

This resource list is intended for informational purposes only. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team or call 416-260-1315 ext. 0 to book a Single Session Clinic appointment with a Social Worker. We are here for you.

## FREE COMMUNITY TAX CLINICS

Filing your taxes yearly is *the most important action you can take*, regardless of whether you have earned an income or not. For low income individuals/families, filing your taxes will ensure that you are eligible for a range of financial supports and benefits.

**Find out if you're eligible for help at a free tax clinic & locations in your area** | <https://www.canada.ca/en/revenue-agency/campaigns/free-tax-help.html>

**Search for local agencies that offer free income tax clinics** | <https://211ontario.ca/> or call 2-1-1

**ACB Tax Clinic** | <https://blackcap.ca/news-events/tax-clinic-acb-community/> 416-977-9955 email: [info@blackcap.com](mailto:info@blackcap.com)

**Central Eglinton Community Centre Tax Clinic** | <https://centraleglinton.com/index.php/services/income-tax-clinic> | 416-392-0511 ext. 0 email: [taxclinic@centraleglinton.com](mailto:taxclinic@centraleglinton.com)

**Parkdale Queen West Community Health Centre Tax Clinic** | <https://pqwchc.org/programs-services/community-services-and-programs/income-tax-clinic/> | Parkdale site: 416-537-2455 ext. 1242, Queen West site: 416-703-8482 ext. 2403

**Polycultural Immigrant and Community Services** | <https://www.polycultural.org/> | Ping Cun 416-439-1293 ext. 3231 email: [pcun@polycultural.org](mailto:pcun@polycultural.org)

**The Lighthouse Tax Clinic** | <https://lighthousecentre.ca/the-lighthouse-income-tax-clinic/> | 416-535-6262 email: [tiffany@lighthousecentre.ca](mailto:tiffany@lighthousecentre.ca)

**WoodGreen Community Services Free Income Tax Clinic** | <https://www.woodgreen.org/programs/income-tax-clinic> | 416-645-6000 ext. 1187 email: [taxclinic@woodgreen.org](mailto:taxclinic@woodgreen.org)

## GOVERNMENT BENEFITS FINDERS

The following websites will help you find benefits and services that you may be eligible to receive.

**The Benefits Finder** | A tool that asks questions and uses your answers to search for benefits and services you may be eligible to receive | <https://benefitsfinder.services.gc.ca/hm> or [www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca)

**COVID-19 Benefits Finder | Financial help during COVID-19** <https://covid-benefits.alpha.canada.ca/en/start>

**Ontario Benefits** | Tax credits and benefits for Ontario citizens, including children, people with a disability, seniors, students and women | <https://www.ontario.ca/page/tax-credits-and-benefits-people>

**Service Canada** | A single point of access to a wide range of government services and benefits | [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

## FOOD SECURITY

**ACSA's Toronto Food Asset Map** | Interactive map helps locate food resources across Toronto | <https://www.google.com/maps/d/u/0/viewer?mid=1MpTS0uhS8WNsUGAm0S8rce122crYP0IS&ll=43.72980189088004%2C-79.36249366562498&z=11>

**Daily Bread Food Bank** | Search Food Programs by location | <https://www.dailybread.ca/need-food/programs-by-location/>

**Feed It Forward** | Pay What You Can Grocery Store | 2770 Dundas St. West, Unit A | email: [info@feeditforward.ca](mailto:info@feeditforward.ca)  
<https://feeditforward.ca/store-front/>

**FoodShare & FoodLink** | Weekly Good Food Box is the affordable way to get fresh, local produce delivered to your door | FoodLink Hotline connects people to food programs in their community | 416-363-6441 ext. 276 or call 211 | <https://goodfoodbox.foodshare.net/>

**Grocery and Delivery Good Neighbour Project** | Volunteers assist you in accessing free delivery of your purchased groceries, essential supplies and medications | Available to the elderly, any person with a disability, any person in self isolation/quarantine, a pregnant person, a single parent, a healthcare worker | <https://www.goodneighbourproject.com/>  
Hotline open 9am-6pm, 7 days a week 647-873-2230 | email: [info@goodneighbourproject.com](mailto:info@goodneighbourproject.com)

**List of Open Drop-in Spaces, Drop-in Dine-in and Takeaway Meals, & Public Washrooms/Showers** | [https://docs.google.com/spreadsheets/d/1DqiZ2rOMLeMJVqZW\\_c7L8LtYi7NL\\_ZDU/edit#gid=1756425214](https://docs.google.com/spreadsheets/d/1DqiZ2rOMLeMJVqZW_c7L8LtYi7NL_ZDU/edit#gid=1756425214)

