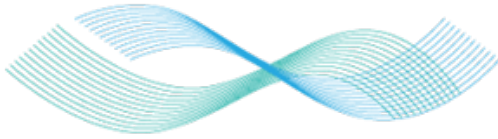


Taddle Creek
Family Health Team

Mapping Resources in Toronto
July 8 2024

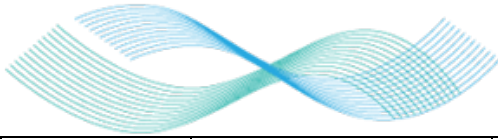
Thank you for attending the Mapping Resources in Toronto webinar hosted by the Taddle Creek Family Health Team! Within this handout you will find information on all of the resources discussed in this webinar. Please note that resources in the city can change or be updated rapidly, meaning some of these resources may have changed since the webinar occurred. For all resources, please check directly with them whether or not you are eligible, or if the programs have changed in any way.

If you are a patient of the Taddle Creek Family Health Team and you have any questions, or would like to learn about other resources specific to your needs, please note you are welcome to contact the Mental Health Program and book a single session with a social worker. To do so, please call 416-260-1315 ext. 0.

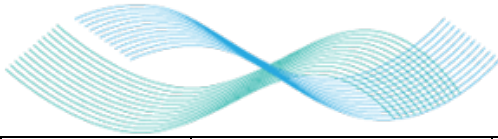


Financial Assistance Resources

| Program Name | Program Description | Eligibility | Contact |
|--|---|--|---|
| Ontario Works (OW) | Monthly financial support for individuals in Ontario unable to find employment. Also provides some benefits in terms of medication, health benefits etc. | -16 years old or older -Be a resident of Ontario -Be in financial need -Do not have assets exceeding the program's asset limit (Dependent on family size) | https://www.ontario.ca/page/ontario-works 1-888-999-1142 |
| Ontario Disability Support Program (ODSP) | Monthly financial support for individuals in Ontario unable to work due to a health condition. Also provides some benefits in terms of medication, health benefits etc. | -16 years old or older -Be a resident of Ontario -Be in financial need -Do not have assets exceeding the program's asset limit (Dependent on family size) | https://www.ontario.ca/page/ontario-disability-support-program 1-888-999-1142 |



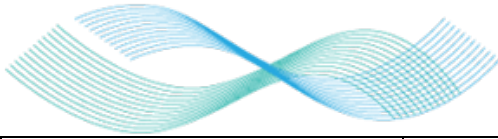
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| | | -Living with a disability or health condition preventing you from working | |
| Canada Pension Plan (CPP) | Federal retirement pension for individuals 60+ whom have made valid contributions to CPP | -Canadians 60+ -Have made contributions to CPP | https://www.canada.ca/en/services/benefits/publicpensions/cpp.html |
| Canadian Pension Plan Disability (CPP-D) | Federal monthly financial assistance for individuals unable to work due to a health condition | -Canadians under age 60 -Have made contributions to CPP -Living with a disability or health condition preventing you from working | https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/eligibility.html |
| Old Age Security (OAS) | Federal monthly financial assistance for low-income seniors | -Canadians 65+ -Have resided in Canada for at least 10 years since turning 18 | https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html Enrollment typically occurs automatically and you do not need to apply, however if you believe you are eligible and not receiving this benefit contact Service Canada directly. |



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| | | -Meet financial eligibility requirements | |
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Transportation Resources

| Program Name | Program Description | Eligibility | Contact |
|-----------------------------------|--|---|---|
| TTC Fair Pass Discount | Transportation assistance program that reduces the cost of travel on the TTC (\$2.10 per trip, \$123.25 per monthly pass) | -Ages 20-64 -Recipients of OW, ODSP, Emergency Assistance or Toronto Children’s Services Childcare Fee Subsidy -OR live under a certain income threshold (Family size dependent) -Must use a Presto card | https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works/transit-discount/ |
| OW/ODSP Travel Benefits | OW/ODSP provides financial assistance for travel to and from medical appointments if the cost exceeds \$15/month | -Contact your OW/ODSP worker to determine if you are eligible | Contact your OW/ODSP worker to determine if you are eligible |
| City Taxi ODSP Partnership | For individuals in receipt of ODSP whom have specific mobility challenges, may be eligible for transportation via taxis for medical appointments, which is paid directly by ODSP | -Contact your ODSP worker to determine if you are eligible | Contact your ODSP worker to determine if you are eligible |

