

2023

YOUTH BOOKLET

Guide of Services for Youth in Peel Region

www.peelhaltonworkforce.com/



Experiential Learning— Building the workforce for tomorrow

The Peel Halton Workforce Development Group (PHWDG) supports youth to gain experiential learning experiences. Experiential Learning (EL) opportunities are hands on learning experiences, where young people learn through reflection and practical experience in a work-integrated learning environment. It provides an opportunity for organizations to tap into a massive talent pool of students and other underrepresented groups, and prepares them for the future workforce. Experiential learning works to bridge the gap between employers, students, and academic institutions, benefiting everyone involved.

As a workforce development organization PHWDG is committed to providing EL opportunities as a way to build Canada's future workforce. We encourage all employers to consider their role in building a strong foundation for our workforce by providing EL opportunities to youth.

This booklet was researched & designed by our interns from the University of Toronto Mississauga. We thank them and acknowledge their hard work and commitment.

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** Verified that the information in this booklet was current and up to date on the day of publication.*

Peel-Halton Workforce Development Group: Who we are?

Peel Halton Workforce Development Group (PHWDG) is a community based, non-profit corporation. It is one of 25 local boards in the Province of Ontario, funded by the Ministry of Labour, Immigration, Training and Skills Development (MLITSD).

The Peel Halton Workforce Development Group consists of a volunteer Board of Directors representing business, labour, women, visible racial minorities, educators/trainers and other equity groups.

Its main role in the community is to conduct a highly interactive process that results in the Trends, Opportunities and Priorities (TOP) report. The TOP report serves as a strategic tool for building community partnerships.



The Mandate of the Peel-Halton Workforce Development Group

- **Labour Market Information and Intelligence**

Expanding current understanding of local labour market issues and needs and improving access to labour market information resources.

- **Integrated Planning**

Identify and respond to labour market and workforce development challenges and opportunities, and gaps in employment and training and human and social services, through collaborative planning.

- **Service Coordination for Employers**

Acting as a hub for connecting employers, industry associations, sector groups and other employer groups with appropriate employment and training services to address their workforce development needs.

- **Research and Innovation**

Collaborating with community stakeholders to develop projects related to the research and piloting of innovative approaches to addressing local labour market issues or opportunities.

- **Sharing Best Practices and Promising Approaches**

Working with provincial and community organizations, including other LEPCs, to identify and share local best practices that could inform action in other areas.

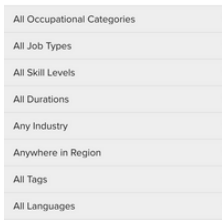
About Peel Halton Workforce Hub

Peel Halton Workforce Hub is a tool located on the Workforce Development Group website that connects job seekers to employers, skill building and training in Peel and Halton regions.

- To the Workforce Hub: <https://www.peelhaltonworkforce.com/hub/>
- How to use the Hub: <https://www.peelhaltonworkforce.com/how-to-use-hub/>

Job Finding Tools

Job Board



Job Map



Work from Home Jobs



Career Development Tools

Career Explorer



Career Library

0 - Management occupations	1000 Jobs
1 - Business, finance and administration occupations	1004 Jobs
2 - Natural and applied sciences and related occupations	5048 Jobs
3 - Health occupations	696 Jobs
4 - Occupations in education, law and social, community and government services	827 Jobs
5 - Occupations in art, culture, recreation and sport	249 Jobs
6 - Sales and service occupations	4374 Jobs

Sector Library

> 11 - Agriculture, forestry, fishing and hunting	20 Jobs
> 21 - Mining, quarrying, and oil and gas extraction	12 Jobs
> 22 - Utilities	19 Jobs
> 23 - Construction	1027 Jobs
> 31, 32, 33 - Manufacturing	1600 Jobs
> 41 - Wholesale trade	144 Jobs
> 44, 45 - Retail trade	2081 Jobs
> 48, 49 - Transportation and warehousing	1702 Jobs
> 51 - Information and cultural industries	780 Jobs

Follow our Social Media Accounts

for local, relevant and timely labour market information.

WORKING IN PEEL HALTON

Labour Market Information
Job Listings
News
AND MORE!



A GUIDE OF SERVICES FOR YOUTH IN PEEL REGION

The purpose of this guide is to connect you to people and places in your community that will help and support you to be safe, happy, and healthy, and allow you to create goals and strive to reach them.



Getting Started

- Take a risk and connect! Whether you make a call, check out a website, or make an appointment, it can be a scary first step. Remember that there is nothing wrong with asking for help!
- **DON'T GIVE UP!** The first number you call may not be the right one for you, but that's OK. **Keep trying until you get the help that you need.**
- **Ask lots of questions:**
 - » Does it cost money?
 - » Is there an age or other eligibility requirements?
 - » Do I need to be referred by a doctor or other agency?
 - » What can I expect when I show up?
 - » What do I have to do to get help?
 - » How do I get there?
- Remember, **YOU DESERVE SUPPORT!!**

**Let's
Grow
Together**



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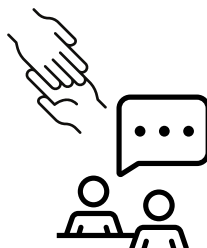
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Municipal Offices & Government Contacts

What To Expect When Calling a Support Line?

- Support lines are typically confidential and anonymous, meaning that you do not have to tell anyone your name, or worry that they will tell people about what you say.
- The person answering the phone is there to support and listen to you. They may ask you questions about what is going on in your life, and provide you with phone numbers or websites for organization that might be helpful to you.



24.7 Crisis Support Peel Dufferin

- Tel: 905-278-9036 and 888-811-2222
- Web: <https://cmhapeeldufferin.ca/programs/24-7-crisis-support-peel/>

Provides a timely and high-quality response to de-escalate, stabilize and support those in mental health and addiction crisis.

Hope 24/7

- Tel: 800-810-0180 (24/7 Hotline) or 905-792-0821 (Crisis Intervention and Prevention)
- Web: <https://www.hope247.ca>
- Address: 10 Gillingham Drive, Suite 305, Brampton ON, L6X 5A5

A non-profit organization that provides support services to survivors of relationship and sexual violence. Provides trauma-informed clinical interventions.

Victim Services of Peel

- Tel: 905-568-8800 (Administration) 905-568-1068 (Crisis Line)
- Web: <https://vspeel.org>
- Address: 7750 Hurontario Street, Brampton, ON L6V 3W6

Crisis Line is available 24/7

Non-Emergency Peel Region Police

- Tel: 905-453-3311
- Web: <https://www.peelpolice.ca/en/report-it/emergencies.aspx>

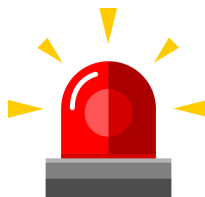
Noise Control/ Reporting a crime with a delay/ Reporting a crime with no suspect/Ongoing crime issue.

Peel Crime Stoppers

- Tel: 800-222-8477
- Web: <https://peelcrimestoppers.ca>

Kids Help Phone

- Tel: 800-668-6868 / Text: CONNECT to 686868
- Web: <https://kidshelpphone.ca>



Telehealth Ontario

- Tel: 866-797-0000 or 866-797-0007
- Web: www.health.gov.on.ca

Free and confidential access to a Registered nurse; offers health advice information 24/7. Search for a walk-in clinic in your area.



EveryMind

- Tel: 905-278-9036
- Web: <http://everymind.ca>

The Crisis Response Service offers a Telephone Crisis Response and, where appropriate, a Mobile Crisis Response for young people under age 18 who are experiencing a mental health crisis, and their parents or caregivers. Mental health crises may include, but are not limited to: parent-child conflict, school concerns, suicidality, self-harm, substance use, stress, depression, and parenting concerns.

ConnexOntario

- Tel: 866-531-2600
- Web: <https://www.connexontario.ca/en-ca/>

Mental Health Crisis & Addiction and Problem Gambling Treatment Services.

Family Services of Peel

- Tel: 905-453-5775
- Web: <https://fspeel.org>
- Address: 5975 Whittle Rd #300, Mississauga, ON L4Z 3N1

Offer human trafficking, trauma specific, counselling, employment and disability services. Walk-in counselling available with professional and qualified multicultural staff for support.



02. Abuse Support

- Abuse can come in many forms and can take place in families, by people that you love, by people of authority like a coach or boss, by strangers, or by peers. Physical abuse can be hitting, kicking, burning, or any action that causes injury, leaves a mark, or causes pain. Verbal and emotional abuse can involve threats, intimidation, swearing, yelling, or criticism that makes you feel scared, hurt, or damages your self-esteem and self-worth.
- Neglect occurs when you do not have adequate food, clothing, housing, medical care, or access to a caring family environment.
- Bullying is a form of abuse, whether it is physical, verbal, or emotional, and whether it takes place at school, at home, or through text messages and social websites.



If you feel you are being abused or bullied, call

Kids Help Phone: 800-668-6868 or Text: CONNECT to 686868.

If you are experiencing abuse or neglect within your family or within your home, and are under 16 years of age, contact:

PEEL Region Children's Aid Society: 905-363-6131,

or visit: 25 Capston Drive, Mississauga, ON L5W 0H3

Abuse can also take the form of hate crime if it is directed at people based on their skin colour, religion, abilities, gender, or sexual orientation. You can report hate crime through the **Peel Region Police: 905-453-3311, or Peel Crime Stoppers: 800-222-8477**

If you know someone who is being bullied, you can also report it anonymously!

For information and strategies to stop bullying

visit: www.bullying.org, www.stopabully.ca, and www.bullyingcanada.ca.

REPORT ABUSE



a. Protection, Support and Education

Victim Witness Assistance Program

A court-based program that provides information, help and support to victims and witnesses of crime so they can understand and participate in the criminal court process. A victim/witness service worker will talk with you and assist you based on your specific case and needs.

- Tel: 888-579-2888
- Web: <https://www.ontario.ca/page/victimwitness-assistance-program#section-1>

Chantel's Place

A private, secure area that provides a comfortable and supportive atmosphere for survivors of sexual assault and domestic violence irrespective of gender, age, and ethnicity.

- Tel: 905- 848 - 7580 ext. 2548
- Web: <https://trilliumhealthpartners.ca/patientservices/womens/Chantels-Place/Pages/default.aspx>
- Address: Mississauga Hospital Site: 100 Queensway West, Mississauga, L5B 1B8

Catholic Family Services Peel Dufferin

Services include psychotherapy, couples therapy, family violence, safer families, wellness groups and more.

