



**FCJ
REFUGEE
CENTRE**

RESOURCES

TOOLKIT FOR

MIGRANT WOMEN

INTRODUCTION

Backgrounder on the FCJ Refugee Centre

FCJ Refugee Centre strives to meet the diverse needs of uprooted people in communities across Ontario and Canada. FCJ Refugee Centre attempts to address the problems of poverty and lack of resources, isolation, and discrimination through community-based programs that promote self-help, personal growth, community economic development and social justice. For over 30 years, FCJ Refugee Centre has supported hundreds of individuals and families, many in precarious situations, in regularizing their immigration status and facilitating access to services. With an open door and holistic approach, we offer a unique integrated model of providing supports and services, including housing, integration services and other supports for migrant women, men and children.

Against this backdrop, the FCJ Refugee Centre set up the Migrant Women Counter-Human Trafficking Alliance, whose mission is to support and enhance the services available to migrant women with lived experiences of human trafficking and gender-based violence, as well as those at risk of human trafficking.

Purpose of the Resources Toolkit

Migrant women in Canada face unique challenges that intersect with their gender, background and immigration status, making them particularly susceptible to gender-based violence.

Prevention plays a central role in efforts to eradicate gender-based violence. Service providers can make an important contribution to such preventative work, helping migrant women access accurate and reliable information. At the same time, access to trauma-informed response services is vital to address the unique needs of migrant women with lived experiences of human trafficking and domestic violence. Yet, migrant women often face obstacles to access both prevention and response supports on account of their (precarious) immigration status.

To help overcome these obstacles and better support migrant women, we are sharing this Resources Toolkit for Migrant Women and Service Providers Supporting Them.

INTRODUCTION

Definitions, Data and Information Sharing

Human Trafficking

The United Nations' definition of Human Trafficking (as per the [Protocol to Prevent, Suppress and Punish Trafficking in Persons Especially Women and Children \(Palermo Protocol\)](#), signed by Canada in 2002) involves “the recruitment, transportation, transfer, harbouring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability, or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation.”

In Canada, trafficking offences under the [Criminal Code](#) generally correspond to those under the Palermo Protocol, with some differences in approaching the exploitation element of the definition.

The Canadian Council for Refugees (CCR) developed a [National Human Trafficking Assessment Tool](#) that screens for elements of human trafficking and a [Starter Toolkit for Awareness-Raising on Trafficking in Persons](#) to help guide service providers, individuals and communities across Canada in identifying and responding to situations of human trafficking.

The Canadian Centre to End Human Trafficking (CCTEHT), a national charity dedicated to ending all types of human trafficking in Canada, released their [Human Trafficking Trends in Canada \(2019-2022\)](#), new [It's Time to T.A.L.K. about Sex Trafficking](#) research, and a [Help End Labour Trafficking: Digital Toolkit](#). Aura Freedom – a grassroots organization working to end violence against women and human trafficking through education and advocacy – published a [Human-Trafficking Info Hub](#) to provide support against human trafficking for sexual exploitation in Canada.

To examine the assumptions that underlie the dominant understanding of trafficking and foster the development of a framework that is responsive to migrant women's lived experiences, Barbra Schliker Commemorative Clinic issued the [Migrant Women's Rights Project Discussion Paper #1: An Iterative Learning Journey to Deconstruct "Trafficking"](#).

INTRODUCTION

Furthermore, the report [It Happens Here](#) – compiled by CCTEHT and FCJ Refugee Centre with the support of Legal Assistance of Windsor (LAW) – summarizes findings from focus group discussions with migrant workers on labour exploitation during the pandemic.

Gender-Based Violence

Gender-Based Violence (GBV) refers to violence against individuals because of their gender, gender expression, gender identity or perceived gender. GBV is a multifaceted issue that encompasses various forms of violence, including physical, sexual, emotional, and economic abuse. GBV is not limited to physical violence and can include any word, action, or attempt to degrade, control, humiliate, intimidate, coerce, deprive, threaten or harm another person.










Intimate Partner Violence (IPV) is one of the prevalent forms of GBV and refers to any forms of physical, sexual, psychological or emotional abuse (including controlling behaviors, financial abuse and neglect) by a current or former intimate partner. When the partners live together, it is known as Domestic Violence (DV). Family Violence (FV) is any form of abuse, mistreatment or neglect that a child or adult experiences from a family member.

