CIRCLES

A COMMUNITY RESPONSE & RESOURCE
CIRCLES
A Community Response & Resource
Dedicated to
M.M.P
& B.E.
We want to honour the survivors who have bravely come forward and who've contributed invaluably to this initiative, you are the driving force behind it. We also want to dedicate this to all those who continue to survive in different ways through their resilience and resistance. To those who have not survived, we honour you and the legacy of your survival.

Acknowledgements
We are a group comprised of survivors, allies, artists, community workers, activists and organizers living in Tio’ti:ke (Montréal) and Tkaronto (Toronto). Together we have created this resource as a foundation for an ever-developing response to abuse and sexual violence within and around our communities. These communities range from close circles of friends to varying networks of young people and artists. This compilation of information is part of our attempt to foster transformative and healing justice in dealing with abuse and sexual violence. We aim to provide useful tools and resources for survivors, allies, perpetrators, and anyone who is affected by abuse and sexual violence. We do not claim to be professionals and this is not an exhaustive document. Rather, it serves as a space for resource sharing. We hope to provide a variety of approaches and resources that cater to folks with different lived experiences, realities and needs.

It is crucial to acknowledge that the non-Indigenous services listed below operate on unceded Indigenous territory. The land known as Canada is located on unceded and stolen Indigenous territory referred to by many as Turtle Island.

The island where most of collaborators reside, and have been working to compile this resource, known as Tio’ti:ke (Montréal), is the unceded traditional territory of the Kanien’kehá:ka (Mohawk). The Kanien’kehá:ka are the keepers of the Eastern Door of the Haudenosaunee Confederacy. Tio’ti:ke has historically been a meeting place for other Indigenous nations, including the Algonquin peoples.

The land known as Tkaronto (Toronto) is the traditional territory of the Haudenosaunee, Anishinaabe, Ojibwe, and of the Mississaugas of the New Credit First Nation.

Abuse and violence are inextricably linked to settler-colonialism. We acknowledge that our group comprised of settlers must actively push against settler-colonialism if our work is to be truly intersectional and transformative. We have not been granted permission to settle on this indigenous territory, however we are committed to respecting the land and its people. This work is part of our group’s commitment to support Indigenous communities in and around the urban centers we reside in.
With regards to language, we want to acknowledge that everyone labels their experiences of sexual violence, abuse, assault, and trauma differently. We acknowledge that the term survivor is used throughout this document to identify those who have experienced, resisted and survived any form of violence or abuse but that folks may choose to identify and/or label themselves or their experiences differently. We recognize and validate that any and all language someone may or may not choose to use when naming or labeling their experience is valid, important and their choice.

We believe that we have a responsibility to collectively hold each other accountable when violence occurs, and to provide a variety of approaches that may help inform responses to trauma, violence, and abuse. We recognize that we live in a society that creates the conditions for violence and abuse to thrive, a society which shames, blames and discounts survivors who come forward, questioning the validity of their experiences. Oppressive structures continue to uphold violence, abuse and shame, while hindering the process of healing. We also recognize that we are all capable of harm and/or being complicit in harm, just as we are all susceptible to being harmed. This does not mean that violence and abuse is quantifiable, justifiable or experienced in equal measure. As such, we are committed to confronting the ways in which we are individually and communally complicit in systems of oppression and violence. We are determined to learn and create space for responses to abuse and sexual violence that do not replicate the current systems and dynamics we are actively trying to resist and transform.

We acknowledge that violence disproportionately impact marginalized communities and individuals, particularly Indigenous, queer, trans, non-binary/gender non-conforming/gender variant and gender expansive people of colour, as well as folks who are disabled, poor, chronically ill, female-identifying or anyone with bodies marked by society as ‘different’. We acknowledge that this is inextricably linked to white supremacy, capitalism, imperialism, ableism, cis-hetero patriarchy, misogyny and settler-colonialism.

We must also acknowledge that the terms ‘healing and transformative justice’ were coined by queer and trans people of colour, specifically Indigenous, Black, and Brown femmes, “in response to all that both mainstream western/biomedical and “alternative” white/cis/abled spaces lack in terms of understanding how colonialism, ableism, cultural theft, and whorephobia affect healing.”

Our central goal is to come together to learn about the practice of community accountability and transformative/healing justice in order to foster safer space strategies, healing and growth. We are committed to developing the knowledge and capacities to intervene in and end abuse without resorting to conventional state and societal interventions that lead to punishment, exclusion and isolation. We acknowledge that there are various ways to work towards ending abuse and violence, and that different people may have different needs and wishes when dealing with personal experiences of violence and abuse. We neither condemn nor condone seeking assistance from police or other state sponsored institutions and believe that everyone has the right to choose whichever course of action is safest and best for them. We respect and validate a person’s choice to make use of the criminal justice system and we recognize that the notion of accountability and healing as a process or a framework may look differently for everyone. Our intention with this resource guide is not to propose a rigid model of accountability and healing, but rather a framework.

We acknowledge that changing the political and social structures that reinforce oppression and violence begins through direct action within small communities like our own, and that confronting the ways in which we are individually complicit in systems of oppression and violence is a vital part of working towards dismantling these systems on a larger scale.

While support services listed below are limited mostly to Tio’ti:ke and Tkaronto, we hope that this document will serve as a platform for continued collaboration and resource sharing across Turtle Island (Canada) and beyond.

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Some thoughts from Kai Cheng Thom, expanded upon by the authors of this text, to consider when holding this discussion:

“It is up to the community to hold and contain this rage – to hear and validate and give it space, while also preventing it from creating further harm. The expression of anger and pain is key to the transformation of violence into healing, because it allows us to understand what has happened and motivates us to change. And it’s up to the community as well to then provide a framework for forgiveness, to help envision a future where forgiveness is possible, and how it might be achieved.”

We must acknowledge that these frameworks do not currently exist in our communities and we are complicit in upholding these systems of oppression that continue to allow abuse and trauma such as settler-colonialism, sexism, transphobia and homophobia, capitalism and ableism. It is our duty to challenge and dismantle these notions, both in this moment and in our everyday lives. Resistance and dismantlement may begin here, but it must not end here.

These are the following considerations we took note of during our own accountability discussions and we feel they are pertinent to consider when dealing with abuse within communities

1. Kai Cheng Thom, 8 Steps Toward Building Indispensability (Instead of Disposable) Culture

Notes & Considerations

— What are ways we can center direct and indirect survivors in this situation? How can we center their boundaries?

— What are ways we can move the conversation to a platform where we have control of the flow of the information? Facebook does not facilitate this totally to our benefit. It is important to have a conversation there but we have to create other space(s) for tangible community discussion. Facebook is a distorted line of communication that is not designed to hold individuals accountable for problematic behavior and abuse. What are some ways in which we might have we let that infrastructure control our responses to the situation at hand? The discussion may (sometimes) be less mortal on facebook but does it become inherently more visible there?

— We are often complicit in abuse in ways that elude our understanding. Silence is complicity. This is a reason why public posts have been made: To break silence and inform the community, because one of our goals is to ensure safety. This is one sense in which we have to figure out transformative ways to challenge the abuser/survivor dichotomy. This is of course a tricky negotiation when dealing with unaccountable individuals. For example, the dichotomy is upheld when we publicly call out an abuser, but what are we to do when someone who has committed abuse does not come forward publicly or to their community. How can they be held accountable?

— How do we begin to realize a community accountability? What are ways we can we hold ourselves accountable for being complicit in cycles of abuse? We are all fallible, and few if none of us are “accountability experts.” We believe this starts with removing known perpetrators from – and taking away their – public/visible space(s), as their presence can be triggering for any and all individuals who have survived abuse. That’s more people than one can imagine. Reflect on that. Our community response must prioritize empathy and action.

— What would/could an accountability workshop look like? What tools, resources, and language would we need to be prepared to facilitate this? Who are the workshops designed for? Where would they be facilitated? Who would facilitate them?

— How can we begin to challenge the isolating and silencing effects of abuse? We cannot let our hesitations to act (whether due to optics or protecting abusers, for example) fear us into inaction. This must be diligent community work.

— We must acknowledge that stigma against mental illness impeded our ability to hold abusers accountable. Signs that they needed help could be continuously ignored. How can we identify these signs in the future, and act on them most effectively, without further perpetuating stigma around mental illness?

— How can we assess and address the needs of survivors if we become aware of abuse but the survivor has not decided to share the info publicly? How can we deal with this publicly?
Support Services & Resources for Survivors
We have done our best to compile free and accessible services, but please verify whether a service you are interested in meets your needs and be aware that the parameters of a service may change (cost, hours, accessibility). Some services are located outside of Tio’tia:ke (Montréal) and Tkaronto (Toronto), but offer Turtle Island/Canada-wide support services such as toll-free crisis and support phone lines or online chat support and referral services.

We tried to ensure that services listed below have inclusive, non-discriminatory, anti-racist and anti-oppressive mandates. However, we unfortunately cannot guarantee that a service will be inclusive and non-discriminatory.

If you have feedback about a particular service that you’d like to see reflected in the resource guide, if you find a mistake or if you want to submit additions, feel free to send us an email over at circlescommunityresponse@gmail.com

Remember: If you have an emergency or if you are in crisis, you can visit your local emergency department, call 911, or contact a distress centre near you.
Turtle Island / Canada & Provincial Support & Distress Lines

1 in 6 (U.S. Based)
24/7 Offers a wide range of information and services to men with histories of abusive sexual experiences, and anyone who cares about them. Confidential individual and group support available via chat services with trained counsellors.

Accessibility: Online chat service.
Email: info@1in6.org
1in6.org

ShelterSafe
ShelterSafe.ca is an online resource to help women and their children seeking safety from violence and abuse. The clickable national map will serve as a fast resource to connect women with the nearest shelter that can offer safety and support.

Accessibility: Will depend on location. Online Resource.
Language: Will depend on location.
sheltersafe.ca

Trans Lifeline
1-877-330-6366
24/7
Trans Lifeline is a non-profit support line dedicated to the well being of transgender people, staffed by trans people for transgender people.

Language: English
translifeline.org/

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Indigenous Support Services
Québec

Support & Distress Lines

Sexual Assault Provincial Helpline
1-888-933-9007 (Québec)  514-933-9007
24/7
Bilingual & confidential phone assistance. A specially trained team of women receives your call, finds out what you need, and offers information. With a list of provincial services, they can guide you to the nearest help and protection available according to your needs.

Accessibility: Toll-free telephone services.
Language: English and French.
justice.gouv.qc.ca/english/programmes/ligne1888-a.html

Counselling, Advocacy & Referral Services

Québec’s Sexual Violence Initiative
A website hosted by the Québec government to address sexual violence across the province, and provide resources for survivors. Resources are searchable by region.

Accessibility: Will depend on location.
Language: English and French.
agressionssexuelles.gouv.qc.ca

LGBTQQIA2S+ Gender Non-Conforming & Non-Binary Services

Le Néo
1-800-964-1860  450-964-1860 (Terrebonne)
L’organisme s’engage à soutenir les personnes allosexuelles ou préoccupées par leur orientation sexuelle ou leur identité de genre ainsi que leurs proches. Le Néo offre des ressources et des groupes de soutien pour personnes trans.

Email: neo@le-neo.com
Adresse: 950 Boul. Moody, Bureau 200, Terrebonne, Québec
Service offert en: Français
le-neo.com

Projet Caméléon (I.R.I.S. Estrie)
819-823-6704
Les groupes de discussion pour personnes trans se déroulent aux 1er et 3e mercredi de chaque mois.

Le projet offre du support, des références et des groupes de discussion pour les personnes trans, et personnes qui souffrent des Infections Transmissibles Sexuellement et par le Sang (ITSS).

Email: projet_cam eleon@hotmail.com
Service offert en: tFrançais.
iris-estrie.com

Shelters

Transition Houses Across Québec
Battered Women’s Support Services index of transition houses across Québec.

Accessibility: Will depend on location
Language: will depend on location; English and French.
bwss.org/resources/transition-houses-in-canada/québec
Ontario

Counselling, Advocacy & Referral Services

Network of Sexual Assault
& Domestic Violence Care Centers

The Network consists of 35 hospital-based sexual assault and domestic violence treatment centres across Ontario. Together, they ensure that victims/survivors of sexual assault or domestic violence have access to comprehensive and timely support to address their individual medical and legal needs. Members are the nurses, social workers, physicians and support staff of the various treatment centres.

Accessibility: Will depend on location.
Language: will depend on location; English and French.
satontario.com/en/home.php

Ontario Coalition of Rape Crisis Centres

The Ontario Coalition of Rape Crisis Centres (OCRCC) works toward the prevention and eradication of sexual assault. The membership includes sexual assault centres from across Ontario, that offer counseling, information and support services to survivors of sexual violence, including childhood sexual abuse and incest.

Accessibility: Will depend on location.
Language: will depend on location; English and French.
sexualassaultsupport.ca/Members

Shelters

Transition Houses Across Ontario

Battered Women’s Support Services index of transition houses across Ontario.

Accessibility: Will depend on location.
Language: will depend on location; English and French.
bwss.org/resources/transition-houses-in-canada

Indigenous Support Services

Talk 4 Healing

1-855-554-4325
24/7
Traditional Indigenous counselling by phone for all Indigenous women living in urban, rural and remote communities, both on and off reserve, throughout Northern Ontario.

Language: English, Ojibway, Oji-Cree & Cree.
talk4healing.com

Minwaashin Lodge

613-789-1141  1-855-789-9433

Provides a range of programs and services to First Nations, Inuit and Métis women and children (regardless of status) who are survivors of domestic and other forms of violence, and who may also be suffering the effects of the residential school system.

Address: 100-1155 Lola Street, Ottawa, ON
Accessibility: Wheelchair Accessible.
minlodge.com

Tungasuvvingat Inuit

(613) 565-5885

An Inuit-specific service provider of social support, cultural activities, counselling and crisis intervention to meet the rapidly growing, complex and evolving needs of Inuit.

Address: 1071 Richmond Road, Ottawa, ON
tungasuvvingatinuit.ca

Elderly Survivor Services

Seniors Safety Line Ontario Network for the Prevention of Elder Abuse

1-866-299-1011  24/7
Hotline to assist abused and at-risk seniors.
Language: English and services available in over 150 languages.
elderabuseontario.com/what-is-elder-abuse/help-for-seniors

Counselling, Advocacy
& Referral Services

Network of Sexual Assault
& Domestic Violence Care Centers

The Network consists of 35 hospital-based sexual assault and domestic violence treatment centres across Ontario. Together, they ensure that victims/survivors of sexual assault or domestic violence have access to comprehensive and timely support to address their individual medical and legal needs. Members are the nurses, social workers, physicians and support staff of the various treatment centres.

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Accessibility: Will depend on location.
Language: will depend on location; English and French.
sexualassaultsupport.ca/Members

Shelters

Transition Houses Across Ontario

Battered Women’s Support Services index of transition houses across Ontario.

