

COMMUNITY RESOURCES FOR PARENTS

TeleHealth 1-866-797-0000

Toronto Health Connection (Public Health)
(416) 338-7600

EMERGENCY 911

SPECIALTY SERVICES

Alcoholics Anonymous (416) 487-5591
 Assaulted Women's Services:
 • 24 Hour Crisis Helpline (416) 863-0511 & 1-866-863-0511
 • Family Services Counseling (416) 595-9618
 • Toronto Rape Crisis Centre (416) 597-8808
 Bereaved Families of Ontario (416) 440-0290
 Centre for Addiction and Mental Health (416) 535-8501
 Downtown Legal Services (416) 978-6447
 Hospital for Sick Children's Emergency (416) 813-5807
 Metro Mothers Network (416) 487-MUMS
 Mothercraft (416) 920-4054
 Motherisk (416) 813-6780
 Multiple Births Canada 1-866-228-8824
 Poison Information Centre (416) 813-5900 & 1-800-268-9017
 Toronto community information (in town) 211
 Toronto Social Services (416) 392-8623
 Toronto Parents of Multiple Births Association (416) 760-3944

CHILDREN'S AID SERVICES

Toronto Children's Aid Society (416) 924-4646
 Catholic Children's Aid Society of Toronto (416) 395-1500
 Jewish Family Services (416) 638-7800
 Native Child and Family Services (416) 969-8510
 Peel Children's Aid (905) 363-6131 & 1-888-700-0996

USEFUL NUMBERS

Birth registration (*birth certificate info*) (416) 392-7036
 Canada Customs and Revenue Agency 1-800-387-1193
 (*Child tax benefit*)
 Employment Insurance Canada-benefits 1-800-206-7218
 Healthcard (416) 327-7567 & 1-800-664-8988
 OHIP (416) 314-5518 & 1-800-268-1154
 Passports 1-800-567-6868
 (*Frequently Asked Questions*)
 Parentbooks (416) 537-8334 & 1-800-209-9182
 Product Safety- Health Canada (416) 973-4705

BREASTFEEDING RESOURCES

Sunnybrook Health Sciences Centre:
 Clinic Appointment (416) 323-6526
 press # 1

24 Hour Helpline (416) 323-6526
 press # 2

La Leche League (416) 483-3368

POSTPARTUM SUPPORT/DEPRESSION

Sunnybrook & Women's College Health Sciences Centre
 (*By referral only*) (416) 323-6230
 St. Joseph's Women's Health Centre (416) 530-6850
 Community Information Line 211

CHILDCARE AND HOMECARE SERVICES

Ontario Early Years Centre Infoline 1-866-821-7770
 Family Daycare Services (416) 922-9556
 (*Home childcare and childcare programs available*)
 Visiting Homemakers Association (416) 489-2500
 (*Homecare support and childcare support available*)
 Applying for daycare subsidy:
 • Kidsline (For placement on wait list) 416-392-KIDS
 • Children services dept. (416) 392-5437
 • VON – Peel region only (905) 821-3242

CHILDREN'S CLINICS/WALK-IN CLINICS

CALL PUBLIC HEALTH FOR THE ONE NEAREST YOU

Children's After Hours (416) 461-3000

235 Danforth Ave – Suite 100

Doctor's Office (416) 598-1703

595 Bay St.

St. Joseph's Health Centre—Just For Kids

30 The Queensway (416) 530-6611

CULTURAL COMMUNITY AGENCIES

Chinese Community

Scadding Court Community Centre (416) 392-0335
 Centre for Information and Community Services

(416) 292-7510

Somali Community

Canadian African Newcomer Aid Centre (416) 658-8030

Somali Immigrant Aid (416) 653-8602

Sri Lanka Sinhalese Community

South Asian Family Support (416) 431-4847

Vietnamese Community

SEAS Centre (416) 362-1375