



RESOURCE GUIDE

Type 2 Diabetes in South Asian Communities

Information on health, social, benefits programs and services within and outside the Region of Peel



Acknowledgments

We are grateful to the service providers and South Asian caregivers who recommended the development of this resource guide and helped refine the guide to be user-friendly and accessible. This resource guide was developed by Indus Community Services, their service users, and Saloni Panda, Nuzha Hafleen, Chelsea D'Silva, Cilia Mejia-Lancheros, and Ian Zenlea on behalf of FCHI Family and Child Health Initiative at the Institute for Better Health, Trillium Health Partners.



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Introduction

The Region of Peel has one of the highest rates of type 2 diabetes (T2D) in Canada, particularly in South Asian communities. T2D management and related complications can be exacerbated by barriers associated with the social determinants of health. It is critical to consider T2D management services beyond healthcare and behavioural services. This guide aims to increase awareness of the breadth and variety of available resources. With this guide, we intend to connect readers with diabetes management supports, with consideration of social factors, which can decrease barriers related to the awareness of resources and complexities involved in searching for services across various disciplines.



How to Use This Guide

This guide begins with a legend that is used to highlight aspects of each resource and service, including the ages of the population involved, whether the program has a cost associated with it, which languages the program includes, if there is a South Asian focus with the program, the type of service provided by the program and lastly, the location of the service. The rest of the guide is organized into sections that can be navigated by clicking on the headings in the table of contents. This will lead you to your section of interest, whether it be diabetes management and education, elderly services, employment, and newcomer services and more. Please note that you might need to provide documents to access to or pay for some of these services.



Legend



AGES	
	Infants
	Children
	Elderly
COST ASPECT	
	Fees
	Benefits
LANGUAGES	
	Offered in different languages
	Caters towards South Asian culture
TYPE OF SERVICE	
	Eye
	Foot
	Dental
	Healthy Food
	Physical Activity
LOCATION	
	Location is in or close to Peel
	Region Outside of Peel Region
	Waitlist

Table of Contents

DIABETES MANAGEMENT AND EDUCATION SERVICES.....	10
Apna Health.....	10
Central West Self-Management Program (Peer Led).....	10
Diabetes Education Centre at Trillium Health Partners	10
Diabetes Education Program at Unison Health and Community Services	11
Diabetes Management Centre at Trillium Health Partners.....	11
EarlyON Child and Family Centres.....	12
Healthy Babies, Health Children - Peel.....	12
Peel Memorial Diabetes Education Centre – Pediatrics.....	13
Centre for Complex Diabetes Care	13
PEP Talk: Diabetes, Healthy Feet and You.....	13
South Asian Diabetes Prevention Program (SADPP).....	14
WellFort Diabetes Community Outreach	14
WellFort Diabetes Education Program	15
West Toronto Diabetes Education Exercise Program	15
West Toronto Diabetes Education Workshops.....	16
William Osler Diabetes Education Centre	16
PHYSICAL ACTIVITY.....	17
ActiveAssist	17
GoodLife Teen Fitness Program	17
Islamic Society of North America – Mississauga – Communal Fitness Classes	17
Jerry Love Children’s Fund	18
North Peel Family Health Team Walking Club.....	18
NUTRITIOUS FOOD.....	19
Community Fridges Toronto	19
Eden Food for Change.....	19

Halal Food and Essential Items Bank.....	20
Halal Meals on Wheels	21
Islamic Society of North America – Mississauga – Food Bank.....	21
Lamp: The Gardens Pod Project	21
LAMP: The Good Food and Nutrition	22
Punjabi Community Health Services – Malton: Langar on Wheels	22
Seva Food Bank	23
The Peoples Pantry – Community Cookbook	23
The Peoples Pantry – Unity Kitchen TO.....	24
WellFort Healthy Recipes Videos	24
MENTAL HEALTH SERVICES	25
Associated Youth Services of Peel (AYSP)	25
Canadian Mental Health Association (CMHA) – Peel Dufferin.....	25
Catholic Family Services of Dufferin.....	26
EveryMind	26
Family Services of Peel.....	27
Islamic Society of North America – Mississauga – Counselling	27
Nexus Community Counselling Program	28
One-Link Addictions and Mental Health Services.....	28
Rapport Youth and Family Services.....	29
Tangerine Walk-In	29
SENIORS SERVICES	30
Halal Meals on Wheels for Seniors.....	30
Indus Community Services - Seniors Wellness Program	30
Peel Tamil Seniors Organization	31
Punjabi Community Health Services – Sahara Better Families Program	31
Punjabi Community Health Services – Senior Services	32
Roots Community Services - Healthy, Active and Wise	32

EMPLOYMENT AND NEWCOMER SERVICES	33
ACCES Brampton.....	33
Brampton Multicultural Community Centre	33
COSTI Immigration Services	34
Employment Ontario Office	34
Indus Community Services: Employment Services	35
Indus Community Services: Newcomer Services & English Language Training	35
Newcomer Centre of Peel (NCP)	36
Peel Career Assessment Services Inc. – Settlement and Employment Services	36
Peel Immigration (Virtual)	36
FOOT, EYE AND DENTAL SERVICES	37
Eye See... Eye Learn Program	37
The Insulin Syringes for Seniors Program – Ontario Ministry of Health	37
Wellfort Community Health Centre – Dental Care for Seniors	37
WellFort Community Health Centre – Dental Care for Youth	38
Indus Community Services – Foot Care Program.....	38
TRANSPORTATION	38
MiWay – Mississauga Summer Pass.....	38
Peel Affordable Transit Program.....	39
TransHelp	39
BENEFITS.....	40
Diabetes Canada – Monitoring for Health Program	40
Free Medical Clinics for the Uninsured	40
Healthy Smiles Ontario	41
OHIP Covered Children/Youth Eye Exams	41
Ontario Disability Support Program	41
Ontario Seniors Dental Care Program (OSDCP)	42
Trillium Drug Benefit.....	42

REDUCED COST CLOTHING AND ITEMS.....	43
Dress for Success – Toronto	43
Encore Thrift Shop	43
Journey Thrift	44
Mission Thrift Store Mississauga.....	44
Regen Thrift Store.....	44
Restore - Habitat for Humanity.....	44
Talize Thrift Store	45
The Salvation Army Thrift Store.....	45
Thrift Store by Lbs (Pounds).....	46
Value Village.....	46
URGENT SERVICES.....	47
Emergency Services	47
Armagh (Shelter)	47
Embrace Crisis Support Line.....	47
Embrace North and South Locations.....	47
Kids Help Phone.....	47
Muslim Community Services.....	47
Region of Peel Children’s Services.....	48
Region of Peel Emergency Services	48
Region of Peel, Access to Housing.....	48
Telehealth Ontario.....	48
Women’s Help Line	48

Diabetes Management and Education Services

Apna Health

The Apna Health platform provides diabetes education in multiple South Asian languages to better equip recently diagnosed individuals with information on diabetes, blood work, high and low blood sugar levels, exercise, and diet.

Website: <https://apnahealth.org/>

Hours: 9am – 4:30pm

Contact:

GTA Tel: 905 366 1010

Outside of GTA: 1 866 300 3454

Referral: No referral required



Central West Self-Management Program (Peer Led)

Stanford University's Diabetes Self-Management Program helps support the knowledge and skills people learn from their healthcare providers and allows them to implement their diabetes care plan. The workshop does not conflict with other programs or treatments and is designed to enhance regular treatment. No referral is needed. Adults living with Type 2 Diabetes and their family, friends and caregivers can attend.

Website: <https://www.cwselfmanagement.ca/>

Location: Peel Memorial Centre, 20 Lynch Street - 2.D.248, Brampton ON L6W 2Z8

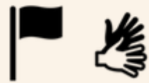
Hours: Mon – Fri: 8 am – 4 pm

Contact:

Tel: 905 863 2574

Toll Free: 1 844 643 7393

Referral: Physician or self-referral through calling



Diabetes Education Centre at Trillium Health Partners

The Paediatric Diabetes Program at Trillium Health Partners provides family centered support and treatment for both individuals up to 18 years of age and their families dealing with a new diagnosis of childhood diabetes or existing Diabetes. The program supports to provide the following services: assessment and treatment of paediatric diabetes; resource planning and support; nutrition counselling; diabetes management and education; and a focus on mental wellness and coping.

