

COMMUNITY RESOURCE GUIDE

A MESSAGE FROM OUR FAMILY SUPPORT COORDINATOR

Reaching out takes courage—but not knowing where to start makes it even harder. Everyone needs support sometimes. This guide is here to help you find the right resources when you need them. Our community is fortunate to have so many organizations working to support individuals and families—but too often, people don't know what help is available or how to access it.

As the Family Support Coordinator at One Toronto, I work alongside individuals and families to help them navigate the programs, services, and opportunities available to them. Whether it's applying for government benefits, accessing emergency assistance, or planning for long-term financial stability, the support is often already in place—it's just a matter of helping people find it.

We hope this guide helps you or someone you care about.

You're not alone. Support starts here.

Warmly,

Bella Motzen

Bella Motzen

Family Support Coordinator
416-526-6300 x.203
bmotzen@onetoronto.org

To add an organization or service to the guide, please email Bella at bmotzen@onetoronto.org

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FINANCIAL SUPPORT

TORONTO CARE FUND

☎ 416-526-6300
 🌐 <https://onetoronto.org/how-we-help-carefund/>
 ✉ help@onetoronto.org

Toronto Care Fund offers financial assistance for basic living expenses for eligible applicants. Additional support may include tax filing assistance, career guidance, and business or financial coaching.

EZRAT ACHIM

☎ N/A
 🌐 www.ezratachim.ca
 ✉ info@ezratachim.ca

Ezrat Achim is a volunteer-based, nonprofit organization that provides weekly Shabbat support to families and individuals in need. Monthly financial assistance is offered in the form of supermarket gift cards.

SIMCHA SHARE

☎ N/A
 🌐 simchashare.org
 ✉ info@simchashare.org

Simcha Share offers financial assistance to help brides and grooms access housing, clothing, and other essential needs.

JEWISH FREE LOAN

☎ 416-635-1217
 🌐 www.jewishfreeloan.ca
 ✉ info@jewishfreeloan.ca

JFLT offers interest-free loans based on character, not collateral. Loans are available for personal, business, fertility, and adoption needs, up to \$7,500. Students in the GTA may apply for up to \$10,000 through the Jewish Student Aid Plan (J-SAP).

JEWISH FAMILY AND CHILD SERVICES (JF&CS)

☎ 416-638-7800
 🌐 www.jfandcs.com
 ✉ info@jfandcs.com

JF&CS serves as the Children's Aid Society for the Jewish community in the GTA and York Region, offering support, services, and counselling related to: poverty and employment rehabilitation; woman abuse; child welfare; marital and family issues; and chaplaincy.

LIVING SMARTER JEWISH

☎ N/A
 🌐 livingsmarterjewish.org
 ✉ lsj@ou.org

Living Smarter Jewish is a nonprofit organization that helps individuals, couples, and families achieve financial stability through educational resources and personalized guidance.

FINANCIAL SUPPORT

THE LAMPLIGHTER GUIDE



647-986-2210



<https://www.thelamplighterfoundation.org>



thelamplighterfoundation@gmail.com

The Lamplighter Guide includes a listing of local, provincial, and national benefits. The Lamplighter offers a help-line, and individuals may call or write for free information and guidance.

TORONTO CARE FUND GEMACH



416-526-6300



www.onetoronto.org



help@onetoronto.org

The Gemach offers loans of up to \$25,000, with a maximum term of three years. Repayment begins within three months of the loan date and is made in monthly installments.

EMERGENCY ASSISTANCE



N/A



<https://www.ontario.ca/page/apply-emergency-assistance>



N/A

Short-term financial support may be available for individuals experiencing a crisis or emergency and unable to cover basic needs such as food or housing.

LEAP PROGRAM



N/A



<https://www.oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program>



N/A

The Low-Income Energy Assistance Program (LEAP) provides emergency help for individuals facing disconnection of electricity or natural gas services. Eligible applicants may receive up to \$650 for electricity bills (\$780 if electrically heated) and up to \$650 for natural gas bills.

ONTARIO ELECTRICITY SUPPORT PROGRAM (OESP)



1-855-831-8151



<https://ontarioelectricitysupport.ca>



N/A

The Ontario Electricity Support Program (OESP) offers a credit of up to \$75 per month, paid directly to eligible electricity bills. To apply online, visit: ontarioelectricitysupport.ca and select "New Application."

ONTARIO WORKS



1-888-999-1142



<https://www.ontario.ca/page/ontario-works>



N/A

Ontario Works (OW) provides financial, health, and employment assistance to individuals and families in financial need. Eligible applicants may receive monthly support for basic needs and housing, with amounts varying based on personal and family circumstances.

CHILD CARE - CAMP

CANADA-WIDE EARLY LEARNING & CHILD CARE

☎ N/A

📍 Toronto:
<https://www.toronto.ca/community-people/employment-social-support/child-family-support/child-care-support/canada-wide-early-learning-child-care-information-for-parents/>

📍 York Region:
<https://www.york.ca/newsroom/campaigns-projects/canada-wide-early-learning-and-child-care-system>

✉ N/A

The Canada-Wide Early Learning and Child Care (CWELCC) system is a five-year plan focused on improving quality, accessibility, affordability, and inclusivity in child care.

CARE TAX CREDIT

☎ N/A

📍 <https://www.ontario.ca/page/ontario-child-care-tax-credit>

✉ N/A

The Ontario Child Care Tax Credit (Ontario Childcare Access and Relief from Expenses (CARE) Tax Credit) helps families claim up to 75% of eligible child care expenses, including costs for centers, homes, and camps, when filing income taxes.