Accessibility: Will depend on location.
Language: will depend on location; English and French.
bwss.org/resources/transition-houses-in-canada

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Seniors Safety Line Ontario Network for the Prevention of Elder Abuse

1-866-299-1011  24/7
Hotline to assist abused and at-risk seniors.
Language: English and services available in over 150 languages.
elderabuseontario.com/what-is-elder-abuse/help-for-seniors
Tio’tia:ke/Montréal
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Support & Distress Lines

Auberge Shalom
514-731-0833
Anonymous, free and confidential support line for women and children who are experiencing or have experienced conjugal violence. Specifically geared towards Jewish women including Hassidic and Orthodox Jewish women.
Accessibility: By telephone, not trans inclusive.
Language: English and French.
aubergeshalom.org

Drug Referral Line
1-800-265-2626 514-527-2626
24/7
Information and referral service for people coping with addiction.
Language: English and French.
droguereferenc.qc.ca/index

Écoute Entraide
1-844-294-2130 514-278-2130
7 jours sur 7, 8am – 12am
Ligne d’écoute pour les personnes en souffrance émotionnelle, offrent références pour d’autres ressources.
Accessibility: Par téléphone (sans frais disponible).
Service offert en: Français ecoute-entraide.org/

The Montreal Sexual Assault Centre
1-800-933-9007  514-934-4504
24/7
The line is open to all victims of sexual assault: adults, children, adolescents, incest survivors, the victim’s family and friends, and practitioners.
Accessibility: Toll-Free telephone access. Free services.
Language: English and French.
cvasm.org

Multi-Écoute
514-737-3604
Mon-Fri, 9am – 12pm and 1pm – 5pm
Anonymous, free confidential listening service especially geared towards immigrants, offered in multiple languages.
Accessibility: Listening services available by telephone, and counselling is available by appointment.
Language: French, English, Spanish & Arabic.
multiecoute.org

Revivre
1-866-738-4873
Mon-Fri, 9am – 5pm
Free listening service for people living with depression, anxiety and/or bipolar disorder.
Accessibility: Toll-free telephone access.
Language: English and French.
revivre.org

SOS Conjugal Violence
1-800-363-9010 514-873-9010
24/7
Free listening, evaluation, and referral service for counselling and shelter.
Accessibility: TTY service for Hearing Impaired Persons.
Language: English and French.
sosviolenceconjugale.ca

Suicide Action Montréal
1-866-277-3553  514-723-4000
24/7
Free listening and support line, education, support for people who have lost loved ones to suicide.
Accessibility: Toll-free telephone services available.
Language: English and French.
suicideactionmontreal.org

Tel-Aide
514-935-1101
24/7
Free, anonymous, non-judgmental listening centre for people in distress.
Accessibility: By telephone.
Language: English and French.
tel-aide.org/en/

West Island Crisis Centre
514-684-6160
24/7
Offers a free telephone intervention service for individuals based in the West Island who are in psychological or psychosocial distress, as well as to their family and friends.
Address: 2075 Plessis, Montréal
Accessibility: Services for West Island residents only.
Language: English and French.

The Montréal Sexual Assault Centre
1-800-933-9007  514-934-4504
24/7
The line is open to all victims of sexual assault: adults, children, adolescents, incest survivors, the victim’s family and friends, and practitioners.
Accessibility: Toll-Free telephone access. Free services.
Language: English and French.
cvasm.org

Sexual Assault Centre of the McGill Students Society (SACOMSS)
514-398-8500
Free and anonymous active listening and support service. Pro-survivor, inclusive of people of all genders and orientations. Hours vary weekly, schedule can be found on facebook page or website.
Accessibility: By telephone. (local access)
Language: English and French.
sacomss.org

SOS Conjugal Violence
1-800-363-9010 514-873-9010
24/7
Free listening, evaluation, and referral service for counselling and shelter.
Accessibility: TTY service for Hearing Impaired Persons.
Language: English and French.
sosviolenceconjugale.ca

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suicideactionmontreal.org

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tel-aide.org/en/

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Address: 2075 Plessis, Montréal
Accessibility: Services for West Island residents only.
Language: English and French.
Support Services

Montréal Sexual Assault Centre
1-888-933-9007 514-934-4504
24/7
This is the central, government-mandated service for supporting survivors of sexual assault. The centre offers a range of bilingual services free of charge to anyone who has been a victim of sexual assault, sexual abuse or incest. Medical services and medico-legal rape kits available on site. Free counselling for anyone who has been sexually assaulted in the past year for up to six months. They also provide up to 3 sessions of free counselling for families and friends of survivors. Services are also offered to the victim’s family and close friends.

Accessibility: Toll-free telephone services Free medical, legal, and individual therapy services. 18+
Language: English and French.
Email: info@cvasm.ca

cvasm.org

Day Service — CLSC Métro
Mon-Fri, 8 am – 5 pm
Address: 1801 de Maisonneuve Blvd. West, 3rd floor, Montréal
Language: English and French.

Night Service — Montréal General Hospital
Mon-Fri, 5 pm – 8 am Weekends & holidays, 24hrs
Address: 1650 Cedar Ave, Montréal
ER: Des Pins Avenue entrance
Language: English only.

Québec’s Sexual Violence Initiative
This is a website hosted by the Québec government to address sexual violence across the province and provide resources for survivors. You can search for resources by region in Québec. Designated centres for Tio’tia:ke/Montréal follow below.

Accessibility: Toll-free telephone services telephone services 24/7. Free medical, legal, and individual therapy services. All ages.
Language: French
;agressionsexuelles.gouv.qc.ca/en/resources/index.php

QSVI Designated Centres
24/7
Designated centres located in hospitals. The services are intended for abuse survivors who require an evaluation of their health, a medical examination or a forensic examination. The designated centres have medico-social teams composed of psychosocial support workers, nurses and doctors trained in helping survivors of sexual assault.
Accessibility: Wheelchair accessible.

CHUM – Hôtel-Dieu de Montréal
514-890-8444
24/7 – Emergency Room
For adults/over 18 years of age. Emergency 24/7 paging service, ask for the on-call sexual assault support workers.
Address: 3840 rue Saint-Urbain, Montréal
Language: French
chumontreal.qc.ca

Hôpital Sainte-Justine
514-345-4611 (24/7 ER) 514-345-4721 (Adolescents)
24/7 – Emergency Room
For children, adolescents and children. Address: 3175 côte Sainte-Catherine
Language: French
chuj.org

The Montréal General Hospital
514-934-8090
24/7 – Emergency Room
Health care for assault injuries & therapy services.
Address: 1650 Cedar Ave, Montréal
Language: English
muhc.ca/mgh

Montréal Children’s Hospital
514-412-4499 (24/7 ER) 514-412-4481 (Clinic)
24/7 – Emergency Room & Sexual Assault Clinic
Address: 1001 Boulevard Décarie, Montréal
Language: English

CHUM – Hôtel-Dieu de Montréal
514-412-4481 (Adolescents)
24/7 – Emergency Room & Sexual Assault Clinic
Address: 1001 Boulevard Décarie, Montréal
Language: English

Accessibility: Under 18
hospitalpourenfants.com/ressources-communautes-agression-sexuelle

CSSS de Côte-des-Neiges & Parc Extension
514-934-0354
Mon-Fri, 8am – 5pm
Address: 1801 boulevard de Maisonneuve Ouest, 3rd floor, Montréal
Language: English and French.

assistanceauxfemmes.ca

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Shelters

Assistance aux Femmes
514-270-8291
24/7
Provides shelter for women with children experiencing abuse. Experience in assisting immigrant women.
Address: Confidential, can be obtained by phone.
Accessibility: By appointment, trans inclusive.
Language: English, French & Spanish.
Email: information@assistanceauxfemmes.ca

Auberge Madeleine
514-597-1499
Shelter for homeless women struggling with addiction or who are experiencing abuse.
Accessibility: Multiple flights of stairs to access whole facility; Wheelchair inaccessible; Trans inclusive.
Language: English and French.
Email: administration@aubergemadeleine.org

Auberge Shalom
514-731-0833 514-485-4783 (counselling)
24/7
Services for women and children who are experiencing or have experienced situations of conjugal violence.
Address: Confidential, available by phone.
Accessibility: Not trans inclusive. For Jewish women.
Language: English and French.
Email (Shelter): infoaspf@videotron.ca
aubergeshalom.org

Day Service — CLSC Métro
Mon-Fri, 8 am – 5 pm
Address: 1801 de Maisonneuve Blvd. West, 3rd floor, Montréal
Language: English and French.

Night Service — Montréal General Hospital
Mon-Fri, 5 pm – 8 am Weekends & holidays, 24hrs
Address: 1650 Cedar Ave, Montréal
ER: Des Pins Avenue entrance
Language: English only.

Québec’s Sexual Violence Initiative
This is a website hosted by the Québec government to address sexual violence across the province and provide resources for survivors. You can search for resources by region in Québec. Designated centres for Tio’tia:ke/Montréal follow below.

Accessibility: Toll-free telephone services telephone services 24/7. Free medical, legal, and individual therapy services. All ages.
Language: French
;agressionsexuelles.gouv.qc.ca/en/resources/index.php

QSVI Designated Centres
24/7
Designated centres located in hospitals. The services are intended for abuse survivors who require an evaluation of their health, a medical examination or a forensic examination. The designated centres have medico-social teams composed of psychosocial support workers, nurses and doctors trained in helping survivors of sexual assault.
Accessibility: Wheelchair accessible.

CHUM – Hôtel-Dieu de Montréal
514-890-8444
24/7 – Emergency Room
For adults/over 18 years of age. Emergency 24/7 paging service, ask for the on-call sexual assault support workers.
Address: 3840 rue Saint-Urbain, Montréal
Language: French
chumontreal.qc.ca

Hôpital Sainte-Justine
514-345-4611 (24/7 ER) 514-345-4721 (Adolescents)
24/7 – Emergency Room
For children, adolescents and children. Address: 3175 côte Sainte-Catherine
Language: French
chuj.org

The Montréal General Hospital
514-934-8090
24/7 – Emergency Room
Health care for assault injuries & therapy services.
Address: 1650 Cedar Ave, Montréal
Language: English
muhc.ca/mgh

Montréal Children’s Hospital
514-412-4499 (24/7 ER) 514-412-4481 (Clinic)
24/7 – Emergency Room & Sexual Assault Clinic
Address: 1001 Boulevard Décarie, Montréal
Language: English

Accessibility: Under 18
hospitalpourenfants.com/ressources-communautes-agression-sexuelle

CSSS de Côte-des-Neiges & Parc Extension
514-934-0354
Mon-Fri, 8am – 5pm
Address: 1801 boulevard de Maisonneuve Ouest, 3rd floor, Montréal
Language: English and French.

assistanceauxfemmes.ca

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Shelters

Assistance aux Femmes
514-270-8291
24/7
Provides shelter for women with children experiencing abuse. Experience in assisting immigrant women.
Address: Confidential, can be obtained by phone.
Accessibility: By appointment, trans inclusive.
Language: English, French & Spanish.
Email: information@assistanceauxfemmes.ca

Auberge Madeleine
514-597-1499
Shelter for homeless women struggling with addiction or who are experiencing abuse.
Accessibility: Multiple flights of stairs to access whole facility; Wheelchair inaccessible; Trans inclusive.
Language: English and French.
Email: administration@aubergemadeleine.org

Auberge Shalom
514-731-0833 514-485-4783 (counselling)
24/7
Services for women and children who are experiencing or have experienced situations of conjugal violence.
Address: Confidential, available by phone.
Accessibility: Not trans inclusive. For Jewish women.
Language: English and French.
Email (Shelter): infoaspf@videotron.ca
aubergeshalom.org
<table>
<thead>
<tr>
<th>Shelter</th>
<th>Phone Number</th>
<th>Hours</th>
<th>Services Provided</th>
<th>Address Details</th>
<th>Accessibility Details</th>
<th>Language Details</th>
<th>Email/Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auberge Transition</td>
<td>514-481-0495</td>
<td>Mon-Fri, 9am – 4pm (Shelter) 24/7 (Crisis line)</td>
<td>Free shelter and services for women &amp; children who are experiencing or have experienced conjugal violence. They also provide counselling, referrals, art therapy, advocacy and youth services.</td>
<td>Address: Confidential. Can be obtained by phone. Accessibility: No experience with trans patients but trans inclusive. In the process of preparing workers in trans inclusive practices. Language: English and French. Email: <a href="mailto:auubtrans@qc.aira.com">auubtrans@qc.aira.com</a> aubergetransition.org</td>
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<tr>
<td>La Maison Grise</td>
<td>514-722-0009</td>
<td>24/7</td>
<td>Offers shelter for women living in homelessness and experiencing abuse. They also provide assistance in finding affordable housing.</td>
<td>Address: Confidential, can be obtained by phone. Accessibility: By telephone appointment. Trans inclusive. Language: French Email: <a href="mailto:info@lamaisongrise.org">info@lamaisongrise.org</a> lamaisongrise.org</td>
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<tr>
<td>La Maison L'Océane</td>
<td>514-524-5776</td>
<td>24/7</td>
<td>A shelter prioritizing women with children experiencing abuse.</td>
<td>Address: Confidential, call for access. Accessibility: Par reference seulement. Trans inclusive. Language: Francois Email: <a href="mailto:alliance2e@hotmail.com">alliance2e@hotmail.com</a> alliance2e.org/public/maisonloceane.html</td>
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<tr>
<td>Maison Secours aux Femmes de Montréal</td>
<td>514-593-6353</td>
<td>24/7</td>
<td>Shelter catering specifically to immigrant women and their children experiencing abuse.</td>
<td>Address: Confidential, can be obtained by phone. Accessibility: No experience with trans clients but trans inclusive. Language: French, Chinese, Spanish, Arabic, Urdu, Bengali, Hindi and Wolof.</td>
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<tr>
<td>Passerelle</td>
<td>514-939-0512</td>
<td>24/7</td>
<td>Provides counselling and temporary shelter for women and children experiencing abuse. Address: Confidential, can be obtained by phone. Accessibility: Application basis. Must be in shelters for over a month before application. No experience with trans clients but trans inclusive. Language: French Email: <a href="mailto:info@passerelle2e.ca">info@passerelle2e.ca</a> passerelle2e.ca</td>
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<tr>
<td>Le Parados</td>
<td>1-800-363-9010 514-873-9010 (shelter) 514-637-3529 (general)</td>
<td>24/7</td>
<td>Free short term shelter for women and children who are experiencing or have experienced conjugal violence. They also support women in their path towards economic, legal and social security. Address: Confidential, can be obtained by phone. Accessibility: Trans inclusive Language: French Email: <a href="mailto:parados@videotron.ca">parados@videotron.ca</a> leparados.com</td>
<td></td>
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</tr>
</tbody>
</table>
Support Services & Resources for Survivors

Counselling Services & Resource Centres

Centre for Gender Advocacy
514-848-2424 ext. 7880 (Peer support)
Mon 3pm – 5pm, Wed 10am – 12pm, Fri 10am – 12pm (drop-in)
The Centre for Gender Advocacy promotes gender equality and empowerment. Offers a wide range of campaigns, action groups, services & resources.

Address: 2110 Rue Mackay, Montréal
1500 de Maisonneuve West #404, Montréal
Accessibility: Wheelchair accessible, limited parking, non-automated doors, and steep ramps.
Language: English and French.
Email: info@genderadvocacy.org peerupport@genderadvocacy.org (for appointments) genderadvocacy.org

Argyle Institute
514-931-5629
The Pride Team is made up of therapists from all levels of experience with and within LGBTQQA2S+ communities. All Pride Team therapists are committed to and have received training in the principles of LGBTQQA2S+ affirmative therapy.

