




# **REFUGEE FRIENDLY HEALTH CARE SERVICE PROVIDERS IN ONTARIO**

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This list of services is not exhaustive. FCJ Refugee Centre updates the data regularly, but some information may be incomplete or out of date. If you detect any errors in the information provided about your service, please let us know by contacting:

Elisa Ibarra  
Primary Care Clinic Coordinator  
FCJ Refugee Centre  
[eli.ibarra@fcjrefugeecentre.org](mailto:eli.ibarra@fcjrefugeecentre.org)

Updated: March 2025

# INTERIM FEDERAL HEALTH PROGRAM

The [Interim Federal Health Program \(IFHP\)](#) provides limited, temporary, publicly funded coverage of health care benefits for refugees, refugee claimants and certain other eligible individuals in Canada, based on their immigration status.

## Call the Refugee Health Line:

Call this line **(1-866-286-4770)** for free, to register for help in being connected with a health service provider who can assist with initial medical assessments and referral to other health services. **THIS IS NOT AN EMERGENCY OR CRISIS LINE.**

## Or search by location:

Go to the following link to search by location for a variety of providers that can offer their services under the IFHP program:

<https://ifhp.medaviebc.ca/en/providers-search>

## Please make sure to always show the copy of your Refugee ID (Acknowledgment of Claim & ID)

UCI: [redacted]  
Application Number: [redacted]

**ACKNOWLEDGMENT OF CLAIM AND NOTICE TO RETURN FOR INTERVIEW**

Family Name: [redacted]  
Given Name: [redacted]  
Date of Birth: YYYYMMDD [redacted]

This notice acknowledges that the Government of Canada received your refugee claim on: 20220417  
YYYYMMDD [redacted]

You are now eligible for health care coverage under the Interim Federal Health Program (IFHP). You are required to undergo an Immigration Medical Examination as part of your refugee claim. The IFHP will cover the cost of this examination. Please present this notice and your IMM 1017 form to the panel physician at your appointment.

You are required to return for an interview with respect to your refugee claim. The details are as follows:

Date: SEPTEMBER 1 2022  
Time: 0900 HRS  
Address: 8900 Airport Road, Entrance 91, Suite 250  
Toronto, ON L4V 1E8  
Canada Border Services Agency  
Telephone: 905-426-3100

You must bring the following with you:

- The original appointment letter
- Original passport-sized photographs

If you are under 18 years of age, you must be accompanied by a parent or legal guardian if he or she resides in Canada.

**IMPORTANT:**  
If you do not appear for your interview, your IFHP coverage may be terminated. In addition, your refugee claim may subsequently be determined to have been abandoned in which case you will be subject to removal from Canada.

Note - If you pay for any medical services or products, you will not be reimbursed.

Health care providers in Canada **MUST** verify the eligibility of the individual with the IFHP claims administrator, Medavie Blue Cross, before providing services. Medavie Blue Cross may be contacted by telephone at 1-866-614-1862, by facsimile at 506-862-4601 or through their website at <https://www.mbc.ca/health-care-providers>.

Canada

PROTECTED UNDER THE PRIVACY ACT / PROTEGÉ PAR LA LOI SUR LA VIE PRIVÉE

CANADA EAO21 050 072 D3066366

**REFUGEE PROTECTION CLAIMANT DOCUMENT**  
THIS IS TO CERTIFY THAT THE PERSON HEREIN IS A REFUGEE PROTECTION CLAIMANT WITHIN THE MEANING OF THE IMMIGRATION AND REFUGEE PROTECTION ACT

Application No: UCI: [redacted]

**CLIENT INFORMATION**

Family Name: [redacted]  
Given Name(s): [redacted]  
Date of Birth: [redacted]  
Sex: [redacted]  
Country of Birth: [redacted]  
Country of Citizenship: [redacted]  
Date Issued: [redacted]  
Expiry Date: [redacted]

**ADDITIONAL INFORMATION**

Pursuant to Subsection 100(1) of the Immigration and Refugee Protection Act, this refugee protection claim has been determined to be eligible for a decision by the Refugee Protection Division. Consequently, pursuant to Subsection 100(3), the refugee Protection Claim is related to the Refugee Protection Division Refugee Board.

As of 20220214, the above-named individual is eligible for coverage of health-care costs under the Interim Federal Health Program (IFHP). This coverage can be cancelled without notice if the individual's immigration status changes. Therefore, health-care providers must verify the eligibility of the individual with the IFHP administrator before providing services.

If the individual:

- decides that I require coverage under the IFHP, I will notify IRCC immediately of any changes to my immigration status, or if I become eligible for or receive other health insurance, understand that my medical and personal information will be shared with IRCC, IRHP claims administrators and other appropriate departments for the administration of the IFHP and that the personal information may be shared with other Government institutions and their partners in accordance with the Privacy Act and the Department of Citizenship and Immigration Act.

Minor age children do not need student authorization to attend primary or secondary schools.

Name, title/group and signature of accompanying adult (if applicable): [redacted]  
Title/Title: [redacted]

IRCC Québec

NOT VALID FOR TRAVEL

Canada

## REFUGEE CLINICS

### Cross Roads Clinic from Women's College Hospital

Crossroads Clinic provides comprehensive medical services to newly arrived refugee clients for their first two years in Toronto. Clients who want to be a patient have to call to book an appointment.

