



Central Offices

240 Edward St, Unit 3
Aurora, ON L4G 3S9

Phone: 905-898-6455 or 1-866-257-9776

Fax: 905-898-1171

YSSN Website: www.yssn.ca



Check us out on Facebook: <http://www.facebook.com/yorksupport>

YSSN is a non-profit organization that receives funding from the Ministry of Community and Social Services, the Ministry of Children and Youth Services and the Ministry of Health and Long Term Care.

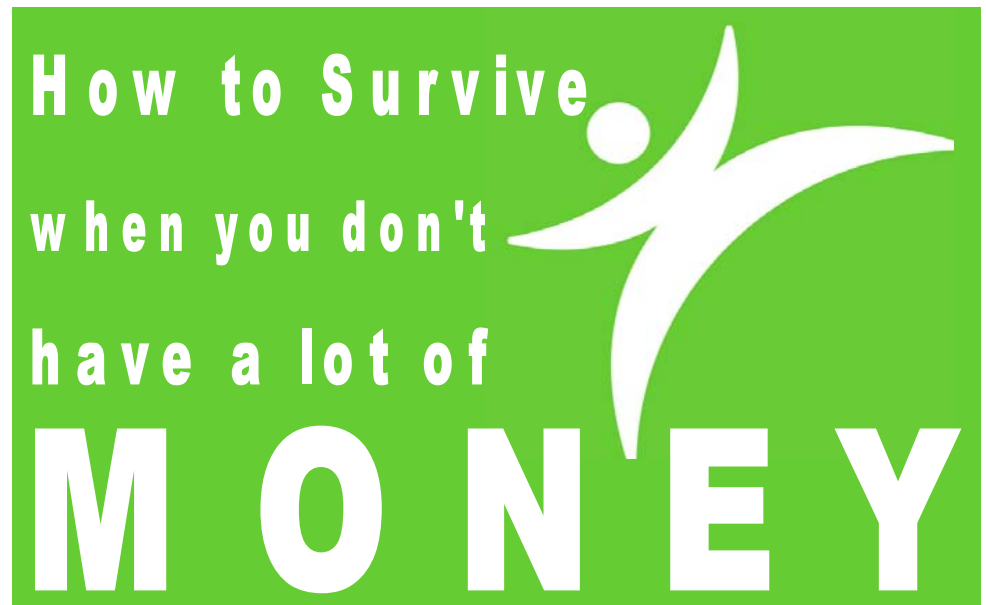


A CARF Three-Year Accreditation was awarded to YSSN For the following programs;
Assessment & Referral: Integrated DD/Mental Health (Adults)
Case Management/Services Coordination: Integrated DD/Mental Health (Adults, Children & Adolescents)
Crisis & Information Call Centres: Integrated DD/Mental Health (Adults)
Crisis Stabilization: Integrated DD/Mental Health (Adults)
Governance Standards Applied
This accreditation is valid through March 2017

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Limited Budget



INTRODUCTION

York Region on a Limited Budget was inspired by a group of individuals attending a program at Southlake Regional Health Centre several years ago. The program taught this group how to eat and live better, but they wondered how they could live this way inexpensively.

A committee was formed by people who were living on limited incomes. They were given an opportunity to research options for stretching one's budget. *York Region on a Limited Budget*, the result of their work first published in 1997, tells you how.

Since the initial production, York Support Services Network (YSSN) undertook the task of updating and printing several revised editions of the booklet, often with the assistance of consumers. Ever growing in popularity, the booklet garnered the interest and generous support of valued community partners such as the Central Community Care Access Centre (CCAC) and The Regional Municipality of York — who have assisted with the publication of more recent versions of this booklet. This support has allowed us to be able to produce even more printed copies of the booklet to try and meet the requests we receive.

PLEASE NOTE: We have made every attempt to ensure the information in this booklet is current and accurate. However, because of the level of detail, updates are frequently required. **Users of this resource are strongly encouraged to double-check the information prior to trying to access services and/or supports.**

YSSN maintains an electronic version of the booklet available on its website www.yssn.ca, which includes the most current information. As information is constantly changing, if you notice any inaccuracies or changes that are required, please contact YSSN Resources Assistant, Shelley Abbs, at 905-898-6455 ext. 2273 or via email at sabbs@yssn.ca.

211 – YOUR COMMUNITY CONNECTION



FREE information and referral

211 is your first call for free information about community, social, health and government services...and you will speak with a REAL person!

Dial 2-1-1 if you have questions about:

- Applying for financial assistance
- Children and youth services
- Finding a residence for a senior
- Services available for abused women
- Information on special events
- How to contact your MPP or MP
- Where to find a support group
- Assistance with housing
- How to get legal assistance
- Employment training programs
- Programs for seniors
- Where to go for food and clothing
- Multicultural associations
- Much more...

Dial 2-1-1 / TTY: 1-888-340-2001
Live Answers • 24/7 • All Languages

- or -

Visit [www. 211Ontario.ca](http://www.211Ontario.ca)





York Support Services Network

York Support Services Network is a community-based agency offering a range of case management and community crisis services throughout York Region. YSSN has a long history of supporting individuals and families dealing with the challenges of a developmental disability and/or serious mental illness, assisting them to receive the support they need to manage their disability or illness.

Our Services...

- ~ **Access and Information** — for a range of Developmental Services and Mental Health supports, including case management, system coordination, day support, respite services, etc.
- ~ **310-COPE** — for York Region and South Simcoe residents who are experiencing a mental health crisis and their family or friends. By calling 310-COPE (2673) individuals are connected with a crisis response professional, 24 hours-a-day, 7 days-a-week. The crisis worker will provide an immediate response in a variety of critical situations, including: intensive feelings of distress, loneliness, anxiety or fear, thoughts of suicide.
- ~ **Case Management** — Individuals/families are supported by a Case Manager who works with them to coordinate case management services to meet their needs. Services range from an immediate response to health/safety concerns, to an ongoing response to manage complex needs, to periodic support for individuals to maintain their independence.

**For more information contact YSSN Access Line
at 905-898-3721 or 1-888-695-0070
or visit www.yssn.ca**



Central East Region

**If you want information about services and supports that may be of assistance to an adult with a developmental disability who is living in Ontario, then contact:
DSO Central East Region at 1-855-277-2121**

As of July 1, 2011, nine agencies in Ontario were established by the Ministry of Community and Social Services as Developmental Services Ontario organizations. They have responsibility for helping adults with developmental disabilities access services and supports in their communities. For those who live in the Central East Region, which includes the Regional Municipality of York, the Regional Municipality of Durham, Simcoe County, Peterborough County, Northumberland County, Haliburton County and the City of Kawartha Lakes.

**For more information contact the DSO Central East Region,
(which is administered by York Support Services Network)
at: (905)-953-0796 or 1-855-277-2121**

YORK REGION ON A LIMITED BUDGET

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Produced by:

York Support Services Network
York Region, Community and Health Services Department

2014

TRANSPORTATION

Tip: Map out where you want to go and then call one of the numbers below

York Region Transit

905-762-2100 or 1-866-668-3978

TTY: 905-881-5167 or 1-866-276-7478

www.yorkregiontransit.com

York Region Transit Mobility Plus

905-762-2112 or 1-866-744-1119

TTY: 905-881-5872 or 1-866-276-7479

GO Transit

416-869-3200 or 1-888-GET-ON-GO (1-888-438-6646)

www.gotransit.com

Toronto Transit Commission (TTC)

416-393-4636

www.ttc.ca

Mississauga Transitway

905-615-4311

www.mississaugatransit.com

Brampton Transit

905-874-2999

www.brampton.ca

Durham Region Transit

1-866-247-0055

www.durhamregiontransit.com



FOOD

Aurora Food Pantry

905-841-1577

350 Industrial Parkway South, Aurora
(Located in rear of building)

Area/people served:

Residents of Aurora – St. John’s Sideroad to King Road

Hours:

Saturdays: 9:00 am – 3:00 pm

2nd & 4th Thursdays of the month: 6:00pm – 8:00pm

How often you may use:

Once per month

Amount of food:

3 to 4 days supply at least

Identification needed:

- Proof of residency, driver’s license, OW cheque, hydro bills or any other proof of address
- ID required for dependents

Special features:

Can choose own food to a certain degree

www.aurorafoodpantry.ca

Tip:

Call in advance to double-check ID required and hours of operation

FOOD

Bradford Helping Hand Food Bank

905-775-2824

123 Moore Street, Bradford

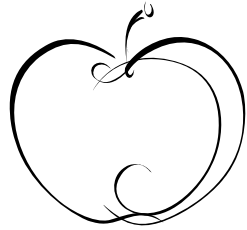
Area/people served:

Bradford and area

Hours:

Monday & Wednesday: 1:00 pm – 2:00 pm

Friday: 6:30pm – 7:30pm



How often you may use and amount of food:

Operated on a point system according to the number of people in the family. A person can come as often as they want until their points are used up. Points cannot be carried over to the next month; they must be utilized within the month.