Address: 4150 Ste Catherine St. West, Suite 328, Westmount
Accessibility: Income based sliding scale. Tax or employment records required. Wheelchair accessible. Washrooms have limited accessibility. No gender neutral washrooms.
Language: English and French.
Email: info@argyleinstitute.org argyleinstitute.org

Clinique de l’Alternative
514-281-9848
Mon-Thurs 8:30am – 5:30pm & Fri 8:30am – 4:00pm
Provide confidential and anonymous HIV and STI testing, abortions, contraception, gynecology, vasectomies.

Address: 2034 St. Hubert, Montréal
Accessibility: Not wheelchair accessible, limited parking, non-automated doors, and steep ramps.
Language: English and French.
Email: info@cvasm.ca cvasm.org

Day Service — CLSC Métro
Mon-Fri, 8am – 5pm.
Address: 1801 de Maisonneuve Blvd. West, 3rd floor, Montréal
Language: English and French.

Night Service — Montréal General Hospital
Mon-Fri, 5pm – 8am Weekends & holidays, 24hrs
Address: 1650 Cedar Ave, Montréal
ER: Des Pins Avenue entrance
Language: English only.

Multi-Écoute
514-737-3604
Mon-Fri, 9am – 12pm and 1pm – 5pm
Anonymous, free confidential listening service especially geared towards immigrants, offered in multiple languages.

Address: 3600 Avenue Barclay #460, Montréal, QC H3S 1K5
Accessibility: Listening services available by telephone & counselling is available by appointment. Few Stairs before elevator.
Language: French, English, Spanish & Arabic.
multiecoute.org

Sexual Assault Centre of the McGill Students’ Society (SACOMSS)
514-398-8500 (support line)
Hours vary weekly
Drop-in and phone line active listening and support service for people of all genders and orientations. Support groups also available.

Address: 3480 McTavish, B-27, Montréal
Accessibility: All services are open to the public and are provided free of charge.
Language: English
Email: main@sacomss.org sacomss.org

Sexual Assault Resource Centre at Concordia University (SARC)
514-848-2424 ext: 3461 (drop-in line)
Mon-Fri, 9am – 5pm
SARC provides confidential and non-judgmental support and services to Concordia University students, staff and faculty of all genders and orientations who have been affected by sexual violence and/or harassment. They also offer group meetings for survivors.

Address: 1455 De Maisonneuve Blvd. W., H-645, Montréal
Accessibility: Wheelchair accessible
Language:English
concordia.ca/students/sexual-assault.html

Counselling Services

At the Centre for Gender Advocacy, we provide confidential and anonymous services to survivors of all genders and orientations. Our services include:

- Peer support
- Group therapy
- Individual therapy
- Counselling

Our team is made up of therapists from all levels of experience with and within LGBTQQA2S+ communities. We work to promote gender equality and empowerment.

To access our services, please contact us at 514-848-2424 ext. 7880 (Peer support). We are open Mon 3pm – 5pm, Wed 10am – 12pm, Fri 10am – 12pm (drop-in).

Learn more about our services and resources at genderadvocacy.org.
Legal Clinics & Services

Crime Victims Assistance Centre (CAVAC)
1-866 532-2822
514-277-9860 ext: 235 (Español)
Mon-Fri, 9am – 5pm
CAVAC services support survivors of sexual assault, as well as their family and friends. They offer front-line services that are free of charge and confidential. Their assistance focuses on providing the tools to enable crime victims to regain a sense of control over their lives as quickly as possible.
Accessibility: will depend on location, All services free of charge.
Language: will depend on location; English, French and Spanish.
cavac.qc.ca

Montréal Centre
514-277-9860
Mon-Fri, 9am – 5pm
Address: 410 Rue de Bellechasse, Montréal
Accessibility: Unknown, Beaubien Metro.

West End Montréal
514-744-5048
Mon-Fri, 9am – 5pm
Address: Confidential, can be obtained by phone.
Accessibility: Unknown, Du College Metro.

Youth Division in Montréal
514 864-1500
Mon-Fri, 8:30am – 4:30pm
Address: 410, rue de Bellechasse Est, bureau 1.045
Accessibility: Unknown, Rosemont Metro.

East End Montréal
514-645-9333
Mon-Fri, 9am – 5pm
Address: 6070 Sherbrooke Street Est, suite 207 Montréal
Accessibility: Unknown, Cadillac Metro.
cavac.qc.ca/english/index.html

Montréal Courthouse
514 393-2083
Mon-Fri, 8:30am – 4:30pm
Address: 1, rue Notre-Dame Est, bureau 5.10
Accessibility: Wheelchair Accessible. Champ-de-Mars Metro and Place-d’Armes Metro.
justice.gouv.qc.ca/english/joindre/palais

Concordia Legal Information Clinic
514-848-2424 ext: 7375
Mon-Fri, 1pm – 5pm (both locations)
Free legal information for Concordia students (no court representation).
Address: 1455 de Maisonneuve Blvd W, H-711/H-729 Montréal
7141 Sherbrooke Street W, CC-426 Montréal
Accessibility: Unknown Sherbrooke location closed during Summ.
Language: English and French.
csu.qc.ca/lic

Elizabeth Fry Society (Prisoner Rights)
514-489-2116
Responding to specific needs of women involved in the criminal justice system: a halfway house, programs and activities in prison, a program to prevent economic crimes, legal services, regional centre, and a volunteer network
Address: 5105 Chemin de la Côte St-Antoine, Montréal
Accessibility: Unknown
Language: English and French.
Email: elizabethfry@qc.aira.com
elizabethfry.qc.ca

Mile End Legal Clinic
514-307-3054
Wed, 4pm – 7pm
Legal services for residents in the Mile End.
Address: 99 Bernard Ouest, Montréal
Accessibility: Free; Except in exceptional situations, initial consultations do not take place over telephone or by email; please review eligibility criteria on the website below.
Language: English and French.
justice.montreal.org/en

Support Groups for Survivors

Sexual Assault Centre of the McGill Students’ Society
514-398-8500
Support groups are offered based on demand throughout the school semester. Must not necessarily be a McGill student to attend. Provides an accessible, non-judgmental, and safer space for members of many different communities and identifications.
Address: 3480 McTavish, B-27, Montréal
Accessibility: Group meeting, location is confidential. Clients will be matched with a group that suits their needs. Free. 18+
Language: English
Email: supportgroups@sacomss.org, main@sacomss.org
sacomss.org/wp/services/support-groups

Sexual Assault Resource Centre at Concordia University (SARC)
514-848-2424 ext: 3461 (drop-in line)
Mon-Fri, 9am – 5pm
SARC provides confidential and non-judgmental support and services to Concordia University students, staff and faculty of all genders and orientations who have been affected by sexual violence and/or harassment. They also offer group meetings for survivors.
Address: 1455 De Maisonneuve Blvd. W., H-645, Montréal
Accessibility: Wheelchair accessible
Language: English
concordia.ca/students/sexual-assault.html
Support for Sex Workers

The Feminist Alliance in Solidarity for Sex Workers’ Rights (FAS)
A Québec coalition of individuals and feminist groups working together to support and defend the rights of people working in all sectors of the sex industry.

Email: alliancefeministesolidaire@gmail.com
Accessibility: Unknown Mailing list that includes information about activities of the alliance and its affiliates. Mailing list is not a discussion space.
Language: Unknown
alliancefeministesolidaire.org/about-us.html

Stella
514-285-8889 (Support Line) 514-285-1599 (office)
Mon, Wed, Thu, Fri, 11am – 5pm (Phone & Drop-in)
Organization run by and for sex workers that provides support, resources, and information for sex workers as well as a support hotline.
Address: 2065 rue Parthenais, bureau 404, Montréal
Accessibility: Stella accepts collect calls from women in detention and prison.
Language: English and French.
Email: info@chezstella.org chezstella.org

Support for Male Identifying Survivors

CRIPHASE
514-529-5567
Mon-Fri, 9am – 5pm
Resource and intervention centre for men who have experienced childhood sexual abuse.
Address: 8105 avenue De Gaspé, suite 100, Montréal
Accessibility: Unknown
Language: English and French.
Email: info@criphase.org
criphase.com.org

Entraide Pour Hommes
450-672-6461
Hours unlisted
Individual counselling for men experiencing a crisis, depression, situations of conjugal violence or abuse. They also offer services for people who have been violent or have committed abuse.
Address: Confidential, can be obtained by phone.
Accessiblity: Longueil office accessible by wheelchair, some costs offered at sliding scale. Max 15 sessions. No discrimination policy.
Language: “French and some English”, unclear.
Email: Email form on website.
entraidepourhommes.org

Services d’Aide aux Conjoints
514-384-6296
Mon-Fri 12pm – 6pm, caseworkers on call from 10am – 10pm
Provides assistance to men living in difficult situations. They provide individual and group support. This service also provides help to men who have been violent or abusive.
Address: Confidential, can be obtained by phone.
Accessibility: Trans, LGBTQIA2S+ & BIPOC friendly.
Language: English and French.
serviceaideconjoint.org

Action Centre
514-346-6868
Hours unlisted
Multicultural activity centre for those with physical or cognitive disabilities that aims to empower, support and include. Provides educational, recreational, and social activities, public outreach activities and peer support.
Address: 2214 Dollard Avenue, LaSalle, Montréal
Accessibility: Easily reached by metro and bus or adapted transit.
Language: English and French. 21+
Email: info@centreaction.org
centreaction.org

DAWN-RAFH
1-866-396-0074 514-396-0009
Mon-Fri, 9am – 5pm
DAWN-RAFH Canada is a resource, outreach and referral service whose mission is to end the poverty, isolation, discrimination and violence experienced by women with disabilities and Deaf women. DAWN-RAFH is an organization that works towards the advancement and inclusion of women and girls with disabilities and Deaf women in Canada.
Address: 110 Sainte-Thérèse #505, Montréal
Accessibility: Toll-free phone services available. It is unclear on their website if their office is accessible and whether it is open to the public.
Language: English and French.
Email: Confidential, contact form on their website.
dawncanada.net

Disability Support Services

Support for Male Identifying Survivors

The Feminist Alliance in Solidarity for Sex Workers’ Rights (FAS)
A Québec coalition of individuals and feminist groups working together to support and defend the rights of people working in all sectors of the sex industry.

Email: alliancefeministesolidaire@gmail.com
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Language: Unknown
alliancefeministesolidaire.org/about-us.html

Stella
514-285-8889 (Support Line) 514-285-1599 (office)
Mon, Wed, Thu, Fri, 11am – 5pm (Phone & Drop-in)
Organization run by and for sex workers that provides support, resources, and information for sex workers as well as a support hotline.
Address: 2065 rue Parthenais, bureau 404, Montréal
Accessibility: Stella accepts collect calls from women in detention and prison.
Language: English and French.
Email: info@chezstella.org chezstella.org

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Mon-Fri, 9am – 5pm
Resource and intervention centre for men who have experienced childhood sexual abuse.
Address: 8105 avenue De Gaspé, suite 100, Montréal
Accessibility: Unknown
Language: English and French.
Email: info@criphase.org
criphase.com.org

Entraide Pour Hommes
450-672-6461
Hours unlisted
Individual counselling for men experiencing a crisis, depression, situations of conjugal violence or abuse. They also offer services for people who have been violent or have committed abuse.
Address: Confidential, can be obtained by phone.
Accessiblity: Longueil office accessible by wheelchair, some costs offered at sliding scale. Max 15 sessions. No discrimination policy.
Language: “French and some English”, unclear.
Email: Email form on website.
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Accessibility: Trans, LGBTQIA2S+ & BIPOC friendly.
Language: English and French.
serviceaideconjoint.org

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Hours unlisted
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Address: 110 Sainte-Thérèse #505, Montréal
Accessibility: Toll-free phone services available. It is unclear on their website if their office is accessible and whether it is open to the public.
Language: English and French.
Email: Confidential, contact form on their website.
dawncanada.net
BIPOC Support Initiatives

McGill Office for Students with Disabilities
514-398-6009  514-398-8198 (TTY)
Mon-Fri, 9am – 5pm
8am – 8pm (Extended Exam Period Hours)
The role of the OSD is to provide academic accommodations and services for McGill undergraduate, graduate and postdoctoral students who have a documented disability.
Address: Redpath Library Building, Suite RS56, 3459 McTavish Street, Montréal
Accessibility: Entrance is accessible by wheelchair. Call security in order to be assisted through the cardreader doors and around campus.
Language: English and French.
Email: disabilities.students@mcgill.ca
mcsigl.ca/osd

Step-Free Montréal
A Facebook group by and for temporarily or permanently physically disabled people, people who use mobility aids, and people who cannot or have difficulty climbing stairs.
Accessibility: Online resource, search facebook for “Step-Free Montréal”
Language: English

All Black Everything Montréal
Working document about resources available within Montréal’s Black communities.
Email: For suggestions or questions contact Shanice Yarde at shaniceyarde@live.ca
docs.google.com/spreadsheets/d/1DMICUsFqNI5r7yYHB-soBh4Kbu9F1v2ZUocwnM/edit#gid=0

Black Indigenous Harm Reduction Alliance
The Black Indigenous Harm Reduction Alliance is a community organisation providing harm reduction resources, referrals and services to Indigenous peoples in Montréal. The alliance seeks to expand understandings of harm reduction in order to create adequate responses for Black and Indigenous communities.
Email: ndn.harmredux@gmail.com
Facebook: fb.me/blackindigenousharmredux
blackindigenousharmredux.com

Testimonial Cultures / Cultures du Temoignage
514 987-3000 ext: 4978
Testimonial Cultures is an action research group whose aim is to better understand the use of testimonials as a social and cultural intervention strategy. They share ideas and expertise to encourage community action, citizen participation, and social inclusion.
Address: Institut de recherches et d’études féministe, UQAM
210, Sainte-Catherine E. room VA-2230 (2nd floor), Montréal
Accessibility: Small step at entrance, security can provide assistance. Building is equipped with elevators.
Email: info@culturesdutemoignage.ca
archives@culturesdutemoignage.ca
Language: English and French.
culturesdutemoignage.ca

The Third Eye Collective
A survivor initiated grassroots collective led by self-identified women of Black/African origins. This collective is dedicated to healing from and organizing against sexual, gender-based, intimate partner, and state and institutional violence, as well as incest. Their intention is to end inter-generational violence and transform communities of African descent by prioritizing the safety and self-determination of Black women survivors through the lens of transformative justice.
Accessibility: Online resource.
Language: English
thirdye Collective.com

LGBTQQIA2S++ Gender Non-Conforming & Non-Binary Services

Aide aux transsexuelles et transsexuels du Québec (ATQ)
1-855-909-9038
L’ATQ offre des différentes activités, conférences, groupes de rencontre, diffusion d’information et levées de fonds. L’ATQ offre aussi une ligne d’écoute et de référence, ainsi que des groupes de soutien.
Adresse: Confidentielle, communiquer par téléphone ou par courriel pour avoir accès aux services et à l’adresse.
Accessibility: Pas confirmé.
Courriel: ecoute@atq1980.org
Service offert en: Français
atq1980.org

