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COMMUNITY RESOURCE GUIDE



Etobicoke Services for Seniors gratefully acknowledges the financial support of the Ontario Sport and Recreation Communities Fund which has made the development of this Resource Guide possible.



CRISIS & EMERGENCY



CALL 911 for all emergencies: police, fire, ambulance

TELEHEALTH ONTARIO

Phone number: 1-866-797-0000 **TTY :** 1-866-797-0007

Services: Free Access to a Registered Nurse 24 Hours a day, 7 days a Week

CRISIS LINES

Distress Centres of Toronto

Phone number: 416-408-HELP (4357)

If you or someone you know needs help.



Seniors Safety Line (150 Languages)

Phone number: 1-866-299-1011

Ontario Network for the Prevention of Elder Abuse 24/7 hotline to assist abused and at-risk seniors, service available in more than 150 languages.

Seniors Crisis Access Line

Phone number: 416-619-5001

If you are concerned about an individual's physical or mental state or housing conditions.

St. Elizabeth Health Centre

Community Crisis Response (Etobicoke, North York)

Phone number: 416-498-0043

Immediate telephone crisis intervention and support, mobile crisis visits in the home or the community, and referrals to other community services.

GENERAL INFORMATION & REFERRAL

211toronto.ca

Phone number: 211 or www.211toronto.ca

Service: provides information and referral for callers about community and social services 24/7

Seniors Information Line

Phone number: Toll free 1-888-910-1999 or TTY Toll free 1-800-387-5559

Services: Information about provincial seniors programs and benefits.

Community Care Access Centre (CCAC)

Phone number: 416-310-2222

Services: Information, referral and assessment for health and home care services

DENTAL SERVICES

DR. ALEX BERGER

Address: 206-1735 Kipling Ave, Etobicoke, ON, M9R 2Y8

Phone number: 416 245 1554

Languages: English, Italian, Polish, Russian, Farsi, Hindi, Urdu, Punjabi.

ETOBICOKE DENTAL CARE

Address: 2291 Kipling Avenue, Etobicoke, ON, M9W 4L6

Phone number: 416 746 2273



EAST MALL FAMILY DENTAL

Address: 400 The East Mall, 3rd Floor, Etobicoke, ON, M9B 3Z9

Phone number: 416 621 2550

KINGSWAY DENTAL CENTRE

Address: 3064 Bloor St. W, Etobicoke, ON, M8X 1C4

Phone number: 416 233 0016

LAKEVIEW DENTAL CENTRE

Address: 125 The Queensway Unit D3, Etobicoke, Ontario, M8Y 1H6

Phone number: 416 255 6300

SHERWAY DENTISTRY

Address: 190 Sherway Dr. #302, Etobicoke, ON, M9C 5N2

Phone number: 416 621 4554

TORONTO PUBLIC HEALTH

Address: 8 Taber Rd, 399 The West Mall, 185 Fifth St.

Phone number: 416-338-7600

Eligibility: Must be a low-income Toronto resident 65+

Services: Free basic dental care and a one-time only cleaning. Full or partial dentures are also covered but clients are asked to pay the full lab cost.