CHILD CARE SUBSIDY

☎ N/A

📍 <https://www.toronto.ca/community-people/employment-social-support/child-family-support/child-care-support>

✉ N/A

The Child Care Fee Subsidy reduces fees paid to licensed child care providers, making child care more affordable for families with low to moderate income.

ONTARIO CHILD BENEFIT

☎ 1-800-387-1193

📍 <http://www.children.gov.on.ca/htdocs/English/financialhelp/ocb/index.aspx>

✉ N/A

The Ontario Child Benefit provides up to \$1,680 per child per year, based on family net income and the number of children under 18.

ABC CAMP FUND

☎ 416-567-9003

📍 N/A

✉ application.campfund@gmail.com

The ABC Camp Fund offers grants to eligible families to help send children to camp. Contact the fund for application details.

CHILD CARE - CAMP

JF&CS JEWISH CAMP SUBSIDY

 416-638-7800

 <https://www.jfandcs.com/camp>

 N/A

JF&CS offers camp subsidies to Jewish families facing financial barriers, covering 85% of base camp fees for eligible campers for up to four consecutive weeks at partnered camps.

JUMPSTART

 1-844-937-7529

 <https://jumpstart.canadiantire.ca/pages/individual-child-grants>

 N/A

Jumpstart offers funding for sports camps for children ages 4–18 from families in financial need, typically providing \$300 toward a camp of choice. Select “Sports Camp” when applying, and enter the camp name to check if it is listed as a payee.

KIDS IN CAMP

 416-948-5437

 <https://kidsincamp.com>

 info@kidsincamp.com

Kids in Camp is a registered charity that financially assists families sending children to Ontario Camps Association–accredited day or overnight camps.

EMPLOYMENT RESOURCES

EMET EMPLOYMENT



416-787-1151



<https://www.emetemployment.ca>



services@jvstoronto.org

EMETemployment is a JVS Toronto initiative, that supports unemployed and underemployed individuals in the Jewish community. It offers job search assistance and recruitment support for both job seekers and employers.

HADRACHA



416-839-2500



<https://hadracha.com/jobs>



info@hadracha.com

Hadracha offers business mentoring, business coaching, personal financial services, and career guidance.

JEWISH JOBS WEEKLY



N/A



<https://jewishjobs.com>



JewishJobsWeekly@jewishjobs.com

A weekly email publication of recently posted nonprofit jobs.

JVS TORONTO



416-787-1151



<https://www.jvstoronto.org>



services@jvstoronto.org

JVS Toronto empowers people from diverse backgrounds and communities to achieve their employment potential and partners with employers to develop a strong and inclusive workforce.

KESHER EMPLOYMENT



416-635-0611



<http://keshheremployment.org>



info@keshheremployment.org

Kesher Employment Services is a free nonprofit recruitment organization connecting businesses and Jewish job seekers in the Greater Toronto Area.

TORONTO JEWISH NETWORK (TJN)



437-684-2430



<https://torontojewishnetwork.org>



info@torontojewishnetwork.org

TJN supports individuals and businesses with job placement, mentorship, interest-free loans, business education, and networking, addressing the unique and evolving needs of the Toronto community.

EMPLOYMENT RESOURCES

ZEV ZLOTNICK

📞 N/A

🌐 N/A

✉️ zzlotnick@grllp.com

Email requests can be sent to join the daily job opportunities distribution list.

EI – EMPLOYMENT INSURANCE

📞 1-800-206-7218

🌐 <https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit.html>

✉️ N/A

Employment Insurance (EI) provides benefits to individuals who lose jobs through no fault of their own and are available for work but unable to find employment.

EI – SICK BENEFITS

📞 N/A

🌐 <https://www.canada.ca/en/services/benefits/ei/ei-sickness.html>

✉️ N/A

EI sickness benefits offer up to 26 weeks of financial assistance for those unable to work due to medical reasons.

ONTARIO WORKS

📞 1-888-999-1142

🌐 <https://www.ontario.ca/page/ontario-works>

✉️ N/A

Apply for assistance with food, housing, or finances through Ontario Works, which offers financial aid, benefits, and employment support.

IMMIGRANT & NEWCOMER

JEWISH IMMIGRANT AID SERVICES TORONTO (JIAS)

 416-630-6481

 <https://jiastoronto.org>

 info@jiastoronto.org

JIAS Toronto supports newcomers with outreach, counseling, referral services, English language programs, and settlement support. Services begin before arrival and continue through integration, helping immigrants establish roots and build community connections in Canada.

JEWISH RUSSIAN COMMUNITY CENTRE (JRCC)

 416-222-7105

 <https://www.jrcc.org>

 jrcc@jrcc.org

JRCC offers educational, spiritual, religious, and cultural services to support Jewish identity and continuity among individuals and families from the Former Soviet Union.

HOUSING & FURNITURE

B'NAI BRITH CANADA



Seniors: 416-638-6853

Family: 416-667-7162



<https://www.bnaibrith.ca/housing-2>



N/A

B'nai Brith Canada provides affordable, secure housing for low to moderate income individuals and people with disabilities. Since 1979, its housing program has offered welcoming, culturally familiar environments across Canada.

JRCC FURNITURE DEPOT



416-222-7105 x500



<https://www.jrccfurnituredepot.org>



info@ezratachim.ca

JRCC Furniture Depot is a nonprofit that provides free furniture to individuals and families in need across the GTA. Working with over 60 partner agencies, it helps clients establish stable homes. Referrals are required for intake.

SIMCHA SHARE



N/A



simchashare.org



info@simchashare.org

Simcha Share offers financial assistance to help brides and grooms access housing, clothing, and other essential needs.

KEHILLA'S RENTAL ASSISTANCE PROGRAM



647-484-4446 x.1



<https://www.kehilla.ca/rental-assistance>



info@kehilla.ca

Kehilla offers a Rental Assistance Program providing up to \$400 per month to Jewish individuals and families in Toronto who spend more than 35% of their income on rent. The program supports eligible households living in 1-3 bedroom apartments within specified rent and income limits. There currently is a waitlist.