Aura Freedom developed [A Gender-Based Violence Resource Centre](#), as well as a campaign on [Femicide](#), to work toward ending violence against women through education and advocacy. Women and Gender Equality Canada's [Fact sheet: Intimate Partner Violence](#) provides further information on this issue, as well as the facts and the laws.

The Ontario Council of Agencies Serving Immigrants (OCASI)'s [Initiative to End Gender-Based Violence](#) provides resources, education and leadership to the immigrant and refugee serving sector and the broader community on gender-based violence prevention and survivor support.

To support service providers working with women with precarious immigration status, Barbra Schlifer Commemorative Clinic also published the report [Race, Gendered Violence, and the Rights of Women with Precarious Immigration Status](#), as well as [Gathering Evidence for Humanitarian and Compassionate \(H&C\) Applications: A toolkit for Advocates Supporting Women Survivors of Gender-Based Violence](#).

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Unless otherwise indicated, these services are provided
REGARDLESS OF IMMIGRATION STATUS.

Last Updated: April 12, 2024



Canadian Human Trafficking Hotline

24/7 crisis line, confidential. Chat function on website.

✉ hotline@ccteht.ca

☎ Free crisis line: 1 833 900 1010

🖱 canadianhumantraffickinghotline.ca

Assaulted Women's Helpline

24/7 crisis line, confidential.

☎ Free crisis line: 1 866 863 0511

🖱 awhl.org/contact-us

CAMH Emergency Department

24/7 emergency support in person for adults with mental health and substance issues.

☎ 416 535 8501 ext. 33296

📍 1051 Queen St W, Toronto, ON M6J 1H3

🖱 camh.ca/en/your-care/programs-and-services/emergency-department

📣 **The Emergency Department does not provide crisis counseling or general information over the phone**

Women's Support Network of York Region

24/7 crisis line, confidential.


☎ 24/7 Crisis Line: 905 895 7313 / 1 800 263 6734 (toll free)

🖱 womenssupportnetwork.ca/services/crisis-line



FEM'AIDE

24/7 crisis line for Francophone women dealing with violence, confidential.

 Free crisis line: 1 877 336 2433 - 1 866 860 7082 (ATS)

 femaide.ca

Niagara Sexual Assault Centre

Crisis Support Line at 905 682 4584. You will be connected to a person who will walk you through the process of getting help at your own pace.


 Crisis line number: 905 682 45

 43 Church St #503 St. Catharines, ON L2R 7E1

 niagarasexualassaultcentre.com/emergency-response

Trans Lifeline

Peer support phone service run by trans people for our trans and questioning peers. Services in English and Spanish.

 877 330 6366


 translifeline.org/hotline

 Hours of operation: Monday through Friday, 1 pm to 9 pm Eastern

Toronto Rape Crisis Centre

24/7 crisis line, confidential, interpreters available.

 info@trccmwar.ca

 24/7 Crisis line: 416 597 8808 Available 24/7

 trccmwar.ca

 Web & Text Chat: Wednesdays to Fridays, 7 pm to midnight



Gerstein Centre Crisis Line

24/7 crisis line, confidential, interpreters available in over 180 languages.

✉ admin@gersteincentre.org and gersteinonbloor@gersteincentre.org

📞 Crisis line: 416 929 5200

📍 Gerstein on Charles: 100 Charles St E, Toronto, ON M4Y 1V3
Gerstein on Bloor: 1045 Bloor St W, Toronto, ON M6H 1M4

🔗 gersteincentre.org/our-crisis-services/telephone-crisis-support

Sistering

24/7 drop-in support for women and trans people. Low-barrier shelter, hot meals, crisis intervention and counselling, social and housing support, and mental health care.

✉ generalinfo@sistering.org

📞 416 926 9762

📍 962 Bloor St W, Toronto, ON M6H 1L6


🔗 sistering.org/low-barrier-drop-in



SHELTER AND HOUSING

City of Toronto's Central Intake

Central Intake is a City-operated, 24/7 telephone-based service that offers referrals to emergency shelter and other overnight accommodation, as well as information about other homelessness services.

 For emergency shelter space, call the City of Toronto's Central Intake line at 416 338 4766 or 1 877 338 3398 or by calling 311

 toronto.ca/community-people/housing-shelter/homeless-help/central-intake

Assaulted Women's Helpline

Support finding emergency shelter.

 Free crisis line: 1 866 863 0511

 awhl.org/contact-us

211 Ontario

Shelter directory for abused women.