DIABETES EDUCATION PROGRAM

LMC DIABETES & ENDOCRINOLOGY

Address: 1723 Kipling Ave. Ste. 2B, Etobicoke, ON, M9R 4E1

Office phone: 416-645-1035

Time: Tuesday/Wednesday 10:00 AM – 12:00 PM & 2:00 PM – 4:00 PM

REXDALE COMMUNITY HEALTH CENTRE

Address: 8 Taber Rd., Etobicoke, ON, M9W 3A4

Office phone: 416-744-0066

Time: Friday 10:00 AM – 12:30 PM

WEST TORONTO DIABETES EDUCATION PROGRAM

Address: 2970 Lakeshore Blvd West Ste 202, Etobicoke, ON, M9W 3A4

Office phone: 416-252-1928

Time: Monday – Friday 9:00 AM – 5:00 PM

WILLIAM OSLER HEALTH SYSTEM

Address: 89 Humber College Blvd, Etobicoke, ON, M9V 4B8

Office phone: 416-747-3400 ext. 32393

Time: Monday – Thursday 8:00 AM – 8:00 PM, Friday 8:00 AM – 4:00 PM



DIETICIANS



LOBLAWS

Services: Now have 22 dietitians in 44 *Loblaws* stores and six Real Canadian Superstore locations in Ontario who provide menu-planning advice, food label-reading tours, food demonstrations, health education on healthier food options to help manage the disease and cooking classes

LAMP COMMUNITY HEALTH CENTRE

Address: 185 Fifth St, Etobicoke, ON, M8V 2Z5

Office phone: 416-252-6471

Services: One-on-one counselling is provided by a registered dietitian to LAMP clients who need help with diet management, nutrition consultation, presentations and workshops

ESL PROGRAMS

CANADIAN TIBETAN ASSOCIATION OF ONTARIO

Address: 40 Titan Rd., Etobicoke, ON, M8Z 2J8

Office phone: 416-410-5606

Languages: English; Hindi; Tibetan



COMMUNITY MICROSKILLS DEVELOPMENT CENTRE

Address: 1 Vulcan St., Etobicoke, ON, M9W 1L3

Office phone: 416-247-7181

Toll free: 1-877-979-3999

Eligibility: Newcomers, Immigrants, Refugees, First Generation Canadians

Services: Information and referral, participates in LINC (Language Instruction for Newcomers to Canada) in English upon assessment by YMCA of Greater Toronto, conversation circles.

Languages: English; Chinese (Mandarin); Farsi

ISLINGTON MANOR

Address: 41 Mabelle Avenue, Etobicoke, ON, M9P 3M7

Office phone: 416 338 4300

Services: English as a Second Language

MIMICO ADULT CENTRE

Address: 255 Royal York Road, Etobicoke, ON, M8V 2V8

Office phone: 416-338-4300

Services: English as a Second Language (Beginner, intermediate, ESL literacy)

POLYCULTURAL IMMIGRANT AND COMMUNITY SERVICES

Address: 3363 Bloor St. West, Etobicoke, ON, M8X 1G2

Office phone: 416-233-0055; **Administration:** 416-233-1655

Languages: English; French; Polish; Serbian; Ukrainian; Russian; Romanian; Croatian; Chinese (Mandarin); Chinese (Cantonese)

SCHOOL OF EXPERIENTIAL EDUCATION

Address: 40 McArthur Street, Etobicoke, ON

Office phone: 416-338-4300

Services: English as a Second Language (ESL literacy, beginner)

FINANCIAL ASSISTANCE FOR PEOPLE WITH DISABILITIES



CANADA SERVICE CANADA - TORONTO ETOBICOKE SERVICE CANADA CENTRE

Address: 5343 Dundas St. W, Ste 105, Etobicoke, ON, M9B 6K6

Office phone: 1-800-926-9105

Services: One-stop service delivery for a wide range of federal programs and services, Internet access, labour market information, information and assistance applying for Employment Insurance, Social Insurance Numbers, Canada Pension Plan, Old Age Security, Veterans benefits, Apprenticeship Incentive Grant, Pleasure Craft Licences and others

FOOT CARE



DONNA MIKEC ADVANCED FOOT CARE

Office phone: 416-239-8778

Services: In-home foot care to seniors and disabled, provide foot care to nursing homes, retirement homes, long term care and group homes.

FONTBONNE MINISTRIES, SISTERS OF ST JOSEPH OF TORONTO.

