WOMEN & DISABILITIES PROJECT

INCLUDED Project
Connecting diverse women with disabilities in North-East Scarborough

Service Listing
Malvern Family Resource Centre is a multi-service agency which offers a variety of programs and services to meet the needs of the Malvern community and residents of North-East Scarborough.

Women’s Place has a team of professional staff and trained volunteers to provide information, self-help resources, and programs for women.

Women supporting women. Linking women to community services.

INCLUDED: Connecting Diverse Women with Disabilities in North-East Scarborough (“the INCLUDED Project”) was a pilot project aimed at understanding the unique needs and challenges that women with disabilities in the community face and developing best practice to overcome these challenges. The INCLUDED Project was made possible by funding from the Ontario Trillium Foundation.

The INCLUDED Project Service Listing was created as a resource to help address some of the gaps in accessing information and services. The INCLUDED Project Service Listing hopes to increase the connections between women with disabilities and their caregivers to service providers and the community.

The Service Listing highlights the services that are available, the categories are:

- Advocacy
- Clothing Bank
- Counselling and support
- Disability
- Education
- Employment
- Family and community
- Food bank
- Furniture bank
- Health and wellness
- Housing
- Legal
- Recreation and social
- Rent bank
- Respite
- Safety and independence
- Seniors
- Settlement
- Women

Disclosure: While the INCLUDED Project volunteers attempted to gather accurate, relevant and comprehensive information on services, we acknowledge that there may be gaps in our work. Contact service providers for more details.
Women’s Place
90 Littles Road / 1321 Neilson Road
Scarborough
416-284-4184 x226
www.mfrc.org
womplace@mfrc.org
- Advocacy
- Counselling and support
- Disability
- Education
- Employment
- Family and community
- Emergency Food Cupboard
- Health and wellness
- Housing
- Legal
- Recreation and social
- Safety and independence
- Seniors
- Settlement
- Women

Malvern Family Resource Centre
90 Littles Road / 1321 Neilson Road
Scarborough
416-284-4184
www.mfrc.org
- Counselling and support
- Disability
- Education
- Employment
- Family and community
- Health and wellness
- Housing
- Legal
- Recreation and social
- Safety and independence
- Seniors
- Settlement
- Women

Services

211 Toronto
211 / TTY 1-888-340-1001
www.211toronto.ca
info@findhelp.ca
- 211 Toronto is a helpline to provide community information and referrals

311 Toronto
311 / TTY 416-338-0889
www.toronto.ca
311@toronto.ca
- 311 provides residents, businesses and visitors with easy access to non-emergency City of Toronto services, programs and information

911 Toronto Emergency Services
911 for police, fire, or medical emergencies

Toronto Transit Commission
416-393-4636 / TTY 416-481-2523
www.ttc.ca

Wheel-Trans
416-393-4111 / TTY 416-393-4555
www.ttc.ca/WheelTrans
wtcs@ttc.ca
Ontario Disability Support Program (ODSP)
770 Birchmount Road, Unit 30
Scarborough
416-325-0123 / TTY 416-326-7290
www.mcss.gov.on.ca

Service Ontario (Agincourt)
4800 Sheppard Avenue East, Unit 112
Scarborough
416-335-1705
www.ontario.ca/page/serviceontario

Service Ontario (Cedarbrae Mall)
3495 Lawrence Avenue East
Scarborough
416-326-1234
www.ontario.ca/page/serviceontario

Service Canada (Malvern)
31 Tapscott Road
Scarborough
1-800-622-6232
www.servicecanada.gc.ca

Service Canada (Scarborough Civic Centre)
200 Town Centre Court, 1st Floor
Scarborough
1-800-622-6232
www.servicecanada.gc.ca

The Scarborough Hospital
3050 Lawrence Avenue East and
3030 Birchmount Road
Scarborough
416-438-2911
www.tsh.to

