



Stressed out? Mental health problems?

Substance use? Legal Problems?

Health Problems?

Friendly, respectful, accepting services provided by people who've been there.

WE CAN HELP YOU.

Resource centre open Monday to Friday 9:00 am - 9:00 pm

Cold breakfast 9:00 am - 11:00 am

Computer access

Staff to help with problems getting what you need

Support groups

On site lawyer, doctor, psychiatrist and foot clinic

Individual support if you're involved in the justice system:

court support, release plans, assistance with bail, probation/parole



**280 Parliament St.
at Dundas**

416-979-1700

**In custody?
Call collect
416-979-8853**