

ABOUT HSDC

Heritage Skills Development

Centre 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 groups through integrative and empowering programs and services.



Some of the main HSDC programs and services include:

- Capacity Building and Training Programs
- Social Programs
- Referral and Information Services
- Arts & Culture Events

CONTACT US

2387 Eglinton Ave E,
Unit #3 Scarborough,
ON M1K2M5

400 McCowan Rd
Scarborough ON
M1J1J5

Email: info@hsdconline.org
Website: www.hsdconline.org
Phone: (416) 345-1613

Find us on Instagram & Facebook at @hsdcscarborough

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

Canada



Heritage Skills Development Centre presents

COMMUNITY RESOURCES



FOOD BANKS, FRIENDLY VISITS AND ACCOMPANIMENT

Homebased Support for Seniors

FOOD BANKS

Scarborough South & Bluffs Area [M1M, M1J, M1E]

Scarborough Citadel Food Bank - The Salvation Army

Address: 2021 Lawrence Ave E, Scarborough

Phone: 416-759-1721

Email:

Scarborough.citadel@salvationarmy.ca

Good Neighbours Drop-In (Scarborough)

Address: 193 Markham Road, Scarborough, Canada M1J 3C3

Phone: 647-358-4105

Email: info@goodneighboursmission.org

Feed Scarborough - Rouge Park Food Bank

Address: 4630 Kingston Rd Unit 16 Toronto, ON M1E 4Z4

Phone: 416-936-3975

Email: info@feedscarborough.ca

TransCare Community Support Services

Meals on Wheels Registration:

416.646.3574

Ordering: 416.646.3574, **Fax** 416.750.1310

Email: mealsonwheels@tcare.ca

Soso World Ministries - McCowan Rd Food Bank

Address: 400 McCowan Rd Toronto, ON M1J 1J5

Phone: 647-330-2254

Email: Tressa@sosoworldministries.com

Contact Person: Tressa Rismay

Scarborough Centre for Healthy Communities - Meals on Wheels

Address: 629 Markham Road, Unit 2 For **Information**

& Registration: cssintake@schontario.ca

Program Information Line: (416)-847-4134

Program Team:

mealsonwheels@schontario.ca

Phone: 416-847-4124

Scarborough East & Malvern Area [M1B]

Malvern Food Bank

Address: Wigwamen Waabnong, 20 Sewells Rd, Toronto, ON, M1B 3G5

Cross street: Neilson Rd and Sewells Rd

Phone: 647-607-5943

Email: fayemoffett@rogers.com

Coordinator: Faye Moffett

Muslim Welfare Canada

Address: 100 McLevin Ave, Unit 7 Toronto, ON, M1B 5K1

Phone: (416) 335-9994

Email: info@mwn.ca (Senior Meals on Wheels)

Email:

scarboroughfoodbank@mwn.ca (Foodbank)

5N2 Food For All

Address: 705 Progress Avenue Units 43 & 44 Scarborough ON

Phone: (416)-551-0910

Email: admin@5n2.ca

TransCare Community Support Services - Meals on Wheels

Registration: 416.646.3574

Ordering: 416.646.3574, fax 416.750.1310

Email: mealsonwheels@tcare.ca

Scarborough Centre for Healthy Communities - Meals on Wheels

Address: 629 Markham Road, Unit 2

For Information & Registration: cssintake@schontario.ca

Program Information Line: (416)-847-4134

Program Team: mealsonwheels@schontario.ca

Phone: 416-847-4124

WALK-IN CLINICS

One Care Medical and Children's Clinic

1755 Brimley Rd,
Scarborough, ON M1P
0A3
(416) 290-0361

Pharmazone Medical Centre

1069 Midland Ave,
Scarborough, ON M1K
4G7
(416) 901-8080

Oasis Family Health Centre

Unit #100, 1501 Ellesmere Rd, Scarborough, ON M1P
4T6
(416) 439-0163

CRISIS LINE

If it's an emergency, call 911.