Centenary Hospital, Rouge Valley Health System
2867 Ellesmere Rd
Scarborough
416-284-8131
www.rougevalley.ca

Aboriginal Housing Support Services
20 Sewells Road
Scarborough
416-281-2057
www.aboriginalhsc.org
ahsc_1@hotmail.com
  - Counselling and support
  - Family and community
  - Furniture bank
  - Housing

ACCES Employment
2100 Ellesmere Road, Suite 210
Scarborough
416-431-5326
www.accesemploment.ca
info@accesemployment.ca
  - Employment

Across Boundaries
51 Clarkson Avenue
Toronto
416-787-3007
www.acrossboundaries.ca
info@acrossboundaries.ca
  - Advocacy
  - Counselling and support
  - Health and wellness
  - Safety and independence
  - Social and recreation
Advocacy Centre for the Elderly
2 Carlton Street, Suite 701
Toronto
416-598-2656
www.advocacycentreelderly.org
- Legal
- Seniors

Agincourt Community Services Association
4155 Sheppard Avenue East
Scarborough
416-321-6912
www.agincourtcommunityservices.com
info@agincourtcommunityservices.com
- Family and community
- Food bank
- Housing
- Rent bank

Alliance for Equality of Blind Canadians (AEBC)
647-947-9022
www.blindcanadians.ca
- Education and training
- Advocacy

Arch Disability Law Centre
55 University Avenue, 15th Floor
Toronto
416-482-8255
www.archdisabilitylaw.ca
archlib@lao.on.ca
- Disability
- Legal

Barbra Schlifer Commemorative Clinic
489 College Street
Toronto
416-323-9149
www.schliferclinic.com
info@schliferclinic.com
- Counselling and support
- Legal
- Safety and independence
- Women

Birchmount Bluffs Neighbourhood Centre
93 Birchmount Road
Scarborough
416-396-4310
www.bbnca.ca
contact@bbnc.ca
- Disability
- Education and training
- Health and wellness
- Seniors
- Social and recreation

Burrows Hall Community Centre, City of Toronto
1081 Progress Avenue
Scarborough
416-396-4670
www.toronto.ca
- Social and recreation

Canadian Centre for the Victims of Torture
2401 Eglinton Avenue East, Unit 310
Scarborough
416-750-3045
www.ccvt.org
nabumostafa@ccvt.org
- Counselling and support
- Education and training
- Settlement
Canadian Council on Rehabilitation and Work
477 Mount Pleasant Road, Suite 105
Toronto
416-260-3060
www.ccrw.org
info@ccrw.org
  - Employment
  - Disability

Canadian Mental Health Association - Toronto
1200 Markham Road, Suite 500
Scarborough
416-789-7957
www.toronto.cmha.ca
info@cmhato.org
  - Advocacy
  - Counselling and support
  - Disability
  - Employment
  - Family and community
  - Health and wellness
  - Housing
  - Social and recreation

Canadian Tamil Youth Development Centre
705 Progress Avenue, Unit 40
Scarborough
416-431-4100
www.cantyd.org
info@cantyd.org
  - Advocacy
  - Family and community
  - Social and recreation

Cedarbrook Community Centre, City of Toronto
91 Eastpark Boulevard
Scarborough
416-396-4028
www.toronto.ca
  - Social and recreation

Canadian Red Cross Scarborough Drop-In Centre
202 Markham Road
Scarborough
416-267-0115
www.redcross.ca
  - Clothing Bank
  - Food bank
  - Furniture bank
  - Rent bank

Centennial Recreation Centre, City of Toronto
1967 Ellesmere Road
Scarborough
416-396-4057
www.toronto.ca
  - Social and recreation

Central Intake Line (Emergency Shelter)
Toronto
416-408-4357 (or dial 311)
www.toronto.ca
  - Housing
Centre for Immigrant and Community Services of Ontario
2330 Midland Avenue
Scarborough
416-292-7510
www.cicscanada.com
info@cicscanada.com
- Employment
- Family and community
- Settlement
- Women