Identification needed:

- Bring copies of any income, proof of expenses

Tip:

Check out the little neighbourhood stores near you. Often their prices are lower than at the big chain stores.

FOOD

Georgina Community Food Pantry 905-596-0557

20849 Dalton Road, P.O. Box 851, Sutton West L0E 1R0

Area/people served:

All of Georgina

Hours:

Thursdays: 5:00 pm – 8:00 pm

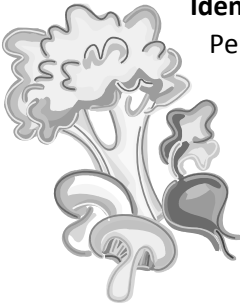
Fridays: 9:00 am – 12:00pm

Amount of food:

Enough for 4 days

Identification needed:

Personal identification required for first visit



www.georginafoodpantry.ca

Tip:

Some churches hold community dinners that cost little or nothing

FOOD

Markham Food Bank

905-472-2437

190 Bullock Drive, Unit 11, Markham L3P 7N2

Area/people served:

East-Markham Durham Townline; East side of Yonge Street
South to Steeles Avenue North

Hours:

Tuesday Evening: 6:00 pm - 7:45 pm
Thursday Afternoon: 12:30 pm - 2:15 pm
Saturday Morning: 9:00 am - 10:45 am

How often you may use:

Every 28 days

Amount of food:

4 days supply

Identification needed:

Identification providing your current address and must be a
resident of Markham.

www.markhamfoodbank.ca

No man knows what he can do until he tries.

FOOD

King Township Food Bank

905-806-1125

The King Township Food Bank is for the exclusive use of residents of King Township. There are four distribution centres. Registrants need only provide proof of residency in King Township to receive assistance.

Hours:

Distribution day is the third Saturday of every month, from 9:00am-11:00am

Locations:

Food is packaged at the depot in Kettleby then shipped to the locations below:

Emmanuel Presbyterian Church

313 Main Street, Schomberg, ON LOG 1T0

(Entrance to parking lot and centre on left side, at the rear of the church)

St. Paul's Presbyterian Church

5750 King Road, Nobleton, ON LOG 1N0

All Saints Anglican Church

12935 Keele Street, King City, ON L7B 1G2

York Pines United Church

3150 Lloydtown-Aurora Road, Kettleby, ON LOG 1J0

www.kingtowshipfoodbank.ca

FOOD

Newmarket Food Pantry

905-895-6823

1251 Gorham St., Unit 8 & 9, Newmarket, ON
L3Y 8Y6

Area/people served:

Newmarket, Holland Landing, River Drive Park,
Queensville and Sharon

Hours:

Mon, Wed, Thurs & Friday: 9:30 am – 11:30 am
and the 2nd Tuesday of each month from
6:00 pm - 7:30 pm

How often you may use:

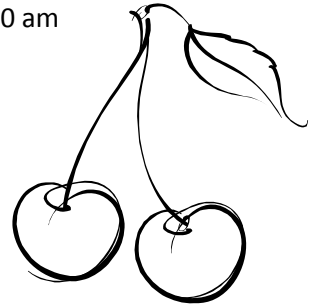
Once per month

Amount of food:

3 days supply of non-perishable food

Identification needed:

Every visit requires you to provide the following: mail
showing your current address and photo ID.



www.newmarketfoodpantry.ca

Tip: Check the food banks for interesting and useful recipes

FOOD

Richmond Hill Community Food Bank

905-508-4761

55 Newkirk Road, Richmond Hill, ON L4G 3G4
(Major Mackenzie Drive/Newkirk Road)

Area/people served:

Richmond Hill residents only

Hours:

Mondays to Fridays: 9:00 am – 11:30 am

How often you may use:

Once every 30 days

Amount of food:

There is only one food order per address, unless it is a legal apartment building. If it is a basement apartment you must prove it is a separate unit/separate family and provide the rental agreement.

Identification needed:

Acceptable identification is a driver's licence, a current piece of mail (e.g., phone, utility bills, bank statement, welfare stub, Children Tax Credit statement, etc., we will not accept leases)

www.richmondhillfoodbank.ca

Tip:

If you use one food bank, please do not go to other food banks. Persons who abuse the food bank may disqualify themselves from receiving any food.

FOOD

**Northridge Community Church of
the Salvation Army
(Help Centre)**

905-895-6276

15338 Leslie St., ON L4G 7C4
mail@northridgesa.com

Area/people served:

From Bloomington Road north to Bradford

Hours:

Mondays and Thursdays: 9:30 am - 11:30 am
By appointment only

How often you may use:

Monthly

Amount of food:

Varies

Identification needed:

Proof of income, proof of address and ID for all members of family

Other:

Clothing and/or furniture on an emergency basis

<http://northridgesa.com/>

FOOD

Salvation Army

905-471-1038

Salvation Army Markham Community Church
9329 McCowan Road, Markham L3P 3J3

Area/people served:

Intersection: 16th Avenue & McCowan Road

Hours:

Monday-Friday: 8:00 am - 2:30 pm

How often you may use:

Persons requiring assistance must call to book an appointment

Identification needed:

Proof of income (e.g. salary stub) and proof of address and birth certificate for all children in the household

Tip:

If there are special financial circumstances, let the food bank know

FOOD

Vaughan Food Bank

905-851-2333

*(Vaughan Food Bank is also the site of the satellite office for
Community Legal Clinic of York Region)*

71 Marycroft Avenue, Unit 8, Woodbridge (Weston Road and Hwy #7)

Area/people served:

City of Vaughan, part of King, and various agencies in York
Region

Hours:

Thursdays and Fridays: 10:00 am – 3:30 pm

How often you may use:

Every 28 days

Amount of food:

Sufficient supply for 28 days

Identification needed:

Proof of residence, proof of income, proper identification,
and a rent receipt.

Special features:

- Cooperative effort between churches, service clubs, schools,
local business and residents
- Accepts donations on a continuous basis

Community Legal Clinic of York Region

905-508-5018

The Legal clinic has recently opened an office within this foodbank. They are open Mon & Fri from 10:00am-4:00pm and are staffed by one lawyer. Clients are encouraged to do an intake with the main office at the contact number listed above.

FOOD

Whitchurch-Stouffville Food Bank 905-640-3640

Churchill Baptist Church (in basement)
15336 9th Line North, Stouffville L4A 7X3 (North of Aurora Rd)

Area/people served:

- Whitchurch-Stouffville ONLY
- Ministerial Association directs people in need to right place to obtain help

Hours:

Tuesdays: 9:30 am – 11:30 am

How often you may use:

Twice monthly

Amount of food:

3 days supply

Identification needed:

Proof of residency required within the Whitchurch-Stouffville community. We will also inquire about the number of individuals in your family in order to provide proper type and amount of food for you. Birth certificates for both adults and children are required.

Special features:

- Emergency food supplies may be provided in special circumstances

Other:

- Clothing given free of charge

www.wsfoodbank.com

FOOD

Mount Albert Food Pantry

905-473-2562

41 Alice Street, Mount Albert, ON LOG 1M0

Mount Albert Church- Pantry is located in the basement of the Church, enter by front door or by ramp at the north door.

Hours:

Last Wednesday of every month from 2:00pm-6:00pm

Non-perishable food for individuals and families in need



Humanity First Food Bank

416-440-0346

600 Bowes Road, Unit # 40

Concord, ON L4K 4A3

Hours:

Monday-Saturday 11:00am-4:00pm

How often you may use:

Offers emergency and short-term support to the low income individuals and families living in York Region and the GTA.

Groceries of up to two weeks to one month are provided to families.

Special Features:

Food support is available for walk-in clients and through free home delivery service to those who have no transportation or are physically challenged.

www.humanityfirst.ca

FOOD

York Region Food Network

905-841-3101

1-866-454-9736

www.yrfn.ca

4moreinfo@yrfn.ca

----- Looking for volunteers -----

- Community gardens
- Gleaning program
- Community kitchens
- Food bank support
- Community food drives
- Child & youth food support

Area/people served:

York Region

Community Gardens:

Our community gardens provide residents and organizations with plots of land, so they can plant, grow and harvest fresh vegetables.

Gleaning program:

We work with local farmers to provide community members living on low income with fresh produce that would otherwise be tilled under at the end of the harvesting season. Bus transportation is arranged from central locations.

Community Kitchens:

Community kitchens provide the opportunity for individuals and groups to participate in cooking nutritious meals on a budget.

Food Access Programs:

York Region Food Network keeps an up-to-date list of food access programs and services in York Region.

FOOD

Emergency Food

Salvation Army – Aurora **905-895-6276**

Northridge Community Church
15338 Leslie St., Aurora

Provides emergency food Mondays and Thursdays,
9:30 am - 11:30 am (appointment required)

Welcoming Arms (Trinity Church) **905-726-1483**

44 Metcalf Street, Aurora (In the rectory/former clergy house
directly to the east of the church on church property)

Provides food vouchers to people in need. Residents of Aurora
only.

Mondays -Thursdays: 9:00am – 12:00pm

Wednesdays: 6:30pm – 8:30pm

Cedarview Community Church **905-716-8893**

Bread of Life Foodbank. Provides emergency food to people in
need who live in the Newmarket, Holland Landing and Aurora
area; call and leave a message.

Unionville Alliance Church **905-477-1104**

4898 16th Avenue, Markham

Free food & clothing for community members in need

3rd Saturday each month: 10 am - 12 noon for regulars

1st Saturday each month: 9:30 am – 12 noon for new people only

St. Vincent De Paul Society

Assists people in need. Check the Roman Catholic Church in your
area

FOOD

Free Lunch and Dinner Programs

Municipality	Program Name	Location & Phone #	Hours
Aurora	Welcome Table	Trinity Anglican Church, 79 Victoria St (east of Yonge, near Aurora Library) 905-727-6101	Wednesday 5:30pm– 7:00pm
Aurora	Rise & Shine Breakfast	Aurora United Church 15186 Yonge St, Aurora 905-727-1935	Saturday 9:30am- 11:00am from Oct-April
Aurora	Martha's Table	St. Andrew's Presbyterian Church 32 Mosely St. (at Victoria) 905-727-5011	Every Thursday 11:30am- 1:00pm Program closes mid June
Aurora	Senior's Lunch Budget Bistro	Aurora Senior's Centre 5 Municipal Way, Aurora 905-726-4767	Every Wednesday from 12:00pm- 1:00pm
Georgina	Gathering Place	Keswick United Church, 177 Church St, Keswick, 905-476-5532	Thursday 4:30pm- 6:00pm
Georgina	Community Dinner	Keswick Christian Church 2 Old Homestead Rd, Keswick 905-476-4548	Last Wednesday of each month 5:00-6:30pm
Markham	Lunch with Grace	Grace Church 19 Parkway Ave (near GO station, east of Hwy 48), 905-294-3184	3rd Tuesday each month 12 noon (closed July, Aug, Dec)
Newmarket	Community Bread on Main	St. John Chrysostom Church, 432 Ontario St (at Main St) 905-898-4137	Mon 5:00pm- 6:30pm (doors open @ 4:30pm)

FOOD

Free Lunch and Dinner Programs

Municipality	Program Name	Location & Phone #	Hours
Newmarket	Community Dinner	Crosslands Community Church, 47 Millard Ave West (look for double red doors) 905-868-9920	Saturday 4:00pm-6:00pm dinner @ 5:00pm crosslands.ca
Newmarket	Lunch at my Place (LAMP)	Trinity United Church 461 Park Ave, Newmarket (at Main) 905-895-4851	Tuesday 12:00pm- 1:00pm (closed July & August)
Newmarket	Community Dinner	Valley View Alliance Church, 800 Davis Dr. Nwmt 905-830-9619	Sundays 4:00pm- 6:00pm dinner @ 5:00pm
Newmarket	Community Dinner	Inn from the Cold 510 Penrose St. Nwmt 905-895-8889	Friday 4:30pm- 6:30pm
Richmond Hill	The Saturday Evening Dinner Ministry	Community Church of Richmond Hill, 45 Crosby Ave (North of Yonge & Major Mackenzie) 905-884-3005 x 30	Every month call Church for reservation
Georgina	Community Dinner	St. Andrew's Presbyterian Church 20858 Dalton Rd. Sutton 905-722-3544	Tuesdays 5:00pm- 6:15pm

OTHER MEAL PROGRAMS

Meals on Wheels CHATS (Community Home Assistance to Seniors) 1-877-452-4287

Meals are available to help seniors to remain independent in their own homes. All foods arrive frozen for final heating in the client's home. Meals are delivered once a week and must be ordered in advance. Special diets (health and ethnic) are available on request.

Hours: 8:30am-4:30pm



Unionville Alliance Church Master's Pantry and Used Clothing Centre 4898 Sixteenth Avenue, Markham

905-477-1104 Ext 230

A food and clothing bank is available on the first and third Saturday for community members in need. A light breakfast is served at 9:00am. The store opens from 9:00am to 11:00am.

The main point of happiness is that a person is willing to be who he/she is.

CLOTHES

Aurora

The Clothes Closet

905-727-6101

Address: Trinity Anglican Church
79 Victoria Street, Aurora

Clothes: good quality, gently used clothes

Prices: reasonably priced

Hours: Monday – Saturday 9:30am-11:30am
The bag sale is the last Monday of the month from 9:00am-11:00am



Once Upon a Child

905-898-2002

Address: 130 Davis Dr, Newmarket L3Y 2N1

Gently used kid's clothes, furniture and toys etc.

Tip: There are many quality second-hand stores. If you're looking for that special outfit at a reduced price, don't forget to look up "second hand stores" in the Yellow Pages.

CLOTHES

GEORGINA

Stretch Thrift Outlet

Address:	103 High Street, Sutton (Next to Post Office) 6 The Queensway S, Keswick (at Church St)
Phone:	905-722-3326 (Sutton) 905-476-1225 (Keswick)
Clothes:	Clothes, trinkets, furniture, small appliances
Hours:	Sutton-Monday –Saturday 10:00am– 5:00pm Keswick-Mon-Wed 9:00am-7:00pm Thur-Fri 9:00am-8:00pm Saturday 9:00am-6:00pm Sunday 10:30am-4:00pm

Tip:

Check newspaper for ads selling second hand furniture...and don't forget garage sales. Also check the "Shoe String Shopper's Guide" in the Toronto Star on Mondays. Turn to the Library Section of this booklet to find out where you can read daily Star, Globe or other newspapers.

CLOTHES

MARKHAM



Salvation Army Thrift Store

905-472-6506

Address: 9293 Hwy #48, Markham

Prices: \$4 and up

Hours: Monday thru Friday: 9:00 am – 9:00 pm
Saturday: 9:00am-8:00pm
Sunday closed

KESWICK

Once Again Boutique

905-476-5532

Address: Keswick United Church
177 Church Street, Keswick

Clothes: second hand clothing

Hours: Wed, Fri & Saturday 10:00am-12:00pm
Tues & Thurs 4:00pm-6:00pm

Tip: Churches are often depots for clothing - ask at a food bank about the churches closest to you that can help.

CLOTHES

NEWMARKET

Bethel Christian Reformed Church 905-895-8341 **Share Care**

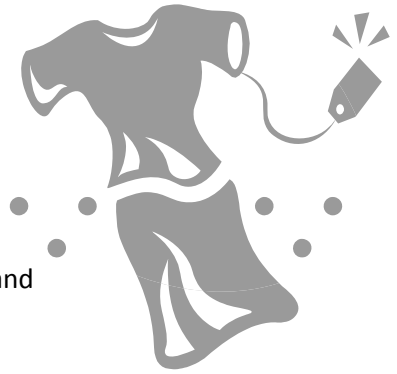
(Formerly Crosslands Clothing Centre)

Used and new clothing, small appliances

Address: 333 Davis Drive West
Newmarket, ON L3Y 2N6

Prices: Clothing provided free
of charge. All ages.

Hours: Thursday 9:00am-11:30am and
every 2nd and 4th Saturday
from 5:00pm-6:00pm



Goodwill

905-898-5911

Address: 20 Davis Drive

Clothes: Quality varies depending on donations; remember
to keep checking

Prices: \$1 - \$12 most items

Hours: Monday thru Fridays: 9:00 am – 9:00 pm
Saturday: 9:00 am – 6:00 pm
Sunday: 10:00 am – 5:00 pm

CLOTHES

NEWMARKET

Salvation Army Thrift Store

905-830-1656

Clothes, housewares, furniture

Address: 130 Davis Drive, Newmarket

Prices: \$3 - \$100

Hours: Monday thru Friday: 9:00 am – 9:00 pm
Saturday: 9:00 am – 8:00 pm



Value Village

905-953-1344

Clothes, housewares, toys, etc.

Address: 130 Davis Drive, Newmarket

Hours: Hours fluctuate, call to confirm

CLOTHES

RICHMOND HILL

Value Village

905-737-7444

Clothing, housewares, jewellery, toys

Address: 10620 Yonge Street, Richmond Hill
Prices: \$2 to \$25 for clothing
Complete outfit for under \$30.00
Hours: Monday – Saturday 9:00 am – 9:00 pm
Sunday: 10:00 am – 6:00 pm

Treasures Charity Thrift Store

905-883-5122

Furniture, books, clothes, toys and household goods, shoes, purses, jewellery, auction items

Address: 12 Levendale Rd, Richmond Hill
(South of Richmond Heights)
Prices: Most items are under \$10
Hours: Monday – Friday 10:00 am – 5:00 pm
Saturday 10:00am-1:00pm

Salvation Army Thrift Store

905-737-7164

Clothes, accessories, books, jewellery, small appliances

Address: 10620 Yonge Street, Richmond Hill
Prices: 49 cents to \$30.00
Hours: Monday – Friday: 9:00 am – 9:00 pm
Saturday: 9:00 am – 8:00 pm

HOUSING

York Region Social Housing and Rent-Geared-to-Income Housing

1-888-256-1112

Social Housing provides affordable rental housing for people with low to moderate incomes who are not able to pay for adequate housing in the private rental market.

Households who are eligible for Rent-Geared-to-Income pay rent based on their household income. Rent is generally no more than 30% of the household's gross monthly income.



Market Rent Housing

1-888-256-1112

Most social housing communities also have non-subsidized units. Applicants apply directly to the housing provider. Call the number below to obtain contact information for housing providers.

For more information about social housing (including application forms and building locations) go to

www.york.ca > Services > Housing

HOUSING

Housing Help Centre

Manages a rental list; helps you find an affordable place to live

Website: www.housinghelpcentre.org

Phone: 905-508-1877 (Central) or 1-888-447-9602

Mosaic Interfaith Out of the Cold Program

Provides overnight emergency shelter, food and clothing six nights per week during the coldest months of the year (November - March) Locations and schedules vary, call or visit the website for more information:

www.miotc.ca

416-948-6682

**York Region Street Outreach Van (1-866-553-4053),
or office # (905-853-3400) or 310-COPE (2673)**

Inn from the Cold Program

905-895-8889

“Inn from the Cold is a hub for the homeless and at risk. We provide a winter shelter, a comprehensive employment program, a catering social enterprise and training program, health and wellness services and a community meal year round.” www.innfromthecold.ca

Homelessness Prevention Program

Jewish Family & Child Services (serving Markham, Richmond Hill & Vaughan)

416-638-7800 ext. 6234

Northridge Community Church of the Salvation Army (serving Aurora, East Gwillimbury, Georgina, King, Newmarket and Whitchurch-Stouffville)

905-895-6119 ext. 1

If you live in York Region and do not receive assistance from the Ontario Disability Support Program or Ontario Works, you may be eligible for the Homelessness Prevention Program. The program helps pay for rent and utilities arrears, moving costs, mortgage payment arrears, first and last month's rent, ID replacement or urgent medical needs. Call the Homelessness Prevention Coordinator in your area.

E-mail: NMahon@jfandcs.com

jane.haslam@northridgecommunitychurch.com

Habitat for Humanity

905-868-8722

Builds affordable homes for sale to needy families at an affordable cost.
dusme@habitatyork.ca

Shelters

For general information about emergency shelters and transition homes, call 1-888-256-1112, TTY: 905-762-0401

Empowerment Through Achievement Vaughan (ETA Vaughan) Women's Shelter and Outreach Centre

(Crisis Line)

905-552-0615

1-877-382-1888

Emergency shelter for women (with or without children) who have experienced or are at risk of abuse. Offers counselling services, advocacy and referrals.

Sandgate Women's Shelter

905-722-3220

(Crisis Line)

1-800-661-8294

Emergency shelter for women (with or without children) who have experienced or are at risk of abuse. Offers follow-up group meetings, individual counselling and support

Yellow Brick House Women's

905-727-1944

Shelter (Crisis Line)

1-800-263-3247

Emergency shelter for women (with or without children) who have experienced or are at risk of abuse. Offers group counselling for abused women, a housing registry for residents, parenting programs and follow-up support

HOUSING

Blue Door Shelters

905-898-1015

1-888-554-5525

(Includes Porter Place, Leeder Place Family Shelter, Youth Shelter)

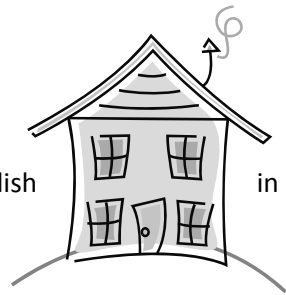
(Main phone # for all 3 shelters -- see below for individual shelter information)

Blue Door Shelters: Porter Place Men's Shelter

Temporary shelter for single males. In addition to basic needs, counselling and life skills programming are provided. (Based on financial eligibility)

Blue Doors Shelters: Leeder Place Emergency Family Shelter

Provides support to families who need temporary emergency shelter to re-establish appropriate community accommodation. [Based on financial eligibility]



Blue Door Shelters: Youth Shelter

Temporary shelter for males between the ages of 16 and 26.

Sutton Youth Multi-Service Centre 905-722-9076

1-877-972-0898

Emergency shelter for homeless males and females between the ages of 16 and 26. In addition to basic needs, counselling and life skills programming are provided. The Sutton Youth Multi-Service Centre also provides transitional housing for male and female youth for up to one year.



HOUSING

**LOFT/Crosslinks Housing and
Support Services**

905-967-0357

102 Main Street South, Newmarket, ON L3Y 3Y7

Provides supportive housing and services to people with serious mental illness.

Programs include community support (Case Management), housing outreach and First Episode service

www.loftcs.org



FURNITURE

Habitat for Humanity Newmarket Restore

905-868-8723

Habitat for Humanity Restores are building supply stores that accept and resell quality new and used building materials.

Address: 776 Davis Drive, Newmarket
Website: www.habitatyork.ca
Hours: Mon, Tues, Thurs, Fri 9:00 am – 6:00 pm
Wednesday: 9:00am-8:00pm
Saturday: 9:00 am – 5:00 pm



Sleep Country Canada Warehouse 416-242-4774

You can get a free mattress through Sleep Country's Donated Bed Program. You need a letter from a reliable charitable organization to qualify.

COMMUNITY INFORMATION

Newspapers

Local newspapers offer information about:

- local news and special achievements
- events and programs in the region
- volunteer opportunities
- courses and recreation programs
- college courses and registration information

Entertainment:

- movies
- restaurants (various coupons)

Social Gatherings

- clubs
- theatre
- sports, festivals

Municipal Notices

- projects and special events
- town meetings
- classifieds for jobs, accommodations and garage sales
- grocery specials and coupons
- proposed changes in tax and user fees
- sometimes availability of public housing



COMMUNITY INFORMATION

Newspapers

Local newspapers are available online at www.yorkregion.com and are delivered free to your home. If you do not receive a copy, call your local paper.

The Bradford Times **905-775-4471**

Bradford West Gwillimbury, Bond Head, Gilford & Cookstown
www.bradfordtimes.ca

The Era Banner **905-853-2527**

Newmarket, Aurora, East Gwillimbury, Bradford and King Township

Georgina Advocate **905-476-7753**

Keswick, Sutton, Pefferlaw and surrounding areas

The Liberal **905-881-3373**

Richmond Hill and Thornhill

Markham Economist & Sun **905-294-2200**

Markham, Unionville and Milliken

Stouffville Sun-Tribune **905-640-2612**

Town of Whitchurch-Stouffville

Vaughan Citizen **905-881-3373**

Concord, Kleinburg, Maple and Woodbridge

COMMUNITY INFORMATION

Cable TV

The York Region cable station is:

Rogers Cable Television

Aurora, Oak Ridges, Newmarket,
Holland Landing, Bradford, Pefferlaw

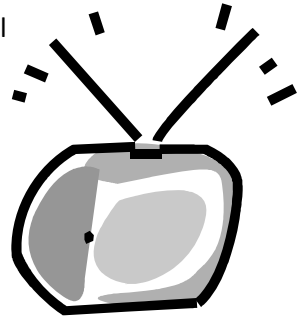
1-888-764-3771

www.rogers.com

(See website for further information regarding available services)

The programs include local political news from all levels of government, sports, education, discussion, kids' shows and variety.

A message board covers information on the different events taking place in the community.



I wish everyone could become rich and famous and have everything they wanted because then they would know that that wasn't it. - Jim Carrey

COMMUNITY INFORMATION

Information for Seniors

There are several free publications available from some supermarkets, paper stands or drug stores. For example, Seniors Plus and Today's Seniors, contain information on:

- health
- clubs
- volunteering
- travel
- discounted services
- entertainment
- retirement communities
- housing

...and much more

Help's Here

416-423-6547

Seniors' information book published twice per year and available at pharmacies in Loblaws, Fortinos, Superstores, Zehrs, Valumart and No Frills

Email: info@helpshere.com

Website: www.helpshere.com

Tip: Many stores have Senior's Discounts. Be sure to inquire about a discount if you are a senior. Discounts are not always the same from store to store.

COMMUNITY INFORMATION

“Heart of York” Neighbourlink Resource Centre
905-895-0615

Website: www.heartofyork@bellnet.ca

Neighbour Link is a collection of 14 churches (this number is growing). Volunteers from local congregations help people with specific needs not usually met by the normal social service agencies.

Needs vary widely: driving to the doctor, house and car repairs, moving families, snow shoveling, food and shelter (to name a few).

Neighbour Link also has some community activities which provide support and reduce isolation.



COMMUNITY INFORMATION

ID Clinic

There are 16 Identification Clinics serving residents of York Region. The ID clinic serves homeless individuals and those with low or no income to obtain necessary identification.

Identification that the ID Clinic can help you with:

- Canadian Birth Certificate
- Canadian Citizenship Card (only if document lost)
- Ontario Health Card
- Statement of Live Birth
- Canadian Marriage Certificate (if needed to get SIN card)
- Social Insurance Card
- Certified copy of Birth Registration
- Records of Landing
- Delayed Statement of Birth
- Interim Federal Health card

Appointments

Appointments can be made by calling: 905-508-1877 or 1-888-447-9602. Please note there are criteria for program admission.

Clinic Schedule

Identification Clinics are held throughout York Region thanks to our community partners. You must make an appointment to attend the clinic. For a listing of clinic locations please call the phone numbers listed above (in appointments section) Mobile clinics can be arranged by calling (905-508-1877)

The Identification Clinic is managed by the Citizens for Affordable Housing and support for this program was made possible through the York Region Community and Health Services Community Development and Investment Fund. There are no fees for service.

CHURCHES

Almost all churches in York Region provide some kind of assistance for people in need:

- food
- clothes
- emergency funds
- referral to shelter
- dinners and special events

The churches' resources mainly go to help the people within their own congregations.

Churches can often refer people to more long term help.

Churches often provide volunteers and space for food banks. Some collect and supply food and clothes all year around. Many churches provide emergency food vouchers and referral to social service agencies. Some volunteers provide emergency meals at their church.

If you are interested in joining a church you will find that there are many activities to interest you and friendships to be made.

**Support the person - do not regulate
him or her.**

FAMILIES AND CHILDREN

KIDSLINE: 1-888-703-KIDS (5437)

Refers parents to programs offered by York Region and by community partners. KIDSLINE is available Monday to Friday from 8:30 am to 4:30 pm.

Child Care Fee Assistance

Available to eligible families who are residents of York Region only, who require assistance with the cost of child care for children up to age 12. Family must demonstrate financial need.

Phone: 1-888-703-KIDS (5437)

AOK Early Child Development and Parenting Programs

These free drop-in programs are located across York Region and provide families and caregivers with information, programs and links to services for children age birth to six years.

Phone: 1-888-703-KIDS (5437) Option 1

www.york.ca

FAMILIES AND CHILDREN

Ontario Early Years Program

What is an Ontario Early Years Centre?

An Ontario Early Years Centre is a place for parents and caregivers of children, up to the age of six, to get information about their children's development and about services to support that development.

Every Ontario Early Years Centre offers the services listed below. The programs and services are free to all parents and caregivers of young children.

- Early learning and literacy programs for parents and children
- Programs to help parents and caregivers in all aspects of early child development
- Programs on pregnancy and parenting
- Links to other early years programs in the community
- Outreach activities so all parents can get involved with their local Ontario Early Years Centre.

www.ontarioearlyyears.ca

FAMILIES AND CHILDREN

Ontario Early Years Program

MARKHAM

Main office

3990 - 14th Ave, Markham
Contact: 905-479-0002

**Please contact main office at
905-479-0002 for further
information**

Markham Village Library
6031 Hwy 7, Markham

Pathways
40 Washington Street
Markham, ON

Satellite Office

Parkland Resource Centre
18 Coxworth Ave, Markham

Cedarwood Public School
399 Elson Street, Markham

Ellen Fairclough Public School
33 Brando Ave, Markham

Rouge River Community Centre
120 Rouge Bank Drive
Markham, ON

RICHMOND HILL

Main Office

10610 Bayview Ave, Unit 9
Richmond Hill,
Agency Contact: YMCA,
905-883-6901 / 1-866-297-9622

FAMILIES AND CHILDREN

Ontario Early Years Program

THORNHILL

Main office

7755 Bayview Ave, Thornhill
905-709-6159

**Please contact main office at
905-709-6159 for further
information**

Satellite office

Bakersfield Public School
121 Misty Sugar Trail
(Program available only July-August)

Forest Run Public School
200 Forest Run Blvd., Vaughan

Satellite office

Thornhill Public School
7554 Yonge St, Thornhill

Charlton Public School
121 Joseph Aaron Blvd, Vaughan

Promenade Mall - The Family Resource
Centre, 1 Promenade Circle, Suite 313,
Thornhill

VAUGHAN / KING / AURORA

Main office

140 Woodbridge Ave, Unit 166C,
Woodbridge, 1-866-404-2077 x 215

**Please contact main office at
1-866-404-2077 x 215 for further
information**

Satellite Office

Ontario Early Years Program
40 Engelhard, Unit #1
Aurora,

YORK NORTH

Main office

(Gates of York Plaza)
17310 Yonge St, Unit 6 Newmarket,
905-853-0754

**Please contact main office at
905-853-0754 for further
information**

Satellite Office

Ontario Early Years Program
R.L. Graham Public School
70 Biscayne Dr, Keswick

FAMILIES AND CHILDREN

Child Parent Resource Centres

Provide resources for parents with children from 0-6 years of age. There are parent education workshops, drop in programs, child first aid programs, early learning activities and much more. Please call the centre for their monthly schedules.

Markham Family Resource Centre Programs

360° KIDS
40 Washington Street, Markham
905-471-1620

Satellite offices listed below. Please contact main office at
905-471-1620 for further information

Markham Library
6031 Hwy #7, Markham

Unionville Library
15 Library Lane, Unionville

Ebenezer United Church
5000 Steeles Ave East, Markham

St. James Presbyterian Church,
6432 Main St, Stouffville,

St. Francis Xavier Catholic School
222 Highglen Avenue, Markham

Tip:

Call York Region's KIDS LINE at 1-888-703-5437 for information about: Child Care Fee Assistance, Early Intervention Services, Preschool Speech and Language, and Child Care (parenting) Support.

FAMILIES AND CHILDREN

Child Parent Resource Centres

Rose of Sharon

905-853-5514

Support and educational services to pregnant and parenting young women under the age of 25

361 Eagle Street, Newmarket

www.therose.ca

Rose of Sharon - All Babies Count Program

Free weekly drop-in prenatal nutrition program. Meet other women, prepare and share healthy meals, take home a bag of food and learn about healthy pregnancy and babies. Visit www.york.ca/prenatalclasses for more information.

(Also serves Keswick and Sutton)



360° KIDS,

905-475-6694

Youth and Families

80 Centurian Drive, Suite 206, Markham

Pathways for Children, Youth

905-884-3070

& Families of York Region

Base 4 Success Program for youth ages 15-30

10944 Yonge St, Richmond Hill



ShareLife

ShareLife funds 34 human service agencies that provide a range of supports to individuals in need, including Family Services, services for Children and Youth, and supports for individuals with special needs. A list of the funded agencies and links to contact them are provided on the ShareLife website at www.sharelife.org.

RECREATION

Parks and Recreation Departments

Your local Parks and Recreation Department delivers free booklets (2 to 4 per year, Seasonal) to your home, listing recreational programs and workshops for children, adults, and seniors. If you haven't received a booklet you can pick-up one from your local town office, library or Community Centre.

EXAMPLES OF PROGRAMS AVAILABLE:

Specialized

- Swimming
- Sledge Hockey
- Social Programs
- Much more!!!

Inclusive

- Cooking
- Summer day camps
- Dance
- Anything in your local recreation guide



Recreation and Summer Camp Programs

FINANCIAL ASSISTANCE

If you have children or you are an adult, you may be eligible to receive a subsidy for community recreation programs offered by local municipal recreation departments in York Region. Call your local Municipal contact for details on subsidy programs: **Contact found on municipal contact sheet on the next page**

LOW INCOME FINANCIAL ASSISTANCE

York Region administers funding for recreation and summer camp for children whose low income families are eligible. Programs take place through local recreation departments.

CONTACT: 1-888-703-KIDS (5437), Option 5 for details

RECREATION

Recreation and Summer Camp Programs –Continued-

You are eligible if you:

- Live in York Region and have children aged 4 to 18 years of age
- Live in Social Housing and have rent geared-to-income or an assessed financial need
- Are receiving Ontario Works benefits
- Are receiving Child Care Fee Assistance and earn an income that is within low-income guidelines established by York Region

FOR MORE SUPPORT

Contact York Support Services/Children’s Treatment Network for support to access Recreational Programs in your community

Contact: Kelly Lapham 1-800-887-3679 ext. 2427
klapham@yssn.ca

RECREATION

Parks and Recreation Departments

For further information call:

Aurora:	905-727 3123 ext. 3121 TTY: 905-726-4766 www.town.aurora.on.ca
East Gwillimbury:	905-478-4282 ext. 236 www.eastgwillimbury.ca
Georgina:	905-476-4301, 905-722-6516, 705-437-2210 ext. 2354 www.georgina.ca
King:	905-833 5321 ext. 5224 www.king.ca
Markham/Thornhill:	905-944-3800 ext. 6522 www.markham.ca
Newmarket:	905-953-5300 ext. 2710 www.newmarket.ca
Richmond Hill:	905-884-0855 ext. 223 www.richmondhill.ca
Vaughan:	905-832 2377 ext. 7405 www.vaughan.ca
Whitchurch/Stouffville	905-640-1910 ext. 323 www.townofws.com

RECREATION

Cadets – Sea and Navy League

905-895-3038

56 Forhan Avenue, Newmarket

www.cadets.ca

For boys and girls aged 12 to 18. Minimal cost involved and uniforms are usually free. Summer camps available.

Admission requirements: proof of birth and Canadian Citizenship or Landed (Immigrant) Status.

Learn all kinds of skills: flying, self discipline, sailing, citizenship, healthy life styles, first aid.



Private Fitness Centres

Many centres will offer a subsidy on an individual basis. YMCA Markham – Hwy 407 and Kennedy.



Girl Guides and Scouts Canada

For boys and girls aged 5 to 26. Programs designed to provide boys and girls, young men and women with challenging and adventurous activities, mostly outdoors.

Each district has its own policies for fees and subsidies. Everything possible is done not to exclude anyone from membership due to their inability to meet registration fees. Uniform depots are also available. Please inquire.

Girl Guides: Rolling Hill Area Office, 38 Parkside Dr, Newmarket, 1-800-565-8111 www.girlguides.ca

Scouts Canada: Southlake Simcoe Area, 265 Yorkland Blvd, North York, 416-490-6364, 1-888-Scouts-now / www.scouts.ca

LIBRARIES

Library Resources

Public libraries provide a wide variety of services beyond books to include:

- access to computers and internet
- movies and games
- music CDs
- books on CD
- movies on video or DVD
- magazines and daily newspapers
- photocopiers
- fax machines

Currently, books, CDs, and movies can be checked out either free or for a nominal fee, (depending on the library board), by library members. Library cards are free to local residents. Two pieces of ID with name and address are required to obtain a library card. There is a small replacement cost for lost cards.

Most libraries have study and reading areas.

Most libraries can assist in locating language translation resources, if necessary.

Meeting rooms may be rented.

All that mankind has done, gained or been through: is lying in magic preservation in the pages of books.

- Thomas Carlyle

LIBRARIES

Library Programs

Throughout the year, programs presented for adults and children are:

- preschool story hour, craft and music classes
- babysitting courses
- school workshops
- summer reading adventures
- adult book club
- live entertainment featuring theatre groups, musicians, puppeteers, etc.
- general interest seminars (RRSPs, Internet, Income Tax, crafts, etc.)
- cultural awareness

Each library publishes monthly event brochures.

The man who does not read good books has no advantage over the man who can't read them.

- Mark Twain

LIBRARIES

Local Libraries

AURORA - www.library.aurora.on.ca

Aurora Public Library

15145 Yonge St, Aurora
905-727-9494

EAST GWILLIMBURY - www.eastgwillimbury.ca/library

Holland Landing Branch

19513 Yonge St, Holland Landing,
905-836-6492

Mount Albert Branch

19300 Centre St, Mount Albert
905-473-2472

GEORGINA - www.georgina-library.com

Keswick Branch

90 Wexford Dr, Keswick
905-476-5762

Pefferlaw Branch

76 Pete's Lane, Pefferlaw
705-437-1514

Peter Gzowski Branch

5279 Black River Rd, Sutton
905-722-5702

KING - www.king-library.on.ca

King City Library

1970 King Rd, King City
905-833-5101

Schomberg Library

77 Main St, Schomberg
905-939-2102

Nobleton Library

8 Sheardown Dr, Nobleton
905-859-4188

Ansnoeveldt Library

18997 Dufferin St, Ansnoeveldt
905-775-8717

LIBRARIES

MARKHAM - www.markham.ca/mpl

Angus Glen Library

3990 Major MacKenzie Dr E,
Markham, 905-513-7977 x7100

Markham Village Library

Markham Village Community
Centre, 6041 Hwy 7, Markham
905-513-7977 x4271

Milliken Mills Library

7600 Kennedy Rd, Unit 1,
Unionville, 905-513-7977 x3521

Thornhill Community Centre Library, 7755 Bayview Ave,

Thornhill, 905-513-7977 x3481

Thornhill Village Library

10 Colbourne St, Thornhill
905-513-7977 x3521

Unionville Library

15 Library Lane, Unionville
905-513-7977 x3517

NEWMARKET - www.newmarketpl.ca

Newmarket Public Library

438 Park Ave, Newmarket
905-953-5110

RICHMOND HILL - www.rhpl.richmondhill.on.ca

Richmond Hill Central Library

1 Atkinson St, Richmond Hill
905-884-9288

Oak Ridges Moraine Branch

13085 Yonge St, Unit 12,
Richmond Hill, 905-773-5533

Richvale Branch

40 Pearson Ave,
Richmond Hill, 905-889-2847

Richmond Green Library

1 William F. Bell Pkwy,
Richmond Hill, 905-780-0711

LIBRARIES

VAUGHAN - www.vaughanpl.com

Ansley Grove Library

350 Ansley Grove Rd,
Woodbridge, 905-653-7323

Bathurst Clark Resource Library

900 Clark Ave W, Thornhill
905-653-7323

Dufferin Clark Library

1441 Clark Ave W, Thornhill
905-653-7323

Gallanough Memorial

1 Book St, Thornhill
905-653-7323

Kleinburg/Branch

10341 Islington Ave N
Kleinburg, 905-653-7323

Maple Branch

10190 Keele St, Maple
905-653-7323

Pierre Burton Resource Library

4921 Rutherford Rd,
Woodbridge, 905-653-7323

Woodbridge Branch

150 Woodbridge Ave, Market
Lane, Woodbridge
905-653-7323

WHITCHURCH-STOUFFVILLE - www.whitchurch-library.on.ca

Whitchurch Stouffville Public Library

2 Park Drive, Stouffville
905-642-7323



EDUCATION AND TRAINING

York Region District School Board

Continuing Education Calendars are delivered to each household in York Region and can be picked up from any York Region library branch.

For more information:

905-727-3141 (Aurora & King Board Office)
www.yrdsb.edu.on.ca

Classes and interest courses are available and include:

- English as a Second Language (ESL)
- Credit courses for Adults which lead to a diploma (Ontario Secondary School)
- Fine arts
- House and car maintenance
- Health and exercise
- Cooking, music, gardening
- Computers, languages, etc.
- Credit courses and ESL courses are free.
- General interest courses have a fee which, for ten weeks, can be as low as \$30 or as high as \$200

Ontario Youth Apprenticeship Program (OYAP)

This program is a school-work transition program offered through Ontario Secondary Schools.

Contact the Employment Ontario hotline at:

Toll free: 1-800-387-5656

TTY: 1-866-533-6339

EDUCATION AND TRAINING

Education for Employment

SENECA COLLEGE - A range of training and employment assistance opportunities. Call **905-898-6199** (Newmarket) for further information, or visit www.seneca.on.ca. Programs offered include:

- Office Systems Operations
- Literacy Basic Skills
- Employment Assistance Services
- Job Connect and Summer Job Services
- Self Employment

SENECA COLLEGE EMPLOYMENT ONTARIO NEWMARET CAMPUS

Employment counselling, academic upgrading, computer skills training, job search workshops and job development services are just some of the programs offered. Office located at 16655 Yonge St. Unit 3, Newmarket, contact 905-898-6199

SENECA COLLEGE, RICHMOND HILL CAMPUS – Continuing education and contract training with an emphasis on E.S.L. and micro-computer training. 24 Wright Street, Richmond Hill, 905-770-5211 x 4338

EMPLOYMENT ONTARIO CONTACT CENTRE: The central point of access to Ontario's training and employment initiatives.
Contact: 1-800-387-5656

EDUCATION AND TRAINING

Education for Employment

Ontario Works Employment Services – For people in receipt of Ontario Works and ODSP **Contact: 1-888-256-1112**

Strategic Employment Solutions, Ontario March of Dimes
Funded by Employment Ontario provides job development assistance in York Region. Assists people with disabilities to prepare for, locate and maintain employment. **Contact: 905-895-7529**

Ontario Government – www.edu.gov.on.ca.

Ministry of Education web site provides information on various topics: French language education, safe schools, college program standards, OSAP loans and apprentice programs.

YMCA Employment & Community Services

Richmond Hill **Contact: 905-780-9622**

Provides career consultation, education information and training for people over the age of 15. Call or walk in.

HEALTHY LIVING

York Region Health Connection

Public health nurses, inspectors and dental hygienists provide free and confidential information, advice and referral to public health and community programs and resources.

Topics include: pregnancy, breastfeeding, parenting, healthy eating, physical activity, injury and substance misuse prevention, tobacco-free living, dental health, immunizations, infectious diseases, sexual health, safe water/food and health hazards.

Service hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.
Call anytime to leave a message or listen to pre-recorded health information. Messages will be returned within one business day.
Interpreter support for other languages is available.

Call 1-800-361-5653

TTY (for the deaf or hard of hearing) 1-866-252-9933

Email: HC@york.ca Web: www.york.ca/health

York Region Public Health Breastfeeding Program provides childbearing families with free breastfeeding information and support during the prenatal and postnatal period, including telephone support and one-on-one assistance in our breastfeeding clinics. For more information visit www.york.ca/breastfeeding or call 1-800-361-5653 for more information.

York Region Public Health Prenatal Education Classes provides free information and fact sheets in several languages on topics relating to health before and during pregnancy. Prenatal education classes are offered to pregnant women and their partners/support person. Classes are available in English and Cantonese. To register, visit www.york.ca/prenatalclasses or call 1-800-361-5653.

HEALTHY LIVING

York Region Public Health Sexual Health Clinics provide confidential, non-judgemental services that do not require OHIP. Clinics are located in Markham, Richmond Hill, Newmarket, Vaughan, Sutton and Keswick. Services include:

- Counselling and education on birth control, sexually transmitted and blood-borne infections, HIV/AIDS, sexual orientation, sexuality and relationships
- Low-cost birth control
- Emergency contraceptives, pregnancy testing, counselling and referral
- Testing and treatment of sexually transmitted infections
- HIV testing (including anonymous and rapid HIV testing)
- Sexual health examinations
- Needle exchange services

To speak to a public health nurse about sexual health concerns or to book an appointment, please call York Region Health Connection at 1-800-361-5653 or TTY 1-866-252-9933

Loft Crosslinks Street Outreach Program offers mobile outreach and support services to street involved youth, homeless individuals and those at risk of becoming homeless. The mobile Street Outreach Van operated by Loft Crosslinks and a multi-disciplinary team of community partners including York Region Public Health, provides food, clothing, blankets, information, referrals to community agencies, needle exchange services and covers transportation costs to shelters. Services are available seven days a week from 2 p.m.-9 p.m., for assistance please call: 1-866-553-4053.

Tip: On a well, and unsure about the quality of your water? Drinking water test kits are available free from York Region Public Health. Health inspection staff will help you interpret the results. Call York Region *Health Connection* at 1-800-361-5653.

HEALTHY LIVING

CENTRAL COMMUNITY CARE ACCESS CENTRE (CCAC)

Information and Referral – To health and community services

CCAC Services:

- Nursing
- Personal Support
- Physiotherapy
- Occupational Therapy
- Social Work
- Speech & Language Pathology
- Dietitian Counselling

Placement into a Long-Term Care Home **1-888-470-2222**

When living independently is no longer possible

www.central.ccac-ont.ca



TELEHEALTH ONTARIO

1-866-797-0000

TTY: 1-866-797-0007

Free access to a Registered Nurse - 24 hours/day, 7 days/wk

A free, confidential telephone service you can call to get health advice or general health information.

Women's Support Network of York Region: 1-800-263-6734

York Region Abuse Program (YRAP): 1-800-263-2240

Canadian Cancer Society: 1-888-939-3333

AIDS Committee of York Region: 1-800-243-7717

Find a Doctor: College of Physicians & Surgeons of Ontario

www.cpso.on.ca/docsearch/ (Dr. list only available online)

HEALTHY LIVING

Pets

York Region Public Health Rabies Program

Low cost rabies vaccination clinics are available. Make sure your dogs and cats are vaccinated against rabies every year. It is also important that all animal bites be reported, as soon as possible, to York Region Public Health. For information on rabies, clinic times and locations, or to report an animal bite, call York Region *Health Connection* at **1-800-361-5653**.



The Farley Foundation

Financial assistance with a veterinarian bill for any type of pet needing non-elective (essential) care (e.g., injuries from an accident). Routine vet bills are not covered.

Pet owner must be on ODSP, or be a senior receiving the GIS. Each qualified vet clinic or pet owner can use up to \$500 per year.

www.farleyfoundation.org

We can judge the heart of a man by his treatment of animals - Immanuel Kant

HEALTHY LIVING

Community Mental Health Services

310-COPE (2673) Crisis Line

310-2673

~ Community Crisis Response Service

Canadian Mental Health Association

905-841-3977

www.cmha-yr.on.ca

1-866-208-5509

- Case Management Program
- Depressed Anonymous
- Social Recreation Program
- Therapy

LOFT/Crosslinks & Housing Support Services

905-967-0357

1-888-967-0357

Krasman Drop-In Centre

905-780-0491

www.krasmancentre.com

1-888-780-0724

- ~ Self Help, Consumer/Survivors & Family Members
- ~ Advocacy

Warm Line York Region

1-888-777-0979

- ~ non-crisis telephone line if you feel you need to talk
- ~ 24 hours, 7 days per week

York Region Abuse Program

905-853-3040

www.yrap2.org

1-800-263-2240

- ~ Sexual Abuse

York Support Services Network

905-898-3721

www.yssn.ca

1-888-695-0070

- ~ Intake and Wait List Inquires
- ~ Case Management

HEALTHY LIVING

Dental Services

University of Toronto Faculty of Dentistry offers reduced rates for dental work. Work is done by students and is supervised by fully-trained dentists. **Contact: 416-979-4927**

York Region Public Health Dental Clinics are located in Markham, Richmond Hill and Newmarket. To speak to a Dental Hygienist, for clinic times and locations, or to book an appointment, please call York Region *Health Connection* at **1-800-361-5653**. Services include:

- Dental screening - Screening is provided in elementary schools and in the public health dental clinics at no charge. Screening is a quick visual look at a child's teeth to see if they have any dental concerns.
- Children in Need of Treatment (CINOT) Program – If a child has an urgent dental problem, no dental coverage and the cost of treatment would be a financial hardship, the child may be eligible for treatment under his program.
- Preventive Services – Preventive services (fluoride, cleaning, sealants) will be offered to children who require them.
- Ontario Works Program – Basic dental care will be offered to eligible adults who are Ontario Works participants and their dependent children.



Free Eye Care

You can receive free eye care through the LensCrafters Gift of Sight program. To participate, you must be referred through a local agency such as Lions clubs, local schools and more. Please contact one of these organizations or a LensCrafters store for more information.

Lenscrafters- 17600 Yonge Street, Newmarket (905)-836-1966

IMPORTANT PHONE NUMBERS

Members of Provincial Parliament

(As of May 1, 2014 this list of MPPs is current, however, we would like to suggest that you visit www.ontla.on.ca for an up-to-date list)

Hon. Michael Chan, MPP Markham-Unionville **905-305-1935**

450 Alden Rd, Unit 5, Markham, ON L3R 5H4

Fax: 905-305-1938

Email: mchan.mpp.co@liberal.ola.org

Frank Klees, MPP Newmarket-Aurora **905-750-0019**

14845 Yonge St, Suite 201, Hunters Gate Plaza,
Aurora, ON L4G 6H8

Fax: 905-750-0050

Email: frank.kleesco@pc.ola.org

Gila Martow, MPP Thornhill **905-731-8462**

Unit 4, Centre Street Square, 1136 Centre St.
Thornhill, ON L4J 3M8

Fax: 905-731-2984

Email: gila.martowco@pc.ola.org

Steven Del Duca, MPP Vaughan **905-832-6630**

Unit 9, 9587 Weston Rd, Woodbridge, ON L4H 3A5

Fax: 905-832-3375

Email: sdelduca.mpp.co@liberal.ola.org

Julia Munro, MPP York Simcoe **905-895-1555**

Unit 8, 45 Grist Mill Road, Holland Landing, ON
L9N 1M7

Fax: 905-895-0337

Email: julia.munro@pc.ola.org

IMPORTANT PHONE NUMBERS

24-Hour Crisis Services

York Regional Police – www.police.york.on.ca

EMERGENCY - Dial 911

Call Central Police Headquarters:

Aurora, East Gwillimbury & Newmarket 905-895-1221

Markham and Vaughan 905-881-1221

Victim's Services of York Region 905-953-5363

1-866-876-5423 x 6790

POISON CONTROL, 24-HOUR SERVICE

1-800-268-9017

Toronto area: 416-813-5900

For children and adults. Call this number AS SOON AS the poisoning is discovered.

KIDS HELP LINE

1-800-668-6868

www.kidshelpphone.ca

If you suspect child abuse - 24-hour crisis line

CHILDREN'S AID SOCIETY (CAS)

905-895-2318

www.yorkcas.on.ca

DOMESTIC ABUSE & SEXUAL ASSAULT CARE

1-800-521-6004

Mackenzie Health Hospital

THE WOMEN'S SUPPORT NETWORK OF Y.R.

905-895-3646

24-hour crisis service

www.womenssupportnetwork.ca

JEWISH FAMILY & CHILD SERVICE

905-882-2331

www.jfandcs.com

CATHOLIC CHILDREN'S AID SOCIETY OF TORONTO

416-395-1500

www.ccas.toronto.on.ca

IMPORTANT PHONE NUMBERS

Shelters for Women Who Are at Risk (with or without children)

Yellow Brick House Women's Shelter 905-727-1944
www.yellowbrickhouse.org (crisis line) 1-800-263-3247
Group counselling for abused women, a housing registry for residents, parenting programs and follow-up support

Sandgate Women's Shelter 905-722-3220
www.sandgate.ca (crisis line) 1-800-661-8294
Individual counselling and follow-up support for individuals and families who have experienced abuse and are fleeing dangerous situations.

Emergency Shelters

Porter Place Men's Shelter 905-898-1015
For single males who are homeless 1-888-554-5525

Leeder Place Emergency Family Shelter 905-898-1015
For families who need to re-establish themselves in permanent accommodation 1-888-554-5525

Blue Door Shelter Youth 905-898-1015
For males ages 16 to 26

Sutton Youth Multi-Service Centre 905-722-9076
Emergency shelter and transitional housing for homeless male and female youth ages 16 to 26 1-877-972-0898

**For general information about emergency shelters call:
1-888-256-1112 / TTY: 905-762-0401**

IMPORTANT PHONE NUMBERS

Hospitals and Addiction

HOSPITAL EMERGENCY SERVICES

South Lake Regional Health Centre Newmarket – www.southlakeregional.com	905-895-4521
Mackenzie Health Foundation Richmond Hill - www.mackenziehealth.ca .	905-883-1212
Markham Stouffville Hospital Markham - www.msh.com	905-472-7000



ADDICTION

Addiction Services for York Region www.asyr.ca	905-841-7007 1-800-263-2288
Self-Help groups, AA-related groups Call for meetings closest to you	1-877-404-5591
Vitanova Foundation www.vitanova.on.ca	905-850 3690
Loft Crosslinks Street Outreach Program Mobile street outreach van that helps homeless or those at risk to find shelter and health care, and provides food and clothing. Needle exchange is available. 7 days a week – 2 p.m. to 9 p.m.	1-866-553-4053
DART - Drug and alcohol information	1-800-565-8603
Ontario Problem Gambling Helpline	1-888-230-3505

IMPORTANT PHONE NUMBERS

Mental Health

Community Crisis Response Service

Toll free: 310-COPE (2673)

Throughout York Region & South Simcoe, 24 hours/day

Warm Line: 1-888-777-0979

Confidential peer support, Noon - Midnight

ADVOCACY

ARCH Disability Law Centre **416-482-8255**

Advocacy Centre for the Elderly **416-598-2656**

CULTURAL SERVICES

Bradford Immigrant and Community Services **905-775-3343**

Catholic Community Services **905-770-7040**

www.ccsyr.org

COSTI Vaughan Employment Services **905-669-5627**

www.costi.org

Jewish Child and Family Services **905-882-2331**

www.jfandcs.com

Vitanova Foundation **905-850-3690**

www.vitanova.on.ca

Ukrainian Social Services **416-763-4982**

Immigrant Aid Organization **1-888-242-2100**

York Region Welcome Centre – **905-761-1155**

Immigrant Services **1-877-761-1155**

www.welcomecentre.ca

IMPORTANT PHONE NUMBERS

Mental Health

CHILD & ADOLESCENT MENTAL HEALTH CENTRES

Blue Hill's Child and Family Services www.bluehillschildandfamily.ca	905-773-4323
Kinark Child and Family Services www.kinark.on.ca	1-800-230-8530
York Centre for Children Youth & Families	905-887-5896
Youthdale	416-368-4896
360 Kids Resource Centre	905-471-1620



Canadian Mental Health Association www.cmha-yr.on.ca Help Overcome Psychosis Early (HOPE)	905-841-3977 1-866-208-5509
Support for Depression Groups	905-841-3977 1-866-345-0183



Family Services York Region (Newmarket, Markham, Richmond Hill, Georgina, Bradford) – www.fsyr.ca Social service agency offering individual, couple, family, and child counselling, as well as group and school-based programs. Sliding scale for subsidies	905-895-2371 1-888-223-3999
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IMPORTANT PHONE NUMBERS

Counselling and Community Living

SERVICES FOR WOMEN & FOR VICTIMS OF ABUSE

Rose of Sharon Services for Young Mothers	905-853-5514
Pregnancy Help Centre (Thornhill)	905-472-4357
Women's Support Network message centre	1-800-263-6734
Women's Centre of York Region	905-853-9270
120 Harry Walker Pkwy N, Newmarket	1-855-853-9270
Domestic Abuse/Sexual Assault Mackenzie Health Hospital	1-800-521-6004
York Region Abuse Program (YRAP) www.yrap2.org	1-800-263-2240



OTHER SERVICES / INFORMATION

Sexual Health Information and Appointment Line – York Region <i>Health Connection</i>	1-800-361-5653
Community Credit Counselling Services	905-707-7695

IMPORTANT PHONE NUMBERS

HOME AND COMMUNITY SUPPORT

Community Home Assistance to Seniors	905-713-3373
York Region Canadian Red Cross Society	905-830-9565
Central Community Care Access Centre	1-888-470-2222
Saint Elizabeth Health Care	905-940-9655

Information/Referral/Directories

Canadian Mental Health Association	905-841-3977
Lance Krasman Centre for Community Mental Health	905-780-0491
Helpmate Community Information & Volunteer Bureau - www.helpmate.volnetmmp.net	905-884-3000
Central Community Care Access Centre www.central.ccac-ont.ca	1-888-470-2222
York Region <i>Health Connection</i> www.york.ca	1-800-361-5653
Information Markham www.markham.ca	905-415-7500
Newmarket Connections Community Information & Volunteer Centre	905-953-5110 ext. 4860
Ontario Health Card (Service Ontario) www.ontario.ca/health-and-wellness/health	1-888-376-5197
Telehealth	1-866-797-0000
YorkLink Community Services Directory www.yorklink.org	1-888-256-1112

IMPORTANT PHONE NUMBERS

Legal Services/Seniors

LEGAL SERVICES

Community Legal Clinic of York Region **905-508-5018**
www.clcyr.on.ca **1-888-365-5226**

Yellow Brick House Counselling and
Legal Support Services **1-800-263-3247**
www.yellowbrickhouse.org

Family Law office of Legal Aid Office **905-898-3955**
www.legalaid.on.ca **1-888-613-8775**

SENIORS

Association of Jewish Seniors-(Circle of Care) **416-635-2860**

Canada Pension Plan/Old Age Security **1-800-277-9914**
Service Ontario

CHATS - Community Home Assistance **905-713-3373**
For seniors – www.chats.on.ca

York Region Long Term Care and Seniors **1-866-967-5582**
Facilities and Community Programs

IMPORTANT PHONE NUMBERS

Ontario Works

York Region provides employment and financial assistance to eligible residents through the Ontario Works program.

HOW TO APPLY FOR ONTARIO WORKS

Before calling, gather the following information about yourself and all your family members:

- | | |
|---|--|
| <ul style="list-style-type: none">▪ Proof of date of birth▪ Social Insurance Number▪ Health Card number▪ Full address, including postal code▪ Immigration number and date of landing, if applicable | <ul style="list-style-type: none">▪ Cost of rent or mortgage▪ Landlord's name & address▪ Bank account information including current balances▪ Cost of utilities (e.g., gas, hydro, water)▪ Address history and employment history for the past 12 months |
|---|--|

Call 1-888-256-1112 or TTY 905-762-0401 (for hearing impaired) to begin your application

The call will take about 20 to 45 minutes. If you appear to be eligible, an appointment will be scheduled for you at one of our local offices. To complete your application for assistance, you will meet with a worker and provide them with the documents listed above. This meeting could take up to two hours. The worker will advise you if you are eligible for assistance.

Ontario Works Offices:

Keswick - 905-989-1883 (If you live North of Ravenshoe)

Newmarket - 905-895-5166 (If you live North of Bloomington & South of Ravenshoe)

Richmond Hill - 905-762-2095 (If you live South of Bloomington & East of Yonge)

Vaughan - 905-850-3490 (If you live South of Bloomington & West of Yonge)

** You may also apply for Ontario Works online by accessing www.york.ca <financial assistance<Ontario Works<applying for employment and financial assistance<applying online