- Tel: 905-450-1608 (Brampton); 905-897-1644 (Mississauga); 905-450-1608 (Caledon)
- Web: info@cfspd.com
- Addresses: 60 West Drive, Suite 201, Brampton, ON, L6T 3T6 (Brampton)

Safe Centre of Peel

Offer support and compassionate care to families affected by abuse and violence in Peel

- Tel: 905-450-4650
- Web: <https://scopeel.org>
- Addresses: 60 West Drive, Suite 110, Brampton, ON, L6T 3T6

Victim Services of Peel

- Tel: 905-568-8800 (Administration) 905-568-1068 (Crisis Line)
- Web: <https://vspeel.org>
- Address: 7750 Hurontario Street, Brampton, ON L6V 3W6
- Crisis Line is available 24/7



24.7 Crisis Support Peel Dufferin

- Tel: 905-278-9036 and 888-811-2222
- Web: <https://cmhapeeldufferin.ca/programs/24-7-crisis-support-peel/>

Provides a timely and high-quality response to de-escalate, stabilize and support those in mental health and addiction crisis.

Peel Street Outreach Program

- Tel: 877-848-8481
- Web: <https://www.peelregion.ca/housing/street-outreach/>

The Peel Outreach team is a responsive, mobile, multi-disciplinary team that meets people where they are at. The team includes: mental health support staff, substance use harm reduction staff, family transitional outreach staff and housing support worker.

Elder Help Peel

Aimed at helping with meeting the challenges of an Aging and Diverse Senior population.

Services include financial help, health, advocacy and shelter resources

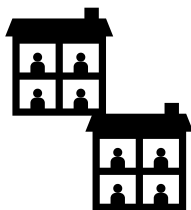
- Tel: 905-457-6055
- Web: info@elderhelp.net
- Address: 6 George St. South, Unit 2B, Brampton, Ontario, L6Y 1L9

b. Youth Emergency Shelters

Our Peel Place

Provides shelter, basic needs, counseling and care management for youth aged 16-24 in the Region of Peel.

- Tel: 905-238-1383
- Address (Mississauga): 3579 Dixie Road, Mississauga, ON L4Y 2B3
- Address (Brampton): 3458 Queen St E, Brampton, ON L6S 0A1



Brampton Queen Street Youth Shelter

Provides temporary emergency housing for homeless youth in Peel Region. Services include shelter, financial assistance, health care, education continuation and much more.

- Tel: 905-450-1996 or 888-919-7800
- Address: 3458 Queen St E, Brampton, ON, L6S 0A1

Peel Youth Village

For individuals who are 16-24 years old and do not have a permanent home, provides transitional housing at Peel Youth Village.

- Tel: 905-791-5576
- Web: <https://www.peelregion.ca/housing/peel-youth-village/>
- Address: 99 Acorn Pl, Mississauga, ON L4Z 4E2

c. Emergency Shelters for Women and Children

Elizabeth Fry Society of Peel Halton - Ellen House

Single Female 18 years or older. Women are accepted from both the provincial and federal correctional system

- Email: efry@efrypeelhalton.ca
- Web: www.efrypeelhalton.ca
- Address: 44 Peel Centre Dr, Suite 200, Brampton, ON, L6T 4B5

Nisa Homes

Muslim women's and children charity.

- Tel: 888-456-8043
- Web: <https://nisahomes.com>
- Address: 115 Matheson Blvd W, Unit 214, Mississauga, ON, L5R 3L1



03. Housing

a. Emergency Places to Stay (Shelters)

Embrace

Provides immediate shelter support, 24/7 Emergency Shelters and Crisis Line. For all individuals aged 16+ .

- Tel: 905-403-0864 or 855-676-8515
- Email: info@embrace.ca
- Web: <https://embrace.ca>



The Salvation Army - Family Life Resource Centre

24/7 service, provide counselling, children's services, legal, housing and intake services.

- Tel: 905-451-4115
- Email: help@flrc.ca
- Web: <https://www.tsavawsservices.ca>
- Address: 535 Main St N, Brampton, ON L6X 3C9

Peel Family Shelter

For all families. Emergency shelter, including food, clothing, psycho-social support, primary health care, help obtaining affordable housing, transition support to independent living, referrals to community agencies, employment support.

- Tel: 905-450-1996
- Web: <https://www.peelregion.ca/articles/2021/peel-family-shelter.asp>

Wilkinson Shelter

For single adults or a couple. Provides temporary emergency housing.

- Tel: 905- 452-1335
- Address: 15 Wilkinson Rd, Brampton, ON L6T 4M3

Cawthra Shelter

For single adults or a couple. Provides temporary emergency housing.

- Tel: 905-281-1272
- Address: 2500 Cawthra Rd, Mississauga, ON L5E 2X3

Shelters outside of region that can be utilized by Peel Region youth:

Youth Haven

Transitional housing, emergency shelter, health care clinic, referral services, counselling, life skills, case management, continuing care, outreach counselling, job readiness, and housing program.

- Tel: 705-739-7616
- Web: <https://youthhaven.ca>
- Address: 20-22 Wellington St. E, Barrie, ON

Eva's Place

Emergency shelter for homeless youth age 16-24. Family reconnect program and support to transition to housing in the community.

- Tel: 416-977-4497
- Web: <https://www.evas.ca>
- Address: 401 Richmond Street West, Suite 245, Toronto, ON, M5V 3A8

b. Housing Information and Support

Housing Stability Program

Provides financial and non-financial assistance to eligible residents of the Region of Peel to get or keep affordable housing.

- Tel: 905-793-9200
- Web: <https://peelregion.my.site.com/resident/s/preventing-homelessness-in-peel-program?>



Peel Housing Subsidy

A housing subsidy is a non-repayable financial benefit to help you pay rent. The benefit can be paid to the landlord or to you directly, depending on the subsidy type.

- Web: <https://www.peelregion.ca/housing/apply-for-subsidy/>

Peel Youth Village

For individuals who are 16-24 years old and do not have a permanent home. Provides transitional housing.

- Tel: 905-791-5576
- Web: <https://www.peelregion.ca/housing/peel-youth-village/>
- Address: 99 Acorn Pl, Mississauga, ON L4Z 4E2

Ontario Works

Paying for food and shelter, financial help is available from the Ontario government. Emergency assistance is also available and offers short-term financial help for people in crisis or an emergency situation.

- Brampton and Mississauga 905-793-9200, Caledon 800-327-5379.
- Web: <https://www.peelregion.ca/services/financial-help/ontario-works>

Peel Street Outreach Program

The Peel Outreach team is a responsive, mobile, multi-disciplinary team that meets people where they are at. The team includes: mental health support staff, substance use harm reduction staff, family transitional outreach staff and housing support worker.

- Tel: 877-848-8481
- Web: <https://www.peelregion.ca/housing/street-outreach/>

Services and Housing in the Province (SHIP)

Provides short term and transitional housing support.

- Tel: 905-795-8742 or 855-795-8742
- Web: <https://shipshey.ca>
- Address: 60 Courtney Park Drive West, Unit 2, Mississauga, ON L5W 0B3 Canada

Open Window Hub

A resource and information centre designed to support and empower individuals and families who are experiencing homelessness or mental health issues, within Mississauga.

- Tel: 905-615-3200/3541
- Web: <https://www.mississauga.ca/library/using-the-library/open-window-hub/>
- Address 1: Meadowvale Community Centre, ground floor.
- Address 2: Mississauga Valley Gymnasium
- Address 3: Burnhamthorpe Library
- Address 4: Port Credit Memorial Arena

St. Leonard's Place Peel

Offers 3 streams of housing programs. Provides residential support for men 18 years or older (only) who have significant mental health or substance abuse problems, as well as those who've been involved in the justice system.

- Tel: 905-457-3611
- Web: <https://www.stleonardsplace.com>
- Address: 1105 Queen St E, Brampton, ON L6T 4E2

Renting An Apartment

- Before you rent an apartment, be sure to know your rights and responsibilities as a tenant. Visit <https://www.canada.ca/en/financial-consumer-agency/services/renting-first-apartment.html>.
- Also visit Peel Living Tenants to provide feedback and gain support: <https://www.peelregion.ca/peelliving/tenants/>
- When looking for a place to rent, it helps to have a friend or relative go along and listen to what the landlord says, in case there's a later disagreement about what was promised.
- If you are sharing an apartment, you need to know your rights and responsibilities as a roommate or co-tenant. Visit www.cleo.on.ca/english/roommates/index.html.

If you feel that you are being treated unfairly, call for information about your rights:

Landlord and Tenant Board: 416-645-8080 / 888-332-3234,

www.sjto.gov.on.ca/ltb/

- Information on tenant and landlord accessibility and human rights, rights and responsibilities, rules about rent, and filing complaints.

The Ontario Human Rights Code makes it illegal to discriminate housing, and this protection covers most people age 16+ who are living on their own. If you feel you have been discriminated against in finding housing, contact:

Centre for Equality Rights in Accommodation: 800-263-1139, www.equalityrights.org/
or **Human Rights Legal Support Centre:** 866-625-5179 www.hrlsc.on.ca/



04. Food

The Peel Food Map is a resource directory that provides information about food programs across Peel Region. Visit:

<https://www.peelregion.ca/planning-maps/foodprograms/foodprograms.html> for more information.

a. Community Meals

Please call ahead or connect to links listed for meal dates and times.

Seva Food Bank

- Tel: 905-361-7382 ext. 1
- Web: <https://www.sevafoodbank.com/>
- Address: 3413 Wolfedale Rd, Unit 10, Mississauga, ON, L5C 1V8
- By appointment only



All People's Church

- Tel: 905-792-2176
- Web: <https://allpeopleschurch.ca>
- Address: 41 Finchgate Blvd., Brampton, ON, L6T3H8
- Provide weekly food bags



St Louise Outreach Centre Peel

- Tel: 905-454-2144
- Address: 32 Haggert Avenue North, Brampton, Ontario L6X 1Y3
- For Registration Info, email stelouisefoodbank85@hotmail.com

Islamic Forum of Canada

- Tel: 905-790-8859
- Web: <https://islamicforumonline.com>
- Address: 200 Advance Blvd., Brampton, Ontario, L6T 4V4



b. Emergency Food Banks

The Salvation Army

- Web: <https://mississaugatemple.com>
- Tel: 905-279-3941 (Mississauga); 905-820-6868 (Erin Mills) ; 905- 824-0450 (Cornerstone Community Church)
- Mississauga Address: 3167 Cawthra Rd, Mississauga, ON L5A 2X4
- Erin Mills Address: 2460 The College way Mississauga, ON L5L 1V3
- Cornerstone Community Church Address: 3020 Vanderbilt Rd, Mississauga, ON L5N 4W8

St. Mary's Food Bank - Dundas

Will receive 7+ days of nutritious food on each visit. This will include both canned/packageged food and fresh food. Proof of Mississauga residency required.

