



WOMEN & DISABILITIES PROJECT

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

Service Listing



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

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](mailto:wtc@ttc.ca)

Ontario Disability Support Program
(ODSP)

770 Birchmount Road, Unit 30
Scarborough
416-325-0123 / TTY 416-326-7290
www.mcass.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.bbnc.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 Red Cross Scarborough

Drop-In Centre
202 Markham Road
Scarborough
416-267-0115

www.redcross.ca

- Clothing Bank
- Food bank
- Furniture bank
- Rent bank

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

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](mailto: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
DSOTR@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 Rainside 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,

TAI BU 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/42
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.varietylvillage.ca
info@varietylvillage.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



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Un organisme du gouvernement de l'Ontario



www.mfrc.org