

GOVERNMENT BENEFITS

Ontario Disability Support Program (ODSP)	416-325-5666
Ontario Works (OW)	416-397-0330
OW or ODSP Social Benefit Tribunal	416-326-0978
Canada Revenue Agency (CRA)	1-800-959-8281
Employment Insurance Benefit	1-800-206-7218
Ontario Child Benefit	1-800-387-1193
Canada Pension Plan	1-800-277-9914
Old Age Security	1-800-277-9914
Guaranteed Income Supplement	1-800-277-9914
GST Refund Cheque Information	1-800-959-1953
Workplace Safety & Insurance Board	416-344-1000

Contact information

☎ 416-203-0050 ext 1

✉ irc@dailybread.ca

🌐 dailybread.ca

🏠 191 New Toronto Street
Etobicoke, ON M8V 2E7

Information and Referral Services

Your connection to community support beyond food.

INFORMATION AND REFERRAL CENTRE



Hours of operation

Monday - Friday, 9:00am - 4:00pm



"The volunteers in the Information and Referral Centre were very helpful. They got us new prescriptions and new mattresses."

-Myrna, food bank client

WE PROVIDE SUPPORT RELATED TO:

- Ontario Works (OW) and Ontario Disability Support Program (ODSP)
- Income support (Employment Insurance, Canada Pension Plan, Old Age Security, and Child Tax Benefit)
- Housing, rent, evictions, and utility debt
- Legal matters
- Immigration and newcomer services
- Crisis counselling
- Health and well-being
- Employment
- Education and training programs
- Accessing clothing, glasses and furniture

Directory of services



CRISIS, MENTAL HEALTH & ADDICTION

Assaulted Women's Helpline (24 hrs)	416-863-0511
Centre for Addiction and Mental Health (CAMH) (24 hrs)	416-535-8501
Distress Centres of Toronto (24 hrs)	416-408-4357
Connex Ontario Helpline	1-866-531-2600
Canadian Mental Health Association	416-789-7957
Gerstein Crisis Centre	416-929-5200
Black Youth Helpline	416-285-9944
LGBT Youth Line	416-962-2232
Mobile Crisis Scarborough (24 hrs)	416-495-2891
Toronto Rape Crisis Centre	416-597-8808
Kids Help Phone (24 hrs)	1-800-668-6868
Family Service Toronto	416-595-9618
Breakaway	416-537-9346
The Access Point	416-640-1934
Toronto Senior Helpline (Woodgreen)	416-217-2077
Warm Line (8pm-12am)	416-960-9276
Emergency, immediate danger	911
Suicide Crisis Helpline	988
Mental Health	211
Good2Talk (post-secondary student mental health helpline)	1-866-925-5454

SHELTER/STREET OUTREACH

Assessment and Referral Centre - Central Intake (24 hrs)	416-392-0090
City of Toronto Intake	416-338-4766
YWCA Women's Shelter	416-961-8100
Fred Victor Drop-In (24 hrs)	416-368-9138
Fred Victor Women's 24/7 Drop-In	416-364-7739
Emergency Shelter	311

NEWCOMERS & EMPLOYMENT

COSTI	416-658-1600
FCJ Refugee Centre	416-469-9754
Parkdale Intercultural Association	416-536-4420
Polycultural Immigrant & Community Services - Etobicoke	1-844-493-5839
YMCA Newcomer Information Centre	437-577-0378
YMCA Etobicoke	416-741-8714
JVS Toronto Newcomer Employment	647-276-5111
Employment Ontario	416-326-5656
Toronto Employment & Social Services	416-392-6400
Jane Alliance Neighbourhood Services	416-249-6742
Career Foundation	416-920-5144
Achev	905-949-0049
Culturelink Settlement Services	416-588-2435
Canadian-Ukrainian Immigrant Aid (CUIAS)	416-767-4595
Ukrainian Canadian Social Services Toronto	416-763-4982
Agincourt Community Services Toronto	416-321-6912
Newcomer Women's Services Toronto	416-469-0196
Access Alliance	416-324-8677

FINANCIAL ADVOCACY

Credit Counselling Service of Toronto	416-228-3328
Credit Counselling	1-800-267-2272
West Neighbourhood House	416-848-7980

