

# SURVIVORS OF DOMESTIC VIOLENCE

Where to go when you're looking for help

If you are in a situation where you are experiencing domestic violence, help is available. Your immediate safety is most important. You can seek medical treatment at any hospital or call 911 if you need to.

## Crisis Lines

The crisis lines listed below are free of charge and available 24 hours a day, seven days a week. They can provide emotional support, crisis counselling, safety planning, referrals, information and assistance with urgent moves.

**Assaulted Women's Helpline:** 1 866 863-7868 or 416 863-0511

**Toronto Rape Crisis Centre:** 416 597-8808

**Sexual Assault/Rape Crisis Centre of Peel:** 905 895-7313

## Sexual and Domestic Assault Treatment Centres

### Scarborough Centre for Healthy Communities

629 Markham Rd., unit 2, Scarborough, ON

[www.schcontario.ca/sexual-assault-and-domestic-violence-care-centre](http://www.schcontario.ca/sexual-assault-and-domestic-violence-care-centre)

416 847-4144

**Services offered:** Their Sexual Assault and Domestic Violence Care Centre provides up to 18 sessions of free, one-on-one counselling for victims and survivors of sexual assault and domestic violence

**Eligibility:** People of all genders and sexual orientations, ages 12 and older; everyone accepted regardless of whether they have immigration status or an OHIP card

**Referral:** Call to set up an appointment, or access your nearest emergency department if the assault happened in the last seven days

**Fees:** Free

### Scarborough and Rouge Hospital, Birchmount Campus

3030 Birchmount Rd., Toronto, ON

[www.tsh.to/areas-of-care/emergency/sexual-assault-and-domestic-violence](http://www.tsh.to/areas-of-care/emergency/sexual-assault-and-domestic-violence)

416 495-2555

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

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**camh**

**Services offered:** 24-hour emergency care through their Sexual Assault and Domestic Violence Care Centre including medical treatment, crisis intervention, forensic documentation, risk assessment, safety planning and referrals; follow-up counselling services are provided through the Scarborough Centre for Healthy Communities (see listing above)

**Eligibility:** Female, male and transgender individuals, 12 years and older, who have been sexually assaulted or have experienced intimate partner violence

**Referral:** By referral from the emergency department at either the General or Birchmount site of the Scarborough and Rouge Hospital

## Trauma Treatment Program, Aisling Discoveries Child and Family Centre

325 Milner Ave., suite 110, Toronto, ON

[www.aislingdiscoveries.on.ca](http://www.aislingdiscoveries.on.ca)

416 321-5464 ext. 255

**Services offered:** Trauma assessment, individual work with children, family counselling and co-ordination of services for families that require additional support

**Eligibility:** Children up to 11 years of age who have experienced trauma due to physical or sexual abuse or a critical incident resulting in loss and grief

## Women's College Hospital

76 Grenville St., ground floor, room 1305, Toronto, ON

[www.womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre](http://www.womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre)

416 323-6040

**Services offered:** The Sexual Assault/Domestic Violence Care Centre offers medical assessment and treatment, psychological and social support, counselling, follow-up services, safety planning and the collection of medical and legal evidence at the request of the client

**Eligibility:** Women, men and transgender people who are survivors of sexual assault and/or domestic/intimate partner violence

**Note:** From Friday at 11:00 p.m. to Monday at 7:30 a.m., a mobile team of nurses can come to emergency departments at Mount Sinai, Toronto General, Toronto Western, The Michael Garron Hospital (formerly Toronto East General), St. Michael's, St. Joseph's and Sunnybrook Health Science Centre

## Women's Shelters

**Access CAMH:** 416 535-8501, option 2. Access will provide you with a resource list of shelters for abused women.

**Central Family Intake Shelter Line:** 416 397-5637. This helpline will direct you to a shelter in your area.

## Victims of Abuse Support Programs

### KCWA Family and Social Services

27 Madison Ave., Toronto, ON

540 Finch Ave. W., 2nd floor, Toronto, ON

[www.kcwa.net](http://www.kcwa.net)

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416 340-1234

**Services offered:** Counselling for individuals, families and couples; safety plan development for victims of domestic violence

**Eligibility:** Open to all, focus on Korean community

## Shelter Movers of Toronto

[www.sheltermovers.com](http://www.sheltermovers.com)

416 320-4232

**Services offered:** Assists with urgent moves from your home or from a shelter, includes police assistance

**Eligibility:** Open to everyone who is experiencing domestic abuse, including women, men and young adults

**Referral:** E-mail [info@sheltermovers.com](mailto:info@sheltermovers.com) to make a referral or move request

**Fees:** Free

## Victim Services Toronto

40 College St., ground floor, Toronto, ON

[www.victimsvicestoronto.com](http://www.victimsvicestoronto.com)