- Tel: 905-238-9008
- Web: <https://stmarysfoodbank.ca>
- Address: 1699 Dundas Street East, Mississauga, ON L4X 1L5

Knights Table

To serve and empower vulnerable members of our community by providing food and access to resources in a safe environment through volunteerism and strategic partnerships.

- Tel: 905-454-8725
- Web: <https://knightstable.org>
- Address: 287 Glidden Road, Unit #4, Brampton ON L6W 1H9

The Compass

- Tel: 905-274-9309
- Web: <https://thecompass.ca>
- Address: 427 Lakeshore Rd East, Mississauga ON L5G 1H8

Caledon Community Services - The Exchange

- Tel: 905-584-2300
- Web: <https://ccs4u.org>
- Address: 18 King Street East, Bolton, ON L7E 1E8

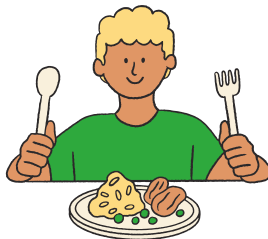


ICNA Relief Canada

- Tel: 905-858-1067
- Web: <https://icnareliefcanda.ca/food-banks>
- Address: 6120 Montevideo Rd. Unit #4, Mississauga, ON, L5N 3W5

ISNA Canada Food Bank

- Tel: 905-403-8406
- Web: <https://www.isnacanada.com/foodbank/>
- Address: 2200 South Sheridan Way Mississauga, ON L5J 2M4



a. Help and Information Lines

Telehealth Ontario

- Tel: 866-797-0000 / 866-797-0007
- Web: www.health.gov.on.ca

Free and confidential access to a Registered nurse; offers health advice information 24/7.
Search for a walk-in clinic in your area.



Peel Public Health

- Tel: 905-799-7700, Caledon 905-584-2216
- Web: <https://www.peelregion.ca/scripts/mailto.pl?listgroup=health>

Peel Public Health is made up of health experts, practitioners, researchers and change makers. We work closely with Canada's health care system. Health care treats people who are already sick, our goal is to stop people from getting sick in the first place. Their programs deliver health protection and promotion, disease prevention, senior care, and emergency services to all residents in Peel.

b. Community Health Centres

East Mississauga Community Health Centre (Satellite of Lamp CHC)

- Tel: 905-602-4082
- Web: www.eastmississaugachc.org
- Address: 2555 Dixie Rd suite 7, Mississauga, ON L4Y 4C4

Provides various medical services and community / social support programs to the East Mississauga community. Currently offer the following Programs & Services:

1. Medical Services

- a. Primary Health Care
- b. Chiropractic (Foot Care)
- c. Physiotherapy Program
- d. Diabetes Education
- e. Nutrition Counselling

2. Dental Health Care

3. Community / Social Support Programs

- a. Health Promotion
- b. Seniors' Wellness
- c. LGBTTIQQ2S+
- d. Mental Wellness
- e. Social Work
- f. Client Advocacy (and Commissioner of Affidavit)



Wellfort Community Health Services

- Tel: 905-677-9599
- Web: <https://www.wellfort.ca/>
- Address 1: Westwood Square, 7205 Goreway Dr Unit 75, Mississauga, ON L4T 2T9
- Address 2: 40 Finchgate Blvd suite 224, Brampton, ON L6T 3J1

WellFort is a community health centre. Provides health services to individuals and families across the Region of Peel depending on their unique needs. As a not-for-profit, values-based organization, the services include:

1. Primary healthcare given by your doctor, nurse practitioner and nurse
2. Dental Care.
3. Health Promotion and Education Programs.
4. Diabetes, HIV & Hepatitis C Education Programs.
5. Working with local residents and partner agencies to build community health.

****The programs are also known by many other names: Bramalea Community Health Centre, Four Corners Health Centre, Bloom Clinic, Diabetes Education Program, and Health n' Smiles. All WellFort programs are committed to providing inclusive and sustainable care that can be used by all members of the communities.**

c. Hospitals

Trillium Health Partners - Mississauga Hospital

- Tel: 905-848-7100
- Patient Inquiry: 905-848-7533
- Booking: 416-521-4069
- Web: www.thp.ca/contactus/Pages/Overview.aspx
- Address: 100 Queensway W, Mississauga, ON L5B 1B8

Hospital services include:

1. 24-hour Emergency Department
2. mental health
3. maternal-child care
4. cancer services including pediatric oncology
5. general medicine
6. cardiac health and rehabilitation
7. seniors' services
8. surgery
9. neurosciences
10. renal services
11. children's health
12. stroke
13. vascular services
14. critical care
15. diagnostic imaging
16. family medicine
17. clinical genetics
18. sexual assault and domestic violence services
19. outpatient services
20. fracture clinic
21. spine centre



Services and Programs:

1. Birthing Services - Postnatal Services
2. Comprehensive Stroke Unit
3. Crisis Intervention Team
4. Diabetes Management Centre
5. Diagnostic Imaging
6. Emergency Department
7. Fracture Clinic
8. Healthy Feet Clinic
9. Hospital Elder Life Program (HELP)
10. Inpatient Oncology
11. Inpatient Short-Term Rehabilitation, Unit 5C
12. Mental Health and Addiction Services
13. Neurological Rehabilitation Patient Care Unit
14. Outpatient Neuro Rehab Services (Progression)
15. Outpatient Services - Acute Internal Medicine (AIM) Clinic
16. Outpatient Services - Infectious Disease (ID) Clinic
17. Pediatric Diabetes Outpatient Clinic
18. Stroke Prevention Clinic



Regional specialized programs include:

1. Advanced Cardiac Surgery
2. Clinical Genetics
3. Geriatric Mental Health Services
4. Hepato-Pancreato-Biliary Services
5. Neurosurgery
6. Peel Behavioural Services
7. Peel Committee on Sexual Assault
8. Peel Regional Cancer Centre (Oncology, Palliative Care, Thoracic Oncology Surgery)
9. POGO Pediatric Oncology
10. Primary Percutaneous Coronary Intervention
11. Regional Women's and Children's Health Centre
12. Renal Services
13. Sexual Assault and Domestic Violence
14. Specialized Geriatric Services
15. Stroke
16. Vascular Services

****Patients experiencing a medical emergency are advised to call 911. For non-urgent health care call Health Connect Ontario at 811, which is available 24/7 for non-emergency health-related questions.**

Trillium Health Partners - Credit Valley Hospital

- Tel: 905-813-2200 or 905-813-3971 (Patient Inquiry)
- Toll-Free: 877-292-4284
- Email: Public.Affairs@thp.ca
- Web: www.thp.ca/contactus/Pages/Overview.aspx
- Address: 2200 Eglinton Ave W, Room 1A100, Mississauga, ON L5M 2N1

Regional women's and children's health centre featuring an advanced level 2 neonatal intensive care unit and largest pediatric oncology satellite program in Ontario outside of the Hospital for Sick Children.

Services and Programs:

1. Cardiopulmonary Services
2. Carlo Fidani Regional Cancer Centre
3. Chronic Kidney Disease Program
4. Chronic Obstructive Pulmonary Disease Education
5. Crisis Intervention Team
6. Diagnostic Imaging
7. Emergency Department
8. Falls Prevention and Bone Health Program (Progression)
9. Fracture Clinic
10. Genetics Program
11. Geriatric Assessment Clinic / Seniors Health Clinic
12. Hospital Elder Life Program (HELP)
13. Inpatient Oncology
14. KidFit Health and Wellness Clinic
15. Maternal Fetal Clinic
16. Mental Health and Addiction Services
17. Outpatient Physiotherapy Services (Progression)
18. Outpatient Services - Acute Internal Medicine (AIM) Clinic
19. Outpatient Services - Infectious Disease (ID) Clinic
20. Outpatient Services - Sleep Lab
21. Outpatient Services - Wound Clinic
22. Pediatric Oncology Group of Ontario - POGO Satellite Clinic
23. Psychosocial Oncology and Supportive Care
24. Pulmonary Rehabilitation Program (Progression)
25. Rehabilitation Patient Care Unit
26. Seniors and Rehabilitation Day Hospital (Progression)
27. Sub-Acute Geriatrics Unit
28. Women's and Maternal Services

******Patients experiencing a medical emergency are advised to call 911. For non-urgent health care call Health Connect Ontario at 811, which is available 24/7 for non-emergency health-related questions



Peel Memorial Centre for Integrated Health and Wellness

- Tel: 905-494-2120
- Web: <https://www.williamoslerhs.ca/en/visiting-us/peel-memorial-centre-for-integrated-health-and-wellness.aspx>
- Address: 20 Lynch St, Brampton, ON L6W 2Z8

Outpatient facility with access to a wide variety of health care services. Includes day surgery, seniors programs, mental health, women's and children's programs, diagnostic imaging and dialysis. Urgent Care Centre - Urgent medical care * doctors and nurses assess and treat non-life-threatening injuries or illnesses that cannot wait for a family doctor.

Services and Programs:

1. Behavioural Support - Psychogeriatric Resource Consultant
2. Cardiac Care - Outpatient
3. Chronic Disease - Central West Self-Management Program
4. COPD Education Clinic and Pulmonary Rehab Program (Progression)
5. Diabetes Care - Centre for Complex Diabetes Care
6. Diabetes Care - Sun Life Healthy Active Living Initiative
7. Diagnostic Imaging
8. In-Centre Hemodialysis
9. Mental Health and Addiction - Transitional Aged Youth Clinic
10. Mental Health and Addiction Services
 - Addiction Services for Adults - Addiction Counselling Services (including gambling)
11. Mental Health and Addiction Services
 - Mental Health Services for Children and Adolescents - Child and Adolescent Clinic
12. Mental Health and Addiction Services - Outpatient Services - Eating Disorders Clinic
13. Neurological Rehabilitation Clinic (Progression)
14. Ontario Breast Screening Program (OBSP)
15. Outpatient Services - Children's Outpatient Services
16. Respiratory Therapy - Asthma Education Clinic - Outpatient
17. Respiratory Therapy - Chronic Obstructive Pulmonary Disease - COPD Education Clinic
18. Respiratory Therapy
 - Chronic Obstructive Pulmonary Disease - Pulmonary Rehabilitation Program
19. Seniors' Care



06. Healthy Mind & Emotions

a. Help Lines and Online Resources

Kids Help Phone

- Tel: 800-668-6868
- Contact Info: <https://kidshelpphone.ca/get-involved/contact-us/>
- Web: <https://kidshelpphone.ca/>

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French. Our services:

1. Mental health tips and info
2. Crisis support
3. Professional counselling
4. Quizzes, games & activities
5. Support forums & real-life stories
6. Youth mental health data insights
7. A support service directory
8. Support for post-secondary students
9. Wellness support for all ages