Website:

<https://thp.ca/patientservices/children%E2%80%99sservices/paediaticservices/Pages/Paediatic-Diabetes-Outpatient-Clinic.aspx>

Location: Clinical Administration Building, Level 1 Family Care Center, 15 Bronte College Crt. Mississauga, ON, L5B 1M9

Hours: Monday to Friday, 8:00 am – 4:00 pm (closed weekends and statutory holidays)

Contact:

Tel: (905) 848-7653

Fax: (905) 804-7741

Referral: Physician



Diabetes Education Program at Unison Health and Community Services

The Diabetes Education Program provides free individual counselling and group education classes for people with Type 2 diabetes and pre-diabetes. The Diabetes Education Program also offers free Teleophthalmology services, including free eye exams and retinal screening services for individuals with Type 2 Diabetes.

Website: <http://unisonhcs.org/programs-services/diabetes-education-program/>

Location:

Bathurst- Finch: 540 Finch Ave West, Toronto, ON, M2R 1N7

Jane-Trethewey: 1541 Jane Street, Toronto, ON, M9N 2R3

Keele-Rogers: 1615 Keele Street, Toronto, ON, M6M 3W2

Lawrence Heights: 12 Flemington Road, Toronto, ON, M6A 2N4

Hours: Mon – Fri: 9 am – 4 pm

Contact:

Tel: 416 787 1676 ext 3303

Fax: 647 260 0310

Teleophthalmology Program Tel: 416 787 1661 ext 3303

Referral: Self-referral through call or fax



Diabetes Management Centre at Trillium Health Partners

This is a diabetes management centre which offers classes for people with type 2 diabetes, gestational and pre-diabetes, individual counselling, transitional group for young adults moving from a paediatric program, exercise workshops, a healthy feet clinic, and more. These services are accessible in: Punjabi, Urdu, Hindi, Italian, Arabic, Farsi, Mandarin, Cantonese, Portuguese, Ukrainian, Spanish, Tamil, Bengali and Gujarati.

Website: <https://www.thp.ca/patientservices/diabetesservicesforadults/Pages/Diabetes-Management-Centre.aspx>

Location: Clinical Administration Building, 2nd floor, 15 Bronte College Crt.

Mississauga, ON, L5B 0E7

Hours: Mon: 7:30am – 4:30pm, Tues to Thurs: 7:30am – 9pm, Fri: 7:30am – 4:00pm

Contact: 905 848 7545

Referral: Physician



EarlyON Child and Family Centres

EarlyON Centres support families looking for safe and welcoming learning experiences for their children. You can, talk to qualified staff and ask questions to meet your family's needs, meet other families and enjoy quality time together, and join inclusive high-quality programs with your child.

Website: <https://www.peelregion.ca/children/early-on.asp>

Location of Main Centre: 75 Watline Ave, Unit 103, Mississauga, ON L4Z 3E5

Contact: 905 890 9432

Email: info@cdrpc.com

Referral: Self-referral



Healthy Babies, Health Children - Peel

A prevention/early intervention initiative designed to give children (prenatal-6yrs) a better start in life. New parents receive advice and support to help them with the changes a new baby brings and are offered a home visit by a Public Health Nurse. Families who are isolated and overburdened will have access to the Home Visiting Program, which offers the family the support of a Family Visitor and a Public Health Nurse.

Website: <http://www.peelregion.ca/health/great-beginnings/hbhc.htm#>

Location: 7120 Hurontario Street, PO Box 640, Mississauga, ON, L5M 2C2

Hours: Mon – Fri: 8:30 am – 4:30 pm

Contact:

Tel: 905 799 7700

Fax: 905 670 9772

Email: healthlinepeel@peelregion.ca

Referral: Self referral



Peel Memorial Diabetes Education Centre – Pediatrics

The pediatric team at the Peel Memorial Diabetes Education Centre provides the same services as adult DEC, however, to children and infants.

Website: <https://www.williamoslerhs.ca/en/areas-of-care/diabetes-care.aspx#Diabetes-Education-Centre-DEC>

Location: Peel Memorial Centre for Integrated Health and Wellness, 20 Lynch Street, Brampton

Hours: Mon – Wed: 8 am – 8 pm, Thurs – Fri: 8 am – 4 pm

Contact:

Tel: 905 863 2562

Fax: 905 494 6599

Referral: Physician



Centre for Complex Diabetes Care

The Osler Centre for Complex Diabetes Care provides access to care for adults with complex diabetes. The CCDC offers a team of diabetes experts including an endocrinologist, nurse practitioner, certified diabetes educator, registered dietician, social worker and pharmacist.

Website: <https://www.williamoslerhs.ca/en/areas-of-care/diabetes-care.aspx#Diabetes-Education-Centre-DEC>

Location: Peel Memorial Centre for Integrated Health and Wellness, 20 Lynch Street, Brampton

Hours: Mon – Wed: 8 am – 8 pm, Thurs – Fri: 8 am – 4 pm

Contact:

Tel: 905 863 2561

Fax: 905 494 6599

Referral: Physician



PEP Talk: Diabetes, Healthy Feet and You

This program is for individuals with diabetes who are experiencing tingles/numbness in their feet, changes to the shape of their feet and/or sores and blisters on their feet. There will be peer-led workshops run by people who have experiences diabetic foot complications.

Website:

<https://www.cwselfmanagement.ca/uploads/Common/LHL-PEP%20Talk%20Brochure%202015-16.pdf>

Contact: 416 604 6436 / cdsm@williamoslerhs.ca

Referral: Physician or self-referral through emailing



South Asian Diabetes Prevention Program (SADPP)

The SADPP provides a four-week online series with registered clinicians in South Asian languages, encouraging families to work together and manage diabetes.

Website: <https://www.fhc-chc.com/programs/sadpp/>

Hours: Every Thurs from Oct 20 – Nov 10 from 1 pm – 2:30 pm

Contact: 647 271 4534 / ikhana@fhc-chc.com

Referral: Self-referral through phone call or email



WellFort Diabetes Community Outreach

Provides diabetes health education at your location (religious, community organization, school, or workplace) for groups of five or more adults living with Type 2 Diabetes or Pre-Diabetes. **Website:** <https://www.wellfort.ca/programs-services/diabetes-education-and-support/diabetes-community-outreach>

Location:

Bramalea: Bramalea Community Health Centre, 40 Finchgate Boulevard, Suite 325, Brampton On, L6T 3J1

Malton: Four Corners Health Centre, Westwood Mall, 7205 Goreway Drive, Unit 75, Mississauga ON L4T 2T9

Hours:

Bramalea: Sunday: CLOSED, Mon: 8 am – 4 pm, Tues: 1 pm – 8 pm, Wed: 8 am – 8 pm, Thur: 9 am – 4 pm, Fri: 8 am – 4 pm, Sat: 8 am – 4 pm (occasional)

Malton: Sunday: CLOSED, Mon: 8 am – 4 pm, Tues: 1 pm – 8 pm, Wed: 8 am – 4 pm, Thur: 11 am – 7 pm, Fri: 8 am – 4pm

Contact: 905 799 8748

Referral: Physician or self-referral through call



WellFort Diabetes Education Program

This program is for individuals who are living with type 2 diabetes, diagnosed with prediabetes, or at risk.

Website: <https://www.wellfort.ca/programs-services/diabetes-education-and-support/diabetes-education/>

Location:

Bramalea: Bramalea Community Health Centre, 40 Finchgate Boulevard, Suite 325, Brampton On, L6T 3J1

Malton: Four Corners Health Centre, Westwood Mall, 7205 Goreway Drive, Unit 75, Mississauga ON L4T 2T9

Hours:

Bramalea: Mon: 8 am – 4 pm, Tues: 1 pm – 8 pm, Wed: 8 am – 8 pm, Thur: 9 am – 4 pm, Fri: 8 am – 4 pm, Sat: 8 am – 4 pm (occasional)

Malton: Mon: 8 am – 4 pm, Tues: 1 pm – 8 pm, Wed: 8 am – 4 pm, Thur: 11 am – 7 pm, Fri: 8 am – 4 pm

Contact: 905 451 6959

Referral: Physician or self-referral through call



West Toronto Diabetes Education Exercise Program

This exercise program is geared toward those with diabetes or pre-diabetes. The program uses resistance and stretches training to help increase fitness levels, control blood sugar, and improve overall wellness.

Website:

<http://lampchc.org/programs-services/clinical-health-services/diabetes/>

Location: 365 Evans Ave, Unit 201, Toronto, ON. M8Z 1K2

Hours: Mon – Fri: 8:30 am – 4:30 pm

Contact:

Tel: 416 252 1928 ext 299

Fax: 416 252 9141

Referral: Physician



West Toronto Diabetes Education Workshops

This is a program for both pre-diabetics and diabetics. You can join the education team and learn about the fundamental of managing diabetes including healthy eating, physical activity, medication, and how to prevent complications.

