



Helping Families To Build A Stronger Foundation

Heritage Skills Development Centre

SCARBOROUGH COMMUNITY RESOURCES FOR OLDER ADULTS

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General Information & Referral/Crisis Numbers

211 Central

TEL/TEXT: 211

EMAIL: info@211central.ca

WEB: 211central.ca

Community & government services directory

Seniors' INFOline

TOLL-FREE: +1 (888) 910-1999

EMAIL: infoseniors@ontario.ca

WEB: ontario.ca/page/information-seniors

Toronto Seniors Helpline

TEL: (416) 217-2077

TOLL-FREE: +1 (877) 621-2077

WEB: torontoseniorshelpline.ca

Central East Local Health Integration Network

TEL: 310-2222 (area code not required)

TOLL-FREE: +1 (800) 263-3877

EMAIL: CE-Communications@hccontario.ca

WEB: healthcareathome.ca/region/central-east

Seniors Safety Line (SSL)

TOLL-FREE: +1 (866) 299-1011

Available 24/7 in over 200 languages

Seniors Crisis Access Line (SCAL)

815 Danforth Ave #100, Toronto, ON M4J 1L2

TEL: (416) 619-5001

Mon-Fri 10:00am-9:30pm

Sat-Sun 10:00am-6:00pm

Gerstein Crisis Centre

TEL: (416) 929-5200

Available 24/7 in over 180 languages

Central Intake

TEL: (416) 338-4766

TOLL-FREE: +1 (877) 338-3398

Referrals to emergency shelters & homelessness services info

Toronto Central Healthline

WEB: torontocentralhealthline.ca

Transportation

Wheel-Trans

580 Commissioners St,
Toronto, ON M4M 1A7
TEL: (416) 393-4111
EMAIL: wtcsettc.ca
WEB: ttc.ca/wheel-trans
Accessible transit service

Toronto Ride

TEL: (416) 481-5250
EMAIL: admin@torontoride.ca
WEB: torontoride.ca
Assisted transport to seniors
55+ and adults with disabilities
not eligible for Wheel-Trans

Scarborough Ride, Transportation & Hemodialysis

TEL: (416) 847-4125
EMAIL: transportation@schcontario.ca
*Intake required, includes fees

Senior Persons Living Connected Transportation

TEL: (416) 493-3333
WEB: splc.ca/transportation
*Includes fees

TransCare Community Services Transportation

1045 McNicoll Avenue,
Toronto, ON M1W 3W6
TEL: (416) 750-9885
TOLL-FREE: +1 (866) 393-2079
EMAIL: info@tcare.ca
WEB: [tcare.ca/services_](http://tcare.ca/services_transportation.php)
[transportation.php](http://tcare.ca/services_transportation.php)

Carefirst Transportation

300 Silver Star Blvd,
Scarborough, ON M1V 0G2
TEL: (416) 502-2323
EMAIL: info@carefirstontario.ca
WEB: carefirstontario.ca
*Intake required, includes fees



Dental Services

Free dental care for seniors 65+ run by Toronto Public Health, based on financial need. Low-cost facilities also listed.

Scarborough Civic Centre

150 Borough Dr,
Scarborough, ON M1P 4N7
TEL: (416) 338-7442

The Hub - Mid Scarborough

2660 Eglinton Ave E,
Scarborough, ON M1K 2S3
TEL: (416) 642-9445
EMAIL: hubadmin@schcontario.ca

TAIBU Community Health Centre

27 Tapscott Rd Unit #1,
Scarborough, ON M1B 4Y7
TEL: (416) 644-3536
EMAIL: info@taibuchc.ca
WEB: taibuchc.ca
Health services primarily
serving the Black community

George Brown College - WAVE Clinic

51 Dockside Dr, 3rd Floor, Toronto,
ON M5A 0B6
TEL: (416) 415-4547
TOLL-FREE: +1 (800) 265-2002
EMAIL: chsclientservices@georgebrown.ca
WEB: georgebrown.ca/clinic

Dental Care For Low-Income Seniors

TEL: (416) 916-0204
TOLL-FREE: +1 (833) 207-4435
TTY: +1 (800) 855-0511
WEB: ontario.ca/page/dental-care-low-income-seniors
Dental care program funded by
the provincial government



Housing & Necessities Support

Agincourt Community Services Housing Access

4155 Sheppard Ave E,
Scarborough, ON M1S 1T4
TEL: (416) 321-6912
EMAIL: 4155reception@
agincourtcommunityservices.com
WEB: agincourtcommunityservices
.com/access-housing-support

The Housing Help Centre (THHC)

2500 Lawrence Ave E,
Scarborough, ON M1P 2R7
TEL: (416) 285-8070
WEB: shhc.ca

Toronto Rent Bank

TEL: (416) 397-7368
WEB: torontorentbank.ca
Mon-Fri 8:30am-4:30pm
Limited interest-free loans