TORONTO RENT BANK



416-397-7368



<https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/toronto-rent-bank/>



N/A

Toronto Rent Bank offers grants to eligible Toronto residents who are behind on rent or require support with a rental deposit. These grants help low-income individuals and families maintain stable housing and avoid homelessness.

HOUSING STABILITY FUND (HSF)



N/A



<https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/housing-stabilization-fund/>



N/A

The Housing Stabilization Fund (HSF) provides emergency housing support to eligible Toronto residents receiving Ontario Works, ODSP, or humanitarian assistance to help prevent homelessness and maintain housing.

FOOD ASSISTANCE

BETH SHALOM KOSHER FOOD BANK

 N/A

 N/A

 stephanie@bethshalom.net

The Intersynagogue Kosher Food Bank is a volunteer-run initiative formed by seven Toronto-area synagogues. It provides kosher food to individuals and families in need while maintaining dignity and confidentiality. Open Wednesday mornings from 9:00 to 10:00 a.m. (closed during the summer).

B'NAI BRITH CANADA FOOD BANK

 N/A

 <https://www.bnaibrith.ca/food-programs>

 info@bnaibrith.ca

B'nai Brith Canada Food Bank delivers food to vulnerable members of the community, including seniors, Holocaust survivors, and individuals in need. The program engages volunteers of all ages.

CIRCLE OF CARE MEALS ON WHEELS

 416-635-2860

 <https://circleofcare.com/meals-on-wheels>

 info@circleofcare.com

Kosher, nutritionally balanced meals are available, prepared in certified kosher kitchens under the Kashruth Council of Canada (COR).

EZRAT ACHIM

 N/A

 <http://ezratachim.ca>

 info@ezrartachim.ca

Ezrat Achim is a volunteer-based, nonprofit organization that provides weekly Shabbat support to families and individuals in need. Monthly financial assistance is offered in the form of supermarket gift cards.

HIS GOOD TREASURE KOSHER FOOD BANK

 N/A

 <https://www.hisgoodtreasure.org>

 N/A

His Good Treasure Kosher Food Bank provides nutritious kosher food, including meat or chicken, challah, and fresh seasonal vegetables. All produce is grown on the organization's dedicated local farm and harvested weekly for distribution. Due to demand, applicants can register to receive every other week.

JRCC KOSHER FOOD BANK

 N/A

 <https://www.jrcc-cares.org>

 N/A

JRCC Kosher Food Bank provides culturally appropriate food to low-income and at-risk households. Regular deliveries are available. Intake is by referral only.

FOOD ASSISTANCE

LINK YAD CHESSED



905-731-2857

<http://www.linkyadchesed.org>linkyad18@gmail.com

Link-Yad Chessed combats hunger in Toronto's Jewish community by providing food and food coupons. The program also supports access to broader social assistance to help break the cycle of poverty.

PRIDE OF ISRAEL KOSHER FOOD BANK



N/A



<https://www.prideofisraelshul.org/prideofisraelsynagogue.shulcloud.com/kosherfoodbank>



N/A

The Kosher Food Bank operates out of The Pride of Israel Synagogue and is staffed entirely by volunteers. It is open every Wednesday from 10:00 to 11:30 a.m. (closed on Jewish holidays).

TOMCHEI SHABBOS OF TORONTO



N/A

<https://rfro.org>contact@tomcheishabbos.ca

Tomchei Shabbos helps ensure that Shabbos is a joyful day for families in need. Access is available through a rabbi of an Orthodox congregation.

UNITED CHESD OF TORONTO



416-663-3339

<https://www.unitedchesed.com>clientservices@unitedchesed.com

Emergency support is available to individuals and families in need of food, clothing, shelter, medical assistance, and other urgent needs, provided either directly or through a network of community partners.

CHASDEI KADURI



N/A

<https://chasdeikaduri.org>contact@chasdeikaduri.org

Chasdei Kaduri is the largest volunteer-run Jewish food bank, providing free weekly home delivery of kosher food and essentials to thousands of Jewish families across the GTA.

COMMUNITY RESOURCE GUIDE

MEDICAL

BIKUR CHOLIM



416-783-7983



<https://bikurcholim.ca>



info@bikurcholim.ca

Bikur Cholim is a social service agency offering emotional and practical support to the elderly, as well as crisis intervention for members of the Jewish community.

CHAI LIFELINE



647-430-5933



<https://chailifelinecanada.org>



cageneral@chailifeline.ca

Chai Lifeline is a nonprofit organization supporting children with serious illnesses and offering services to their families.

EZRAS CHOLIM ORGANIZATION (ECHO)



416-256-0081



N/A



echo@echotoronto.org

Echo is a medical referral service. New patients are required to call for first time intake.

RAV HESED



416-880-7417



N/A



ravhesed@gmail.com

Rav Hesed is a volunteer-based bikur cholim organization serving the Sephardic community. Volunteers offer home and hospital visits or phone calls in Spanish, French, and Arabic.

ONTARIO DRUG BENEFIT PROGRAM (ODB)



N/A



<https://www.ontario.ca/page/get-coverage-prescription-drugs>



N/A

ODB covers prescription drug costs for eligible residents, including:

- Individuals age 65 and older
- Children under 25 without private insurance
- Residents in long-term care, special care, or supported housing
- Individuals receiving Ontario Works, ODSP, or home/community care
- Those enrolled in the Trillium Drug Program

TRILLIUM DRUG PROGRAM (TDP)



416-642-3038



<https://forms.mgcs.gov.on.ca/dataset/014-3693-87>



N/A

TDP helps individuals and families without private drug coverage. Eligibility is income-based, and participants pay an annual deductible.

