

## Community Resources in Response to COVID-19

*Provided for information only, without recommendation.*

Updated September 11, 2020

<b>COVID-19 Information</b>	Government of Canada	<a href="#">Link</a>
	Public Health Ontario	<a href="#">Link</a>
	Toronto Public Health	<a href="#">Link</a>
	World Health Organization	<a href="#">Link</a>
The 519	The 519 Community Center	<a href="#">Link</a>
The 519	The 519's COVID-19 Information & Updates	<a href="#">Link</a>
The 519	COVID-19: Care and Prevention	<a href="#">Link</a>
The 519	COVID-19: Essential Services & Support	<a href="#">Link</a>
The 519	COVID-19: Emotional Self-Care	<a href="#">Link</a>
	Essential Services Update	
	Front desk: (416) 392-6874	
	Essential Services:	
	- Hot Meals 7 days a week [Mon-Fri @ 1pm & 4pm] and [Sa & Su @ 12:30pm] (including holidays)	
	- Hygiene Supplies (barred soap, tampons/pads, toothbrush/paste, etc.)	
	- Friendly check-in Program (phone or email) Mon-Friday - register at <a href="http://www.bit.ly/519fcpp">www.bit.ly/519fcpp</a>	<a href="#">Link</a>
	- Legal clinic via telephone on Tuesdays & Thursdays, 6 to 8:30pm. Sessions by appointment only, book in advance by contacting the Front Desk.	
	- Tax clinic offering virtual support to LGBTQ2S folks/families with earnings under \$40,000. One-time 40-minute video sessions available Monday-Friday. To book, contact <a href="mailto:TaxClinic@The519.org">TaxClinic@The519.org</a>	
	- Building is closed and all regular programming cancelled until further notice EXCEPT meal service 7 days a week	
Community Resource Page	AIDS Committee of Toronto (ACT) COVID-19 Resources	<a href="#">Link</a>

Community Resource Page	<p>Call Auntie, the Indigenous COVID-19 Pathways Hotline!</p> <p>Connecting indigenous people in Toronto with culturally-specific and safe support.</p> <p>(437) 703-8703</p> <p>Open 7 days a week from 4 to 9pm!</p> <p>If you are looking for information, resources, or referrals around COVID-19, self-assessment, self isolation, or anything COVID related, please CALL US!</p> <p>We are also sharing information around sexual and reproductive health, counselling services, pregnancy and postpartum care through our direct referrals to Indigenous care providers like midwives and doctors.</p>	<a href="#">Link</a>	
Community Resource Page	<p>Queerantime 101: All of your COVID-19 LGBTQI2S Resources in one place! (EGALE) For Educators, For Youth, For Parents, For Seniors, For Everyone.</p>	<a href="#">Link</a>	
Community Resource Page	<p>Metropolitan Community Church of Toronto COVID-19 Resources</p>	<a href="#">Link</a>	
Community Resource Page	<p>COVID-19 Remote work and well-being resources for LGBTI communities</p>	<a href="#">Link</a>	
Community Resource Page	<p>Interactive Toronto COVID-19 Resources Map (COVID-19 assessment centres, community health centres, much more...)</p>	<a href="#">Link</a>	
Crisis & Support Lines	<p>Crisis Text Line is free and available 24/7</p>	<p>Canadians text "686868"</p>	<a href="#">Link</a>
Crisis & Support Lines	<p><b>Toronto Distress Centre:</b> Emotional support service for those with chronic mental health problems; Support &amp; crisis intervention services for those currently experiencing distress or in crisis; Family violence response; Suicide prevention services; Emergency intervention and response.</p>	<p>416-408-4357 (HELP)</p>	<a href="#">Link</a>
Crisis & Support Lines	<p>Kids Help Phone</p>	<p>1-800-668-6868</p>	<a href="#">Link</a>
Crisis & Support Lines	<p>ShelterSafe - Connecting women fleeing violence to their closest women's shelter 24/7</p>	<a href="#">Link</a>	
Crisis & Support Lines	<p>National Aboriginal Circle Against Family Violence</p>	<a href="#">Link</a>	
Crisis & Support Lines	<p>The Gerstein Centre (Non-medical Mental Health Crisis Support)</p>	<p>416-929-5200</p>	<a href="#">Link</a>
Crisis & Support Lines	<p>List of Toronto and GTA-based Crisis and Suicide Lines</p>	<a href="#">Link</a>	
Crisis & Support Lines	<p>Mental Health Crisis Line (Canada Wide)</p>	<p>1-888-893-8333</p>	
Crisis & Support Lines	<p>Canadian, US and, International Mental Health Hotlines</p>	<a href="#">Link</a>	
Crisis & Support Lines	<p>Toronto Rape Crisis Centre - 24-hour crisis line for sexual abuse &amp; assault</p>	<a href="#">Link</a>	(416) 597-8808
Crisis & Support Lines	<p>LGBT2Q+ Youthline</p>	<a href="#">Link</a>	<p>1-800-268-9688 TXT647-694-4275</p>
Crisis & Support Lines	<p>Assaulted Women's Helpline</p>	<a href="#">Link</a>	<p>1-888-863-0511</p>

Crisis & Support Lines	Support Service for Male Survivors of Sexual Assault (Ontario-based support line, available 24 hours per day, 7 days per week)	1-866-887-0015	
Employment	Toronto Employment & Social Services (TESS): Open Locations during COVID-19	<a href="#">Link</a>	
Employment	<p>West Employment Services and Training is open and accepting new clients by phone, email and video chat. We can connect you to job and training opportunities, provide one-on-one employment coaching, and help polish your résumé and online presence to give you an edge in this tough job market.</p> <p>Call (416) 532-4828 and ask for employment services, or email <a href="mailto:info@westnh.org">info@westnh.org</a>. It's a tough time for everybody, but we can help!</p> <p>Other resources for job seekers:</p> <p>Are you between the ages of 16 and 29 and not in school or working? We're running an all-virtual Toronto Youth Job Corps program during the pandemic. As always, it's paid! Email <a href="mailto:lorettamu@westnh.org">lorettamu@westnh.org</a> for information.</p> <p>Overwhelmed by financial stress during the pandemic? Get tax and money help by emailing <a href="mailto:feps@westnh.org">feps@westnh.org</a>. Visit <a href="http://westnh.org/taxhelp">westnh.org/taxhelp</a> for information about how to get help filing a tax return during this time.</p>	<a href="#">Link</a>	
Employment	Job posting for Relief Workers at the Toronto Shelter Network	<a href="#">Link</a>	
Employment	Job posting board at Toronto Drop-In Network	<a href="#">Link</a>	
Employment	Job posting at Sistering – A Woman's Place	<a href="#">Link</a>	
Employment	A guide to finding virtual employment	<a href="#">Link</a>	
Employment	Employment-hunting tips & resources during COVID-19	<a href="#">Link</a>	
Employment	25+ Sites For Finding Remote Work	<a href="#">Link</a>	
Employment	Become a Tutor Online with Cambly	<a href="#">Link</a>	
Employment	COVID19: remote work and wellbeing for LGBT2Q communities	<a href="#">Link</a>	
Employment	A guide to DJing from home (virtual events & self-fundraising)	<a href="#">Link</a>	
Family Services	David Kelley Services	<a href="#">Link</a>	
Family Services	<p>Community Action for Families requests support in keeping families together and connected during this COVID-19 pandemic. Options include:</p> <ul style="list-style-type: none"> <li>- Reading, signing &amp; sharing an open letter to CAS (1st link)</li> <li>- Completing this survey to let CAF know what resources your organization might have to support this effort (2nd link)</li> </ul>	<a href="#">Link</a>	<a href="#">Link</a>