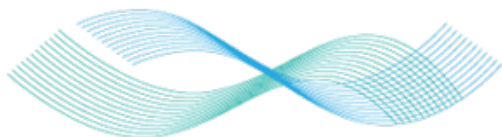


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| Wheel Trans | Travel assistance program run through the TTC to provide door to door accessible travel for individuals unable to use conventional transit due to accessibility challenges. Cost is the same as the TTC. | -Live with a condition that makes travelling via conventional transit difficult -Complete an application, have your primary care provider complete medical assessment | https://www.ttc.ca/wheel-trans |
| Toronto Ride | Travel assistance program to provide door to door transit for individuals unable to use conventional transit due to accessibility challenges. This program is not affiliated with the TTC and the charge is based on distance. | -Age 55+ -OR live with a mobility condition -Not eligible for other transit services such as Wheel Trans | https://www.torontoride.ca/ 416-481-5250 |

Free Dental Clinics

| Program Name | Program Description | Eligibility | Contact |
|--------------------------------------|--|--|--|
| West End Dental Health Clinic | Provides free basic dental services including check-ups, cleanings, extractions and fillings | -Must be able to prove financial eligibility -OW/ODSP recipients are eligible for some services but not all -Currently live in the city of Toronto | https://pqwchc.org/programs-services/dental-services/west-end-oral-health-clinic/ 416-537-2455 X 1415 |

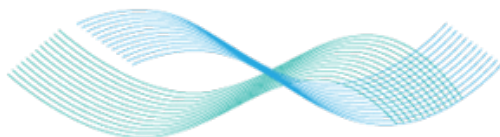


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| Regent Park Community Health Centre | Provides free basic dental services. However, some services do have a fee. | -Open to the public -To receive free or low-cost services contact them directly to determine eligibility | https://regentparkchc.org/program/dental-clinic/ |
| Toronto Public Health Dental Clinics | Provide free basic dental care services. | -Living in Toronto -Ages 0-17; 65+ -OR be enrolled in certain Toronto Public Health programming | https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/dental-and-oral-health-services/dental-clinics/ |

Low-Cost Dental Clinics

| Program Name | Program Description | Eligibility | Contact |
|--|---|---|---|
| George Brown WAVE Dental Clinic | Low cost dental clinic run by students supervised by a dentist. Provides basic services, as well as some advanced services (ie. Dentures) | -Open to the public subject to clinic capacity | https://www.georgebrown.ca/health-sciences/learning-environment/wave-wellness-applied-research-and-visionary-education/dental-clinic 416-415-4547 |
| University of Toronto Dental Clinic | Low cost dental clinic run by students supervised by a dentist. Provides basic and advanced services | -Open to the public | https://patients.dentistry.utoronto.ca/patient-info |
| Filling The Gap | Provide free and low cost dental services | -Must not have dental coverage from any other resources including OW/ODSP | https://fillingthegap.ca/ |



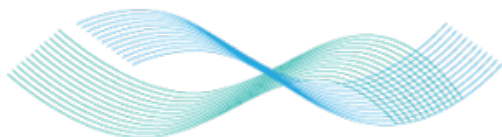
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| | | -Meet financial eligibility requirements | |
|--|--|--|--|

Childcare Resources

| Program Name | Program Description | Eligibility | Contact |
|--|---|---|---|
| Childcare Fee Subsidy | Helps reduce the cost of childcare for eligible families | -Must have completed taxes -Must be a resident of Ontario -One or both parents/guardians must be working or going to school | https://www.toronto.ca/community-people/employment-social-support/child-family-support/child-care-support/ |
| YMCA | Provides a range of childcare services, before/after school programming, camps and other childcare supports | -Open to the public | Contact your local YMCA or visit: https://www.ymcagta.org/child-care |
| City of Toronto Children's programs | Provide a broad range of programs for children and their families through city-owned recreation centres. | -Open to the public | Contact your local city recreation centre. Updated drop-in schedule can be found here: https://www.toronto.ca/community-people/housing-shelter/homeless-help/drop-ins/#location=&lat=&lng=&zoom= |

