

Toronto Older Adult Services

This guide
includes an
array of
services (free
or at a cost)
catered to
those 60+

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Recreation & Connection

● **Welcome Policy (City of Toronto):** *Throughout the City*

- Subsidy to access recreational activities at community centres
- Call for more information/registration: 416-396-7378 (option 1)
- **Website:** <https://www.toronto.ca/explore-enjoy/parks-recreation/how-to-use-our-services/online-registration-booking/>

● **Seniors Active Living Centres:** *Throughout the City*

- Several locations throughout the City
- Call for more information/registration: 416-506-9888 x2555
- **Website:** <https://www.torontocentralhealthline.ca/listServicesDetailed.aspx?id=10778>

● **Adult Day Programs (City of Toronto):** *Scarborough, North York, Etobicoke*

- Offers social outings and various programs, call to inquire!
- Call for more information/ registration:
 - Scarborough: Bendale (416-397-7020)
 - North York: Katie (416-392-9502)
 - Etobicoke: Stefania (416-392-2299)
- **Website:** <https://www.toronto.ca/community-people/children-parenting/seniors-services/seniors-recreation-and-things-to-do/adult-day-programs/>

● **Sunshine Centres for Seniors:** *Midtown*

- Offers in person and virtual programs
- Call for information/registration: 416-924-3979
- **Website:** <https://sunshinecentres.com/>

● **Sprint Senior Care (\$):** *East York*

- Offers recreational activities, friendly visits/ calls, programs
- Call for fees, information, & registration: 416-481-6411
- **Website:** <https://www.sprintseniorcare.org/programs-and-services/adult-day-program/>

- **Frontline Community Centre (\$):** *Scarborough*
 - Offers year-round tax program, food bank, social, music/craft groups
 - Call for more information: 416-840-4425
 - **Website:** <https://www.fcccanada.org/services>

- **Society of Sharing:** *Downtown/East End*
 - Offers friendly visits, medical escort, social groups, & friendly calls.
 - Catchment for friendly visits: North to St Clair Ave W, West to Bathurst St, East to Logan Ave, South to the Waterfront.
 - Call to register/ request information: 416 413-0380 Ext. 222
 - **Website:** <https://www.fcccanada.org/services>

- **Access Alliance:** *Downtown, East End, & West End*
 - Offers gardening, social, health, and food programs
 - Call for more information: 416-324-8677
 - **Website:** <https://accessalliance.ca/>

- **TIFF - Silver Screenings:** *Downtown*
 - Offers a free event every other month including film talks, interactive workshops, and activities. Each event focuses on a specific theme and features a film presentation and activities.
 - Call to register: 416-599-2033
 - **Website:** <https://tiff.net/silver-screenings>

- **Parkdale Queen West Community Health Centre:** *Downtown*
 - Seniors Programs (pole walking, drop-in social, chair yoga, etc.)
 - Call Sandra for more information/registration: 416-230-6512
 - **Website:** <https://pqwchc.org/programs-services/community-services-and-programs/seniors-programs/seniors-programming-details/>

- **The Neighbourhood Group – Active Seniors Program:** *Downtown*
 - Offers classes, workshops, day trips, social groups, etc
 - Call Melissa for more information/registration: 416-684-9037
 - **Website:** <https://tngcommunityto.org/Programs-Services/Programs/Active-Seniors-Program>

● **Second Mile Club (\$):** *Downtown*

- Offers programs and social support.
- Participants pay a maximum of \$40/year to access services.
- Call for information/registration: 416-597-0841
- **Website:** <https://www.kensingtonhealth.org/community-care/how-join>

● **The 519 – 2SLGBTQ+ Older Adults Program:** *Downtown*

- Offers social groups and programs
- For questions/registration, call: Moji (647-888-9591) or Nicole (647-684-1587)
- **Website:** <https://www.the519.org/programs/older-2slgbtq-program/>

● **Dixon Hall – Senior Services:** *Downtown*

- Offers social groups, various programs, friendly calls, transportation(\$), PSW services (\$)
- For questions/registration, call: 416.863.0499 x3222
- **Website:** <https://dixonhall.org/seniors-services/>