Website:

<http://lampchc.org/programs-services/clinical-health-services/diabetes/>

Location: 365 Evans Ave, Unit 201, Toronto, ON. M8Z 1K2

Hours: Mon – Fri: 8:30 am – 4:30 pm

Contact:

Tel: 416 252 1928 ext 100

Fax: 416 252 9141

Referral: Physician



William Osler Diabetes Education Centre

William Osler's DEC offers counseling and support for people with type 1 diabetes, type 2 diabetes, gestational diabetes. The centre will teach individuals how to test your blood sugar levels, take insulin, manage medications, make better food choices, and lead a more active life.

Website:[https://www.williamoslerhs.ca/en/areas-of-care/diabetes-care.aspx#Diabetes-Education- Centre-DEC](https://www.williamoslerhs.ca/en/areas-of-care/diabetes-care.aspx#Diabetes-Education-Centre-DEC)

Location:

Etobicoke: Etobicoke Wellness Centre, 115 Humber College Boulevard, Etobicoke, Fourth level

Brampton: Peel Memorial Centre for Integrated Health and Wellness, 20 Lynch Street, Brampton

Hours: Mon – Wed: 8 am – 8 pm, Thurs – Fri: 8 am – 4 pm

Contact:

Tel:

Etobicoke: 416 747 3400 ext. 32393

Brampton: 905 863 2562

Fax: 905 494 6599

Referral: Physician



Physical Activity

ActiveAssist

The City of Mississauga has this fee assistance program ActiveAssist gives residents in low-income households and newcomers with refugee status access to recreation and culture programs. **Website:** <https://www.mississauga.ca/recreation-and-sports/sports-and-activities/assistance-programs/active-assist/>

Online Application: <https://forms.mississauga.ca/activeassist>

Location: Customer Service Centre, Paramount Fine Foods Centre, 5600 Rose Cherry Place, Mississauga, ON L4Z 4B6

Hours: Mon – Fri: 8:30 am – 4:30 pm

Contact: 905 615 4100

Email: active@mississauga.ca

Referral: Self-referral



GoodLife Teen Fitness Program

Every summer, GoodLife opens its gyms to teens for free as part of the Teen Fitness program. The program will offer youth aged 12 to 17 free access to all GoodLife Fitness live and on-demand content such as a member.

Website: <https://www.teenfitness.ca/>

Hours: Mon – Fri: 9:00 am – 5:00 pm

Contact: 1 800 387 2524

Email: members@goodlifefitness.com

Referral: Self-referral



Islamic Society of North America – Mississauga – Communal Fitness Classes

ISNA offers a selection of recreational opportunities to all those who are enthusiastic about fitness, physical exercise, organized games and a healthy lifestyle. Health and wellness related activities at the ISNA Mississauga location include indoor basketball, badminton, indoor cricket, soccer, and exercise classes.

Website: <https://www.isnacanada.com/communal-fitness/>

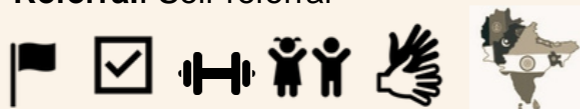
Location: 2200 South Sheridan Way Mississauga, ON L5J 2M4, Canada

Hours: Mon – Fri: 11:00 am – 7:00 pm

Contact: 905 403 8406

Email: info@isnacanada.com

Referral: Self-referral



Jerry Love Children's Fund

This fund allows students to attend the recreation program of their choice in the City of Mississauga.

Website: <https://www.mississauga.ca/recreation-and-sports/sports-and-activities/assistance-programs/jerry-love-childrens-fund/>

Online Application: <http://www7.mississauga.ca/Departments/Rec/registration/pdf/596.pdf>

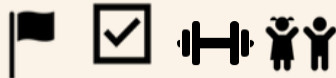
Location: Customer Service Centre, Paramount Fine Foods Centre, 5600 Rose Cherry Place, Mississauga, ON L4Z 4B6

Hours: Mon – Fri: 8:30 am – 4:30 pm

Contact: 905 615 4100

Email: active@mississauga.ca

Referral: Self-referral



North Peel Family Health Team Walking Club

The goal of this group is to improve physical activity levels and fitness by completing low to moderate intensity physical activity by walking outdoors.

Website: <https://www.npfht.com/walking-club>

Location: Centennial Park, 53, Center St South, Brampton, ON, L6W 2X7

Hours: Every Mon: 12:00 pm – 1:00 pm

Contact: 905 459 2181

Referral: Self-referral through phone call or filling out online form.



Nutritious Food

Community Fridges Toronto

Community Fridges Toronto (CFTO) is a Toronto-based volunteer-driven community initiative with a network of fridges and pantries that offer free food to combat food insecurity. Necessities like fresh produce, whole meals, pantry goods, and personal care items can be accessed by anyone at any time of day, no questions asked, without enrolling in a program, and free from the stigma associated with food insecurity. You are able to collect food from the community fridges 24/7.

Website:

<https://notfarfromthetree.org/new-food-security-partnership-community-fridges-toronto-cfto/>

https://www.instagram.com/cf___to/?hl=en

Locations: List of the 10 community fridge locations can be found here:

<https://www.google.ca/maps/@43.6693533,79.3789579,13z/data=!3m1!4b1!4m3!11m2!2smKBODH3d9hUnBi bGrLuw4wWEUr0NtQ!3e3>

Hours:

Community Fridges: 24/7

Farmer's Markets:

Sorauren: Mon: 3 – 7 pm

Trinity Bellwoods: Tues: 3 – 7 pm

Dufferin Grove: Thurs 3 – 7 pm

Evergreen Brickworks: Sat: 8am – 1 pm

Deeply Rooted: Sun: 9 am – 2 pm

Contact: cf.416.to@gmail.com

Referral: No referral required



Eden Food for Change

This is an emergency food bank and distribution centre where food allowance is based on family size.

Website: <http://edenffc.org/>

Location:

Battleford Client Centre: 3051 Battleford Road, Mississauga, ON, L5N 5Z9

Unity Client Centre: 3185 Unity Drive, Unit #2, Mississauga, ON L5L 4L5

Hours:

Battleford Client Centre: Mon: 10:00 am – 1:00 pm and Thurs: 5:00 pm – 8:00 pm

Unity Client Centre: Tues: 5:00 pm – 8:00 pm, Wed: 1:00 pm – 4:00 pm, Friday: 10:00 am – 1:00 pm

Contact: 905 785 3651

Email: info@edenffc.org

Referral: No referral is needed



Food for Life

The Food for Life organization is a Canada-wide not-for-profit outside the GTA. They collect surplus perishable food from retail and wholesale food suppliers and grocery stores and then donate to drive-thru food banks. The locations exist in Ontario in the following areas: Acton, Burlington, Georgetown, Hamilton, Milton, and Oakville.

Website: <http://foodforlife.ca>

Location:

Milton Bible Church – Operating as a drive-thru program without needing to get out of your vehicle.

121 Chisholm Drive

905 876 3586

Thursday – 12-1 pm

Milton Mobile Outreach – Operating as a drive-thru program, with no need to get out of your vehicle.

Milton Sports Centre

605 Santa Maria Blvd.

Community Park Entrance

Wednesdays – 4:30 - 6:00 pm

Milton Public Library - Beaty Branch

945 Fourth Line, Milton

GOOD food bags are available when the library is open

Milton Community Resource Centre

410 Bronte Street

Mon-Fri 8 am - 4 pm

GOOD food bags are available by calling 905-876-1244 to schedule a pickup

Viola Desmond / MCRC EarlyON Community Fridge

1450 Leger Way

Mon - Thurs 8:30am - 4:30pm

Fri - 8:30 am - 12:30 pm

Contact: 905-635-1106

Referral: No referral is required



Halal Food and Essential Items Bank

The food bank has provided individuals and families with non-perishable food items and halal meat. Additionally, essential household items, clothing, footwear and winter gear are provided based on availability. There has always been a particular focus on children, so we provide backpacks at the start of the school year and presents during the holiday season.

Website: <https://www.muslimwelfarecentre.com/causes/halal-food-essential-items-bank/>

Location: 3490 Mavis Rd, Mississauga, ON L5C 1T8, Canada

Hours: Mon – Thurs: 1 pm – 4:00 pm

Contact: 905-281-9730

Referral: Self-refer through registering by calling



Halal Meals on Wheels

Since 2001, Muslim Welfare Canada has provided Toronto's homeless food through our Meals on Wheels program. Every Saturday, volunteers gather to prepare over 500 lunch bags consisting of a sandwich or burger, seasonal fruit and a juice box. Once prepared, these lunches are hand-delivered to the homeless in various shelter locations in downtown Toronto. This program runs every Saturday (rain or shine, winter or summer) 52 weeks a year.

