

# UJA

## One Community Cares Guide

UJA Connects You to Services  
in the GTA's Jewish Community



**UJA FEDERATION**  
of Greater Toronto

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# The One Community Cares Guide

## UJA is Your Connection to Services in the GTA's Jewish Community

This guide is a listing of organizations offering access to a wide range of services in Toronto and York Region. It is designed to offer help to everyone—adults, seniors, youth, young families—and anyone interested in learning about how they, their friends and family members can access the information they need.

**UJA Federation of Greater Toronto** is a proud partner of many of the organizations listed in this guide and appreciates the important work being done.

During difficult times, it is normal to experience sadness, hopelessness, anxiousness and stress, among other feelings. While there are many organizations that can offer support, family doctors can help too. If you are feeling this way, please contact your doctor to make an appointment.

**For All Emergencies, Call 9-1-1**

## Helpful Numbers and Websites

Community members already receiving assistance through an agency are encouraged to call that agency to inquire about additional help.

**Newcomers** seeking assistance can contact JIAS Toronto: (416) 630-6481

**Holocaust Survivors** in need of homemaking services, personal care support, Meals on Wheels or transportation should call Circle of Care: (416) 635-2860

**Holocaust Survivors** with limited income and in financial need, requiring assistance with costs of food or medical supplies, and/or Holocaust Survivors inquiring about Restitution programs should call Jewish Family & Child: (416) 638-7800

For all **seniors**, Seniors Counselling & Referral Services is offered by Baycrest: (416) 785-2500, ext. 2223.

**Anyone** can call 211 Ontario to help find programs and services in communities across the province. You can call 2-1-1 or visit [www.211ontario.ca](http://www.211ontario.ca) to access Ontario's largest network of services. If you prefer, you can also ask a 211 agent about agencies specifically serving the Jewish community.

**COVID-19 Pandemic:** Please see [www.211oncovid19.ca](http://www.211oncovid19.ca) for information on accessing support and available priority services being provided.

This guide is being provided as a convenience and for informational purposes only. Any information about providers and services included in this guide does not constitute endorsement or recommendation by UJA Federation of Greater Toronto. It is your responsibility to verify and investigate providers and services.












Please note: the information in this guide was correct at the time of printing in August 2020 and is subject to change.

## How to Use this Guide

For each type of service, we have assigned a colour. This will help you to visually identify services based on your needs.

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|--|---|--|---|--|
|  Employment & Financial |  Health & Wellness   |  Legal                      |  Multiservice                  |  Special Needs  |
|  Family                 |  Housing & Furniture |  Mental Health & Addictions |  Seniors & Holocaust Survivors |  Other Supports |
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# Community Agencies

**Bathurst-Finch Hub**  
The Bathurst-Finch Hub brings together several organizations that offer primary health care, counseling and dental services as well as employment, settlement and legal services.  
647-436-0385 | [unisonhcs.org](http://unisonhcs.org)

**Baycrest Seniors Counselling and Referral Service**  
Baycrest can help navigate the health, long-term care and social services system. Services include information and referrals, counselling, help with navigating and accessing assistance, and caregiving support.  
416.785.2500, ext. 2223 | [baycrest.org](http://baycrest.org)

**Bernard Betel Centre**  
A non-profit community centre with offerings for older adults (55+) as well as services and programs including fitness, recreation, trips and travel, special events, community support services, health and wellness, volunteer opportunities, and more.  
416.225.2112 | [betelcentre.org](http://betelcentre.org)

**Beth Sholom Synagogue Kosher Foodbank**  
A synagogue-run foodbank providing kosher food staples to members of the community.  
416.783.6103 | [bethsholom.net](http://bethsholom.net)

**Bikur Cholim Toronto**  
Bikur Cholim provides assistance to community members in medical or family crises. Services include providing friendly visits, medical equipment, accommodations, Shabbat candles, Dial-A-Ride, meals and Halachic Power of Attorney. 416.783.7983 | [bikurcholim.ca](http://bikurcholim.ca)

**Chai Lifeline Canada**  
Chai Lifeline strongly believes that illness impacts not just the person who is sick, but their entire family. They help families, children and parents dealing with life threatening or chronic illnesses, within the GTA and across Canada.  
647.430.5933 | [chailifelinecanada.org](http://chailifelinecanada.org)










**Chai-Tikvah • Life & Hope Foundation**  
Chai-Tikvah responds to the needs of individuals living with mental illness and their families by providing supportive housing, counseling and other programs.  
416.634.3050 | [lifeandhope.ca](http://lifeandhope.ca)


**Chasdei Kaduri Jewish Food Bank**  
A volunteer-run organization dedicated to providing weekly deliveries of Kosher, non-perishable, bakery items and fresh produce to Jewish families in the GTA area.  
289.963.5900 | [chasdeikaduri.org](http://chasdeikaduri.org)