VILLAGE MOSAIC

Address: 2794 Lake Shore Blvd West, Toronto, ON M8V 1H5

Office phone: 416-231-0655

ISLINGTON CENTRE -- ETOBICOKE SENIOR CITIZENS

Address: 4968 Dundas St West, Toronto, ON M9A 1B7

Office phone: 416-231-3431

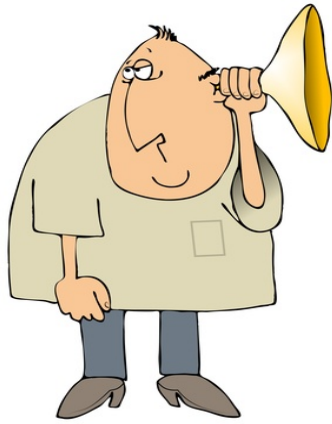
Eligibility: Seniors 55 years and older and must be physically and mentally able to function independently while at the Centre

KINGSWAY FOOT CLINIC

Address: 2917 Bloor St W, Toronto, ON M8X 1B4

Office phone: 416-239-3338

Languages: English; Polish



HEARING AIDS

BRAVO HEARING CENTRE

Address: 4920 Dundas Street West, Ste 204, Etobicoke, ON, M9A 1B7

Phone Numbers: 647-694-4626

Services: Audiometric Hearing Testing, Hearing Aid Evaluations, Dispensing and Follow-Up Care, Counseling Services/ Aural Rehabilitation, On Site Minor Repairs

Languages: English

HEARING AIDE INC

Address: 1436 Royal York Rd, Ste 303 Toronto, ON M9P 3A9

Phone Numbers: 416-247-2627

Services: Hearing testing and help for all hearing-related problems, Hearing aids, Home visits are available for those who are wheelchair/home bound; appointment is required

Languages: English; Italian

TORONTO HEARING SERVICES

Address: 1243 Islington Ave, Ste 711, Toronto, ON M8X 1Y9

Office phone: 416-233-8581

Services: Hearing Services, Hearing Aids, Product and Accessories

Languages: English; Portuguese

TRILLIUM HEARING TORONTO

Address: 225 The East Mall, Unit 15, Toronto, ON M9B 6J1

Phone Numbers: 416-231-4500

Services: Free Hearing Test, Hearing Aid Evaluation, Hearing aid sales and Fitting, Hearing Aid Programming, Adjustments, Repairs and Service, Custom Earplugs for Swimmers, Hearing Protection for Musicians, Recreation and Industry, Hearing aid Batteries, TV Ears and other assistive listening devices

Languages: English

MEALS DELIVERY SERVICE

CANADIAN RED CROSS - ETOBICOKE BRANCH - MEALS ON WHEELS

Address: 557 Dixon Rd, Suite 118, M9W 6K1

Phone Numbers: 416-236-3180

Service: Nutritious meals delivered to seniors at their home. Meals are delivered by volunteers or staff who provide seniors with regular social contact and check on their safety.



PHYSIOTHERAPY



HUMBER PHYSIOTHERAPY SERVICES

Address: 1436 Royal York, Etobicoke, ON, M9P 3A9

Office phone: 416-245-4155



MISSISSAUGA HALTON COMMUNITY CARE ACCESS CENTRE

Address: 401 The West Mall Ste 1001, Toronto, ON, M9C 5J5

Office phone: 905-855-9090; General Inquiries about CCAC services 310-CCAC or 310-2222

Language: English; French

TRINITY HEALTH AND INJURY REHABILITATION CENTRE

Address: 2D-1723 Kipling Ave, Etobicoke, ON, M9R 4E1

Office phone: 416-249-8668

Services: Physiotherapy, Chiropractic, Acupuncture, Massage Therapy, Custom Orthotics, Compression Hosiery

HEALTH AND WELLNESS PROGRAMS

EDENBRIDGE CENTRE

Address: 235 Edenbridge Dr, Etobicoke, ON

Phone number: 416-392-2451

Services: Cardio (High/Low), muscle conditioning, osteofit, painting, qigong, yoga, zumba, bridge



EDGEHILL HOUSE

Address: 61 Edgell Rd, Etobicoke, ON

Phone number: 416-392-2724

Service: Yoga

FAIRFIELD SENIORS' CENTRE

Address: 80 Lothian Ave,

Phone number: 416-394-8687

Services: Aquafit, ceramic, dance, educational computer, dance, fit for life, Muscle Conditioning and Strengthening, osteo-fit, painting, yoga, tai chi, zumba, pilates, quilting, paper tole.