Argyle Institute
514-931-5629
Counselling and psychotherapy services. The PRIDE Psychotherapy Team at the Argyle Institute has received training in the principles of LGBTQQIA2S+ affirmative therapy.
Accessibility: Pricing for services is offered on a sliding scale. Wheelchair accessible though washrooms have limited accessibility. No gender neutral washrooms.
Language: English and French.
Email: PRIDE@argyleinstitute.org
argyleinstitute.org/therapy/pride

BIPOC Support Initiatives

The role of the OSD is to provide academic accommodations and services for McGill undergraduate, graduate and postdoctoral students who have a documented disability.
Address: Redpath Library Building, Suite RS56, 3459 McTavish Street, Montréal
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mcsigl.ca/osd

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A Facebook group by and for temporarily or permanently physically disabled people, people who use mobility aids, and people who cannot or have difficulty climbing stairs.
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Working document about resources available within Montréal’s Black communities.
Email: For suggestions or questions contact Shanice Yarde at shaniceyarde@live.ca
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Facebook: fb.me/blackindigenousharmredux
blackindigenousharmredux.com

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Address: Institut de recherches et d’études féministe, UQAM
210, Sainte-Catherine E. room VA-2230 (2nd floor), Montréal
Accessibility: Small step at entrance, security can provide assistance. Building is equipped with elevators.
Email: info@culturesdutemoignage.ca
archives@culturesdutemoignage.ca
Language: English and French.
culturesdutemoignage.ca

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A survivor initiated grassroots collective led by self-identified women of Black/African origins. This collective is dedicated to healing from and organizing against sexual, gender-based, intimate partner, and state and institutional violence, as well as incest. Their intention is to end inter-generational violence and transform communities of African descent by prioritizing the safety and self-determination of Black women survivors through the lens of transformative justice.
Accessibility: Online resource.
Language: English
thirdye Collective.com

LGBTQQIA2S++ Gender Non-Conforming & Non-Binary Services

Aide aux transsexuelles et transsexuels du Québec (ATQ)
1-855-909-9038
L’ATQ offre des différentes activités, conférences, groupes de rencontre, diffusion d’information et levées de fonds. L’ATQ offre aussi une ligne d’écoute et de référence, ainsi que des groupes de soutien.
Adresse: Confidentielle, communiquer par téléphone ou par courriel pour avoir accès aux services et à l’adresse.
Accessibility: Pas confirmé.
Courriel: ecoute@atq1980.org
Service offert en: Français
atq1980.org

Argyle Institute
514-931-5629
Counselling and psychotherapy services. The PRIDE Psychotherapy Team at the Argyle Institute has received training in the principles of LGBTQQIA2S+ affirmative therapy.
Accessibility: Pricing for services is offered on a sliding scale. Wheelchair accessible though washrooms have limited accessibility. No gender neutral washrooms.
Language: English and French.
Email: PRIDE@argyleinstitute.org
argyleinstitute.org/therapy/pride
### Youth & Parent Services

**ASTTeQ Montréal**  
514-847-0067 ext: 207  
ASTTeQ is run by and for trans people. Offers peer support, advocacy, education, outreach, and community empowerment.

- **Address:** 1300 Sanguinet, Montréal.  
- **Office entrance at 300 Ste-Catherine East, 2nd Floor.**  
- **Accessibility:** All events and services are free or PWYC unless otherwise specified. Free transit fare for visitors, home visits & prison visits.  
- **Language:** English and French. & Spanish.  
- **Email:** info@astteq.org  
- **Website:** astteq.org

**Gai-Ecoute**  
1-888-505-1010  
514-866-0103  
Helpline and information centre for people concerned with sexual orientation and gender identity. They also offer online chat support as well as email support.

- **Accessibility:** 24/7 toll-free helpline.  
- **Language:** English and French.  
- **Email:** aide@gaiecoute.org  
- **Website:** gaiecoute.org

**Santé Trans Health**  
Works to promote health and social justice for Trans people in Quebec.

- **Accessibility:** Health guidebook is available free of charge through their website.  
- **Language:** English and French.  
- **Website:** santeitranshealth.org

**Head and Hands**  
514-504-4896  
Walk-ins offered Tues & Thurs evenings  
Mon, 11am – 1pm, Wed, 3pm – 5pm, Thurs, 2pm – 4pm. (helpline)  
Head and Hands offer free and anonymous services for youth. They provide a walk-in health clinic including HIV testing, legal assistance, counselling, streetwork services including needle exchange and support programs for young parents.

- **Address:** 5833 Sherbrooke ouest, Montréal  
- **Accessibility:** Services free of charge. Wheelchair accessible No healthcard required. Under 25.  
- **Language:** English and French.  
- **Email:** info@headandhands.ca  
- **Website:** headandhands.ca

**Première Resource**  
1-866-339-4223  514-325-2573  
Mon-Fri, 9am – 4:30pm, Wed-Thu, 6:30pm – 9pm (Sept-June)  
Free counselling line for parents, parental figures & children concerning family issues.

- **Language:** English and French.  
- **Website:** premiereresource.com

**Project 10**  
514-899-4585  
Thurs 6:30 – 8:30pm (Drop-in)  
Mon-Thurs, 12:00pm – 6:00pm (helpline)  
Project 10 works to promote the personal, social, sexual and mental well-being of lesbian, gay, bisexual, transgender, transsexual, two-spirit, intersex and questioning youth and adults 14 - 25.

- **Address:** 1575 Amherst, Montréal  
- **Accessibility:** Free, confidential & anonymous. Building is not equipped with ramps. Ages 14-25.  
- **Language:** English and French.  
- **Email:** p10.qc.ca

**Ska’nyonhsa Inter-Tribal Youth Centre of Montréal**  
514-499-1854 ext: 2229  
Located in the basement of The Native Friendship Centre, the Inter-Tribal Youth Centre aims to provide all indigenous and non-indigenous youths in Montréal a safe, welcoming, and non-judgemental environment, including choices of activities in order to improve their livelihood.

- **Address:** 2001 Boul. Saint-Laurent, Montréal  
- **Accessibility:** Unknown Under 18.  
- **Language:** English and French.  
- **Email:** Youth.coordinator@nfcm.org  
- **Website:** ityc.nfcm.org

### Indigenous Services

**Native Friendship Centre**  
1-855-499-1854  514-499-1854  
The Native Friendship Centre of Montréal is a non-profit, non-sectarian, autonomous community development agency whose principal mission is to promote, develop, and enhance the quality of life in the urban indigenous community of Montréal.

- **Address:** 2001 Boul. Saint-Laurent, Montréal  
- **Accessibility:** Unknown  
- **Language:** English and French.  
- **Email:** info@nfcm.org  
- **Website:** nfcm.org

**Native Women’s Shelter of Montréal**  
1-866-403-4688  514-933-4688  
24/7  
Offers support and frontline services to First Nations, Inuit and Métis women and children to promote their empowerment and independence. The NWSM is the only women’s shelter in Montréal that provides services exclusively to indigenous women and their children. The NWSM can accommodate up to 16 women and children per night.

- **Address:** Confidential.  
- **Accessibility:** Unknown  
- **Language:** English and French.  
- **Email:** nakuset@gmail.com  
- **Website:** nwsm.info
Refugee, Non-Status, Immigrant & Newcomer Services

Action Gay, Lesbienne, Bisexuelle, Trans et Queer pour Immigrants et Réfugiés (AGIR)
Offers services, information, programs and resources, in addition to protecting and defending the legal, social and economic rights of migrants (asylum seekers, refugees, immigrants, and those with undetermined status).

Plessis, Bureau 311, Montréal
Accessibility: By appointment only online.
Language: English, French and Spanish.
Email: info@agirmontreal.org
agirmontreal.org

Action Réfugiés Montréal
514-935-7799
Mon-Fri, 9am – 5pm
Address: 1439 Ste. Catherine West, suite 2, Montréal
Accessibility: Unknown
Language: English, French and Spanish.
Email: info@actionr.org
actionr.org

Head & Hands
Offers legal services, health clinic those who are non-status. They provide a walk-in health clinic including HIV testing, legal assistance, counselling, streetwork services including needle exchange and support programs for young parents.

Address: 5833 Sherbrooke ouest, Montréal
Accessibility: Free of charge, Wheelchair accessible.
Language: English and French.
Email: info@headandhands.ca
headandhands.ca

L’Hirondelle
514-281-2038
Helps newcomers with socio-economic integration.
Accessibility: Unknown
Language: French
hirondelle.qc.ca

Maison Secours aux Femmes de Montréal
514-593-6353
24/7
Shelter catering specifically to immigrant women and their children experiencing abuse.
Address: 22150 Csp St-Marc, Montréal
Accessibility: Unknown
Language: French, Chinese, Spanish, Arabic, Urdu, Bengali, Hindi & Wolof.

Médecins du Monde
514 281 8998 ext: 246
Wed, 1pm – 4pm (pregnant women only)
Thurs from 1pm – 4pm
Provides free but limited health services to migrants with no medical coverage, non-status people and people in precarious financial situations.
Address: 560, boul. Crémazie Est, Montréal
Accessibility: Free of charge, Wheelchair accessible.
Language: English and French.
Email: info@medecinsdumonde.ca
medecinsdumonde.ca

Multi-Écoute
514-737-3604
Mon-Fri, 9am – 12pm & 1pm – 5pm
Listening services & referral service, help with filling out forms, translation and certification of documents, French and English courses, conversation workshops, integration workshops for immigrants, socio-cultural activities.
Address: 3600 Avenue Barclay #460, Montréal
Accessibility: Listening services available by telephone.
Counselling is available by appointment. There are a few steps to go up before being able to access the elevator.
Language: French, English, Spanish and Arabic. (phone line)
English, French, Persian, Spanish. (counselling)
multiecoute.org

Primary Care Clinic for Migrants Without Health Coverage
514-609-4197
Location: Confidential - Call for appointment and location.
Accessibility: Unknown
Language: Unknown

Programme régional d’accueil et d’intégration des demandeurs d’asile (PRAIDA)
514-731-8531
Formation et sensibilisation dans la communauté et auprès des professionnels du réseau de la santé et des services sociaux quant aux besoins spécifiques des demandeurs d’asile.
Address: 5700 Côte-des-Neiges, Montréal
Accessibility: Unknown
Language: French

Solidarity Across Borders Montréal
438-933-7654
Every last Thursday of every month, a Mutual Aid Night is organized to summarize legal proceedings and basic options, share resources, answer individual questions, discuss possible political strategies and collective action.
Accessibility: Free food, childcare, transit fare and is Wheelchair accessible
Language: English, French and Spanish.
Email: solidaritesansfrontieres@gmail.com
solidaritesacrossborders.org

Additional Support Services

Silence is Violence - McGill University:
SiV is a survivor-led collective of community members at McGill to advocate for institutional accountability and tackle rape culture on campus.
facebook.com/SiVMcGill

Le Réseau d’aide aux personnes seules et itinérantes de Montréal (RAPSIM)
514-879-1949
Sa mission est la défense des droits des personnes itinérantes par la dissémination d’information, la formation, la sensibilisation, l’action communautaire, la représentation et la recherche.
Adresse: 1431, rue Fullum, suite 203, Montréal
Service offert en: Français
Email: info@rapsim.org
rapsim.org/57/aaproposduRAPSIM.montreal
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211 General Support Line & Victim Services Directory

211 Toronto
Dial 2-1-1 1-888-340-1001
24/7
Info and referrals to community and social services.
Language: English, interpreters and translators available.
21 Toronto.ca

Victim Services Directory 1-888-579-2888 or 416-314-2447
This is a directory of services for victims of crime according to your location and needs.
Language: English. Interpreters and translators available.
services.findhelp.ca/ovss

Support & Distress Lines

Assaulted Women’s Helpline 416-863-0511 1-866-863-0511
24/7
Crisis line and support to survivors.
Language: English, French, services in over 200 languages.
awhl.org

Gerstein Centre 416-929-5200
24/7
Support during mental health crises
Language: English, access to interpreters available.
gersteincentre.org

Ryerson University Sexual Assault Survivor Support Line 416-260-0100
Mon-Fri, 8am – 1am (hours differ in summer months)
Peer-to-peer support for survivors. Open to all.
Language: English
rsuonline.ca/sexual-assault-survivor-support-line

The Redwood Crisis Line 416-533-8538 416-533-3736 (TTY)
24/7
Housing, counselling and legal support for women leaving violence.
Language: English, interpretation services available in 170 different languages.
theredwood.org

Toronto Rape Crisis Centre/Multicultural Women Against Rape (TRCC/MWAR)
416-597-8808 416-597-1214 (TTY)
24/7
Confidential feminist peer support to survivors.
Address: 17 Phoebe St, Toronto
Accessibility: Wheelchair accessible.
Language: English, interpreters and translators available.
Email: crisis@trccmwar.ca
trccmwar.org

York University Survivor Support Line 416-650-8056
24/7 (hours differ in summer months)
Support line for survivors of gender-based violence, open to the public.
Language: English
sassl.info.yorku.org

emergency & Acute Support Services

Sexual Assault & Domestic Violence Care Centre at Women’s College Hospital 416-323-6040
24/7 (Crisis line) Fri, 11pm – Mon, 7:30am
Counselling support to all individuals. Nurses are mobile and can come to the following emergency departments in Toronto at hours listed above:
Mount Sinai, Toronto General, Toronto Western, Michael Garron, St. Michaels, St. Joseph’s, Sunnybrook.
Address: 76 Grenville St, Toronto, Ground floor (in the AACU), Room 1305
Accessibility: Free. Waitlist. Wheelchair accessible. Must be 14+ & a survivor of SA in past 7 days. 16+ for counselling services.
Language: English, interpreters available
womenscollegehospital.ca/programs-and-services/sexual-assault-domestic-violence-care-centre

Sexual Assault & Domestic Violence Care Centre at The Scarborough Hospital 416-495-2555
24/7
Care to individuals who have been sexually assaulted or experienced intimate partner violence. Emergency response is available at both hospital campuses.
Address: 3050 Lawrence Ave. E, Toronto
3030 Birchmount Rd, Scarborough
Accessibility: Wheelchair accessible. Must be aged 12+ & a survivor of SA in past 7 days.
Language: English, interpreters available.
tsh.to/areas-of-care/emergency/sexual-assault-and-domestic-violence

Victim Services 416-808-7066
24/7
Offers crisis response and intervention, trauma, safety and support services and referrals.
Language: English, interpreters available.
victimservicestoronto.org

Fem’aide 1-877-336-2433 1-866-860-7082 (ATS)
24/7
Offre aux femmes aux prises avec la violence du soutien, des renseignements et de l’aiguillage vers les services appropriés dans leur collectivité.
Service offert en: Français
femaide.org

Shelters

Central Intake for Emergency Shelters
1-877-338-3398 416-397-5637
Central phone line for individuals and families seeking shelter within Toronto according to needs & location.

Language: English and interpreters available.
toronto.ca/wps/portal/contentonly?vgnextoid=e29dd4b4920c0410yjvCM10000071b6f89RCRD

Dr. Roz’ Healing Place
416-264-0823 416-265-4537 (TTY)
Provides frontline counselling, transitional support, child and youth services, income support resources, legal referrals, safety planning to women leaving violence.