Centre for Spanish-Speaking Peoples
2141 Jane Street, 2nd Floor
Toronto
416.533.8545
www.spanishservices.org
info@spanishservices.org
- Legal

Chinese Family Life Services
3330 Midland Avenue, Suite 229
Scarborough
416- 979-8299
www.chinesefamilyso.com
info@chinesefamilyso.com
- Disability
- Family and community
- Housing
- Settlement
- Counselling and support
- Women

City of Toronto, Office of Emergency Management
416-392-4554
oem@toronto.ca
- Education
- Safety and independence

CNIB Canada
1929 Bayview Avenue
Toronto
416-486-2500
www.cnib.ca
info@cnib.ca
- Advocacy
- Counselling and support
- Disability
- Safety and independence
- Social and recreation

Community Head Injury Resource Services
62 Finch Avenue West
Toronto
416-240-800
www.chirs.com
chirs@chirs.com
- Disability
- Employment
- Health and wellness
- Social and recreation

Community Living Toronto
20 Spadina Road
Toronto
416-968-0650 / Scarborough Region: 647-729-3654
www.cltoronto.ca
Scarborough Regional Executive Director: slynch@cltoronto.ca
- Counselling and support
- Disability
- Employment
- Family and community
- Respite
- Safety and independence
Developmental Services Ontario
Toronto Region
2 Surrey Place
(Located within Surrey Place Centre)
Scarborough
416-925-4930
www.dsontario.ca
DSQTR@surreyplace.on.ca
- Disability

Don Montgomery Community Recreation Centre, City of Toronto
2467 Eglinton Avenue East
Scarborough
416-396-4043
www.toronto.ca
- Social and recreation

East Scarborough Storefront
4040 Lawrence Avenue East
Scarborough
416-208-9889
www.thestorefront.org
info@thestorefront.org
- Family and community
- Health and wellness
- Settlement
- Social and recreation

Extendicare Rouge Valley
551 Conlins Road
Scarborough
416-282-6768
www.extendicarerougevalley.com
cnh_rougevalley@extendicare.com
- Health and wellness
- Housing
- Respite
- Seniors
- Social and recreation

Family Association for Mental Health Everywhere
1911 Kennedy Road, Unit 105
Scarborough
416-913-2144
www.fameforfamilies.com
fame@fameforfamilies.com
- Counselling and support
- Disability
- Family and community
- Health and wellness

Family Responsibility Office
416-243-1909 / Toll free: 1-888-815-2757
/ TTY: 1-866-545-0083
www.thefro.ca
- Family and community
- Legal

Gage Transition to Independent Living, West Park Healthcare Centre
100 Merton Street
Toronto
416-491-0868 x 224
www.westpark.org
maria.bulatao@westpark.org
- Disability
- Housing
- Safety and independence

Geneva Centre for Autism
12 Merton Street
Toronto
416-322-7877 x 201
www.autism.net
info@autism.net
- Disability
- Family and community
- Health and wellness
- Respite
- Social and recreation
Harmony Place Support Services
6-132 Railside Road
Toronto
416-925-4930
www.harmonyplace.on.ca
info@harmonyplace.on.ca
  - Disability
  - Health and wellness
  - Social and recreation

HIV and AIDS Legal Clinic (Ontario)
55 University Avenue, Suite 1400
Toronto
416-340-7790
www.halco.org
talklaw@halco.org
  - Legal

Income Security Advocacy Centre
55 University Avenue, Suite 1500
Toronto
416-597-5820
www.incomesecurity.org
  - Advocacy
  - Education and training

Justice for Children and Youth
55 University Avenue, 15th Floor
Toronto
416-920-1633
www.jfcy.org
  - Family and community
  - Legal

