



TRAUMA RESOURCES

services are OHIP-covered or free unless otherwise specified

Crisis Lines:

Assaulted Women's Helpline: 1-866-863-0511

Telephone support for women experiencing violence

Victim Services Toronto: 416-808-7066

24/7 crisis line for individuals who have experienced trauma, crime or tragedy

Toronto Rape Crisis Centre: 416-597-8808

Telephone support for individuals who have been sexually assaulted

Central Family Intake: 416-397-5637

Shelter intake line for women and children fleeing abuse

Trauma Therapy Programs

General:

Women's College Hospital Trauma Therapy Program

76 Grenville Street, Toronto; Ph: 416-323-6230; www.womenscollegehospital.ca

Offers primarily group-based psychotherapy to individuals who have experienced childhood interpersonal trauma, including sexual, physical assault and emotional abuse and/or neglect between the ages of 0-18. See website for information on inclusion/exclusion criteria.

Referral process: Physician or NP referral required. Form on website. Fax to [416-323-6356](tel:416-323-6356)

Program will only be accepting referrals on the second Wednesday of every month.

Women's College Hospital Sexual Assault/Domestic Violence Care Centre

76 Grenville Street, Toronto; 416-323-6040; www.womenscollegehospital.ca

24/7 RN support for individuals who are victims of sexual assault and domestic violence.

Referral process: Walk-in M-F 7:30am-11pm within 12 days of the assault.

Longer waitlists apply for follow-up counselling.

Family Service Toronto - Trauma Services Program

Ph: 416-595-9618; multiple office locations; www.familyserVICEToronto.org

Trauma counselling and psychotherapy for men and women who have been affected by childhood sexual abuse.

David Kelly Program: Trauma counselling for the LGBTQ+ community.

Referral process: Self-referrals welcome. Waitlist is 4-6 months long (David Kelly Program 10-12 months. First 8 sessions are no-cost, then offered for sliding scale fees.

Psychological Trauma Clinic, Mount Sinai Hospital

600 University Ave, #942; Ph:416-586-4800, ext.8714; www.mountsinai.on.ca

Assessment and consultation service for individuals suffering from symptoms related to trauma
Primarily directed towards individuals who have witnessed traumatic events (as opposed to complex trauma).

Referral process: Physician referral required. Form on website. Fax to 416-586-8654
Waitlist at least 6 months long.

Canadian Centre for Victims of Torture

Ph: 416-363-1066; multiple office locations; www.ccvvt.org

Mental health counselling and psychiatric assessment for individuals who have experienced war-related trauma.

Referral process: Self-refer. Minimal waitlist

The Gatehouse

3010 Lakeshore Blvd West, Toronto; Ph: 416-255-5900; www.thegatehouse.org

Peer support groups for individuals who have experienced childhood sexual abuse.

Referral process: Self-refer. Groups offered frequently.

Women:**CAMH Women and Trauma Service**

100 Stokes Street, Toronto; Access CAMH: 416-535-8501, ext. 2; www.camh.ca

8-week outpatient program for women struggling with the impact of trauma on their lives

Referral process: Physician referral required. Form on website. Fax to 416-979-6815
Waitlist is several months long.

West End Sexual Abuse Treatment Program

Ph: 416-240-1111, ext 2532; www.etobicokechildren.com

Group and individual counselling for women who have experienced childhood sexual abuse.

Priority given to women who reside in Etobicoke and have young children.

Referral process: Self refer. Waitlist over 6 months long.

Seeds of Compassion Program, Unison Health Services

1541 Jane Street, Toronto; Ph:416-645-7575, ext. 2050; www.unisonhcs.org

10 week therapeutic group for women who have experienced trauma.

Referral Process: Self-refer. Groups only run periodically - check website for availability.

Men:**Canadian Centre for Men and Families**

152 Carleton St, 201; Ph: 647-479-9611; www.menandfamilies.org

Offers individual and group counselling for men who have experienced violence and trauma

Referral process: Self-referral

A Time for Men

2489 Bloor St. West, Suite 306;

416 432-7725 (Craig Bolton, psychotherapist); Craigbolton.recovery@gmail.com

bloorwestpsychotherapy.ca/a-time-for-men-groups

12-week group for men who have been sexually abused; phase 2 group for men who have completed the 12-week group or have participated in another trauma recovery program; individual therapy Eligibility: Men who have been sexually abused; in-person assessment required

Referral process: Self-referral by phone or e-mail (above), or e-mail from health care professional

1 in 6 (<https://1in6.org>)

Phone/online individual support as well as online support groups, for men who have experienced childhood abuse.

Violence Against Women Programs

Barbara Schlifer Commemorative Clinic

489 College Street, Suite 503; Ph: 416-323-9149, ext.234; www.schliferclinic.com

Counselling, legal support and case management for women who have experienced abuse.

Referral process: Self-refer. Waitlist is over 6 months long.