LEGAL

Legal Aid Ontario	416-979-1446
Downsview Community Legal Services	416-635-8388
Don Valley Community Legal Services	416-441-1764
Jane Finch Community Legal Services	416-398-0677
Kensington-Bellwoods Community Legal Services	416-924-4244
Neighbourhood Legal Services	416-861-0677
Parkdale Community Legal Services	416-531-2411
Rexdale Community Legal Services	416-741-5201
Unison Health and Community Services	416-787-1661
Scarborough Community Legal Services	416-438-7182
South Etobicoke Comm Legal Services	416-252-7218
West Scarborough Comm Legal Services	416-285-4460
West Toronto Community Legal Services	416-531-7376
Willowdale Comm Legal Services	416-492-2437
Community Education Legal Ontario	416-408-4420
BLAC Legal Action Centre	416-597-5831
South Asian Legal Clinic Ontario	416-487-6371
ARCH Disability Law Centre	416-947-5255
Pro-Bono Ontario (hotline)	1-855-255-7256
Canadian Centre for Housing Rights	416-944-0087
Centre for Spanish-Speaking - Community Legal Clinic	416-533-0680
Centre Francophone de Toronto Legal Advice	416-922-2672
Landlord Self-Help Centre	416-504-5190
HIV & AIDS Legal Clinic Ontario	416-340-7790

HOUSING

Albion Neighbourhood Services	416-740-3704
East York Housing Help Centre	416-686-3390
The Neighbourhood Organization	416-424-2900
Neighbourhood Information Post	416-924-2543
COSTI North York Housing Help Centre	416-658-1600
Toronto Rent Bank	416-397-7368
Tenant Hotline	416-921-9494
The Housing Help Centre	416-285-8070
Unison Housing Help Program	416-653-5400
West Toronto Housing Help	416-531-0841
Woodgreen Housing Help	416-469-4455
Margaret's Housing & Community Support Services	416-525-7070
PARC Housing Services	416-537-2262
ACSA Housing Hub	416-321-6912
Access Point: Supportive Housing Services	416-640-1934
City of Toronto: Supportive Housing Services for Seniors	416-392-8579
City of Toronto: Rent-Geared to Income Subsidy	416-338-8888

HEALTH

The 4 Villages Community Health Centre	416-604-0640
Alliance for Healthier Communities	416-236-2539
Anishnawbe Health Toronto	416-360-0486
Black Creek Community Health Centre	416-249-8000
Parkdale Queen West Comm Health	416-703-8482
Davenport Perth Neighbourhood & Community Health Centre	416-658-6812
East End Community Health Centre	416-778-5858
Flemingdon Health Centre	416-429-4991
Hassle Free Clinic	416-922-0566
Health Care Connect (Service Ontario)	1-800-445-1822
LAMP Community Health Centre	416-252-6471
Muslim Welfare Canada, Medical Clinic	647-641-1027
Regent Park Community Health Centre	416-364-2261
Scarborough Centre for Healthy Comm	416-642-9445
Sherbourne Health Centre	416-324-4100
South Riverdale Comm Health Centre	416-461-2493
Stonagate Community Health Centre	416-231-6526
Toronto Public Health	416-338-7600
City of Toronto Services & Programs	311
Telehealth Ontario	811
Rexdale Comm Health Centre	416-744-0066
TAIBU Comm Health Centre	416-644-3536
Regent Park Comm Health Centre	416-364-2261

DENTAL

Smile City Dental (free/low cost)	416-539-9887
Evangel Hall Mission	416-504-3563
George Brown College Wave - Dental Clinic	416-415-4547
Healthy Smiles Ontario	416-916-0204
LAMP Community Health Centre	416-338-7034
West End Oral Health Clinic	416-537-2455
Mobile Dental Clinic	416-338-7600
Toronto Public Health - Dental Clinic	416-338-1486
Stonagate Community Centre	416-338-1120
University of Toronto Dentistry Clinic	416-864-8000
Urban Dental Clinic	416-289-4349

CLOTHING, FURNITURE, AND FOOD

Haven on the Queensway	416-640-2005
Long Branch Baptist Church - Clothing Outlet	416-251-1525
Mobile Food Bank Program (Red Cross)	416-335-3180
Muslim Welfare Centre of Toronto	416-335-9994
New Circles Community Services	416-422-2591
Furniture Bank	416-934-1229
Scott Mission - Food & Clothing Bank	416-923-3916
Canadian Red Cross	416-480-2500
St. Vincent de Paul	416-364-5577
Toronto Vegetarian Food Bank	647-878-6516
Recyl-Mattresses: Charity Bed Program (contact I&R)	416-203 0050 Ext.1