**Phone:** 416-323-6400 Option 2

**Address:** 76 Grenville St, Toronto, ON M5S 1B2

**Website:** [womenscolleghospital.ca/care-programs/crossroads-clinic](http://womenscolleghospital.ca/care-programs/crossroads-clinic)

### Inner City Family Health Team

Doctor/Nurse Practitioner, Psychiatry, Nursing Care, Chiropody (Foot care), Health Promotion. Clients who want to be a patient have to call to book an appointment.

**Phone:** 416-368-5666

**Address:** 69 Queen St E, Toronto, ON M5C 1R8

**Website:** [innercityfht.ca](http://innercityfht.ca)

### The Canadian Centre for Refugee and Immigrant Healthcare (CCRIHC)

Chiropody Foot Care Program, General Medicine & Primary Care Clinics, Diabetes and Vascular Health Clinic, Dietitian & Nutrition Services, Mental Healthcare & Counselling, Paediatric Outreach Program (Children and Youth New to Canada), Women's Healthcare, Urban Dental Clinic. Call or email for more information.

**Phone:** 647-267-2176

**Address:** 4158 Sheppard Ave E, Scarborough, ON M1S 1T3

**Website:** <https://www.healthequity.ca/>

# WALK-IN CLINICS

(ACCEPTING IFH)

## Toronto-GTA

### Health Services at Covenant House

Attending clients aged 16 to 24.

- Address: 20 Gerrard Street East, Toronto, ON M5B 2P3
- Phone: 416-204-7995
- Walk-in: 9 am to 4 pm
- Web: <https://covenanthousetoronto.ca/our-solution/health-and-well-being/>

### Marlee Medical Clinic

Non insured clients pay fee.

- Address: 249 Marlee Ave, North York, ON M6B 4B8
- Phone: 416-780-9986
- Open 7 days a week
- Web: <https://www.marleemedicalclinic.com/>

### Lansdowne Dundas Medical Clinic

- Address: 222 Lansdowne Ave, Toronto, ON M6K 3C6
- Phone: 647-725-6555

### Evercare Medical Centre

- Address: 137 Roncesvalles Ave, Toronto, ON M6R 2L2
- Phone: 416-901-0717
- Web: <http://www.evercaremedical.ca/>

### Dufferin Vaughan Medical Clinic

- Address: 9200 Dufferin Street, Unit 2, Concord, ON L4K 0C6
- Phone: 905-417-3125
- Web: <https://www.dufferinvaughanmedicalclinic.com/>

### **Westway Medical Walk-in and Children's Clinic**

- Address: 1723 Kipling Ave, Suite 4, Etobicoke, ON M9R 4E1
- Phone: 416-244-8404
- Web: <https://www.westwaymedicalclinic.com/>

### **Dr Rida Abulaeha Walk-in Clinic**

Doctor speaks Spanish.

- Address: 801 Sheppard Ave West, Unit 801B, Toronto, ON M3H 0A8
- Phone: 416-398-1112
- Monday to Thursday, 9 am- 3 pm; Friday, 9 am - 6 pm; Saturday, 9 am - 3 pm

### **Ultra-Bloor Walk-in Clinic**

- Address: 1254 Bloor St W, Toronto, ON M6H 1N5
- Phone: 647-427-3574
- Web: <https://www.ultrabloorwalkin.com/>

### **Jane Park Doctor's Office**

Doctor speaks Spanish.

- Address: 877 Jane St, Toronto, ON M6N 4C4
- Phone: 416-766-4444

### **High Park Medical Clinic**

- Address: 1640 Bloor St W, Toronto, ON M6P 1A7
- Phone: 416-551-3539

### **Dr. Andrew Simone Walk-In Clinic**

This dermatology clinic operates on a walk-in basis, no medical referral is required to see the dermatologist. Consultations are covered by OHIP, but they also accommodate non-status individuals, charging a fee of \$50. Besides medical consultations, the clinic offers various cosmetic services, which cost between \$10 and \$60 if not covered by OHIP. Please be patient, as the affordability of this option often results in a wait time of about an hour to see the doctor.

- Address: 40 King George's Rd, Etobicoke, ON M8X 1L3
- Phone: 416-231-2817

### **Albany Medical Clinic**

- Address: 807 Broadview Ave Toronto, ON, M4K 2P8
- Phone: 416-461-9471
- Website: <https://albanyclinic.ca/>

### **Centre for Immigrant & Community Services (CICS)**

- Address: 2330 Midland Avenue Toronto, ON, M1S 5G5
- Phone: 416-292-7510
- Website: <https://www.cicscanada.com/en/>

### **Open Door Program**

The Open Door Program is an initiative of the Mid-West Toronto Ontario Health Team (OHT), with Access Alliance Multicultural Health and Community Services.

- Contact: Sharmishta Anand
- Address: 340 College St., Suite 500, Toronto ON M5T 3A9
- Phone: 416-702-9265
- Website: <https://accessalliance.ca/about-us/our-history/opening-doors-in-the-east-and-the-west/>

## **Mississauga**

### **Great Doctors Medical Centers & Sigma Healthcare Group**

Great Doctors Medical Centers is an organization dedicated to providing comprehensive healthcare support to newcomers in the Greater Toronto Area (GTA) and Refugee Claimants. Serving Brampton, Kitchener, Richmond Hill, Brockville, Etobicoke.