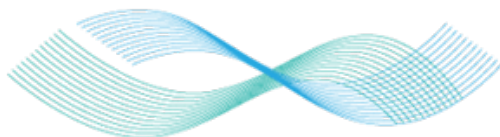
Recreation

| Program Name | Program Description | Eligibility | Contact |
|---------------------|---|--------------------|---|
| The Welcome Policy | Fee subsidy program reducing the costs of | -Live in Toronto | https://www.toronto.ca/community-people/employment-social- |



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| | recreation programs for eligible individuals and families | -Have a family income below the Low-Income Cut Off | support/child-family-support/welcome-policy-recreation-fee-subsidy/ 416-338-8888 |
| Learn4Life | Groups and workshops for adults run by the Toronto District School Board. Discounts offered for low-income individuals and seniors | -Open to the public | https://www.tdsb.on.ca/Adult-Learners/Learn4Life |
| Seniors Active Living Centres | Provide free or low-cost programming for older adults. Programming focuses on healthy living, exercise, health and social connection | -Open to the public -Each Seniors Active Living Centre is different and may have different eligibility criteria | Call 211 to find your local Seniors Active Living Centre https://www.ontario.ca/page/find-seniors-active-living-centre-program-near-you |
| Adult Day Programs | Provide daytime programming for older adults to remain healthy and engaged, and have access to care while family members may be away. Every adult day program functions differently, with some offering specialized programs for those with specific health conditions such as dementia | -Each adult day program is run independently and may have their own eligibility criteria | Call 211 to find your local Adult Day Program |

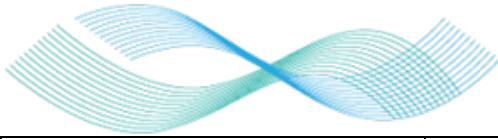


Crisis Resources

| Program Name | Program Description | Eligibility | Contact |
|--|--|---------------------------------------|---|
| The Distress Centres of Greater Toronto | 24/7 crisis telephone line to support individuals experiencing a mental health crisis. | -Open to Toronto residents | 416-408-4357 |
| The Gerstein Crisis Centre | 24/7 crisis telephone line to support individuals experiencing a mental health crisis. Also offer a short-term live-in accommodation for those in crisis (Subject to availability) | -Open to Toronto residents | 416-929-5200 |
| Kids Help Phone | 24/7 crisis texting and calling services for children and youth in need of mental health support. Offer a broad array of resources online to further support youth. | -Open to children and youth in Canada | https://kidshelpphone.ca/ Call: 1-800-668-6868 Text: 686868 |

Children/Youth Mental Health

| Program Name | Program Description | Eligibility | Contact |
|---------------------|--|------------------------------|---|
| Help Ahead | Centralized contact to gain access to children and youth mental health services. Also provide support to families supporting a youth with a mental health challenge. | -Open to families in Toronto | https://helpahead.ca/ 1-866-585-6486 |



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| What's Up Walk-In | Provide same day drop-in counselling for children and youth. A network of clinics offering this service throughout Toronto. | -Open to families in Toronto | https://www.whatsupwalkin.ca/ |
| Youth Wellness Hubs | Collections of agencies within a certain geographic area that provide holistic supports to youth. Services include healthcare, social services, mental health, employment etc. | -Open to families in Toronto | -Contact 211 to be connected with the Youth Wellness Hub in your neighbourhood |

Single Session/Drop-In Counselling

| Program Name | Program Description | Eligibility | Contact |
|--|---|---|---|
| Taddle Creek Family Health Team | Offers single session counselling to patients of the family health team | -Must be a patient of the Taddle Creek Family Health Team | 416-260-1315 X 0 Sessions are not offered on a walk-in basis, you must call in advance to book a session |
| WoodGreen | Offers single session counselling | -Open to the public | 416-645-6000 X 1990 |
| Family Services Toronto | Offers single session counselling | -Open to the public | 416-595-9618 |