

## **BIG BROTHERS BIG SISTERS OF TORONTO**

Big Brothers Big Sisters of Toronto is a non-profit organization that provides mentors to children and youth in need of additional positive adult support. Currently providing support online and over the phone.

[www.bbbst.com](http://www.bbbst.com)

(416)-925-8981 Ext. 4100

## **FRED VICTOR CENTRE**

Fred Victor is a multi-service community-based organization that has assisted people living with significant challenges in Toronto for over 120 years. We work in partnership with people from diverse backgrounds who face poverty, homelessness, mental health issues, addictions, and/or social isolation to address their needs and hopes and advocate for a more equitable society.

### **Website:**

[www.fredvictor.org](http://www.fredvictor.org)

[vrobertson@fredvictor.org](mailto:vrobertson@fredvictor.org)

### **Hub office:**

(416)-482-4103 X 238

### **Main office:**

(416)-482-4103

## **SURREY PLACE**

Surrey Place is a not-for-profit organization that serves people of all ages with developmental disabilities, autism spectrum disorder and visual impairments in the Toronto region and Northwestern Ontario. As a trusted leader in the developmental services sector, the organization provides integrated services and inclusive support in a safe and welcoming environment. Surrey Place helps people learn new skills, gain self-confidence and reach their full potential.

The Surrey Place team consists of caring clinicians, staff, valued partners and other experts in the sector. Together, they create responsive and innovative care plans that meet client's needs. Their approach is family-based, which centres the interests and care of clients, families and caregivers by teaching them skills. Surrey Place strives to

ensure the greatest access to services and support clients in navigating the health care system.

Since 1962, Surrey Place has supported people with varying and complex needs to connect with their communities and achieve their goals. Surrey Place is accredited by Accreditation Canada through the healthcare program.

**Website:**

[SurreyPlace.ca](http://SurreyPlace.ca)

**Refer a Child (0-18):**

1-833-575-KIDS (5437)

**Refer an Adult (18+):**

1-855-DS ADULT (372-3858)

**TORONTO PUBLIC HEALTH**

Free dental services offered to children (0-17 years), adults enrolled in selected Toronto Public Health programs and seniors (65 years and older). Eligibility: You must live in Toronto, you cannot have private dental insurance, You are not able to pay for dental care, Services include: Examinations, Fillings, Root canal on selected teeth, Extractions, Partial & full dentures – a fee may be required, Prevention and education, Fluoride treatment, Cleanings, & Sealants.

(416)-338-3764

**Hours:**

Monday - Friday, 8am - 4pm

**VASANTHAM**

A Tamil Seniors Wellness Centre - Health & mental health information, education & referral, elder abuse, domestic violence & addiction counselling, crisis intervention & trauma counselling, concurrent disorders group for people with mental health and addictions issues, gambling counselling, family support group, intergenerational recreation group, social group, community development and capacity building. Yoga and meditation for humanity, Group therapy for Addiction & homeless with drug and alcohol addiction & mental health. A summer program for students is available.

(416)-847-4172

Online, virtual and in-person by appointment

**YMCA**

YMCA is a resource centre for employment services and employment counselling.

(416) 916-1100

**Hours:**

Wednesday -Friday , 9 am-5 pm

**Website:**

[ymcagta.org/](http://ymcagta.org/)