- Address: 1332 Khalsa Drive unit 1, Mississauga, ON L5S-0A0
- Phone: 905-488-5420

### **Rapid Access to Medical Specialists - Ontario**

This clinic operates on a walk-in basis and is open 365 days a year. It offers daily pediatric services and quick access to specialists. The clinic is equipped with a laboratory, X-ray facilities, and a fracture clinic. They also serve refugees, even if they only have an acknowledgment letter.

- Address: 21 Queensway West, Mississauga, ON, L5B 1B6
- Phone: (647) 372-0365 or 1 (855) 629-0365

### **Quick-Med Walk-in Clinic**

- Address: 3447 Cawthra Rd, Unit A, Mississauga, ON L5A 2X9



## Scarborough

### **The Canadian Centre for Refugee & Immigrant Health Care**

- Address: 4158 Sheppard Ave E, Scarborough, ON M1S 1T3
- Phone: 647-267-2176 (Option 1)
- Website: <https://www.healthequity.ca/>

### **Victoria Commons Medical Clinic**

Doctor speaks Spanish and Portuguese.

- Address: 2555 Victoria Park Ave unit 6, Scarborough, ON M1T 1A3
- Phone: 416-551-7069
- Website: <https://viccomhealth.com/>

### **Warden Family Practice & Walk-in**

- Address: 3502 Danforth Ave, Scarborough, ON M1L 1E1
- Phone: 647-984-6172

## Oshawa

### **Carea Community Health Centre**

Address: 115 Grassmere Ave, Oshawa, ON L1H 3X7

Phone: 905-723-0036 (Option 3 for new clients)

### **Oshawa Lakeview Pharmacy**

Walk-in Clinic and Addiction Treatment Clinic. Telemedicine only: Only phone call appointments.

- Address: 799 Park Rd S, Unit 5, Oshawa, ON L4K1
- Phone: 905-240-4050
- Website: <https://www.oshawapharmacy.ca/>

## Milton

### **Milton Urgent Care and Family Practice**

(Bronte Corporate Centre)

- Address: 400 Bronte St S, Unit 103, Milton, ON L9T 0H7
- Phone: 905-876-3843

# SEXUAL HEALTH CLINICS

Sexual health clinics are staffed by physicians, nurses and nurse practitioners to offer free and confidential clinical services. A health card is not required.

More information: <https://www.ontario.ca/page/sexual-health-clinics>

## IWHC Toronto

- Address: 489 College St #200, Toronto, ON M6G 1A5
- Phone: 416-323-9986
- Website: <https://iwhctoronto.com/>

## Birth Control and Sexual Health Centre

- Address: 960 Lawrence Ave W #403, North York, ON M6A 3B6
- Phone: 416-789-4541
- Website: <http://birthcontrolsexualhealth.ca/>

## Hassle Free Clinic

Hassle Free Men/Trans clinic is offering free HIV and Syphilis testing at the 519 (519 Church St), every Thursday, from 4:00 to 8:30 pm, for cis guys into guys, all Trans and non-binary people. No appointment needed: first come, first served.

- Address: 66 Gerrard St E suite 200, Toronto, ON M5B 1G3
- Phone: 416-922-0566
- Website: <https://www.hasslefreeclinic.org/>

## Bay Centre

- Monday to Friday, 8:00 am to 4:00 pm
- Address: 76 Grenville St. Floor 3 Toronto, ON M5S 1B2
- Phone: 416-351-3700
- Website: <https://www.womenscollegehospital.ca/care-programs/the-bay-centre-sexual-health/>

### **Match South Riverdale**

The MATCH Program offers a wide variety of services related to pregnancy, labour, and birth, as well as postpartum care for infants and adults, well-gynecological care and pregnancy options counselling.

- Address: 955 Queen St E, Toronto, ON M4M 3P3
- Phone: 416-461-1925
- Website: <https://www.srchc.ca/programs/community-health/match-midwifery-and-toronto-community-health/>

### **Bloor West Village Women's Clinic**

Abortion and Sexual Health Care Services. Fee for Non-Insured: 400 CAD.

- Address: 2425 Bloor St W, Suite 403, Toronto, ON, M6S 4W4
- Phone: 416-849-4595
- Website: <https://www.bloorwestwomensclinic.com/>

### **Cabbagetown Women's Clinic**

Abortion and Sexual Health Care Services. Fee for Non-Insured: 500 CAD + medication.

- Address: 302 Gerrard St E, Toronto, ON, M5A 2G7
- Phone: 416-323-0642
- Website: <https://www.cabbagetownwomensclinic.com/>

**FIND YOUR NEAREST CLINIC:**  
<https://sexualhealthontario.ca>

# HIV CLINICS

## Latinos Positivos

- Address: 200 Gerrard St. E, 3rd Floor, Toronto, ON M5A 2E6
- Phone: 416 506 1400 Extension: 109
- Website: <https://www.latinospositivos.ca/index.html>

## Blue Door Clinic

- Address: Casey House, 119 Isabella St, Toronto, ON M4Y 1P2
- Phone: 437-235-7423
- Website: <https://www.bluedoorclinic.org/>

## Regent Park Community Health Centre

- Address: 465 Dundas Street East, Toronto, ON M5A 2B2
- Phone: 416-364-2261
- Website: <https://regentparkchc.org/>

## Alliance for South Asian AIDS Prevention (ASAAP) - Settlement Services

LGBTQ+ community living with HIV.