Website: <https://www.muslimwelfarecentre.com/causes/meals-on-wheels/>

Location: 100 McLevin Avenue Suite 4 (Head Office, Unit 7, Scarborough, ON M1B 5K1, Canada)

Hours: Mon – Fri: 9 am – 5:30 pm

Contact: 1 866-754-3111

Referral: Self-refer through registering by calling



Islamic Society of North America – Mississauga – Food Bank

ISNA provides halal meal packages to families from their food bank and allows them to socialize and meet community members.

Website: <https://www.isnacanada.com/foodbank/>

Location: 2200 South Sheridan Way Mississauga, ON L5J 2M4, Canada

Hours: Mon – Fri: 11:00 am – 7:00 pm

Contact: 905 403 8406

Email: info@isnafoodbank.ca

Referral: Register through the online form and be re-assessed every six months.



Lamp: The Gardens Pod Project

The Gardens Pod Project is a gardening model of mobile gardens (PODS) built on under-utilized land in partnership with local community businesses. These garden pods are set up and cared for by the Pod Planter Providers (volunteers), where a portion of the harvest is given back to the community, supporting the local food bank and other food programs which members can access.

Website: <https://lampchc.org/programs-services/community-health-programs/health-promotion/green/>

Location: 185 Fifth St, Etobicoke, ON M8V 2Z5

Contact: 416 252 9701ext. 239

Tel: 416 252 6471

Fax: 416 252 4474

Email: feedback@lampchc.org

Referral: No referral is required



LAMP: The Good Food and Nutrition

The Good Food Market is a mobile and smaller version of a farmer's market which provides fresh produce to the community at an affordable price. Furthermore, the leftovers are donated to community kitchens which can also be accessed through this contact.

Website: <https://lampchc.org/programs-services/community-health-programs/health-promotion/food-security/>

Location: 185 Fifth St, Etobicoke, ON M8V 2Z5

Hours: Wed: 4 pm – 6:30 pm and during Winter: We: 2:30 pm – 6 pm

Contact:

Tel: 416 252 6471

Fax: 416 252 4474

Email: feedback@lampchc.org

Referral: No referral is required



Punjabi Community Health Services – Malton: Langar on Wheels

The PCHS started the Langar on Wheels program for elderly members of the community who require assistance in making and eating culturally appropriate healthy South Asian food right to their doorstep. The program prepares the food and delivers it to registered seniors to ensure nutritious meals catering to cultural tastes.

Website: <https://pchs4u.com/programs/langar-on-wheels/>

Location:

Mississauga: 2980 Drew Rd, Mississauga, ON L4T 0A7

Brampton: 50 Sunny Meadow Blvd, Suite # 20, Brampton, ON, L6R 0Y7

Mon – Fri: 9 am – 5 pm

Contact:

Tel: 905 677 0889

Fax: 1 855 326 7756

Email: info@pchs4u.com

Referral: Self-referral through call or email



Seva Food Bank

The work of Seva Bank aims to address the challenges of food security, poverty reduction and economic renewal for low-income families living in seven postal codes across Mississauga. Their approach underscores the importance of dignity, cultural sensitivity and inclusion. Our solutions are developed and implemented with thoughtful community engagement.

Website:

<https://www.sevafoodbank.com/>

Location/Hours:

Wolfedale

3413 Wolfedale Rd, Unit 10, Mississauga, ON, L5C 1V8

Wednesday & Thursday

4:00 pm – 8:00 pm

Friday

11:00 am – 3:00 pm

Contact: 905 361 7382 ext 1

Malton

2832 Slough St, Mississauga, ON, L4T 1G3

Wednesday & Thursday

4:00 pm – 8:00 pm

Friday

11:00 am – 3:00 pm

Contact: 905 361 7382 ext 2

Email: info@sevafoodbank.com

Referral: Self-referral through call or email



The Peoples Pantry – Community Cookbook

After over a year of hard work, the Peoples Pantry launched a community cookbook that includes culturally sensitive and nourishing meals from community members.

Website:

<https://www.thepeoplespantryto.com/recipes>

Contact:

Email: thepeoplespantrytoronto@gmail.com

Instagram: <https://www.instagram.com/unitykitchento/>

Referral: No referral is required



The Peoples Pantry – Unity Kitchen TO

This program provides food free of charge; no questions are asked, and no fixed address is required. They also aim to ensure the food is high quality, nutritious, and culturally appropriate. There are prepared meals and grocery packages available for pick up.

Website:

<https://www.thepeoplespantryto.com/about>

Location: Food drop-off locations are updated on their social media platforms.

Hours: The food drop-off location is updated on their social media platforms.

Contact:

Email: thepeoplespantrytoronto@gmail.com

Instagram: <https://www.instagram.com/unitykitchento/>

Referral: No referral is required



WellFort Healthy Recipes Videos

Healthy recipe videos and lists curated by the WellFort Community Health Centre for diabetic patients.

Website: <https://www.wellfort.ca/programs-services/diabetes-education-and-support/diabeteseducation/healthy-recipe-videos/>

Contact: 905 45 6959

Referral: No referral is required



Mental Health Services

Associated Youth Services of Peel (AYSP)

AYSP is a team of professionals and volunteers dedicated to helping children, youth, and families manage mental health and justice issues to realize their potential and encourage their contribution to the community.

Website: www.aysp.ca

Location: 160 Traders Blvd E, Suite 100, Mississauga, ON, L4Z 3K7

Hours: Mon – Thurs: 8:30 am – 5 pm, Fri: 8:30 am – 4 pm

Contact:

Tel: 905 890 5222 and for Intake – 905 4514655

Fax: 905 696 0350

Email: general@aysp.ca

Referral: Self-referral or referral through family member, aid, Peel District School Board and Ontario Court of Justice/Crown Attorneys.



Canadian Mental Health Association (CMHA) – Peel Dufferin

CMHA at Peel Dufferin offers several programs, including brief mental health counselling services, a program called Access to Recovery, one on one sessions with the Assertive Community Treatment Team (ACTT), Behavioural Supports Ontario (BSO), and a concurrent Disorders Support Group,

Website: <https://cmhapeeldufferin.ca/>

Location: 314-7700 Hurontario Street, Brampton, L6Y 4M3, Ontario, Canada

Hours: Mon – Fri: 8:00 am – 6:00 pm

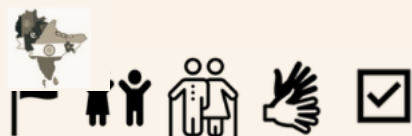
Contact:

Tel: 905 451 2123 / 1 877 451 2123

24/7 Crisis Support: 905 278 9036 / 1888 811 2222

Email: info@cmhapeel.ca / intake@CMHAPeel.ca

Referral: Self-referral or physician referral.



Catholic Family Services of Dufferin

A social service agency that offers counselling, workshops, and support groups to help people cope with personal and relationship challenges.

Website: www.cfspd.com

Location: William G Davis Centre for Families. 60 West Dr, Suite 201, Brampton, ON L6T 3T6

Hours for Administration: Mon-Wed: 9:00 am – 5:00 pm, Thurs: 9 am – 8 pm, Fri: 9:00 am – 4:00 pm

Hours for Walk-In Counselling: Mon: 9:00 am – 7:30 pm, Thurs: 12:30 pm – 7:30 pm

Contact:

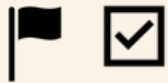
Tel for Peel, Orangeville and Bolton: 905 450 1608 ext 112

Tel for Dufferin: 1 888 940 0584

Fax: 905 450 8902

Email: info@cfspd.com

Referral: Self-referral



EveryMind

EveryMind delivers high-quality mental health services for infants, children, youth, young adults (up to age 25) and families in the Region of Peel.

Website: <https://everymind.ca/>

Location: 85A Aventura Court, Mississauga, Ontario, Canada L5T 2Y6

Hours: Mon – Thurs: 8:30 am – 8 pm, Fri: 8:30 am – 5 pm

Contact:

Tel: 905 795 3500

Fax: 905 696 0350

Email: info@everymind.ca

Referral: Physician referral or self-referral through call or email



Family Services of Peel

Provides family and community support services for the people of Peel. As a multi-service agency, we provide professional counselling, support for victims of abuse, employment support services, support for people with developmental disabilities and education programs. Sensitive to cultural and social diversity, Family Services of Peel is a community-based agency that works to strengthen individuals and families through guidance, coaching, mentoring, education and support, whether in groups, family meetings or one-to-one sessions.