● **Baycrest – Adult Day Program (\$):** *North York*

- Offers music, art, exercises classes, etc
- Call for fee breakdown, information/registration: 416-785-2500 x2858
- **Website:** <https://www.baycrest.org/Baycrest/Healthcare-Programs-Services/Programs/Adult-Day-Programs>

● **North York Seniors Centre (\$).** *North York*

- Offers an array of program and services for a fee
- Call to receive updated information, request a fee breakdown, & register: 416-733-4111
- **Website:** <https://nyseniors.org/>

● **Better Living (\$):** *North York*

- Offers Adult Day Programs, Fitness & Falls Prevention programs, and a bistro (at a fee).
- Call to receive more information/registration: 416-447-7244 x541
- **Website:** <https://mybetterliving.ca/>

Toronto Council on Aging – Seniors’ Centre Without Walls: *Online*

- Friendly visitor calls
- Call for registration: 416-630-7000
- **Website:** <https://www.torontocouncilonaging.com/2020/12/18/seniors-centre-without-walls-program/>

Jamii - Belonging Older Adults: *St. Lawrence Market*

- Offers movement and art classes, workshops, outings & connection to community.
 - Tuesdays (10:00 AM - 11:30 AM): Movement group
 - Tuesdays (11:30 AM - 1:00 PM): Visual Arts group
 - Thursdays (5:30 PM - 6:30 PM): Sing Along group
- There is no contact number, email to inquire/ register: info@jamii.ca
- **Website:** <https://www.jamii.ca/indooractivities/belonging>

Dancing With Parkinson’s: *Throughout City; Online*

- Offers online and in-person dance classes, outings, creative workshops, and performances. *Open to all older adults (with or without Parkinson’s).
- In-person classes are offered at several locations across the City, check their website to find a location near you.
- Call for more information: (647)217-9252
- **Website:** <https://www.dancingwithparkinsons.com/arts-culture-engagement>

Toronto Public Library - tpl:map: *Throughout City*

- Offers free passes to several attractions throughout the City (i.e. Ripley’s Aquarium, museums, Hot Docs, etc.). Passes are subject to availability.
- Passes are released the first Wednesday of every month at 2 PM.
- Must log in to the [tpl:map](https://www.torontopubliclibrary.ca/map/) reservation site with your library card, choose from listed attractions, reserve your date, and print/download your pass.
- Call for more information: 416-397-5981
- **Website:** <https://www.torontopubliclibrary.ca/map/>

Looking for a more specific resource?

Call The Toronto Seniors Helpline: 416-217-2077

(Mon-Fri 9 AM - 8 PM; Sat-Sun, statutory holidays 10 AM - 6 PM)

Life-Long Learning

- **Learn for Life – Toronto District School Board (\$):** *Throughout the City*
 - Offers a 30% discount for adults 65+
 - Call for more information/registration: 416-338-4111
 - **Website:** <https://www.tdsb.on.ca/Adult-Learners/Learn4Life>

- **Academy for Lifelong Learning (\$):** *Online & Downtown*
 - Offers courses, workshops, programs, and talks
 - **Website:** <https://allto.ca/>

- **Harvard University:** *Online*
 - Free online courses
 - **Website:** <https://pll.harvard.edu/catalog/free>

- **Toronto Public Library - Gale Courses:** *Online*
 - Free online interactive courses on various subjects. Courses run for 6 weeks and begin every month. Must have a valid library card to register.
 - Call for more information: 416-397-5981
 - **Website:** <https://education.gale.com/l-tplmain/>

- **The Speakers Annex (\$):** *Downtown*
 - *Offers lively lectures and enriching conversations hosted at the Miles Nadal JCC*
 - Call for more information: 416-397-5981
 - **Website:** <https://www.mnjcc.org/speakersannex>

- **University of Toronto - Later Life Learning (\$):** *Downtown; Online*
 - Offers an array of courses and lectures (without exams or papers)
 - There is no contact number, please email them for questions:
lll@llltoronto.org
 - **Website:** <https://llltoronto.org/>