- Address: 120 Carlton St, Suite 212, Toronto, ON M5A 4K3
- Phone: 416-768-1548
- Email: [Settlement@asaap.ca](mailto:Settlement@asaap.ca)
- Website: <https://www.asaap.ca/settlementservices>

## The Village Pharmacy

### Church St

- Address: 473 Church St, Toronto, ON M4Y 2C5
- Phone: 416-967-9221

### Yonge St (1)

- Address: 535 Yonge St, Toronto, ON M4Y 1Y5
- Phone: 416-960-2323

### Yonge St (2)

- Address: 2518 Yonge St, Toronto, ON M4P 2H7
- Phone: 416-487-9128

Website: <https://www.thevillagepharmacy.ca/>

# COUNSELLING AND MENTAL HEALTH

## **Family Service Toronto - Counselling**

Individual, family and couple counselling, cognitive behavior therapy, EMDR, Sensory Motor, Trauma informed therapy, narrative therapy and Emotional Focussed Therapy.

Fees are charged on a sliding scale based on household income and are designed to be accessible for all income ranges for anyone living or working in the city of Toronto.

Family Service Toronto is a non-profit social service agency and fees are required to supplement the funding that we receive for this service.

- Address: 355 Church Street, Toronto, ON, Canada
- Phone: To book an appointment call the service access line at 416-595-9618
- In Person Intake: Wednesday. Starts at 9 am, first come first service
- Languages. Service in English, Farsi, French, Hindi, Portuguese, Spanish, Tagalog, Tamil, and Urdu
- Website: <https://familyservicetoronto.org/our-services/programs-and-services/counselling/>

## **Canadian Centre for Victims of Torture (CCVT)**

Offering mental health support, settlement services, children and youth programs, ESL, community engagement and AHT support.

- Address: 194 Jarvis Street, 2nd Floor, Toronto, ON M5B 2B7
- Phone: 416-363-1066
- Website (health counselling support): <https://ccvt.org/mental-health-counselling-support/>

## Refugee focused Mental Health Programs

### Riverdale Immigrant Women's Centre

No-cost sessions, open-ended amount, for: people who identify as women, non-binary or gender non-conforming; who are 16 years of age or older; who have experienced violence (broadly defined as physical, sexual, mental, emotional; political violence is also included) and living in the GTA (including City of Toronto, Peel, Durham, York and Halton regions). Also offer sessions for dependents/children of existing clients.

Sessions are offered virtually (phone or video) and in person, in English and Arabic.

To make a self-referral, folks can call or email the Intake Coordinator: Ashmi Sharma.

- Address: 1326 Gerrard St E., Toronto, ON M4L 1Z1
- Email: [vawcounselling@riverdalehub.ca](mailto:vawcounselling@riverdalehub.ca)
- Phone: 647-395-3605
- Website: <https://riwc.ca/>

### Nazca Health

Providing therapy to refugee clients with Interim Federal Health coverage, supporting them with various mental health concerns, including trauma, anxiety, and adjustment to life in Canada.

Dr. Cedric Gabilondo, MD FRCPC.

- Email: [cedricgabilondo@nazcahealth.com](mailto:cedricgabilondo@nazcahealth.com)
- Phone: 437-429-7944
- Website: <https://online.flipbuilder.com/nazcahealth/coxp/>

### Gilda Pikelin, MSW, RSW

Therapist & Registered Social Worker

Providing therapy to refugee clients with Interim Federal Health coverage, supporting them with various mental health concerns, including trauma, anxiety, and adjustment to life in Canada.

- Email: [gildapikelincounselling@gmail.com](mailto:gildapikelincounselling@gmail.com)
- Fax: 437-524-7391

### New Beginnings Clinic: CAMH Services for Newcomers

Psychiatric consulting, care provider consulting and culturally sensitive interventions to newly arrived immigrants and refugees. Doctor referral required.

- Address: Bell Gateway Building, 100 Stokes St., Toronto, ON M6J 1H4
- Phone: 416-535-8501 ext. 31683
- Website: <https://www.camh.ca/en/your-care/programs-and-services/new-beginnings-clinic-for-newcomers>

### **IG Vital Health - Mental Health Clinic**

- Address: 1280 Finch Avenue West, Unit 308, Toronto, ON M3J 3K6
- Phone: 416-520-6910 (Office)
- Email: [admin@igvitalhealth.com](mailto:admin@igvitalhealth.com)
- Website: <https://www.igvitalhealth.com/>

### **Norma Hannant - Registered Social Worker - Psychotherapist**

Offers: Mental Health Assessments to support refugee hearings - Individual psychotherapy and mental health counselling for refugee claimants.

- Email: [normahannant@gmail.com](mailto:normahannant@gmail.com)
- Fax: 647-691-0319

### **Peakminds Psychological & Assessment Services**

Offers: Psychoeducational assessments, Psych vocational assessments, mental well-being checks, cognitive assessments.

- Phone: 905-826-7400
- Website (book an appointment): <https://www.peakminds.ca/>

### **Mind Garden Therapy**

Amita Risbud, RSW (MSW), Psychotherapist.