Family Services	Toronto PFLAG Support Line for families of queer & trans youth, 9am to 9pm	(416) 406-6378 support@torontopflag.org	
Finance	List of COVID-19 Financial Support Options (Government of Canada)	<a href="#">Link</a>	
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Finance	Local resources for emergency financial assistance in Greater Toronto	<a href="#">Link</a>	
Finance	Fast Facts about the COVID-19 Emergency Benefit for People receiving Social Assistance	<a href="#">Link</a>	
Finance	Emergency Survival Fund for LGBTQ2Q+ Artists, Performers & Tip Based Workers by Glad Day Bookshop	<a href="#">Donate</a>	<a href="#">Apply</a>
Finance	Maggie's Place COVID-19 Emergency Support Fund for Sex Workers	<a href="#">Donate</a>	<a href="#">Apply</a>
Finance	North American Mutual Aid Fund for LGBTQI+ BIPOC Folks	<a href="#">Donate</a>	
Finance	Canadian Low-Income Artist/Musician Relief Fund	<a href="#">Donate</a>	
Finance	Woodcock Fund Grant - Emergency Funds for Writers Mid-Project	<a href="#">Link</a>	
Finance	Unison Benevolent Fund - Financial Aid for Musicians	<a href="#">Link</a>	
Finance	Black Emergency Support Fund from BLMTO	<a href="#">Donate</a>	<a href="#">Apply</a>
Finance	NABS Financial Assistance for Media, Marketing, and Communications Pros	<a href="#">Link</a>	
Finance	The AFC — Emergency Financial Aid for Entertainment Pros	<a href="#">Link</a>	
Finance	Toronto Dancers COVID-19 Relief Fund	<a href="#">Donate</a>	
Finance	Behind the Scenes - Financial Assistance to Entertainment Technology Professionals	<a href="#">Link</a>	
Finance	Facebook Journalism Project x Independent News Fund	<a href="#">Link</a>	
Finance	Fellowship in Higher Education Journalism	<a href="#">Link</a>	
Finance	Toronto Arts Council	<a href="#">Link</a>	
Finance	NAC unveils \$100,000 relief initiative for performing artists	<a href="#">Link</a>	
Finance	AFC - emergency financial aids for entertainment pros	<a href="#">Link</a>	
Finance	CANADIAN Low-Income Artist/Musician Relief Fund	<a href="#">Link</a>	

Finance	The 519's Income Tax Clinic - How to File Your Own Taxes	<a href="#">Link</a>	
Finance	The 519's Taxes & Financial Assistance Info	<a href="#">Link</a>	
Finance	Workers Action Centre Hotline Precarious workers with challenges navigating the government benefit websites and finding non-profit relief can call the hotline for referrals and support.	<a href="#">Link</a>	(416) 531-0778 1-855-531-0778
Food	Up-to-date information on Food Banks & Meal Programs that are open in Greater Toronto (follow link) Or contact the North York Harvest Food Bank to be referred to your nearest food bank: Call (416) 635-7771 ext. 0 or email info@northyorkharvest.com	<a href="#">Link</a>	
Food	Food assets map with up-to-date information on Toronto: - food banks - free/low cost meals - delivery services - supermarkets	<a href="#">Link</a>	
Food	Agincourt Community Services Association (4155 Sheppard Avenue East) Open for take-out meals 7 days week from 9 am to 3 pm. Tel: (416) 321-6912 Email: 4155reception@agincourtcommunityservices.com	<a href="#">Link</a>	
Food	Daily Bread Food Bank- 191 New Toronto Street - Check website or call for updates regarding the changing situation	416-203-0050	<a href="#">Link</a>
Food	The Stop Food Bank - 1884 Davenport Road - Mon, Thur, and Fri -12-3pm; Call to Confirm	416-652-2294	<a href="#">Link</a>
Food	North York Harvest Food Bank - Multiple Locations - Check website or call for updates regarding the changing situation	416-635-7771 ext.0	<a href="#">Link</a>
Food	The Scott Mission - 502 Spadina Ave / 1550 O'Connor Drive - Packaged Groceries	<a href="#">Link</a>	
Food	Parkdale Community Food Bank - Parkdale Activity-Recreation Centre 1499 Queen St W, Bsmt / Food bank opened * home food delivery available Wed-Thu 11 am-3:30 pm; Fri and Sat 10:30 am-1:30 pm Seniors and those with mobility devices only Fri 10:30 am-1:30 pm	<a href="#">Link</a>	
Food	Black Creek Community Farm - Emergency Food Box	<a href="#">Link</a>	
Food	Second Harvest & Food Rescue - Food and Funding	<a href="#">Link</a>	
Food	LifeCrate is a non-profit, volunteer-based service that delivers subsidized food crates to low-income Torontonians aged 65 & older so as to keep them safe during the coronavirus pandemic.	<a href="#">Link</a>	
Food	The 519 Community Centre - 519 Church St. Monday-Friday - 1&4PM; Saturday & Sunday 12:30PM- Takeaway Meals given out at Fabarnak Cafe	416-355-6782	<a href="#">Link</a>

Food	Drop-In at 1884 Davenport - Mon-Tue-Thu-Fri 9-10AM & 12-1PM	416-652-7867 ext.227	<a href="#">Link</a>
Food	Toronto Council Fire Native Cultural Centre - 439 Dundas St E - Call to Confirm	416-360-4350	<a href="#">Link</a>
Food	Covenant House Toronto - 20 Gerrard St E takeaway meals available Mon-Sun 11:30am-7pm		<a href="#">Link</a>
Food	Little India Restaurant - 255 Queen St W One vegetarian or meat dish with rice or naan bread		<a href="#">Link</a>
Freelancer Support	Glad Day Emergency Survival Fund for LGBTQ2S artists, performers, tip-based workers & Glad Day		<a href="#">Link</a>
Freelancer Support	I Lost my Gig Canada - Website launching March 20		<a href="#">Link</a>
Freelancer Support	Canada Council for the Arts		<a href="#">Link</a>
Freelancer Support	Canadian Freelance Union // Le Syndicat Canadien des Pigistes		<a href="#">Link</a>
Freelancer Support	CMG Freelance		<a href="#">Link</a>
Freelancer Support	S'ATTAQ - Labour Union for Freelancers, run by Freelancers		<a href="#">Link</a>
Freelancer Support	ACTRA		<a href="#">Link</a>
Freelancer Support	IATSE Canadian Locals		<a href="#">Link</a>
Freelancer Support	Canadian Actors Equity Association		<a href="#">Link</a>
Freelancer Support	Writers Guild of Canada		<a href="#">Link</a>
Freelancer Support	Associated Designers of Canada		<a href="#">Link</a>
Freelancer Support	Canadian Federation of Musicians		<a href="#">Link</a>
Freelancer Support	Playwrights Guild of Canada		<a href="#">Link</a>
Freelancer Support	Soutien à/de la communauté culturelle québécoise - COVID-19		<a href="#">Link</a>
Freelancer Support	COVID-19 Freelance Artist Resources		<a href="#">Link</a>
Freelancer Support	COVID-19 Resources by Women in Sound		<a href="#">Link</a>
Freelancer Support	Find a Freelancer- Freelance Writers and Photographers to be connected with editors (Open Source)		<a href="#">Link</a>