Digital Literacy

- **Toronto Public Library – “Seniors Digital Skills”:** *Throughout the City*
 - Offers computer classes, access to online learning, & one-on-one librarian support
 - [Call for more information/registration: \(416\) 397-5981](tel:(416)397-5981)
 - **Website:** <https://www.torontopubliclibrary.ca/seniors/>
- **Connected Canadians:** *Online*
 - Offers free technology training, programs, & workshops through trained volunteers.
 - No direct contact number, go online and submit the form under ‘Contact Us’ and someone will email you back.
 - **Website:** <https://www.connectedcanadians.ca/programs>
- **Cyber-Seniors:** *Online*
 - Technology support and training
 - [Call for more information or technology support: 1-844-217-3057](tel:1-844-217-3057)
 - **Website:** <https://cyberseniors.org/>

Financial Support

Old Age Security (OAS), Guaranteed Income Supplement (GIS) & Canada Pension Plan (CPP):

- For questions and information, call: 1-800-277-9915
- **Website (goes into more detail about each financial benefit and eligibility criteria):** <https://www.canada.ca/en/employment-social-development/corporate/seniors/forum/government-income-benefits.html>

Ontario Electricity Support Program (OESP):

- Can reduce the cost of the household electricity bills by applying a monthly credit directly to the bills.
 - To be eligible for OESP, the annual income cannot exceed 38k.
- Call for more information on OESP: 1-855-831-8151
- **Website (eligibility and application):**
<https://ontarioelectricitysupport.ca/>

Low-income Energy Assistance Program (LEAP):

- Provides emergency financial help for individuals and families who are behind on their electricity or natural gas bills and face having their service disconnected.
 - To be eligible for LEAP, your annual income cannot exceed 38k.
- For information/questions, call: 1-855-487-5327
- **Website for LEAP (eligibility and application):**
<https://www.oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program>

Ontario Senior Homeowners' Property Tax Grant:

- For homeowners who are low-to-moderate income, you may be eligible for up to \$500 back on your property taxes.
- Call for more information/ eligibility: 1-866-668-8297
- **Website:** <https://www.ontario.ca/page/senior-homeowners-property-tax-grant>

Emergency Energy Fund:

- Program that can help assist with energy-related areas for hydro, gas, or oil services.
- For information/registration, call the Neighbourhood Information Post: 647-727-8988.
 - If receiving OW or ODSP, please contact your case worker for support.
- **Website:** <https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works/policies-and-procedures/emergency-energy-fund-eef/>

Ontario Seniors Care at Home Tax Credit:

- A refundable personal income tax credit to help low-to moderate-income seniors 70+ with eligible medical expenses, which can include wheelchairs, hospital beds, dental, vision, hearing care, & attendant care (certification required).
- The credit provides eligible individuals up to 25% of their claimable medical expenses up to \$6,000, for a maximum credit of \$1,500. This amount will be reduced by 5% of family net income over \$35,000.
- Call the CRA for questions on this tax credit: 1-800-959-8281
- **Website:** <https://www.ontario.ca/page/ontario-seniors-care-home-tax-credit>

Ontario Seniors' Public Transit Tax Credit:

- A refundable tax credit to help older adults (65+) with public transit costs.
- You can claim up to \$3,000 in eligible public transit expenses and receive up to \$450 each year.
- **Website:** <https://www.ontario.ca/page/ontario-seniors-public-transit-tax-credit>

Transportation

- **TTC Senior's discount fare** is \$2.25/ride for people 65+ (with proof of age). Must have a presto card; regular fare is \$2.30/ride.
- **Under 65 and receiving social assistance:**
 - Please call your Ontario Works (OW) or Ontario Disability Support Program (ODSP) case worker for access to Transportation Allowance (your doctor will need to complete this form and send back to ODSP).
 - If receiving ODSP and require taxi services, speak with your ODSP case worker for access to City Taxi rides covered by ODSP (your doctor will need to specify why you require taxi rides for transportation).
- **Wheel Trans:**
 - [Call for more information or support in registering: 416-393-4111](tel:416-393-4111)
 - **Website:** <https://www.ttc.ca/wheel-trans>
- **Toronto Ride (\$):**
 - Transportation for seniors 55+ and adults living with disabilities.
 - [Call for fee breakdown, or for questions/registration: 416-481-5250](tel:416-481-5250)
 - **Website:** <https://www.torontoride.ca/>

Food Support

++Looking for a free meal somewhere else? Call 211!

