



**Metropolitan Action Committee on
Violence Against Women and Children**

Women's & Community Services in the Greater Toronto Area

Important 24-Hour Numbers

Emergency (police, ambulance, fire): 911
Assaulted Women's Helpline:
1-866-863-0511 | 1-866-863-7868 (TTY)
Community Connection: 211 | 211toronto.ca
(Niagara Region, South Georgian Bay, Toronto)
Distress Centres of Toronto:
416-408-4357 | 416-408-0007 (TTY)
Kids Help Phone: 1-800-668-6868
Femaide (French crisis line):
1-877-336-2433 | 1-866-860-7082 (TTY)
Toronto Rape Crisis Centre/Multicultural
Women Against Rape:
416-597-8808 | 416-597-1214 (TTY)

Sexual Assault Help (24-Hour)

Domestic Abuse and Sexual Assault Care
Centre (Richmond Hill): 1-800-521-6004
Durham Region Domestic Violence/Sexual
Assault Care Centre: 905-571-3344 x116
Nina's Place (Burlington): 905-632-3737 x5708
Suspected Child Abuse and Neglect Program
(Toronto): 416-813-6275
Scarborough Hospital Sexual Assault/Domestic
Violence Care Centre: 416-495-2555
Peel Region Sexual Assault/Domestic Violence
Program: 905-848-7580 x2142
Women's College Hospital Sexual Assault and
Domestic Violence Care Centre (Toronto):
416-323-6040

Women's Shelters (24-Hour)

Family Transition Place (serving Caledon):
1-800-265-9178 | 519-942-1651 (TTY)
Halton Women's Place:
905-878-8970 (north) | 905-332-1593 (south)
Herizon House (Ajax): 1-866-437-4066
Honeychurch Family Life Resource Centre
(Brampton): 905-451-6108

**METRAC is a community based, not-for-profit
organization that works to prevent violence
against women, youth, and children.**

158 Spadina Road, Toronto, ON, M5R 2T8
Phone 1-877-558-5570 | 416-392-3031 (TTY)
Fax 416-392-3136 | Email info@metrac.org
Web www.metrac.org | www.owjn.org

Hostel Services, Central Intake (shelters for the City of Toronto): 416-397-5637

Interim Place (Mississauga):

905-676-8515 (north) | 905-403-0864 (south)

Sandgate Women's Shelter of Georgina Inc.:

1-800-661-8294 | 905-722-6223 (TTY)

The Denise House (Oshawa):

1-800-263-3725 | 905-728-4394 (TTY)

Yellow Brick House (Aurora): 1-800-263-3247

Y's Wish (Oshawa): 1-888-576-2997

LGBTQ Services

2-Spirited People of the 1st Nations (Toronto):
416-944-9300

519 Church Street Community Centre (Toronto):
416-392-6874

Halton Organization for Pride and Education:
1-877-860-4673

Lesbian Gay Bi Trans Youthline: 1-800-268-9688

Counselling & Family Services

Barbra Schlifer Clinic (Toronto):

416-323-9149 | 416-323-1361 (TTY)

Halton Family Services: 905-845-3811

Family Service Association of Toronto:
416-595-9230

Family Services Durham: 1-866-840-6697

Family Services of Peel: 905-453-5775

Native Child and Family Services of Toronto:
416-969-8210

Women's Centre of York Region: 905-727-5837

Women's Multicultural Resources and Counselling
Centre of Durham: 905-427-7849

Sexual Health & Wellness

Durham Region Sexual Health Clinic:
1-800-314-8533

Sexual Health Clinic Services (Halton):

1-866-442-5866 x6065 | 905-333-1096 (TTY)

Peel Public Health:

905-799-7700 | 905-584-2216 (Caledon)

Planned Parenthood of Toronto: 416-961-0113

Sherbourne Health Centre (Toronto):
416-324-4157

Women's Health in Women's Hands (Toronto):
416-593-7655

York Region Health Services: 1-800-461-2135

Other Resources

ocrcc.ca (Ontario Coalition of Rape Crisis Centres)

own.on.ca (Ontario Women's Health Network)

owjn.org (Ontario Women's Justice Network)

satontario.com (Sexual Assault/Domestic
Violence Treatment Centres)

settlement.org (info for Newcomers)

shelternet.ca (list of shelters)

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