Accessibility: Wheelchair accessible
Language: English and interpreters available.
drozshealingplace.org

Ernestine’s Women’s Shelter
416-743-1733 416-746-3701
416-746-3716 (TTY)
Shelter, counselling, housing support, legal support, child and youth services.

Accessibility: Wheelchair accessible
ernestines.org

Interval House
416-924-1411 416-924-1491
416-924-0899 (TTY)
Shelter, housing and resettlement services, counselling, safety plan development, crisis intervention and support to women and children leaving violence.

Accessibility: Wheelchair accessible
Language: English and interpreters available
intervalhouse.org

Juliette’s Place (Homeward Family Shelter)
416-724-1316
Provide in-house and phone crisis intervention, emergency and short-term shelter, personal and group counselling, legal referrals, art therapy, basic needs support.

Accessibility: Wheelchair accessible
Language: English and interpreters available
julliettesplace.org

Nellie’s
416-461-1084
36-bed emergency shelter for women and their children leaving violence, poverty, and homelessness. Referrals, outreach, housing support, youth program and peer support.

Accessibility: Accessible entrance and one accessible bedroom and bathroom.
Language: English and interpreters available
Email: community@nellies.org (non-urgent matters)
nellies.org/programs-and-services/shelter-program/

North York Women’s Shelter
416-635-9427 416-635-9630
Provides shelter, crisis support, support groups for women and parents, trauma-informed, children-focused programming and counselling.

Accessibility: Wheelchair accessible
Language: English, French, Italian, German, Spanish, Hungarian, Arabic, Punjabi, Portuguese, Urdu, Somali, Bengali, Hindi, Mandarin, West Indian dialects, Creole, Fanti, Swahili

Women’s Habitat
416-252-1785 416-252-5829
Provides shelter, drop-in, housing support, youth programs for women and children.

Accessibility: Wheelchair accessible
Languages: English, Portuguese, Spanish, Arabic, interpreters available
womenshabitat.org

YWCA Arise: Crisis Line
416-929-3316
Temporary shelter for women and children leaving violence, including housing support, medical and legal referrals, counselling, clothing bank, safety plan development.

Accessibility: Not wheelchair accessible.
Language: Mandarin, Polish, Hindi, Croatian, Slovenian, Punjabi, Urdu
Email: arise@wcatronto.org
wcatronto.org/page.asp?pid=143

YWCA Women’s Shelter
1-888-843-9922 416-961-8100
416-693-7342
Temporary housing and shelter for women experiencing abuse. Counselling, substance abuse, legal support, referrals, safety plan development and employment services.

Accessibility: Wheelchair accessible
Language: Hindi, Bengali, Urdu, Punjabi, French, Farsi, Dari, Dutch, Portuguese, Spanish, Creole, Kiswahili, Somali, Italian, Arabic, Tamil, Ndebele, Shona, Zulu, Suana, Azeri, German, Nuer and basic American Sign Language
wcatronto.org/page.asp?l1=52&l2=142&pid=144#jp-0

North York Women’s Shelter
416-635-9427
Provides shelter, crisis support, support groups for women and parents, trauma-informed, children-focused programming and counselling.

Accessibility: Wheelchair accessible
Language: English, French, Italian, German, Spanish, Hungarian, Arabic, Punjabi, Portuguese, Urdu, Somali, Bengali, Hindi, Mandarin, West Indian dialects, Creole, Fanti, Swahili

Women’s Habitat
416-252-1785 416-252-5829
Provides shelter, drop-in, housing support, youth programs for women and children.

Accessibility: Wheelchair accessible
Languages: English, Portuguese, Spanish, Arabic, interpreters available
womenshabitat.org

YWCA Women’s Shelter
1-888-843-9922 416-961-8100
416-693-7342
Temporary housing and shelter for women experiencing abuse. Counselling, substance abuse, legal support, referrals, safety plan development and employment services.

Accessibility: Wheelchair accessible
Language: Hindi, Bengali, Urdu, Punjabi, French, Farsi, Dari, Dutch, Portuguese, Spanish, Creole, Kiswahili, Somali, Italian, Arabic, Tamil, Ndebele, Shona, Zulu, Suana, Azeri, German, Nuer and basic American Sign Language
wcatronto.org/page.asp?l1=52&l2=142&pid=144#jp-0
Counselling, Advocacy & Referral Services

Abrigo (Violence Against Women Program)
416-534-3434
Crisis and support services to women and children who are experiencing domestic violence.
Address: 1645 Dufferin Street, Toronto
Accessibility: Wheelchair accessible
Language: Portuguese, English.
abrigo.ca/services/vaw

COSTI (Violence Against Women Program)
416-244-7714
Mon-Fri, 9am – 5:30pm
Accessibility: Wheelchair accessible
Language: English, Italian, Spanish.
costi.org/programs

Family Service Toronto (Violence Against Women Program)
416-595-9618
Mon-Fri, 9am – 5:30pm
Address: 202-128A Sterling Rd, Toronto
Accessibility: Wheelchair accessible
Language: English, Tamil, Somali, Urdu, Hindi, Farsi, Dari and Pashto.
familyservicetoronto.org/our-services/programs-and-services

Jewish Family & Child (Women Abuse Program)
416-638-7800 (Intake)
Services to women leaving abuse and violence. Crisis support, assessment, individual and group counselling, financial assistance, emergency housing, education and referrals.
Address: 4600 Bathurst street, 1st Floor and 35 Madison Ave, Toronto & Thornhill location
Accessibility: Bathurst & Thornhill sites are Wheelchair accessible. Floor site is not. Income-based sliding scale. Nobody denied.
Language: English, Hebrew, Russian
Email: info@jfandcs.com
jfandcs.com/woman-abuse-services

Oasis Centre des Femmes
1-877-336-2433  416-591-6565
Services de consultation et suivi psychosocial, soutien à la cour familiale, services transitoires et soutien de logement, services pour les femmes immigrantes et réfugiées.
Accessibility: Accessible par fauteuil roulant.
Language: Francais
oasisfemmes.org

The Scarborough Centre for Healthy Communities
416-847-4144
Free one-to-one counselling to people who have experienced sexual assault, domestic violence or childhood sexual abuse. Individuals 12+ are eligible to receive counselling with or without OHIP or immigration status.

TIRP Low-Cost Therapy
Student therapists. Individual therapists have listed their contact and address info online.
Accessibility: will vary depending on therapist. Sliding scale.
Language: will vary depending on therapist.
TIRP lowcosttherapy.org

Toronto Rape Crisis Centre/Multicultural Women Against Rape (TRCC/MWAR)
416-597-1171
TRCC/MWAR provides a wide range of services to all survivors of sexual violence, family members and friends. They also offer advocacy, court support, childcare, support groups, prison support, Latin American women’s program, information, referrals.
Address: 17 Phoebe St., Toronto
Language: English, Interpreters and translators available.
info@trccmwar.ca

Women Recovering from Abuse Program (WRAP)
Women’s College Hospital
416-323-6230
Mon-Thurs, 9am – 11pm
Intensive group therapy program & individual therapy for survivors of physical, emotional, sexual abuse and/or neglect in childhood.
Address: 76 Grenville Street, 7th floor, Toronto
Accessibility: Wheelchair accessible. Self-referrals accepted.
Language: English. Interpretation services available for individual support.
Womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program/wrap

Women’s Connection Program
416-537-8222  416-537-2455
Counselling and referral services for women.
Address: 76 Grenville Street, 7th floor, Toronto
Accessibility: Wheelchair accessible. Requires a referral via family doctor. Health card required. OHIP coverage.
Language: English, interpreters available.
womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program/wrap
Drop-in Counselling

Family Service Toronto
416-595-9618
Wed, 3:00pm – 6:00pm (Registration)
Wed, 3:30pm – 7:30pm (Counselling)
Free drop-in counselling on first-come-first serve basis. 60-minute sessions.
Address: 128A Sterling Road, Toronto
No health card. 3 sessions/year.
Language: English, call to request additional languages.
familyservicetoronto.org

What’s Up Walk-in
5 days a week, hours depend on location
Free walk-in mental health counselling. Six locations across Toronto. Mental health counselling for children, youth, young adults and their families, and families with infants is available. Not an emergency or crisis service.
Address: Various locations.
Accessibility: Free
Language: English, additional languages will depend on location.
whatsupwalkin.org

Woodgreen
416-645-6000
Tues-Wed, 4pm – 6:45 pm (Registration)
Tues-Wed, 4:30pm – 8:30pm (Counselling)
Drop-in counselling on first-come-first serve basis. 45-60 minute sessions.
Address: 815 Danforth Avenue, Toronto
woodgreen.org

Legal Clinics & Services

Barbara Schlifer Clinic
416-323-9149 ext: 278
You can speak with a legal in-take worker who can provide information about the legal process for survivors and connect you to legal advice/representation according to your needs. Also offers groups, counselling, advocacy, court support for survivors.
Address: 489 College St, 5th Floor, Toronto
Accessibility: Wheelchair accessible
Language: English, French, interpreters available in over 200 languages.
Email: ist@schliferclinic.com
schliferclinic.org

Elizabeth Fry Toronto
1-855 924-3708 416-924-3708
For women who are or have been in conflict with the law or experienced violence, offers transitional housing and community supports, counselling services, trauma support.
Address: 215 Wellesley Street East, Toronto
Accessibility: Wheelchair accessible
Language: English, interpretation services available depending on the program.
Email: info@efrytoronto.org
efrytoronto.org

Independent Legal Advice for Survivors of Sexual Assault Pilot Program
1-855-226-3904
If you are a survivor of sexual assault living in the City of Toronto, the City of Ottawa, and the District of Thunder Bay, you may be eligible to receive free legal advice to help you make informed decisions about your next steps. This service is available to you at any time after the sexual assault has occurred. Legal representation is not provided under this pilot program (e.g., the lawyer cannot speak for you in court).
Language: English, French, interpreters available.
attorneygeneral.jus.gov.on.ca/english/ovss/ila.php

Ontario Women’s Justice Network (METRAC)
416-392-3138 416-392-3135
Mon-Fri, 9am – 5pm
OWJN supports survivors of violence to help them understand legal rights in Ontario. They do not give legal advice. OWJN contains information on relevant legal issues, including written law (legislation) and case law (court decisions).
Language: English and multilingual services.
Email: info@metrac.org
owjn.org/owjn

The Office of Sexual Violence Support & Education at Ryerson: How to File a Report
This guide can assist you in understanding each option and necessary information to make an appropriate decision that best suits your needs.
Accessibility: Online resource
ryerson.ca/ssexual-violence/get-support/file-a-report

Victim/Witness Assistance Program
1-866-429-5955 416-314-2447
Support for victims involved in court proceedings. For victims, you are entitled to a caseworker if charges have been laid. Access a caseworker for information and support or apply for emergency funds from Victim Quick Response Program.
Address: 700 Bay Street, Toronto
Accessibility: Wheelchair accessible
Language: English, French, interpreters available.
attorneygeneral.jus.gov.on.ca/english/ovss/VWAP-English.html
Support Groups for Survivors

Jean Tweed
416-255-7359 (Trauma Services)
Groups, counselling, assessments, referrals, residential programs, for women experiencing problems with substance use and/or gambling. Trauma support groups offered.
Address: 215 Evans Avenue, Toronto
Accessibility: Wheelchair accessible
Language: English
Email: info@jeantweed.com
jeantweed.org

North York Women’s Centre
416-781-0479
Mon-Thurs, 10am – 4pm
NYWC offers groups, support, information and referrals and community-based services to women.
Address: 116 Industry Street, Toronto
Accessibility: Wheelchair accessible
Language: English, interpreters available
nywc.org

Scarborough Women’s Centre
416-439-7111
Offers free groups, counselling, referrals, housing, legal & employment support.
Address: 2100 E111esmere Road, Suite 245, Scarborough
Accessibility: Wheelchair accessible entrance along Markham Road, and washrooms. Free.
Language: English
scarboroughwomenscentre.org

Sheeno’s Place
416-927-8900
Mon-Thurs, 9am – 8pm Fri, 9am – 5pm
Services for women and their families and friends affected by eating disorders or body image issues. Provides support groups in skills building, body image, expressive arts.
Address: 87 Spadina Road, Toronto
Accessibility: Not wheelchair accessible. 17+
Language: English, interpreters available.
sheenasplace.org

Sistering
416-926-9762 416-926-1956 (Drop-in)
Mon-Fri, 9am – 5pm 24/7 drop-in
Services for women 18+, anti-poverty/homelessness resources, drop-in center, crisis support, groups, referrals, advocacy.
Address: 962 Bloor St West, Toronto
Accessibility: Wheelchair accessible
Language: English, Spanish & Chinese.
sistering.org

Services for Sex Workers

Butterfly: Asian and Migrant Sex Workers Network: Support Line
416-906-3098 (Support line)
24/7
Formed by sex workers, they offer advocacy, legal support, outreach, emergency & health support and counselling to Asian and migrant sex workers.
Language: English, Mandarin, Cantonese.
Email: cswbutterfly@gmail.com
Butterflysw.org

Maggie’s Toronto
416-964-0150
Tues-Thurs, 4pm – 6pm Wed, 2pm – 5pm,
Run for and by local sex workers, sexual health support, work safety, workshops, legal info, counselling, work tips, groups, programming for Indigenous sex workers, harm reduction supplies, free needle kits and condoms.
Address: 526 Richmond Street East, 1st Floor, Toronto
Language: English
Email: maggiesinformation@gmail.com
maggiestoronto.org

Services for Male Identifying Survivors

Family Services of Toronto
416-595-9618
Counselling for male survivors.
Address: 202-128A Sterling Rd, Toronto
Accessibility: Wheelchair accessible. 8 free sessions. Sliding scale for additional sessions. 16+
Language: English, French, Spanish, Farsi, additional languages may be available.
familyservicestoronto.org/our-services/programs-and-services

Support Services for Male Survivors of Sexual Abuse Programs
1-866-887-0015
24/7
Support line for male survivors, recent and historical, to find services according location and needs.
Language: English and multilingual.
attorneygeneral.jus.gov.on.ca/ovss/male_support_services

Vanauley St. YMCA Centre
416-504-9700
24/7
40-bed emergency shelter, harm reduction, trauma-informed residential services to at-risk homeless male-identifying youth.
Language: English, translators may be available upon request.
mcagta.org/youth-programs/youth-housing
Disability Support Services

sprOUT — The Griffin Centre
416-222-1153
Community family support, day support, transitional support programs for youth, families of youth, adults with developmental disabilities and mental health challenges. sprOUT connects LGBTGTNCQ people labelled with intellectual disabilities with one another.

Address: 1126 Finch Ave West, Unit 16, Toronto
Accessibility: Wheelchair accessible
Language: English, interpreters available.
Email: contact@griffincentre.org
griffin-centre.org

BIPOC Support Initiatives

Women with Disabilities Outreach Program
Scarcborough Women’s Centre
416-439-7111 ext. 3
Aims to empower women with disabilities, provide workshops and leadership development opportunities.

Address: 2100 Ellesmere Road, Suite 245, Scarborough
Accessibility: Wheelchair accessible entrance on Markham Road, and washrooms. Free. Must self-identify as having a disability.
Language: English
Email: program@scarboroughwomenscentre.ca
scarboroughwomenscentre.ca/women-with-disabilities

Across Boundaries
416-787-3007
Case management, counselling and crisis prevention and intervention to racialized communities.