Website: www.fspeel.org

Location: 640 Eglinton Avenue W, Mississauga, ON L5B 1M7

Hours: Mon – Thurs: 9:00 am – 9:00 pm, Fri: 9:00 am – 5:00 pm, Sat: 9:00 am – 1:00 pm

Contact:

Tel for intake: 905 453 5775

Tel for office: 905 270 2255

Fax: 905 270 2869

Email: fsp@fspeel.org

Referral: Self-referral



Islamic Society of North America – Mississauga – Counselling

ISNA provides counselling to improve your quality of life, achieve your goals, and find a faith-based perspective.

Website: <https://www.isnacanada.com/counselling/>

Registration Form:

https://docs.google.com/forms/d/e/1FAIpQLScMrbvP9T3gMZWNTtnjUuq8xbqbeNQ1EUi54lpIFmJfhg9xng/viewform?usp=send_form

Location: 2200 South Sheridan Way Mississauga, ON L5J 2M4, Canada

Hours: Mon – Fri: 11:00 am – 7:00 pm

Contact: 1 855 432 5635

Email: counselling@isnacanada.com

Referral: Self-referral through filling out an intake form, emailing or calling.



Nexus Community Counselling Program

Youth mental health services, including community counselling programs and information and referrals to other community services. They provide confidential individual counselling on issues such as depression, anxiety, anger, relationship difficulties, conflict, drugs and alcohol, bullying, abuse and trauma.

Website: <http://www.nexusyouth.ca/>

Location: 85A Aventura Court, Mississauga, Ontario, Canada L5T 2Y6

Hours: Mon – Thurs: 9:00 am – 8 pm, Fri: 9:00 am – 5 pm

Contact:

Tel: 905 451 4655 / 905 795 3500

Fax: 905 696 0350

Email: foryou@nexusyouth.ca

Referral: Complete an intake form after contacting the program. Self-referral by children and youth 14-24 years with the capacity to consent to service. Referral also by the custodial parent or legal guardian for children under 16 years.



One-Link Addictions and Mental Health Services

A single access point for referrals to publicly funded addictions and mental health providers in Mississauga and Halton.

Website: <http://www.one-link.ca/>

Location: 60 West Drive, Unit 101, Brampton, ON L6T 3T6

Hours: Mon – Thurs: 8:00 am – 8:00 pm, Fri: 8 am – 4 pm, Sat: 8:30 am – 4:30 pm

Contact:

Tel: 905 338 4123 / 1 844 216 7411

Fax: 905 338 2878

Email: one-Link@haltonhealthcare.com

Referral: Physician referral.



Rapport Youth and Family Services

Provides counselling and related support services for young people in Peel Region who are experiencing personal, social or family problems.

Website: <https://rapportyouth.com/>

Location: 60 West Drive, Unit 101, Brampton, ON L6T 3T6

Hours: Mon – Fri: 8:30 am – 4:30 pm

Contact:

Tel: 905 790 7707

Fax: 905 455 9727

Email: info@rapportyouth.com

Referral: Self-referral and complete an intake form after contacting the program.



Tangerine Walk-In

Tangerine Walk-in is a walk-in counselling service available free of charge to children and youth up to their 18th birthday and their parents, caregivers, or adult supporters.

Website: <http://www.tangerinewalkin.com/>

Location: 85A Aventura Court, Mississauga, Ontario, Canada L5T 2Y6

Hours: Mon – Thurs: 8:30 am – 8 pm, Fri: 8:30 am – 5 pm

Contact: 905 795 3530

Referral: No referral is required



Where to Start

WhereToStart.ca's four core service providers deliver child and youth mental health programs and services to children and youth up to age 25 who live in the Region of Peel. Services are free and confidential and include assessment, treatment and education delivered by qualified mental health professionals. Your treatment plan will be customized to address your individual needs and circumstances.

Website: <https://wheretostart.ca/>

Contact:

Tel: 905 451 4655

Crisis: 905 278 9036

Referral: Physician or self-referral through call



Seniors Services

Halal Meals on Wheels for Seniors

The Muslim Welfare Canada organization twice a week prepares and delivers over 500 meals to seniors in the GTA and Mississauga.

Website: <https://www.muslimwelfarecentre.com/causes/meals-on-wheels-seniors/>

Location: 3490 Mavis Rd, Mississauga, ON L5C 1T8, Canada

Hours: Sun-Sat: 9 am – 5:30 pm

Contact: 416-754-8116

Email: muslim@mwcanada.org

Referral: Self-refer through call or email



Indus Community Services - Seniors Wellness Program

This program is for healthy, active seniors aged 55+. It is essential to maintain an active and healthy lifestyle; therefore, once a week, members of the Seniors Wellness Groups (seven groups throughout Mississauga and Brampton) engage in various stimulating physical and mental activities that are beneficial to their overall well-being. Seniors who attend this program are also given leadership and volunteer opportunities. Educational presentations are offered on health-related topics such as healthy eating, the dangers of heart conditions & stroke, as well as dementia and Alzheimer's disease. Opportunities for seniors are there to explore their creative side through artistic workshops in dance, art, music, and more.

Website: <https://www.induscs.ca/seniors-wellness-program/>

Location:

Mississauga

3038 Hurontario Street, Suite 206, Mississauga, ON L5B 3B9

Canada **Tel:** 905 275 2369

Fax: 905 275 6799

Hours of Operation: Monday to Friday – 9 AM – 4:30 PM

Brampton

245 Queen Street East, Unit 2

Brampton, ON L6W 2B5 Canada

Tel: 905 275 2369

Fax: 905 595 1670

Hours of Operation: Monday to Friday – 9 AM – 4:30 PM

Contact:

Email: info@induscs.ca

Referral: Self-referral through call or email



Peel Tamil Seniors Organization

The Peel Tamil Seniors Organization serves the needs of the Tamil seniors living in the region of Peel in the fields of Health, Education, Social, Housing, Disability etc., through surveys, planning and executing projects and programmes to fulfil their needs. Our activities include Seminars, Workshops, literacy forums, Basic computer training, Yoga, and Volunteer Training with the assistance of professionals in respective fields. We are working with similar ethnic organizations in conducting programs that provide for the smooth integration and adaptation to the Canadian way of life—organizing Trips in Canada and outside of Canada to reduce isolation among our senior members.

Website: <http://www.peeltamilseniors.ca/>

Location: Dundas Street West, Unit 206, Mississauga, Ontario, L5B 1J2

Hours: Mon: 1:30 pm – 3 pm, Tues: 10 am – 3 pm, Thurs: 1:30 – 3 pm, Fri: 10 am – 3 pm

Contact: 905 290 3000 / info@peeltamilseniors.ca

Referral: Self-refer through call or email



Punjabi Community Health Services – Sahara Better Families Program

The BFP supports youth ages 12 to 24 years old and their families and parents of children aged 1 to 11 years old and parents mandated by legal obligation related to children or youth issues. The program provides 1-to-2-hour sessions to individuals or in group sessions, individualized assessment and planning, service coordination, supportive counselling, monitoring and evaluation of services provided to recipients, systems advocacy, resource coordination and outreach in the community.

Website: https://pchs4u.com/wp-content/uploads/2019/06/PCHS_Sahara-Better-Families-version-2-2.pdf

Location/Contact:

Mississauga: 2980 Drew Rd, Mississauga, ON L4T 0A7

Tel: 905 677 0889

Fax: 905 677 9141

Brampton: 50 Sunny Meadow Blvd, Suite # 20, Brampton, ON, L6R 0Y7

Tel: 905 790 0808

Fax: 905 790 0802

Hours:

Sahara Parenting Group (Brampton Location)

First Thurs once a month: 6 – 8 pm

Sara Youth Group (Brampton Location) Thurs: 5 – 7 pm

Email: info@pchs4u.com

Referral: Self-refer through call or email



Punjabi Community Health Services – Senior Services

The PCHS started the Langar on Wheels program for elderly members of the community who require assistance in making and eating culturally appropriate healthy South Asian food right to their doorstep. The program prepares the food and delivers it to registered seniors to ensure nutritious meals catering to cultural tastes.

Website: <https://pchs4u.com/geriatrics-program-services-for-seniors/>

Location/Hours:

Senior Men's Group

Wed: 11 am – 2 pm

50 Sunny Meadow Blvd., Unit #108, Brampton, ON, L6R OY7

Senior Women's Groups

Mon: 11 am – 2 pm

50 Sunny Meadow Blvd., Unit #108, Brampton, ON, L6R OY7

Fri: 12 am – 3 pm

980 Drew Rd., Unit #241, Mississauga, ON, L4T OA7

Senior Women and Men's Group

Thurs: 12 pm – 3 pm

45 Glenn Hawthorne Dr., Mississauga, ON, L5R 419

Referral: Physician, self-referral or referred by someone who knows you



Roots Community Services - Healthy, Active and Wise

The Healthy, Active and Wise program provides a wide range of activities, including Zumba, yoga, arts and crafts, congregate lunch, trips, workshops, and education sessions.