DENTAL - EYE CARE

CANADIAN DENTAL CARE PLAN (CDCP)



1-833-537-4342



<https://www.canada.ca/en/services/benefits/dental/dental-care-plan/qualify.html>



N/A

To qualify for the Canadian Dental Care Plan (CDCP), applicants must:

- Not have access to dental insurance
- Have filed tax returns for the previous year
- Have an adjusted family net income under \$90,000
- Be a Canadian resident for tax purposes

HEALTHY SMILES CORE PROGRAM



1-844-296-6306



<https://www.ontario.ca/page/get-dental-care>



N/A

Healthy Smiles is a government-funded dental program that provides free preventive, routine, and emergency dental care to children and youth under 18 from low-income households.

SMILES 4 CANADA



N/A



<https://www.smiles4canada.ca>



N/A

Smiles 4 Canada is a national orthodontic assistance program that helps children ages 7–14 from low-income families access treatment from volunteer orthodontists. Families pay a small administrative fee, usually under 10% of the treatment cost.

ONTARIO SENIORS DENTAL CARE PROGRAM (OSDCP)



416-916-0204



<https://www.ontario.ca/page/dental-care-seniors>



N/A

OSDCP is a government-funded dental care program. It provides free, routine dental services for low-income seniors who are 65 years of age or older.

UNIVERSITY OF TORONTO FOR DENTISTRY



N/A



<https://patients.dentistry.utoronto.ca/patients>



N/A

Reduced-cost dental treatment is available at select clinics, typically offering services at approximately 30% less than standard rates.

EYE SEE...EYE LEARN®



N/A



<https://optom.on.ca/esel>



esel@optom.on.ca

Eye See...Eye Learn® provides free eye exams and glasses (valued over \$350) to Junior and Senior Kindergarten students through participating optometrists. One pair of glasses is provided per eligible child.

MENTAL HEALTH

AMUDIM

 646-517-0222

 www.amudim.org

 info@amudim.org

Amudim is a confidential resource center offering crisis support, referrals, and advocacy for individuals and families affected by abuse, neglect, addiction, or other crisis-related issues.

CHAI-TIKVAH FOUNDATION

 905-889-6484

 <http://www.chaitikvah.org>

 chaitikvah@chaitikvah.org

Chai-Tikvah, Reena's mental health arm, acts as resource and advocate supporting individuals and families experiencing mental health concerns.

JACS TORONTO

 416-638-0350

 <http://www.jacstoronto.org>

 Info@jacstoronto.org

JACS offers accessible, barrier-free addiction support with no waitlists. Services are open to all individuals regardless of background or financial status.

JEWISH FAMILY AND CHILD SERVICES (JF&CS)

 416-638-7800

 <https://www.jfandcs.com/mentalhealthandwellness>

 info@jfandcs.com

JF&CS operates the Jerome Diamond Centre. The JDD is a children's mental health centre dedicated to providing hope and help to youth with educational, emotional and/or behavioural challenges.

L'CHAIM CANCER SUPPORT GROUP

 416-633-5100

 <http://www.ncjwctoronto.org>

 lchaim@ncjwctoronto.org

L'Chaim is a program available through NCJWC Toronto. Volunteers offer confidential peer and caregiver support for Jewish women undergoing cancer treatment.

THE SET FUND

 416-526-6300

 <https://onetoronto.org/how-we-help-setfund>

 help@onetoronto.org

The Set Fund provides children with mental health challenges in grade 4 and up access to effective therapy regardless of their family's financial circumstances.

MENTAL HEALTH

PARENTS BYACHAD

☎ N/A

🌐 <https://www.parentsbyachad.com>

✉ N/A

ParentsBYachad fosters a compassionate and inclusive environment for Jewish parents raising children with mental illness. Founded by parents with lived experience, the organization provides support, resources, and spiritual guidance to help families navigate the challenges of mental health within their communities.

REGESH FAMILY & CHILD SERVICES

☎ 416-495-8832

🌐 <http://www.regesh.com>

✉ info@regesh.com

Regesh offers mental health therapy through both virtual and in-person sessions. The organization is committed to timely access, providing short wait times and income-based subsidies to make services more accessible to families.

RELIEF HELP

☎ 416-789-1600

🌐 <https://www.reliefhelp.org>

✉ toronto@reliefhelp.org

Relief is a non-profit organization supporting the Jewish community worldwide in accessing appropriate mental and emotional health services.

THE ONTARIO CAREGIVER ORGANIZATION (OCO)

☎ 1-833-416-2273

🌐 <https://ontariocaregiver.ca>

✉ N/A

The OCO serves as a centralized access point for caregivers across Ontario, providing information and resources to support them in their caregiving roles.

TORONTO MENTAL HEALTH RESOURCES

☎ 211

🌐 <https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/mental-health-resources/>

✉ N/A

In partnership with 31 community organizations, the City of Toronto offers free mental health support to residents. Services are tailored to the needs of diverse communities. Individuals unsure where to begin can call 211 to be directed to the most appropriate services.

ONTARIO STRUCTURED PSYCHOTHERAPY PROGRAM (OSP)

☎ N/A

🌐 <https://www.ontariohealth.ca/clinical/mental-health-addictions/structured-psychotherapy>

✉ N/A

OSP offers free, publicly funded cognitive behavioural therapy and related services for adults experiencing depression and anxiety. OSP is not suitable for everyone. Some people have complex needs, or other conditions that this program does not treat.

SPECIAL NEEDS

DANI

 905-889-3264

 <http://dani-toronto.com>

 info@dani-toronto.com

DANI provides a continuum of person-centred services for adults with developmental disabilities. These include social, recreational, employment training, residential support, and social enterprises. Programs are rooted in Jewish traditions and promote integration within the broader community and service networks.