Harm Reduction / Substance use Support	<p>Pieces to Pathways</p> <p>A peer-led initiative offering Canada's only substance use support program for LGBT2Q+ youth (ages 16-29). All staff are queer and/or trans-identified and have their own experiences of substance use and recovery.</p>	<a href="#">Link</a>	(647) 209-2043 Text/Call Pam (they/them)
Harm Reduction / Substance use Support	<p>BULLETIN: Update on Increase in Drug-Related Deaths (July 17, 2020)</p> <p>Between July 9th and 17th, there were 15 suspected opioid overdose-related deaths, largely in the downtown and north-west areas of the city. This is the worst cluster since data monitoring began in 2017, highlighting the unpredictable nature of the drug supply.</p> <p>The public health measures needed to prevent spread of COVID-19 continue to create challenges for people who use drugs, and for service providers.</p>	<a href="#">Link</a>	
Harm Reduction / Substance use Support	<p>Advice for people using drugs:</p> <p>Try not to use drugs alone. Use a supervised consumption service, if possible. In an overdose situation, give naloxone, call 911, and stay with the person, keeping a 6 foot distance if you are not from the same household, until help arrives. COVID-19 is spread by droplets from the nose or mouth. It is essential that all overdoses get medical attention.</p> <ul style="list-style-type: none"> <li>- Use with someone else and take turns spotting for each other. Stay 6 feet from your buddy if you are not from the same household to avoid passing the virus. A buddy system is safer than using alone.</li> <li>- If you must use alone, try and call someone you know, and have them stay on the phone with you while you use. Tell them your address and keep the door unlocked. They can call 911 if you become unresponsive. Call the Overdose Prevention Line at 1-888-853-8542 if you are about to use drugs and are located in Ontario. For their hours see: <a href="http://grenfellministries.org/overdose-prevention-line">grenfellministries.org/overdose-prevention-line</a></li> <li>- Do a small test dose first.</li> <li>- Check your drugs at drug checking services, which are available at The Works, South Riverdale Community Health Centre and Parkdale Queen West Community Health Centre (Queen West site).</li> <li>- Get naloxone. Agencies that have it include: The Works, Parkdale-Queen West CHC, Regent Park CHC, South Riverdale CHC, Fred Victor, Eva's Satellite, Sistering, Sherbourne Health Centre, Seaton House, Agincourt Community Services Association, John Howard Society at 3313 Lakeshore Blvd West, LAMP CHC, and Scarborough Centre for Healthy Communities at 2660 Eglinton Avenue East.</li> <li>- You can also get a free naloxone kit at a pharmacy. Find out where at: <a href="http://www.ontario.ca/page/get-naloxone-kits-free">www.ontario.ca/page/get-naloxone-kits-free</a> or by calling 1-800-565-8603.</li> </ul> <p>Important: Naloxone is effective for temporarily reversing the effects all opioids, even if other drugs are involved. However, it does not reverse the effects of other drugs like benzodiazepines. If someone is overdosing, give naloxone and call 911.</p> <p>In an overdose situation, the Good Samaritan Drug Overdose Act provides legal protection from drug-related charges for carrying drugs for personal use and other simple possession offences.</p>		
Harm Reduction / Substance use Support	Harm Reduction Supplies & Locations in Toronto	<a href="#">Link</a>	

Harm Reduction / Substance use Support	Supervised Consumption Sites in Toronto  Map & Hours of Operation	<a href="#">Link</a>	
	TPH Supervised Injection Services at The Works - 277 Victoria St (Yonge & Dundas) Mon-Sat 10AM-10PM  Operating hours for supervised consumption will match The Works' current supply distribution and outreach hours: Monday-Saturday 1:30pm-8pm and Sunday 11am-5 pm.  The SIS will be available by appointment only, which can be made by phone by clients directly, through outreach or other agency workers. We realize this is not an ideal way to operate the service but it has allowed us to open our doors again.		
Harm Reduction / Substance use Support	In order to meet physical distancing requirements and maintain a high standard of infection prevention and control onsite, the SIS will run at a lower capacity with modified operations. There will be 2 injection booths and space for 2-3 people in each of the waiting room and chill out spaces.  Additional, essential information: - clients and external agency workers can call The Works directly to make an appointment at (416) 392-0520 - we can accept collect calls - we will only be booking clients 1 hour in advance - appointments will be limited to 30 minutes at the booth - there will be a 5-minute grace period when folks show up late  Please keep in mind that these are the re-opening protocols and will likely be modified as we roll out.	<a href="#">Link</a>	(416) 392-0520
Harm Reduction / Substance use Support	COVID-19 Overdose Response Tips (Toronto Public Health)	<a href="#">Link</a>	<a href="#">Link</a>
Harm Reduction / Substance use Support	The Overdose Prevention Line, a number you can call if you are about to use drugs and are located in Ontario. For hours of operation, follow the link.	<a href="#">Link</a>	1-888-853-8542
Harm Reduction / Substance use Support	<i>We are hearing reports of overdoses requiring hospitalization of people in downtown Toronto due to poor-quality drugs being distributed. Paramedics are unable to perform mouth-to-mouth resuscitation due to COVID-19 restrictions. For more information for people using drugs during the COVID-19 pandemic, visit the link.</i>	<a href="#">Link</a>	
Harm Reduction / Substance use Support	Toronto-area 12 step online meetings	<a href="#">Link</a>	
Harm Reduction / Substance use Support	Safer Crack Smoking – harm reduction tips	<a href="#">Link</a>	
Harm Reduction / Substance use Support	Safer Crystal Meth Smoking – harm reduction tips	<a href="#">Link</a>	



Harm Reduction / Substance use Support	<p>Equipment &amp; Naloxone kits are available from:</p> <p>Agincourt Community Services Association  Eva's Satellite  Fred Victor  John Howard Society (3313 Lakeshore Blvd West)  Parkdale-Queen West CHC  Regent Park CHC  Scarborough Centre for Healthy Communities (2660 Eglinton Avenue East)  Seaton House, LAMP Community Health Centre  Sherbourne Health Centre  Sistering  South Riverdale CHC  The Works</p>	<a href="#">Link</a>
Harm Reduction / Substance use Support	<p>Free naloxone kits are also available by calling 1-800-565-8603 or at the pharmacies listed at the link.</p> <hr/> <p>2-Spirits Harm Reduction Program</p> <p>Harm Reduction kits have to be collected from our office doors, where they have been placed for no-contact pickup. These kits will be available on Monday, Tuesday, Wednesday and Friday from 3:30 PM to 6:30 PM. Please note that there may be a waiting time of a few days, and we request that you get in touch with us in advance.</p> <p>Services are free.</p> <p>Food Support: Food Baskets delivered to your door</p> <p>Traditional Medicines: Tobacco, Cedar, Sweet grass, Sage.</p> <p>Hygiene Products : Moon Time Products, Oral Care, Soaps, Dish Soaps.</p> <p>Safe-Sex supplies  Harm Reduction Supplies/Kits</p> <p>Housing support</p> <p>If you need any support please call (437) 249-6837. One of the staff will take you through the process of intake into our support system.</p> <p>We will deliver most of the requested commodities to your doorstep.</p> <p>For housing support, call (437) 249-6837 or send an email to <a href="mailto:clientcare@2spirits.org">clientcare@2spirits.org</a></p> <p>Online virtual cultural programming.</p>	<a href="#">Link</a>
Harm Reduction / Substance use Support	<p>ACT</p> <p>Information phoneline, online outreach, online supports for harm reduction, support groups (spunk, meth and sex) have moved online, livefeeds on social media to engage with PWUD/PnPers with safe use during this pandemic.</p>	<a href="#">Link</a>
Harm Reduction / Substance use Support	<p>Agincourt Community Services – for updated info visit website</p>	<a href="#">Link</a>