HORNER AVENUE SENIORS' CENTRE

Address: 320 Horner Ave

Phone number: 416-394-6000

Services: Cards, computer, computer, fit for life, games, crafts, tai chi, osteo fit, painting, woodcarving, pilates, yoga, cribbage.

MEMORIAL POOL

Address: 44 Montgomery Rd

Phone number: 416-394-8731

Service: Aquafit

WEST ACRES SENIORS CENTRE

Address: 65 Hinton Rd

Phone number: 416-394-8681

Services: Bridge, carpet bowling, dance, darts, euchre, shuffleboard, tai chi

ESS Support Services

Address: 2245 Lawrence Ave W, Toronto, ON M9P 3W3

Phone number: 416- 243 -0127

Services : Free Senior Group Exercise Classes , Educational workshops, Chronic Disease Self Management Program

TRANSPORTATION

CANES COMMUNITY CARE

Address: 135 Queen's Plate Dr Ste 400, Etobicoke, ON, M9W 6V1

Office phone: 416-743-3892

Eligibility: Seniors 55 years and older and adults with physical disabilities

Services: Coordinating rides and helping clients access available transportation options

Languages: English; Greek; Italian; German; Spanish; Polish; Arabic; Punjabi; Serbian; Ukrainian; Portuguese; Russian; Urdu; Korean; Somali; Bengali; Hindi; Gujarati; Croatian; Twi; Czech; Edo;



ETOBICOKE SERVICES FOR SENIORS

Address: 2245 Lawrence Ave West, Toronto, ON M9P 3W3

Office phone: 416-243-0127

Eligibility: Persons 55 years and older and those with physical disabilities, acquired brain injury, memory impairment due to Alzheimer Disease or related disorder, or who are frail or isolated

Languages: English; Italian; German; Spanish; Polish; Punjabi; Ukrainian; Russian; Urdu; Croatian; Chinese (Mandarin); Albanian; Chinese (Cantonese) ; Lithuanian

DRIVING MISS DAISY SENIORS' SERVICES - ETOBICOKE AND TORONTO

Office phone: 647-467-0467

Toll free: 1-877-613-2479

Languages: English; French

WALK IN CLINIC

APPLETREE MEDICAL CLINIC

Address: 1750 The Queensway, Toronto, ON, M9C 5H5

Office phone: 647-722-2370

DOCTOR'S OFFICE. KIPLING/DUNDAS

Address: Six Points Plaza, 5230 Dundas St West, Toronto, ON M9B 1A8

Office phone: 416-234-8668

DOCTOR'S OFFICE. KIPLING/EGLINTON

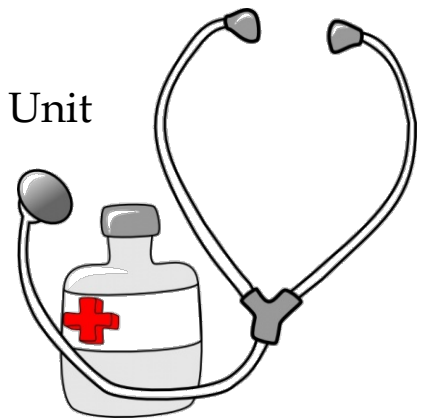
Address: Richview Square Plaza, 250 Wincott Dr Unit 12, Toronto, ON M9R 2R5

