

Community services for **domestic workers & caregivers**

Independent Workers Association:

1-866-621-9655

Intercede:

416-483-4554 | Toll Free 1-800-483-4554

Kababayan Community Centre:

416-532-3888

Migrante - Ontario: 647-205-5908

Migrant Workers Family Resource Centre,
Hamilton: 905-929-2934

Philippine Women Centre: 647-262-2660

Siklab, Ontario: 647-262-2660

Important 24-Hour Numbers:

Emergency: 911 or local police

Assaulted Women's Helpline:

1-866-863-0511 | 1-866-863-7868 (TTY)

Community Connection: 211 (Niagara
Region, South Georgian Bay, Toronto)

Distress Centres of Toronto:

416-408-4357 | 416-408-0007 (TTY)

Kids Help Phone: 1-800-668-6868

Femaid (French Crisis Line):

1-877-336-2433 | 1-866-860-7082 (TTY)

Telehealth Ontario:

1-866-797-000 | 1-866-797-0007 (TTY)

Children's Aid Society of Toronto:

416-924-4646



Metropolitan Action Committee on
Violence Against Women and Children

*METRAC is a community-based
organization dedicated to preventing
violence against women, youth, and children.*

www.metrac.org

Family Law Resources

Barbra Schlifer Clinic: 416-323-9149
Community Legal Education Ontario:
www.cleonet.ca | 416-408-4420
Family Law Education for Women
(FLEW): www.onefamilylaw.ca
Family Responsibility Office, Ministry of
Community and Social Services:
Toll-free 1-888-815-2757
Toll-free 24-hour automated information
line 1-800-267-7263
Law Help Ontario: www.lawhelpontario.org
Legal Aid Ontario:
416-979-1446 (Toronto) | 1-800-668-8258
Parent Help Line: 1-888-603-9100
Parent Information Program, Toronto: 416-
650-8104
Law Society of Upper Canada, Lawyer
Referral Service: 1-900-565-4577
(\$ 6 charge unless calling from a shelter, or
prison; first 30 minutes free)
Ontario Women's Justice Network:
www.owjn.org

Other Contacts

CultureLink Settlement Services:
416-588-6288
Hostel Services - Central Family Intake:
416-397-5637
Sexual Assault Centres:
www.ocrcc.ca
(Ontario Coalition of Rape Crisis Centres)
Sexual Assault/Domestic Violence
Treatment Centres: www.satcontario.com
Shelters for Women and Children:
www.shelternet.ca
Ontario Association of Children's Aid
Societies (information on child abuse and
local child services): www.oacas.org
Family Service Canada:
www.familyservicecanada.org
Settlement.org (information for
Newcomers): www.settlement.org