Harm Reduction / Substance use Support	<p>Breakaway</p> <p>A multi-function substance use support and treatment agency</p> <p>Satellite: OST clinic open Tues/Wed/Fri, reduced hours, extended scripts</p> <p>Outreach teams: still operating (phone and in-person) <a href="#">Link</a></p> <p>P2P: continuing case management, reduced drop-in hours (Thursday), building kits off-site and facilitating drop offs of kits and food</p> <p>Other programs temporarily switching over to pantry food boxes (for pick-up and drop-off to isolated folks).</p>		
Harm Reduction / Substance use Support	<p>Davenport-Perth Neighbourhood and Community Health Centre</p> <p>Calls regarding services and how to access them will be answered at (416) 656-8025 during the following hours:</p> <p>Monday &amp; Wednesday: 1:30pm – 8pm Tuesday, Thursday, Friday: 9:00am – 5:00pm</p> <p>If your call is not answered, or you call after-hours, please leave a message on our main line and someone will call you back.</p> <p>The Community Choice Pharmacy will be offering full services during this time.</p>	<a href="#">Link</a>	(416) 656-8025
Harm Reduction / Substance use Support	<p>Fife House</p> <p>Intake &amp; Supportive Housing services as usual; Food programs continuing, outreach shifted to phone based to extent possible.</p>	<a href="#">Link</a>	
Harm Reduction / Substance use Support	<p>Fred Victor</p> <p>Supervised Consumption Site open at normal hours: 8:30am - 11pm, 7 days a week</p>	<a href="#">Link</a>	
Harm Reduction / Substance use Support	<p>Jean Tweed</p> <p>Agency remains open: most services provided via phone or OTN.</p> <p>Day and Residential programming intake shifted via phone but brief counselling offered remotely to individuals on wait list.</p> <p>Supportive Housing programs working with limited staff on site.</p> <p>Palmerston House remains open and completing assessments via phone. <a href="#">Link</a></p> <p>Outreach services via phone.</p> <p>Jean Tweed has initiated a 4 week intensive program for any woman with a substance use and/or gambling concern – via OTN - 5 days a week, workshops and groups, workbook, individual counselling – leave a message with our support and stabilization department at 416-255-7359 ext. 227 or 243</p>	<a href="#">Link</a>	

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The Meeting Place  
Phone (416) 532-4828 or email [info@westnh.org](mailto:info@westnh.org)

These essential services are being delivered in person. Only servicing the homeless. No accompaniments. No in-person case management.  
Limiting capacity to 40 including staff. Eviction prevention suspended.

Open Tuesdays & Wednesdays 11:30am-4pm, Wednesday to Saturdays 10am-4pm; showers/laundry/remote case management/harm reduction supplies/psychiatrist Tuesdays, Wednesdays and Fridays offering regular meals. Closed Sundays and Mondays.

[Link](#)

Harm Reduction /  
Substance use Support

Screening at door (doors locked entering from Queen Street door).

Other programs are providing services remotely and by phone. Call us for information and new referrals at (416) 532-4828.

Hours:  
Monday-Friday: 9 a.m. to 9 p.m.  
Saturday 9 a.m. to 5 p.m.

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Moss Park Consumption Site (134 Sherbourne St.) is open Tuesday to Sunday, 11 am to 7 pm

Harm Reduction /  
Substance use Support

Just injection. Some individually-wrapped snacks when available. Harm Reduction kits (reduced amount of pick & choose fulfillment).

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Parkdale Queen West Community Health Centre (Parkdale Queen West CHC)

Hours: M, T: 10am-6pm; W: 1pm-6pm; R: 10am-6pm; F: 9am-5pm

Primary Care: primary care for urgent issues SCS: as above except F: 9:30am-5pm; last call 30 min before close. HR supplies available at front desk. Counselling by phone.

Supervised Consumption Services: For more information contact Lorraine Barnaby, Urban Health Manager, Supervised Consumption Services at [lbarnaby@pqwchc.ca](mailto:lbarnaby@pqwchc.ca) or 416-703-8482 ext. 2333

Harm Reduction /  
Substance use Support

Reduced Hours of Service:  
Parkdale Site (1229 Queen St. West)  
10am – 6pm (Mon, Tues, Thurs)  
1pm – 6pm (Wed)  
9am – 5pm (Fri)

[Link](#)

Queen West Site (168 Bathurst St.)  
10am – 6pm (Mon, Tues, Thurs)  
1pm – 6pm (Wed)  
9am – 5pm (Fri)

Satellite Office (27 Roncesvalles Ave.)  
\*\*Offices closed and services relocated to 1229 Queen Street West  
All onsite and offsite groups suspended. Dental suspended except for emergencies.

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	PASAN		
	Toll free line forwarded - taking calls!		
Harm Reduction / Substance use Support	Harm Reduction team on-site for bulk pick-up/delivery of Harm Reduction kits Fridays 10am-5pm for now. Can increase hours if supplies are in higher demand.	<a href="#">Link</a>	1-866-224-9978
	*All drop in programming and in person visits/appointments are on hold.		
	Pride Toronto		
	Resources online at pridetoronto.com/covid19resources		
Harm Reduction / Substance use Support	During the COVID-19 Crisis, Pride Toronto's Harm Reduction is available via telephone & email.	<a href="#">Link</a>	
	For support contact: harmreduction@pridetoronto.com		
	Regent Park Community Health Centre (465 Dundas Street East)		
	Hours: Mon, Wed, Thurs - 10-4; Tues: 12-4; Friday 10-3:30.		
	CTS OPEN: Last call - 3:30 Monday-Thursday and 3:00 on Fridays;		
Harm Reduction / Substance use Support	Harm Reduction supplies available	<a href="#">Link</a>	(416) 364-2261
	Case management support available		
	WOW Wednesday Walk In 10-12 on Wednesdays		
	Sanctuary		
	Meals: Tues/Friday 11-4, Thurs/Sun 5-9pm		
Harm Reduction / Substance use Support	Sleeping space upstairs for people sleeping rough (times to change every week possibly)		
	Healthcare: Tuesday 11am-4pm (Doctor + RN), Friday (11am-4pm, RN only for now), Thursday (5pm-9pm Doctor only).		
	Scarborough Centre for Healthy Communities		
	Harm Reduction Supplies available during the Covid-19 pandemic: Wednesdays & Fridays		
Harm Reduction / Substance use Support	Condoms Safe Smoking Kits Safe Injection Kits Feminine Hygiene Kits	<a href="#">Link</a>	
	Please call for Naloxone Kits, Location details and Delivery Options		
	For more information, contact Sarah and Ayzha @ (647) 355-6725		