**Search Food Banks and Food Programs in GTA** | <https://covid19.211central.ca/gta-food-banks/>

## NON-INSURED HEALTH BENEFITS (NIHB) FOR FIRST NATIONS & INUIT

**NIHB** provides vision care, dental care, mental health counselling, medical supplies/equipment, prescription/over the counter medications and medical transportation coverage for eligible First Nations & Inuit individuals | Contact NIHB headquarters via phone 1-800-567-9604 or e-mail: [sac.nihb-ssna.isc@canada.ca](mailto:sac.nihb-ssna.isc@canada.ca)  
<https://www.sac-isc.gc.ca/eng/1572537161086/1572537234517>

## HOUSING HELP

**Emergency Shelters & Homeless Help** | Call Central Intake Line at 416-338-4766 or 1-877-338-3398 toll-free, 24 hours a day, 7 days a week to be referred to available shelter and respite spaces

**Nisa Homes** | A Group of transitional homes for Immigrant, Refugee and Muslim women who are homeless or at risk of becoming homeless | A safe haven for women experiencing domestic violence, poverty, homelessness or seeking asylum | <https://www.nisahomes.com/apply> | 1-888-456-8043, Mon-Fri 10am - 6pm EST

**Subsidized Housing** | Learn about eligibility and how to apply online at <https://www.toronto.ca/community-people/employment-social-support/housing-support/rent-geared-to-income-subsidy/>

**The Housing Help Centre** | Helping people access and maintain affordable and safe market rent housing | Help with accessing Toronto Rent Bank, Low Income Energy Assistance Program, Emergency Energy Fund and other resources | [www.thhc.org](http://www.thhc.org) 416-285-8070 Mon-Thurs 8:30am-4:30pm, Fri 8:30am-2pm

**Toronto Rent Bank** | Financial grants provide support to Toronto residents who are behind on their rent or need help with a rental deposit. Ensure that low-income individuals and families are able to stay in their homes and avoid homelessness. Not eligible for people on OW or ODSP (should talk to worker about Housing Stabilization Fund) | <https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/toronto-rent-bank/>

## LOW COST DENTAL CLINICS

The organizations listed here are in Toronto and provide options for low-cost dental care  
<https://www.torontocentralhealthline.ca/listservices.aspx?id=10076&region=Toronto>

## COMMUNITY & SOCIAL SERVICES INFORMATION & REFERRAL

**211** | Provides information and referrals to community and social services 24/7 for Central Region by phone or on website | Income Support, Housing, Food Bank, Transportation, Emergency/Crisis Services, Child/Family Services, Mental Health/Addictions, etc. | [www.211toronto.ca](http://www.211toronto.ca) Call 211 or Text 21166

**Health Services for Toronto Central** | Find community and social services near you | Low-Income Support Services, Supportive Housing, Transportation, Meal Delivery Services, Health and Mental Health Services, etc. [www.torontocentralhealthline.ca](http://www.torontocentralhealthline.ca)

**Information and Resources for Newcomers to Ontario** | Information, resources, and community and social services for Newcomers | Housing, Health, Employment, Immigration and Citizenship, Education, Legal Services, etc. | [www.settlement.org](http://www.settlement.org)

**The Access Point** | Centralized hub for supportive housing, mental health and addictions services in Toronto for youth (age 14+) and adults | Self-refer by completing online application or call 416-640-1934 Mon-Fri, 9am-5pm | <http://theaccesspoint.ca/>

## LEGAL SUPPORT

**Community Legal Education Ontario (CLEO)** | Plain-language information on social assistance, housing, health, family law and more, in many languages | [www.yourlegalrights.on.ca](http://www.yourlegalrights.on.ca)

**Free Legal Clinics** | Find a clinic near you | Visit [www.legalaid.on.ca](http://www.legalaid.on.ca) or call 1-800-668-8258

**Justice for Children & Youth** | Legal services for youth under 18 and homeless youth under 25 in Ontario | <https://jfcy.org/en/> | 416-920-1633 Mon-Thurs 9am-12pm & 1pm-5pm (lunch closure) Fri 9am-12pm

**Steps to Justice** | Guide to law in Ontario | <https://stepstojustice.ca/>

**Superior Court of Justice** | Information on how to find legal assistance, legal information, and resources: <https://www.ontariocourts.ca/scj/at-court/assistance/>

**The Advocacy Centre for the Elderly (ACE)** | Community based legal clinic for low-income seniors, providing direct services, education and advocacy | 416-598-2656 or 1-855-598-2656 | Intakes are scheduled on Mondays, Wednesdays and Fridays

## FINANCIAL ASSISTANCE

The following are some options for financial support to help cover the costs of basic needs (e.g. food, shelter). The amount of money you receive may depend on your family size, income, assets and housing costs. Some of the applications require documentation from your health care provider. It is important to file your taxes yearly as many of the financial supports available are administered by the Canada Revenue Agency (CRA).