**Circle of Care**  
Circle of Care provides home health care and community support services to support independent older adults living in the community. Programs include dementia care, social groups, caregiver supports, Meals on Wheels, group exercise, personal care and personal support, respite care, social work, friendly volunteer calls, bereavement support and transportation.  
416.635.2860 | [circleofcare.com](http://circleofcare.com)









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# Community Agencies

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**DANI**  
 DANI creates opportunities for adults with physical and/or cognitive challenges so they can participate fully as valued members of the community and enjoy a meaningful and dignified quality of life. They offer vocational opportunities at their centre in Thornhill.  
**905.889.3264 | dani-toronto.com**
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**EMETemployment @ JVS Toronto**  
 EMETemployment is an initiative offered by JVS Toronto, Canada's foremost not-for-profit online website for recruitment. A leader in the industry, combining recruitment philosophy with career and job support services, EMETemployment is a one stop shop for both employers and job seekers alike.  
**416.649.1688 | emetemployment.ca**
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**Ezrat Achim**  
 A volunteer-based, non-profit organization dedicated to providing assistance to families in the community. Families receive monthly financial assistance in the form of supermarket gift cards.  
**ezratachim.ca**
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**Friendship Circle**  
 The Friendship Circle promotes a greater awareness and understanding of the unique needs and gifts of people with special needs. Children and teens with special needs and their families benefit from a wide array of innovative respite, social, and recreational programs.  
**905.731.7000 x 222 | fctoronto.org**
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**Hadracha**  
 Hadracha strives to improve the quality of life for the Toronto community by creating a self-sufficient environment where families can become financially independent. They provide career guidance as well as assistance with career exploration to become job ready, change careers, or increase current employment opportunities.  
**416.839.2500 | hadracha.com**
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**Hatzoloh Toronto**  
 Hatzoloh Toronto responds immediately to the emergency medical needs of the Toronto Jewish community, operating 24 hours a day, seven days a week. They complement local ambulance services with rapid, high-quality, non-transport care and also ensure that 911 has been called.  
**416.256.1000 | hatzolohtoronto.org**
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**JACS Toronto**  
 JACS is dedicated to assisting those who suffer from addiction, as well as their families and friends, to explore recovery in a nurturing Jewish environment. JACS provides individual counseling and support groups to those struggling with many types of dependencies.  
**416.638.0350 | jacstoronto.org**
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**Jewish Family and Child (JF&CS)**  
 A multi-service agency that supports individuals, children, families and communities by increasing safety and security, improving mental health and wellness and reducing the effects of poverty, within the context of Jewish values. Services include: Child Welfare & Youth Services, Family Services and Counseling, Financial Assistance, Women Abuse Program, Jewish Hospice, Chaplaincy and Camp Support.  
**416.638.7800 | jfandcs.com**
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**Jewish Free Loan Toronto**  
 Jewish Free Loan Toronto offers interest-free loans to members of the Jewish community in Ontario (excluding Ottawa) who are in need of financial assistance, helping members of the community meet their educational and personal needs and create their own business opportunities.  
 416.635.1217 | [jewishfreeloan.ca](http://jewishfreeloan.ca)
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**JIAS Toronto**  
 JIAS Toronto welcomes, supports, and integrates new immigrants to build a strong Canada and a strong Jewish community, offering services to newcomers such as help with immigration processes, employment services, family and youth programs, connections to Jewish life, English language classes and assistance for seniors.  
 416.630.6481 | [jiastoronto.org](http://jiastoronto.org)
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**JRCC Furniture Depot**  
 The JRCC Furniture Depot (FD) helps people with limited means settle and create a home by providing them with furniture free of charge under our furniture donation program.  
 416.222.7105 X 500 | [jrccfurnituredepot.org](http://jrccfurnituredepot.org)
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**JVS Toronto**  
 A non-profit community organization that has been connecting people to work for over 70 years, JVS works in strong partnership with government and business to assist people from all walks of life to achieve their educational and employment potential.  
 416.787.1151 | [jvstoronto.org](http://jvstoronto.org)
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**Kayla's Children Centre**  
 Kayla's Children Centre provides high-quality, cutting-edge educational, therapeutic, and recreational programs for infants, children and teens with special needs, and offers families support and respite.  
 905.738.5542 | [kaylaschildrencentre.org](http://kaylaschildrencentre.org)
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**Kehilla Residential Programme**  
 Kehilla provides rental assistance and other affordable housing options to individuals and families requiring assistance.  
 647.484.4446 | [kehilla.ca](http://kehilla.ca)
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**Keshar Employment**  
 Keshar Employment Services is a free non-profit recruitment organization bringing together the employment needs of businesses with Jewish unemployed candidates in the Greater Toronto Area.  
 416.635.0611 | [kesharemployment.org](http://kesharemployment.org)
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**L'Chaim Cancer Support Group**  
 Confidential peer support for Jewish women undergoing cancer treatment. All L'Chaim volunteers are Jewish women cancer survivors trained to provide confidential peer support to women who are newly diagnosed with cancer.  
 416.630.0203  
[ncjwctoronto.org/our-projects/lchaim-cancer-support-group/](http://ncjwctoronto.org/our-projects/lchaim-cancer-support-group/)
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**Link Yad Chesed**  
 Link Yad Chesed was formed to help fight hunger in Toronto's Jewish community by providing food coupons to Jewish individuals and families in need. Their goal is to provide the ability to purchase food and other related essentials and help access other forms of social assistance.  
 905.731.2857 | [linkyadchesed.org](http://linkyadchesed.org)