Associated Youth Services of Peel

- Tel: 905-890-5222
- Email: general@aysp.ca
- Web: www.aysp.ca
- Address: 160 Traders Blvd E, Suite 100, Mississauga, ON L4Z 3K7

AYSP is a team of professionals and volunteers dedicated to helping children, youth and families manage mental health and/or justice issues in order to realize their potential and encourage their contribution to community. Programs and services offered include:

1. Family Programs

Adolescent Team/ Brief Therapy Counselling Program/ Challenges/ Family Connections/ Multisystemic Therapy Program (MST)/ Parent Adolescent Counselling Program (PAC-P)/ Working Together with Families, 0-6

2. Child and Youth Programs

Dialectical Behaviour Therapy Program (DBT)/ Reaching Adolescents in Need (RAIN)/ Recognizing Individual Success and Excellence (RISE)/ Section 23 Classroom/Transitional Aged Youth Outreach (TAYO)/ Transitions Program/ Youth Beyond Barriers (YBB)

3. Justice Programs

Attendance Centre/ Extrajudicial Measures (EJM)/ Extrajudicial Sanctions (EJS)/ Enhanced Extrajudicial Sanctions (EEJS)/ Youth Justice Committee (YJC)/ Youth Mental Health Court Worker

4. Groups:

Group Services Program (COPE)

Tangerine

- Tel: 905-795-3530
- Locations are currently closed but telephone-based brief consultations are available on Wed from 10am-3pm and Thu 1pm-5pm
- Web: www.tangerinewalkin.com/
- To book an appointment, visit <http://tangerinewalkin.com/request-appointment>

Tangerine Walk-In Counselling is a free service for children, youth and families who live in the Peel Region. 45-minute telephone-based brief consultations is being offered on Wednesdays and Thursdays. We see families and their children for a wide range of reasons including:

1. Parents/caregivers/guardians frustrated with child/youth behaviours
2. Children, youth and families experiencing significant change such as a new school, a new relationship, or a new community
3. Challenges for children and youth that impact how they feel about themselves
4. Issues for youth and/or their parents/caregivers relating to LGBT, including gender identity and sexual orientation
5. Relationship issues (friendships, dating, siblings)
6. Children and youth experiencing anxiety, depression or other mental health concerns
7. Strong feelings that are impacting behaviour at home, school or in the community
8. Youth experiencing difficulties at school or with parents
9. Youth involved in the justice system
10. Youth in transition
11. Youth who are at risk of homelessness
12. Grief and loss



b. Support and Assistance

African Community Services

- Tel: 905-460-9514
- Email: msangij@africancommunityservices.com
- Web: www.africancommunityservices.com

Mental Health Promotion & Awareness Program

Daily drop-in services for culturally appropriate supportive counseling and referrals

1. Promote mental health and awareness in the Black /African community
2. Outreach community members who are experiencing or are at risk of experiencing mental health challenges with information and access to community mental health services and resources.
3. Reduce the stigma and shame associated with mental health challenges through public education, supportive counseling, and referrals.
4. Provide practical support and advocacy in accessing services and community mental health programs.
5. Advocate for clients to facilitate access to community resources and services
6. Practical supports in accessing affordable housing, income security programs, food-banks, skills upgrading programs, employment services, accompaniments to appointments, and advocacy.

EveryMind - Child and Youth Mental Health Centre

- Tel: Office 905-795-3500; Centralized Intake 905-451-4655
- Crisis: 416-410-8615; After Hours: 416-410-8615
- Email: info@everymind.ca
- Web: everymind.ca/
- Address: 85A Aventura Crt, Mississauga, ON L5T 2Y6

A fully accredited, community-based child and youth mental health centre. EveryMind offers a range of high quality, evidence-based services for infants, children, youth, young adults (up to age 25) and their families. Services are voluntary, free-of-charge and confidential. Program options include:

1. WhereToStart.ca: Access to Mental Health Services for Children and Youth
2. 24/7 Crisis response
3. Counselling
4. Tangerine Walk-In Counselling on Wednesdays between 10 a.m. and 3 p.m. and Thursdays between 1 p.m. and 5 p.m. Visit TangerineWalkIn.com to request a session.
5. Group services (education and treatment – currently online due to COVID-19, visit WhereToStart.ca to learn more and register)
6. Resource consultations with families at licensed childcare centres
7. Resource consultations regarding youth with concurrent disorders (mental health and substance use)
8. Intensive treatment services
9. Day treatment (in special classrooms)
10. School-based services
11. Residential treatment
12. Case management for children with complex mental health needs
13. Wraparound Process
14. Arson prevention
15. Respite services
16. Child witness preparation
17. Sexual abuse treatment
18. Assessment of youth involved in the court system upon the referral of a judge.

Credit Valley Hospital - Mental Health Services - Child and Adolescent

- Tel: 905-813-4421 (Clinic), 905-451-4655 (Central Intake)
- Web: wheretostart.ca/
- Address: 2200 Eglinton Ave W, main floor, Mississauga, ON L5M 2N1

Psychiatric assessment, treatment, group work, parent support and consultation for children (birth-12yrs) and adolescents (13-18yrs) and their families.

-Children's Services includes:

Assessment, treatment and consultation for children (birth-12yrs) and their families for developmental, emotional, behavioural, interpersonal, and psychiatric problems.

-Services offered include

1. Individual, group and family therapy provided by a multidisciplinary team.
2. Special programs for autistic spectrum disorders, attention deficit and hyperactivity disorders, and anxiety disorders including OCD and selective mutism.
3. Group therapy programs that use a solution-focused, goal-directed treatment approach.

-Adolescent Services includes:

Assessment, treatment and consultation for adolescents (13-18yrs) and their families suffering from interpersonal, emotional, behavioural, and psychiatric problems.

c. Self-Harm and Eating Disorder Information / Support

Canadian Mental Health Association, Peel Dufferin

- Tel: 905-451-2123/ 905-278-9036 x18888112222 (Crisis Line)
- Email: info@cmhapeel.ca
- Web: www.peel.cmha.ca
- Address: 7700 Hurontario Street, Unit 314, Brampton, ON, L6Y 4M3

Various programs and services for individuals with mental health needs.

1. ACT Team (age 16+ years; Brampton East of Highway 410 and Town of Bolton)
2. Access to Recovery, Case Management Program (age 16+ years)
3. Concurrent Disorders Crisis Management
4. Consumer Survivor Support Network (age 16+ years: Peel Region)
5. FACT Peel (age 16-45 years; Peel) for clients with a first episode of psychosis
6. Mental Health and Justice Services, Diversion and Court Support (age 16+ years; Peel)
7. Outreach (Peel Region) for people who are homeless or at risk of homelessness in Peel.
8. PAR Clubhouse (age 16+ years; Peel Region)
9. Resource Centre, Community Service Information and Referral (Peel) which provides education and training; information and referral; a library; and awareness activities.
10. Youth Net Peel (age 12-20 years), a mental health program run by youth for youth.



National Eating Disorder Information Centre (NEDIC)

- Tel: 866-531-2600
- Email: <https://www.connexontario.ca/en-ca/send-email>
- Web: www.connexontario.ca

National Eating Disorder Information Centre (NEDIC) provides information, resources, referrals and support to Canadians affected by eating disorders. The Centre:

1. Staffs a helpline and provides a live chat platform to provide information on eating disorder treatment, resources and support.
2. Develops and disseminates resources on eating disorders and food and weight preoccupation.
3. Assists communities by helping organizations develop information materials, by providing support and advice, by connecting organizations and individuals working in the area of food and weight preoccupation, and by sharing information and resources.
4. Runs workshops and presentations for schools, community groups and professional bodies on the prevention of disordered eating, promotion of positive body image and healthy lifestyles.
5. Provides displays on eating disorders at local community events.
6. Runs prevention and awareness campaigns.



07. Substance Use & Harm Reduction

There are many substances people use that make them feel, think, or act differently, such as alcohol, cigarettes, and other drugs. “Drugs” are not always illegal, but just because they are not illegal does not mean they are not dangerous. People use substances for many reasons. If you need information or help, this section offers some supports and resources.



a. Support and Assistance for Substance Use

Connex Ontario

- Tel: 866-531-2600
- Email: <https://www.connexontario.ca/en-ca/send-email>
- Web: www.connexontario.ca

Confidential information, support, and referral line for addictions, mental health, and problem gambling treatment services.

William Osler Health System

- Tel: 905-494-2120 ext. 29380 (Peel Memorial)
- Address: 20 Lynch St, Brampton, ON L6W 2Z8

Youth addiction counselling services. This outpatient addiction counselling is specifically designed for youth 16-24 years of age. We offer:

1. referrals to age-appropriate treatment
2. individual and group therapy
3. appointments in the community (e.g. home, school), as needed

Good2Talk

- Tel: 866-925-5454
- Text: GOOD2TALKON to 686868
- Web: <http://www.good2talk.ca>

Good2Talk is a free, confidential and anonymous helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario.



Kids Help Phone

- Tel: 800-668-6868
- Contact Info: <https://kidshelpphone.ca/get-involved/contact-us/>
- Web: <https://kidshelpphone.ca/>

Free, anonymous and confidential professional phone counselling and online counselling, available 24/7 for kids and youth 20 years of age and younger.

Al-Anon and Al-Ateen

- Tel: 888-425-2666
- Web: www.al-anon.org/for-alateen

Support for friends and family members of problem drinkers/ users.

Nar-Anon

- Tel: Local: 310-534-8188/ Toll free: 800-477-6291
- Email: wso@nar-anon.org
- Web: www.nar-anon.org/what-is-nar-anon

Group support for family and friends of those with addictions following the 12 steps of the Narcotics Anonymous program.

b. Treatment Centres

Peel Addiction Assessment and Referral Centre

- Tel: 905-629-1007
- Web: <https://www.paarc.com/programs/>
- Address: 5170 Dixie Road, Suite 302, Mississauga, ON L4W 1E3

PAARC values a holistic, person-centred approach. This means that they listen to what is important to you, share their professional expertise with you, and then together you and your counsellor decide on your goals and how you will reach them. Their approach is strength based, and they support harm reduction. They will meet you either in one of their office locations or in the community at a safe location.