**Canada Child Benefit (CCB)** | This benefit is a tax-free amount paid monthly to help low and modest income families with the cost of raising children under 18 years of age | <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview/canada-child-benefit-we-calculate-your-ccb.html>

**Disability Tax Credit (DTC) & Registered Disability Savings Plan (RDSP)** | The DTC requires a health provider to complete the application form and the benefit provides up to \$1600 per year in tax savings | The application is required to receive other benefits, including the RDSP |

Info re: DTC <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Info re: RDSP <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>

**Financial Empowerment & Problem Solving (FEPS)** | A West Neighbourhood House Program that helps enhance people's financial literacy, provides support, information, resources and training | email [fepe@westnh.org](mailto:fepe@westnh.org) tel: 416-848-7980 | <https://www.westnh.org/money/>

**Financial Empowerment Program** | WoodGreen Community Services | Information, counselling and support to low-income members of the community who have financial challenges | email [fe@woodgreen.org](mailto:fe@woodgreen.org) tel: 416-645-6000 ext. 1330 | <https://www.woodgreen.org/services/financial-empowerment>

**Housing Stabilization Fund** | Intended to prevent homelessness by meeting the emergency housing needs of Toronto residents who receive financial assistance from OW and ODSP so that they are able to stabilize their housing situation | <https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works/policies-and-procedures/housing-stabilization-fund/> | Call your OW or ODSP worker to see if you qualify | 416-397-5550

**Income Security Advocacy Centre (ISAC)** | This website can tell you about recent changes in major income supports | For education and information only | [www.incomesecurity.org](http://www.incomesecurity.org)

**Old Age Security (OAS), Guaranteed Income Supplement (GIS) & Canada Pension Plan (CPP)** | Seniors over age 60 can start getting CPP at age 60, seniors over age 65 and living in poverty should receive monthly OAS, GIS and other grants from filing a tax return | To get an application form, call 1-800-277-9914 | What every older Canadian should know about: Income and benefits from government programs <https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/government-income-benefits.html>

Info re: GIS <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html>

Info re: OAS <https://www.canada.ca/en/employment-social-development/corporate/contact/oas.html>

**Ontario Disability Support Program (ODSP)** | Financial assistance for individuals with few financial assets who are living with a disability (expected to last more than one year) that impacts activities of daily living | This program pays more than Ontario Works (OW) | You will need to provide information about your income, assets, and health status | To apply, call 2-1-1 to get the number for your local office or visit <https://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/contacts/index.aspx>

**Ontario Works (OW)** | OW provides funds for food, shelter and other costs to people in financial need | To be eligible, a person needs to be living in Toronto and have status in Canada and meet other eligibility criteria | To apply, call 416-338-8888 or apply online <https://saapply.mcscs.gov.on.ca/CitizenPortal/application.do> | More information: <https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works/>

**Prescription Drug Coverage** | If you have high prescription drug costs compared to your household income, you may qualify for the Trillium Drug Program | For more information, to look the application form and eligibility, please visit <https://www.ontario.ca/page/get-help-high-prescription-drug-costs>

**Toronto People with Aids (PWA) Foundation** | PWA's Financial Assistance program helps to support the health and wellness of people living with HIV/AIDS and aims to alleviate some of the financial burdens associated with living with HIV/AIDS | <https://www.pwatoronto.org/practical-supports/> or call 416-506-1400

**Wellspring Money Matters Resource Centre** | Free financial consultation and support for patients living with cancer | <https://wellspring.ca/online-resources/money-matters/> or call 416-961-1493

**IDENTIFICATION – REPLACING OR OBTAINING LEGAL CANADIAN ID**

**The 519's Virtual Trans ID Clinic** | By appointment only, to book, email: [TransIDClinic@The519.org](mailto:TransIDClinic@The519.org) | <https://www.the519.org/programs/trans-id-clinic>

**Parkdale Queen West CHC's ID Clinic** | Call PAID clinic at 416-691-7407 Mon-Fri 9am-2pm to discuss eligibility and make an appointment | <https://pqwchc.org/programs-services/community-services-and-programs/id-clinic/>

**WoodGreen's ID Replacement Clinic** | 416-645-6000 ext. 2500 Fridays 11am-1pm (except last Friday of each month | <https://www.woodgreen.org/services/programs/id-replacement-clinic/>