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**Menucha Toronto**  
 Providing single parents with resources, services and support for continued success. Services include business guidance, legal and financial advice, career exploration and employment guidance, family support and personal guidance.  
 416.839.2500 x 3 | [menucha.ca](http://menucha.ca)

**Ontario 211**  
 A free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages.  
 Dial 2-1-1 | [211ontario.ca](http://211ontario.ca)

**Pride of Israel Kosher Foodbank**  
 A synagogue-run foodbank providing kosher food staples to members of the community.  
 416.226.0111 | [prideofisraelshul.org](http://prideofisraelshul.org)

**Project LISA (Legal Information Support Access)**  
 Project LISA, an initiative of the Provided by the National Council of Jewish Women (NCJW), is a no cost legal support service provider. We assist women facing abuse navigate family law matters and access legal assistance.  
 416.633.5100  
[projectlisa@ncjwctoronto.org](mailto:projectlisa@ncjwctoronto.org)  
[ncjwctoronto.org/our-projects/project-lisa/](http://ncjwctoronto.org/our-projects/project-lisa/)

**Rav Hesed**  
 Sephardic Bikur Holim - Rav Hesed's volunteers provide comfort to Sephardic community members in their times of need, providing home and hospital visits and phone calls, including from Spanish-, French- and Arabic-speaking volunteers.  
 416.880.7417

**Reena**  
 Reena is dedicated to supporting adults with developmental disabilities to live, work and play in the community. Reena strives to create and maintain an environment that respects and promotes dignity, individuality, independence and freedom of choice within a framework of Jewish culture and values.  
 905.889.6484 | [reena.org](http://reena.org)

**Regesh Family And Child Services**  
 Regesh empowers youth, children, and families through accessible and affordable mental health interventions. Regesh's community work specializes with at-risk and identified youth and families.  
 416.495.8832 | [regesh.com](http://regesh.com)

**Relief Help**  
 Relief Help exists to simplify the process of gathering mental and emotional health resource options for members of the Jewish community, serving as a bridge between the client and their next steps as to what kind of professional would be helpful for their situation.  
 416.789.1607 | [reliefhelp.org](http://reliefhelp.org)

**Tomchei Shabbos of Toronto**  
 Tomchei Shabbos helps ensure that Shabbat will be a joyous day for families in our community in need, with a weekly delivery of food boxes.  
[contact@tomcheishabbos.ca](mailto:contact@tomcheishabbos.ca)  
[tomcheishabbos.ca](http://tomcheishabbos.ca)

**Toronto Rent Bank: Interest-Free Loans**  
 The Toronto Rent Bank provides interest-free loans to Toronto residents who are behind in their rent or need to move to more suitable housing.  
 416-397 RENT (7368) [torontorentbank.ca](http://torontorentbank.ca)

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**Unison Health and Community Services**  
Unison Health and Community Services offers primary health care (family medicine), diabetes education, chiropody (foot care) and other health-related programs at the Bathurst-Finch Hub and at other locations in the city.  
**Bathurst-Finch Hub: 647-436-0385**  
**Lawrence Heights: 416-787-1661**  
See website for additional locations  
[unisonhcs.org](http://unisonhcs.org)

**United Chesed of Toronto**  
United Chesed of Toronto offers urgent, short-term relief to families and individuals experiencing hardship and distributes food, furniture, household goods, medical supplies, and other essential resources.  
**416.663.3339 | [unitedchesed.com](http://unitedchesed.com)**

**Ve'ahavta**  
Ve'ahavta is a Jewish humanitarian organization dedicated to promoting positive change in the lives of people marginalized by poverty and hardship. Programs include relief and referrals, expressive arts programming, work and life skills training programs and paid work training placement programs.  
**416.964.7698 | [veahavta.org](http://veahavta.org)**

**Yachad Toronto**  
Yachad, The National Jewish Council for Disabilities, is dedicated to addressing the needs of all Jewish individuals with disabilities and ensuring their inclusion in every aspect of Jewish life. Yachad collaborates with other organizations in the city to provide truly inclusive programs.  
**416.986.1985 | [yachad.org/toronto](http://yachad.org/toronto)**

**For All Emergencies, Call 9-1-1**

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