Renew Lakeshore Pharmacy - Methadone and Suboxone Programs

- Tel: 905-271-1134
- Email: RxLakeshore@gmail.com
- Web: <https://renewmedicalclinics.com/location.php#Mississauga-Lo>
- Address: 1015 Cawthra Rd, Mississauga, ON L5G 4K3

Outpatient opioid detoxification

1. Clinic methadone-only pharmacy specialized in helping patients with chemical dependency or addiction to various opioids, such as oxycodone (Oxycontin® and Percocet®), hydromorphone (Dilaudid®), heroin, fentanyl, and morphine
2. also provide treatment for concurrent cocaine abuse and addiction
3. onsite licensed pharmacist available to make dose changes possible immediately upon seeing a physician
4. offers mental health counselling, treatment and referrals for patients being treated for abuse of opioids

Halton & Mississauga RAAM Clinic

- Tel: 888-388-7226 (888-388-RAAM)
- Email: info@dovemedical.ca
- Web: hmraam.ca
- Address: Courtesy Pharmacy, 1603 Clarkson Rd N, Mississauga, ON L5J 2X1

An outpatient addiction medicine clinic that provides expert assessment, brief counselling, and medication-assisted treatment for a variety of substance use disorders including opioids, alcohol, stimulants, cannabis, smoking cessation, and benzodiazepine tapering guidance. Services are covered by OHIP, and all patients are under the care of doctors with expertise in addiction medicine. Offers same day walk-in service, with immediate access to methadone and suboxone programs for opioid addiction, and medication-assisted treatment for addiction involving alcohol or other substances * provides both short-term stabilization and longer-term follow-up care * patients are also connected with addiction counselling and other supports to assist in their recovery.

Prime Medical Pharmacy

- Tel: 905-615-9532
- Email: primemedicalpharmacy@hotmail.com
- Web: <https://www.rxhealthmed.ca/locations/prime-medical-pharmacy/>
- Address: 755 Queensway E, Unit 3, Mississauga, ON L4Y 4C5

-General pharmacy:

1. basic compounding and mixing
2. medication placed in pill organizers (containers for storing scheduled doses) at no extra cost
3. medication placed in blister packs (sealed, push-through packaging used to separate doses) at no extra cost
4. basic home health care supplies
5. free seasonal flu shots
6. free delivery for prescriptions
7. certified diabetes educator (CDE) available for consultations
8. methadone and suboxone addiction treatment
9. travel vaccines and consultations
10. free blood pressure check

-MedsCheck - Appointments to review complex prescriptions with a pharmacist

-Pharmacy Smoking Cessation Program - Help to quit smoking, available for Ontario Drug Benefit recipients

-Sharps Disposal Program - Safe disposal of syringes, pen needles, lancets, insulin pump infusion supplies, and test strips

-Medications Return Program - Safe disposal of expired/unused medications and inhalers



c. Withdrawal Management Facilities (Detox)

Peel Addiction Assessment and Referral Centre

- Tel: 905-629-1007
- Web: <https://www.paarc.com/programs/>
- Address: 5170 Dixie Road, Suite 302, Mississauga, ON L4W 1E4

PAARC offers several community withdrawal management programs to offer support to people who want to stay home while withdrawing from alcohol or other drugs and do not require the intensive support of a residential withdrawal management ("detox") centre. Medical clearance may be required to ensure you are safe to participate in a non-medical setting. The program includes either a day withdrawal management program (offered daily for up to three weeks) or with mobile withdrawal management in your home. PAARC also offers a youth and an opioid stream of community withdrawal management.



William Osler Health System

- Tel: 437-231-5549 or 905-494-2120

d. Needle Exchange and Harm Reduction Programs

Ontario Addiction Treatment Centres (OATC) - Brampton Clinic

- Tel: 905-450-6679
- Info line for new patients: 877-937-2282
- Web: <http://www.oatc.ca/clinic-locations/brampton-clinic/>
- Address: 118 Queen Street West, Suite 301, Brampton Ontario, L6X 1A5

Methadone Maintenance Treatment Programs for individuals addicted to narcotic drugs such as morphine, oxycodone, codeine, heroin, and fentanyl.

Region of Peel - Public Health

- 905-799-7700 (Brampton and Mississauga)
- 905-584-2216 (Caledon)
- Toll Free: 888-919-7800
- Email: peelhealth@peelregion.ca
- Web: www.peelregion.ca/health/needle-exchange/index.htm



1. offers new needles*, stems and other services to reduce the spread of blood-borne diseases among people who use drugs, including steroids
2. protects the public by reducing the number of used needles discarded in public places like playgrounds and washrooms
3. follows a "Harm Reduction" philosophy: to reduce the harm that might result from drug use. Harm reduction aims to decrease the adverse health, social and economic consequences of substance use, for the user and the community, without requiring abstinence

Peel Health Services Department - Peel Works Needle Exchange Program

- Tel: Cell 647-225-1623
- Email: PWNEP@peelregion.ca
- Web: www.peelregion.ca/health/needle-exchange/
- Address: 7120 Hurontario Street, Mississauga, ON L5M 2C1

Peel Works Needle Exchange Program aims to prevent the spread of hepatitis B and C and HIV/AIDS among people who inject drugs while using a Harm Reduction philosophy.

1. Free naloxone kits
2. Sterile needles and injection equipment
3. Safer inhalation equipment
4. Safer piercing kits
5. Sharps containers for disposal of used needles
6. Pick up of used needles
7. Information on safer drug use and steroid use
8. Information on safer sex
9. Free condoms and lube
10. Referrals to other agencies for support and treatment
11. Referrals to a Healthy Sexuality Clinic

Public health nursing services: HIV testing/ Hepatitis A, B and C testing/ Testing for sexually transmitted infections (STIs)/ Free treatment for certain STIs/ Birth control, emergency contraceptive pill and pregnancy testing



08. Sexual Health

a. Sexual Health

Peel Children's Aid Society

- Tel: 905-363-6131, Toll-free: 888-700-0996
- Email: mail@peelcas.org
- Web: <https://www.peelcas.org/>
- Address: 25 Capston Drive, Mississauga, ON L5W 0H3



Peel Children's Aid Society's mission is to provide services to protect children and strengthen families and communities through partnership. Their vision is that every child is to be cherished. Their primary focus is to ensure the protection of children from physical, sexual, emotional abuse and neglect within the Region of Peel. Their agency seeks to provide inclusive services and as such welcome volunteers, foster parents and adoptive parents from the LGBTQI2 community. They welcome you to contact them for support or as an interest in any of the above noted areas. Peel Children's Aid Society recognizes the diversity of the community and employs staff with various linguistic and cultural backgrounds. Peel Children's Aid Society prides itself on being a positive space within the community.

Hope 24/7 - Sexual Assault/Rape Crisis

- Tel: 905-792-0821/ Crisis: 800-810-0180
- Email: info@hope247.ca
- Web: www.hope247.ca
- Address: 10 Gillingham Dr, Suite 305, Brampton, ON L6X 5A5

Hope 24/7 is a non-profit organization that offers psychotherapy services for all persons 12 years and older who have been impacted by relationship and sexual violence. This is the provincially designated Sexual Assault Centre (SAC) for the Region of Peel. Services include:

- Clinical Services: clinical intervention services delivered by regulated health professionals.
- Crisis Services: crisis intervention to individuals who have experienced trauma
- Non-Clinical Services: are designed to provide the support clients need in order to prepare them for trauma treatment
- Enhanced Wellness Program: work with individuals to overcome challenges and become ready to start intensive trauma work
- Education Services: public education and advocacy addressing gender-based violence

Peel Public Health

- Tel: 905-799-7700
- Email: healthlinepeel@peelregion.ca
- Web: www.peelregion.ca/health/
- Family Health Division: Promotes the health of children (birth-6yrs) and their families. Topics include: planning a pregnancy, having a healthy baby, breastfeeding, parenting, nutrition, learning about the growth and development of your child * responsible for implementing the Healthy Babies, Healthy Children Program, a province-wide, intervention program designed to assist children to meet their developmental milestones.

- Provides services to protect the public from reportable and sexually-transmitted diseases (STDs) * Operates six Healthy Sexuality Clinics throughout the Region * provides confidential counselling and clinical services related to birth control and sexually transmitted infections including anonymous HIV/AIDS testing (to all ages) * includes counselling for birth control * Sexually Transmitted Diseases (STDs) * anonymous HIV Testing * pregnancy testing * sexual health * responsible relationships.
- Operates the Region's Immunization Program which reduces the incidence of vaccine-preventable disease and provides Hepatitis B, HPV (Human Papillomavirus) and Meningococcal vaccines to Grade 7 students through school-based clinics.

b. Sexual Health Clinics

Mississauga Women's Clinic

- Tel: 905-629-4516
- Email: info@mwclinic.com
- Web: www.mwclinic.com
- Address: 101 Queensway W, Suite 401, Mississauga, ON L5B 2P7

Abortion clinic providing safe and confidential abortion and reproductive health services to women. Online booking available. For same day appointment, call the clinic directly.

Services include:

1. abortion, dilation and curettage counselling
2. abortion procedure
3. post abortion care
4. dilation and curettage procedure
5. post dilation and curettage care
6. abortion pill counselling
7. contraception counselling
8. intrauterine device (IUD) insertion
9. intrauterine device removal
10. ultrasound imaging



Peel Public Health - Fairview Clinic -

Sexual Health and Communicable Diseases Division

- Tel: 905-270-0587 or 905-799-7700. Toll-Free: 888-919-7800
- Web: https://www.peelregion.ca/health/sexuality/clinics/locations.htm#e_mississauga
- Address: Parkway West Plaza, 325 Central Pkwy W, Unit 21, Mississauga, ON L5B 3X9

Services offered at this clinic include:

1. birth control: emergency contraception (the "morning after pill"), free condoms.
2. pregnancy testing, counseling and referrals
3. free sexual transmitted infection (STI) testing and treatment
4. HIV testing
5. liquid nitrogen treatment for genital warts and molluscum
6. information on safer sex and healthy relationships
7. immunization for hepatitis A, B, and human papillomavirus (HPV)
8. needle exchange services (including 24 hour needle drop box kiosk)
9. family planning services

* No health card (OHIP) is required to receive services at Healthy Sexuality Clinics

Healthy Sexuality Clinic - Brampton

- Tel: 905-791-5905 / Toll-Free: 888-919-7800
- Address: 10 Peel Centre Dr, Brampton, ON L6T 4B9
- Email: peelhealth@peelregion.ca
- Web: www.peelregion.ca/health/sexuality/clinics

Provides counseling, current information on birth control, sexually transmitted infections and programs and services for many aspects of sexual health. Services includes:

1. birth control methods
2. emergency contraception
3. STI testing
4. HIV testing
5. pregnancy testing, counseling and referrals
6. pap testing
7. liquid nitrogen treatment for genital warts and molluscum
8. immunization for hepatitis A, hepatitis B, human papillomavirus (HPV)
9. needle exchange program



c. Sexual Assault/Harassment Services

Embrace: Agency to End Violence -

Sexual Violence Support Program

- Tel: 905-403-9691 Toll-Free: 855-676-8515/ 24 Hour Crisis: 905-403-0453; 905-676-0284
- Web: www.embrace.ca

An organization that is committed to ending gender-based violence by providing crisis intervention and a range of supports and services including shelter, counselling, legal and housing supports, outreach, safety planning and 24-hour crisis support line. Support can take many forms, including safety planning, emotional support, referrals to other services, information-sharing, and problem-solving. Support can also take the form of addressing issues or challenges they may be experiencing such as housing support, legal support, immigration support, shelter support and more. Support can be provided in-person or remotely, such as by telephone, email, video, or other platforms.

