

South East Asian Services Centre – 416-362-1375

Individual and family counseling for victims of violence.
 Languages: English, Cantonese, Mandarin, Vietnamese, Filipino.

South Asian

- **Riverdale Immigrant Women's Centre – 416-465-6021**
 Family, group and crisis counseling for women.
 Languages: Bengali, Chinese, English, Gujarati, Hindi, Katchi, Punjabi, Tamil, Urdu.
- **South Asian Family Support Services – 416-431-4847**
 Individual, youth and family counseling; support groups.
 Languages: Bengali, Farsi, Gujarati, Hindi, Punjabi, Tamil, Urdu.
- **South Asian Women's Centre – 416-537-2276**
 Counseling. Languages: English, Hindi, Punjabi, Sinhalese, Tamil, Urdu.
- See also South East Asian Services Centre – 416-362-1375

Spanish - Centre For Spanish Speaking Peoples – 416-533-8545

Support groups for women; crisis counseling for victims of domestic violence.
 Languages: Spanish.

Ukrainian Canadian Social Services Toronto – 416-763-4982

Supportive counseling; client intervention and assistance.
 Languages: Ukrainian, limited assistance in other Slavic languages.

Vietnamese

- **Vietnamese Association Toronto – 416-536-3611**
 Support counseling, including counseling for assaulted women.
 Languages: Vietnamese.
- See also South East Asian Services Centre – 416-362-1375

West Indian Volunteer Community Support Services – 416-743-3658

Individual and family counseling; support groups; culturally appropriate volunteer-based support to children, youth and their families; family crisis intervention.

Source: "Making Choices". Community Resource Connections of Toronto

Counseling in your own language

Across Boundaries—An Ethnoracial Mental Health Centre - (416) 787-3007.

An ethnoracial mental health centre for people of colour with serious mental health problems; antiracism and mental health education.

Afghan Association of Ontario – 416-744-9289

Counseling services. Languages: Dari, Pashtu.

- **Afghan Women's Counseling and Integration Support – 416-588-3585**
 Mental health support services, general counseling, women's wellness group.
 Languages: Dari, Pashtu.

African

- **National Integration and Families Association (416) 975-0877**
 Social services for people of African descent, counseling for ex-offenders, family support. Languages: Fanti, French, Hausa, Ibo, Swahili, Yoruba.
- **WHYY MEE Family Counseling Foundation – 416-481-5462**
 Culturally based counseling.

Afro-Canadian

- **Jamaican Canadian Association – 416-746-5772**
 Program for Abused and Assaulted Black Women— counseling; support group.
 Languages: English, French, Twi.
- **Caribbean Youth and Family Services (a part of J.C.A.) – 416-740-1558**
- **Tropicana Community Services – 416-439-9009**
 Ethnospecific or culturally appropriate counseling in Scarborough area.

The Salvation Army Correctional & Justice Services
 77 River Street, Toronto, M5A 3P1 - 416-304-1974

www.salvationarmyjustice.ca
www.salvationarmy.ca



Giving Hope Today

Arab Community Centre of Toronto – 416-231-7746

Counseling for students, individuals, families, victims of family violence.

Languages: English, Arabic.

- See also Midaynta, Muslim, Somaliland services.

Armenian Community Centre - 416-491-2900

Health counseling. Languages: English, Armenian.

Assyrian - Welfare Committee for the Assyrian Community in Canada

Counseling services. Languages: English, Assyrian - 416-741-8836

Cambodian Association of Ontario – 416-736-0138

Orientation counseling. Languages: English, French, Khmer.

Chinese

- **Family Life Services of Metro Toronto – 416-979-8299**

Individual, marital and family counseling; crisis intervention.

Languages: English, Cantonese, Mandarin.

- **Cross Cultural Community Services Association – 416-977-4026**

Counseling, women's support group. Languages: English, Cantonese, Mandarin.

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Individual and family counseling for victims of violence.

Languages: English, Cantonese, Mandarin, Vietnamese, Filipino.

Czech and Slovak Association of Canada – 416-925-2241

Crisis intervention, counseling. Languages: Czech, Slovak.

Eritrean Canadian Community Centre – 416-658-8580

Counseling services, settlement and integration, housing and employment services.

Languages: English, Arabic, Tigrina, Amharic.

Filipino

- **Kababayan Community Centre – 416-532-3888**

Counseling and support groups. Languages: English, Filipino.

- See also South East Asian Services Centre – 416-362-1375

French

- **Centre Medico-Social Communautaire – 416-922-2672**

Individual, family and couples counseling. Languages: English, French

- See also Cambodian, Greek, Jewish & Laotian services.

Greek Orthodox Family Services and counseling – 416-291-5229

Counseling services and Wife Assault Program.

Languages: English, Greek, French.

Iranian Community Association of Ontario – 416-441-2656

Family counseling. Languages: English, Farsi.

Italian – COSTI—Family Counseling Centre – 416-244-7714

Individual, couple and family counseling; counseling for children; family violence counseling; support groups for assaulted women and for abusive men; mental health groups; fees based on income. Languages: English, Italian, Somali, Farsi, Polish.

Japanese Social Services – 416-385-9200

Information, counseling, referral, advocacy, educational and preventative programs.

Languages: English, Japanese.

Jewish Family and Child Service of Metro Toronto – 416-638-7800

Individual, couples, family and group counseling; groups for assaulted women; groups for abusive men.

Languages: English, French, Hebrew, Hungarian, Russian, Yiddish

Korean Community Service Program (YMCA of Greater Toronto) – 416-538-9412

Support and counseling services. Languages: English, Korean, Mandarin.

Laotian Association of Ontario – 416-398-3057

Support and counseling services. Languages: French, Lao, Thai.

Muslim

- **Islamic Social Services and Resources – 416-767-9358**

Individual, family and youth counseling; support groups; food assistance program.

Languages: English, Arabic, Punjabi, Urdu, Farsi.

- **Muslim Welfare Centre – 416-754-8116**

Focus: A Halal food bank (416) 335-9994

Muslim Welfare Centre is a small but dedicated organization working in Toronto, providing food, clothing and transportation for the poor and needy. They also provide groceries to needy families including non-Muslims in Toronto and surrounding areas. Food bank: Mon., Tues., Wed., and Sat. 2–4pm by appointment.

Polish - Polycultural Immigrant and Community Services – 416-533-9471

Mental health support, counseling including family, assaulted women, and addictions, support groups for women. Languages: English, Polish, Russian.

Somali Canadian Association of Etobicoke – 416-742-4601

Supportive counseling, information sessions.

Languages: Somali, May-May, Swahili, Arabic, Italian

- **Midaynta Community Services – 416-544-1992**

Immigration, integration, family counseling, housing, information and referrals.

Languages: English, Somali, Arabic.

- **Somaliland Women's Organization – 416-293-6585**

Individual, family and youth counseling, family crisis intervention, health education, information and referrals, support group for women, mental health discussion groups, women's wellness groups. Languages: Somali, Arabic, Swahili.