Tenant Hotline & Infohub

TEL: (416) 921-9494
WEB: torontotenants.org

The Access Point

145 Front St E Unit #301,
Toronto, ON M5A 1E3
TEL: (416) 640-1934
TOLL-FREE: +1 (888) 640-1934
EMAIL: info@theaccesspoint.ca
WEB: theaccesspoint.ca

Furniture Bank

1960 Ellesmere Rd #5,
Scarborough, ON M1H 2V9
TEL: (416) 642-9445 EXT 4015
EMAIL: FurnitureBank@schcontario.ca
Gently-used furniture, by
appointment or referral only

Home Maintenance & Home Help

629 Markham Rd Unit #2,
Scarborough, ON M1H 2A4
TEL: (416) 847-4122
EMAIL: cssintake@schcontario.ca
WEB: schcontario.ca/programs/
community-support-services/
home-support-programs/

Clairlea Foodbank

772 Warden Ave, Scarborough,
ON M1L 4T7
TEL: (416) 936-3975
EMAIL: info@feedscarborough.ca

Community Centres

Centres offer social, recreational, educational and fitness programs for older adults. Contact a specific centre to learn more.

Scarborough Centre for Healthy Communities

629 Markham Rd Unit #2,
Scarborough, ON M1H 2A4
TEL: (416) 642-9445
EMAIL: info@schcontario.ca
WEB: schcontario.ca

Stephen Leacock Seniors Community Centre

2520 Birchmount Rd,
Scarborough, ON M1T 2M5
TEL: (416) 396-4040

Senior Persons Living Connected

3333 Finch Ave E,
Scarborough, ON M1W 2R9
TEL: (416) 493-3333
EMAIL: info@splc.ca
WEB: splc.ca

Warden Woods Community Centre

74 Firvalley Court,
Scarborough, ON M1L 1N9
TEL: (416) 694-1138
EMAIL: warden@wardenwoods.com
WEB: wardenwoods.com

BGC East Scarborough Seniors' Program

100 Galloway Road,
Scarborough, ON M1E 1W7
TEL: (416) 281-0262
EMAIL: oadekoya@esbgc.ca
WEB: esbgc.ca/seniors-programs

Carefirst Seniors and Community Services

300 Silver Star Blvd,
Scarborough, ON M1V 0G2
TEL: (416) 502-2323
EMAIL: info@carefirstontario.ca
WEB: carefirstontario.ca

Birkdale Community Centre

1299 Ellesmere Rd,
Scarborough, ON M1P 2Y2
TEL: (416) 396-4069
WEB: birkdaleseniors.com

Heritage Skills Development Centre

400 McCowan Rd
Scarborough, ON M1J 1J5
TEL: (416) 264-0660
2387 Eglinton Ave E, Unit #3
Scarborough, ON M1K 2M5
TEL: (416) 345-1613
EMAIL: info@hsdconline.org
WEB: hsdconline.org

Meal Delivery

Provides hot or frozen nutritious meals to clients in their home. Clients may receive meals on a short or long-term basis.

SCHC Meals on Wheels

629 Markham Rd Unit #2,
Scarborough, ON M1H 2A4
TEL: (416) 847-4134
EMAIL: mealsonwheels@schcontario.ca
WEB: mealsonwheels.ca

SPLC Meals on Wheels

3333 Finch Ave E, Scarborough,
ON M1W 2R9
TEL: (416) 493-3333
EMAIL: info@splc.ca
WEB: splc.ca/meals-on-wheels
Western & Chinese style meals

Heritage Skills Development Centre

2387 Eglinton Ave E, Unit #3
Scarborough, ON M1K 2M5
TEL: (416) 345-1613
EMAIL: info@hsdconline.org
WEB: hsdconline.org



Muslim Welfare Canada Meals on Wheels

100 McLevin Avenue Unit #4,
Scarborough, ON M1B 5K1
TEL: (416) 754-8116
EMAIL: info@mwcanada.org
WEB: muslimwelfarecentre.com/meals-on-wheels-seniors

Warden Woods Meals on Wheels

74 Firvalley Court, Toronto, ON
M1L 1N9
TEL: (416) 694-1138 EXT 139
EMAIL: webmaster@wardenwoods.com
WEB: wardenwoods.com/meals-on-wheels

TransCare Meals on Wheels

1045 McNicoll Avenue,
Toronto, ON M1W 3W6
TEL: (416) 646-3574
EMAIL: mealsonwheels@tcare.ca
WEB: tcare.ca/services_wheels.php

Medical and Legal Services/Agencies

Alzheimer Society of Toronto

20 Eglinton Ave W Unit #16,
Toronto, ON M4R 1K8
TEL: (416) 322-6560
EMAIL: write@alz.to
WEB: alz.to

Canadian Hearing Society

271 Spadina Rd, Toronto, ON
M5R 2V3
TOLL-FREE: +1 (866) 518-0000
WEB: chs.ca

Parkinson Society of Canada

TOLL-FREE: +1 (800) 565-3000
WEB: parkinson.ca

Town Care Walk-in Clinic

60 Town Centre Court #3,
Scarborough, ON M1P 0B1
TEL: (416) 792-2654
EMAIL: info@townclinic.ca
WEB: townclinic.ca

Canadian Cancer Society

55 St Clair Ave W Suite 500,
Toronto, ON M4V 2Y7
TOLL-FREE: +1 (888) 939-3333
WEB: cancer.ca

Canadian National Institute for the Blind

1929 Bayview Ave,
Toronto, ON M4G 3E8
TOLL-FREE: +1 (800) 563-2642
EMAIL: info@cnib.ca

The Advocacy Centre for the Elderly (ACE)