Website: <https://rootscs.org/seniors-program>

Location/Hours:

Chris Gibson Rec Centre, Brampton: congregate dining on Thursdays

Fortinos Brisdale, Brampton: congregate dining bi-weekly on Wednesdays

Chapelview Apartments, Brampton: Health and Wellness Program on Mondays (a partnership with Peel Living and Punjabi Community Health Services)

Nance Horwood Place, Brampton: Yoga program on Mondays

Contact: 905 455 6789 ext. 102 / ext.109 / ext. 110 / seniors@rootcs.org

Referral: Self-refer through call or email



Employment and Newcomer Services

ACCES Brampton

ACCES offers one-to-one support for job support using official services through Employment Ontario. They provide employment consultants that work with individuals and offer job search support and guidance, including developing a tailored action plan, job matching and employment services. ACCES also provides connections to employers in our network who are hiring through networking, mentoring and employment opportunities. We also offer a variety of online programs and services, such as webinars and blog posts, as an additional job search resource.

Website: <https://acesemployment.ca/learn-about-us/talk-to-us/brampton>

Location/Contact/Hours:

Brampton:

44 Peel Centre Drive, Suite 20, Brampton, ON L6T 4B5

Mon – Fri: 9 am – 5 pm

Tel: 905 454 2316

Fax: 905 454 5171

Mississauga:

2085 Hurontario St, Suite 210, Mississauga, ON L5A 4G1, Canada

Mon – Fri: 9 am – 5 pm

Tel: 905 361 2522

Fax: 905 361 0911

Referral: No referral is required



Brampton Multicultural Community Centre

Employment Brampton Multicultural Community Centre is a group of diverse professionals dedicated to enhancing newcomer community engagement. Their agency was established in 1987 as a non-profit organization to serve and work with newcomers to facilitate their settlement and integration into Canada. There are many services and learning opportunities to connect newcomers to a better future in the ever-changing Canadian society.

Website: <https://bmccentre.org/>

Location/Hours/Contact:

Brampton South

197 County Court Blvd., Suite 303, Brampton ON L6W 4P6

Tel: 905 790 8482

Fax: 905 874 6100

Brampton North

150 Central Park Drive, Suite # 107, Brampton, ON, L6T 2T9

Tel: 905 790 8482

Fax: 905 790 8488

Mississauga

4120 Ridgeway Drive, Unit 43, Mississauga, ON, L5L 5S9

Tel: 905 828 1328

Fax: 905 828 4008

Hours: Mon – Fri: 9 am – 5 pm

Email: services@bmccentre.org

Referral: No referral is required



COSTI Immigration Services

Community-based multicultural agency providing employment, educational, settlement and social services to all immigrant communities, new Canadians, and individuals in need of assistance. **Website:**

<http://www.costi.org/whoweare/whoweare.php>

Location/Hours/Contact:

Mississauga:

6750 Winston Churchill Blvd Unit 8A, Mississauga, ON L5N

4C4, Canada Mon – Fri: 8:30am – 4:30pm

416 658 1600

North York:

1700 Wilson Ave, North York, ON M3L 1B2, Canada

Mon – Fri: 8:30am – 4:30pm

416 244 0480

Vaughan:

3100 Rutherford Rd Suite 102, Vaughan, ON L4K 0G6, Canada

Mon – Fri: 8:30am – 4:30pm

905 669 5627

Email: info@costi.org

Referral: No referral is required



Employment Ontario Office

Employment Ontario can help you get the training, skills and experience you need to achieve your goals. We connect people looking for work with employers looking for workers and have locations across the province to help with job search and employment and training opportunities. **Website:** <https://www.ontario.ca/page/employment-ontario>

Hours: Mon – Fri: 8:30 am – 5 pm

Contact:

Tel: 416 326 5656

Toll-free: 1 800 387 5656

TTY: 1 866 533 6336

Chat with the employee on the website

Email: contacteo@ontario.ca

Referral: No referral is required



Indus Community Services: Employment Services

One-on-one counselling allows individuals to work on resume/cover letter writing and job interviews. These are monthly workshops which also enhance networking skills.

Website: <https://www.induscs.ca/>

Location: 3038 Hurontario Street – Suite 206, Mississauga, ON L5B 3B9 Canada

Hours: Mon to Fri: 9 AM – 4:30 PM

Contact:

Tel: 905 275 2369

Fax: 905 275 9225

Email: employmentservices@induscs.ca

Referral: No referral is required



Indus Community Services: Newcomer Services & English Language Training

This program helps newcomers improve their overall English communication skills to become more engaged in their community and enhance their employment possibilities. Other workshops and classes are also provided to improve the chances of integration.

Website: <https://www.induscs.ca/>

Location /Contact:

Mississauga:

3038 Hurontario Street – Suite 206

Mississauga, ON L5B 3B9 Canada

Tel: 905 275 2369 Ext. 293

Fax: 905 275 6799

Brampton:

60 Gillingham Drive, Suite 500

Brampton, ON L6X 0Z9 Canada

Tel: 905 275 2369

Fax: 905 459 4347

Hours: Mon – Fri: 9 AM – 4:30 PM

Email: info@induscs.ca

Referral: No referral is required



Newcomer Centre of Peel (NCP)

The NCP is a multi-service agency that assists the newcomer family in achieving a settlement. With experience and expertise in English language training; employment, business start-up and comprehensive settlement services, including programs for women, youth and seniors; NCP offers a dedication to service quality. Through innovation and a progressive attitude, we leverage the broad experience of our staff and community partners to overcome settlement barriers. **Website:** <https://www.ncpeel.ca/index.html>

Location: 165 Dundas Street West, Suite 116, Mississauga, ON L5B 2N6

Hours: Mon – Fri: 8:30 am – 4:30 pm

Contact: 905 306 0577 / info@ncpeel.ca

Referral: No referral is required



Peel Career Assessment Services Inc. – Settlement and Employment Services

ACCES offers one-to-one support for job support using official services through Employment Ontario. They provide employment consultants that work with individuals and offer job search support and guidance, including developing a tailored action plan, job matching and employment services. ACCES also provides connections to employers in our network who are hiring through networking, mentoring and employment opportunities. We also offer a variety of online programs and services, such as webinars and blog posts, as an additional job search resource. **Website:** <http://www.peelcareer.com>

Location: 975 Meyerside Dr, Mississauga, ON L5T 1P9, Canada

Hours: Mon – Fri: 7:55 am – 5 pm

Contact:

Tel: 905 670 1967

Fax: 905 670 3399

Email: services@peelcareer.com

Referral: No referral is required



Peel Immigration (Virtual)

ImmigrationPeel.ca is the local immigration web portal for Peel Region, which is home to the Town of Caledon, the City of Brampton, and the City of Mississauga. This website helps newcomers to Canada by providing information on local services, programs and events that facilitate and accelerate their settlement and integration into the Peel community.

Website:

<https://www.immigrationpeel.ca/en/index.aspx>

Contact: 905 276 0008 ext. 116 / email through the website

Referral: No referral is required



Foot, Eye and Dental Services

Eye See... Eye Learn Program

Participating optometrists and corporate partners, including Essilor Vision Foundation Canada and Modern Optical Canada, can provide one pair of glasses per child for free. The child must be in junior or senior kindergarten.

Website: <https://optom.on.ca/esel/>

Location: 20 Adelaide St E, Box 16, Suite 801, Toronto, ON, M5C 2T6

Contact:

Tel: 905 826 3522

Toll-free: 1 800 540 3837

Fax: 905 826 0625

Email: esel@optom.on.ca

Referral: Physician



The Insulin Syringes for Seniors Program – Ontario Ministry of Health

The Syringes for Seniors program assists with purchasing syringes and pen needles for Seniors (65 years and over) who use insulin daily. The program offers an annual grant of \$170 to eligible individuals. **Website:**

<https://www.cwselfmanagement.ca/uploads/Common/PDF/SyringesForSeniorsProgram.pdf>

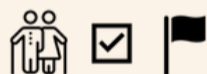
Hours: Mon – Fri: 8:30 am – 5 pm

Contact:

Tel: 1 800 268 6021

Toll-free: 1 866 532 3161

Referral: Physician or self-referral through call



Wellfort Community Health Centre – Dental Care for Seniors

This program is for seniors covered under the new Ontario Seniors Dental Care Program (OSDCP), which can access the Wellfort Dental clinics. See further in this guide to learn about the OSDCP. **Website:** <https://www.wellfort.ca/programs-services/dental-care/dental-care-for-seniors/> **Contact:**

Tel: 416 916 0204

Toll-free: 1 833 207 4435

TTY: 1 800 855 0511

Referral: Physician or self-refer through call



WellFort Community Health Centre – Dental Care for Youth

Wellfort can provide dental services to children and youth 17 years old and under from low-income households covered under the Healthy Smiles Ontario (HSO) program. See further in this guide to learn about HSO.