 211ontario.ca

Canadian Centre for Victims of Torture (CCVT)

Mental health counselling & support.

✉ info@ccvt.org

☎ 416 363 1066

🖱 ccvt.org/mental-health-counselling-support

📍 194 Jarvis St 2nd floor, Toronto, ON M5B 2B7 • 2401 Eglinton Ave E 3rd Floor, Unit 310 Scarborough, ON M1K 2N8 • 130 Dundas St E #204, Mississauga, ON L5A 1W7 • 1 Concorde Gate, Suite 303, North York, ON M3C 3N6

Women's Support Network of York Region

1:1 virtual drop-in support, no appointment needed.
For anyone residing in the GTA.

🖱 womensupportnetwork.ca

📅 Every Thursday, 4 pm - 6 pm. Registration through [Eventbrite](#).

Family Service Toronto

Virtual counselling walk-in service: Mondays, Wednesdays and Fridays, 9 am to 5 pm by calling their Service Access Unit at 416 595 9618 (not a crisis support line). Free initial consultation.

✉ sau@familyservicetoronto.org

☎ 416 595 9618

🖱 <https://familyservicetoronto.org/our-services/programs-and-services/walk-in-clinic/>

Women's Support Network of York Region

Sexual violence counselling; must live in York Region.

✉ info@womenssupportnetwork.ca

☎ 905 895 3646

📍 1110 Stellar Dr #109, Newmarket, ON L3Y 7B7

🖱 womenssupportnetwork.ca/services/counselling

📢 Office open for in-person services from Monday to Wednesday.
Services also offered via phone or online.

London Abused Women Centre

In-person, over the phone and virtual counsellor for women and girls over 12 abused by their intimate partners, exposed to harassment, and/or exploited in sex trafficking.

☎ 519 432 2204

📍 797 York St, unit 5, London, ON N5W 6A8

🖱 lawc.on.ca/about-lawc

📢 Monday to Thursday, 9 am to 5 pm; Friday: 9 am to 4 pm

ANOVA

Individual and group counselling in London and Middlesex County for those who have experienced sexual violence.

☎ Crisis & Support Line: 519 642 3000

📍 255 Horton St E 3rd Floor, Goodwill Centre, London, ON N6B 1L

🖱 anovafuture.org/support/sexual-violence-counselling

Barbra Schlifer Commemorative Clinic

Brief and long-term counselling services.

✉ intake@schliferclinic.com

☎ 416 323 9149

📍 489 College St, Suite 503 Toronto, ON M6G 1A5

🖱 schliferclinic.com/counselling-services




Access Alliance, Primary Health Care Services

Walk-in primary health clinic for non-insured people.

 416 760 2810

 761 Jane St, York, ON M6N 4B4

 accessalliance.ca/programs-services/primary-health-care-services


 Walk-in hours for non-insured:

Mondays, 12:30 pm to 7:30 pm; Thursdays, 12:30 pm to 7:30 pm. First come first served.

Canadian Centre for Immigrant and Refugee Health

Community Volunteer Clinic, as well as the Swan Program, for non-insured people.

 info@healthequity.ca

 647 267 2176

 4158 Sheppard Ave E, Scarborough ON M1S 1T3

 healthequity.ca


 No interpretation services

Community Health Services – Mennonite New Life Centre

Community health services for non-insured people.

 chs@mnlct.org

 647 812 1332 ext. 4400

 1122 Finch Ave W, Unit 23, North York, ON M3J 3J5

 mnlct.org

 Tuesday, Wednesday, and Thursday, 9:30 am to 3:30 pm



FCJ Refugee Centre

Primary Care Clinic: free, transitional primary care and psychiatry services for non-insured people.

✉ eli-ibarra@fcjrefugeecentre.org

☎ 416 469 9754 ext. 230 (call on Tuesday)


🌐 fcjrefugeecentre.org/health-clinic

📣 By appointment only



IWHC Toronto

Free sexual/reproductive health clinical services, information and outreach to all genders


 416 323 9986

 iwhctoronto.com

 Monday to Thursday, no physician on Friday. By appointment only.

Hassle Free Clinic

Free medical and counselling services in many areas of sexual health.
No appointment needed. First come first served.

 416 922 0566

 66 Gerrard St E suite 200, 2nd Floor, Toronto, ON M5B 1G3

 hasslefreeclinic.org/home

 Women's Clinic: Monday, Wednesday and Friday, 10 am to 3 pm

Birth Control and Sexual Health Centre

Sexual health care services in the Lawrence area.

