4100 ext. 5219

Central Neighbourhood House
416-925-4363

Yonge St. Mission/Evergreen
416-929-9614

Mothercraft
416-920-3515

HEALTH | DENTAL SHOUT
Queen West Health Clinic
416-703-8482

Evergreen YSM
416-929-9614 ext. 2238

Covenant House
416-204-7995

Hassel Free Clinic
66 Gerrard St. E
416-922-0566

Sherbourne Health Clinic
416-324-4100

Sanctuary Health
416-992-0628

YMCA Youth Substance Abuse Program
416-504-1710

HOUSING | SHELTERS
Streets to Homes
416-392-0090

Woodgreen Housing
416-469-5211

Red Door Family Shelter
416-688-7265

Eva's Place
416-642-1534

Covenant House
416-598-4898

EDUCATION | EMPLOYMENT
Youth Employment Services
416-504-5516

St. Christopher House
416-964-8747

St. Stephen's House
416-964-8747

TDSB Triangle Program for LGBT youth
416-393-8443

Literature for Life
416-203-9830



useful websites

www.211toronto.ca
www.cleonet.ca
www.lawhelpontario.org
www.sexualityandu.ca
www.torontoparentsfunguide.ca
www.torontopubliclibrary.ca
www.newlifeprenatal.org

www.kidsmentalhealth.ca
www.motherisk.org
www.findhousinghelp.ca
www.foodshare.org
www.the519.org (L.G.Q.B.T)
www.toronto.ca/parks
www.servicecanada.gc.ca

about YPNFA

Since 1997, the Young Parents No Fixed Address Network (YPNFA) has worked to address the needs of pregnant youth or young parents and their children who are homeless and/or street-involved.

If you are a young parent under 25 years of age this guide will provide you with helpful resources and information.

Find Us on Facebook!



Y.P.N.F.A

Young Parents No Fixed Address

RESOURCE GUIDE