416 808-7066

**Services offered:** Immediate crisis response, intervention and safety services (on-site or by telephone); case management and co-ordination, advocacy, links to community services, prevention; High Risk Support Services and Victim Crisis Assistance Ontario; T.E.A.R (Teens Ending Abusive Relationships), violence prevention through education; Trauma Dog Program, a certified trauma and handler team that provides comfort to young victims of crime and sudden tragedy

**Eligibility:** Families and communities affected by crime and sudden tragedies, including domestic violence, sexual assault, human trafficking, assault, homicide, suicide, elder abuse, workplace or motor vehicle accident, gun violence, sudden death, community disaster or crisis, home invasion, robbery, fraud, abduction, hate crime; children 16 years and younger require consent from parent or guardian

## Counselling and Other Support Services

### Barbra Schlifer Commemorative Clinic

489 College St., Toronto, ON

[www.schliferclinic.com](http://www.schliferclinic.com)

416 323-9149

**Services offered:** Counselling, case management, advocacy and legal support; Family Court Support Worker Program, which provides information on the family court process; legal services, information, advice and consultation on issues of violence against women; counselling services, including individual and group counselling (mindfulness, trauma, expressive arts group for women who have experienced sexual abuse, group for Muslim women who speak out about violence)

**Eligibility:** Women 16 years and older who have experienced violence, including sexual assault, partner assault, incest or child sexual abuse

**Referral:** Counselling intake: 416 323-9149 ext. 234; legal intake: 416 323-9149 ext. 278; interpreter services: 416 323-9149 ext. 236

**Fees:** Free

**Languages:** English, Spanish, Portuguese, Tamil and 89 other languages available through interpreters; American Sign Language interpreters and deaf interpreters also available

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## Bloor Information and Life Skills Centre

672 Dupont St., suite 307, Toronto, ON

<https://pointinc.org/newcomer-service/bloor-information-life-skills-centre-bils/>

416 531-4613

**Services offered:** Supportive counselling, problem solving, crisis management, court accompaniment

**Eligibility:** Residents of Toronto, women who have experienced assault

## Catholic Family Services Toronto

Multiple locations

[www.cfstoronto.com](http://www.cfstoronto.com)

416 222-0048

**Services offered:** Individual, couple, family and group counselling; support; education and information on other support services in the community

**Eligibility:** Abused women and their families

## Etobicoke Children's Centre: West End Services for Abuse and Trauma (WESAT)

65 Hartsdale Dr., Toronto, ON

[wesat@etobicokechildren.com](mailto:wesat@etobicokechildren.com)

416 240-1111 ext. 2274

**Services offered:** Female Adult Survivor Program, an individual and group counselling program for women who are survivors of any form of abuse

**Eligibility:** Female adult survivors

**Referral:** Self-referral

## Family Service Toronto

Multiple locations

[www.familyservicetoronto.org](http://www.familyservicetoronto.org)

416 595-9618

**Services offered:** Individual and group counselling for women in abusive relationships (multilingual services available); parent education, support groups and workshops; violence against women program

**Eligibility:** Anyone living or working in Toronto, regardless of age, cultural background, race or sexual orientation

**Fees:** Some services may have fees, call for information

## Greek Orthodox Family Services and Counselling

40 Donlands Ave., Toronto, ON

[www.gometropolis.org/metropolis/social-services](http://www.gometropolis.org/metropolis/social-services)

416 462-1740

**Services offered:** Violence Against Women Program, a counselling program for women in an abusive relationship and for children who witness acts of violence

**Eligibility:** Priority is given to people who have been victims of domestic violence and other forms of abuse, as well as seniors and newcomers

**Fees:** Free

**Languages:** English, French, Greek

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## Jewish Family & Child

4600 Bathurst St., 1st floor, Toronto, ON

[www.jfandcs.com](http://www.jfandcs.com)

416 638-7800

**Services offered:** Counselling; emergency financial assistance; court accompaniment; groups for assaulted women and abusive men; Here to Help, a group program for children (and their mothers) exposed to abuse; short-term accommodation with kosher kitchen for assaulted women, with or without children

**Fees:** Some free services

**Languages:** English, Russian, Hebrew, Yiddish

## North York Women's Centre

116 Industry St., Toronto, ON

[www.nywc.org](http://www.nywc.org)

