

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.



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



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 | 647 224 1371
info@newcomerwomen.org
www.newcomerwomen.org



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



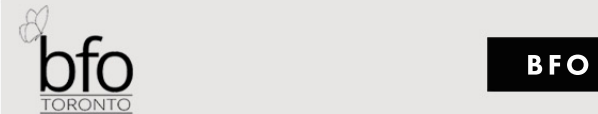
Offers supportive housing, case management and other services for and with adults who are coping and living with mental health and substance use issues.

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



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.

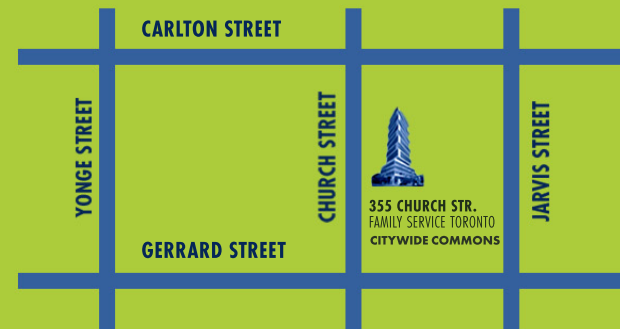
353 Church Street | 647-740-FEEL (3335)
info@hardfeelings.org | www.hardfeelings.org



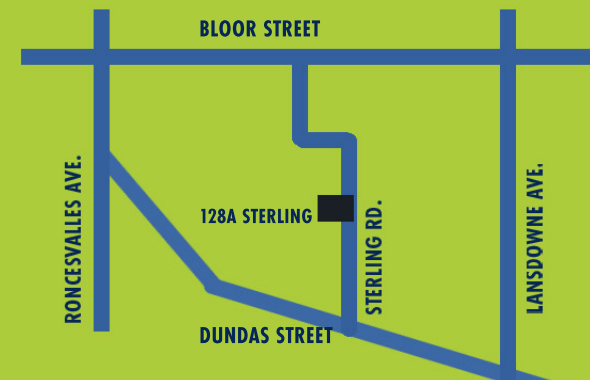
Offers grief support to Torontonians who have experienced life-changing loss after the death of a loved one through peer volunteer-led services, professionally designed and supported.

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



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

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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

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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

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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 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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