FRIENDSHIP CIRCLE

 905-731-7000

 <https://fctoronto.org>

 N/A

Friendship Circle enhances understanding and respect for individuals with special needs by offering inclusive social, recreational, and respite programs. The organization supports children, teens, and their families while promoting empathy and awareness within the broader community.

TORONTO JEWISH DISABILITY NETWORK (TJDN)

 N/A

 <https://torontojdn.org>

 N/A

The Toronto Jewish Disability Network connects those with lived experience, families, caregivers, professionals, leaders and community.

REENA

 905-763-8254

 <http://www.reenafoundation.org>

 info@reenafoundation.org

Reena provides housing, programs and employment services for individuals with Autism and other developmental disabilities, mental health challenges, and other diverse health needs.

YACHAD

 416-986-1985

 <https://www.yachad.org/toronto>

 N/A

Yachad supports Jewish individuals with intellectual, developmental, and learning disabilities by fostering inclusion and a strong sense of belonging within the community.

YAHALOM GUIDE – 1ST TIME SLEEPAWAY CAMP

 N/A

 <https://agudah.org/wp-content/uploads/2020/09/yahalom-camp-guide-web.pdf>

 N/A

Yahalom, a division of Agudath Israel, supports families of children with special needs. This sleepaway camp guide offers practical tips and insights from parents with lived experience to help families navigate camp preparation and participation.

DISABILITY SERVICES

ASSISTANCE FOR CHILDREN WITH SEVERE DISABILITIES PROGRAM

☎ N/A

🌐 <https://www.ontario.ca/page/assistance-children-severe-disabilities-program>

✉ N/A

ACSD provides monthly financial support to eligible parents or guardians caring for a child with a severe disability. Assistance ranges from \$25 to \$646 per month to help cover disability-related expenses.

ASSISTIVE DEVICES PROGRAM (ADP)

☎ N/A

🌐 <https://www.ontario.ca/page/assistive-devices-program>

✉ N/A

The Assistive Devices Program (ADP) helps people with long-term physical disabilities pay for customized equipment (e.g., wheelchairs, hearing aids) and specialized medical supplies (e.g., ostomy supplies).

CPP DISABILITY VOCATIONAL REHABILITATION PROGRAM

☎ N/A

🌐 <https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/vocational-rehabilitation.html>

✉ N/A

The CPP program is a voluntary program that helps Canada Pension Plan (CPP) disability benefit recipients return to work.

HOME AND VEHICLE MODIFICATION PROGRAM

☎ 1-877-369-4867

🌐 <https://www.marchofdimes.ca/en-ca/programs/am/hvmp>

✉ hvmp@marchofdimes.ca

The Home and Vehicle Modification Program (HVMP) offers funding to help Ontarians with disabilities make essential home and vehicle modifications that improve safety and independence. Eligible applicants can receive up to \$15,000 for home modifications (lifetime) and \$15,000 for vehicle modifications every 10 years.

ONTARIO DISABILITY SUPPORT PROGRAM (ODSP)

☎ N/A

🌐 <https://www.ontario.ca/page/ontario-disability-support-program>

✉ N/A

ODSP helps adults with disabilities who need financial support to pay for basic living costs and health needs. It can also help people find or keep a job if they are able to work.

NAVIGATE

☎ 647-780-0934

🌐 <http://bikurcholim.ca>

✉ navigate@bikurcholim.ca

Navigate is a project of Bikur Cholim and helps families access government funding for children and adults with additional needs.

SENIORS

BIKUR CHOLIM SENIOR SERVICES

☎ 416-783-7983
 🌐 <https://bikurcholim.ca/seniorservices>
 ✉ info@bikurcholim.ca

Bikur Cholim hosts three weekly senior gatherings –The Sunshine Club, 3000 Coffee Klatch, and the Golden Girls' Club. Transportation to and from the clubs is arranged. Support is also available for Holocaust survivors and the homebound.

BERNARD BETEL CENTRE

☎ 416-225-2112
 🌐 <http://www.betelcentre.org>
 ✉ reception@betelcentre.org

The Bernard Betel Centre is a vibrant, non-profit community centre with offerings for older adults (55+). They provide a variety of programs and services including fitness, trips, special events, health and wellness, volunteer opportunities, and many more.

CIRCLE OF CARE

☎ 416-635-2860
 🌐 <http://www.circleofcare.com>
 ✉ info@circleofcare.com

Circle of Care offers a range of services—such as home care, Meals on Wheels, counselling, transportation, and social programs—helping seniors remain independent and connected in their communities.

JEWISH SENIOR CIRCLE

☎ 647-977-9888
 🌐 <http://www.jewishseniorcircle.com>
 ✉ levi@jewishseniorcircle.com

Jewish Senior Circle offers regular visits to seniors living in facilities or at home, providing comfort and emotional support. Volunteers visit regularly, building meaningful friendships that enrich both the seniors' lives and their own.

JEWISH HOSPICE PROGRAM (JFCS)

☎ 416-638-7800 x.6234
 🌐 <http://www.jfandcs.com>
 ✉ info@jfandcs.com

The Jewish Hospice Program provides emotional, practical and spiritual support to individuals and their families coping with progressive life-limiting illness. Services are home-based, provided at no cost, and delivered by a team that includes social workers, Rabbis, and trained volunteers.

GUARANTEED ANNUAL INCOME SYSTEM FOR SENIORS (GAINS)

☎ N/A
 🌐 <https://www.ontario.ca/page/guaranteed-annual-income-system-payments-seniors>
 ✉ N/A

GAINS provides a monthly, non-taxable payment to Ontario seniors with low income.