 416 789 4541

 960 Lawrence Ave W, Suite 403, Toronto, Ontario, M6A 3B5

 birthcontrolsexualhealth.ca

 By appointment only



Bay Centre: Sexual Health

Women's College Hospital's Bay Centre offers comprehensive and inclusive sexual health-care services for people of all genders.

✉ bcbc@wchospital.ca

☎ 416 351 3700

📍 76 Grenville St, Floor 3 Toronto, ON M5S 1B2

🖱 womenscolleghospital.ca/care-programs/the-bay-centre-sexual-health

🕒 Monday to Friday, 8 am to 4 pm

Bloor West Village Women's Clinic

Sexual health care and abortion services (abortion fee is 400 CAD for non-insured people).

☎ 416 849 4595

📍 2425 Bloor St W, Suite 403, Toronto, ON, M6S 4W4

🖱 bloorwestwomensclinic.co

Cabbagetown Women's Clinic

Sexual health care and abortion services (abortion fee is 500 CAD + medication for non-insured people).

☎ 416 323 0642


📍 302 Gerrard St E, Toronto, ON, M5A 2G7

🖱 <http://www.cabbagetownwomensclinic.com>



Women's College Hospital

Acute Ambulatory Care Unit (AACU) provides urgent care for patients with new medical problems and those with chronic medical illnesses. 24/7 services.

 416 323 7302

 76 Grenville St Ground, Toronto, ON M5S 1B2

 womenscollegehospital.ca/care-programs/acute-ambulatory-care-unit-aacu

The MATCH Program at South Riverdale Community Health Centre

For Ontario residents, no OHIP needed. Free pregnancy, labour and birth, and postpartum care, medication abortion care until 11 weeks, miscarriage care with medications until 13 weeks, and abortion care navigation to any gestation.

 match@srchc.com

Include phone number in your email

 416 461 2493

 955 Queen St E, Toronto, ON M4M 3P3

 srchc.ca/programs/community-health/match-midwifery-and-toronto-community-health



MIDWIFERY CARE

A midwife is a primary care provider who is responsible for all the care necessary for a healthy expectant person and the baby throughout pregnancy, birth and for six weeks afterward. Midwives refer clients and newborns to family doctors or specialist doctors if the care becomes complicated. Midwifery care is free for Ontario residents and an Ontario Health Card is not always needed. Funding is provided by the Ontario Ministry of Health.

 ontariomidwives.ca/find-midwife



INTERPRETATION

Barbra Schlifer Commemorative Clinic

Free interpretation, including sign language interpretation, services to service providers serving woman abuse survivor.

✉ info@schliferclinic.com

☎ 416 323 9149

📍 489 College Street, Suite 503 Toronto, ON M6G 1A5

Silent Voice Canada

ASL interpretation, community support services: domestic violence resources and common forms in ASL.

☎ 416 463 1104

📍 60 St Clair Ave E #400, Toronto, ON M4T 1N5

🖱 silentvoice.ca/community_support_services

FCJ Refugee Centre


Free immigration help and refugee protection services, as well as anti-human trafficking supports.

 fcjrefugeecentre.org

Barbra Schlifer Commemorative Clinic

Free legal services to women and gender diverse people who have experienced violence and abuse.

 info@schliferclinic.com

 416 323 9149

 489 College Street, Suite 503 Toronto, ON M6G 1A5

 schliferclinic.com/legal-services

Mennonite New Life Centre

Free guidance in completing application forms for immigration, social assistance, subsidized housing, OHIP, SIN, EI, CTB, CPP, OAS, and GIS.

 info@mnlct.org

 647 812 1332

 <https://mnlct.org/how-we-help>

The Personal Care Bank

24/7. Free personal care items. Take what you need and leave what you can.

- 2A Rogers Rd, Toronto, ON M6E 1N4 • 250 Westlake Ave, East York, ON M4C 4T4 • 1424 Gerrard St E, Toronto, ON M4L 1Z6 • 2328 Queen St E, Toronto, ON M4E 1G9 • 1480 Danforth Ave, Toronto, ON M4J 1N4 • 1504 Dundas St W, Toronto, ON M6K 1T5 • 327 Bathurst St, Toronto, ON M5T 1J1
- 545 Markham St, Toronto, ON M6G 2L6 • 2793 Keele St, Toronto, ON M3M 2G3

 tpcb.ca

Progress Place

The Warm Line is a confidential and anonymous service for adults living in the GTA and Peel Region in need of a friend with an empathetic ear. It is operated by peers who have experienced loneliness, isolation and anxiety.