Address: 51 Clarkson Avenue, Toronto
Accessibility: Wheelchair accessible
acrossboundaries.org

Black Women in Motion
647-448-2531
This initiative provides an opportunity for young women in the community to get together in a safe, relaxed, fun and enjoyable atmosphere, where they can talk, explore, dream and plan. Gives young women between the ages of 15-24, the tools and support needed to achieve their personal and professional goals.

Language: English
Email: info@blackwomeninmotion.ca
blackwomeninmotion.ca/this-means-waar/

Women’s Program
Centre for Spanish Speaking Peoples
416-533-8545
Legal rights, court escorting, telephone and in-person crisis counselling, individual counselling, assessment for children/witnesses of abuse, support groups and long-term support programs.

Address: 141 Jane Street, 2nd Floor, Toronto
Accessibility: Wheelchair accessible office available by request.
Language: Spanish, English
Email: info@spanishservices.org
spanishservices.org/en/programs-and-services

Violence Against Women Program
Chinese Family Services of Ontario
1-866-979-8298 416-979-8299
Mon, Wed & Fri, 9am – 5pm, Tues & Thurs, 9am – 8:30pm
Counselling, referrals, crisis intervention, case management, transitional housing services.

Address: 3330 Midland Avenue, Suite 229, Scarborough
Accessibility: Wheelchair accessible
Language: English, Cantonese, Mandarin, additional languages and interpreters available.
chinesefamilyso.com/en

Jamaican Canadian Association
416-746-5772
Services for Black women. information, referrals, counselling, groups for survivors, legal, medical, housing, assistance in settlement for newly arrived immigrants/refugees.

Address: 995 Arrow Road, Toronto
Accessibility: Wheelchair accessible
Language: English, Twi, Akan, interpreters available.
jcaontario.org

Sonny Berenson
Sun.Mon
Sonny practices sensorimotor (body) and relational (talk) psychotherapy. Sonny’s work is rooted in social and disability justice with a focus on queer and trans youth.

Address: 240 Roncesvalles Avenue, Toronto
Accessibility: $20 rate for those who identify as QBIPOC.
Email: sonnyberenson@gmail.com
sonnyberenson.wordpress.org

South Asian Women’s Centre
416-537-2276
Mon-Fri, 9am – 4pm
Women are provided culturally sensitive counselling, information and referrals.

Address: 800 Lansdowne Avenue, Unit 1, Toronto
Accessibility: Wheelchair accessible
Language: English, Bengali, Hindi, Kanada, Marathi, Malay, Nepalese, Oriya, Punjabi, Sinhala, Tamil, Telugu, Tibetan, Sindhi, Asamese, Urdu, interpreters available.
sawc.org

Women’s Health in Women’s Hands
416-593-7655
Mon-Thurs, 9am – 8pm Fri, 9am – 5pm
3rd Saturday of the month 10am – 4pm
Primary healthcare, wellness and mental health services to racialized women from the African, Black, Caribbean, Latin American and South Asian communities.

Address: 2 Carlton Street, Suite 500, Toronto
Accessibility: Wheelchair accessible
Language: English. Interpreters available.
whiwh.org

Disability Support Services / BIPOC Support Services — Toronto
LGBTQQIA2S++ Gender Non-Conforming & Non-Binary Services

The 519 Community Centre
416-392-6874
Offers counselling, support groups, legal assistance, drop-in meals, referrals and homeless resources.
Address: 519 Church St, Toronto
Accessibility: Wheelchair accessible
Language: English
the519.org

David Kelley LGBTQQIA2S++ Counselling at Family Service Toronto
416-595-9618
Short-term, individual, couple and family counselling.
Address: 202-128A Sterling Rd, Toronto
Accessibility: Wheelchair accessible
Language: English, additional languages and interpreters available upon request.
Email: sau@familyservicetoronto.org
familyservicetoronto.org/our-services/programs-and-services/david-kelley-services

Hassle Free Clinic
416-922-0566
LGBTQQIA2S++, queer and trans-positive, medical and counselling services.
Address: 66 Gerrard Street East, 2nd Floor, Toronto
Accessibility: Wheelchair accessible
Language: Cantonese, Mandarin, Hindi, Italian, Spanish, Urdu. Interpreters available.
hasslefreeclinic.org

Sherbourne Health Centre
416-324-4103
Primary health care and counselling services, support groups, workshops.
Address: 33 Sherbourne Street
Accessibility: Wheelchair accessible
Language: English, interpreters may be available upon request.
Email: info@sherbourne.on.ca
sherbourne.on.ca

YMCA Sprott House
647-438-8383
Transitional housing for up to 25 young people who identify as LGBT2S.
Address: 21 Walmer Road, Toronto
Language: English, interpreters may be available upon request
mcaga.org/our-services/youth-programs/youth-housing

Youth Support & Distress Lines

BroTalk
1-866-393-5933
24/7
Confidential and anonymous counselling service for male youth 14-18.
Accessibility: Chat support available via website, times vary according to province. Ages 14-18.
Language: English, French.
brotalk.org

Good2Talk
1-866-925-5454
24/7
Free, confidential helpline providing counseling, information, referrals for mental health, addictions and well-being to youth 17-25.
Language: English, French, interpreters available.
good2talk.org

Kids Help Phone
1-800-668-6868
24/7
Confidential and anonymous counselling service for youth 20 and under. Chat support available via website, times vary according to province.
Language: English, French.
KidsHelpPhone.ca/Teens/home.aspx
Youth Services

Central Toronto Youth Services
416-924-2100
Support to youth ages 12-18 through outreach, individual and family counselling, group support, youth justice support and much more.
Address: 65 Wellesley Street East, Suite 300, Toronto
Accessibility: Wheelchair accessible
Language: English, interpreters available.
Email: mail@ctys.org
ctys.org

Egale Youth Outreach
1-844-443-4253
Mon-Fri, 11am – 7pm 3pm – 7pm (Drop-in)
Drop-in crisis counselling, long-term counselling, homelessness and suicide crisis services, peer support, groups for LGBTQIA2S+ youth.
Address: 185 Carlton St., Toronto
Accessibility: Not Wheelchair accessible. 29 and under.
Language: English
Email: outreach@egale.ca (not for emergencies)
egale.ca/outreach

Skylark: Children, Youth & Families
416-482-0081
Support services to youth 13-21, including counselling, a group home, day treatment, in-school programs, youth gallery, studio drop-in centre, case management.
Address: 40 Orchard View Blvd., Suite 255, Toronto
Language: English, interpreters available upon request.
Email: reception@skylarkyouth.org
delisleyouth.org

East Metro Youth Services (Child & Youth Exploitation & Trauma Treatment)
416-438-3697
Case management, individual & group counselling, transitional support, trauma support for survivors of human trafficking, counselling to victims of internet sexual exploitation.
Address: 1200 Markham Rd, Scarborough
Language: English, interpreters available upon request.
Email: it@emys.on.ca
emys.on.org

Supporting Our Youth (SOY)
Sherbourne Health Centre
416-324-5077
SOY supports the health and wellbeing of all queer and trans spectrum youth, with groups, programs, events and one-on-one support.
Address: 333 Sherbourne Street, 2nd Floor, Toronto
Accessibility: Wheelchair accessible. 29 and under.
Language: English, interpreters available upon request.
Email: soy@sherbourne.on.ca
soytoronto.org

Suspected Child Abuse and Neglect (SCAN) Program
416-813-6275 416-813-7500 (24/7)
Mon-Fri, 9am – 5pm
If you or your children have been abused, SCAN can offer care, support and assessment to children and teenagers. They provide a link between SickKids and community doctors, hospitals, Children’s Aid Societies, police, schools and other community agencies.
Address: 747 Warden Avenue, Scarborough
Accessibility: Wheelchair accessible
Language: English, Mandarin, Cantonese, Urdu, Hindi, Armenian, French, interpreters available.
Email: info@youthlink.ca
youthlink.org

SWEET Program for Youth
East Toronto Youth Services
416-452-3018
Trauma-based counselling services for youth involved in the sex trade.
Address: 1200 Markham Rd, Scarborough
Accessibility: Wheelchair accessible
Language: English, interpreters available.
emys.on.ca/sweet-program – youth-involved-sex-trade

Youthlink
416-967-1773
Drop-in, counselling services, Youth Advocating Anti-Homophobia Awareness (YAAHA), residential treatment for women, education support, co-op housing, mentorship, wrap-around services, family support, parenting support for youths’ families.
Address: 747 Warden Avenue, Scarborough
Accessibility: Wheelchair accessible
Language: English, interpreters available.
emys.on.ca/sweet-program – youth-involved-sex-trade

Queer Asian Youth (QAY)
416-963-4300 ext: 229
Mon-Fri, 10:30am – 6pm
QAY provides social spaces for gay, lesbian, bisexual, transsexual, transgender, queer, curious, undecided, or questioning East and Southeast Asian youth and their friends.
Address: 260 Spadina Ave, Suite 410, Toronto
Accessibility: Not wheelchair accessible.
Language: English, Tagalog, Vietnamese, Cantonese, Mandarin, Japanese, Korean
Email: youth@acas.org
facebook.com/acas.qay

Suspected Child Abuse and Neglect (SCAN) Program
416-813-6275 416-813-7500 (24/7)
Mon-Fri, 9am – 5pm
If you or your children have been abused, SCAN can offer care, support and assessment to children and teenagers. They provide a link between SickKids and community doctors, hospitals, Children’s Aid Societies, police, schools and other community agencies.
Address: 747 Warden Avenue, Scarborough
Accessibility: Wheelchair accessible
Language: English, Mandarin, Cantonese, Urdu, Hindi, Armenian, French, interpreters available.
Email: info@youthlink.ca
youthlink.org

RITES for African-Canadian youth
416-924-2100 (Ask for Maxine Brown)
Central Toronto Youth Service’s Black Youth Program promotes positive youth development, strengthens racial identity, builds resilience and provides mental health support.
Address: 65 Wellesley Street East, Suite 300, Toronto
Accessibility: Wheelchair accessible. Black youth only.
Language: English, interpreters available
Email: mail@ctys.org
ctys.org/category/programs

Queer Asian Youth (QAY)
416-963-4300 ext: 229
Mon-Fri, 10:30am – 6pm
QAY provides social spaces for gay, lesbian, bisexual, transsexual, transgender, queer, curious, undecided, or questioning East and Southeast Asian youth and their friends.
Address: 260 Spadina Ave, Suite 410, Toronto
Accessibility: Not wheelchair accessible.
Language: English, Tagalog, Vietnamese, Cantonese, Mandarin, Japanese, Korean
Email: youth@acas.org
facebook.com/acas.qay
Youth Shelters

Covenant House
1-800-435-7308 416-593-4849
24/7
96-bed emergency shelter, transitional housing, support services to youth 16-24 leaving violence.
Accessibility: lift available and support required inside building, Wheelchair accessible. Accessible washrooms.
Language: English. Additional languages may be available upon request.
coventanthouseToronto.org

Eva’s Place
416-441-1414
24/7
A safe space and support for homeless youth aged 16-24 every night. Their harm reduction team offers group and individual counselling, education on safer drug use strategies and access to safe drug supplies in a nonjudgmental environment.
Address: Various locations
Accessibility: Wheelchair accessible at all locations.
Language: English. Interpreter services may be available upon request.
Email: info@evas.ca evas.org

Services for Pre- & Post-Natal Survivors

Jessie’s
416-365-1888
Free services to pregnant parents 19 and under, including counselling, health services, housing support, high school education assistance, parental respite services and community education.
Address: 205 Parliament St, Toronto
Accessibility: Wheelchair accessible
Language: English. Interpreters available.
jessiescentre.org

Reproductive Life Stages Program (RLS)
Women’s College Hospital
416-323-6230
Assessment and short-term trauma treatment for women experiencing new or recurrent mental health problems during reproductive life stages (i.e. menstrual cycle, pregnancy, postpartum).
Address: 76 Grenville Street, 7th floor, Toronto
Accessibility: Wheelchair accessible. Physician/midwife’s referral is required.
Language: English. Interpreters available.
womenscollegehospital.ca/programs-and-services/mental-health/RLS

Indigenous Support Services

2-Spirited People of the 1st Nations
416-944-9300
Counselling, referrals, workshops, talking circles, buddy program for Indigenous people who identify as two-spirit and LGBTTIQQA+.
Address: 145 Front Street East, Suite 105, Toronto
Accessibility: Wheelchair accessible
Language: English
2spirits.org

Independent Legal Services
416-408-3967 1-844-633-2886
Mon-Fri, 9am – 5pm
Legal-related programs for Indigenous people such as court workers, legal clinics, litigation, gladue, law reform and advocacy, Indigenous Status courts, border crossing rights and more.
Address: 211 Yonge Street, Suite 500, Toronto
Accessibility: Wheelchair accessible
Language: English. Interpreters may be available upon request
indigenouslegal.org

Anduhyaun
416-920-1492 ext: 221 (shelter) ext: 227 (counselling)
Mobile crisis support, housing support, emergency shelter for Indigenous women and children.
Accessibility: Not wheelchair accessible.
Language: English
anduhyaun.org

Anishnawbe Health Toronto
416-891-8606
24/7
Primary health care, counselling, youth support, traditional care, addiction services, case management, pre and post-natal support, psychiatric support, crisis management support.
Address: Various locations (Queen St. East, Gerrard St. East, Vaughan Road)
Accessibility: Wheelchair accessible at all locations.
Language: English, Cree, Ojibway
Email: info@ahl.ca aht.org

Native Child & Family Services
(Women Abuse Program)
416-969-8510
Support programs and children protection services for Indigenous women leaving violence.
Address: Main site: 30 College Street, Toronto
Accessibility: Wheelchair accessible
Language: English and additional Indigenous languages may be available.
E-mail: info@nativechild.org nativechild.org

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Refugee, Non-Status, Immigrant & Newcomer Services

Native Women’s Resource Centre of Toronto
416-963-9963
Mon-Fri, 10am – 4:30pm 12:30pm – 1:30pm (lunch)
Counselling, legal and medical assistance, housing support, emergency shelters, substance abuse support, employment services for Indigenous women.
Address: 191 Gerrard St. East, Toronto
Accessibility: Wheelchair accessible
Language: English, Cree, Ojibway
nwrct.org

Access Alliance Multicultural Community Health Centre
416-324-8677
Primary healthcare, sexual health services, settlement services, counselling, walk-in clinic, groups, language skills, LGBTQI2A+S support.
Address: 340 College Street, Suite 500, Toronto
Accessibility: Wheelchair accessible
Language: English. Interpreters available upon request.
accessalliance.org

The Arab Community Centre of Toronto (ACCT)
416-231-7746
ACCT provide settlement support services to newcomers including housing assistance, counselling, immigration and legal aid, and the Syrian newcomers program.
Address: 898 Markham Road, Toronto
555 Burnhamthorpe Road, Suite 209, Etobicoke
Accessibility: Wheelchair accessible
Language: English and Arabic
acctonline.org

Canadian Centre for Victims of Torture
416-363-1066
Specialized counselling, support groups, social services, settlement services, language services and coordinated health care for victims of torture, refugees, newcomers and their families.
Address: 192 Jarvis Street, Toronto
Accessibility: Wheelchair accessible

Language: English and interpreters available upon request
Email: mabai@ccvt.org
ccvt.org

Riverdale Immigrant Women’s Centre (Violence Against Women & Children Program)
416 465-6021
RIWC offers settlement, language training, anti-violence and employment services, safety planning, crisis support, long-term therapeutic counselling and skills training.
Address: 326 Gerrard St. East, Toronto
Accessibility: Wheelchair accessible
Trans inclusive but inexperienced with trans clients.
Language: Arabic, Bengali, Cantonese, English, Farsi, Gujarati, Hunan, Hindi, Katchi, Mandarin, Marathi, Punjabi, Spanish, Swahili, Tamil, Tagalog, Turkish and Urdu.
riwc.org

Rexdale Women’s Centre (Violence Prevention and Crisis Intervention)
416-745-0062
Counselling for immigrant and refugee women experiencing abuse, crisis counselling, medical and legal referrals, accompaniment, support groups.
Address: 925 Albion Road, Suite 309, Etobicoke
Accessibility: Wheelchair accessible
Language: Arabic, Assyrian, Bosnian, Croatian, Dari, Spanish, Farsi, Gujarati, Hindi, Mandarin, Pashto, Punjabi, Sorbian, Somali, Tamil, TWI, Urdu, Bengali, French.
rexdalewomen.org

Toronto Community Services Resource Guide for Non-Status Immigrants
Directory of services and programs for individuals who lack secure immigration status, require sexual health and medical clinics, counselling, are experiencing abuse, legal advice, need LGBTQ support.
Accessibility: online resource
Language: Depending on the service and provider.