416 781-0479

**Services offered:** Women's Empowerment Program, a skills-development program promoting empowerment and self-confidence; violence prevention and support services for women who are at risk of or have experienced abuse; healthy living and community building wellness programs

**Eligibility:** Women, regardless of age, income level, cultural background, race or sexual orientation

## Riverdale Immigrant Women's Centre

1326 Gerrard St. E., Toronto, ON

[www.rivwc.ca](http://www.rivwc.ca)

416 465-6021

**Services offered:** Violence Against Women/Youth Program; individual counselling for crisis, abuse, assault and trauma

**Eligibility:** Adults 16 years and older, focus on immigrant women and their families

**Languages:** French, Spanish, Arabic, Punjabi, Urdu, Bengali, Hindi, Gujarati, Chinese (Mandarin), Chinese (Cantonese), Tamil, Kachi, Marathi, Swahili, Tibetan

## Women's College Hospital, WRAP

76 Grenville St., 7th floor, Toronto, ON

[www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program/wrap](http://www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program/wrap)

416 323-6400 ext.4863

**Services offered:** Women Recovering from Abuse Program (WRAP), an intensive group therapy program with accompanying individual therapy

**Eligibility:** Women who have experienced physical, emotional, sexual abuse and/or neglect in childhood

**Referral:** Telephone intake process required before entering the program

**Note:** Prior therapy for trauma or abuse and prior group therapy experience is required

## Women's Health in Women's Hands

2 Carlton St., suite 500, Toronto, ON

[www.whiwh.com](http://www.whiwh.com)

416 593-7655

**Services offered:** 15-week individual counselling and group therapy using a feminist, woman-centred approach that focuses on strengths, capabilities and resources, while acknowledging experiences of oppression

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**Eligibility:** Racialized women, 16 years and older, from African, Black, Caribbean, Latin American and South Asian communities

**Note:** Must be registered as a client first

## YWCA Breakthrough—Healing Through Expressive Arts

87 Elm St., Toronto, ON (there are other program locations in South Scarborough and Central Toronto)

[www.ywcatoronto.org](http://www.ywcatoronto.org)

416 487-7151

**Services offered:** Expressive arts support groups for women who have experienced any form of abuse or violence including childhood sexual abuse, incest and/or intimate partner abuse

**Eligibility:** Women who have been abused or harmed by violence

**Fees:** Free

**Note:** Groups run in three 12-week cycles: January to March, April to June and September to December; call for availability (limited child care and TTC provided)

## YWCA, Girls' and Family Centre

3090 Kingston Rd., suite 101, Toronto, ON

[www.ywcatoronto.org](http://www.ywcatoronto.org)

416 266-1232 ext. 22

**Services offered:** 12-week parenting program in south Scarborough for children four to 16 years of age and their mothers who have witnessed and/or experienced domestic violence

**Eligibility:** On-site child care, snacks and TTC provided to participants of some programs

**Fees:** Free

## Resources for Male Victims of Domestic Violence

### Canadian Centre for Men and Families

152 Carlton St., unit 201, Toronto, ON

[www.menandfamilies.org](http://www.menandfamilies.org)

647 479-9611

**Services offered:** Support for male victims of domestic violence, sexual assault and trauma, including counselling and referrals

**Eligibility:** Men and their families

### Family Service Toronto

128A Sterling Rd., suite 202, Toronto, ON

[www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)

416 595-9618

**Services offered:** Counselling for male survivors of sexual abuse

**Eligibility:** Anyone living or working in Toronto, regardless of age, cultural background, race or sexual orientation, including children

**Fees:** Some services may have fees, call for information

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## LGBTQI Support

### 2-Spirited People of the 1st Nations

145 Front St. E., Toronto, ON

[www.2spirits.com](http://www.2spirits.com)

416 944-9300

**Services offered:** Same-sex domestic violence information and referral

**Eligibility:** Two-spirit (lesbian, gay, bisexual, intersex or transgender) persons of Aboriginal ancestry, including those living with HIV/AIDS

**Languages:** English, Ojibway

## Other Resources

### Safe@School: Resources for Youth

This project is led by the Ontario Teachers' Federation (OTF) and the Centre Ontarien de Prévention des Agressions (COPA) and funded by the Ontario Ministry of Education. It offers resources addressing healthy relationships and violence prevention.

[www.safeatschool.ca](http://www.safeatschool.ca)

### SafePet Program

Run by the Ontario Veterinary Medical Association, this program provides temporary housing and care for the pets of women who wish to leave an abusive partner.

[www.ovma.org/pet-owners/safepet-program](http://www.ovma.org/pet-owners/safepet-program)