41 Division (Scarborough)

2222 Eglinton Ave E, Scarborough, ON M1K 2M2

Phone: 416-808-4300

Email: 41division@torontopolice.on.ca

Website: <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): **1-800-222-8477**

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

FOOD BANKS

WALK-IN CLINICS

Golden Apple Medical Clinic 2 Antrim Crescent, Scarborough, ON M1P 2N3 (416) 292-9909	Golfdale Walk In Clinic 3750 Lawrence Ave E, Scarborough, ON M1G 1R1 (416) 438-1664	Apex Medical Centre 1120 Kingston Rd Unit 2, Scarborough, ON M1N 1N4 (416) 690-7111
Primacy Golden Mile Walk-In 1880 Eglinton Ave E #152, Scarborough, ON M1L 2L1 (416) 285-7575	Progress Centre Medical 9 Progress Ave, Scarborough, ON M1P 5A4 (647) 350-6662	Midland Eglinton Walk-in Clinic 2480 Eglinton Ave E, Scarborough, ON M1K 2R4 (416) 266-1818
Town Care Walk-in Clinic 60 Town Centre Court #3, Scarborough, ON M1P 0B1 (416) 792-2654	Kennedy Ellesmere Medical Walk in Clinic A1415 Kennedy Rd, Scarborough, ON M1P 2L6 (647) 952-0513	Popular Choice Medical Care 682 Kennedy Rd Unit 1A, Scarborough, ON M1K 2B5 (647) 247-2600 ext. 2
Greystone Medical Centre 8 Greystone Walk Dr, Scarborough, ON M1K 5J2 (416) 266-5888	Thompson Medical Clinic 2869 Lawrence Ave E, Scarborough, ON M1P 2S8 (416) 503-7703	Danforth Medical Centre 880 Danforth Rd, Scarborough, ON M1K 1H8 (416) 264-4848
HealthSmart Medical Clinic 2425 Eglinton Ave E #12, Scarborough, ON M1K 5G8 (416) 757-7117	Scarborough Medical Centre & Walk In Unit #3, 1375 Danforth Rd, Scarborough, ON M1J 1G7 (416) 261-0848	Lawrence Health Centre 1801 Lawrence Ave E UNIT #8, Scarborough, ON M1R 2X9 (416) 287-3611
Scarborough Village Medical Center 3458 Kingston Rd, Scarborough, ON M1M 1R5 (416) 815-4585	Ellesmere Medical Clinic 2060 Ellesmere Rd Unit #3, Scarborough, ON M1H 2V6 (416) 201-3180	Just Walk-in Clinic 501 Pharmacy Ave Unit 1, Scarborough, ON M1L 3G7 (647) 847-6262

Wexford, Dorset Park and Birchmount Area [M1K, M1R]

Scarborough Citadel Food Bank - The Salvation Army Address: 2021 Lawrence Ave., E., Scarborough Phone: 416-759-1721 Email: Scarborough.citadel@salvationarmy.ca	Meadowvale East Apostolic Church Food Bank Address: 1510 Warden Avenue (at Ellesmere) Scarborough, Ontario M1R 2S8 Phone: 416-385-1140 Email: meacfoodbank@bellnet.ca
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Grace CRC McCowan Food Bank Address: 967 Pharmacy Ave Apt 310 Toronto, ON, M1R 5H4 For Information & Registration: gracecrcfoodbank@gmail.com Program Information Line: 416-293-0373 Foodbank Coordinator: Hilya Persaud

Scarborough North & Agincourt [M1T, M1W]

Emmanuel Life Management Center - VP & Sheppard Food Bank Address: Victoria Park Ave, M1T 1A8 Phone: 437-886-4694 ext. 100 Email: info@elmcgroup.org Program Director: Janel Simpson-Campbell	Meadowvale East Apostolic Church Food Bank Address: 1510 Warden Avenue (at Ellesmere) Scarborough, Ontario M1R 2S8 Phone: 416-385-1140 Email: meacfoodbank@bellnet.ca
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Senior Persons Living Connected - Meals on Wheels Address: 3333 Finch Avenue East Scarborough, Ontario M1W 2R9 Phone: (416)-493-3333 / New Inquiries (416)-493-3333 x 806 Email: info@splc.ca
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Clairlea & Golden Mile [M1L]

Feed Scarborough - Clairlea Food Bank Address: 4630 Kingston Rd Unit 16 Toronto, ON M1E 4Z4 Phone: 416-936-3975 / 416-203-0050 ext 261 - Daily Bread Email: info@feedscarborough.ca Contact: Andrea Kuzel, Manager of Emergency Food Programs Email: foodbank@feedscarborough.ca Phone: 416-936-3975 ext	Good Neighbours Drop-In (Scarborough) Address: 193 Markham Road, Scarborough, Canada M1J 3C3 Phone: 647-358-4105 Email: info@goodneighboursmission.org
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FOOD BANKS

