

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

Raffle draw
and gift prizes



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



416-345-1613

Canada



Department of Justice
Canada

Ministère de la Justice
Canada

Victims of Crime

Across Boundaries

51 Clarkson Ave, Toronto, ON M6E 2T5
Tel: (416) 787-3007
Fax: (416) 787-4421
E-mail: 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

Christian Counselling Services

2 Carlton St, Toronto, ON M5B 1J3
Tel: (416) 489-3350
E-mail: 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

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

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
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
Website: victimservicestoronto.com

CRISIS LINE

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
<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: (647) 896-0641
E-mail: info@afri-canfoodbasket.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

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
Hours of Service: 9:00 am–10:00pm

Caribbean African Canadian Social Services (CAFCA)

995 Arrow Rd, North York, ON
M9M 2Z5
Tel: (416) 740-1056
Fax: (416) 746-7035
E-mail: 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

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
Media: media@blacklivesmatter.ca
Speakers: speakers@blacklivesmatter.ca
BLM T.O – Freedom School:
freedomsschool.ca/impact/

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

Frontlines

1800 Weston Rd, York, ON M9N 1V8
Tel: (416) 244-7017
E-mail: 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
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@crf-fcrr.ca

The 519 Community Centre

519 Church St, Toronto, ON M4Y 2C9
Tel: (416) 392-6874
E-mail: 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

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

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

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

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

Family Service Toronto

355 Church St, Toronto, ON M5B 0B2
Tel: (416) 595-9618
Website: 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

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

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

Regent Park Community Health Centre

465 Dundas St E, Toronto, ON M5A 2B2
Tel: (416) 364-2261
E-mail: info@regentparkchc.org

Sherbourne Health

333 Sherbourne St. Toronto, ON M5A 2S5
Tel: (416) 324-4100
E-mail: 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
Website: mindyourmind.ca

South Asian Mental Health

E-mail: 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