

# 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.



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

## 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

**Bridge to Healing: Supporting Survivors of Crime:**  
The project aims to empower crime victims and survivors by providing crucial information, resources, and emotional support to help them navigate the complexities of the justice system, cope with trauma, and rebuild their lives. Through focused workshops and community events, the initiative will address key areas of victim support, including legal rights, victim support services and available resources, ensuring participants have the tools and guidance necessary to heal and move forward with resilience.



Heritage Skills Development Centre  
presents

## BRIDGE TO HEALING: SUPPORTING SURVIVORS OF CRIME



Community networking with refreshments, fun, games, gifts and more

Light refreshments will be provided

### Trauma-informed workshops:

- Understanding Victim Legal Rights and resources (May 12, 2025)
- Understanding and Accessing Victim Support Services in the Community (May 13, 2025)
- Navigating mental health and Trauma-Informed Coping Strategies (May 14, 2025)
- Overcoming the Cycle of Victimization: Breaking the Code of Silence and Community Event (Thursday May 15, 2025)

Join us for four days of connection, education, and workshops and community event

**MAY 12 - MAY 15, 2025**

**TIME: 4-6PM**

**LOCATION: IN-PERSON  
2387 EGLINTON AVE EAST,  
UNIT 3, SCARBOROUGH,  
M1K 2M5 (KENNEDY/  
 EGLINTON)**

Certificate from Department of Justice Canada will be provided for participation in at least two workshops



**SCAN TO  
REGISTER**

For more information please contact:

[info@hsdconline.org](mailto:info@hsdconline.org) 416-345-1613

**Canada**

Department of Justice Canada  
Ministère de la Justice Canada

# Victims of Crime

# CRISIS LINE

## Across Boundaries

51 Clarkson Ave, Toronto, ON M6E 2T5

Tel: (416) 787-3007

Fax: (416) 787-4421

E-mail: [info@acrossboundaries.ca](mailto:info@acrossboundaries.ca)

## Black Legal Action Centre (BLAC)

720 Spadina Ave, Suite #221, Toronto, ON M5S 2T9

Tel & Fax: (416) 925-3564

Toll-Free: +1 (844) 302-2694

Website: [blacklegalactioncentre.ca](http://blacklegalactioncentre.ca)

## Christian Counselling Services

2 Carlton St, Toronto, ON M5B 1J3

Tel: (416) 489-3350

E-mail: [admin@christiancounsellingservices.com](mailto:admin@christiancounsellingservices.com)

## Canadian Centre for Victims of Torture

2401 Eglinton Ave E, Unit #310, Scarborough, ON M1K 2N8

Tel: (416) 750-3045

Toll-Free: +1 (877) 292-2288

E-mail: [mabai@ccvt.org](mailto:mabai@ccvt.org)

## Community Health and Counselling

5-3340 Lawrence Ave E, Scarborough, ON M1H 1A7

Tel: (416) 901-8073 or (416) 901-8074

E-mail: [info@healthandcounselling.com](mailto:info@healthandcounselling.com)

## Women's Health In Women's Hands

2 Carlton Street, Suite #500, Toronto, ON M5B 1J3

General Inquiries: (416) 593-7655

General Fax: (416) 593-5867

E-mail: [info@whiwh.com](mailto:info@whiwh.com)

Clinical Services: (416) 593-7655, Ext. 7

## Victim Services Toronto

40 College St, Toronto, ON M5G 2J3

Tel: (416) 808-7066

E-mail: [info@victimserVICESTORONTO.com](mailto:info@victimserVICESTORONTO.com)

Website: [victimserVICESTORONTO.com](http://victimserVICESTORONTO.com)

*If it's an emergency, call 911.*



## 41 Division (Scarborough)

2222 Eglinton Ave E, Scarborough, ON M1K 2M2

Tel: (416) 808-4300

E-mail: [41division@torontopolice.on.ca](mailto:41division@torontopolice.on.ca)

<https://www.tps.ca/my-neighbourhood/41-division/#to-125>

Community Response Unit Manager: (416) 808-4254

Community Relations Officer: (416) 808-4251

Crime Prevention Officer: (416) 808-4220

Police (non-emergency): (416) 808-2222

The Toronto Police Hate Crime Unit: (416) 808-3500

Victim Services Toronto (24/7 Crisis Intervention): (416) 808-7066

Crime Stoppers (toll-free): +1 (800) 222-TIPS (8477)