● **Feed it Forward (\$):**

- Pay-what-you-can grocery store open every day (11:00 AM – 7:00 PM)
- Address: 2770 Dundas St. W.
- Phone number: 647-879-2344

● **Daily Bread Food Bank:**

- Directory for Food Banks across Toronto
- Call to find a food bank/ to register over the phone: 416-203-0050 x1
 - Once you have a Food Bank ID, you can use it to access Food Banks throughout the City.
- Address: 191 New Toronto St., Etobicoke
- Community meal is served every Thursday (5:30 PM - 7:00 PM).

● **Parkdale Community Food Bank:**

- Open several days throughout the week and does not require ID to access services.
- Delivery available* call to inquire
- Address: 5 Brock Ave. (rear unit)
- Phone number: 416-532-2375
- Hours:
 - Wednesday: 10:00 AM - 4:30 PM
 - Thursday: 10:00 AM to 4:30 PM
 - Friday: 4:00 PM - 8:00 PM
 - Saturday: 10:00 AM - 4:30 PM

● **The Stop:**

- Offers breakfast (9 AM) and lunch (12 PM) every Mon., Tues., Thurs. & Fri.
- No ID required
- Phone number: 416-652-7867
- Address: 1884 Davenport Rd.

40 Oak:

- Offers breakfast (Mon. - Fri. from 10:00 AM- 11:00 AM) and lunch (Mon., Tues., Thurs., & Fri. from 12:00 PM - 1:00 PM)
- No ID required
- Address: 40 Oak St.
- Phone number: 416-363-4234

Meals on Wheels (\$):

- Offers hot meals based on a four-week rotating menu and include meat or vegetarian options; dessert, and bread & butter. The choice of meat includes beef, chicken or fish. Frozen meals have a choice of soup or dessert.
- Special dietary requirements include: Diabetic; pureed or minced; no salt added; lactose-free; and allergy or intolerance preparation.
- Fees: \$7.75 per meal; \$6.95 for frozen meal without soup or dessert. Subsidies are available, email: mow@tngcs.org for information.
- Go online to find the nearest agency offering Meals on Wheels near you.
- **Website:** <https://www.mealsonwheels.ca/request-meals-on-wheels>

Heart to Home (\$):

- Offers a meal delivery service (including special dietary requirements). Can order online or over the phone. Fees range per meal.
- Call to request a menu/order: 1-888-777-2219
- **Website:** <https://www.hearttohomemeals.ca/>

Dental Support

Canadian Dental Care Program:

- Covers a portion of the cost of dental services (dependant on income)
- To be eligible, must have filed taxes from the previous year and an income threshold of less than \$90,000 for adjusted family net income
- Call for information/eligibility questions: 1-833-537-4342
- **Website:** <https://www.ontario.ca/page/dental-care-seniors>

Regent Park Community Health Centre: *East end*

- Provides some services free/ some at low cost
- Call for more information/ to book an appointment: 416-364-2261
- **Website:** <https://regentparkchc.org/program/dental-clinic/>

Toronto Public Health Dental Clinics: *Throughout the City*

- Provides free dental services/ external referrals throughout the City
- Call to find a clinic near you: 416-338-7600
- **Website:** <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/dental-and-oral-health-services/dental-clinics/>

Filling the Gap: *Scarborough & Rexdale*

- Low-cost dental clinic for people not receiving OW or ODSP
- Call to find a clinic near you: 416-289-4349
- **Website:** <https://fillingthegap.ca/>

Counselling

++ Wait times will vary and are subject to change. Please call to inquire and/or to be added to the waitlist of the agency you are interested in.

● **Family Services Toronto (\$):** *Downtown; Online*

- Offers individual, family, and couples therapy, along with group therapeutic workshops. Appointments are single session or on-going for a subsidized fee based on income (min. \$10/session).
- Service can be offered in various languages., call to inquire.
- For more information/registration, call: 416-595-9618
- **Website:** <https://familyservicetoronto.org/our-services/programs-and-services/counselling/>

