

CITYWIDE COMMONS

Connect . Belong . Thrive



More than a neighbourhood hub, we are a diverse group of non-profit organizations collaborating on city-wide service provision and navigation.

We foster a welcoming and inclusive culture so you can connect, belong and thrive.

Explore your options at the Commons.

Partner organizations offer some services virtually, and from the following locations: Citywide Commons at 353-355 Church Street, and 128A Sterling Road, satellite location.



FAMILY SERVICE TORONTO
For People. For Change.

FST

Offers counselling, seniors support, families in transition program, LGBTQ+ and HIV/AIDS services. Engages in community development, public education and advocacy work.

3rd Floor | 416 595 9618
info@familyservicetoronto.org
www.familyservicetoronto.org



NEWCOMER
WOMEN'S SERVICES TORONTO

NEW

Supports newcomers and immigrants through settlement assistance, employment services, skills development, youth programs, Canadian citizenship classes, and women-only English classes.

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



The Teresa Group

TTG

Offers case management and counselling, support groups, practical supports and children and youth focused programs for children and their families affected by HIV/AIDS.

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



MADISON
COMMUNITY SERVICES

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

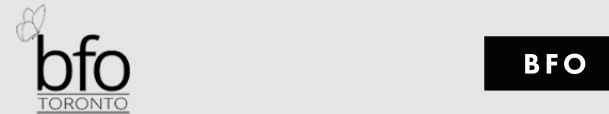


HARD FEELINGS
STRONGER MENTAL HEALTH

HF

Supports a community of mental health professionals who offer low-cost counselling. Facilitates mental health conversations, service navigation, events, and resource sharing in their storefront retail shop.

353 Church Street | 647-740-FEEL (3335)
info@hardfeelings.org | www.hardfeelings.org



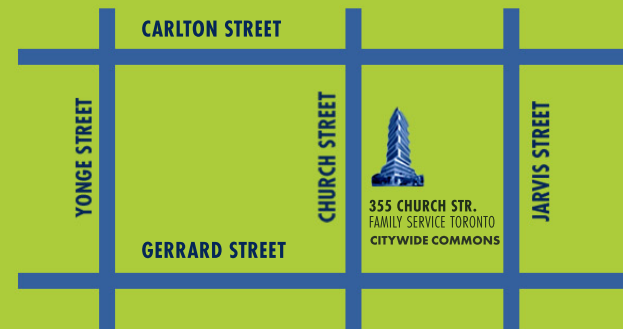
bfo
TORONTO

BFO

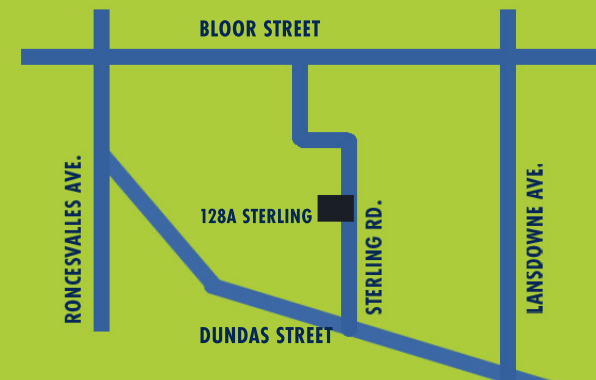
Offers grief support to Torontonians who have experienced life-changing loss after the death of a loved one through peer volunteer-led services, professionally designed and supported.

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

Citywide Commons
353-355 Church Street, Toronto



Satellite Location
128A Sterling Road, Toronto



CITYWIDE COMMONS
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Welcome to the Commons, where we build community and connect you to a wide variety of supports that will help you thrive in Toronto, and beyond.



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, job search help
- Canadian Citizenship Classes

MCS NEW FST TTG

COUNSELLING SERVICES

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

FST TTG MCS NEW HF

MENTAL HEALTH SUPPORT SERVICES

- Supportive housing
- Programs that promote independence, health, and integration for individuals living with mental health challenges
- Resource navigation and referrals
- Women's Solution-Focused Dance Group
- Social Recreation programs
- Vocational Program & Skills for Life
- Raising awareness and providing referrals and mental health support
- Mental health counselling
- Mental health service navigation
- Mental health library and book club

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HIV & AIDS SUPPORT SERVICES

- Support for anyone living with HIV and AIDs and their babies
- Frontline services for local children and families affected by HIV and AIDS
- Distribution of 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

FST TTG

SENIORS SUPPORT SERVICES

- Pat's Place - temporary safe haven for seniors experiencing abuse
- Seniors' Counselling
- Caregiver Education & Support
- Friendly Call Phone Support Program
- English classes for senior women

FST NEW TTG

GRIEF SUPPORT SERVICES

- Building and sustaining mutually beneficial connections
- Peer support offered through one-to-ones and groups by trained 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 TTG

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
- Case management
- Events and workshops that support community building and learning
- Volunteer opportunities and programs

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