Crime Stoppers (Toronto): (416) 222-TIPS (8477)

# COMMUNITY RESOURCES

## Black Community Support

**Afri-Can Food Basket**  
4929 Jane St, North York, ON M3N 2K8  
Open daily from 9:30am–5:00pm  
Tel: (416) 896-0641  
E-mail: [info@africanfoodbasket.ca](mailto:info@africanfoodbasket.ca)  
Website: blackfoodtoronto.com

**Heritage Skills Development Centre (HSDC)**  
2387 Eglinton Ave E, Unit #2, Scarborough, ON M1K 2M5  
Tel: (416) 345-1613  
E-mail: [info@hsdconline.org](mailto:info@hsdconline.org)

**Black Youth Helpline**  
National Helpline for Canadian Youth  
1111 Finch Ave W, Suite #411, Toronto, ON M3J 2E5  
Tel: (416) 285-9944  
Toll-Free: +1 (833) 294-8650  
E-mail: [info@blackyouth.ca](mailto:info@blackyouth.ca)  
Hours of Service: 9:00 am–10:00pm

**Caribbean African Canadian Social Services (CAF CAN)**  
995 Arrow Rd, North York, ON M9M 2Z5  
Tel: (416) 740-1056  
Fax: (416) 746-7035  
E-mail: [info@cafcan.org](mailto:info@cafcan.org)

**Midaynta Community & Youth Services**  
Location 1: 2150 Islington Ave, Suite #207, Toronto, ON M9P 3V4  
Location 2: 1652 Keele St, Suite #104, Toronto, ON M6M 3W3  
Tel: (416) 544-1992  
E-mail: [info@midaynta.com](mailto:info@midaynta.com)

**Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)**  
1000 Queen St W, Toronto, ON M6J 1H4  
Tel: (416) 535-8501, press 2

**Taibu Community Health Centre**  
27 Tapscott Rd, Unit #1, Toronto, ON M1B 4Y7  
Clinic: (416) 644-3536  
Administration: (416) 644-3589

**Black Lives Matter Toronto**  
76 Geary Ave, Toronto, ON M6H 2B5  
General: [info@blacklivesmatter.ca](mailto:info@blacklivesmatter.ca)  
Media: [media@blacklivesmatter.ca](mailto:media@blacklivesmatter.ca)  
Speakers: speakers@blacklivesmatter.ca  
BLM T.O – Freedom School: [freedomschool.ca/impact/](http://freedomschool.ca/impact/)

5000 Yonge St. Suite #1901, Toronto, ON M2N 7E9  
Toll-Free: +1 (833) 762-2226  
E-mail: [info@parentsofblackchildren.org](mailto:info@parentsofblackchildren.org)  
Website: parentsofblackchildren.org

**Frontlines**  
1800 Weston Rd, York, ON M9N 1V8  
Tel: (416) 244-7017  
E-mail: [info@frontlines.to](mailto:info@frontlines.to)

**Black Coalition for AIDS Prevention**  
20 Victoria St, 4th Floor, Toronto, ON M5C 2N8  
Tel: (416) 977-9955  
E-mail: [info@black-cap.com](mailto:info@black-cap.com)  
Website: blackcap.ca

**The Canadian Race Relations Foundation**  
6 Garamond Ct, Suite #225, Toronto, ON M3C 1Z5  
Tel: (416) 441-1900  
Fax: (416) 441-2752  
E-mail: [info@crrf-fcrr.ca](mailto:info@crrf-fcrr.ca)

**The 519 Community Centre**  
519 Church St, Toronto, ON M4Y 2C9  
Tel: (416) 392-6874  
E-mail: [info@the519.org](mailto:info@the519.org)

**Lumenus Community Services**  
1126 Finch Ave W, Unit #16, Toronto, ON M3J 3J6  
Tel: (416) 222-1153  
E-mail: [info@lumenus.ca](mailto:info@lumenus.ca)

**The Chinese and Southeast Asian Legal Clinic (CSALC)**  
23 Edward St, Suite #505, Toronto, ON M5G 1E2  
Tel: (416) 971-9674  
Fax: (416) 971-6780  
E-mail: [csalegalclinic@gmail.com](mailto:csalegalclinic@gmail.com)