 3 pm to 7 pm: 1-888-768-2488; 3 pm to midnight: 416 960 WARM (9276)

 Chat online: www.warmline.ca

 progressplace.org/approach.html

 Text: 647 557 5882

FCJ Refugee Centre

English Classes program (ELL: English Language Learning).

 esl@fcjrefugeecentre.org

 416 469 9754. Whatsapp: 437 217 3786


 208 Oakwood Ave, Toronto, ON M6E 2V4

 <https://www.fcjrefugeecentre.org/english-classes>


Canadian Centre for Victims of Torture (CCVT)

Settlement services: Information and orientation, English language and skills training program designed specifically for survivors of torture and war trauma. Referrals for legal services. Children and youth Services.

 info@ccvt.org

 416 363 1066


 ccvt.org/ccvt-specialized-language-and-skills-training-program

 194 Jarvis St 2nd floor, Toronto, ON M5B 2B7 • 2401 Eglinton Ave E 3rd Floor, Unit 310 Scarborough, ON M1K 2N8 • 130 Dundas St E #204, Mississauga, ON L5A 1W7 • 1 Concorde Gate, Suite 303, North York, ON M3C 3N6

Family Service Toronto

Workshops and groups offered, like Drop-in Yoga (virtual), Weekly Meditation Group (virtual), Group for Emotional Regulation (virtual).

 sau@familyservicetoronto.org

 416 595 9618

 familyservicetoronto.org/our-services/workshops-groups-and-events

 To register or for more information contact Family Service Toronto Service Access Unit

Black Creek Community Health Centre

Saturday Wellness Clinic Yorkgate. Services available: blood pressure, check blood, sugar checks, referral to community services and support health, and information sessions. No appointment is needed. OHIP is not mandatory.

 info@bcchc.com

 416 249 8000 or 416 246 2388

 Yorkgate Mall , 1 Yorkgate Blvd, Suite 202, North York, ON M3N 3A1 (Upstairs next to Dollarama)

 bcchc.com/your-health-in-your-hands-vaccine-and-wellness-clinics

 Saturdays, 1 pm to 4 pm

Flemingdon HealthCentre - FairviewSite

Wellness programs, services are free of charge and open to residents living in catchment area. OHIP coverage is not required.

 info@fhc-chc.com

 416 249 8000 or 416 246 2388


 10 Gateway Blvd, Toronto, ON M3C 3

 fhc-chc.com/our-services/primary-health-care-services

 Monday to Thursday, 8:30 am to 9 pm; Friday: 8:30 am to 6 pm; Saturday: 9 am to 2 pm

Black Creek Community Health Centre


Healthy lifestyle group programs.

 416 249 8000 or 416 246 2388, ext. 3222 or ext. 3221,
or register online


 bcchc.com/health-and-wellness-programs/healthy-lifestyle-2

All Saints Church Community Centre

Emergency clothing for adults in need. No appointment needed.

 416 368 7768


 allsaintstoronto.com/get-involved/programs

 315 Dundas St E (The southeast corner of Sherbourne & Dundas), Toronto, ON M5A 2A2

New Circles-GLOW

Free clothing program. By appointment only. Available to equity-deserving individuals living on a limited income.

 info@newcircles.ca

 416 422 2591

 161 Bartley Dr, Toronto, ON M4A 1E6

 newcircles.ca

 Shopping appointments: Monday to Friday, 9:30 am to 3 pm
Clothing donations: Monday to Friday, 9 am to 5 pm



FOOD PROGRAMS

Center for Immigrant and Community Service

Produce from the garden and collected from DBFB provide food and fresh produce for food bank clients.