- Email: [yourmindgarden@gmail.com](mailto:yourmindgarden@gmail.com)
- Website (booking): [https://mindgardentherapy.janeapp.com/#/staff\\_member/1/treatment/1](https://mindgardentherapy.janeapp.com/#/staff_member/1/treatment/1)

### **Roots Therapy - Mihaela Iacob**

Counselling and psychotherapy services. Free for people with a refugee status.

- Email (book and appointment): [info@rootstherapy.ca](mailto:info@rootstherapy.ca)
- Phone: 647-493-0889
- Website: <https://www.rootstherapyclinic.com/>

### **Friends of Ruby**

Book online or call.

- Phone: 416-359-0237
- Website: <https://www.friendsofruby.ca/>, <https://www.friendsofruby.ca/programs-and-services/mental-health-and-wellness-support/>

## **Yorktown Family Services**

Spanish services available.

- Phone: 416-394-2424
- Website: <https://www.yorktownfamilyservices.com/programs/>

## **The Krasman Centre**

(Newcomer's Warm Line and Peer Support Crisis Service)

- Address: 10121 Yonge Street, Richmond Hill, ON L4C 1T7
- Phone: 647-765-8841
- Email: [amy.thompson@krasmancentre.com](mailto:amy.thompson@krasmancentre.com)
- Website: <https://krasmancentre.com/>

## **Positive Mind Wellness**

Psychotherapy - Massage Therapy - Couples Counselling. Providing comprehensive Interim Federal Health Program Psychological Assessments and Treatments and Humanitarian and Compassionate (H&C) assessments for Canadian immigration. Director: Viktoria Tolmatshov.

- Newmarket:
  - 16610 Bayview Avenue - Unit 214 Newmarket, Ontario L3X 1X3
  - Phone: 905-798-1808
- North York:
  - 4101 Steeles Avenue - Unit 200 North York, Ontario M3N 1V7
  - Phone: 905-798-1808
- Ottawa:
  - 1335 Carling Avenue - Unit 560 Ottawa, Ontario K1Z 8N8
  - Phone: 905-798-1808

## **Yonge Street Mission**

Mental Health Counselling. Migration Status is not a barrier, they admit everybody. Appointment based telephone counselling. Phone, walk-in & appointments available.

- Monday, Tuesday, Wednesday, Friday, 9:30 am - 4:30 pm; Thursdays, 10:00 am - 7:30 pm
- Phone: [416-355-3568](tel:416-355-3568) or [416-929-9614](tel:416-929-9614) x 3235
- Website: <https://www.ysm.ca/who-we-serve/cornerstone/>



## **Youth-dale Treatment Centre**

Youth 6 to 24.

- Phone: 416-368-4896 ext 304
- Crisis Line: 416-262-9990, 24/7

## **The 519**

- Wednesdays (open to all): 3 pm to 6 pm; fourth Saturday of the month (prioritizing children, youth and families): 12 pm to 4 pm
- Address: 519 Church St, Toronto, ON M4Y 2C9
- Phone: 416-392-6874
- Website: <https://www.the519.org/>

## **OASIS Dufferin**

Director of Women's Program: Erika Abele.

- Address: 1219 Dufferin Street Toronto, ON M6H 4C2
- Phone: 416-536-4431
- Website: <https://www.oasisdufferin.org/>

## **Mennonite New Life Centre**

- Phone: 647-812-1332
- Website: <https://mnlct.org/>

## **The Access Point**

(The Toronto Mental Health and Addictions Access Point)

- Address: 145 Front St East Unit 301, Toronto, M5A 1E3
- Phone: 416-640-1934 x 2276
- Website: <https://theaccesspoint.ca/>

## **Mississauga Psychotherapy**

Kiran Maqsood Counselling and Psychotherapy.

- Address: Room 2, Unit 101-A, 2000 Credit Valley Rd, Mississauga, ON
- Phone: 647-882-9920
- Email: [info.kmpsychotherapy@gmail.com](mailto:info.kmpsychotherapy@gmail.com)

### **Cassandra Health Centre**

Samira Masoudi (MSW – RSW), Psychotherapist. Adults, teens and children.

- Phone: 416-331-9111

### **Treasure in You Counselling Centres**

Wait time is typically between one to two weeks. Assisting new immigrants, asylum seekers, refugees, protected refugees, victims of domestic violence and sex traffic dealing with conditions such as depression, anxiety, panic disorder, adjustment disorder, and other related concerns.

- Email: [info@treasureinyoucounsellingcentres.org](mailto:info@treasureinyoucounsellingcentres.org)
- Website: <https://treasureinyoucounsellingcentres.org/>

## **Counselling in Spanish in London**

### **Willow Bridge Community Services**

- London, Ontario
- Phone: 519-753-4417

### **Counselling Collaborative**

- Address: 476 Clarke Road, London, ON N5V 2C7
- Phone: 226-667-6767, 519-804-1097
- Website: <https://www.cclondon.ca/>

## COMMUNITY HEALTH CENTRES

Community Health Centres (CHCs) deliver primary care services in combination with health promotion and illness prevention services. So, in addition to promoting the health of individuals and families, CHCs mount initiatives that address social, economic and environmental problems negatively impacting people's health.