<p>Harm Reduction / Substance use Support</p>	<p>Sherbourne Health</p> <p>Harm Reduction Program: supplies available from self-serve cart in the parking lot from 9am-8pm, M-F.</p> <p>Hep C: current clients can still come by Wed from 10am-12pm to check in with staff 1-on-1 and get food and honouraria. Hep C nursing drop-in hours are still open Tuesday and Friday morning.</p> <p>Primary Care: folks can still see their primary care providers for urgent issues (9-5 M-F) or by phone. Primary care drop-in is still happening on Tuesday and Friday.</p> <p>Call (416) 324-4100 to check in.</p> <p>ARC Program: ARC is still taking new admissions. Screening at door for all service users and staff.</p> <p>Washroom and Phone access has been removed for folks just dropping in.</p>	<p><a href="#">Link</a></p>
<p>Harm Reduction / Substance use Support</p>	<p>Sistering is open at the Masaryk Cowan Community Centre (220 Cowan Ave) in Parkdale.</p> <p>The following services are provided at this location:</p> <ul style="list-style-type: none"> <li>- Harm Reduction: Providing adequate access to supplies and support.</li> <li>- Medical Clinic: ICHA medical team will continue with virtual medical support.</li> <li>- Food Access: Preparing and distributing healthy meals and snacks daily.</li> </ul>	<p><a href="#">Link</a></p>
<p>Harm Reduction / Substance use Support</p>	<p>South Riverdale Community Health Centre</p> <p>Due to the Coronavirus at this time:</p> <ul style="list-style-type: none"> <li>- 955 Queen St E. is open for essential urgent care (by appointment) only and the distribution of food and harm reduction supplies</li> <li>- Consumption Treatment Services (CTS) Moss Park (134 Sherbourne St.) is open Tuesday-Sunday 11 am-7 pm</li> <li>- 955 Queen St. E (including keep6) is open Monday-Friday 10 am-6 pm but 955 Queen St. will be closed on Saturdays, effective Saturday, March 21</li> <li>- We are screening all clients with appointments or using CTS, one-by-one, at the front doors of 955 Queen St. E and 134 Sherbourne St.</li> <li>- Home visits are being conducted for clients who still require support, clients are being screened accordingly</li> <li>- We are offering urgent counselling and social work services over the phone</li> <li>- We are looking for ways to provide support for clients who are food insecure and/or socially isolated</li> </ul>	<p><a href="#">Link</a></p>
<p>Harm Reduction / Substance use Support</p>	<p>St. Michael's Hospital Rapid Access (OAT) Clinic – quick access to an addiction medicine specialist for individuals requiring medical intervention for substance use problems.</p> <p>Open on Monday and Fridays, 9 to 11:30am, on the 17th floor at St. Mikes.</p> <p>New clients must go in person if it's their first appointment. Clients calling in need to state clearly that they're calling to be seen in RAC – they will need to leave their name and phone number.</p>	<p><a href="#">Link</a></p> <p>(416) 864-3082</p>

Harm Reduction / Substance use Support	<p>St. Stephen's Community House</p> <p>For more information about closures or services during the situation, contact: (416) 925-2103 x7777 or info@sschto.ca</p>	<a href="#">Link</a>
Harm Reduction / Substance use Support	<p>Syme Woolner Neighbourhood &amp; Family Centre Call (416) 766-4634 or email swooler@symewoolner.org</p> <p>Services:</p> <ul style="list-style-type: none"> <li>- Takeaway meals (7 days a week) – Breakfast &amp; Lunch served from 11:00am-12:30pm</li> <li>- Foodbank Food Hampers – provided on Fridays &amp; Saturdays 9:30am-2:00pm</li> <li>- Harm-reduction supply kits – distributed from Monday to Thursdays 10:00am-2:00pm and Sundays 11:00am-2:00pm</li> <li>- Housing Support Services – via phone daily from 10:00am-2:00pm</li> </ul>	<a href="#">Link</a>
Harm Reduction / Substance use Support	<p>Unison</p> <ul style="list-style-type: none"> <li>- Harm Reduction supplies, Drop-in &amp; Naloxone Distro as follows:</li> <li>- Lawrence Heights: Monday to Friday 1pm to 5pm.</li> <li>- Jane Street Hub: Monday to Friday 11am to 5pm.</li> <li>- Keele &amp; Rogers: Tuesday 1pm to 5pm, Thursday 10am to 1pm, Friday 10am to 5pm.</li> <li>- Oakwood &amp; Vaughan: location is closed.</li> <li>- Unison Satellite at Weston King NC Monday to Saturday 9am to 3pm - Harm Reduction supplies available at front door (no building access).</li> </ul> <p>Meals to go:</p> <ul style="list-style-type: none"> <li>- Keele &amp; Rogers - Thursday 11am to 1pm.</li> <li>- Weston King NC - Monday to Saturday 9am to 1pm.</li> </ul> <p>Outreach:</p> <ul style="list-style-type: none"> <li>- Keele/Rogers and Jane Street locations.</li> </ul>	<a href="#">Link</a>
Harm Reduction / Substance use Support	<p>Vanauley Street YMCA (7 Vanauley Street)</p> <p>Harm Reduction supplies and Food to-go only.</p>	(416) 603-6366
Harm Reduction / Substance use Support	<p>Ve'ahavta</p> <p>Mobile Outreach Van providing food, clothing, hygiene supplies and Harm Reduction kits to rough sleepers in downtown core.</p> <p>West/East boundary: Caledonia-Hwy 404; North/South boundary Lawrence-Lakeshore.</p> <p>Shifts run: Monday-Thursday 6pm-midnight; Saturday 6pm-midnight; Sunday noon-6pm</p> <p>Minimal office hours: open Wednesdays 9am-1pm</p>	

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Warden Woods Community Centre  
Harm Reduction & HIV Prevention Program  
Contact them for Support/Supplies/Resources/Food

74 Firvalley Court in Scarborough, Ontario  
Cell: (437) 3880-2651  
Phone: (416) 694-1138 ext. 143  
Harmreduction@wardenwoods.com

Satellite Locations (all in Scarborough):  
74 Firvalley Ct (Main Centre)  
76 Firvalley Ct (Oakridge Harm reduction Hub)  
605 & 675 Kennedy Road  
10 Glen Everest Road  
40 Firvalley Ct  
682 Warden Avenue  
30/40 Teesdale Place  
3333 Danforth Avenue  
705 Progress Avenue  
5 Wakunda Place (Mobile)  
Burnhill Road & Danforth Avenue (Mobile)  
Eglinton Avenue East (Mobile)  
Danforth Avenue & Kingston Road (Mobile)

Harm Reduction /  
Substance use Support

[Link](#)

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West Neighbourhood House/St. Christopher House

These essential services are being delivered in person:

- Meals on Wheels
- Home Support (in-home PSW care)
- Home at Last (transition from hospital to home)
- Supportive housing at West Lodge

Harm Reduction /  
Substance use Support

[Link](#)

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Naloxone kit hubs are launching! The agencies listed below are ready, or nearly ready, to open their kit hubs. Please remember that the kit hubs are designed to fulfil urgent needs to replenish other organizations' kit stocks while they have reduced capacity from COVID-19 related staffing issues. Please use the contacts below to access kits when needed:

PASAN, 526 Richmond St East  
Stephanie, (647) 394-9567 stephaniem@pasan.org

Harm Reduction /  
Substance use Support

PQWCHC – Parkdale Site, 1229 Queen Street West  
Tave (416) 537-2455 x1243 TCole@pqwchc.ca

PQWCHC – Queen West Site, 168 Bathurst Ave  
Dana, (416) 804-8309 dluchsinger@pqwchc.ca, 10am-6pm Mon-Fri