● **Family Services Toronto - David Kelley Services (\$):** *Downtown; Online*

- Provides individual, couples, and group counselling for individuals who are LGBTQ+ and/or living with HIV/AIDS.
- LGBTQ+ counselling program:
 - Waitlist (roughly 3-8 months). Sessions are subsidized and based on income (min. \$10/session).
- HIV/AIDS counselling program:
 - Completely free. Waitlist (roughly 3 months).
- Call to complete an intake and specify the counselling program you are interested in. **David Kelley Services also offers counselling to male survivors of sexual abuse.
- Phone number: 416-595-9618
- **Website:** <https://familyservicetoronto.org/our-services/programs-and-services/david-kelley-services/>

● **The Neighbourhood Organization:** *North York; Online*

- Provides 10-12 counselling sessions (waitlist is roughly 8-12 weeks).
- Call to complete an intake/ for more information: 647-236-0553
- **Website:** <https://tno-toronto.org/health-and-wellness-programs/mental-health/>

- **WoodGreen – Walk-in Counselling (\$):** *East end; Online*
 - Offers individual, family, and couples therapy for single-session counselling only.
 - Services can be accessed virtually on Tuesdays (registration opens at 4PM) or in-person at 815 Danforth Ave. on Wednesdays).
 - For more information/registration, call: (416) 645-6000 x1990
 - **Website:** <https://www.woodgreen.org/programs/walk-in-counselling-wic>
- **Mood Disorders Association of Ontario - Hope & Me:** *Midtown; Online*
 - Provides individual counselling, along with group therapeutic workshops for adults 65+ (max. 8 sessions).
 - Call to complete an intake. Waitlist is roughly 4 weeks.
 - Contact information: 416-486-8046 ; intake@hopeandme.ca
- **Jewish Family and Child Services (\$):** *Downtown; North York; Online*
 - Offers individual, family, and couples therapy (12-15 sessions).
 - Fees per session are subsidized and based on income. Call to complete an intake.
 - Phone number: 416-638-7800 x6234
- **Catholic Family Services (\$):** *Midtown; North York; Online*
 - Offers drop-in, individual, family, and couples therapy, along with group therapeutic workshops. Services offered in several languages, call to inquire.
 - Fees per session are subsidized and based on income.
 - Call to complete an intake: 416-921-1163

Case Management

Access Point:

- Hub for most adult case management referrals in Toronto **must identify as living with a mental health condition and/or substance use concern (does not require a formal diagnosis).
- Call to complete a phone intake: 416-640-1934
- **Website:** <https://theaccesspoint.ca/>

West Neighbourhood House:

- Case management for adults 55+
- Services offered in various languages, call to inquire.
- Call to complete a phone intake: 416-532-7586 x146
- **Website:** <https://www.westnh.org/casemanagement/>

Across Boundaries:

- Case management for racialized individuals only.
- Services offered in several languages/dialects, call to inquire.
- Call to complete a phone intake: 416-787-3007
- **Website:** <https://acrossboundaries.ca/services/>

Reconnect Health Services:

- Must live in catchment area: East of Highway 427, west of Yonge St., south of Eglinton Ave., and north of Lake Ontario.
- Call to complete a phone intake: 416-248-2050 x8038
- **Website:** <https://www.reconnect.on.ca/seniors-case-management>

Native Canadian Centre of Toronto:

- Case management for Indigenous adults 59+ only.
- Contact Christine Lynne to complete a phone intake: 416-964-9087 or christine.lynne@ncct.on.ca
- **Website:** <https://www.torontocentralhealthline.ca/displayService.aspx?id=198246>

Mental Health & Elder Abuse Support

- **Toronto Seniors Helpline:** *Online/ over the phone*
 - Offers phone support and connection to community resources
 - 416-217-2077 (Monday-Friday: 9AM – 8PM; Saturday-Sunday: 10AM – 6PM)
 - **Website:** <https://www.woodgreen.org/programs/toronto-seniors-helpline>
- **Senior Safety Line:**
 - 24/7 phone line for crisis support or community resource navigation
 - Call 24/7: 1-866-299-1011
 - **Website:** <https://eapon.ca/seniors-safety-line/>
- **Pat's Place – Family Services Toronto:** *Downtown*
 - For seniors 60+ experiencing abuse (emotional, physical, sexual, financial, or in other ways) can call to request access to short-term housing (maximum of 60 days) and mental health support.
 - Call to determine eligibility and access the application form: 416-595-9618
 - **Website:** <https://familyservicetoronto.org/our-services/programs-and-services/pats-place/>
- **Gerstein Crisis Centre:**
 - 24/7 mental health phone support, and can also request an in-person visit from their mobile crisis team, with a possibility of access to their crisis beds if applicable.
 - 24/7 crisis line: 416-929-5200
 - **Website:** <https://gersteincentre.org/>