### **The Canadian Centre for Refugee & Immigrant Health Care**

- Address: 4158 Sheppard Ave E, Scarborough, ON M1S 1T3
- Phone: 647-267-2176
- Website: <https://www.healthequity.ca/>

### **Black Creek Community Health Centre**

- Address 1: 2202 Jane St, Unit 5, Toronto, ON M3M 1A4
- Address 2: 1 Yorkgate Blvd, Suite 202, Toronto, ON M3N 3A1
- Phone: 416-249-8000, 416-246-2388
- Website: <https://www.bcchc.com/>

### **Davenport Perth Neighbourhood and Community Health Centre**

- Address: 1900 Davenport Rd, Toronto, ON M6N 1B7
- Phone: 416-658-6812
- Website: <https://www.dpnchc.ca/>

### **Flemingdon Health Centre**

- Address 1: 10 Gateway Blvd, Toronto, ON M3C 3A1
- Address 2: 5 Fairview Mall Dr, Suite 359, Toronto, ON M2J 2Z1
- Phone: 416-429-4991, 416-640-5298
- Website: <https://www.fhc-chc.com/>

### **The Four Villages Community Health Centre**

- Address 1: 1700 Bloor St W, Toronto, ON M6P 4C3
- Address 2: 3446 Dundas St W, Toronto, ON M6S 2S1
- Phone: 416-604-0640 Ext. 1
- Website: <https://4villageschc.ca/>

### **Alliance for South Asian AIDS Prevention (ASAAP) - Settlement Services**

- Address: 120 Carlton St, Suite 212, Toronto, ON M5A 4K3
- Phone: 416-768-1548
- Website: <https://www.asaap.ca/settlementservices>

### **Cecil Community Centre**

- Address: 58 Cecil Street, Toronto, ON M5T 1N6
- Phone: 416- 392-1090
- Website: <https://cecilcentre.ca/>

### **Unison Health and Community Services (1)**

For referrals: Send letter by fax to 416-657-3622, Isabella and Claudia (Intake Workers).

- Address: 1651 Keele St, Toronto, ON, M6M 3W2
- Phone: 416-653-5400 Option 2
- Website: <https://unisonhcs.org/>

### **Unison Health and Community Services (2)**

Walk-ins: Wed. 1:00 pm – 8:30 pm; Thu. and Fri., 9:00 am – 12:30 pm.

- Address: 501 Oakwood Ave, York, ON M6E 2W8
- Phone: 647-798-0441
- Website: <https://unisonhcs.org/>

### **Unison Edge OV Youth Clinic**

Mon. and Wed. 10:00 am – 6:00 pm; Tue. and Thu., 11:30 am – 7:30 pm; Fri. 9:00 am – 5:00 pm.

- Address: 501 Oakwood Ave, York, ON M6E 2W8
- Phone: 647-798-0441 (office), 416-272-1428 (Andrea Meghie, Coordinator)
- Email: [Edge.OV@unisonhcs.org](mailto:Edge.OV@unisonhcs.org)
- Website: <https://unisonhcs.org/programs-services/oakwood-vaughan-site/edge-ov/>

### **Parkdale Queen West Community Health Centre (1)**

Intake Worker: Alex - Non Status and Refugee Claimants.

Mon. to Thu., 9:00 am - 8:00 pm; Wed. closed 9:00 am - 1:00 pm; Fri, 9:00 am - 5:00 pm .

- Address: 168 Bathurst St, Toronto, ON M5V 2R4
- Phone: 416- 703-8482
- Website: <https://pqwchc.org/programs-services/health-care/>

### **Parkdale Queen West Community Health Centre (2)**

- Address: 1229 Queen St W Toronto, ON M6K 1L2
- Phone: 416-537-2455 (Option 4 for Clinic and Bookings or request being transferred with the Intake Worker)
- Website: <https://pqwchc.org/programs-services/health-care/>

### **Regent Park Community Health Centre**

- Address: 465 Dundas St E, Toronto, ON M5A 2B2
- Phone: 416-364-2261
- Website: <https://regentparkchc.org/>

### **Women's Health in Women's Hands**

- Address: 2 Carlton Street, Suite 500, Toronto, ON M5B 1J3
- Phone: 416-593-7655 (Option 7 for Clinic Reception)
- Monday to Friday, 9:00 am - 5:00 pm; Wednesday, 9:00 am to 8:00 pm
- Website: <https://www.whiwh.com/>

### **LAMP Community Health Centre**

- Address: 185 Fifth St, Etobicoke, ON M8V 2Z5
- Phone: 416-252-6471
- Website: <https://lampchc.org/>

### **Blue Door Support Services**

- Phone: 905 898-1015
- Website: <https://bluedoor.ca/>

### **Planned Parenthood Toronto**

- Address: 36B Prince Arthur Avenue, Toronto, ON M5R 1A9
- Phone: 416-961-0113
- Website: <https://ppt.on.ca/>

### **CIHC**

Offers a variety of abortion and sexual health related services.