55 University Ave Suite 1500,
Toronto, ON M5J 2H7
TEL: (416) 598-2656
TOLL-FREE: +1 (855) 598-2656
EMAIL: info@ace.clcj.ca
WEB: acelaw.ca
Legal clinic for low-income seniors

Scarborough Community Legal Services

695 Markham Road Suite 9,
Scarborough, ON M1H 2A5
TEL: (416) 438-7182
WEB: scarboroughcommunitylegal.ca

Emergency Services

IN CASE OF IMMEDIATE EMERGENCY, CALL 911!

Toronto Police Service 43 Division

4331 Lawrence Ave E, Toronto, ON M1E 2T4

TEL: (416) 808-4300 (non-emergency)

EMAIL: 43division@torontopolice.on.ca



Toronto Fire Station 232

2575 Eglinton Ave E, Scarborough, ON M1K 2R8

TEL: (416) 338-9050 (non-emergency)



Toronto Fire Station 245

1600 Birchmount Rd, Scarborough, ON M1T 2M3

TEL: (416) 338-9250 (non-emergency)

Behavioural Support

Baycrest Behavioural Support for Seniors Program

3560 Bathurst St, Toronto, ON M6A 2E1

TEL: (416) 785-2500 EXT 2005

TOLL-FREE: +1 (844) 785-2500

EMAIL: behaviouralsupport@baycrest.org

WEB: baycrest.org

Scarborough Health Network - Centenary Site - GAIN Clinic

2867 Ellesmere Rd, Toronto, ON M1E 4B9

TEL: (416) 284-8131

WEB: shn.ca

Coordinated healthcare services for ages 75+ with multiple complex medical problems

Mental Health Support/ Counseling

Canadian Coalition for Seniors' Mental Health

20 Crown Steel Dr, Unit #6,
Markham, ON L3R 9X9
TOLL-FREE: +1 (888) 214-7080 EXT 102
EMAIL: info@ccsmh.ca
WEB: ccsmh.ca

COSS (Crisis Outreach Service for Seniors)

TEL: (416) 217-2077
Crisis intervention

COTA Health Geriatric Mental Health Case Management Program

4-3471 Kingston Rd,
Scarborough, ON M1H 3C3
TEL: (416) 785-9230
EMAIL: info@cotainspires.ca
WEB: cotainspires.ca
*Referral needed

ConnexOntario

TOLL-FREE: +1 (866) 531-2600
WEB: connexontario.ca
Mental health and addiction
counseling/referral

Geriatric Mental Health Community Support Services

1527 Victoria Park Ave, 2nd Floor,
Scarborough, ON MIL 2T3
TEL: (416) 595-9618
EMAIL: sau@familyserVICetoronto.org
WEB: familyserVICetoronto.org

Vasantham Tamil Wellness Centre

2660 Eglinton Ave E, Scarborough,
ON M1K 2S3
TEL: (416) 847-4172
EMAIL: info@vasantham.ca
WEB: vasantham.ca
Offers individual/group counseling
and senior-centric counseling

LOFT Community Services

TEL: (416) 979-1994
TOLL-FREE: +1 (888) 640-1934
EMAIL: info@loftcs.org
WEB: loftcs.org
*Referrals via The Access Point

ABOUT HSDC

Heritage Skills Development Centre (HSDC)

is a grassroots non-profit organization established in 1993 with a mission to promote arts, the health, social, cultural and economic self-sufficiency of newcomer immigrants, refugees, low-income, at-risk and other marginalized group through integrative and empowering programs and services.



Helping Families To Build A Stronger Foundation

Some of the main HSDC programs & services include:

- ✧ Capacity Building and Training Programs
- ✧ Social Programs
- ✧ Referral and Information Services
- ✧ Supportive Counselling and Mentorship
- ✧ Arts & Culture Events
- ✧ Free Access to Computer Lab: Copy/Fax/Print
- ✧ Workshops and Training for Seniors

Contact us

2387 Eglinton Ave E, Unit #3
Scarborough, ON M1K 2M5
Tel: (416) 345-1613

400 McCowan Rd
Scarborough, ON M1J 1J5
Tel: (416) 264-0660

E-mail: info@hsdconline.org

Website: www.hsdconline.org

Find us on Facebook and Instagram
at @hsdcscarborough

ABOUT THE SENIOR SUPPORT PROGRAM

Our home-based senior support initiative is devoted to offering empathetic and tailored care to older adults who reside in the Scarborough region. Our team of dedicated volunteers will provide not only assistance but also companionship from the comfort of your own home.

Funded in part by the
Government of Canada's
Age Well at Home Initiative