Office phone: 416-249-0002

ETOBICOKE URGENT CARE CLINIC

Address: 25 Woodbine Downs Blvd Unit 10, Toronto, ON M9W 6N5

Office phone: 416-741-2273



ETOBICOKE WALK-IN CLINIC AND FAMILY PHYSICIANS

Address: 100 Humber College Blvd Ste 106, Toronto, ON M9V 5G4

Office phone: 416-742-9449

Languages: English; Punjabi

ISLINGTON MEDICAL CENTRE AND TRAVEL CLINIC

Address: 4 Burnhamthorpe Rd, Toronto, ON M9A 1B7

Office phone: 416-234-1987

LAKESHORE VILLAGE WALK-IN MEDICAL CLINIC

Address: 2885 Lake Shore Blvd West, Toronto, ON M8V 1J1

Office phone: 416-259-5100

WESTWAY MEDICAL CLINIC

Address: 1723 Kipling Ave Unit 4, Toronto, ON M9R 2Y8

Office phone: 416-244-8404

Languages: English; Urdu

COMMUNITY SUPPORT



A) ETHNO-CULTURE SUPPORT SERVICES

CANADIAN TIBETAN ASSOCIATION OF ONTARIO

Address: 40 Titan Rd, Etobicoke, ON M8Z 2J8

Office phone: 416-410-5606

Eligibility: Open to all (focus on Tibetan community)

Services: Referral for legal aid, assistance with applications for work permits or welfare, advice on self employment, Seniors' Day -- weekly Wednesday social club with English classes, speakers, movies, lunch provided, Tibetan environment, political advocacy, social and cultural events

Languages: English; Hindi; Tibetan

REXDALE WOMEN'S CENTRE (ETHNOCULTURAL SENIORS PROGRAM)

Address: 23 Westmore Dr Ste 400, Etobicoke, ON M9V 3Y7

Office phone: 416-745-0062

Eligibility: Ethnocultural seniors 55 years and older

Services: Skills development, computer training, educational workshops, leadership training, intergenerational activities, social and recreation programs, tours, excursions, advocacy on seniors issues



RUSSIAN HOUSE COMMUNITY CENTRE

Address: 254 The Queensway, Etobicoke, ON M8Y 1J4

Office phone: 416-995-3543

Eligibility: Focus on Russian-speaking community, including newcomers, seniors and youth

Languages: English; Russian

SOMALI CANADIAN ASSOCIATION OF ETOBICOKE

Address: Thistletown Multi Service Centre, 925 Albion Rd Ste 202, Toronto, ON M9V 1A6

Office phone: 416-742-4601

Eligibility: Open to all, with focus on Somali community

Services: Settlement and orientation, information and referral, translation and interpretation, assistance with proof of citizenship and documents, form-filling, escort services, supportive counselling, services for seniors including counselling and workshops

Languages: English; Italian; Arabic; Somali; Swahili



B) SUPPORT SERVICES

ALBION NEIGHBOURHOOD SERVICES (ALBION COMMUNITY SERVICES)

Address: Albion Centre, 1530 Albion Rd Ste 205, Toronto, ON M9V 1B4

Office phone: 416-741-1553

Services: Community information and referral, assistance with filling out forms, document replacement, preparing affidavits, commissioning oaths, income tax clinic, advocacy, community development

Languages: English; Spanish; Arabic; Punjabi; Urdu; Somali; Twi

DEJINTA BEESHA MULTI-SERVICE CENTRE

Address: 21 Panorama Crt Unit 24, Toronto, ON M9V 4E3

Office phone: 416-743-1286

Eligibility: Open to all immigrants and Convention refugees

Services: Settlement, integration, orientation, form filling, counselling, information and referral -- employment, immigration, housing, legal aid, education, children's aid, social assistance, translation and interpretation, accompaniment to court, correctional services, landing interview, social services, after school program, advocacy, community development, mental health program, seniors program,

Languages: English; Italian; Arabic; Somali; Swahili

DIXON COMMUNITY SERVICES

Address: 557 Dixon Rd Unit 125, Toronto, ON M9W 6K1

Office phone: 416-243-5154

Services: Settlement services, referrals, access and equity program, family violence, crime prevention -- workshops, counselling, leadership training, basic computer training, accompaniment services for seniors to medical appointments and church, recreation activities