Website: <https://www.wellfort.ca/programs-services/dental-care/dental-care-for-youth/>

Location: 40 Finchgate Blvd suite 224, Brampton, ON L6T 3H9, Canada

Hours: Mon: 8 am – 4 pm, Tues: 1 pm – 8 pm, Wed: 8 am – 5 pm, Thurs: 8 am – 6 pm, Fri: 8 am – 4 pm

Contact: 905 799 8748

Referral: Physician or self-referral by call



Indus Community Services – Foot Care Program

Adults and elderly individuals can access cost-efficient foot care to manage the risks of diabetes, gout, heart disease, and other conditions.

Website: <https://www.induscs.ca/foot-care-services/>

Mississauga location: 1660 Tech Avenue, Unit 4, Mississauga, ON L4W 5S7 Canada.

Contact, Tel: 905-275-2369. **Fax:** 905 275 6799. **Email:** adultdayservices@induscs.ca

Hours of Operation: Monday to Friday – 9 AM – 5:30 PM

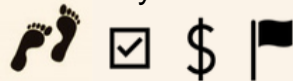
Brampton location: 245 Queen Street East, Unit 2, Brampton, ON L6W 2B5 Canada

Contact, Tel: 905-275-2369. **Fax:** 905-595-1670

Hours of Operation: Monday to Friday – 9 AM – 4:30 PM

Indus Community Services, general Contact: 905 275 2369 / info@induscs.ca

Referral: Physician or self-referral by call



Transportation

MiWay – Mississauga Summer Pass

This summer pass provides 12 – 14 years old individuals with the opportunity to apply for a Sauga Summer Pass to ride the MiWay for free and swim for free in the city pool from July 1st to August 31st. **Website:** <https://www.mississauga.ca/miway-transit/fares/sauga-summer-pass/> **Location:** 200, Rathburn Road West, Mississauga ON, L5B4C1

Hours:

Mon – Fri: 7:00 am – 7:00 pm, Sat/Sun/Holidays: 9:30 am – 5:00 pm

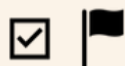
Information Booth: Mon – Fri: 11:30 am – 7:00 pm, Sat: 9:30 am – 5:00 pm, Sun/Holidays: closed

Fares Booth: Mon – Fri: 11:15 am – 7:00 pm, Sat/Sun/Holidays: closed

Contact, Tel: 905 615 4636

Email: miwayhelps@mississauga.ca

Referral: No referral required



Peel Affordable Transit Program

The Peel Affordable Transit Program is a partnership between the Region of Peel, the City of Brampton, and the City of Mississauga. The program subsidizes 50% of the cost of an adult or senior monthly PRESTO pass for low-income individuals in either Brampton or Mississauga.

Website: <http://www.peelregion.ca/affordabletransit>

Location:

Brampton:

10, Peel Centre Dr, Brampton

Mississauga:

7120, Hurontario St, Mississauga

Hours: Mon – Fri: 8 am – 5 pm

Contact:

Tel: 905 791 7800

Toll-free: 1 888 919 7800

Email: info@peelregion.ca

Referral: No referral required



TransHelp

Peel Region provides specialized public transit for eligible Brampton, Caledon, and Mississauga residents. This door-to-door service is called TransHelp.

Website: <https://www.peelregion.ca/transhelp/apply/>

Location:

Brampton:

10, Peel Centre Dr, Brampton

Mississauga:

7120, Hurontario St, Mississauga

Hours: Mon – Fri: 8 am – 5 pm

Contact:

Tel: 905 791 7800

Toll-free: 1 888 919 7800

Email: info@peelregion.ca

Referral: No referral required



Benefits

Diabetes Canada – Monitoring for Health Program

This program is to help people of Ontario with diabetes who use insulin or have gestational diabetes pay for the cost of their blood glucose testing supplies.

Website: <https://www.torontocentralhealthline.ca/displayService.aspx?id=206025>

Location: 522 University Ave, Suite 1300, Toronto, ON, M5G 2R5

Hours: Mon – Fri: 9 am – 5 pm

Contact:

Tel: 416 363 3373

Toll-free: 1 800 361 0796

Email: mfhp@diabetes.ca

Referral: Physician or self-referral through call or email



Free Medical Clinics for the Uninsured

These clinics offer healthcare services to individuals not covered by the Ontario Health Insurance Plan (OHIP) or other health insurance plans. Amongst those we serve are new immigrants waiting for OHIP coverage to begin, refugees, students and visitors. Medical care is provided by licensed physicians and nurses who dedicate their time and expertise to serve patients voluntarily. The clinics receive medicines from a local pharmaceutical company. They have also developed a network of healthcare providers (pharmacies, doctors, specialists, diagnostic labs, etc.) willing to serve needy patients at reduced rates. As the clinics provide mostly incidental care, patients with emergencies or who require critical care are encouraged to visit the local hospital.

Website: <https://www.muslimwelfarecentre.com/causes/free-clinic/>

Locations, Hours and Contact:

Mississauga:

796 Burnhamthorpe Road West, Unit 2, Mississauga, Ontario

L5C 2R9 **Hours:** Mon – Fri: 11 am – 5 pm

Contact: 647-641-1027

Referral: Self-referral; you need to make an appointment before coming in
Scarborough:

100 McLevin Avenue, Unit 2A, Scarborough, Ontario M1B 5K1

Hours: Mon – Fri: 11 am – 5 pm

Contact: 647-641-1027

Referral: Self-referral; you need to make an appointment before coming in



Healthy Smiles Ontario

Children 17 years old and under are eligible for free dental care through the government's Healthy Smiles program if they belong to a lower-income family and need support.

Website: <http://ontario.ca/healthysmiles>

Location: Healthy Smiles Ontario, 33 King St W, PO Box 645, Oshawa, ON L1H 8X1

Contact:

Toll-free: 1 844 296 6306

Toll-free TTY: 1 800 387 5559

TTY: 416 327 4282

Please send a message through their website

Referral: Physician or self-referral through call or email



OHIP Covered Children/Youth Eye Exams

OHIP covers free yearly eye exams for children 19 years and under. **Website:** <https://www.peelregion.ca/vision-health/>

Location:

Brampton:

10, Peel Centre Dr, Brampton

Mississauga:

7120, Hurontario St, Mississauga

Hours: Mon – Fri: 8 am – 5 pm

Contact:

Tel: 905 791 7800

Toll-free: 1 888 919 7800

Email: info@peelregion.ca

Referral: Physician or self-referral through call or email



Ontario Disability Support Program

If you have a disability hindering you from working and accessing other resources, you can be eligible for income support, benefits for health costs and other disability supports. **Website:**

<https://www.ontario.ca/page/ontario-disability-support-program>

Location: 438 University Avenue, 7th Floor, Toronto, Ontario, M5G 2K8

Hours: Mon – Fri: 9 am – 5 pm

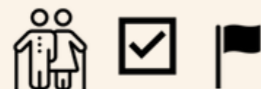
Contact: 1 888 789 4199

Tel: 416 325 5666

Toll-free: 1 888 789 4199

For people with hearing disabilities: 1 800 387 5559

Referral: Physician or self-referral through call or email



Ontario Seniors Dental Care Program (OSDCP)

The OSDCP is a government-funded dental care program that provides free, routine dental services for lower-income seniors 65 years and older.

Website: <https://www.ontario.ca/page/dental-care-low-income-seniors>

Contact:

Tel: 416 916 0204

Toll-free: 1 833 207 4435

Toll-free TTY: 1 800 855 0511

Referral: Physician or self-referral through call or email



Trillium Drug Benefit

The Trillium Drug Program (TDP) is intended for Ontario residents with high prescription drug costs about their net household income. You may need to show evidence of annual household incomes and prescriptions to qualify for this program. In-person and over the phone assistance will be available to guide you through the process of qualifying for this benefit.

Website: https://www.health.gov.on.ca/en/pro/programs/drugs/funded_drug/fund_trillium.aspx

PO Box: PO Box 337, Stn D, Etobicoke, ON, M9A 4X3

Hours: Mon – Fri: 8:30 am – 5 pm

Contact:

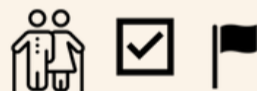
Tel: 416 314 5518

Toll-free: 1 866 532 3161

Fax: 416 642 3034

Email: trillium@ontariodrugbenefit.ca

Referral: Physician or self-referral through call or email



Reduced Cost Clothing and Items

Dress for Success – Toronto

Dress for Success is a not-for-profit organization which aims to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and life.