Abuse Prevention Program

- Tel: Intake 905-453-5775/ Toll-Free: 855-505-5205 (Only for the Support Services for Male Survivors of Sexual Abuse program)
- Email: fsp@fspeel.org
- Web: fspeel.org/services/trauma-intervention/
- Address: 5975 Whittle Road, Suite 300, Mississauga, ON L4Z 3N1

Family Services of Peel provides individual, family and group counselling for men, women, and children who have experienced abuse (physical, emotional and sexual). The agency also offers specialized group programming for men and women who are or have been abusive to their partners and wish to stop the use of violence.

Trillium Health Partners -

Women's Health Services - Peel Committee on Sexual Assault

- Tel: 905-848-7100/ Toll-Free: Assaulted Women's Helpline 866-863-0511
- Email: publicrelations@thc.on.ca
- Web: <https://trilliumhealthpartners.ca/patientservices/womens/pages/sexualassault.aspx>
- Address: 100 Queensway W, Mississauga, ON L5B 1B8

-Clients are seen from across the Peel Region. Individuals cared for include: Women and men 12 years of age or older who have been sexually assaulted within the last 72 hours/ Women 16 years of age or older who have incurred recent injuries as a result of domestic violence/ Children under the age of 12 who have been sexually abused or assaulted.

-Clients may access this 24-hour, 7-day a week service through our Emergency Department. A specially trained nurse provides one-on-one care including assessment, treatment, documentation of injuries (may include photographing), safety planning, emotional support and information concerning medical, legal and counselling options. This process takes place in the safety and security of a private unit separate from the Emergency Department called Chantel's Place.

-Follow-up medical and social work services are available to all patients.

EveryMind - Sexual Abuse Treatment Program

- Tel: 905-451-4655/ Crisis Phone: 416-410-8615
- Web: everymind.ca

The Sexual Abuse Treatment Program provides specialized out-client services for families coping with trauma involving sexual abuse or sexual assault. The program treats children under 18 years of age, living in the Region of Peel, who have been victims of sexual abuse or sexual assault. The program also helps children who exhibit sexualized behaviour; adolescents who have committed sexual abuse; and families in which sexual abuse among siblings has occurred. The Sexual Abuse Treatment Program focuses on remediating the trauma of sexual abuse or assault; preventing future offences; and supporting family members when sexual abuse among siblings has occurred.

Mississauga Hospital - Chantel's Place

- Tel: 905-848 - 7580 ext. 2548
- Web: <https://trilliumhealthpartners.ca/patientservices/Womens-Services/SexualAssault-DomesticViolence/Pages/Chantels-Place.aspx>
- Address: 100 Queensway W, Mississauga, ON L5B 1B8, Canada

Chantel's Place is a private; secure area that provides a comfortable and supportive atmosphere for survivors of sexual assault and domestic violence irrespective of gender, age, and ethnicity. The Examination Room is equipped with a screen for photographing injuries, forensic tools, and a privacy screen for survivors who require the support of an interpreter. If a survivor wishes to involve police, a separate Interview Room is available to use once the medical examination has taken place. To reduce the stress of visiting a police station, the room is set up to videotape statements.

d. Human Trafficking

Human Trafficking is the exploitation, manipulation, or control of a person through violence, or threats of violence, to perform a sexual service or labour. Victims of human trafficking often had someone promise them safety, protection, and an easy way to make money. After a while, things change and the person who made the promises now controls everything the victim does, controls all the money they make, does not allow them to see or contact their family, makes them feel worthless, and makes them feel as if no one will help them.



Canadian Human Trafficking Hotline

- Tel: 833-900-1010
- Online Chat: <https://www.canadianhumantraffickinghotline.ca/chat/>
- Web: <https://www.canadianhumantraffickinghotline.ca/>

The hotline uses a victim-centered approach when connecting human trafficking victims and survivors with local emergency, transition, and/or long-term supports and services across the country, as well as connecting callers to law enforcement where appropriate.

Safe Centre of Peel

- Tel: 905-450-4650
- Email: scop@cfspd.com
- Web: <https://scopeel.org/>
- Address: 60 West Drive, Suite 110, Brampton, ON, L6T 3T6

The Peel Human Trafficking Service Providers Committee includes the meaningful involvement of victims/survivors and is a representation of organizations from Peel and the Greater Toronto Area, within the legal, health and social services sectors.



09. Family Planning

a. Pregnancy Testing

- Any Peel Sexual Health clinic at no cost.
- Your family doctor at no cost.
- A pharmacy, at a cost of approximately \$15.00.
- A walk-in clinic at no cost. (This test is covered by OHIP.)



b. Family Planning, Pregnancy Options, Adoption and Parenting Support

Vita Centres

- Tel: 905-502-7933
- Email: info@vitacentre.org
- Web: <https://vitacentre.org/>

Provide support to pregnant women and young families. Offer programs and services including prenatal classes, counselling, and parenting support. Provide access to essential items like baby clothing and equipment, as well as resources for education and employment. Our mission is to empower and support individuals facing unexpected pregnancy or parenting challenges.

Peel Children's Aid Society

- Tel: 905-363-6131
- Email: mail@peelcas.org
- Web: <https://www.peelcas.org/>

Provides support and services related to adoption and foster care for children and youth who cannot live with their birth families. They can also provide parenting support and resources for families in need.

Peel Public Health

- Tel: 888-919-7800
- Email: info@peelregion.ca
- Web: <https://www.peelregion.ca>

Offers prenatal classes, breastfeeding support, and postpartum support to pregnant women and new mothers. They can also provide information on pregnancy options and referrals to community resources.

Catholic Family Services Peel-Dufferin

- Tel: 905-450-1608
- Email: info@cfspd.com
- Web: <https://cfspd.com/>

Offers a range of services related to family planning, pregnancy options, and parenting support. They can provide counselling, education, and referrals to community resources.

Bridgeway Centre

- Tel: 905-822-1114
- Address: 101-1801 Lakeshore Rd. West, Mississauga, Ontario, L5J 1J6
- Web: <https://bridgewaycentre.ca/program/>

Offers prenatal classes to expecting parents. The classes are designed to prepare parents for childbirth, breastfeeding, and newborn care, taught by experienced healthcare professionals.

Key Assets

- Tel: 833-301-5500
- Address: 170 Robert Speck Parkway, Suite 100, Mississauga, ON., L4Z 3G1
- Web: <https://keyassetson.ca/fostering/>

Key Assets Ontario's main focus is on finding loving and supportive foster families for children and youth who are unable to live with their biological families. They offer a range of foster care options, including kinship care, emergency care, and long-term care.

Family Education Centre

- Tel: 905-452-0332
- Email: info@familyedcentre.org
- Address: 4 Sir Lou Dr, suite 104, Brampton, ON L6Y 4J7
- Web: <https://familyedcentre.org/>

Offers parenting classes, workshops, and support groups that cover a range of topics related to child development and parenting.

Breastfeeding Hotline

- Tel: 866-797-000

Telehealth Ontario's 24/7 Breastfeeding advice and support services.



Brampton Women's Clinic

- Tel: 905-789-7474
- Address: 2250 Bovaird Dr E Suite 602, Brampton, ON L6R 0W3
- Web: <https://www.bramptonwomensclinic.com/>

The clinic provides a range of reproductive health services including abortion, birth control, and STI testing.

First Choice Women's Clinic

- Tel: 647-368-5877
- Email: info@firstchoicewc.com
- Address: 7330 Goreway Drive, Unit 24, Mississauga, ON, L4T 4J2
- Web: <https://www.firstchoicewc.com/>

Provides a range of reproductive health services to women. They offer both surgical and medical abortion procedures, and provide support and counseling services for women who are considering these procedures.

JFJ Hope Centre

- Tel: 905-821-7494
- Email: helpline@jfjhopecentre.ca
- Address: 6655 Kitimat Rd, Unit 5 Mississauga, ON L5N 6J4
- Web: <https://jfjhopecentre.ca/adoption/>

Provides support to individuals and families who are interested in adopting a child. They offer a range of services including counseling, education, and assistance with the adoption process.



10. LGBTQ2S Resources

(*Lesbian, Gay, Bi-Sexual, Transgendered, Two-Spirited, Queer)

Whether you are questioning your sexuality or gender, you are interested in 'coming out', you need peer support, or you want to be an ally, Peel Region's LGBTQ2S community has lots of information and support available. Many services in Peel Region identify as a 'Positive Space', where sexual and gender diversity is celebrated, and individuals can receive support and information on LGBTQ2S issues. When you contact services in Region ask if they identify as a 'Positive Space'.

East Mississauga Community Health Care

- Tel: 905-602-4082
- Email: mississauga@lampchc.org
- Address: 7-2555 Dixie Road, Mississauga, ON L4Y 4C4
- Web: <http://eastmississaugachc.org/contact>

The organization currently has two programs that are tailored towards individuals who identify as LGBTQ2S+:

- 1) Trans Activate Drop-In: This is a weekly supportive and social drop-in space that takes place on Wednesdays from 6PM to 8PM. It is specifically designed for members of the Trans & Gender-Diverse Communities.
- 2) QX Drop-In: This is a weekly drop-in support and social group that takes place on Mondays from 6PM to 8PM. It is open to members of LGBTQ2S+ Communities who are seeking support and social interaction.

Rainbow Salad

- Tel: 905-361-0523
- Email: rainbow@phan.ca
- Address: 601-7700 Hurontario St., Brampton, ON L6Y 5B4
- Web: <https://www.rainbowsalad.ca/>

A directory of social, mental health, and medical resources for 2SLGBTQ+ individuals.

LGBT Youth Line

- Tel: 800-268-9688
- Text: 647-694-4275
- Web: <https://www.youthline.ca/>

A peer support line for LGBTQ2S youth in Ontario.



Family Services of Peel

- Tel: 905-453-5775
- Address: 5975 Whittle Rd #300, Mississauga, ON L4Z 3N1
- Web: <https://fspeel.org/>

Offers LGBTQ2S support services for individuals and families like support groups, individual and family counseling and workshops and training.

Peel Community Health Services

- Tel: 905-677-0889
- Email: info@pchs4u.com
- Address 1: 50 Sunny Meadow Blvd, Brampton, ON L6R 0Y7
- Address 2: 2980 Drew Rd, Mississauga, ON L4T 0A7
- Web: <https://pchs4u.com/lgbtq-support-services-resources/>

Offers various programs and services that aim to support and empower the LGBTQ2S community. The LGBTQ2S support services offered by PCHS include mental health counseling, crisis intervention, and support groups.