ETOBICOKE SERVICES FOR SENIORS

Address: 2245 Lawrence Ave West, Toronto, ON M9P 3W3

Office phone: 416-243-0127

Eligibility: Persons 55 years and older and those with physical disabilities, acquired brain injury, memory impairment due to Alzheimer Disease or related disorder, or who are frail or isolated



Services: Adult Day Services, Counselling, Respite Care, Seniors Lunch Program, Supportive Housing, Transportation

Languages: English; Italian; German; Spanish; Polish; Punjabi; Ukrainian; Russian; Urdu; Croatian; Chinese (Mandarin); Albanian; Chinese (Cantonese) ; Lithuanian

FRANKLIN HORNER COMMUNITY CENTRE

Address: 432 Horner Ave, Toronto, ON M8W 2B2

Office phone: 416-252-6822

Services: Cultural, social, recreation and fitness programs, seniors club, seniors brunch, congregate dining, foot clinic, legal clinic, seasonal income tax clinic, group meetings and rental facilities

C) COMMUNITY HEALTH CENTRES

LAMP COMMUNITY HEALTH CENTRE

Address: 185 Fifth St, Toronto, ON M8V 2Z5

Office phone: 416-252-6471

Services:

Community Programs: Adult-Specific Programs for socially isolated and homeless adults, Health Promotion and Education, Disease Prevention, Counselling and Support, Fitness Programs, Label Reading, Shopping Tours, Weight and Stress Management Sessions, Yoga Classes

Health Care Services: Primary Health Care, Diabetes Education, Dental Clinic, Foot Care, Nutrition Counselling, Occupational Health

Languages: English; French - (interpreters by appointment); Italian; German; Spanish; Polish; Arabic; Punjabi; Ukrainian; Portuguese; Japanese; Russian; Hindi; Romanian; Croatian; Chinese (Mandarin); Bosnian; Farsi; Albanian; Belorussian; Czech; Dari; Latvian

**MISSISSAUGA HALTON COMMUNITY CARE ACCESS CENTRE
(ETOBICOKE OFFICE)**

Address: 401 The West Mall Ste 1001, Toronto, ON M9C 5J5

Office phone: 905-855-9090 ; General Inquiries about CCAC services 310-CCAC or 310-2222

Services: In-home services -- nursing care, physiotherapy, occupational therapy, speech-language pathology, nutritional counselling, personal support, other services may be provided such as drug card, medical equipment or supplies, laboratory services, transportation, in-home health and personal support, services as listed above, with the addition of palliative care and respite care (caregiver relief), Convalescent Care -- following surgery or illness

Languages: English; French

REXDALE COMMUNITY HEALTH CENTRE

Address: 8 Taber Rd, Etobicoke, ON M9W 3A4

Office phone: 416-744-0066

Services:

Community Programs: Exercise, ESL classes, Congregate Dining, Extra-Curricular Activities such as computer classes, handicrafts (sewing/knitting), visual arts, seniors music choir

Health Care Services: Foot Care Clinic, Free Dental Care, Diabetes Education, Physiotherapy Services, Stress Management Workshop, Counselling with a Registered Nurse or Registered Dietician

Languages: English, Spanish, French, Bulgarian, Hindi, Urdu, Gujarati, Punjabi, Cantonese, Fanti and Twi

STONEGATE COMMUNITY HEALTH CENTRE

Address: Stonegate Plaza, 150 Berry Rd, Toronto, ON M8Y 1W3

Office phone: 416-231-7070

Eligibility: Residents of catchment area

Services:

Community Programs: Social and Recreation activities for seniors, Chronic Disease Self-Management Group, Gentle Fitness, Educational Workshops for Seniors

Health Care Services: Foot Care Clinic, Asthma Education, Diabetes Education, Smoking Cessation, Dietician Services, Counselling Service