**The Urban Alliance on Race Relations**  
2425 Eglinton Ave E, Suite #214, Scarborough, ON M1K 5G8  
Tel: (416) 703-6607  
E-mail: [info@urbanalliance.ca](mailto:info@urbanalliance.ca)

**Gerstein Crisis Centre**  
100 Charles St E, Toronto, ON M4Y 1V3  
Tel: (416) 929-0149  
Crisis Call: (416) 929-5200  
E-mail: [admin@gersteincentre.org](mailto:admin@gersteincentre.org)

**LOFT Community Services**  
15 Toronto St, 9th floor, Toronto, ON M5C 2E3  
Tel: (416) 979-1994  
Fax: (416) 979-3028  
E-mail: [info@loftcs.org](mailto:info@loftcs.org)

**Family Service Toronto**  
355 Church St, Toronto, ON M5B 0B2  
Tel: (416) 595-9618  
Website: [familyservicetoronto.org](http://familyservicetoronto.org)

# COMMUNITY RESOURCES

## Mental Health

**Centre for Addiction and Mental Health (CAMH) – GTA**  
Tel: (416) 535-8501, press 2

**Canadian Mental Health Association, Toronto Branch** 700 Lawrence Ave W, Suite #480, Toronto, ON M6A 3B4 1200 Markham Rd, Suite #500, Scarborough, ON M1H 3C3 Tel: (416) 789-7957  
E-mail: [info@cmhato.org](mailto:info@cmhato.org)

**Help Ahead**  
Mental health support for children 0-18 years and their family  
Toll-Free: +1 (866) 585-6486

**Reconnect Community Health Services** 1281 St. Clair Ave W, Toronto, ON M6E 1B8 Tel: (416) 248-2050  
E-mail: [contact@reconnect.on.ca](mailto:contact@reconnect.on.ca)

**Distress Centres of Greater Toronto** Tel: (416) 408-4357 (24/7/365 support)  
Website: dcogt.com

**Kids Help Phone**  
Toll-Free: +1 (800) 668-6868  
Text: CONNECT to 686868  
Website: kidshelpphone.ca

**The Warm Line**  
3:00-7:00pm (Ontario), 7 days a week  
Toll-Free: +1 (888) 768-2488

**Mount Sinai Hospital**  
ACTT Team  
600 University Ave, Toronto, ON M5G 1X5  
Tel: (416) 586-9900

**Scarborough Centre for Healthy Communities**  
629 Markham Rd, Unit #2, Scarborough, ON M1H 2A4  
Tel: (416) 642-9445  
E-mail: [info@schcontario.ca](mailto:info@schcontario.ca)

**Regent Park Community Health Centre**  
465 Dundas St E, Toronto, ON M5A 2B2  
Tel: (416) 364-2261  
E-mail: [info@regentparkchc.org](mailto:info@regentparkchc.org)

**Sherbourne Health**  
333 Sherbourne St, Toronto, ON M5A 2S5  
Tel: (416) 324-4100  
E-mail: [info@sherbourne.on.ca](mailto:info@sherbourne.on.ca)

**Toronto Seniors Helpline**  
Tel: (416) 217-2077  
Toll-Free: +1 (877) 621-2077  
Hours of Service: Mon to Fri 9:00am-8:00pm

**Good2Talk**  
Support services for post-secondary students in Ontario  
Toll-Free: +1 (866) 925-5454  
Text: GOOD2TALKON to 686868

**mindyourmind**  
E-mail: [info@mindyourmind.ca](mailto:info@mindyourmind.ca)  
Website: mindyourmind.ca

**South Asian Mental Health**  
E-mail: [info@sochmentalhealth.com](mailto:info@sochmentalhealth.com)  
Website: sochmentalhealth.com

**HOPE FOR WELLNESS**  
24 hours a day, 7 days a week  
Toll-Free: +1 (855) 242-3310  
Website: hopeforwellness.ca

**ConnexOntario**  
Mental health, addiction, and problem gambling support services  
Toll-Free: +1 (866) 531-2600  
Website: connexontario.ca

**Stella's Place**  
Free mental health services for young adults ages 16 to 29  
54 Wolseley St, Toronto, ON M5T 1A5  
Tel: (416) 461-2345  
Website: stellasplace.ca