Kennedy House Youth Services
10 Milner Business Court, Suite 404
Scarborough
416-299-3157 / Emergency housing for youth: 416-421-7776
www.kennedyhouse.org
info@kennedyhouse.org
  - Disability
  - Education and training
  - Housing
  - Safety and independence

Kids Helpline
GTA
416-586-5437 / Toll free: 1-800-668-6868
kidshelpphone.ca
Live chat available on website
  - Counselling and support
  - Education and training
  - Family and community
  - Safety and independence

Learning Disabilities Association of Toronto
121 Willowdale Avenue, Suite 100
Toronto
416 229-1680
www.ldatd.on.ca
admin@ldatd.on.ca
  - Counselling and support
  - Disability
  - Employment
  - Settlement
  - Social and recreation
Malvern Employment and Social Services
325 Milner Avenue, 9th Floor
Scarborough
416-397-1000
www.toronto.ca
  • Employment
  • Education and training

Malvern Library
30 Sewells Road
Scarborough
416-396-8969
www.torontopubliclibrary.ca
  • Education and training
  • Social and recreation

Manse Road Residential Support Services
125 Manse Road
Scarborough
www.goodshepherdcentres.ca
  • Disability
  • Housing
  • Safety and independence

Meta Centre
401 Champagne Drive
Toronto
416-736-0199
www.metacentre.ca
  • Disability
  • Health and wellness
  • Respite
  • Social and recreation

Metro Toronto Chinese and Southeast Asian Legal Clinic
180 Dundas Street West, Suite 1701
Toronto
www.mtcsalc.org
  • Legal

Muki Baum Association
401 Magnetic Drive, Unit 25
Toronto
416-661-8222
www.mukibaumaccessibilitycentre.com
info@mukibaumfoundation.com
  • Disability
  • Family and community
  • Health and wellness
  • Social and recreation

Muslim Welfare Centre
100 McLevin Avenue
Scarborough
416-754-8116
www.muslimwelfarecentre.com
muslim@muslimwelfarecenter.com
  • Food bank
  • Health and wellness
  • Settlement

Newcomer Services - Malvern
31 Tapscott Road, Unit T-81
Scarborough
416-396-4631
www.tdsb.on.ca/Newcomers
nsmalvern@tdsb.on.ca
  • Disability
  • Employment
  • Housing
  • Settlement

On –Track Career & Employment Services
1371 Neilson Road
Scarborough
416-283-5229
www.ontrackcareers.ca
info@ontrackcareers.ca
  • Employment
Pegasus Community Project
931 Kingston Road
Toronto
416-691-6835
www.pegasustoronto.ca
info@pegasustoronto.ca
- Disability
- Family and community
- Health and wellness
- Safety and independence
- Social and recreation
- Counselling and support

Redpath Centre
40 Holly Street, Suite 201
Toronto
416-920-4999
www.redpathcentre.ca
katy.albert@redpathcentre.ca
- Advocacy
- Counselling and support
- Disability
- Education and training
- Health and wellness
- Safety and independence

Salvation Army Homestead
2085 Ellesmere Road
Scarborough
416-431-4379
www.salvationarmyhomestead.org
informationscarborough@salvationarmyhomestead.org
- Disability
- Health and wellness

Scarborough Centre for Healthy Communities
629 Markham Road / 1333 Neilson road
(Multiple locations)
Scarborough
416-642-9445
www.schcontario.ca
ask@schcontario.ca
- Clothing Bank
- Family and community
- Food bank
- Furniture bank
- Health and wellness
- Safety and independence

Scarborough Hospital, Sexual Assault and Domestic Violence Care Centre
Emergency at 3050 Lawrence Avenue East and 3030 Birchmount Road
Scarborough
24 hour line: 416-495-2555
www.tsh.to
- Safety and independence