● Ontario Caregiver Helpline:

- Offers support (resources, groups, & counselling to caregivers 24/7).
 - Also offers an online chat, available Mon-Fri (7 AM - 9 PM).
- Call 24/7: 1 833 416 2273
- **Website:** <https://ontariocaregiver.ca/>

● Toronto Distress Centre:

- 24/7 mental health phone support. Groups/programs also available for on-going support.
- 24/7 crisis line: 416-408-4357
- **Website:** <https://www.dcoqt.com/>

● Advocacy Centre for the Elderly: *Downtown*

- Legal clinic for low income seniors 60+
- Call for information, support & to see if you meet eligibility criteria: 416-598-2656
- **Website:** <https://www.ancelaw.ca/>

● 988:

- You can always call or text 988 to get connected to a crisis worker, anytime and anywhere.

Home Care

● Ontario Health atHome (formerly called Home and Community Care)

- Offers connection to: Nursing care, personal support, physio, occupational therapy, speech-language therapy, social work, medical supplies/equipment (fees may apply), long-term care placement, etc).
- Call for more information: 310-2222 (no area code required)
- **Website:** <https://ontariohealthathome.ca/>

Housing Support

- **Housing Help Centres:** *Throughout the City*
 - For assistance in navigating housing in Toronto (offered at various locations throughout the City).
 - Call for information/support: 416-285-8070
 - **Website:** <https://www.shhc.ca/>
- **Toronto Rent Bank (City of Toronto):** *Throughout the City*
 - Support to residents of Toronto who are behind on rent or who need help with their rental deposit.
 - For more information, support & eligibility, call: 416-397-7368
 - **Website:** <https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/toronto-rent-bank/>
- **Eviction Prevention in the Community (EPIC):** *Throughout the City*
 - Call Catherine through The Neighbourhood Group: 416-316-2936
 - **Website:** <https://tngcommunityto.org/Programs-Services/Programs/Clinical-and-Case-Management/The-Eviction-Prevention-Intervention-in-the-Commun?cat=8578>

Hoarding/ Collecting Support

CMHA - Extreme Cleaning & Hoarding Support Program:

- Seniors 65+ (55+ if person identifies as living with a mental health concern).
- Client is matched with a Hoarding Support Worker for initial assessment and is supported by the Extreme Clean team to create a cleaning plan.
- Call for more information/ to complete intake: 416-789-7957

VHA - Home Healthcare:

- For low-income individuals who live East of Yonge St., VHA offers an eviction prevention Extreme Clean that includes one-on-one support from a Social Worker for up to 1 year. Must have received a warning or eviction letter from landlord to be eligible.
- Non-eviction prevention support is through the volunteer program, offering 10-12 sessions for moderate clutter.
- Call to discuss eligibility/ complete intake:
- VHA Eviction Prevention: 416-489-2500 x4192
- VHA Non-Eviction Prevention: 416-489-2500 x1867

Fresh Start - Extreme Cleaning:

- Provides Extreme Clean services.
- If received an N5 or N7 from landlord, services would be waived (will need provide copy of warning/eviction letter from landlord).
- For non-eviction extreme cleanings, please call to inquire of fees.
- Call Fresh Start for questions/ eligibility: 416-504-4262

Sunnybrook - Frederick W. Thompson Anxiety Disorders Centre:

- Offers a 16-week CBT focused therapeutic group on hoarding.
- Physicians referral is required (no self-referral).
- Eligibility: Living between Bathurst (west), Sheppard (north), DVP (east), and St. Clair (south). Must also be between 18-65 years old.
- Call the intake coordinator for questions: 416-480-4002

Pharmacy Support

Toronto Central Health Line:

- List of pharmacies that offer free home delivery
- [Call for more information: \(416\) 506-9888 x2555](tel:(416)506-9888x2555)
- You can also speak with your pharmacy and see if they can offer this service to you
- **Website:** <https://www.torontocentralhealthline.ca/listservices.aspx?id=10345>

THANK
YOU