

CITYWIDE COMMONS

Connect . Belong . Thrive

Join us at the Commons where we build community, make connections, and provide a wide variety of supports.

We are more than a neighbourhood hub as we represent a citywide suite of organizations collaborating on service provision and committed to fostering a diverse, equitable and inclusive culture.

Join us at the Commons.
You belong here.



NEW

Provides settlement, employment, and youth programs and services, as well as English language training for newcomers and immigrants.

2nd Floor, Suite 201 | 416 469 0196
info@newcomerwomen.org
www.newcomerwomen.org



FAMILY SERVICE TORONTO
For People. For Change.

FST

Assists Torontonians experiencing difficult life circumstances through counselling, seniors support, families in transition, developmental services, LGBTQ+ and HIV/AIDS services, community engagement, public education and advocacy work.

3rd floor | 416 595 9230
info@familyservicetoronto.org
www.familyservicetoronto.org



MCS

Offers supportive housing, case management and other services for and with adults who are coping and living with mental health and substance use issues.

2nd Floor, Suite 213 | 416 977 1333
info@madisoncs.org | www.madisoncs.org



TTG

Offers compassionate frontline services to hundreds of local children and families affected by HIV and AIDS.

2nd Floor, Suite 208 | 416 596 7703
info@teresagroup.ca | www.teresagroup.ca



BFO

Offers support Torontonians who have experienced a life-changing loss through peer-led services, professionally designed and supported.

2nd Floor, Suite 202 | 416 440 0290
info@bfotoronto.ca | www.bfotoronto.ca



CITYWIDE COMMONS
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Our Commons is a welcome environment
for everyone and a place where you can
find an ally



355 CHURCH STREET, TORONTO
M5B 0B2

SETTLEMENT SERVICES

- Settlement Programs for immigrants who are permanent residents, refugee claimants, naturalized Canadian Citizens, International students, and temporary foreign workers
- English language learning programs
- Women-only English classes
- Recovery during Immigration and Settlement
- Supportive housing
- Employment Programs for newcomers
- Career coaching, resume makeovers, mock interviews, employment webinars, and help finding a job.

MCS

NEW

FST

COUNSELLING SERVICES

- Mental health counselling and group support
- Violence against women
- Seniors & Caregivers
- HIV & AIDS
- LGBTQ+
- Bereaved person/ families
- Life-changing transitions
- Newcomers/immigrants
- Separation/divorce & remarrying
- Survivors of Sexual Abuse
- Person/families living with grief
- Walk-In counselling

FST

TTG

MCS

NEW

MENTAL HEALTH SUPPORT SERVICES

- Supportive housing
- Promote independence, health, and integration for individuals living with mental health challenges
- Women's Solution - Focused Dance Group
- Social Recreation
- Vocational Program & Skills for Life
- Raising awareness and providing referrals and mental health support
- Mental Health Counselling

NEW

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HIV & AIDS SUPPORT SERVICES

- Support anyone living with HIV and AIDs and their babies
- Frontline services to hundreds of local children and families affected by HIV and AIDS.
- Distribute infant formula to new moms living with HIV
- Financial support for HIV/AIDS community
- Housing/ Home care
- Treatment information
- Advocacy on behalf of and with the HIV/AIDS community
- Mental health counselling

FST

TTG

SENIORS SUPPORT SERVICES

- Pat's Place
- Seniors' Counselling
- Caregiver Education & Support
- Friendly Call Phone Support Program
- English classes for senior women

FST

NEW

GRIEF SUPPORT SERVICES

- Building and sustaining mutually beneficial connections
- One-to-one peer support in 16 languages and runs peer-support groups in English and Hindi/Urdu by trained peer volunteers
- Providing hope for one another in a confidential, safe, supportive, and nurturing environment
- Community events and flagship events that provide an opportunity to honour our loved ones

BFO

FAMILY SUPPORT SERVICES

- Offering practical items including diapers, grocery cards, emergency food, transit tokens, new and gently used clothing, baby bags for newborns and backpacks containing school supplies
- Case Management Services for children and adults with developmental disabilities
- Person Directed Planning & Individualized Funding for adults with developmental disabilities

TTG

FST

COMMUNITY DEVELOPMENT

- Healthy Families Healthy Communities
- Social action and community-based public policy development
- Growing Up Healthy Downtown
- Preventing Gender Based Violence
- Investing In Neighbourhoods
- Seniors Adult Living Centres
- Supportive housing

FST

TTG

MCS

NEW