Working Women Community Centre (Women’s Support Services)
416-532-2824
Short-term action oriented counselling for women experiencing abuse. Counselors also run support groups to address a variety of issues, especially settlement and abuse.
Address: 533A Gladstone Avenue, Toronto
Accessibility: Will depend on location.
Language: Spanish, Farsi, Mandarin, Arabic, Portuguese, and English
Email: admin@workingwomencc.org
workingwomencc.org/programs-services/womens-support-services
Grassroots Initiatives

**Femifesto**
A feminist organization working to shift rape culture to consent culture through education, training and research on gender-based violence. They provide workshops, training and other consulting services.

Accessibility: Online resource
Email: info@femifesto.ca
Facebook: fb.me/femifesto
femifesto.org

**Pomegranate Tree Group (PTG)**
A not-for-profit organization committed to healing justice. They support diverse communities’ resiliencies through critical conscious raising, research, and consulting.

Email: info@pomegranatetreegroup.ca
pomegranatetreegroup.farrahkhan.org

**Reclaim Your Voice**
A nonprofit event series in Toronto, which provides a platform for individuals who have experienced sexual violence and abuse to reclaim their voices. They offer workshops which help raise awareness about abuse and teach participants methods of self care.

Email: reclaimyourvoice@gmail.com
reclaimyourvoice.org

**Sexual Assault Action Coalition**
They work to empower survivors through grassroots initiatives and community collaboration and support. All self-identified women, Trans folks and all survivors of sexual assault welcome.

Accessibility: Online resource, search facebook for “Sexual Assault Action Coalition”
Email: sexualassaultactioncoalition@gmail.com
facebook.com/SAACTO/about/

**Silence is Violence**
Silence is Violence is a survivor-led collective of feminist organizers tackling issues of sexual violence and rape culture on university campuses. SIV has chapters at U of T and York University.

Accessibility: Online resource
Email: sivyork@gmail.com
silenceisviolence.org

Additional Support Services

**Crisis Addiction Services**
Toronto Withdrawal Management
1-866-366-9513 416-864-5040
24/7
Primary point of entry into the Toronto Withdrawal Management Services referral system.

stmichaelshospital.com/pdf/programs/withdrawal-managementservices.pdf

**Mobile Crisis Response Teams**
Gerstein Centre Crisis Line
416-929-9647 416-929-5200 (TTY)
24/7
Mobile crisis team, will meet people in distress or in crisis in the community.

Accessibility: Mobile team.
gersteincentre.org

St. Mike’s Hospital Mobile Crisis Team
911
Accessibility: Accessible via Police Department.
stmichaelshospital.com/programs/mentalhealth/emergency.php

**Financial Support**

**Criminal Injuries Compensation Board**
416-326-2900 or 1-800-372-7463
Mon-Fri, 8:30am – 5pm
The CICB assesses financial compensation for victims of violent crimes committed in Ontario. Visit the website or call for information regarding the application process.

Address: 655 Bay Street, 14th Floor, Toronto
Accessibility: Wheelchair accessible
Language: English, French, interpreters available
sjto.gov.on.ca/cicb

**Ontario Disability Support Program**
1-888-789-4199 416-325-5666
1-800-387-5559 (TTY)
ODSP provide financial and employment support, including basic needs, health benefits, career placement for people with disabilities/mental health diagnoses.

Accessibility: Application will determine eligibility. Find office nearest you.
Language: English and French.
mcss.gov.on.ca/en/mcss/programs/social/odsp

**Ontario Works**
1-888-789-4199 416-325-5666
1-800-387-5559 (TTY)
Provides financial and employment assistance for people in financial need, including basic needs, health benefits.

Accessibility: Application will determine eligibility. Find office nearest you.
Language: English and French.
mcss.gov.on.ca/en/mcss/programs/social/ow

**Housing**
Access Point
416-640-1934
Apply for mental health and addictions support services and supportive housing through one application and intake assessment process.

Address: 661 Yonge Street, 4th Floor, Toronto
Accessibility: ramp available upon request, Wheelchair accessible washrooms. 14+
Language: English, interpreters available upon request.
Email: info@theaccesspoint.ca
theaccesspoint.org

**Silence is Violence**
Silence is Violence is a survivor-led collective of feminist organizers tackling issues of sexual violence and rape culture on university campuses. SIV has chapters at U of T and York University.

Accessibility: Online resource
Email: sivyork@gmail.com
silenceisviolence.org

**Sexual Assault Action Coalition**
They work to empower survivors through grassroots initiatives and community collaboration and support. All self-identified women, Trans folks and all survivors of sexual assault welcome.

Accessibility: Online resource, search facebook for “Sexual Assault Action Coalition”
Email: sexualassaultactioncoalition@gmail.com
facebook.com/SAACTO/about/

**Mobile Crisis Response Teams**
Gerstein Centre Crisis Line
416-929-9647 416-929-5200 (TTY)
24/7
Mobile crisis team, will meet people in distress or in crisis in the community.

Accessibility: Mobile team.
gegersteincentre.org

St. Mike’s Hospital Mobile Crisis Team
911
Accessibility: Accessible via Police Department.
stmichaelshospital.com/programs/mentalhealth/emergency.php

**Financial Support**

**Criminal Injuries Compensation Board**
416-326-2900 or 1-800-372-7463
Mon-Fri, 8:30am – 5pm
The CICB assesses financial compensation for victims of violent crimes committed in Ontario. Visit the website or call for information regarding the application process.

Address: 655 Bay Street, 14th Floor, Toronto
Accessibility: Wheelchair accessible
Language: English, French, interpreters available
sjto.gov.on.ca/cicb

**Ontario Disability Support Program**
1-888-789-4199 416-325-5666
1-800-387-5559 (TTY)
ODSP provide financial and employment support, including basic needs, health benefits, career placement for people with disabilities/mental health diagnoses.

Accessibility: Application will determine eligibility. Find office nearest you.
Language: English and French.
mcss.gov.on.ca/en/mcss/programs/social/odsp

**Ontario Works**
1-888-789-4199 416-325-5666
1-800-387-5559 (TTY)
Provides financial and employment assistance for people in financial need, including basic needs, health benefits.

Accessibility: Application will determine eligibility. Find office nearest you.
Language: English and French.
mcss.gov.on.ca/en/mcss/programs/social/ow

**Housing**
Access Point
416-640-1934
Apply for mental health and addictions support services and supportive housing through one application and intake assessment process.

Address: 661 Yonge Street, 4th Floor, Toronto
Accessibility: ramp available upon request, Wheelchair accessible washrooms. 14+
Language: English, interpreters available upon request.
Email: info@theaccesspoint.ca
theaccesspoint.org
Advice Comic
"On Healing"

Advicecomics is a cartoon advice column where readers can write in and ask for help from a range of cartoon columnists and receive their answers in comic form. Artists contributing to Advicecomics are from Australia and the world.

Columnist Baby W, known as Lee Lai, answers questions pertaining to BIPOC & LGBTQQIA2S+ struggles. The following comic deals with trauma and triggers.

Trigger Warning: Sex, Abuse, Trauma, & Disassociation.
Go to page 81 to continue to Programs for Those Who have Committed Abuse.

http://advicecomics.tumblr.com
Hey sweet anonymous, uncovering those memories later on can be so fucking hard.

Sometimes, even if it's years delayed, tapping into anger can be really healing. Watch out for it being directed inwards, though.

If you can, find someone you trust who understands what you experienced. Who's good at helping the tender bits, and narrate it to them. Write it, or say it out loud so it's locked down into a story that's real and yours and on your terms.
AS FOR ENJOYING SEX... TAKE IT SLOW. BE GENTLE WITH EXPECTATIONS OF YOURSELF.

SEX IS HARD FOR MORE PEOPLE THAN IT WOULD SEEM, I THINK.

IT'S LIKE EVERYONE'S TOO BUSY TALKING ABOUT HOW AWESOME AND FUN SEX IS, TO OPEN UP ENOUGH DIALOGUE ABOUT HOW SEX CAN BE REAL FUCKING COMPLICATED.
START WITH YOURSELF, IF YOU LIKE, EXPERIMENT AND TRY MASTURBATING WITHOUT THE END GOAL BEING ORGASM.

TAKE YA TIME AND CONGRATULATE YOURSELF FOR EVEN THE TINIEST MOMENTS OF CALMNESS, PRESENCE OR PLEASURE.

IF YOU GOT A SEXUAL PARTNER AROUND, BE AS COMMUNICATIVE AS YOU CAN ABOUT WHAT'S GOING ON. HOW IT'S BEEN FEELING IN THE PAST, HOW YOU WANT IT TO FEEL IN THE FUTURE.

MAKE DAMN SURE THEY'RE ON YOUR FACE.
Detaching is a real effective way of protecting yourself during sex, but either on your own or with someone else, try to start really noticing when you’re doing that, and slow right down or stop. This might mean sex that’s not smooth and follows no narrative and that’s OK.

It’s hard to know how long this shit takes. Have super high expectations of care and understanding and patience from your partner(s) and from yourself. You deserve this and way more.
Programs for Those Who Have Committed Abuse
British Columbia

Men Choose Respect - Haven Society
250-756-2452
The Men Choose Respect program is for men who want to stop their use of abuse in their personal relationships and choose respect and equality with their partners. The program provides a combination of individual contact, partner contact and group sessions to provide support to men as they make decisions to base their relationships on safety, respect and caring. The Haven Society provides services to support survivors and stop community violence.

Address: 2270 Labieux Rd, Nanaimo
Language: English
havensociety.com/our-services/men-choose-respect

Men in Change - MOSAIC
604-254-9626
Mon - Fri, 9am – 5pm
Offers two programs to support men who want to avoid violence and take a step toward healthier relationships. A trained counsellor will help men, through education and support. Group meetings take place in the evening and individual counselling in the daytime. A 17-week group-treatment program is available for men referred by their probation officers.

Address: 1720 Grant St., 2nd floor, Vancouver
Language: English, Spanish. Translation services available.
mosaicbc.org

Québec

Indigenous Support Services

Awakening the Warrior Within - Victoria Native Friendship Centre
250-384-3211
The program has been developed to support Aboriginal Men/Women, 19 + years of age, who are ready and willing to examine their relationship with Family Violence. The intent of the program is to provide an opportunity for Aboriginal men to gain a deeper understanding of family violence and its impact on self, family and community.

Address: 231 Regina Avenue, Victoria
Accessibility: 19+
Languages: English
vnfc.ca/programs-services/awakening-the-warrior-within

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Indigenous Support Services

Kizhaay Anishinaabe Niin - Odawa Native Friendship Centre
613-722-3811 ext: 284
The overall purpose of the Kizhaay Anishinaabe Niin program is to end all forms of violence towards Indigenous women. Provides One-to-One Peer Counselling, Service Navigation, Individual Advocacy Support, Justice-Related Individual Supports, Individual/Family Support and Individual Traditional Teachings.
Address: 250 City Centre Ave. Ottawa, ON
odawa.on.ca

Pro-Gam: Centre for Intervention & Research in conjugal and family violence
514-270-8462
Québec-based psychotherapy program for men who have used abusive behaviours in their relationships with partners or family members (individual & group counselling).
Accessibility: By appointment. Income-based sliding scale. $10 fee for students, recipients of social assistance or unemployed individuals. Fee of $15 for all other clients. 1st intake-evaluation meeting is free. $5 for individual evaluation or group sessions for students, recipients of social assistance and unemployed individuals. All other clients charged 5% of weekly pay.
Language: English, French, and Spanish.
pro-gam.ca

Ontario

CAMH Sexual Behaviours Clinic
416-535-8501 ext: 30799
Services for people over 18 and their families, with sexual behaviours or urges that may have resulted in personal and/or legal difficulties.
Address: 250 College Street, 6th Floor, Toronto
Accessibility: Wheelchair accessible entrance and washroom.
Self-referrals accepted. 18+
Language: English. Interpreters available.
Email: sbe@camh.ca
Email: sbc@camh.ca
CAMH.ca/en/hospital/care_program_and_services/specialty_clinics/Pages/Sexual-Behaviours-Clinic.aspx

Partner Assault Response Programs
1-888-579-2888 416-314-2447
PAR programs are specialized group educational/counselling services offered by community-based agencies across Toronto/GTA to people who have assaulted their partners. They aim to enhance victim safety and hold offenders accountable through a 12-16 session program.
Address: various locations around Toronto and the GTA
Accessibility: Will depend on location.
Language: English, French, additional languages may be available upon request.
attorneygeneral.jus.gov.on.ca/english/ovss/programs.php#wap

Québec

Entraide Pour Hommes
Support and resources for people who exhibit violent, impulsive, and/or sexually abusive behaviour. Also for men experiencing crisis.
Language: English and French.
Entraidepourhommes.org

Entraide pour Hommes – Grand Longueuil
450 672-6461
Hours unlimited
Address: 300, boulevard Churchill, bureau 100, Longueuil
Accessibility: Longueuil office accessible by wheelchair, some costs offered at sliding scale. No discrimination policy.
Language: French
Email: Unlisted, email form on website.

Option Alternative
514-527-1657
Organisme communautaire ayant pour mission d’offrir des services de suivi et de soutien aux adultes, hommes et femmes, qui exercent une ou plusieurs formes de violence envers leur conjointe/conjoint ou auprès des autres membres de leur famille.
Address: 1150, boul.Saint-Joseph Est.bur. 104, Montréal
Accessibility: Unknown
Language: French
optionalternative.ca
Northwest Territories

Services d’Aide aux Conjointes
514-384-6296
Mon-Fri, 12pm – 6pm
Service d’Aide aux Conjointes provides assistance to men living in difficult situations. Relationship difficulties can include breakups, jealousy, or conjugal violence. They provide individual and group support. SAC services are available to all men, including men from different ethnocultural backgrounds, different sexual orientations and those who have experienced conjugal violence. This service also provides help to men who have been violent or abusive.