Sherbourne Health Center, 333 Sherbourne Street  
Amika (416) 324-4100 x3317 agupta@sherbourne.on.ca  
or Amanda (416) 324-4100 x3237 ALeo@sherbourne.on.ca

Ontario Aboriginal HIV/AIDS Strategy (OAHAS) – TBD

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Harm Reduction / Substance use Support	<p>Advocacy opportunity:</p> <p>The Canadian HIV/AIDS Legal Network, Pivot Legal Society and the Canadian Drug Policy Coalition have joined forces to call on key ministers in the federal government to immediately decriminalize the possession of illicit drugs in response to the twin crises of opioid overdoses and the COVID-19 pandemic.</p> <p>Organizations can sign on to support drug decriminalization (<a href="#">link</a>)</p>	<a href="#">Link</a>
Health & Safety	<p>Masks &amp; Face Coverings</p> <p>Everyone in Toronto is now required to wear a mask or face covering when entering indoor public spaces. Masks or face coverings are also mandatory when travelling on the TTC.</p>	<a href="#">Selecting a mask</a> <a href="#">Wearing it safely</a>
Health & Safety	<p>Suggested Health &amp; Safety Guidelines for Volunteers Supporting High-Risk Community Members During COVID-19 (open source)</p>	<a href="#">Link</a>
Health & Safety	<p>Keeping Your Distance to Stay Safe</p>	<a href="#">Link</a>
Health & Safety	<p>Coronavirus and your wellbeing</p>	<a href="#">Link</a>
Health & Safety	<p>Coronavirus: How to protect your mental health</p>	<a href="#">Link</a>
Health & Safety	<p>Coronavirus (COVID-19) Guide for Trans people (National Center for Transgender Equality, USA)</p>	<a href="#">Link</a>
Health & Safety	<p>How to Stay Emotionally Healthy During the Coronavirus Outbreak</p>	<a href="#">Link</a>
Health & Safety	<p>Information for those with postponed surgeries due to COVID-19 (National Center for Transgender Equality, USA)</p>	<a href="#">Link</a>
Health & Safety	<p>Take a Deep Breath</p>	<a href="#">Link</a>
Health & Safety	<p>Be There - Mental Health Support - How to support those around you</p>	<a href="#">Link</a>
Health & Safety	<p>Rainbow Health Ontario</p>	<a href="#">Link</a>
Health & Safety	<p>Toronto HIV/AIDS Network: Special COVID-19 Updates</p>	<a href="#">Link</a>
Health & Safety	<p>HIV &amp; COVID-19: an FAQ (Toronto People With AIDS Foundation)</p>	<a href="#">Link</a>
Health & Safety	<p>COVID-19: Reduce Virus Spread</p>	<a href="#">Link</a>



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## Emergency Cooling Centres

Many facilities that were part of the City's 2019 emergency cooling centres are closed due to COVID-19.

For an interactive map of Emergency Cooling Centres that will open across Toronto during heat warnings, follow the link

Actions you can take to beat the heat & stay safe:

- Stay hydrated. Drink a lot of water even before you feel thirsty.
- Check on others. Call, text or video chat with family, friends and neighbours (especially older adults living alone) to make sure they're staying hydrated and keeping cool.
- Take cool showers or baths or use cool, wet towels to cool down.
- Use a fan near an open window to bring in cooler air from outside.
- Avoid the sun. Stay in the shade or use an umbrella.
- Dress for the weather. Wear loose, light-coloured, breathable clothing and, if outdoors, wear a wide-brimmed hat.
- Block the sun. Keep blinds or curtains closed during the day.
- Protect people and pets. Never leave a person or pet inside a parked car.
- Avoid using the oven or stove; they make your space hotter.
- Consult with your doctor or pharmacist on medications that increase your risk to heat.
- Do not leave hand sanitizer in cars; hand sanitizer poses a fire risk and can ignite due to its high alcohol content.
- In an emergency, always call 911. Call 911 if you have or someone you are with has a high body temperature, is confused, is unconscious, or has fainted.

Health & Safety

[Link](#)

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Homeless Help Resources useful for the homeless during COVID-19 – comprehensive list [Link](#)

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Homeless Help Homeless Help (City of Toronto) [Link](#)

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Homeless Help Shower & Bathroom access locations in Toronto are available by following the link and clicking the "Support for People Experiencing Homelessness" tab at bottom. [Link](#)

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Homeless Help Map of usable washrooms in Toronto [Link](#) [Link](#)

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Homeless Help Central Intake for Toronto  
Shelter, Support and Housing Administration. Homelessness Initiatives & Prevention Services (416) 338-4766

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Homeless Help Haven Toronto  
A Sanctuary for Elder Homeless Men  
170 Jarvis Street, Toronto  
Telephone: (416) 366-5377 [Link](#)  
Only takeaway breakfast and lunch on site. Nurse and counsellors all accessible via phone and email but no staff on-site apart from the cook and two support care workers. Drop closed, showers, clothing room and cafeteria are all closed.

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Homeless Help Information on Interim Housing for Individuals in Encampments [Link](#)

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Homeless Help	<p>Health Bus – Mobile Nursing Clinics</p> <p>Primary Healthcare with Nurse Practitioners for general healthcare needs (non-COVID 19)</p>	<a href="#">Link</a>	
	<p>Our usual Health Bus service is suspended for now, but we are still out in the community (follow link for details)</p>		
Homeless Help	<p>The Partners for Access &amp; Identification Project (PAID) is city-wide and helps vulnerable people get the identification they need to access health care, sources of income such as pensions, and other services.</p> <p>PAID ID Clinics are cancelled</p> <p>Clients in URGENT need of ID must contact PAID directly. We will assess applications on a case by case basis.</p>	<a href="#">Link</a>	
	<p>Follow link for further detail</p>		
Housing & Shelter	<p>Resources for people who rent &amp; are having trouble paying</p>	<a href="#">Link</a>	
	<p>Rent Relief</p> <p>Rent relief is available to low-income households in Toronto who are in rental arrears or need to move to more suitable housing.</p>		
Housing & Shelter	<p>The Toronto Rent Bank Program, funded by the City of Toronto, provides interest-free loans to cover rental arrears and rental deposits.</p> <p>The application is simple and can be completed from home, over the phone. Documents can be emailed. There is no credit check and repayments are deferred for 12 months.</p>	<a href="#">Link</a>	(416) 397-7368
Housing & Shelter	<p>Emergency Housing Fund is available for recipients of Ontario Works (OW) or the Ontario Disability Support Program (ODSP).</p> <p>This fund can help with costs associated with rent, moving, bed bugs, electricity or rent arrears.</p> <p>To apply for this fund, OW and ODSP recipients should speak with their caseworker.</p>	<a href="#">Link</a>	
Housing & Shelter	<p>List of resources for Toronto-area:</p> <ul style="list-style-type: none"> <li>- Help for Tenants</li> <li>- Rent Relief</li> <li>- Financial aid</li> <li>- Utilities assistance</li> </ul>	<a href="#">Link</a>	(416) 944-0087
	<p>maintained by the Centre for Equality Rights in Accommodation (CERA)</p>		