Website: <https://toronto.dressforsuccess.org/>

Location: 5150 Yonge Street, Concourse Level, Toronto, M2N 6L8, Canada

Contact and Hours:

Administrative Office Hours - Virtual

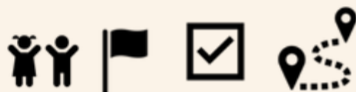
Mon – Fri: 9 am – 5 pm

Boutique Hours - By Appointment Only

Mon – Tues: 9 am – 4 pm, Wed: 9 am – 9 pm

Email: info@dressforsuccesstoronto.org

Referral: N/A



Encore Thrift Shop

A thrift shop that offers affordable merchandise and clothing.

Website: <https://encorethriftstore.ca/>

Location: 9446 McLaughlin Rd N #2, Brampton, ON L6X 4H9, Canada

Contact: 905 497 2765

Hours: Mon – Fri: 10 am – 5 pm, Sat: 10 am – 4 pm

Email: <https://encorethriftstore.ca/contact/>



Journey Thrift

Journey Thrift is a venture of The Journey Neighbourhood Centre, a Brampton-based charity that serves families in Brampton's Ardglen/Orenda neighbourhood. The Journey Neighbourhood Centre offers a wide range of programs, such as children's education support, women's support groups, summer camps, tax clinics, community safety events and more.

Website: <http://www.journeythrift.com/>

Location: 24 Nelson St E, Brampton, ON L6V 1C9, Canada

Contact: 905 451 3334

Hours: Mon: 12 pm – 5 pm, Tues – Sat: 10 am – 5 pm

Email: <https://talize.com/pages/contact-us>



Mission Thrift Store Mississauga

A thrift shop that offers affordable merchandise and clothing.

Website: <https://missionthriftstore.com/store/mississauga>

Location: 3130 Dixie Rd, Mississauga, ON L4Y 2A6, Canada

Contact: 289 633 4104

Hours: Tues – Wed: 10 am – 6 pm, Thurs – Fri: 10 am – 9 pm, Sat: 10 am – 6 pm

Email: mississauga@missionthriftstore.com



Regen Thrift Store

A thrift shop that offers affordable merchandise and clothing. Every purchase made at Regen Thrift Store and on regenthrift.com goes directly to supporting the homeless and vulnerable in the region of peel.

Website: <https://regenthrift.com/>

Location: 253 Queen St E, Brampton, ON L6W 2B8, Canada

Contact: 905 497 2765

Hours: Mon – Fri: 10 am – 6 pm, Sat: 9 am – 5 pm

Email: nicole@regenbrampton.com



Restore - Habitat for Humanity

A thrift shop that sells furniture and household items at a reduced price.

Website: <https://habitatrestore.ca/>

Locations, Contact and Hours:

Brampton

268 Rutherford Road S, Brampton, Ontario L6W 3N3905-799-3618

Tues – Fri: 10 am – 6 pm, Sat: 9 am – 5 pm

(647) 276-5711

Mississauga

4500 Dixie Road, Mississauga, Ontario L4W 1V7 (905)

451-7975 Mon – Sat: 10 am – 6 pm

(905) 828-0987

Email: customerservice@habitatrestore.ca



Talize Thrift Store

Talize is a proudly Canadian-owned and operated for-profit thrift retailer.

Website: <https://talize.com/>

Location: 547 Steeles Ave E #4, Brampton, ON L6W 4S2, Canada

Contact: 289 752 6644

Hours: Sun-Sat: 9 am – 9 pm

Email: <https://talize.com/pages/contact-us>



The Salvation Army Thrift Store

A thrift shop that sells clothing and household items at a reduced price.

Website: <https://thriftstore.ca/>

Locations, Contact and Hours:

Brampton South

263 Queen St E Unit #8, Brampton, ON L6W 4K6, Canada

905 796 1669

Mon – Sat: 9 am – 9 pm

Etobicoke Thrift Store

2291 Kipling Ave Etobicoke, ON M9W 4L6

416-749-1923

Mon – Sat: 10 am – 8 pm

Mississauga Thrift Store

1458 Dundas St E Mississauga, ON L4X 1L4

905 270-6275

Mon – Sat: 10 am – 8 pm

Streetsville Thrift Store

261 Queen St S Mississauga, ON L5M 1L9

905-821-2598

Mon – Sat: 10 am – 8 pm

North York Thrift Store

1675 Jane St North York, ON M9N 2R8

416-247-0505

Mon – Sat: 10 am – 8 pm

Toronto Jane Thrift Store

3711 Keele St Toronto, ON M3J 1N1

416-636-0144

Mon – Sat: 10 am – 8 pm

Email: <https://thriftstore.ca/contact/>



Thrift Store by Lbs (Pounds)

A thrift shop that offers affordable merchandise and clothing.

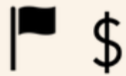
Website: <https://thriftstorebylbs.com/>

Location: 1515 Britannia Rd E Unit 19, Mississauga, ON L4W 4K1, Canada

Contact: 905 497 2765

Hours: Mon – Fri: 10 am – 6 pm, Sat: 10 am – 4 pm

Email: thriftstorebylbs@gmail.com



Value Village

A thrift shop that sells clothing and household items at a reduced price.

Website: <https://www.valuevillage.com/>

Locations, Contact and Hours:

Brampton North

2975 Bovaird Dr. E

Brampton, ON L6S 0C6

905-799-3618

Mon – Sat: 10 am – 9 pm, Sun: 10 am – 7 pm

Brampton

150 West Dr, #12

Brampton, ON L6T 4P9

(905) 451-7975

Mon – Sat: 10 am – 9 pm, Sun: 10 am – 7 pm

West Mississauga

70 Bristol Road East, Mississauga, ON L4Z 3K8

(905) 361-1190

Mon – Sat: 10 am – 9 pm, Sun: 10 am – 7 pm

Mississauga

1475 Dundas St E. Mississauga, ON L4X 1L3

(905) 949-4440

Mon – Sat: 10 am – 9 pm, Sun: 10 am – 7 pm

Email: valuevillage.ca/contact-us



Urgent Services

Unless noted, all these numbers are accessible 24/7

Emergency Services

Contact: 9-11

Armagh (Shelter)

This second stage, transitional supportive housing programme, offers secure and affordable housing to abused women.

Website: <https://www.armaghhouse.ca/>

Contact: 905 855 0299

Location: 1801 Lakeshore Rd W, Mississauga, ON L5J 1J6, Canada

Hours: Mon – Fri: 9 am – 5 pm

Embrave Crisis Support Line

The 24-hour Crisis Support Line Program provides immediate support to survivors in the community experiencing any form of violence.

Contact: 905 403 0864

Embrave North and South Locations

Embrave admits survivors and their dependents 24 hours a day, seven days a week. If a person is not safe and the shelter is full, staff will provide shelter until an alternative safe space is found.

Contact: 905 403 0864

Kids Help Phone

Contact: 1 800 668 6868

Muslim Community Services

The MCS is a group of diverse professionals dedicated to enhancing newcomer community engagement.

Urgent help is also provided to community members.

Location: Civic Centre, 150 Central Park Dr, Suite 304 (Elevator B), Brampton, ON L6T 2T9

Hours: Mon – Fri: 8:30 am – 7 pm

Contact: Drop in or 905 790 1910

Region of Peel Children's Services

Offers safe and welcoming indoor, outdoor, and online programs for families with children under 6. Support for children with special needs. This program also responds to urgent needs revolving around children's services.

Location: 1275 Mississauga Valley Boulevard, Mississauga, ON L5A 3R8, Canada

Hours: Mon – Fri: 9 am – 5 pm

Contact: 905 791 1585

Region of Peel Emergency Services

Contact: 905 791 7800

Region of Peel, Access to Housing

Peel Access to Housing (PATH) is the central access point for people who apply for subsidized housing in Peel. They can also help with urgent requests about emergencies. Provides ongoing customer services to those on the waitlist.

Location: 10 Peel Centre Drive SE, PO Box 2800, STN B, Brampton, ON L6T 0E7

Hours: Mon – Fri: 8:30 am – 4:30 pm

Contact:

Tel: 905 453 1300

Fax: 905 453 1308

After-hours phone: 437 234 1057

Email: peelacesstohousing@peelregion.ca

Telehealth Ontario

Contact: 1 866 797 0000

Women's Help Line

Contact: 1 866 863 0511



RESOURCE GUIDE

Type 2 Diabetes in South Asian Communities

Information on health, social, benefits programs and services within and outside the Region of Peel.

