

ONTARIO

- Centre for Addiction and
Mental Health. 800-463-6273
- Ontario Association of Community
Care Access Centres. 416-750-1720
- Ontario Network for the Prevention
of Elder Abuse 416-916-6728
- Ontario Poison Centre. 800-268-9017
- Ontario Provincial Police
(non-emerg) 888-310-1122
- Ontario Senior Games Association 800-320-6423
- Seniors' InfoLine 888-910-1999
- Telehealth Ontario 866-797-0000

TORONTO

- Advocacy Centre for the Elderly
(legal advice) 416-598-2656
- Centre for Addiction and
Mental Health. 800-463-6273
- Downsview Services for Seniors. 416-398-5511
- Emergency Medical Services 416-392-2000
- Etobicoke Services for Seniors 416-243-0127
- Family Service Toronto – Seniors and
Caregivers Support Services. 416-595-9618
- Meals on Wheels. 416-225-6041
- Senior Peoples' Resources In
North Toronto Inc. 416-481-6411
- Seniors for Seniors 416-481-2733
- Toronto Distress Centre. 416-408-4357
- Fire Services 416-338-9050
- Police (non-emerg) 416-808-2222
- Toronto Transit Commission (TTC) 416-393-4636
- West Toronto Services for Seniors 416-653-3535
- Woodgreen Community
Services. 416-645-6000 x 1100

WEBSITES OF INTEREST

- ABC's of Fraud www.abcfraud.ca
- Alzheimer Society of Canada www.alzheimer.ca
- B.A.S.S.I.C. www.BASSIC.ca
- Canada Epilepsy Alliance www.epilepsymatters.com
- Canadian Association of Retired Persons www.carp.ca
- Canadian Cancer Society www.cancer.ca
- Canadian Coalition for Seniors' Mental Health www.ccsmh.ca
- Canadian Diabetes Association www.diabetes.ca
- Canadian Elder Law www.canadianelderlaw.ca
- Canadian Hospice Palliative Care Association. www.chpca.net
- Canadian National Institute for the Blind www.cnib.ca
- Canadian Pharmacists Association www.pharmacists.ca
- Canadian Physical Activity Guidelines. www.csep.ca/guidelines
- Canadian Securities Administrators www.csa-acvm.ca
- Credit Bureaus:

We welcome any feedback you may have