	Update on Landlord & Tenant Law: Eviction Suspension Lifted and Changes to Eviction Process		
	The COVID-19 pandemic eviction ban was lifted in Ontario on August 4, 2020. This means evictions can once again take place in Ontario.		
Housing & Shelter	There remains a process for evictions, but for most evictions that process is now different due to recent changes to the Residential Tenancies Act.	<a href="#">Link</a>	
	Follow the link for a list of key changes affecting tenants.		
Housing & Shelter	Rent Relief Fund - Akin Collective	<a href="#">Link</a>	
Housing & Shelter	City of Toronto Housing & Shelter Services	<a href="#">Link</a>	
	Friends of Ruby – 489 Queen St E, Lower Level		
Housing & Shelter	Comprehensive and progressive support to LGBTQI2S youth well-being through housing and social services.	<a href="#">Link</a>	(416) 359-0237
	Phone for service updates		
Immigration & Refugee Board of Canada	IRB Measures Related to COVID-19	<a href="#">Link</a>	
Immigration & Refugee Services	Rainbow Railroad - LGBTQ+ Refugee Services	<a href="#">Link</a>	
Immigration & Refugee Services	Metropolitan Community Church of Toronto	<a href="#">Link</a>	
	COVID-19 Update: LGBTQ+ Refugee Programs Goes Online		
Indigenous & 2-Spirit	The Indigenous COVID Pathways Phonenumber can be reached at: (437) 703-8703 from 4pm to 9pm, 7 days a week.	<a href="#">Link</a>	
Laundry	Creeds is offering free pick up and delivery for Laundry and Dry Cleaning for those in self-isolation. Call (416) 923-2500 to arrange	<a href="#">Link</a>	
Legal	The 519 Legal Clinic offers interim Telephone Summary Advice for LGBTQ2S communities to respond to legal needs during COVID-19. Advice includes, but not limited to, administrative law (ODSP, human rights, tenant rights), criminal law, immigration/refugee law, employment law, issues with the police, and mental health law.	<a href="#">Link</a>	
Legal	A legal clinic in Toronto for women experiencing violence, the Barbra Schlifer Commemorative Clinic is still open and providing legal services over the phone. Intake number (416) 323-9149 ext. 234	<a href="#">Link</a>	
Legal	Legal Clinic offered by: West Toronto Community Legal Services	<a href="#">Link</a>	
Legal	For people looking for family law assistance who do not currently have lawyers, The Law Society of Ontario has set up an emergency phone line.	1-800-268-7568	
Legal	Legal Aid Ontario has removed financial eligibility conditions for summary legal advice during COVID-19. You can call and speak to a lawyer who will give you advice for free.	1-800-668-8258	<a href="#">Link</a>
Legal	COVID-19 & Your Legal Rights – Neighbourhood Legal Services	<a href="#">Link</a>	
Legal	Human Rights in the age of COVID-19 – Canadian HIV/AIDS Legal Network	<a href="#">Link</a>	

Legal	The SHARE project provides free, confidential legal advice to workers who have experienced sexual harassment and/or assault in the workplace.  SHARE is a legal clinic that represents people who have applications at the Human Rights Tribunal of Ontario.	<a href="#">Link</a>	
Legal	Ontario Victim Services	<a href="#">Link</a>	
Medical Advice	Telehealth Ontario Toll-free 1-866-797-0000 Toll-free TTY 1-866-797-0007	<a href="#">Link</a>	
Medical Services	Women's College Hospital	<a href="#">Link</a>	(416) 323-6400
Medical Services	Sherbourne Health Service changes due to COVID-19	<a href="#">Link</a>	
Medical Services	Access to HIV Medication in Ontario (Ontario AIDS Network)	<a href="#">Link</a>	
Mental Health & Therapy	Free/Low-Cost Mental Health Resources in Toronto (Open Source)	<a href="#">Link</a>	
Mental Health & Therapy	City of Toronto: Mental Health Resources during COVID-19	<a href="#">Link</a>	
Mental Health & Therapy	Coronavirus & OCD	<a href="#">Link</a>	
Mental Health & Therapy	Distress Centers of Greater Toronto	<a href="#">Link</a>	(416) 408-4357
Mental Health & Therapy	CMHA Toronto COVID-19 Health Equity Resources (Open Source)	<a href="#">Link</a>	
Mental Health & Therapy	Managing Stress and Anxiety	<a href="#">Link</a>	
Mental Health & Therapy	Trans Lifeline (For trans and gender non-conforming people)	1-877-330-6366	<a href="#">Link</a>
Mental Health & Therapy	"Psychology Works" Facts Sheets responding to COVID-19	<a href="#">Link</a>	
Mental Health & Therapy	NABS Support Line (1 888 355 5548)	<a href="#">Link</a>	
Mental Health & Therapy	Union - Counselling for Musicians	<a href="#">Link</a>	
Mental Health & Therapy	Take Care   Care for your Coronavirus Anxiety	<a href="#">Link</a>	
Mental Health & Therapy	Transgender care during the COVID-19 pandemic, including online trans community support chat (ARCH Guelph)	<a href="#">Link</a>	
Mental Health & Therapy	Mental Health and Coping During COVID-19	<a href="#">Link</a>	
Mental Health & Therapy	Taking care of your mental health during COVID-19	<a href="#">Link</a>	

Mental Health & Therapy	MDAO Forum - Forum to chat with others for support	<a href="#">Link</a>	
Mental Health & Therapy	Huddle - Free video-based peer support groups around COVID-19, starts March 23	<a href="#">Link</a>	
Mental Health & Therapy	Layla – finds you a therapist matched to your needs, available for Ontario. Sessions in-person, online video, or phone. Free initial intake call	<a href="#">Link</a>	
Mental Health & Therapy	Big White Wall – free, online mental health and wellbeing service for dealing with everyday stressors or major life events. Available 24/7/365	<a href="#">Link</a>	
Mental Health & Therapy	Toronto Mindfulness Centre – Daily free 20-minute Mindfulness Meditation session on Facebook and Instagram Live. 11am EDT (Toronto/New York), 8:30pm IST (India), 3pm GMT (England), 8am PDT (Los Angeles)	<a href="#">Instagram</a>	<a href="#">Facebook</a>
Mental Health & Therapy	Friends of Ruby – 489 Queen St E, Lower Level	<a href="#">Link</a>	(416) 359-0237
Mental Health & Therapy	Online Counselling through video or chat/Telephone Counselling	<a href="#">Link</a>	
Mental Health & Therapy	25 different Cognitive Behavioral Therapy worksheets that you can do for yourself at home	<a href="#">Link</a>	
Mental Health & Therapy	A Practical Guide to Dealing With Hate on Social Media	<a href="#">Link</a>	
Mental Health & Therapy	Talkspace - offering \$100 off their plans	<a href="#">Link</a>	
Mental Health & Therapy	BetterHelp offers \$40 to \$70 weekly plans (can also be via text or chat - not just video call) - US-based, but clients can be worldwide	<a href="#">Link</a>	
Mental Health & Therapy	Inkblot - virtual therapy sessions	<a href="#">Link</a>	
Mental Health & Therapy	Shift Collab - in-person and online options	<a href="#">Link</a>	
Mental Health & Therapy	Balanced Mind and Wellness Inc. - phone and secure video counselling in GTA. Psychotherapy & Naturopathic Services.	<a href="#">Link</a>	
Mental Health & Therapy	Affordable Therapy Network - offering reduced rates, low-cost, sliding scale online therapy options	<a href="#">Link</a>	
Mental Health & Therapy	Pathway-Therapy, in-person and online options. Currently offering sliding-scales to support a wider range of people during COVID-19	<a href="#">Link</a>	
Mental Health & Therapy	Open Path Collective - offering sliding scale individual (\$30-\$60) and couples and families (\$30-\$80) therapy options	<a href="#">Link</a>	
Mental Health & Therapy	Toronto Institute for Relational Psychotherapy - Low-cost therapy	<a href="#">Link</a>	
Mental Health & Therapy	Hard Feelings - affordable shorter-term therapy	<a href="#">Link</a>	
Partner Violence & Family Violence	Tips on staying safe when stay-at-home restrictions are in place during COVID-19	<a href="#">Highly-recommended Safety Strategies When Experiencing Violence</a>	<a href="#">Which Safety Strategies Are More &amp; Less Effective?</a>
Seniors	Services for Seniors & Vulnerable Folks (City of Toronto)	<a href="#">Link</a>	
Seniors	Senior Pride Network	<a href="#">Link</a>	