Scarborough Housing Help Centre
2500 Lawrence Avenue East, Unit 205
Scarborough
416-285-8070
www.shhc.org
info@shhc.ca
- Housing
- Rent bank
Scarborough Women’s Centre
2100 Ellesmere Road #245
Scarborough
416-439-7111
www.scarboroughwomenscentre.ca
ed@scarboroughwomenscentre.ca
- Counselling and support
- Disability
- Education and training
- Safety and independence
- Settlement
- Social and recreation
- Women

South Asian Legal Clinic of Ontario
45 Sheppard Avenue East
Scarborough
416-487-6371
www.salc.on.ca
- Legal

Spinal Cord Injury Ontario
520 Sutherland Drive
Toronto
416-422-5644
www.sciontario.org
- Advocacy
- Counselling and support
- Employment
- Safety and independence

Senior Persons Living Connected
3333 Finch Avenue East
Scarborough
416-493-3333
www.splc.ca // info@splc.ca
- Counselling and support
- Disability
- Health and wellness
- Housing
- Safety and independence
- Seniors
- Social and recreation

Surex Community Services
1424 Military Trail
Scarborough
416-284-6352
www.surexcs.com
colin.hamilton@surexcs.com
- Disability
- Housing
- Social and recreation

TAIBU Community Health Centre
27 Tapscott Road, Unit 1
Scarborough
416-644-3536
www.taibuchc.ca
info@taibuchc.ca
- Counselling and support
- Family and community
- Health and wellness
- Social and recreation

The Career Foundation
2437 Kingston Road, Suite 102
Scarborough
416-264-2100
www.careerfoundation.com
Scarborough@careerfoundation.org
- Employment
- Disability

Toronto Distress Centre
24 hour line: 416-408-4357 / 24 hour
TTY: 416-408-0007
www.torontodistresscentre.com
Info@torontoDistressCentre.com
- Counselling and support
- Education and training
- Safety and independence
Toronto Police Services, 42 Division
242 Milner Avenue
Scarborough
24 hour line: 416-808-4200
www.torontopolice.on.ca
42division@torontopolice.on.ca
  - Safety and independence

Toronto Workers’ Health and Safety Legal Clinic
180 Dundas Street West
Toronto
www.workers-safety.ca
whslc@lao.on.ca
  - Employment
  - Legal

Tropicana Community Services
1385 Huntingwood Drive
Scarborough
416-439-9009
www.tropicanacommunity.org
info@tropicanacommunity.org
  - Counselling and support
  - Education and training
  - Employment
  - Family and community
  - Women

Variety Village
3701 Danforth Avenue
Scarborough
416-699-7167
www.varietyvillage.ca
info@varietyvillage.on.ca
  - Family and community
  - Health and wellness
  - Social and recreation

War Amputations of Canada
6043 Yonge Street
Toronto
416-221-2130
www.waramps.ca
info@waramps.ca
  - Advocacy
  - Disability

West Scarborough Neighbourhood Community Centre
313 Pharmacy Avenue
Scarborough
416-755-9215
www.wsncc.org
wsncc@wsncc.on.ca
  - Employment
  - Family and community
  - Social and recreation

Women’s College Hospital Sexual Assault and Domestic Violence Care Centre
76 Grenville Street
Toronto
416-323-6040
www.womenscollegehospital.ca
  - Safety and independence

Working Women's Community Centre (Victoria Park Hub)
1527 Victoria Park Avenue, 2nd Floor
Scarborough
416-750-9600
www.workingwomencc.org
admin@workingwomencc.org
  - Counselling and support
  - Family and community
  - Settlement
  - Women
YMCA (Scarborough Finch Avenue)
5635 Finch Avenue East, Unit 6
Scarborough
416-335-5490
www.ymcagta.org
memberservices@ymcagta.org
  • Employment
  • Family and community
  • Settlement

Youthlink
747 Warden Avenue
Scarborough
416-967-1773
www.youthlink.ca
info@youthlink.ca
  • Counselling and support
  • Family and community
  • Housing