Address: Unlisted
Accessibility: Unlisted
Language: English and French.
Email: Unlisted
serviceaideconjointes.org

A New Day
867-873-2201
This program offers free individual and group therapy for men who have used violence in their relationships.

Address: The Tree of Peace Friendship Centre 4917 48th Street, 2nd Floor, Yellowknife
Accessibility: Unknown
Languages: English
napfc.com/a-new-day.html
Online Resources

Below is a selection of online resources for survivors and those affected by abuse and violence.

Accountability & Healing Justice

Taking Risks: Implementing Grassroots Community Accountability Strategies
CARA (Communities Against Rape and Abuse)

Accountability Process
Feminist Action Support Network

Six Ways to Confront Your Friend Who's Abusing their Partner
Kai Cheng Thom for Everyday Feminism

Four Ways to Push Back Against Your Privilege
Mia McKenzie for Black Girl Dangerous

Five Common Ways our Communities Fail to Address Intimate Partner Violence
Kai Cheng Thom for Everyday Feminism

Pods and Pod Mapping Worksheet
Mia Mingus for the Bay Area Transformative Justice Collective

Creative Interventions Toolkit: A Practical Guide to Stop Interpersonal Violence
Creative Interventions

Organizing for Community Accountability
Incite Nation

Addressing Harm, Accountability and Healing
Critical Resistance

Portrait of Praxis: An Anatomy of Accountability
Esteban Lance Kelly & Jenna Peters-Golden of Philly Stands Up!

Strategies for Cultivating Community Accountability
Ann Russo for Prison Culture

Principles, Concerns, Strategies, Models
Queer Transformative Justice Working Group

Community Accountability Within The People of Color Progressive Movement
INCITE! Women of Color Against Violence Working Group

Accounting for Ourselves: Breaking the Impasse Around Assault and Abuse in Anarchist Scenes
Crimethinc

Betrayal: A Critical Analysis of Rape Culture in Anarchist Subcultures
Words to Fire Press

Communities Engaged in Resisting Violence
Ann Russo & Melissa Spatz for Women & Girls Collective Action Network

Towards Transformative Justice
Sara Kershner, Staci Haines, Gillian Harkins, Alan Greig, Cindy Wiesner, Mich Levy, Palak Shah, Mimi Kim & Jesse Carr

Accountability Process and Transformative Justice Experience
BYP100 Collective

8 Steps Toward Building Indispensability (Instead of Disposability) Culture
Kai Cheng Thom

Leah Lakshmi Piepzna-Samarasinha

Just Healing Resource Site
Ideas, Actions, Art, & Resources for Communities Responding to & Transforming Violence
Community Accountability Community

What to Do if Someone You Know Sexually Assaults Someone Else
Julia Dieperink for Everyday Feminism

Transformative Justice Toronto
On Consent

Learning Consent (Zine)
Phillys Pissed

My Pleasure, My Body, My Choice
Phillys Pissed

Give and Get Consent
Rape Crisis South London

Consent and Sexual Assault
Sara Casselman for the Sexual Assault Support Centre of Waterloo Region

No Means No
Public Legal Education and Information Service of New Brunswick

The Law of Consent in Sexual Assault
Women’s Legal Education & Action Fund (LEAF)
How Do You Know if Someone Wants to Have Sex With You
Alanna Vagianos for Huffington Post

When You Know They Are Into It
When They Are Kinda Into It
When They Are Not Into It
Planned Parenthood

Consent Campaign: Sexual Assault Resource Centre at Concordia University
Concordia University

On Rape Culture

How We Dress Does Not Mean Yes
Lori Adelman for Rookie Mag

Rape Culture Syllabus
Laura Ciolkowski for Public Books

For Journalists/Media Reporting on Sexual Violence

Use The Right Words: Media Reporting on Sexual Violence in Canada Guide
Checklist When Reporting on Sexual Assault: Frameworks & Imagery
10 Essential Tips on Interviewing Survivors of Sexual Assault
Feminist

Supporting Survivors

Knowing How to Support Survivors
The Monument Quilt

If Your Loved One Has Been Sexually Assaulted
Sexual Assault Support Centre of Waterloo Region

We Need to Talk: Responding to “A Note on Call-out Culture”
Lennox Archer

Active Listening
A Guide to Supports for Survivors of Human Trafficking
Child Sexual Assault Resource for Parents
Quick Tips for Supporting Survivors
Ways to Help Children Who Have Been Exposed to Abuse
What Can I Do to Help My Child Heal From Abuse
When a Survivor Discloses to You
Sexual Assault Support Centre of the Waterloo Region

Supporting Survivors
Ryerson University

Supporting Sexual Assault Survivors With Disabilities
California Coalition Against Sexual Assault

7 Ways to Help a Teen Survivor of Sexual Assault
Brooke Axtell for Psychology Today & Everyday Feminism

7 Things We Need to Stop Saying to Survivors Immediately
Maureen Shaw
How to Help a Friend Who Has Been Sexually Assaulted
Sarah Ogden Trotta

For Friends, Family and Partners of Rape & Sexual Abuse Survivors
Pandora's Project

Bystander Intervention
Sexual Violence: Myths vs Facts
Supporting Survivors: Helpful and Harmful Reactions
Supporting Survivors: Active Listening
Supporting Survivors: Communication Strategies
Concordia University’s Sexual Assault Resource Centre (SARC)

For Survivors
Sexual Assault & Domestic Violence Care Centre (SA/DVCC) Care Package For Survivors
Women’s College Hospital

Common Emotional Reactions to Sexual Assault
Definitions Related to Sexual Assault
Sexual Assault Centre of the Waterloo Region

That Four-Letter Word: Why Can’t I Confront the Person Who Assaulted Me?
Rookie Mag

We’re Called Survivors Because We’re Still Here
Sady Doyle

5 Things to Consider After a Recent Sexual Assault
Sarah Ogden Trotta for Everyday Feminism

6 Options for Finding Help After a Sexual Assault
Lindsey Doe for Everyday Feminism

Your Experience of Sexual Assault Is Always Valid (And Here’s a Chart to Prove It)
Emma Gray for Huffington Post & Everyday Feminism

On Abusive Behaviour

8 Signs Your Friendship Might Be Abusive
Kai Cheng Thom

Overt and Covert Boundary Crossings
Nora Samaran

Abuse in Same-Sex Relationships
Sexual Assault Support Centre of the Waterloo Region

Abuse Survivors Speak Out About Being Triggered by Trump
The Establishment

Trauma

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma
Bessel Van Der Kolk

Trigger Warning: Breakfast (Comic)
the Nib

Intimate Partner Violence & Abuse

11 Truths Every Survivor of Intimate Partner Violence Needs to Know
Kai Cheng Thom

Women Abused in Intimate Relationships
Family Violence Alberta

The Revolution Starts At Home: Confronting Partner Abuse in Activist Communities
LGBT Campus Center of University of Wisconsin

A Practical Guide to Stop Interpersonal Violence
Creative Interventions
Music Therapy for Women Survivors of Intimate Partner Violence: An Intercultural Experience from a Feminist Perspective
Teresa Fernández de Juan for The Arts in Psychotherapy

For Survivors of Marital/Partner Rape
Pandora’s Project

Cybersexism, Online Harassment, Abuse, Sexual Violence & Cyber Security

Speak Up & Stay Safe[r]: A Guide to Protecting Yourself From Online Harassment
Feminist Frequency

Nonconsensual Intimate Images Removal Guide
Cyber Civil Rights Initiative

A DIY Guide to Feminist Cybersecurity
Hack Blossom

Report harassment, receive support, and help end online harassment
Heartmob

For Survivors With Disabilities

My Experience of Healing as a Survivor with a Disability
Pandora’s Project

Childhood Sexual Abuse

Abuse and Neglect
Common Behavior and Coping Mechanisms of Childhood Sexual Assault Survivors
Common Responses to Sexual Abuse
Sexual Assault Centre of the Waterloo Region

For BIPOC Survivors

Healing From Trauma As a Person of Colour: 3 Things I’ve Learnt As a Queer Black Boy
Travis A for Black Girl Dangerous

No Selves to Defend: A Legacy of Criminalizing Women of Color for Self-Defense
Mariame Kaba of the Chicago Alliance to Free Marissa Alexander for No Selves 2 Defend

Healing Justice Principles
Bad Ass Visionary Healers

You Are Not Alone: A Toolkit for Aboriginal Women Escaping Violence
Native Women’s Association of Canada

Pathways to Healing Tribal Resources
Cowlitz Tribe

Ian Connor and Rape in the Black Community
Evelyn Atieno for Affinity Magazine

Decolonizing Trauma Work: Indigenous Practitioners Share Stories & Strategies
Renee Linklater for Evidence Exchange Network for Mental Health & Addiction

For LGBTQQIA2S+ Survivors

You Are Not Alone: On Being A Queer Survivor
Kate for Autostraddle

For Lesbian, Gay, Bisexual, Transgender, & Questioning Survivors of Rape & Sexual Abuse
Pandora’s Project

For Survivors in Sex Work

Let’s Dispel the Myths Around Sex Workers and Assault
Chanelle Gallant for Femifesto
For Male-Identifying Survivors

Connections: Male Survivors of Sexual Violence
Washington Coalition of Sexual Assault Programs

For Male Survivors of Rape and Sexual Abuse
Male Rape & Assault: Dispelling Myths
Pandora’s Project

Male Survivor Coalition

Male Survivors of Childhood Sexual Abuse
Sexual Assault Support Centre of the Waterloo Region

Safety Planning

Sexual Violence at Home: Safety Planning Tips
Sexual Violence at Home: Breaking Your Lease
Concordia University’s Sexual Assault Resource Centre (SARC)

Coping Resources

Flashbacks
Grounding During Flashbacks
Suggestions for Dealing with Urges to Self-Injure
Sexual Assault Support Centre of the Waterloo Region

Coping Tips on Crisis
Concordia University’s Sexual Assault Resource Centre (SARC)

Healing & Self-Care

Healing From Trauma
You Are Not Alone: A Colouring Book For Survivors & Supporters
We Believe You: A Colouring Book For Survivors & Supporters
Ryerson University

Choosing Your Own Path of Survivorship
Youth Alliance Project
Youth Surviving and Thriving: Many Paths to Healing
Youthwrx

Caring for Yourself is a Radical Act
Farrah Khan for Artreach

Methods of Self Care
Jodie Layne & Kara Haupt for Babevibes

4 Ways to Overcome Self-Blame After Sexual Assault
Sian Ferguson for Everyday Feminism

Sex After Sexual Assault: A Guide for When It’s Tough
Sarah Ogden Trota for Everyday Feminism

#SurvivorLoveLetter Project

For Those Who Have

Committed Abuse & Violence

Taking the First Step: Suggestions to People Called out for Abusive Behavior
Wispy Cockles of Fruition Design

Nine Ways to be Accountable When You’ve been Abusive
Kai Cheng Thom for Everyday Feminism

Am I Abusive? Questions to Ask Yourself
Centre for Domestic Peace

Changing Abusers’ Behaviours: What Works, What Doesn’t
Barry Goldstein for the National Organization for Men Against Sexism

Systems of Accountability for Abusive Men in a Domestic Violence Context
Carla Cezario
Artists, Organizers, Community Workers, Writers & Social Workers

Sara Ahmed  Billie Rain  Nock
Kai Cheng Thom  Alexis Pauline Gumbs  Renee Linklater
Roxane Gay  Shanice Nicole  Janina Fisher
Farrah Khan  Mia Mingus  Rachel Woroner
Vivek Shraya  Lisa Factora-Borchers  Janaya Khan
Rebecca Solnit  Aaminah Shakur  Bailey Poland
Morgan M Page  Adrienne Maree  Chantelle Gallant
Casey Plett  Brown
Trish Salah  Aishah Shahidah Simmons
Zoe Whittall  Deanna Bowen
Dionne Brand  Alison McCarthy
Leah Lakshmi Piepzna-Samarasinha  Amita Swadhin
Amber Dawn  Amy Ernst
Kama La Mackerel  Julia Serano
Mandi Gray  Reina Gosset
Frizz Kid  Samantha Marie

Art & Justice Collectives, Movements, Organizations, Platforms & Magazines

Justice for Missing and Murdered Indigenous Women
Black Girl Dangerous
Brown Girl Magazine
Guerrilla Feminism
Everyday Feminism
The Global Network of Sex Work Projects (NSWP)
The Living Bridges Project
The Dear Sister Anthology: Letters From Survivors of Sexual Violence
INCITE! Women of Colour Against Violence
#FreeBresha
Coming Forward
Non-Status Women’s Collective
Black Lives Matter
International Network for Transgender Art
Moontime Warrior
Witch Cabinet: Surviving Toxic Masculinity
Third Eye Collective
Rest for Resistance
Community United Against Violence
Critical Resistance
Families of Sisters in Spirit
Philly Stands Up
Connect NYC
Philly Survivor Support Collective
Project NIA
GenerationFIVE
TGI Justice Project
Chain Reaction
Young Women’s Empowerment Project
Podcasts, Radio Shows & Episodes

Joyful Threads Productions: Sarah Hunt - Decolonizing the Roots of Rape Culture

Two Brown Girls

One From the Vaults

Smart Girl Club

Please consider supporting the community workers, artists and writers listed above as they provide valuable resources to our communities.
About CIRCLES

This book has been composed and compiled by Xavier Arocha, Charlotte Forbes, Cat Lamoureux, Carly Seltzer, William Osiecki, Chloe Cavis-Haie, Milo Reinhardt, and other invaluable contributors. This book would not be possible without the contributions of those who collaborated and held space for this resource.

We’d like to extend our special thanks to Jean Cousin and David A. Mitchell for supporting our collective.

We believe our personal experiences shaped our responses to violence and abuse and wanted to be transparent by disclosing our firsthand experiences in relation to abuse, violence, community accountability and transformative justice. The CIRCLES Collective prioritizes communal solidarity with fellow survivors, as well as a reconstruction of what it means to heal collectively.

We would also like to give special thanks to Queer Concordia, whose provided us with the means to distribute this document. Their support was integral to making printed copies of this resource a reality.

Contributing Artists

This resource would not be the same if it weren’t for the contributing artists. We are honoured to be able to share their work.

Kendra Bramson-Bowes
Interior illustrations
Kendra Bramson-Bowes is an illustrator and artist born in Tkaronto (Toronto), who is currently living and working in Tio’tia:ke (Montreal).
http://cargocollective.com/kendrabramsonbowes
Kendra_Bowes on Instagram

Lee Lai
Advice comic “On Healing”
Lee Lai is a Tio’tia:ke (Montreal) Illustrator hailing from the Unceded Kulin Nation Territory (Melbourne).
http://lee-lai.tumblr.com/
_leelai on Instagram

Chloe Cavis-Haie
Graphic design and cover art
Chloe Cavis-Haie is a Tio’tia:ke (Montreal) designer, artist and community worker.
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La Presse du Chat Perdu - Christopher Robertson
Screenprinter (Covers)
Chris Robertson is a screenprinter at La Presse du Chat Perdu in Tio’tia:ke (Montreal).
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