- Address: 1678 Bloor Street West, Suite 301, Toronto, M6P 1A9
- Phone: 647-370-3203
- Website: <https://choiceinhealth.ca/>

### **Access Alliance Walk-in Clinic for Non-Insured**

- Mondays, 12:30 pm - 7:30 pm; Thursdays: 12:30 pm - 7:30 pm (first come first served basis)
- Address: 761 Jane St, York, ON M6N 4B4
- Phone: 416-760-2810
- Website: <https://accessalliance.ca/programs-services/primary-health-care-services/non-insured-walk-in-clinic/>

### **Toronto Public Health**

- Monday to Friday, 8:30 am - 4:30 pm (closed on statutory holidays)
- Phone: 416-338-7600, 1-877-604-4567
- Email: [PublicHealth@toronto.ca](mailto:PublicHealth@toronto.ca)
- Website: <https://www.toronto.ca/city-government/accountability-operations-customer-service/city-administration/staff-directory-divisions-and-customer-service/toronto-public-health/>

### **FIND YOUR NEAREST COMMUNITY HEALTH CENTRE:**

<https://www.ontario.ca/page/community-health-centres#section-2>

# DENTAL SERVICES

**Ontario Works** dental coverage includes basic diagnostic, preventive, restorative, endodontic, periodontal, prosthodontic, and oral surgery services. An Ontario Works caseworker will determine if dental insurance will be offered.

The 4 Ontario government-funded dental care programs are:

1. **(OSDCP):** Ontario Seniors Dental Care Program: free dental care for seniors in Ontario
2. **(HSO):** Healthy Smiles Ontario: free dental care for kids
3. **(ODSP):** Ontario Disability Support Program: free dental care for adults that are disabled
4. **(OW):** Ontario Works: Free dental care for low-income adults

**Please make sure to always show the copy of your Refugee ID  
(Acknowledgment of Claim & ID)**

## **In Path Dental**

Inclusive & Integrative Care. Services in Spanish, French, Arabic, Portuguese, Armenian.

- Address: 1744 lakeshore Rd West, Unit 2, Mississauga, ON L5J 4N8
- Phone: 905-855-9111
- Email: [admin@inpathdental.com](mailto:admin@inpathdental.com)
- Website: <https://www.inpathdental.com/>

## **Parkway Dental Care**

Free of charge, including services not covered by insurance, such as dental cleaning, polishing, and fluoride. These appointments are crucial in the maintenance of good oral health and prevention of cavities.

- Address: 160 Centennial Parkway N, Hamilton, ON L8H 1H9
- Phone: 905-662-7275
- Website: <https://parkwaydentalcare.ca/>

### **Toothworks Bay Adelaide Dental**

- Address: Different locations across the GTA. Find the nearest one to you: <https://www.toothworks.com/site/dental-clinic-locations>
- Phone: 416-869-9888
- Email: [mandy.heung@toothworks.com](mailto:mandy.heung@toothworks.com)
- Website (book your appointment online): <https://www.toothworks.com/site/book-appointment>

### **Brush Dentist**

Non Insured clients pay fees.

- Address: 161 Dundas St E, Toronto, M5B 1E4
- Phone: 416-513-9393
- Website (book your appointment online): <https://brushdentists.com/location/brush-dental- Dundas/>

### **400 Dental Care**

General and cosmetic dentistry. Services in English, Spanish, Ukrainian, Italian and Farsi.

- Address: 2065 Finch Avenue West, Suite 204, North York, ON, M3N 2V7
- Phone: 416-741-4844

### **Smile City Dental**

Service in Spanish. Non insured pay fees.

- Address: 1554A Bloor St W, Toronto, ON M6P 1A4
- Phone: 416-539-9887
- Website: <https://smilecitydental.ca/>

### **Bond Street Dental**

English, Hindi, Bengali, Croatian, Serbian, Bosnian, Farsi, Spanish, Portuguese, Arabic, Aramic, Kurdish, Turkish, French.

- Address: 113 Bond St, Toronto, ON M5B 1Y2
- Phone: 416-585-2663

### **Smile Design Dentistry on Bathurst,**

- Address: 3854 Bathurst St, North York, ON M3H 3N3.
- Phone: 416-771-1771
- Website: <https://www.dentistryonbathurst.com/>



### **Pearly Smile Dental (IFHP)**

- Address: 1911 Kennedy Rd. (upstairs, Unit 202), Scarborough, ON M1P 2L9
- Phone: 416-792-6002

### **APLUS Institute**

Dental Hygiene Clinic

- Address: 4950 Yonge St, Suite 15, Concourse level, Toronto, ON M2N 6K1
- Phone: 416-222-0500
- Website: <https://aplusinstitute.ca/>

### **Parkdale Queen West Community Health Centre**

- Address: 168 Bathurst St, Toronto, ON M5V 2R4
- Phone: 416-703-8482
- Website: <https://pqwchc.org/>

### **Maxilla Dental Group**

- Phone: 647-429-6000 (Ext: 1)
- Website: <https://maxilladental.com/>

### **Toronto Public Health - Dental Services**

- Phone: 416-338-7600
- Website: <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/dental-and-oral-health-services/dental-clinics/>

### **George Brown College - WAVE Dental Clinic**

- Address: 51 Dockside Dr 3rd Fl, Toronto, ON M5A 0B6
- Phone: 416 415 4547
- Email: [chsclientservices@georgebrown.ca](mailto:chsclientservices@georgebrown.ca)
- Website: <https://www.georgebrown.ca/health-sciences/learning-environment/wave-wellness-applied-research-and-visionary-education/dental-clinic>

### **Studio Dental**

This dental clinic does dental cleanings and dental x-rays for \$100 to all people without health insurance and \$75 for kids. In Mississauga, Toronto, Scarborough and Etobicoke (see website).

