COMMUNITY RESOURCES
Thorncliffe Park & Flemingdon Park

COVID TESTING
Health Access Thorncliffe Park - Community Hotline 647-477-1640
Jenner Jean-Marie Community Centre Monday– Friday, 1-7pm
Angela James Arena- Flemingdon Monday– Wednesday, 1-7pm
Dennis R Timbrell Resource Centre– Flemingdon Friday – Sunday, 1-7pm
TNO– Youth Centre Monday– Sunday, 1-7pm

If you have Tested Positive:
Support for Families : Call us at 647-477-1640 or 647-236-3873 or 647-293-5264 for help with support during your isolation period.
ISOLATION CENTRE : Call Toronto Voluntary Isolation Centre at 416-338-7600 to request space.

FOOD SECURITY
TNO 416-467-0126 https://tno-toronto.org/blog/food-banks-other-food-resources
647-296-0242
Thorncliffe Food Bank 416-428-9755 https://icnareliefcanada.ca/food-banks
1 Leaside Park Dr #5B
Flemingdon Food Bank 416-422-4322 https://www.fcfoodbank.com
@ 10 Gateway Blvd
647-296-0242 9am-4pm Monday/Wednesday—Call to register/ info/ voice message.

Afghan Women’s Organization Food Bank
Amiri: 416-388-8323 9:30-4:30pm—Call to register/ info/ voice message
@ 200-747 Don Mills Road

East York Meals on Wheels
416-424-3322 https://www.eastyorkmealsonwheels.org
@ 2 Thorncliffe Park Drive #52
9am-5pm—Call to register/ info/ voice message.

Thorncliffe Residents Group Masood Alam: malam@ymail.com
416-424-3322 9am-5pm—Call for more info/voice message
647-292-5364

FHC Food Distribution @Angela James Arena every Friday 1pm to 3pm

MENTAL HEALTH SUPPORT & HELPLINES
Flemingdon Health Centre 416-429-4991 www.fhc-chc.com
Health Access Thorncliffe Park 416-421-6369 Mon - Fri. 9am- 5pm
Toronto Distress Centre 416-408-HELP (4357) https://www.dcgot.com/408-help-line
ConnexOntario (ON) 1-866-531-2600
Kids Help Phone 1-800-668-6868 Text:686868 – https://kidshelpphone.ca/
Trans Lifeline (all ages) 1-877-330-6366
First Nations and Inuit Hope for Wellness 1-855-242-3310 – https://www.hopeforwellness.ca/
Canadian Indian Residential Schools Crisis Line 1-866-925-4419
INCOME SUPPORT SETTLEMENT SERVICES
TNO 416-467-0126 https://tno-toronto.org

LEGAL / HOUSING SUPPORT/EMPLOYMENT BENEFITS
Don Valley Community Legal Services (DVCLS) 416-441-1764 (Ext 36) https://www.donvalleylegal.ca/

TNO (Rent Bank, OESP, LEAP support) 416-467-0126 https://tno-toronto.org/housing.org/housing-programs

VIOLENCE AGAINST WOMEN
TNO 416-467-0126 https://tno-toronto.org/programs-women
The Assaulted Women’s Helpline 1-866-863-0511

YOUTH SUPPORT

SENIORS
Adil @ TNO 416-460-3530 Amanda @FHC 647-456-4375
Society of Sharing 416-413-0380 – http://societyofsharing.org/

Toronto Seniors Helpline 416-217-2077 1-877-621-2077 (available in 180 languages) – https://torontoseniorshelpline.ca/

CITY OF TORONTO RESOURCES

Call the Toronto Public Health Hotline if you have questions about COVID-19
• Open 8:30 am - 8 pm.
• Telephone: 416-338-7600, 416-338-8421
• TTY: 416-392-0658
• Email: PublicHealth@toronto.ca

Call 311 Toronto for information on city services
• Outside City limits: 416-392-2489
• Call if you have questions about City services: TTY: 416-338-0889

Call 211 for information on community resources
• You can also text 21166, chat online @ www.211Ontario.ca chat, or email gethelp@211Ontario.ca