SENIORS

GUARANTEED INCOME SUPPLEMENT (GIS)

☎ N/A

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

✉ N/A

GIS provides additional monthly income to low-income seniors who receive the Old Age Security pension. Eligibility is based on income. It is non-taxable.

GUARANTEED INCOME SUPPLEMENT – ALLOWANCE

☎ N/A

🌐 <https://www.canada.ca/en/services/benefits/publicpensions/old-age-security/guaranteed-income-supplement/allowance.html>

✉ N/A

The Guaranteed Income Supplement (GIS) Allowance provides additional monthly financial support to low-income seniors and to people aged 60–64 who are the spouse or partner of a senior receiving Old Age Security and GIS.

ONTARIO DRUG BENEFIT PROGRAM (ODB)

☎ N/A

🌐 <https://www.ontario.ca/page/get-coverage-prescription-drugs>

✉ N/A

The ODB program helps cover the cost of prescription drugs. Seniors are automatically enrolled when they turn 65. You may qualify earlier if you live in a long-term care or special care home, a Community Home for Opportunity, are 24 or younger without private insurance, receive home or community care services, receive OW or ODSP, or are enrolled in the Trillium Drug Program.

ONTARIO SENIORS DENTAL CARE PROGRAM (OSDCP)

☎ N/A

🌐 <https://www.ontario.ca/page/dental-care-seniors>

✉ N/A

The Ontario Seniors Dental Care Program (OSDCP) offers free routine dental care for low-income seniors 65+. Services include check-ups, cleanings, fillings, extractions, x-rays, and more. Some procedures have limits—ask your OSDCP dentist for details.

SENIORS CO-PAYMENT DRUG PROGRAM

☎ 416-503-4586

🌐 <https://www.ontario.ca/page/seniors-ontario-drug-benefit-deductible-and-prescription-co-payment>

✉ seniors@ontariodrugbenefit.ca

The Seniors Co-Payment Program supports eligible low-income seniors and senior couples by waiving the Ontario Drug Benefit deductible and lowering prescription co-payments to \$2.

THE OLD AGE SECURITY PROGRAM (OAS)

☎ N/A

🌐 <https://www.canada.ca/en/services/benefits/publicpensions/old-age-security/eligibility.html#wb-cont>

✉ N/A

OAS is a monthly pension available to individuals aged 65 and older. Most people are automatically enrolled, but if you don't receive notification by age 64, you may need to apply through Service Canada.

EMERGENCY SERVICES

MISASKIM



1-888-647-2754



<https://www.misaskimcanada.com>



Misaskimtoronto@gmail.com

Misaskim provides bereavement support and services during times of crisis and loss, ensuring dignity for the deceased. Services include both emotional and practical assistance to individuals and families navigating grief.

CHAVERIM



416-831-4583



<https://chaverimto.ca>



N/A

Chaverim is a volunteer organization offering emergency and non-emergency assistance. Services include help with car lockouts, flat tires, running out of gas, Meis Mitzvah, Shiva Minyans, and more.

HATZOLOH TORONTO



Emergency Hotline: 416-256-1000
Office: 416-398-2300



<https://www.hatzolohtoronto.org>



office@hatzolohtoronto.org

Hatzolah Toronto provides 24/7 emergency first response services, complementing city ambulance services with rapid, non-transport medical care. Volunteers ensure that 911 is called and remain with patients until paramedics arrive to complete the handover.

SHOMRIM TORONTO



Emergency Hotline: 647-557-6735



<https://shomrimtoronto.org>



info@shomrimtoronto.org

Shomrim is committed to protecting the Jewish community in the Greater Toronto Area by working together and assisting local emergency services and other community stakeholders, through proactive community watch, safety patrols, awareness & training and community engagement.

TRANSPORTATION

BIKUR CHOLIM DIAL-A-RIDE



416-783-7983



<https://bikurcholim.ca>



office@bikurcholim.ca

Bikur Cholim offers free transportation to medical appointments. Services include volunteer drivers and a wheelchair-accessible bus for individuals requiring mobility support.

CIRCLE OF CARE – IRIDE



1-844-474-3301



<https://circleofcare.com/transportation>



N/A

iRIDE is a non-emergency transportation service for seniors and adults with disabilities, providing rides to medical appointments, grocery stores, and community programs.

COMMUNITY CENTERS

MNJCC DOWNTOWN

 416-924-6211

 <http://www.mnjcc.org>

 info@mnjcc.org

The Miles Nadal JCC serves the cultural, educational, recreational, and social needs of downtown Toronto. Rooted in Jewish values, its programs are open to all, regardless of background or religious affiliation.

PROSSERMAN JCC NORTH

 416-635-5526

 <http://www.prossermanjcc.com>

 info@prossermanjcc.com

The Prosserman JCC offers a wide range of programs for all ages, including fitness, recreation, special needs services, early childhood education, and day camps. It also provides specialized support groups such as Stroke Recovery, MS and Parkinson's, and a Jewish Club for the Vision Impaired.

SCHWARTZ/REISMAN JCC

 905-303-5233

 <http://www.srcentre.ca>

 info@srcentre.ca

Located on the Vaughan Jewish Community Campus, the Schwartz/Reisman Centre offers programs and services for families, children, teens, adults, and seniors. Facilities include indoor and outdoor saltwater pools, a fitness pavilion, arts studios, daycare, nursery school, and the northern location of The Jack and Pat Kay Centre Camp.

MATERNAL HEALTH

A TIME

 718-686-8912

 <https://www.atime.org>

 info@atime.org

A TIME provides comprehensive support for individuals and couples on the path to parenthood. In addition to infertility services, it offers resources that address broader aspects of women's health.