Family Service Toronto

Ph: 416-595-9618; multiple office locations; www.familyserVICEToronto.org

Group and individual counselling for women who have experienced abuse.

Referral process: Self-refer. Waitlist is 2-3 months long. Sliding scale fees.

Catholic Family Services

1155 Yonge St, #101, Toronto (416-921-1163); 245 Fairview Mall Drive, #201 (416-222-0048)

www.cfstoronto.com

Offers individual and group counselling for women who have experienced domestic abuse.

One does not have to be Catholic to access services.

Referral Process: Self-refer. Waitlist 2-3 months long. Groups are free, individual counselling has sliding scale fees.

Jewish Family and Child

4600 Bathurst St 1st Floor; Ph: 416-638-7800; www.jfandcs.com

Offers group and individual counselling for women who have experienced domestic abuse. One does not have to be Jewish to access services.

Referral process: Self-refer. Small waitlist for some programs. Sliding scale fees.

North York Women's Centre

116 Industry Street; Ph:416-781-0479; www.nywc.org

Free individual and group support for women who have experienced abuse.

Referral process: Self-refer. Can also drop in to Women's Lounge every Thursday from 11am to 4pm.

Scarborough Women's Centre

2100 Ellesmere Road, #245, Scarborough; Ph: 416-439-7111; www.scarboroughwomenscentre.ca

Free short-term counselling and case management for women experiencing a wide range of issues, not only trauma

Referral process: Self-refer. Waitlist is 4-6 weeks long

YWCA Toronto

87 Elm Street, Toronto; Ph:416-961-8100; www.ywcatoronto.org

Offers a variety of free group programs for women who have experienced abuse. Visit website for details.

Referral process: Self-refer. Small waitlist for some programs

Rexdale Women's Centre

925 Albion Road, #309, Etobicoke; 416-745-0062; www.rexdalewomen.org

Offers group counselling and case management to women who have experienced domestic abuse. Services offered in over 20 different languages.

Referral process: Self-refer

Riverdale Immigrant Women's Centre

1326 Gerrard Street East, Toronto; 416-465-6021; www.riwc.ca

Offers individual and group counselling and case management to women who have experienced domestic violence.

Referral process: Self-refer

Culturally-Specific:**Anishnawbe Health Toronto**

225 Queen St E (416-360-0486), 4 Charles St E (416-657-3436), 179 Gerrard St E (416-920-2605)

www.aht.ca

Offers trauma-informed mental health and addiction programming for members of the Aboriginal community. Treatment utilizes both Western and traditional approaches.

Referral process: Self-refer by appointment or drop-in to Charles St (12-3:45pm, M-F)
Gerrard St (9-11:15am, 1-3:15pm, M-F). Minimal waitlist

Native Child and Family Services

30 College St Toronto; Ph: 416-969-8510; www.nativechild.org

Offers support for men, children and women who have experienced abuse.

Referral process: Self-refer

The 519

519 Church St Toronto; Ph: 416-392-6874; www.the519.org

Individual trauma counselling for the LGBTQ+ community.

Waitlist is currently closed and counselors are not accepting new referrals at the moment. Check website for updates

Abrigo Centre

1645 Dufferin Street, Toronto; Ph: 416-534-3434; www.abrigo.ca

Offers crisis and counseling services to women who have experienced domestic violence. Priority given to Portuguese speaking women.

Referral process: Self refer by appointment or through the drop-in intake Mon-Fri, 1-3pm. Sliding scale fees.

COSTI Violence Against Women Program

Sheridan Mall, 1700 Wilson Ave, #105; Ph: 416-244-7714; www.costi.org

Offers group and individual counselling and case management to Italian Canadian women who have experienced domestic abuse. Satellite site in Vaughn (905-669-5627)

Referral process: Self-refer by appointment or drop-in M, T, Th, F 8:30am-4:30pm, Wed 8:30am-9pm. Sliding scale fees.

Community Family Services of Ontario

3330 Midland Ave, #229, Scarborough; Ph: 416-979-8298; <https://cfso.care/>

Offers free group and individual counselling and case management to Chinese women who have experienced domestic violence.

Referral process: Self-refer by appointment. Waitlist is appx. 2 months long

Southasian Women's Centre

800 Lansdowne Ave, Unit1, Toronto; 416-537-2276; www.sawc.org

Scarborough satellite location: 416-840-4425

Offers culturally-sensitive counselling to women in the Southasian community who have experienced domestic abuse. Multiple languages offered.

Referral process: Self-refer

Most online programs are in Tamil – frontline community centre fccanada.org

<http://fccanada.org/>

Tropicana Community Services

1385 Huntingwood Drive, Scarborough; Ph:416-439-9009; www.tropicanacommunity.org

Offers individual and group programming for women of the Black and Caribbean communities who have experienced abuse.

Referral process: Self-refer

For resources in York Region call Victim Services: 905-953-5363

For resources in Peel Region call Victim Services: 905-568-1068