- Website: <https://studiodentalcentres.ca/offers/>

### **Smile Care on St. Clair**

- Address: 1207 St Clair Ave W, Toronto, ON M6E 1B5
- Phone: 647-341-5050
- Website: <https://smilecareonstclair.com/>

### **Brampton Dental**

Dental services, cleaning and all the services provided under the IFHP.

- Address: 10 Beaumaris Dr, Brampton, ON L6T 0H1
- Phone: 905-638-5028

### **MORE RESOURCES:**

<https://www.torontocentralhealthline.ca/listservices.aspx?id=10076>

# PHYSIOTHERAPY

Select services provided by Physio Connect Physiotherapy clinic, such as Physiotherapy, purchases of assistive devices and medical supplies, are covered under IFHP.

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## **Bloor West Physiotherapy, Sports Medicine & Orthopaedics High Park Physiotherapy & Orthopaedics**

- Address: 2146 Bloor St W, Toronto, ON M6S 1M8
- Phone: 416 767 8717
- Website: <http://www.physiotherapybloorwest.com/>

## **CenterPoint Physio Medical Centre (Downsview)**

This facility offers Physiotherapy for IFHP Patients (Dr. referral required).

- Address: 9-3685 Keele St, North York, ON M3J 3H6 (in the No-frills Plaza)
- Phone: 416-631-7797
- Email: [cmc-downsview@rogers.com](mailto:cmc-downsview@rogers.com)

## **CenterPoint Medical Centre (Willowdale)**

Patients (Dr. referral required). Family doctor onsite: Dr. Charles Osime.  
Referral can be done by email.

- Address 1: 6464 Yonge Street Suite #225 North York, ON M2M3X4
- Address 2: 3685 Keele St Unit 9, North York, ON M3J 3H6 (In the No-frills plaza, next to the coin laundry)
- Phone: 416-226-2402. Fax: 416-226-9581
- Email: [willowdale\\_clinic@rogers.com](mailto:willowdale_clinic@rogers.com)

## **Better Care - Physiotherapy & Rehab**

- Address: 3550 Rutherford Road, Unit 86, Woodbridge, ON, L4H 3T8
- Phone (book by phone): 905-832-2322
- Website (book online): <https://bettercare.janeapp.com/>
- Email: [BetterCareToronto@gmail.com](mailto:BetterCareToronto@gmail.com)

# HEARING AID SERVICES

## **Evear Hearing**

- Address 1: 2225 Erin Mills Pkwy, Unit # 41A, Mississauga, ON, L5K1T9
- Address 2: 2501 Third Line, Unit # 31, Oakville, ON, L6M 5A9
- Address 3: 75 Montpelier St, Brampton, ON, L6Y 6H4
- Phone: 647-812-5393
- Website: <https://evarhearing.ca/>

## **Alpha Hearing & Speech Rehab - Etobicoke**

- Address: 245 Dixon Rd #111 Etobicoke, ON M9P 2M4.
- Phone: 647-245-8666. Fax: 647-245-8667
- Website: <https://www.alphahearingspeech.com/>

## **Alpha Hearing & Speech Rehab - Mississauga**

- Address: 702 Burnhamthorpe Rd E Unit 3, Mississauga, ON L4Y 2X3
- Phone: 905-270-1000
- Website: <https://www.alphahearingspeech.com/>

## **Hearing Choice - Wynford**

- Address: 20 Wynford Dr. Unit 315, Toronto, ON M3C 1J4
- Phone: 416-445-4327
- Website: <https://www.hearingchoice.ca/>

## **Hearing Choice - Bathurst**

- Address: 4949 Bathurst St Unit 205, North York, ON M2R 1Y1
- Tel: 416-225-3550
- Website: <https://www.hearingchoice.ca/>

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# FCJ REFUGEE CENTRE PRIMARY HEALTH CLINIC

FCJ Refugee Centre is providing primary health care, mental health, and self-care at their main location, to meet the disenfranchised populations from diverse cultural backgrounds with unique health needs.

Our Primary Care Clinic, funded by Inner City Health Associates (ICHA), is dedicated to providing transitional primary care and psychiatry services to those without insurance (OHIP, IFH), prioritizing the well-being of uprooted people.

We understand that everyone deserves access to health care, regardless of their insurance and immigration status. Our team aim is to assist patients with their physical and mental health needs, and to help them navigate the social services and health system in order to transition to long-term care with a family physician in the community.

FCJ Refugee Centre identifies equity and culturally competent strategies and services as critical to improving and maintaining the health of vulnerable populations. The clinic focuses on illness prevention and health promotion.

Contact us to schedule an appointment:

- By phone (call Tuesday): 416 469 9754 ext. 230
- By email: Elisa Ibarra: [eli.ibarra@fcjrefugeecentre.org](mailto:eli.ibarra@fcjrefugeecentre.org)

Please keep in mind that registering waiting times may vary significantly, as this service is not designed as a walk-in clinic or daily basis service.

To be eligible to become a patient of our family practice, you must be uninsured and reside in Canada.

The service is provided by Family MD and Psychiatrists based on referrals.



[Info@fcjrefugeecentre.org](mailto:Info@fcjrefugeecentre.org)



416-469-9754



208 Oakwood Ave, Toronto  
ON M6E 2V4



[fcjrefugeecentre.org](http://fcjrefugeecentre.org)



**FCJ  
REFUGEE  
CENTRE**

*Walking with Uprooted People*