BONEI OLAM

 514-613-5757

 <https://www.boneiolam.org>

 info@boneiolam.org

Bonei Olam supports couples facing infertility by offering medical referrals, counseling, and financial assistance when needed. Services are personalized and available at every stage of the fertility journey.

RELIEF HELP

 416-789-1600

 <https://www.reliefhelp.org>

 toronto@reliefhelp.org

Relief Resources connects women of all ages to expert mental health care and support throughout the female lifecycle. From pregnancy and postpartum needs to perimenopause and menopause, Relief offers compassionate, confidential guidance to support emotional health and wellbeing.

SMALL WONDERS

 416-742-0090

 <https://smallwonders.ca>

 support@smallwonders.ca

Small Wonders provides assistance to Canadian Jewish couples experiencing infertility. Small Wonders provides medical guidance and financial assistance towards fertility treatments.

TIKVASEINU

 845-827-9009

 <https://tikvaseinu.org>

 office@tikvaseinu.org

Tikvaseinu provide critical resources and support to women struggling with perinatal mood and anxiety disorders.

ABUSE

RAY OF HOPE

 845-600-1185

 <https://rayofhopeus.org>

 info@rayofhopeus.org

Ray of Hope offers warmth, support, and understanding to sexual abuse and trauma survivors and their families in the Jewish community.

SHALOM TASK FORCE

 Hotline: 888-883-2323

 <https://shalomtaskforce.org>

 info@shalomtaskforce.org

Shalom Task Force works to prevent domestic violence and foster safe, healthy relationships in the Jewish community by providing a confidential hotline, legal and supportive services, and culturally sensitive education and prevention programs.

TIKVAH TORONTO

 416-388-4448

 <https://tikvahtoronto.my.strikingly.com>

 Batsheva.TikvahToronto@gmail.com

Tikvah Toronto supports women experiencing marital conflict and divorce by offering a safe, open support system that nurtures emotional, social, and spiritual strength, self-worth, and healing.

SUPPORT GROUP

 N/A

 <http://jdvs.ca>

 N/A

This support group is for Jewish women who have experienced domestic abuse. Whether you are currently in an abusive situation, have recently left, or are beginning to rebuild your life, it offers a safe and supportive space.

DIVORCED & SINGLE PARENTS

HALACHA INSTITUTE (H.I.T.)



416-535-8008



<https://halachainstitute.com>



info@HalachaInstitute.com

The Halacha Institute of Toronto (H.I.T.) is a registered charity that supports the observance of halacha by providing a Halacha Line, halachic business and estate consulting, and a Jewish alternative dispute resolution service.

SISTER TO SISTER



718-338-2943



www.sistertosisternetwork.org



info@sistertosisternetwork.org

Sister to Sister empowers Jewish divorced women to create their next chapter by providing a supportive network and community.

TIKVAH TORONTO



416-388-4448



<https://tikvahtoronto.my.strikingly.com>



Batsheva.TikvahToronto@gmail.com

Tikvah Toronto supports women experiencing marital conflict and divorce by offering a safe, open support system that nurtures emotional, social, and spiritual strength, self-worth, and healing.

END OF LIFE - DEALING WITH LOSS

EZRAS CHOLIM ORGANIZATION (ECHO)

☎ 416-256-0081

🌐 N/A

✉ echo@echotoronto.org

Echo is a medical referral service. New patients are required to call for first time intake.

HALACHA INSTITUTE (H.I.T.)

☎ 416-535-8008

🌐 <https://halachainstitute.com>

✉ info@HalachaInstitute.com

The Halacha Institute of Toronto (H.I.T.) is a registered charity that supports the observance of halacha by providing a Halacha Line, halachic business and estate consulting, and a Jewish alternative dispute resolution service.

LINKS FAMILY

☎ 718-305-6080 x.311

🌐 <https://linksfamily.org>

✉ info@linksfamily.org

Links Family is a worldwide non-profit organization that supports children and teens who have lost a parent by providing programs, therapy referrals, and community support.

MISASKIM

☎ 1-888-647-2754

🌐 <https://www.misaskimcanada.com>

✉ Misaskimtoronto@gmail.com

Misaskim provides bereavement support and services during times of crisis and loss, ensuring dignity for the deceased. Services include both emotional and practical assistance to individuals and families navigating grief.

SAMCHEINU

☎ 718-419-8690

🌐 <https://samchainu.org/community>

✉ info@samcheinu.org

Samchainu is a non-profit organization. They provide resources to support your widowed relative or friend.

CHEVRA LOMDEI MISHNAH

☎ 732-364-7029

🌐 <https://www.chevrahLomdeiMishnah.org>

✉ info@ChevrahLomdeiMishnah.org

Chevra Lomdei Mishnah is a non-profit organization dedicated to elevating the neshamos of the deceased through the merit of Torah study. They offers Mishnah and Gemara study, along with Kaddish, Yizkor, and Tehillim services, all tailored to support those in mourning.

COMMUNITY RESOURCE GUIDE

WIDOWS

CHASDEI RIVKA



416-526-6300



<https://onetoronto.org/chasdeirivka>



help@onetoronto.org

Chasdei Rivka supports widows and their children with monthly stipends, Yom Tov assistance, tuition help, travel expenses, home and car repairs, camp fees, and mentorship for children. The goal is to ease financial and emotional burdens during a difficult time and help families feel supported and secure.

NAGILLA



732-444-8541



<https://nagilla.org>



Nagillaoffice@gmail.com

Nagilla is founded by women, for women, to support widows of all ages. It provides widows and their children with recognition, connection, help, and hope.

SAMCHEINU



718-419-8690



<https://samchainu.org>



info@samcheinu.org

Samcheinu empowers Orthodox Jewish widows through education, emotional and limited financial support, and community events—promoting healing and strong family units. Activities include respite programs, gatherings, lectures, and support for children and families.