Associated Youth Services

- Tel: 905-890-5222
- Email: general@aysp.ca
- Address: 160 Traders Blvd E, Mississauga, ON L4Z 3K7
- Web: <https://www.aysp.ca/>

Provides support services for LGBTQ2S youth and their families.



PFLAG Peel Region

- Tel: 888-530-6777
- Email: peelon@pflagcanada.ca
- Web: <https://pflagpeelregion.ca/>

Offers support, education, and advocacy services for LGBTQ2S individuals and their families in the Peel region.

Peel District School Board Equity and Inclusion

- Tel: 905-890-1010
- Email: communications@peelsb.com
- Web: <https://www.peelschools.org/equity-and-inclusion>

Provides support for LGBTQ2S students and families, including counseling services and resources.



11. Immigrant Youth Services

Newcomer Centre of Peel (NCP)

- Tel: 905-306-0577
- Web: <https://saidhamfoodbank.com>
- Address: 165 Dundas Street West, Suite 116, Mississauga, Ontario, L5B 2N6, Canada

Provides english training, employment services, counselling, volunteering accessibility etc.

Child Welfare Immigration Centre of Excellence

- Tel: 905-363-6131 x222
- Address: 25 Capston Drive, Mississauga, ON L5W 0H3

As the centralized service in Ontario, CWICE supports child welfare organizations on cases involving unresolved immigration, settlement, or border-related issues.

Achev--Newcomer information centre

- Tel: 905-677-0007 (Mississauga Malton), 905-949-0049 (Mississauga City Centre)
- Web: <https://achev.ca>
- Address 1: 7420 Airport Road, Suite 104, Mississauga, ON, L4T 4E5
- Address 2: 50 Burnhamthorpe Road West, Suite 300/410, Mississauga, ON, L5B 3C2

Peel Immigration Web Portal

- Tel: 905-276-0008 ext. 116
- Web: <https://www.immigrationpeel.ca/en/before-you-arrive/newcomer-services-in-peel-region.aspx>

Provides a variety of information for new comers in Canada from what to expect at the airport to finding employment.

Peel Career Assessment Services

- Tel: 905-670-1967
- Web: <https://peelcareer.com>
- Address: 975 Meyerside Dr, Mississauga, ON L5T 1P9

Career assessment and employment support

Brampton Multicultural Community Centre (Mississauga)

- Tel: 905-828-1328
- Web: <https://bmccentre.org>
- Address: 4120 Ridgeway Drive, Unit 43, Mississauga, ON, L5L 5S9

A group of diverse professionals dedicated to enhancing newcomer community engagement. Offers a wide range of services and learning opportunities to connect newcomers to a better future in the ever changing Canadian society.



ACCES Employment

- Tel: 905-454-2316 (Brampton), 905-361-2522 (Mississauga)
- Web: <https://acesemployment.ca>
- Address 1: 44 Peel Centre Drive, Suite 201, Brampton, ON L6T 4B5
- Address 2: 2085 Hurontario Street, Suite 210, Mississauga, ON L5A 4G1

Offers employment services for newcomers to Canada. Helps access webinars, seminars, etc to update skill set.

Afghan's Women Organization

- Tel: 905-279-3679
- Web: <https://afghanwomen.org>
- Address: 3050 Confederation Parkway, Unit 302, Mississauga, ON L5B 3Z6

AWO provides settlement and integration services to all newcomers, with a special focus on women, their families, refugees and people who have experienced war and persecution.

Catholic Cross-cultural Services

- Tel: 905-273-4140
- Web: <https://www.cathcrosscultural.org>
- Address: 3660 Hurontario St, 7th Floor, Mississauga, ON L5B 3C4

Provides newcomer settlement services, learn English, support for women and youth, services for refugees and more.

Chinese Association of Mississauga

- Tel: 905-275-8558
- Web: <http://chineseassociationmississauga.com>
- Address: 1177 Central Parkway West, Unit 16, Mississauga, ON L5C 4P3

Providing education, counseling and other support services for immigrants and refugees in need, including language instruction, employment training, job search programs, translation services and information programs on Canadian culture and life.

Dixie Bloor Neighbourhoods Services Centre

- Tel: 905-629-1873
- Web: <https://www.dixiebloor.ca>
- Address: 3650 Dixie Rd, Unit 103, Mississauga, ON L4Y 3V9

Provides services to help immigrants with the integration into Canadian life.

Caledon Community Services

- Tel: 905-584-2300
- Address: 18 King Street East, Upper Level, Caledon, ON L7E 1E8

Provides english classes, settlement services, youth program etc.

Center for Skills Development

- Tel: 289-208-7017
- Web: <https://www.centreforskills.ca>
- Address: 2225 Erin Mills Parkway, Unit 1200, Lower Level, Mississauga, ON L5K 1T9

Provides services to upgrade and learn new skills that are needed to find employment.

Indus Community Services

- Tel: 905-275-2369 (Mississauga), 905-275-2369 (Brampton)
- Web: <https://www.induscs.ca>
- Address 1: 3038 Hurontario St, Suite 206, Mississauga, ON L5B 3B9
- Address 2: 60 Gillingham Drive, Suite 500, Brampton, ON L6X 0Z9

Indus Community Services, through its professional staff, is a leader in the provision of culturally appropriate services to newcomers, families, women, and seniors.

Malton Neighbourhoods Services

- Tel: 905-677-6270 (Mississauga), 905-794-7111 (Brampton)
- Web: <https://www.mnsinfo.org>
- Address 1: 3540 Morning Star Dr, Mississauga, ON L4T 1Y2
- Address 2: 3975 Cottrelle Blvd., Unit 8, 9, 10, Brampton, ON L6P 2P9

Provides English classes, settlement services, youth program etc.

Muslim Community Services

- Tel: 905-790-1910 (Brampton North); 905-790-8482 (Brampton South)
- 905-828-2001 (Mississauga)
- Web: <https://mcsservices.org>
- Address 1: 150 Central Park Drive, Suite 304, Brampton, ON, L6T 2T9
- Address 2: 197 County Court Blvd., Suite 303, Brampton ON L6W 4P6
- Address 3: 4120 Ridgeway Drive, Unit 43, Mississauga, ON, L5L 5S9

Enhancing newcomer community engagement

The Cross-Cultural Community Services Association (TCCSA)

- Tel: 905-615-9500
- Web: <https://tccsa.on.ca>
- Address: 720 Burnhamthorpe Rd W, Unit 2, Mississauga, ON L5C 3G1

Provides settlement service, language and skills training, community services and more

Vietnamese Community Centre of Mississauga

- Tel: 905-891-3825
- Web: <https://www.cdvnmississauga.org>
- Address: 600 Lakeshore Rd E, Mississauga, ON L5G 1J4

Free English classes



12. Support for Parents Supporting Youth

Peel Public Health - Clinics, Programs and Services

- Tel: 905-799-7700, Caledon: 905-584-2216
- Web: <https://www.peelregion.ca/parenting/clinics-programs-services/>

-Healthy Babies Healthy Children - A free and voluntary program available to pregnant women and families with infants and young children. Public Health Nurses provide in-person home visits to help families learn about various topics, such as:

Having a healthy pregnancy and birth, developing a positive relationship with your child, promoting your child's growth and development, connecting you to resources and programs in your community, working together to give your child the best start in life.

-Public Health Nurse telephone support - A line providing counselling and information about having a child, being pregnant and/or caring for your child, focusing on:

Healthy pregnancy, breastfeeding and feeding your baby, postpartum Mood Disorders and supports, growth and development for children 6 years and under, sleep, feeding your child, keeping your home safe, toilet learning, child behavior, and community programs.

Vita Centre

- Tel: 905-502-7933
- Address: 5659 McAdam Rd Unit C2
- Web: <https://vitacentre.org/>

Provides various programs in assisting parenting such as one to one counselling, growing as parents, care closet for first time parents, and so on.

Family Services of Peel

- Tel: 905-453-5775
- Web: <https://fspeel.org>
- Address: 5975 Whittle Rd #300, Mississauga, ON L4Z 3N1

Offer trauma specific, counselling, employment and disability services. Walk-in counselling available with professional and qualified multicultural staff for support.



Peel Children's Aid Society

- Tel: 905-363-6131
- Address: 25 Capston Drive, Mississauga, ON L5W 0H3
- Web: <https://www.peelcas.org>
- Email: mail@peelcas.org

Provides resources to assist parents in fostering relationships and improving families' lives.

Triple P (Positive Parenting Program)

- Tel: 905-451-4655
- Web: <https://www.aysp.ca/programs/triple-p-positive-parenting-program/>

Evidence-based parenting program which aims to help deliver practical strategies for parents to strengthen relationships with their kids and help them grow.

Safe Centre of Peel

- Tel: 905-450-4650
- Address: 60 West Drive, Suite 110, Brampton, ON, L6T 3T6
- Web: <https://scopeel.org/children-and-parenting/>

A hub for various resources of parenting support such as the Naseeha Youth Helpline, Peel Children's Centre Tangerine Walk-in Counselling, Indus Community Services, and Peel Crisis Capacity Network.



13. Drop-In Centres

a. Community, Recreation & Youth Centres

Brampton Community Centres

Save Max Sports Centre

- Tel: 905-458-4036
- Address: 1495 Sandalwood Pkwy E, Brampton
- Web:

<https://www.brampton.ca/EN/residents/Recreation/Community-Centres/Pages/Brampton-Soccer-Centre.aspx>

The facility offers a wide range of indoor sports and activities, including soccer, ball hockey, volleyball, basketball, and badminton.

Brampton Curling Club

- Tel: 905-451-4015
- Address: 46 McMurchy Av S, Brampton
- Web: <https://bramptoncc.com/>

The facility is dedicated to the sport of curling and offers a variety of leagues and programs for all skill levels, from beginner to advanced. The club has six sheets of ice for curling, as well as a lounge and bar area for socializing.

Cassie Campbell Community Centre

- Tel: 905-840-4041
- Address: 1050 Sandalwood Pkwy W, Brampton
- Web: <https://www.brampton.ca/EN/residents/Recreation/Community-Centres/Pages/Cassie-Campbell.aspx>

It offers a wide range of programs and services for individuals of all ages and abilities, including fitness classes, swimming lessons, ice skating, and various sports leagues.

Century Gardens Recreation Centre

- Tel: 905-874-2814
- Address: 340 Voddan St E, Brampton
- Web: <https://www.brampton.ca/EN/residents/Recreation/Community-Centres/Pages/Century-Gardens.aspx>

It offers a variety of recreational programs and services for people of all ages, including fitness classes, swimming lessons, sports leagues, and summer camps. The facility has a fitness centre, indoor pool, sauna, and multipurpose rooms that can be rented for meetings, parties, and other events. It also has a number of outdoor amenities, such as tennis courts, a splash pad, and a playground.

Earncliffe Recreation Centre

- Tel: 905-792-2224
- Address: 44 Eastbourne Dr, Brampton
- Web: <https://www.brampton.ca/EN/residents/Recreation/Community-Centres/Pages/Earncliffe.aspx>

It offers a variety of recreational programs and services for people of all ages and abilities, including fitness classes, swimming lessons, sports leagues, and summer camps.

Terry Miller Recreation Centre

- Tel: 905-791-8211
- Address: 1295 Williams Pkwy, Brampton
- Web:

<https://www.brampton.ca/EN/residents/Recreation/Community-Centres/Pages/Terry-Miller.aspx>

The centre offers a variety of recreational programs and services for people of all ages, including fitness classes, swimming lessons, sports leagues, and summer camps. The facility features a fitness centre, indoor pool, sauna, and multipurpose rooms that can be rented for meetings, parties, and other events.

Greenbriar Recreation Centre

- Tel: 905-791-2240
- Address: 1100 Central Park Dr, Brampton
- Web:

<https://www.brampton.ca/EN/residents/Recreation/Community-Centres/Pages/Greenbriar.aspx>

The centre offers a variety of recreational programs and services for people of all ages, including fitness classes, swimming lessons, sports leagues, and summer camps. The facility features a fitness centre, indoor pool, sauna, and multipurpose rooms that can be rented for meetings, parties, and other events.

Jim Archdekin Recreation Centre

- Tel: 905-840-1023
- Address: 292 Conestoga Dr, Brampton
- Web:

<https://www.brampton.ca/EN/residents/Recreation/Community-Centres/Pages/Jim-Archdekin.aspx>

The center offers a variety of programs and services to the local community, including sports and fitness programs, swimming lessons, skating lessons, and other recreational activities.



Mississauga Community Centres

Applewood Heights Outdoor Pool

- Tel: 905-615-4019
- Address: 3119 Constitution Boulevard, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

BraeBen Golf Course

- Tel: 905-615-4653
- Address: 5700 Terry Fox Way, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Burnhamthorpe Community Centre

- Tel: 905-615-4630
- Address: 1500 Gulleden Drive, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

C Banquets

- Tel: 905-615-3200 ext. 2969
- Address: 300 City Centre Drive, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Carmen Corbasson Community Centre

- Tel: 905-615-4800
- Address: 1399 Cawthra Road, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Churchill Meadows Community Centre and Mattamy Sports Park

- Tel: 905-615-4701
- Address: 5320 Ninth Line, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Churchill Meadows Library and Older Adult Centre

- Tel: 905-615-4750
- Address: 2800 Erin Centre Boulevard, Mississauga, ON L5M 6R5
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Clarkson Community Centre

- Tel: 905-615-4840
- Address: 2475 Truscott Drive, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

South Common Community Centre

- Tel: 905-615-4770
- Address: 2233 South Millway, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

David Ramsey Outdoor Pool

- Tel: 905-615-4549
- Address: 2470 Thorn Lodge Drive, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Don McLean Westacres Outdoor Pool

- Tel: 905-615-4288
- Address: 2166 Westfield Drive, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Erin Meadows Community Centre

- Tel: 905-615-4750
- Address: 2800 Erin Centre Boulevard, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Erin Mills Twin Arena

- Tel: 905-615-4760
- Address: 3205 Unity Drive, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Erindale Outdoor Pool

- Tel: 905-896-5503
- Address: 1244 Shamir Crescent, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Frank McKechnie Community Centre

- Tel: 905-615-4660
- Address: 310 Bristol Road East, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Harding Waterfront Estate

- Tel: 905-226-3553
- Address: 2700 Lakeshore Rd W, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Huron Park Recreation Centre

- Tel: 905-615-4820
- Address: 830 Paisley Boulevard West, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

River Grove Community Centre

- Tel: 905-615-4780
- Address: 5800 River Grove Avenue, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>



Iceland Arena

- Tel: 905-615-4680
- Address: 705 Matheson Blvd E, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Lakeview Golf Course

- Tel: 905-615-4653
- Address: 1190 Dixie Road, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Lewis Bradley Outdoor Pool

- Tel: 905-615-4354
- Address: 745 Inverhouse Drive, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Malton Community Centre

- Tel: 905-615-4640
- Address: 3540 Morning Star Drive, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Meadowvale 4 Rinks

- Tel: 905-615-4730
- Address: 2160 Torquay Mews, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Meadowvale Community Centre

- Tel: 905-615-4710
- Address: 6655 Glen Erin Dr, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Mississauga Seniors' Centre

- Tel: 905-615-4810
- Address: 1389 Cawthra Road, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Mississauga Valley Community Centre

- Tel: 905-615-4670
- Address: 1275 Mississauga Valley Boulevard, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Paramount Fine Foods Centre Arena and Rinks

- Tel: 905-615-3200 ext. 2895 or 905-502-9100
- Address: 5500 Rose Cherry Place, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Paramount Fine Foods Centre Sportsplex

- Tel: 905-615-3200 ext 2895
- Address: 5600 Rose Cherry Place, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Paul Coffey Arena

- Tel: 905-615-4640
- Address: 3430 Derry Road East, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Port Credit Memorial Arena

- Tel: 905-615-4830
- Address: 40 Stavebank Road North, Mississauga
- Web: <https://www.mississauga.ca/recreation-and-sports/locations/?location-type=community-centres>

Caledon Community Centres

Southfields Community Centre

- Tel: 905-584-2272 ext. 7327
- Address: 225 Dougall Ave, Caledon, ON L7C 3M7
- Web: <https://www.caledon.ca/en/index.aspx>

Caledon East Community Complex

- Tel: 905-584-2272
- Address: 6215 Old Church Rd, Caledon East, ON L7C 1J7
- Web: <https://www.caledon.ca/en/index.aspx>

Caledon Centre for Recreation and Wellness

- Tel: 905-584-2272 ext. 7322
- Address: 14111 Hwy 50, Bolton, ON L7E 2V2
- Web: <https://www.caledon.ca/en/index.aspx>

Mayfield Recreation Complex

- Tel: 905-584-2272 ext. 7323
- Address: 12087 Bramalea Rd, Caledon East, ON L7C 2P9
- Web: <https://www.caledon.ca/en/index.aspx>



Youth Centres

Dam Youth Drop-in Meadowvale

- Tel: 905-826-6558
- Address 1: 6975 Meadowvale Town Centre Cir, Mississauga, ON L5N 2W7
- Address 2: 3115 Hurontario Street, Mississauga, ON L5A2G9
- Web: <https://www.thedam.org/>

The center offers a variety of programs, including art workshops, life skills training, and mental health support, allowing young people to socialize and benefit from valuable resources. Furthermore, the center provides access to a range of facilities, including a computer lab, pool table, board games, and a kitchen.

Global 180: Merge Youth Drop-in Centre

- Tel: 647-988-5662
- Email: info@global180.com
- Address: 2225 Erin Mills Pkwy, Mississauga, ON L5K 1T9
- Web: <https://global180.com/>

Global 180 is a training and professional development platform for individuals and organizations. It offers various courses, certifications, and programs to enhance skills and knowledge. Online courses and certifications are available for individuals looking to advance their careers or learn new technologies. Courses cover a variety of topics such as cybersecurity, software development, project management, and cloud computing. The trainers and instructors have real-world expertise in their fields.

Rapport Youth & Family Services

- Tel: 905-790-7707
- Email: info@rapportyouth.com
- Web: <https://rapportyouth.com/>

The organization provides various mental health services, such as counseling for individuals and families, group therapy, and crisis intervention. Support is offered for multiple issues, including addiction, anger management, anxiety, depression, and trauma. Programs for children and youth are available, including after-school programs, summer camps, and leadership development initiatives. Rapport Youth & Family Services collaborates with families to improve communication, conflict resolution, and parenting skills. The organization also caters to specific needs of diverse communities, such as Black youth and newcomers to Canada. Rapport Youth & Family Services is dedicated to promoting equity, diversity, and inclusion across all its operations.

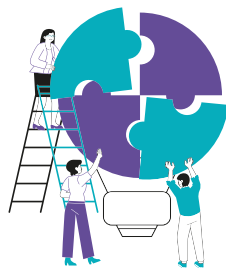
Erin Mills Youth Centre

- Tel: 905-820-3577
- Address: 3010 The Collegeway, Mississauga, ON, L5L 4X9
- Web: <https://www.emyc.ca>
- The centre is community-based and offers various services, including counseling, education, and employment support to young people. The organization provides recreational activities such as basketball, cooking classes, and dance workshops to promote positive youth development. Erin Mills Youth Centre has a computer lab with internet access and resources to assist youth in job searching and building their resumes. Collaboration with other community organizations and agencies allows the centre to provide comprehensive services to young people. The centre is staffed with trained professionals who are available to offer guidance and support to youth.

Associated Youth Services of Peel

- Tel: 905-890-5222
- Address: 160 Traders Blvd. E. Suite 100, Mississauga, Ontario, L4Z 3K7
- Email: general@aysp.ca
- Web: <https://www.aysp.ca/>

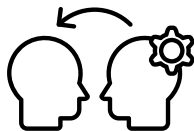
Educational support and services to assist with academic challenges or school-related issues. Workshops, training, and consultation services for professionals working with youth and families.



b. Mentoring

Big Brothers Big Sisters of Peel

- Tel: 905-457-7288
- Email: general@bbbsy.ca
- Address: 71 West Dr #23, Brampton, ON L6T 5E2
- Web: <https://peel.bigbrothersbigsisters.ca/what-we-do/our-programs/>



Their mission is to provide young people with positive role models who can help them reach their full potential, and to support them in achieving their goals. Offers a variety of mentoring programs, including traditional one-to-one matches, group mentoring, and in-school mentoring. The programs focus on building positive relationships, promoting healthy lifestyles and positive decision-making, and supporting academic and personal growth.

African Community Services of Peel (ACS)

- Tel: 905-460-9514 [ACS is currently delivering programs remotely (Only call)]
- Email: info@africancommunityservices.com
- Address: 10 Gillingham Dr #308, Brampton, ON L6X 5A5
- Web: www.africancommunityservices.com

Mentors provide guidance and support to youth in areas such as education, career planning, social and cultural integration, and personal development. Mentors and mentees meet regularly to build a trusting and supportive relationship. The frequency and duration of meetings are based on the needs and goals of the mentee. The program also includes group activities and workshops to help youth develop new skills, build social networks, and increase their awareness of Canadian culture and values.

Rapport Youth and Family Services

- