

A Survival Manual For Workers On Strike Or Locked Out In York Region

This manual contains information about various community and social services in York Region that can assist union members and their families who are on strike or locked out.

2008

For more copies, please contact:

Labour Community Services

15 Gervais Drive, Suite 603
Toronto, Ontario
M3C 1Y8

Telephone: 416-445-5819
Fax: 416-445-5146
Web Site: www.labourcommunityservices.ca

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Community Information

YorkLink

A community services directory available online: www.region.york.on.ca/nr/yorklink/

By phone:

905-895-1231 ext. 2151

1-877-464-9675 ext. 2151

YorkLink information is also available in French, Cantonese, Mandarin, Hindi, Spanish, Korean, Russian, Italian, Farsi and Urdu, Tamil and Vietnamese. Phone York Region Neighbourhood Services:

1-877-263-6867

Helpmate Community Information and Volunteer Bureau

Connects individuals and agencies with the community resources they need.

Richmond Hill Library

1 Atkinson St.

Richmond Hill, ON

L4C 0H5

Mon – Fri: 9:00am-5:00pm

905-884-3000 or 905-884-3839

1-800-363-2412

Email: helpmate@volnetmmp.net

www.helpmate.volnetmmp.net

Info Aurora

Non-profit volunteer group that offers a one-stop source for up-to-date information about Aurora community activities and services. Also provides information about social, health and government services available within Aurora and York Region.

1 Municipal Drive,

PO Box 1000

Aurora, ON

L4G 6J1

Mon – Fri: 8:30am-4:30pm

905-727-8214 or 905-727-3123 Ext. 103

Email: infoaurora@e-aurora.ca

No website listed in manual York website or Google

Info Markham and Markham Volunteer Centre

Free information and referral service serving the residents of Markham.

Markham

L3R 9W3

Mon – Fri: 8:30a.m.-9:30p.m.; Sat, Sun and holidays: 9a.m.-5p.m.

905-415-7500

Crisis Line 905-477-7000 Ext. 6840

e-mail: infoaurora@e-aurora.ca

website: www.informationmarkham.ca

Government Information

Federal

For information on Government of Canada programs and services:

Mon – Fri: 8am – 8pm

1-800-622-6232

Email: sitecanadasite@communication.gc.ca

<http://www.canada.gc.ca/>

Provincial

For information on Ontario Government programs and services:

1-800-267-8097

www.gov.on.ca

York Region

For information on York Region Government programs and services:

905-830-4444

www.region.york.on.ca

York Regional Municipality of Community Services and Housing Department

Provides social support programs and services.

17250 Yonge St.

3rd Floor

Newmarket, ON

L3Y 6Z1

Mon – Fri: 8:30am-4:30pm

905-830-4444, ext.2056

1-800-256-1112- social housing

e-mail: www.york.ca

Services: It develops and implements strategies to reduce homelessness in York Region.

It funds a range of services for individuals who are at risk of becoming homeless. It

provides affordable housing for people with low incomes.

Abuse and Assault (includes shelters)

The Assaulted Women's Helpline

A confidential 24-hour telephone service providing crisis counselling, emotional support, as well as basic information and referrals for:

- emergency shelters
- emergency food
- counselling
- legal services
- health services
- social assistance
- cultural resources
- other community services

Family members, neighbours, professionals or anyone in contact with an assaulted woman may also call.

416-863-0511 (GTA)
1-866-863-0511 (Toll Free – Ontario)
1-866-863-7868 (Toll Free - TTY)

Domestic Abuse and Sexual Assault Resource Centre

Provides a coordinated system to ensure people receive the immediate specialized treatment they require and that they are referred to appropriate agencies for follow-up care. Will also help those suddenly going into crisis years after suffering abuse. A nurse will meet the victim in the emergency department with her through the examination (if needed) ensuring the doctor gets all the medical evidence needed for trial. Medication may be necessary for trauma and sexually transmitted diseases. The worker provides counselling and refers a victim to a lawyer and long-term counselling if needed. Counselling for age 14 and older. Provides acute medical care for all ages within 72 hours of sexual assault.

York Central Hospital
10 Trench St.
Richmond Hill, ON
L4C 4Z3
24 hrs. a day/7 days a week
905-883-1212 General hospital Information
(905) 883-2320 Patient Location Enquiries
Email: grehfeld@yorkcentral.on.ca
www.yorkcentral.on.ca

Project Hostel

Provides a variety of services to women in abusive situations. Operates three main programs. Services include: parenting children's program and a follow-up program. Public education provided to the community on issues of violence against women. Support groups and individual counselling available. Languages: English, Chinese, Italian. Services provided through seven medical programs. Programs include: continuing Care Program, Emergency Medicine Program, Medicine Program, Mental Health Program, Surgery Program, Women and Child Program and York Region Dialysis Program. Full laboratory and diagnostics services also provided. Incoming phone calls to patient rooms are only connected between the hours of 7:00a.m.-9:00p.m.

Main Office

37 Wellington St. East

Aurora, ON L4G 1H6

905-727-0930

1-800-263-2231 (24 Hours 7 days a week)

Sandgate Women's Shelter of Georgina

Provides emergency shelter and supportive counselling for abused women and their children in crisis or abusive situations. Educates the community around issues related to women abuse. Also offers follow-up group meetings, individual counselling and support.

Box 720

Jackson's Point L0E 1L0

905-722-3220 Crisis

(905) 722-4043 Admin

1-800-661-8294

Email: jchaudry@sandgate.ca

Victim Crisis Assistance and Referral Services (VICARS)

Non-profit, community based organization working in partnership with the York Regional Police and Ontario Provincial Police. Provides short-term emotional support and practical assistance to victims of crime and tragic circumstance. Such incidents include: domestic violence, sexual assault, suicide, sudden death, homicide, fire, break & enter, robbery, property crimes and traffic accidents.

4981 Hwy 7 East

Unit 12 A, Box 243

Markham, ON L3R 1N1

Mon – Fri: 8:30am-4:30pm

905-881-1221 Ext 7515

Email: vicarsyr@sprint.ca

<http://www.vicarsyr.org>

Women's Support Network of York Region

Counselling, support, advocacy and education/information for women who have experienced childhood or adult sexual abuse, sexual assault, sexual harassment, date rape, etc. High school outreach program which supports students with issues of sexual violence (male and female).

1110 Stellar Drive, Unit 109

Newmarket, ON L3Y 7B7

Mon – Fri: 9am-5pm/ crisis lines answering service 24 hrs.a day/7 days a week

905-895-7313 or 905-895-3646

1-800-263-6734 (24 Hours)

Email: msmithwsn@womenssupportnetwork.ca

Website: www.womenssupportnetwork.ca

Yellow Brick House – Emergency Shelter (Women)

Provides emergency shelter for women and their children in crisis. 24-hour crisis telephone line, informal counselling, assessments and referral options for abused women.

P.O. Box 278, Aurora, On, L4G 3H4

905-727-0930 (Admin)

(905) 727-1944 (Crisis)

1-800-263-3247(Crisis)

www.yellowbrickhouse.org

e-mail: info@yellowbrickhouse.org

York Region Abuse Program

Support and group counselling for children, youth and families affected by child sexual abuse and by sexual assault. Provides prevention, training of professionals and volunteers, community education, advocacy, research and court support.

17705 Leslie Street

Unit 12

Newmarket, ON

L3Y 3E3

Mon – Fri: 8:30p.m.-4:30p.m.

905-773-5706 or 905-853-3040

1-800-263-2240

Email: a.peck@yrap2.org

Website: www.yrap2.org

Budgeting

Before being on strike, you may not have needed to prepare formal budgets for your household spending. However, now you will probably need to control where every penny is to be spent.

Start by listing all your monthly financial commitments. Put down your monthly income and divide it up according to your commitments.

If you do not have enough money to make ends meet, you may have to start cutting expenses. If you still cannot make ends meet, it's time to ask if you can make special financial arrangements in the following areas – utilities, telephone, taxes, car loans, credit cards, and any other monthly bills you might have.

The key is to talk to your creditors. The worst thing you can do is to hide, to miss payments, not to answer the phone or make promises you cannot keep.

Here are some suggestions for specific items:

Auto and Home Insurance – contact the insurance agents and discuss ways to spread out the premiums.

Car Loans – try to defer your loan payment, or discuss with the loans officer the possibility of re-financing to reduce the size of payment.

Credit Cards – find out what the minimum payments are to keep your account current. Avoid using your credit cards. You may owe money already and it would worsen the situation if you increase your debt load at this time.

Department Store Accounts – contact the businesses involved and discuss your situation.

Home Mortgages – contact your lender and try to work out a new payment plan, before payment is due.

Renters – contact your landlord before rent is due. Try to reduce or defer payment temporarily until you are back to work.

Property Taxes – call the taxation office in your municipality to find out if payment can be delayed and how much the penalties will be.

Utilities – contact the utility office (electricity, gas, oil, etc.). You may be able to pay part of the bill and spread payments out.

If you are having trouble meeting your financial commitments, seek debt counselling. You do not want to destroy your credit rating for the future.

Sample Letter to a Creditor

Dear (Name of Creditor):

Due to (explain reason) I am experiencing financial difficulty and am asking you to accept a reduced payment for (give period of time). At that time, I hope to (have my other bills paid – be back at work – have found a part-time job).

I would appreciate your consideration in this matter, as I am not able to meet the regular payment of _____. I request that you accept _____ per month during this emergency.

Please do not place my account in the hands of a collection agency. I wish to deal with you directly. Would you consider withholding interest on my account? I do not wish to go further in debt. I have been a customer of your organization for _____ years and have always paid my bills on time.

I will resume regular payments as soon as possible and will notify you immediately when I find out when this will be.

Sincerely,

Name:

Address

Phone Number:

Credit Account Number:

Sample Letter to a Creditor

TO: All Creditors

From: UNION _____ LOCAL # _____

Union/Local _____ members, who are workers employed by _____ are currently on strike/lockout. As you can imagine, the strike/lockout is causing financial hardship to all of our members.

At present, our members are making every effort to contact creditors to renegotiate monthly mortgage/rent and bill payments until the strike is settled. Once a settlement is reached and our members are back to work, they will make every effort to pay any overdue payments they might have incurred.

It is the Union's hope that, as the creditor of one of our members, you will understand the current difficult situation and allow them to negotiate a payment schedule which is within their means and mutually acceptable.

We appreciate your assistance to our members at this time.

Yours sincerely,

Suggested signature:

President of Local
Staff Representative or
Chair of Benevolent Committee

Family and Credit Counselling Services

A community based mental health agency providing professional psychological counselling and education that is confidential and supportive. Provides affordable individual, couple and family counselling. Educational group programs bring together individuals with common concerns to enhance skills in areas such as parenting, anger management, coping with separation and divorce and stress management, family education programs, violence against women counselling and prevention and credit counselling.

10670 Yonge St.

Richmond Hill, ON

L4C 3N8

905-884-9148 or 905-884-9140, main ph# 1-800-267-2272

Email: paul@faccs.com, main e-mail: info@creditcanada.com

Website: www.faccs.com, main website:creditcanada.com

website is under construction

also listed again on pg.21.

Child Care

Child Care Fee Assistance

Helps eligible applicants with an assessed financial need, with the cost of child care for their children aged birth to 12 years old. Administered by Community Services and Housing Department. Only spaces in childcare programs that have a Purchase-of-Service Agreement with York Region can be subsidized through fee assistance.

South East Communities of York Region

3901 Highway 7
Suite 501
Woodbridge, ON
L4L 6B2
905-850-3490

South West Communities of York Region

625 Cochrane Dr.
Suite 400
Markham, ON
L3R 9R9
905-513-0880

Central Communities of York Region

23324 Woodbine Ave.
Keswick, ON
L4P 3E9
905-989-1883
705-437-2133

Northern Communities of York Region

62 Bayview Parkway
Newmarket, ON
L3Y 3W3
905-895-5166
905-881-2524

York, Regional Municipality of Community and Health Services Department, Family and Children's Services

Child care professionals advise callers on child care programs and services in York Region. Information about selecting quality child care, Child Care Fee Assistance, Family Resource Centres, Early Intervention Services, Pre-school Speech and Language treatment program and licensed child care programs and nanny agencies. Callers looking for information about unlicensed and informal care options are referred to family resource centres.

17250 Yonge St.
Newmarket, ON
L3Y 6Z1
905-830-9487
1-888-703-5437
Email: elizabeth.wagle@region.york.on.ca
Website: www.York.ca

Children and Youth Services

Child and Adolescent Crisis Program

This outpatient program provides urgent assessment and short-term treatment for children up to 18 years of age, as well as support to parents during crisis periods. Offers brief individual and family therapy. Does not require a physician's referral.

South Lake Regional Health Centre

596 Davis Drive

Newmarket, ON L3Y 2P9

Mon - Fri: 9am-9pm

905-853-2227 or 905-895-4521 Ext. 2227

www.ych.on.ca/mentalhealth.child.html

not found in manual or York website, and its website doesn't exist

Children's Aid Society Family Services

Responsible to protect children who are abused, neglected or abandoned, to prevent children from requiring protection, and to provide services to their families. Services include: consultation and advice on child protection issues; investigation and assessment of child protection concerns; family and individual counselling dealing with child protection matters; foster care; adoption and adoption disclosure; support and counselling to unmarried parents, including adoption planning; volunteer programs; community education.

85 Eagle St. West

Box 358

Newmarket, ON L3Y 4X7

905-895-2318

1-800-718-3850

e-mail: Patrick.lake@yorkcas.org

www.yorkcas.org

Community Crisis Response Service

For people in distress or experiencing a mental health crisis. Provides immediate crisis assessment and intervention, referrals and follow-up for individuals, their families and friends. Offers information and linkages to resources and services in the community.

7 Days a week: 7am-4am From 4am-7am phone 911 or local hospital.

905-310-COPE (2673)

This toll-free number can only be used in the 905 area. The number can be used without dialing the area code.

Delisle Youth Services

Counselling, day treatment, and residential treatment for youth 13-19 years and their families.

40 Orchard View Blvd.

Suite 255

Toronto, ON M4R 1B9

Mon – Fri: 9:00am-5pm

416-482-0081

<http://www.delisleyouth.org>

e-mail: info@delisleyouth.org

Kids Help Phone Line

Kids Help Phone and Parent Help Line counsellors answer toll-free telephone calls 24 hours a day. Counsellors provide confidential and anonymous phone counselling, support, information and, if necessary, referral to a local community or social service agency.

439 University Ave., Suite 300
Toronto, ON
1-800-668-6868 (24 Hours)
1-888-603-9100 (24 Hours)
Email: mark.letassey@kidshelp.sympatico.ca
<http://www.kidshelp.sympatico.ca>

New Path Youth and Family Counselling

Provides residential treatment to adolescents who are experiencing severe emotional/behavioural/family difficulties. Offers family counselling, individual counselling, group and life skills.

Regional Road 3
Cookstown, ON L0L 1L0
Mon – Fri: 8:30am-4:30pm
705-725-7656
1-866-566-7656
Email: edayus@newpath.ca
<http://www.barint.on.ca/thompsoncentre>

Pathways for Children, Youth and Families of York Region Inc.

Provides a variety of children, youth and family programs. Offers CAP-C program - young parent support programs, supper club and exercise group. Operates the following parent child resource centres: Markham Parent-Child Resource Centre; Milliken Parent-Child Resource Centre; Stouffville Parent-Child Resource Centre. Operates residential support for youth aged 16-19.

135-137 Main St. North
Suite 308
Markham, ON L3P 5T3
Mon – Fri: 9am-5pm
905-471-7877
Email: Admin@ppathwaysyorkregion.org
Website: www.pathwaysyorkregion.org

Tel-Aide Jewish Distress Line

Trained volunteers assist callers.

4300 Bathurst St. Apt# 105
P.O. Box 105
North York, ON M3A 6A4
416-636-9610
Email: tel-aide@internetaddress.com

Community and Recreation Centres

Aurora

Aurora Community Centre

1 Community Centre Lane
905-841-2371

Aurora Leisure Complex

135 Industrial Parkway North
L4G 4C4
905-841-7529
Hours: Mon-Fri: 6am-10pm, Sat-Sun: 8am-5p.m.
Website: www.e-aurora.ca

Aurora Town Hall

1 Municipal Drive
905-727-3123

Aurora Seniors' Centre

5 Municipal Dr
905-726-4727

Markham

Armada Community Centre

2401 Denison St.
905-474-1007 ext.31

Box Grove Community Centre

7651 9th Line
L6B 1A8
905-472-2570- 24hr answering machine

Cedargrove Community Centre

7667 14th Ave
905-294-5205

Centennial Community Centre

8600 McCowan Rd.
905-294-6111

Crosby Community Centre

210 Main St.
905-477-6410 Ext. 22
905-944-3777- general enquiries

Markham Seniors Activity Centre

22 Water St.
905-294-5111

Markham Village Community Centre

6041 Highway 7
Markham, On
L3P 3A7
905-294-6111

Milliken Mills Community Centre

7600 Kennedy Rd.
905-477-6410

Mount Joy Community Centre

6096 16th Ave E
Markham, On
905-471-8755

Rouge River Community Centre

120 Rouge Bank Dr.
905-474-1007

R. J. Clatworthy Arena

2400 John St. (Don Mills Rd.)
905-881-3313-rental facilities
Office phone: 905-944-3800

Richmond Hill

Bayview Hill Community Centre and Pool

114 Spadina Rd.
905-508-5995

Centennial Pool and Fitness Centre

161 Newkirk Rd.
Richmond Hill, On
L4C 3G6
905-884-0755

Ed Sackfield Fitness Centre

311 Valleymede Dr.
Richmond Hill, On
L4B 2E1
905-771-8333

Elgin Barrow

43 Church St. South
905-884-1368

Elgin West Community Centre and Pool

11099 Bathurst St.
Richmond Hill, On
L4C 0N2
905-508-7012

Lake Wilcox Community Centre

81 Wildwood Ave.
Richmond Hill, On
L4E 3B6
905-771-8870

Oak Ridges Recreation Centre

70 Old Colony Rd
Oak Ridges, On
L4E 3G4
Hours: Mon-Fri: 8:30am-4:30pm (main office), arena is open until 2am
905-773-4571
Website: www.richmondhill.ca

Richvale Community Centre and Pool

160 Avenue Rd.
Richmond Hill, On
L4C 5L8
905-884-0855

Richmond Green Sports Centre

1300 Elgin Mills Rd. East
Richmond Hill, On
L4S 1M5
905-726-8767
Not found

Richmond Hill Heritage Centre

19 Church St. North
Richmond Hill, On
Hours: Tues: 1pm-4pm, Thurs: 4pm-8pm, Sat: 10am-4pm
905-780-3802
e-mail: arts@heritage@richmondhill.ca
Website: www.town.richmond-hill.on.ca
905-780-3802

Richmond Hill Lions Hall

415-326 Major Mackenzie Dr E,
Richmond Hill, On
L4C 8T4
905-771-8870
Website: www.Lionesa16family.org/lionessclubs.html
Has same ph# and some connection to Spruce Avenue Community Centre

Spruce Avenue Community Centre

31 Spruce Ave.
Richmond Hill, On
L4C 6V9
905-771-8870
Has same ph# and some connection to Richmond Hill Lions Hall

Stouffville-Whitchurch

Not found

Ballantrae Community Centre

5592 Aurora Rd
Stouffville, On
L4A 7X3
905-640-6411

Lebovic Leisure Centre

30 Burkholder St.

Stouffville, On

Regular hours: Mon-Thurs: 6am-10pm, Fri: 6am-9pm

Summer hours: June 27 to Sept 2: Mon-Thurs: 6am-8pm, Fri: 6am-8pm, Sat-Sun: 8am-4pm

905-642-7529

Latcham Hall

8 Park Drive

Stouffville, On L

L4A 1G4

905-640-5545

Lemonville Community Centre

13453 McCowan Road

Stouffville, On

L4A 7X5

905-640-3965

Vandorf Community Centre

14663 Woodbine Avenue

Aurora, On

L0X 1G0

905-727-1165

Vaughan-Newmarket

Chancellor Community Centre

350 Ansley Grove Avenue
Woodbridge, On
L4L 3W4
905-832-8620

Dufferin Clark Community Centre

1441 Clark Avenue West
Thornhill, On
905-832-8554

Rosemount Community Centre

1000 New Westminster Drive
Thornhill, On
905-709-4597

Father Ermano Bulfon Community Centre

8141 Martingrove Road
Woodbridge, On
L4L 3W9
905-879-8732

Maple Community Centre

10190 Keele Street
Maple, On
L6A 1R7
905-832-2377

Garnet A. Williams Community Centre

501 Clark Avenue West
Thornhill, On
L4J 4E5
905-832-8552

Al Palladini Community Centre

9201 Islington Avenue
Woodbridge, On
L4L 1A7
905-832-8564

Counselling

Bradford Immigrant and Community Services

Provides translation, information and referral on social, legal, health and government issues. Services include written and verbal translations; form completion; walk-in and telephone inquiries; resume preparation; commissioning of documents; citizenship and immigration forms; government forms. Languages: English, Hungarian, Italian, Portuguese, Slovak, Spanish.

11 Holland St East
Bradford, ON
L3Z 2B8
Mon – Fri: 9am-1:00pm
905-775-3343
Email: b.i.c.s@on.aibn.com

Catholic Community Services

Within the Catholic value system, serves people with social and personal needs. Advocates for changes in our community and in Government legislation so as to enhance welfare, health and functioning of the individuals and families served by the agency. Evening counselling appointments offered. Languages: Arabic, Armenian, Bosnian, Bulgarian, Chinese (Cantonese), Chinese (Mandarin), Croatian, English, Farsi, Filipino, French, German, Hindi, Italian, Khmer, Lao, Polish, Portuguese, Punjabi, Russian, Serbian, Somali, Spanish, Swahili, Thai and Turkish.

21 Dunlop Street,
Richmond Hill, ON
L4C 2M6
Mon – Fri: 8:30am-4:30pm
905-770-7040
1-800-263-2075
Email: ccsyrr@ccsyrr.org
www.ccsyrr.org

Centre for Information and Community Services of Ontario

Provides information and referral, orientation, English and language training, citizenship and life skills to immigrants; employment services for immigrants, training courses, employment counselling, job vacancies information and job matching. Provides programs for families, women and seniors. Community volunteer development and leadership training. Languages: English, Cantonese and Mandarin.
York Region Family and Education Centre

7878 Kennedy Rd
Unit 228
Markham, ON
L3R 5P1
Mon – Fri: 9am-5pm
905-474-5092
Email: m.chan@cicscanada.com
<http://www.cicscanada.com>

Chinese Family Services of Ontario (CFSO)

Offers linguistically and culturally sensitive counselling and family services for Chinese Canadians. Services include counselling, family life education, violence against women program, domestic violence intervention program for men, program for problem gamblers, alcoholics and drug abuse. It offers linguistically sensitive and culturally sensitive and culturally responsive counselling and family services to enhance the functioning and the quality of life of individuals and families. Languages: English, Mandarin and Cantonese.

15 Wertheim Court
Suite 607
Richmond Hill
416-979-8299
416-979-2743
Email: info@chinesefamilyso.com
www.chinesefamilyso.com

Chinese Social Service Network York Region

An informal network of social workers, counsellors, therapists, seniors' workers, teachers, psychologists. The group meets bimonthly to network, share information, provide mutual support, discuss common issues, affecting the delivery of services, and undertake joint projects.

7828 Kennedy Rd
Suite 228
Markham, On
Mon – Fri: 8:30am-4:30pm
905-770-7040 Ext 235
Email: cssn.yr@cicscanada.com
Website: www.cicscanada.com/en/cssnyre.pdf (English)

COSTI

Provides services to immigrants and refugees including settlement services, counselling, education and training. Languages: Arabic, Chinese (Cantonese), English, Italian, Polish and Portuguese.

7800 Jane Street
Unit 1
Concord, On
L4K 4R6
Mon- Fri: 8:30am-4:30pm; Tues, Wed, Thur: 8:30am-7pm
905-669-5627
e-mail: vaughan@costi.org
website: www.costi.org

Family and Credit Counselling Services

A community based mental health agency providing professional psychological counselling and education that is confidential and supportive. Provides affordable individual, couple and family counselling. Educational group programs bring together individuals with common concerns to enhance skills in areas such as parenting, anger management, coping with separation and divorce and stress management, family education programs, violence against women counselling and prevention and credit counselling.

10670 Yonge St.

Unit 18

Richmond Hill, ON

L4C 3N8

905-884-9148 or 905-884-9140

Email: paul@faccs.com

www.faccs.com

main ph# 1-800-267-2272

main e-mail: www.info@creditcanada.com

main Website: www.creditcanada.com also listed on pg.9

Family Life Centre

provides affordable professional counselling and family education services to individuals, couples and families who are experiencing difficulties coping with stressful life situations or difficulties in their relationships.

1091 Gorham St.

Suite 202,

Newmarket, ON

L3Y 7V1

905-895-2371

1-800-638-9552

10610 Bayview Ave.

Unit 18

Richmond Hill, ON

L4B 3N8

Mon – Fri: 9am-5pm

905-884-9148

Family Life Centre

Provides individual and family counselling, group therapy, assessment, treatment, advocacy, career planning, personality testing and weekly legal clinic. This centre operates the Youth in Transition program.

4261 Highway 7

Suite 203

Unionville, On

L3R 1L5

Mon-Fri: 9am-9pm

905-415-9719

1-800-638-9552

e-mail: flc@neptune.on.ca

(another) Family Life Centre

Provides affordable professional counselling and family education services to individuals, couples and families who are experiencing difficulties coping with stressful life situations or difficulties in their relationships.

354 Midland Ave

Midland, On

L4R 3K7

705-526-9397

e-mail: info@Catholicfamilylifecentre.com

Family Services – The Changing Family Support Group

Support groups and classes for families. Issues include: Coping with the Crisis of Separation; Single Again; One Family, Two Homes; Remarriage Preparation; Changes in Our House; New Immigrants; Divorce, Young Widows and Widowers; Rebuilding After Separation; Picking Up the Pieces; Mediation; Surviving Separation and Looking Ahead; What to Tell the Kids When You're About to Separate.

1091 Gorham St.

Unit 202

Newmarket, ON

L3Y 7V1

905-895-2371 Main Location

1-888-223-3999 Main Location

e-mail: elaker@fsyr.ca

website: www.fsyr.ca

Georgina Family Life Centre

Provides counselling to children, adults, couples, families and individuals in times of stress. Support groups are also available for adults and adolescents.

25202 Warden Ave

Belhaven, ON

L0E 1R0

Tues, Thurs and Fri: 9am-5pm and Wed: 9am-8pm

905-476-3611

Email: gflc@neptune.on.ca

Italian Social Service Network

An informal network of social service professionals for the Italian speaking community.

21 Dunlop St.

Richmond Hill, ON

L4C 2M6

905-770-7040 Ext 235

Email: frezza@ccsy.org

Not found in York website or manual or Google

Jewish Family and Child Service, York Region Branch

Prevention, counselling, education and advocacy services within the context of Jewish values. Evening appointments offered. Supports and promotes healthy development of individuals, families and communities in the Greater Toronto Area. School work program, changing family program including individual and group, collaborative law for divorcing families.

1 Promenade Circle

Suite 313

Thornhill, ON

L4J 4P8

Mon – Thurs: 9am-5pm and Fri: 9am-4pm

905-882-2331

Youth: 416-636-9610

After Hours Phone: (416) 638-7800 evening appointments

Distress Line (TelAid) 416-636-9610

e-mail: Mauerbach@jfandcs.com

Website: www.jfandcs.com

Jewish Immigrant Aid Services

Offers settlement and integration services for Jewish immigrants from any country through counselling, workshops, and English as a Second Language classes.

Languages: English, French, German, Hebrew, Russian, Yiddish. Must be living in Canada legally for at least 2 years to be eligible for the services.

4600 Bathurst St

Suite 325

Toronto, ON

M2R 3V3

Mon – Thurs: 9am-5pm and Fri: 9am-3pm

416-630-6481

Email: info@jias.org

<http://www.jiastoronto.org>

Lao Association for Ontario (LAO)

Information and support services for people of Thai origin. Languages: English, French, Lao and Thai.

956 Wilson Ave. West
Toronto, ON
M3K 1E7
Mon-Fri 9:00am-5:00pm
416-398-3057
Email: laoweb@hotmail.com

PRIDE York Region

Provides advocacy, support and referral services to the gay/lesbian/bi/trans community.

PO Box 182
Markham, ON
L3P 3J7
905-953-9582
1-888-442-9967
Email: yorkpride@yahoo.ca
Website: gayyorkregion.com

South East Asian Services Centre

Programs, volunteer opportunities and community activities.

50 Kennedy Rd South
Unit 35
Brampton, ON
Mon – Fri: 9am-5pm
905-454-3933
www.seascentre.org

Toronto Chinese Community Services Association (TCCSA)

Helps newcomers to Canada by providing information and free child minding while attending LINC classes. Provides work experience and training and social interaction within the newcomer and Canadian communities. Languages: Cantonese, Mandarin and English.

Metro Square
3636 Steeles Ave East
Unit 223
Markham, ON
L3R 1K9
Mon – Fri: 9am-5pm and Sat: 9:30am-12:30pm
905-948-1671
Email: martccsa@on.aibn.com
<http://www.tccsa.on.ca>

Yellow Brick House – Counselling

Shelter and support services for women and their children in crisis as a result of abuse or loss of housing and ongoing counselling for women and their children. Services include short-term individual counselling for women 16 years of age and older, crisis intervention, information, education and advocacy for women in abusive situations, legal information and resources, court support. Public education provided to the community on issues of violence against women. Support groups and counselling available. Call for details. Toll free Admin Number: 1-800-263-2231.

8199 Yonge St.

Suite 401

Thornhill, ON

L3T 2C6

905-881-3344

1-800-565-0383

www.yellowbrickhouse.org

Self-Help

Self-Help Resource Network

Information on groups concerned with addictions, compulsions, bereavement, seniors, etc. Assist in finding an appropriate self-help group, or assist a group in starting their own with shared concerns. Services provided are information and referral, a resource library, consultation, workshops, training, conferences, newsletter and directory of self-help groups in Ontario.

40 Orchard View Blvd

Suite 219

Toronto, ON

M4R 1B9

416-487-4355

1-888-283-8806

Hours: Mon-Thurs: 9am-5pm, Fri: 9am-2pm

e-mail: shrc@selfhelp.on.ca

Website: www.selfhelp.on.ca

Emergency Hostels

Leeder Place Emergency Family Shelter

Provides support to families who need temporary shelter. Duration of service is two to four weeks.

18838 Yonge Street
Newmarket, ON
905-898-1658 (24 hour)

Porter Place Men's Shelter

Provides temporary shelter for males 25-years-old and over. Provides basic needs, counselling and life skills programming. Suitability is determined on an individual basis through an intake interview.

18838 Yonge Street
East Gwillimbury, On
905-898-1015
Mail: 16715-12 Yonge St #223
Newmarket, ON
L3X 1X4
Email: tshsyr@atntcanada.ca

Transitional and Supportive Housing Services

Provides supportive and emergency housing services to homeless people. Offers counselling and other supports to help clients resolve their immediate social, housing and/or financial crisis. The agency operates Porter Place Men's Hostel, Leeder Place Family Shelter, Lakeview Place (psychiatric); Burns Place, York Region Youth Shelter, Drop Zone, and Community Housing Support program. Transition Homes provide temporary shelter for abused single women and abused women with children. The Community Services and Housing Department helps eligible Transition Homes residents by providing financial support for board and lodging while they remain in the hostel.

18838 Yonge Street
East Gwillimbury, ON
L3Y 4V8
Mon-Fri: (24 hours/7 days a week)
905-898-1015
905-898-1658
Email: info@ [tshsyr.ca](mailto:info@tshsyr.ca)
Website: www.tshsyr.ca

Youth Shelter

Provides temporary shelter for males between the ages of 16 and 26 years. A day program also provides support through various activities.

905-830-0121
1-888-256-1112

Employment

Human Resources Development Canada

Government department delivers a wide range of income support, human resource information and labour market adjustment programs, directly or through a community service delivery network. Helps Canadians prepare for, find and keep work; offers Employment Insurance benefits; administers Income Security and Labour programs; labour standards; Social Insurance Number (SIN) application centre.

Call for contact information for Employment Resource Centres in various York Region communities. Resource Centres provide employment-related workshops, computers, help with resumes, etc.

200 Town Centre Court

P.O. Box 5100 Stn D

Scarborough, ON

M1R 5C8

Mon – Fri: 8:30am-4:30pm

800-255-2786

1-800-277-9914

Email: ontario.inquiry@hrdc-drhc.gc.ca

<http://www.hrsdc.gc.ca>

Food and Clothing

Aurora Food Pantry

Provides free emergency food to low income residents of Aurora. People can use the food bank once per month.

15213 Yonge St. South
Basement
Aurora, ON
L4G 1L8
Mon – Fri: 9am-3pm
905-841-1577

New Circles Community Services

Provides free coats, snowsuits, boots, hats, mittens, scarves and gloves to children throughout Toronto. The agency has a clothing unit, and seniors outreach programs, as well as counselling and support services. It's a not-for-profit support agency.

10 Gateway Blvd
Suite 100
416-422-2591
Toronto, On
M3C 3A1
e-mail: info@newcircles.ca

Coats For Kids

Supplies free winter clothing to all ages, from infants to young adults. Limited adult winter clothing available. During Christmas, stuffed bears are given out to the younger children.

St.Mary's "A" Hall
31 Frederick St
Bradford, ON
L3Z 1E4
Tues and Thurs: 5:30pm-7:00pm
905-775-3971

Email: jtmacfadden@rogers.com

Crosslinks Housing and Support Services

Provides food, clothing, blankets, medical advice, needle exchange and information for homeless people in York region. Programs include community support (case management), Housing Outreach, and First Episode Services.

15105 Yonge St.
Suite 204
Aurora, ON
L4G 1M5
Mon-Fri: 9a.m.-5p.m.
905-713-0137
905-252-8933
Email: crosslinks@loftcs.org
<http://www.loftcs.org>

Whitchurch-Stouffville Foodbank

Provides free emergency food to low income residents of Whitchurch and Stouffville. People can use twice a month.

15336 Ninth Line
Stouffville, On
L4A 7X4
Hours: Tues: 9:30am-11am

Food Pantry

Provides free emergency food to low income residents of Newmarket and East Gwillimbury. Residents may use once a month.

15213 Yonge St, Basement
Aurora, On
L4G 1L8
Hours: Sat: 9am-3pm

Georgina Community Food Pantry

Provides free emergency food to low income residents of Georgina.

915 Lake Drive
Box 118
Jackson's Point, ON
L0E 1L0
Fri: 9am-5pm
905-722-8305

Markham Food Bank North

Provides free emergency food to low income residents of Markham.

70 Main St. North
Markham
L3P 1X5
Tues: 6:30pm-8:30pm
Thurs: 1-3pm
Sat: 10am-12pm
905-472-2437

Richmond Hill Community Food Bank

Provides food to people in temporary need, living in Richmond Hill and Thornhill.

55 Newkirk Rd
Richmond Hill, ON
L4C 3G4
Mon – Fri: 9am-11:45am (except holidays)
905-508-4761

Salvation Army - Northridge Community Church

Provides a range of services to families and individuals, including spiritual development, accommodation and clothing. Provides emergency food to residents of York Region. Residents may use up to six times a year, including Christmas. At Christmas, also provides large hamper and toys. First come, first served. Identification is required.

415 Pickering Crescent
Newmarket, ON
L3Y 4X7
Mon-Fri: 8:30a.m.-4:30p.m.
905-895-0577
Email: info@northridgecommunitychurch.com
<http://www.northridgecommunitychurch.com>

Salvation Army Family Services and Resource Centre

Assists people in need of food, clothing, and furniture. Arrangement can be made to provide budgeting help or counselling. Operates a food bank for residents of Markham and Stouffville. Appointment is required.

9329 McCowan Rd.
Markham, ON
L3P 3J3
Mon – Fri: 9am-4pm
905-472-3009

Vaughan Food Bank

Provides free emergency food to low-income residents of Vaughan. People can use once a month. Identification is required.

71 Marycroft Ave, Unit 8
Vaughan, ON
L4L 5Y6
Thurs – Fri: 10am-4pm
905-851-2333

Housing Alternatives (Part I - Non-Profit Social Housing)

Alison Court

Non-profit social housing units for families based on rent geared-to-income.
48 townhouses: 6 two-bedroom, 36 three-bedroom (2 disabled) and 6 four-bedroom.

1029-1064 Pritchard Place, 255 to 295 Geer Place
Newmarket, ON
L3Y 8K4
Mon – Fri: 9am-5pm
416-830-5186

German-Canadian Housing of Newmarket Inc.

Non-profit social housing units for seniors, singles and families with some rent geared towards low-income families.

135 units: 67 family apartments, 23 townhouses and 45 senior apartments.

735 Stonehaven Avenue
Unit 119
Newmarket, ON
L3X 2G3
Mon – Fri: 8:30am-4:30pm (closed for lunch)
905-715-7953

Hagerman Corners Community Homes

Non-profit social housing units for families and singles based on rent geared-to-income.
81 apartments: 24 one-bedroom (8 disabled), 28 two-bedroom, 29 three-bedroom.

4460 14th Avenue
Markham, ON
L3R 1H1
Mon 10:00a.m.-2p.m., Wed 12:00p.m.-4p.m., Thurs 3:00p.m.-7:00p.m.
905-415-9844
e-mail:hagerman1@bellnet.ca

Ja'Fari Islamic Housing

Non-profit social housing units for seniors, singles and families based on rent geared-to-income. 170 units: 24 apartments and 146 townhouses.

138 Yorkland Street
Unit 62
Richmond Hill, ON
L4S 1J1
Mon – Thurs: 8:30am-4pm and Fri: 8:30am-1pm
905-770-3578
E-mail: crescentvillage@rogers.com

Jubilee Gardens Non-Profit Housing Corp.

Non-profit social housing units for families based on rent geared-to-income.
100 townhouses: 8 two-bedroom (2 disabled), 69 three-bedroom (3 disabled), 23 four-bedroom. Jubilee has a waiting list for market tenants, and they use York Region's waiting list for rent geared to income tenants.

102 Yorkland Street
Unit 101
Richmond Hill, ON
L4S 1A1
Mon – Fri: 9am-4:30pm
905-770-9600

Parkview Village

Non-profit social housing units for seniors only. Some based on rent geared-to-income.
124 apartments: 90 one-bedroom and 34 two-bedroom. Non smoking facility.

12184 Ninth Line
Stouffville, ON
L4A 3N6
Mon – Fri: 8:30am-4:30pm
905-640-1940 Ext.22
Email: administrator@parkviewvillage.org

Robinson Non-Profit Homes Markham

Non-profit social housing units for singles and families based on rent geared-to-income.
26 townhouses: 12 one-bedroom (2 disabled), 9 two-bedroom (7 stacked-semi) and 5 three-bedroom.

120 Robinson St
Unit G
Markham, ON
L3P 1P1
Mon – Fri: 8:30a.m.-4:30p.m.
905-294-3831

York Region Housing Authority - Social Housing Department

Affordable housing for people whose income, age, social or health needs prevent them from finding adequate housing in the private rental market.

Region of York, Community Services and Housing
Housing and Residential Services Division

17250 Yonge St
Newmarket, On
L3Y 6Z1
Hours: Mon-Fri: 8:30am-4:30pm
905-830-4444 Ext. 2065
Website: www.yorku.ca

Housing Alternatives (Part II - Co-op Housing)

Aurora

Aurora Village Housing Cooperative

Non-profit cooperative housing units for families, some available based on rent geared-to-income. 122 units, including 64 apartments, 22 townhouses and 36 garden homes.

1 Caruso Gardens

Suite 100

Aurora, ON

L4G 3W4

905-841-7125

Hours: Mon-Thurs 8:30a.m.-4:30p.m., Fri 8:30a.m.-12:00p.m.

Email: auroravillage@bellnet.ca

Charles Darrow Co-operative Housing

Non-profit cooperative housing units for families with mixed income levels, some units based on rent geared-to-income. 107 townhouses, including 28 two-bedroom, 49 three-bedroom (4 disabled) and 30 four-bedroom.

135 James Henry Dr.

Aurora, ON

L4G 6E7

905-841-6812

Mon, Fri: 9am-5pm, Tues, Wed, Thurs 1p.m.-5p.m.

Email: charlesdarrow@on.aibn.com

Georgina

Bethany Co-operative Housing

Non-profit co-operative and social housing units for families based on market value rent geared-to-income. 24 apartments: 12 one-bedroom, 12 two-bedroom and 44 townhouses: 12 two-bedroom, 30 three-bedroom and 2 four-bedroom.

45 Atherton Crescent
Keswick, ON
L4P 3M6
905-476-7800
Email: bethany.co-op@rogers.com

Markham

Ramer's Wood Co-operative Homes Inc.

Non-profit co-operative housing units for singles and families based on market value and some rent geared-to-income. 81 apartments and townhouses: 9 one-bedroom (1 disabled), 30 two-bedroom (2 disabled), 39 three-bedroom and 3 four-bedroom.

1 Ramer's Way
Markham, ON
L3P 5J7
Mon – Fri: 8:30am-3:30pm
905-472-5951
e-mail: ramerswoodco-op@rogers.com

Trinity Square Co-operative Housing

Non-profit social housing units for families based on rent geared-to-income.
10 apartments: 6 two-bedroom, 4 three-bedrooms. 90 Townhouses: 34 two-bedroom (6 disabled), 50 three-bedroom (4 disabled) and 6 four- bedroom. Pager system for tenants experiencing emergencies with household services.

37 Bates Way
Markham, ON
L6C 1R7
Mon-Fri 8:30a.m.-4:30p.m.
905-898-1007 Ext.2708

Newmarket

Bogart Creek Co-operative

Non-profit social housing units for families based on rent geared-to-income.
40 townhouses: 14 two-bedroom (1 disabled), 24 three-bedroom and 2 four-bedroom.

180 Groves Terrace
Newmarket, ON
L3Y 8C7

Tues, Thurs 10:00a.m.-2:00p.m.
905-836-6430 or 905-898-7503
e-mail:bogartcreek@rogers.com

Carpenters Local 27 Housing Co-operative

Mixed income community providing both market and non-profit social housing units for families and singles based on rent geared-to-income.

119 apartments (6 are wheelchair accessible): 26 one-bedroom, 55 two-bedroom, 38 three-bedroom.

280 Davis Dr.
Newmarket, ON
L3Y 8M6

Mon, Thurs, Fri: 10am-5pm and Tues, Wed: 12pm-5pm
905-830-9822

Eagle Co-operative

305 Sandford St.
Newmarket, ON
905-853-4262

Not found on York website or manual

H.O.P.E. Co-operative Housing

Non-profit social housing units for families based on rent geared-to-income.
60 townhouses: 18 two-bedroom (1 mobility unit), 38 three-bedroom (2 disabled) and 4 four-bedroom.

681 Hope Circle
Newmarket, ON
L3X 1W3

Mon – Fri: 8:30am-4pm
905-853-0049

Newmarket Co-operative

Non-profit social housing units for families based on rent geared-to-income and market value. 98 townhouses: 10 two-bedroom, 74 three-bedroom (5 stacked, 5 disabled), 14 four-bedroom (2 disabled).

65 Emerson Way
Newmarket, ON
L3Y 7M7

Mon – Thurs 8:30p.m.-4:30p.m., Fri 8:30a.m.-12:30p.m.
905-853-1517

Website: www.Newmarketcoop.ca
e-mail:newmarketcoop@rogers.com

Richmond Hill

Centre Green Co-operative Housing

Non-profit social housing units for families based on rent geared-to-income.
42 townhouses: 10 two-bedroom (2 disabled), 28 three-bedroom, 4 four-bedroom.

172 Centre Street East
Unit 43
Richmond Hill, ON
L4C 1A6

Mon: 9am-1pm and Wed: 2pm-7pm and Thurs: 9a.m.-12p.m.
905-884-0584

John Fitzpatrick Steelworkers Housing Co-operative

Non-profit social housing units for families based on rent geared-to-income.
116 apartments: 22 one-bedroom (1 disabled), 86 two-bedroom (2 disabled),
8 three-bedroom (1 disabled).
64 townhouses: 12 two-bedroom, 42 three-bedroom, 10 four-bedroom.

105 Weldrick Road East
Richmond Hill, ON
L4C 9Y9

Mon – Fri: 10am-5pm
905-508-6640

e-mail:steelworker@rogers.com

Landsberg/Lewis Co-operative Housing

Non-profit social housing units for families based on rent geared-to-income.
149 townhouses: 8 one-bedroom, 18 two-bedroom (6 disabled), 100 three-bedroom and
23 four-bedroom.

46 Berwick Crescent
Richmond Hill, ON
L4C 0C3

Mon, Wed – Fri: 9am-5pm. Tues: 11am-7pm
905-508-4128

landsberglewis@rogers.com

Park Farm Co-operative Housing

1 Fox Run Cres.
Richmond Hill, ON
L4C 8A8

905-737-3373

Richmond Hill Co-operative Homes

Non-profit social housing units for families based on rent geared-to-income.
105 townhouses: 24 two-bedroom (2 disabled), 61 three-bedroom (1 disabled), 16 four-
bedroom and 4 large four-bedroom.

8675 Bayview Ave. Unit 39
Richmond Hill, ON L4B 3M5

Mon – Thurs: 9am-4:30pm. Fri: 9am-1pm
905-882-4090

e-mail:richmondhillco-op@rogers.com

Vaughan

Crown Heights Co-op Homes Inc

A non-profit cooperative for families. 118 townhouses: three and four-bedroom units only.

27 Crown Heights Cres.
Thornhill, ON
L4J 5T9
Mon-Fri 9a.m.-4:30p.m.
905-731-7718
e-mail:fin@crownheightscoop.on.ca

Eamon Park Co-operative Housing

Non-profit social housing units for families based on rent geared-to-income.
136 townhouses: 101 three-bedroom and 35 four-bedroom units.

94 David Lewis Dr.
Concord, ON
L4K 3J1
Mon – Thurs: 9am-5pm and Fri: 9am-1pm
905-738-1602
Email: Eamonparkcoop@rogers.com

Thornhill Green Co-operative Housing

Non-profit social housing units for families based on rent geared-to-income.
Consists of 101 townhouses: 93 three-bedroom and 8 four-bedroom units.

61 Inverlochy Blvd.
Unit 5
Thornhill, ON
L3T 3R4
Mon 9am-2pm, Tues 9a.m.-5p.m. Wed 10am-1pm, Thurs 3pm-7pm, Fri 9am-1pm
905-881-4860
e-mail:thornhillgreen@rogers.com

William Lyon Mackenzie Co-operative Housing

A non-profit social housing unit for families based on rent geared-to-income.
152 townhouses: 29 two-bedroom, 89 three-bedroom.

299 Mullen Dr. 92 1/2
Thornhill, ON
L4J 3W2
Mon – Thurs: 9am-5pm and Thurs evenings 5pm-7pm, Fri 9a.m.-12p.m.
905-731-4181
e-mail:coopoffice@aibn.on.ca

Legal Clinics and Legal Aid

Never ignore an official-looking paper – seek advice from a community legal clinic or a lawyer, so that you can take the right measures.

If you need a lawyer for specific advice, the following service will provide you with the name of a lawyer who will give you one half-hour of free legal advice:

Lawyer Referral Service

Provided by the Law Society of Upper Canada

A call to this service will automatically generate a \$6 charge on your phone bill. When you call the Lawyer Referral Service, briefly explain the type of problem you have and where you're calling from. The operator will give you the name of a lawyer in your area who participates in the Service and can deal with your problem.

If you need a lawyer but can't afford the cost, you may apply for Legal Aid.

1-900-565-4577

Community Legal Clinic of York Region

Community legal clinic funded by Legal Aid Ontario. Provides summary advice by telephone and produces and distributes free public legal education materials. Clinic lawyers and paralegals give legal advice and represent financially eligible clients before courts and tribunals. Legal clinics do not charge clients for services. Areas of law include employment insurance, welfare, disability pensions, landlord and tenant, and workers' compensation. Services include referrals to lawyers in private practice or to social service agencies such as shelters for women and children. Appointments for family and credit counselling are available.

21 Dunlop St

Unit 200,

Richmond Hill, ON

L4C 2M6

Mon – Fri: 8:30am -12.30pm. 1:30pm - 4:30pm

905-508-5018

1-888-365-5226

Website: www.clcyr.on.ca

e-mail: recgeorg@lao.on.ca

Justice for Children and Youth

Provides legal representation to youth, parents, professionals and community groups in the areas of residential care, education, criminal matters, child welfare and financial assistance. It has a community legal clinic, advocacy, public resource centre, seminars, and publishes a newsletter.

415 Yonge St

Suite 1203

Toronto, ON

M5B 2E7

Mon – Fri: 9am-5pm

416-920-1633

Email: admin@ifcy.org

www.ifcy.org

Legal Aid Ontario

Legal Aid is available to low income individuals and disadvantaged communities for a variety of legal problems, including criminal matters, family disputes, immigration and refugee hearings and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments.

17070 Yonge St.

Main Floor

Newmarket, ON

L3Y 8Z4

905-898-3943

1-888-613-8775

Hours: Mon-Fri 8:30am-4:30pm

Website: <http://www.legalaid.on.ca>

e-mail: info@lao.on.ca

Physical Disabilities

Ontario March of Dimes – Central Region

Serving people with physical disabilities. Offers services with accessibility, employment, independent living, recreation and integration.

10 Overlea Blvd

Toronto, ON

M4H 1A4

Mon – Fri: 8:30am-4:30pm

416-425-3463 Ext. 227

1-800-263-3463

Website: www.dimes.on.ca

E-mail: info@dimes.on.ca

Renting

Rent is probably the largest single monthly payment you make. While on strike, your landlord will usually not defer or reduce your rent. Careful financial planning is essential for you to keep up with your rent.

If you cannot pay your rent, your landlord could:

- sue you for back rent
- give you notice to move
- apply to the courts for an eviction

Explain your situation to your landlord *before* problems occur.

Community Legal Clinic of York Region

Community legal clinic offers free legal advice for tenants facing eviction. Provides assistance to community groups with law reform and community development. Operates duty council programme for tenants appearing before the Ontario Rental Housing Tribunal.

21 Dunlop Street
Unit 200
Richmond Hill, ON
L4C 2M6

Mon – Fri: 8:30am – 12:30pm
1:30pm – 4:30pm

905-508-5018

1-888-365-5226

Email: recgeorg@olap.org

Website: www.clcyr.on.ca

Housing Help Centre

Housing registry to assist individuals in securing affordable accommodation in the private rental market. Operated by the Affordable Housing Committee of York Region, a not-for-profit group advocating for adequate and affordable housing in York Region.

297 Wellington St E

Aurora, ON

L4G 6K9

Mon – Fri: 9:30am-4:30pm

905-713-2696 or 416-410-6051

Email: info@housinghelpcentre.org

<http://www.housinghelpcentre.org>

Ontario Rental Housing Tribunal- Landlord and Tenant Board

Deals with landlord and tenant matters under the Tenant Protection Act, including protecting tenants for arbitrary evictions.

Central Regional Office
3 Robert Speck Parkway
Suite 520

Mississauga, On

L4Z 2G5

Ph# 188-332-3234 or Tor ph# (416) 645-8080

See website for various offices in Toronto, Hamilton, and Mississauga.

Website: www.orht.gov.on.ca

Resources for Women

Na'Amat Canada for Women Legal Advisory

Provides free legal advisory clinic for women. Call ahead to make appointment for consultation.

272 Codsell Ave.
Toronto, ON
M3H 3X2
Mon –Thurs: 9am-5pm and Fri: 9am-3pm
416-636-5425
Email: naamat@bellnet.ca
<http://www.naamat.com>

Women's Centre of York Region

Provides a range of supports and services to assist women, primarily sole support mothers, in developing their skills in decision-making to enable them to live in better ways. Programs include: individual counselling, life skills support groups and self-employment development training. Access to programs for children needing emotional support is provided in partnership with other agencies. Women have access to free childcare while in program, on-site food bank and clothing exchange. It's a community based non-profit organization dedicated to providing support, counseling, and support services to women who have been impacted by abuse, poverty, and/or life circumstances. All services are free with the exception of Enterprising Women, which is offered on a sliding scale.

15208 Yonge St
Suite 1A
Aurora, ON
L4G 1L9
Mon – Thurs: 9am-4:30pm
905-727-5837
Email: admin@wcyr.ca
Website: www.womenscentreyorkregion.com

Substance Use and Abuse

Addiction Services For York Region

A community-based agency whose purpose is to reduce or eliminate the misuse of alcohol and drugs, problem gambling and the related effects on the families and communities of York Region. Assessments range from one-hour measurements of substance consumption and dependence to multi-interview investigations of substance use, its functions and its impacts on various life areas. Outpatient treatment and continuing care services using a variety of methodologies are provided to individuals, couples and families, and groups. Referrals can be made to specialized addiction and non-addiction treatment services. Assessment and treatment services are coordinated with other health care services.

15150 Yonge St.
Suite 201
Aurora, ON
L4G 1M2
Mon – Fri: 9am-5pm
905-841-7007
1-800-263-2288 (24 Hours)
Email: jomara@asyr.ca
www.asyr.ca

Adult Children of Alcoholics and Other Dysfunctional Families

Self-help program providing weekly groups using a 12-step model, with meetings throughout the Greater Toronto area. Supports those raised in an alcoholic or otherwise dysfunctional environment. Call for meeting times and locations.

20 Bloor St E
P.O. Box 75061
Toronto, On
M4W 3T3
416-631-3614 (answering machine)
Email: info@adultchildren.org
www.adultchildren.org

Alcohol – Al-Anon Family Groups

Provides self-help group support for families and friends of alcoholics. Call for weekly meeting times and locations in York Region. This is an anonymous fellowship, first name only.

P.O. Box 272
Keswick, On
L4P 3E2
905-989-0107
1-888-425-2666
Hours: Mon-Fri: 9:30am-3:30pm
Website: www.al-anon.alateen.org

Alcoholics Anonymous

Provides information, referrals and self-help group support for alcoholics. Contact main office for details. Other services include: Cooperation with the Professional Community (C.P.C). Public Information Committee, 12-Step Committee.

234 Eglinton Ave. East
Suite 202
Toronto, ON
M4P 1K5
Mon – Sun: 9am-10:30pm
416-487-5591
Email: ckeenan@aatoronto.org
www.aatoronto.org

Nar-Anon Family Groups

Provides local self-help group support for family and friends of people with a drug problem based on Twelve Step model. Evening group meetings held weekly. Contact main office for meeting times and locations in York Region.

2900 Warden Avenue
Box 20046
Scarborough
M1W 3Y9
416-239-0096
Email: info@[naranonontario.com](mailto:info@naranonontario.com)
<http://www.naranonontario.com>

Narcotics Anonymous

Program similar to Alcoholics Anonymous. Closed meetings on alternate weeks. A support group helps addicts lead drug free lives.

PO Box 21
King City, ON
L7B 1A4
Mon – Fri: 9am-11pm
416-410-3689 helpline
Email: mail@torontona.org
Website: www.anchorna.org

Oak Ridges Addiction Treatment Centre (located in Oak Ridges Medical Centre)

The centre provides rapid detoxification programs and Methadone maintenance programs.

291 Yonge St
Suite 400
Richmond Hill, ON
L4E 4L6
Mon, Tues and Fri: 8:30am-5pm
905-751-2939
Email: info@canadadetox.com
www.addictionscanada.com

The Vitanova Foundation

Provides a holistic approach to supporting persons with substance abuse problems. Programs include assessment/referral, acupuncture, family support, individual/group counselling. Programs are culturally sensitive, with counselling offered in seven languages: Arabic, Croatian, English, German, Italian, Persian (Farsi), Serbian.

6299 Rutherford Rd.
Woodbridge, ON
L4L 1A7
Mon – Fri: 9am-5pm addiction services, 24/7 shelter service
905-850-3690, 416-744-8940
Email: vitanova@netsurf.net
www.vitanova.on.ca

Woodbridge Addiction Treatment Centre

Provides a Methadone maintenance program for individuals suffering from narcotic/opiate addiction (including heroin, percodan, percocet, morphine, codeine, dilaudid). Serves individual or group.

830 Rowntree Dairy Road
Suite 14
Woodbridge, ON
L4L 5V2
Mon –Wed: 8:30pm-6pm
Tues-Thurs: 8:30pm-5pm
Fri: 8:30am-3pm
Sat-Sun: 9am-12pm
905-264-1143 or 416-410-2948
Website: www.oatc.ca

Gambling

Two separate groups. The first is for gamblers only and is similar to Alcoholics Anonymous program. The second is called Gamanon and provides mutual aid and support for spouses.

Gamblers Anonymous

Weekly self-help group for families of compulsive gamblers. Meetings held at St. John's Rehabilitation Hospital. Call main number for meeting times and locations in York Region.
1930 Yonge St

Box 1135

Toronto, On

416-366-7613

<http://www.gamblersanonymous.org>

Gam-Anon

Weekly self-help groups of families of compulsive gamblers. Meetings held at St. Johns Rehabilitation Hospital.

St. John's Rehabilitation Hospital

285 Cummer Avenue

North York, ON

M2M 2G1

905-731-4684

Hours: Sun 7pm-9pm, Tues 7:30p.m.-9:30p.m.

Email: gay.azrukin@sympatico.ca

<http://www.gam-anon.org>

Utilities

Share The Warmth

Charity that purchases heat and energy on behalf of families, seniors, chronically ill and disabled persons living at or near poverty level. Contact your local fuel (oil, propane, gas) utility company.

P.O.Box 30037
1027 Finch Ave. West
Toronto, ON
M3J 3L6
Email: info@sharethewarmth.org
<http://www.sharethewarmth.org>

Workers Helping Workers

Working men and women need to stick together in these tough times. We share a common vision for a fair and equal society. Strike action is an example of how working people are prepared to fight for their rights and dignity.

The following organizations help unions, locals and their members in this important struggle.

Toronto and York Region Labour Council

Represents working people across Toronto and York Region. Labour Council provides valuable services to affiliates:

- organizes strike and campaign support for local unions
- communicates information and labour news to unions and the news media
- serves as a liaison with coalition partners
- makes deputations to municipal councils, district school boards and relevant committees
- provides labour representatives for various municipal boards, agencies, commissions, and non-governmental organizations
- organizes annual events such as the Labour Day parade, Day of Mourning, etc.

General meetings of the Labour Council are held on the first Thursday of each month at 7:30 pm in the auditorium of the Ontario Federation of Labour Building, 15 Gervais Drive, Toronto (Eglinton and Don Mills). Observers are welcome.

15 Gervais Drive
Suite 407
Toronto, ON M3C 1Y8
416-441-3663
www.labourcouncil.ca

Labour Community Services

A project of the Toronto and York Region Labour Council in partnership with the United Way of Greater Toronto.

Labour Community Services provides ongoing programs and customized workshops and courses for union locals and regional labour bodies in both the public and private sectors. They offer:

- support to unions facing layoffs, strikes or lockouts
- information, referral and links to community services
- union counselling program, union counsellor network
- workshops and speakers on current community issues for your union meeting or at the workplace
- participation in community coalitions
- recruitment and support for union members on community boards

15 Gervais Drive

Suite 603

Toronto, ON M3C 1Y8

416-445-5819

www.labourcommunityservices.ca

Labour Education Centre

A project of the Toronto and York Region Labour Council. The Centre offers:

- employment services for unemployed workers
- literacy and basic skills classes
- Labour Studies courses

15 Gervais Drive

Suite 100

Toronto, ON M3C 1Y8

416-537-6532

www.laboureducation.org

Canadian Labour Congress (Ontario)

15 Gervais Dr

Suite 305

Toronto, On

416-441-3710

www.clc-ctc.ca

1-800-387-3500

Ontario Federation of Labour

416-441-2731

www.ofl-fto.on.ca

1-800-668-9138

416-443-6305 TTY

Workers Health and Safety Centre

15 Gervais Dr

Suite 802

Toronto, On

416-441-1939

www.whsc.on.ca

UNION STRIKE FUND

Be sure that all members clearly understand how they are to participate in assigned strike duties and activities in order to qualify for assistance. Be sure that they understand the procedure to collect their strike pay.

Picket Captain	Name	Phone #

PICKET DUTY

Location	Date	Day	Time

GENERAL NOTES

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