✉ info@cicscanada.com

☎ 416 292 7510

📍 2330 Midland Ave, Toronto, ON M1S 5G5

🖱 cicscanada.com/en

🕒 Friday, 2:30 pm to 4:30 pm (drop-in, no appointment required)

Meadowvale East Apostolic Church Food Ban

✉ meadowvaleeast@bellnet.ca

☎ 416 385 1140

📍 1510 Warden Ave (at Ellesmere), Scarborough, ON M1R 2S8

🕒 Mondays, 4 pm to 7 pm; Thursdays, 9:30 am to 12:30 pm

Centro Cultural Latinoamericano

✉ latinoamericano.toronto@gmail.com

☎ 416 994 0730

📍 1756 Eglinton Ave W, York, ON M6E 2H6


🖱 centroculturallatinoamericano.ca

🕒 Food Bank: Fridays, 2 pm to 4pm




FOOD PROGRAMS

Scott Mission

 General Inquiries: 416 923 8872
Women and Family Food and Clothing Bank: 416 923 3916


 346 Spadina Ave, Toronto, ON M5T 1J5

 scottmission.com

 Food Bank open Monday to Friday, 9:30 am to 11:45 am and 1:30 pm to 3:15 pm;
closed Wednesday afternoons for groceries

Teresa Group - Child and Family Aid

Family Food Hamper helps families provide healthy breakfast, lunches and snacks for their children.


 416 96 7703

 355 Church St, 2nd Floor, Toronto, ON M5B 1Z8

 teresagroup.ca

Women's Health in Women's Hands Community Health Centre

Short-term relief to clients who have limited access and availability of food through our emergency food cupboard program.

 416 593 7655

 2 Carlton St, Suite 500, Toronto, ON M5B 1J3

 whiwh.com



FOOD PROGRAMS

Community Fridge TO

Accessible food 24/7. Take what you need and leave what you can. Fridges are refilled regularly but availability of food depend on the need of each neighbourhood.

- 📍 250 Westlake Ave, East York, ON M4C 4T4 • 841 Gerrard St E, Toronto, ON M4M 1Y8 • 260 Queen St E, Toronto, ON M5A 1S6 (pantry only) • 24 Cecil St, Toronto, ON M5T 1N2 • 782 Adelaide St W, Toronto, ON M6J 1B4 • 124 Brock Ave, Toronto, ON M6K 2L4 • 176 Baldwin St, Toronto, ON M5T 1L8 • 88 Lowther Ave, Toronto, ON M5R 1E2

🖱️ communityfridgesto.org

Afghan Women's Organization Refugee and Immigrant Services

✉️ awo@afghanwomen.org

📞 416 422 2225

- 📍 2555 Eglinton Ave E, unit 211, Scarborough, ON M1K 5J1
747 Don Mills Rd. Unit 200 North York, ON M3C 1S3

🖱️ afghanwomen.org

📢 Community Food Hut: Mondays and Wednesdays

Canadian Red Cross Mobile Food Bank

Delivers food to those who are unable to access a food bank due to a disability, regardless of immigration status. A medical note is needed to justify the delivery.

📞 416 236 3180, 416 480 2500





- 📍 557 Dixon Rd, Etobicoke, ON M9W 6K1

🖱️ redcross.ca/in-your-community/ontario/nutrition-and-transportation/mobile-food-bank








FOOD PROGRAMS

Toronto Alliance Church

-  647 374 4685
 -  602 Queen St W, Toronto, ON M6J 1E3
 -  torontoalliancechurch.ca
 -  Tuesday and Wednesday, 10 am to 2 pm
-

FCJ Refugee Centre

-  kellya@fcjrefugeecentre.org
-  416 469 9754 and Whatsapp: 437 217 3786
-  208 Oakwood Ave, York, ON M6E 2V4
-  fcjrefugeecentre.org/food-security-program
-  Food distribution on Thursdays, 2pm to 4pm

Food Banks Interactive Map of the Greater Toronto Area, including food banks accepting clients who are in the refugee process or with precarious status:

fcjrefugeecentre.org/food-security-program/#map



FOOD PROGRAMS

St John the Compassionate Mission

✉ info@goodneighboursmission.org

☎ 647 358 4105

📍 Scarborough Good Neighbours Drop-In, 193 Markham Rd, Scarborough, ON M1J 3C3

🌐 goodneighboursmission.org

📢 With sit-down/take-out meals: Thursday and Friday, 9:30 am to 4 pm

Feed Scarborough

✉ info@feedscarborough.ca

☎ 416 203 0050 ext. 261

📍 Kennedy and Eglinton Food Bank: 741 Kennedy Rd, Scarborough, ON M1K 2C6.
Markham Road Food Bank: 155 Markham Rd, Scarborough, ON M1M

🌐 scarboroughfoodsecurityinitiative.com

📢 Saturday 12 pm to 3 pm. Book your appointment