SURVIVOR'S PENSION



N/A



<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-survivor-pension.html>



N/A

The Canada Pension Plan (CPP) survivor's pension is a monthly payment paid to the legal spouse or common-law partner of the deceased contributor.

ALLOWANCE FOR THE SURVIVOR



N/A



<https://www.canada.ca/en/services/benefits/publicpensions/old-age-security/guaranteed-income-supplement/allowance-survivor.html>



N/A

The Allowance for the Survivor provides monthly income support to low-income Canadians aged 60–64 who have lost a spouse or common-law partner and have not remarried. Applications can be submitted up to 11 months before turning 60.

AUTISM SUPPORT

ONTARIO AUTISM PROGRAM

 1-888-444-4530

 <https://accessoap.ca>

 oap@ontario.ca

Ontario Autism Program (OAP) connects families with the autism supports and services they need.

FAMILY DIRECTED RESPITE

 (416) 322-7877

 <https://www.genevacentre.ca/family-directed-respite>

 info@autism.net

Geneva Centre for Autism, based in midtown and eastern Toronto, is an international leader in the development and delivery of evidence-based clinical and recreational programs for children, youth, and adults with autism.

HOLLAND BLOORVIEW FUNDING GUIDE

 N/A

 <https://hollandbloorview.ca/sites/default/files/2026-02/2026%20-%20Funding%20and%20Financial%20Supports%20Guide.pdf>

 N/A

This reference guide is meant to make funding information as accessible as possible to families. It is updated once or twice per year or as needed.

KERRY'S PLACE CHILDREN'S RESPITE FLEX FUNDING

 905-841-6611

 <https://kerrysplace.org/product/childrens-respite-flexible-funding/>

 info@kerrysplace.org

Kerry's Place offer a wide range of high-quality Autism supports and services to Autistic persons of every age and their families. The Children's Respite Flexible Funding serves as an enhancement for families to access respite services in their community. Families can only apply for these funds once a year.

MARCH BREAK FUND

 N/A

 <https://www.autismontario.com/marchbreak>

 N/A

The March Break Reimbursement Fund is available to Ontario families of autistic children or youth who retain the services of a one-to-one support worker OR who have paid for their child to attend a March Break camp or program. Maximum reimbursements of \$350/ child or youth (up to 18th birthday) will be made to subsidize services purchased during the March Break Week.

ONE-TO-ONE SUMMER SUPPORT

 N/A

 <https://www.autismontario.com/camp>

 N/A

The One-to-One Summer Support Worker Reimbursement Fund is available to Ontario families of autistic children or youth who retain the services of a one-to-one worker to accompany their child to a camp or program or out on community outings. Maximum reimbursements of \$600/child or youth, (up to 18th birthday) will be made to subsidize services between July and August.

MEDICAL - OTHER

RENEWAL CANADA

 1-888-283-5008

 <https://www.renewalcanada.org>

 canada@renewal.org

Renewal Canada supports people diagnosed with irreversible kidney failure by guiding patients and families through every step of the kidney transplant journey, while ensuring donors are fully supported and face no financial burden. All services are provided free of charge.

JEWISH HERITAGE FOR THE BLIND

 1-800-995-1888

 <https://www.jewishheritage.org>

 services@jewishheritage.org

The Jewish Heritage Foundation for the Blind supports people who are blind or visually impaired by providing Braille and large-print materials, as well as social programs that help individuals remain active, connected, and independent.

CSB CARE

 718-837-4549

 <https://csbcare.org>

 N/A

CSB CARE provides free, customized assistive technology solutions for individuals with visual and physical disabilities, including ALS. CSB CARE offers personalized assessments, adaptive tools like Braille and large-print materials, computer access, eye-tracking technology, and in-home or remote training.

NEUROGEMS

 416-721-2921

 <https://neurogems.ca>

 neurogems@gmail.com

NeuroGems is a non-profit organization that provides education and resources to empower Toronto Jewish families impacted by a neurodegenerative diagnosis.

CONNECTORS

 437-295-1008

 <https://connectorstoronto.com>

 Connectorstoronto@gmail.com

Connectors supports families by matching parents with trusted professionals and educators who address children's social, emotional, developmental, and behavioral challenges.

MISCELLANEOUS

BRIDGES FOR FAMILIES



647-691-3860



<https://bridgesforfamilies.org>



toronto@bridgesforfamilies.org

Bridges for Families provides support to families in crisis by offering nurturing respite and host home care for children, comprehensive case management, and connections to therapeutic and practical resources to help both children and parents stabilize and thrive.

DIAL-A-REBBI/MORAH



BOYS LINE: 845-747-3224

GIRLS LINE: 845-824-4757



<https://dialarebbi.com>



dialarebbi@gmail.com

Dial-a-Rebbi helps children get answers to questions on limudei kodesh topics. Calls are handled by experienced rebbeim and morahs from across the U.S. and beyond, with all interactions recorded and monitored by the organization.

MY TEAM



347-766-7306



<https://myteamsupports.org>



info@myteamcares.co

MyTEAM is a nonprofit that provides confidential support to Jewish girls and women with chronic illnesses, including Crohn's Disease, Juvenile Arthritis, POTS, and Diabetes. They offer one-on-one mentoring, peer support, daily emails, monthly teleconferences, and events.

GEMACH LISTING



N/A



<http://www.thecommunitylink.ca>



N/A

Gemach listing can be found at the back of The Community Link.



CONTACT US

**We're here for you! Let us know
how we can help!**



416-526-6300



HELP@ONETORONTO.ORG



**3845 BATHURST ST. #401,
NORTH YORK, M3H 3N2**