Seniors	Senior Safety Line	1-866-266-1011
Seniors	Friendly Neighbour Hotline  Seniors who live in low-income housing can call for delivery of up to 8 items (groceries or other essential household items).  Call toll-free at 1 (855) 581-9580 (available in 180 languages) or order online ( <a href="#">link</a> )	<a href="#">Link</a>
Sexual Health	Planned Parenthood – changes to services and programs	<a href="#">Link</a>
Sexual Health	Sex Work During COVID-19  This resource is written for sex workers, by sex workers during the COVID-19 pandemic. It has been adapted from Sex Work COVID-19: Guidelines for Sex Workers, a document created by Maggie’s Toronto Sex Workers Action Project and Butterfly Asian & Migrant Sex Work Support Network.	<a href="#">Link</a>
Sexual Health	Gay Guys, Sex, PnP & COVID-19 (from ACT)	<a href="#">Link</a>
Transportation	The TTC continues to operate according to normal schedules; however, they have <b>suspended ticketing of individuals due to fare evasion</b> . Fare Enforcement Officers will still be continuing to check fares, albeit without fining individuals.  At the same time, the <b>TTC is no longer accepting cash, tickets, or tokens on buses:</b>  “All bus passengers will board and leave via the rear door except for riders who require the access ramp at the front door. Vehicle operators will keep their protective barriers closed, and the fare boxes will not be available. On buses except for Wheel-Trans, the TTC will not accept cash, tokens or tickets and will not issue paper transfers. Only Presto will be accepted. Streetcar and subway riders can use fare machines.”	<a href="#">Link</a>
Well Being	Advice on Staying Emotionally Healthy and Resilient During the COVID-19 Pandemic (Toronto Public Health)	<a href="#">Link</a>
Well Being	Coronavirus Sanity Guide by Ten Percent Happier	<a href="#">Link</a>
Well Being	The Science of Well-Being free 2-week MOOC from Yale designed to teach you how to build healthy habits and increase your happiness	<a href="#">Link</a>
Well Being / Chat	The 519 Friendly Check In (by phone or email)	<a href="#">Link</a>
Well Being / Creativity	Brit+Co is offering all of their creative online classes for free for the next two weeks - use discount code SELFCARE at checkout	<a href="#">Link</a>
Well Being / Creativity	Crayola Colouring Pages	<a href="#">Link</a>
Well Being / Creativity	Canadian Improv Games Online Training Resource	<a href="#">Link</a>
Well Being / Creativity	Art Gallery of Ontario (AGO) Online Collection	<a href="#">Link</a>

Well Being / Creativity	12 Famous Museums Offer Virtual Tours Online	<a href="#">Link</a>	
	Friends of Ruby – 489 Queen St E, Lower Level		
Well Being / Creativity	Check-In's, Virtual Drop-In Sessions, Virtual Programming including Art, BIPOC Drop-In, Art Therapy, and Virtual Gaming	<a href="#">Link</a>	(416) 359-0237
	Queer, Far, Wherever You Are – Buddies in Bad Times Theatre		
Well-Being / Entertainment	A digital performance & blog series curated to bring quality queer content to the comfort of your homes	<a href="#">Link</a>	
	Glad Day: GDTV		
Well-Being / Entertainment	It's the Glad Day programming you love with some new selections and a schedule that changes every month.	<a href="#">Link</a>	
	So, tune in multiple times a day and see what's on!		
Well Being / Fitness	Downdog - offering all of their apps for free until April 1; Yoga for Beginners, HIIT, Barre, and 7 Minute Workout	<a href="#">Link</a>	
Well Being / Fitness	Lululemon - offering yoga and meditation videos, free	<a href="#">Link</a>	
Well Being / Fitness	Peloton Digital - offering 90 day free trial of their app	<a href="#">Link</a>	
Well Being / Fitness	Wollendance Cardio Dance Fitness Class Live & On-demand - offer 14-days free trial	<a href="#">Link</a>	
Well Being / Fitness	8fit offers quick home workouts	<a href="#">Link</a>	
Well Being / Fitness	Wakeout has fun 30s stretching & relaxation exercises, offers 7-days free trial	<a href="#">Link</a>	
Well Being / Fitness	Nike Training Club app is completely free and has amazing guided workouts	<a href="#">Link</a>	
Well Being / Fitness	Daily Burn is offering 2 months free of their online workout classes	<a href="#">Link</a>	
Well Being / Fitness	Doyogawithme offers free yoga classes for all different levels	<a href="#">Link</a>	
Well Being / Fitness	Daily live fitness classes on Instagram Live	<a href="#">Link</a>	
Well Being / Meditation	Balance - (iOS) This month, they're offering a completely free one-year subscription to Balance to anyone who wants it.		access@balanceapp.com for instructions
Well Being / Meditation	Prana Breath (Android) - free app for guided breathing	<a href="#">Link</a>	
Well Being / Meditation	Insight timer - app for meditations with lots of great free meditations	<a href="#">Link</a>	
Well Being / Meditation	Free CALM Online Meditation Resources	<a href="#">Link</a>	
Well Being / Meditation	Free HEADSPACE Online Meditation Resources	<a href="#">Link</a>	
Well Being / Party	Club Quarantine - Online Queer Party. Every night at 9PM on Zoom	<a href="#">Donate</a>	<a href="#">Link</a>

Well Being / Skills	Poynter News University	<a href="#">Link</a>
Well Being / Skills	Skillshare — lots of free classes on writing, acting, etc.	<a href="#">Link</a>
Well Being / Skills	Sourceful — publicly sourced Google Docs and Sheets	<a href="#">Link</a>
Well Being / Spirituality	<p>Metropolitan Community Church of Toronto</p> <p>MCC Toronto’s Worship Services and Programs have moved online, including:</p> <ul style="list-style-type: none"> <li>- Weekly Worship Services</li> <li>- Digital Programming</li> <li>- Congregational Care Program</li> <li>- Benevolence Fund</li> </ul>	<a href="#">Link</a>

*Curated with help from:*

*2 Spirits, The 519, ACT Toronto, Alliance for South Asian AIDS Prevention (ASAAP), Black CAP, Buddies in Bad Times, Canadian HIV/AIDS Legal Network, Canadian Stage, The Dignity Network, EGALÉ, Friends of Ruby, Glad Day, Inside Out, Metropolitan Community Church of Toronto, Ontario AIDS Network, Planned Parenthood Toronto, Rainbow Railroad, Sherbourne Health, Toronto HIV Aids Network, Toronto People with AIDS Foundation, LGBT Youthline. Special thanks to: The Margins of Eras Gallery, H.G. Watson, & Vivian Ngai COVID-19 Resource Documents*