



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

Women's & Community Services in Ontario

Important 24-Hour Numbers

Emergency: 911 or local police

Assaulted Women's Helpline:

1-866-863-0511 | 1-866-863-7868 (TTY)

Community Connection: 211 (in 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)

Telehealth Ontario:

1-866-797-0000 | 1-866-797-0007 (TTY)

Sexual Assault Help (24-Hour)

Amelia Rising Sexual Assault Centre -

North Bay: 705-476-3355

Ottawa Rape Crisis Centre: 613-562-2333

Scarborough Hospital Sexual Assault/
Domestic Violence Care Centre:

416-495-2555

Kenora Sexual Assault Centre: 807-468-7233

Sexual Assault Crisis Centre Kingston:

613-544-6424

Sexual Assault/Rape Crisis Centre of Peel

905-273-9442

Sexual Assault Care Centre/Partner Assault

Clinic - Sault Area Hospital: 705-759-5143

Sexual Assault Crisis Centre of Essex

County - Windsor: 519-253-9667

Thunder Bay Sexual Assault/Sexual Abuse

Counselling and Crisis Centre: 807-344-4502

Women's College Hospital Sexual Assault &

Domestic Violence Care Centre:

416-323-6040

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

Women's Shelters (24-Hour)

Beendigen Crisis Home (Thunder Bay):

807-346-4357

First Step Women's Shelter (Sioux Lookout):

1-800-465-3623

Interval House of Ottawa:

613-234-5181 | 613-234-5393 (TTY)

Kingston Interval House: 613-546-1777

Nellie's Shelter (Toronto):

416-461-1084 | 416-461-7561 (TTY)

Ojibway Family Resource Centre (North Bay):

1-800-387-2465 | 705-472-3321 (TTY)

The Redwood Shelter (Toronto):

416-533-8538 | 416-533-3736 (TTY)

Women in Crisis (Sault Ste. Marie): 705-759-1230

Women's Place Kenora: 807-468-7233

YWCA Arise Shelter (Toronto): 416-929-3316

YWCA Genevra House Shelter (Sudbury):

1-800-461-0133

LGBTQ Services

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

519 Church St. Community Centre: 416-392-6874

Pink Triangle Services (Ottawa): 613-563-4818

Counselling & Family Services

Barbra Schlifer Clinic (Toronto):

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

Family Counselling Centre (Sarnia): 519-336-0120

Family Counselling Centre of Brant: 519-753-4173

Family Counselling Centre of Cambridge & North

Dumfries: 519-621-5090

Family Service Association of Toronto:

416-595-9230

Native Child and Family Services of Toronto:

416-969-8510

Western Ottawa Community Resource Centre:

613-591-3686

Health & Sexual Wellness

Chatham-Kent Health Unit: 519-352-7270

Ogden-East End Community Health Centre:

807-622-8235

Planned Parenthood Ottawa: 613-226-3234

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

Sudbury and District Health Unit: 705-522-9200

Women's Health in Women's Hands (Toronto):

416-593-7655

Important Websites

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

owjn.org (Ontario Women's Justice Network)

satcontario.com (Ontario Network of Sexual
Assault/Domestic Violence Treatment Centres)

settlement.org (info for Newcomers)

shelternet.ca (listing of shelters)

ocrcc.ca (Ontario Coalition of Rape Crisis Centres)

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