East York & Upper Beaches Area [M4C]

Salvation Army, Community and Family Services - Toronto - Cedarvale Ave - East Toronto Corps
Address: 107 Cedarvale Ave Toronto, ON M4C 4J9
Phone: 416-467-7664
Email: saeasttoronto@gmail.com

East York Meals on Wheels
Address: 66 Overlea Blvd. unit 15 East York, Ontario, M4H 1C4
Phone: (416) 424-3322
Email: admin@eastyorkmealsonwheels.org

St Ann Parish Food Bank - Toronto
Address: 120 First Avenue, Toronto, ON M4M 1X1
Phone: 416.466.2127
Email: stannsto@archtoronto.org

The Salvation Army
Address: 2 Overlea Blvd Toronto, ON M4H 1P4
Phone: (613) 868-5560
Email: Glenn.van-Gulik@salvationarmy.ca
 communications@salvationarmy.ca

FRIENDLY VISIT AND ACCOMPANIMENT

East York & Golden Mile [M1L Area]

Scarborough Centre for Healthy Communities (SCHC) - Friendly Visiting
Address: 4100 Lawrence Ave E, Scarborough, ON M1E 2R9
Phone: (416)-642-9445 ext.4418
Email: FriendlyVisiting@schontario.ca

Momiji Health Care Society (Japanese- & English-speaking)
Address: 3555 Kingston Road Scarborough ON, M1M 3W4
Phone: (416) 261-6683
Email: info@momiji.on.ca

Kennedy Park & Ionview [M1K Area]

Scarborough Centre for Healthy Communities (SCHC) - Friendly Visiting
Address: 4100 Lawrence Ave E, Scarborough, ON, M1E 2R9
Phone: (416)-642-9445 ext.4418
Email: FriendlyVisiting@schontario.ca

Moeen Centre
Address: 551 Kennedy Road Scarborough, ON
Phone: (416) 264-5809
Email: info@moeencentre.org

FRIENDLY VISIT AND ACCOMPANIMENT

Scarborough Village [M1J Area]

Scarborough Centre for Healthy Communities (SCHC) - Friendly Visiting
 (same region-wide Friendly Visiting coverage)
Address: 4100 Lawrence Ave E, Scarborough, ON, M1E 2R9
Phone: (416)-642-9445 ext.4418
Email: FriendlyVisiting@schontario.ca

Circle of Care Head Office
Address: 4211 Yonge St., Suite 401 Toronto ON, M2P 2A9
Phone: (416) 635-2860
Email: info@circleofcare.com

Tam O'Shanter-Sullivan [M1T Area] & Milliken/Agincourt North [M1V Area]

Scarborough Centre for Healthy Communities (SCHC) - Friendly Visiting (same region-wide Friendly Visiting coverage)
Address: 4100 Lawrence Ave E, Scarborough, ON, M1E 2R9
Phone: (416)-642-9445 ext.4418
Email: FriendlyVisiting@schontario.ca

West Hill & Guildwood [M1E Area]

BGC East Scarborough
Address: 100 Galloway Road Scarborough, ON M1E 1W7
Phone: (416) 281-0262
Email: seniors@esbgc.ca / info@esbgc.ca

CHATS Visiting Program
Phone: 905-713-6596
Email: seniorshelp@chats.on.ca

Scarborough Centre for Healthy Communities (SCHC) - Friendly Visiting (same region-wide Friendly Visiting coverage) - Also covers some M1E Areas
Address: 4100 Lawrence Ave E, Scarborough, ON, M1E 2R9
Phone: (416)-642-9445 ext.4418
Email: FriendlyVisiting@schontario.ca

L'Amoureaux & Steeles East [M1W Area]

TransCare Community Support Services
Address: 1045 McNicoll Avenue, Toronto, ON, M1W 3W6
Phone: 416.750.9885
Email: info@tcare.ca

Senior Persons Living Connected
Address: 3333 Finch Ave E Toronto, ON M1W 2R9
Phone: (416) 493-3333 x 806
Email: info@splc.ca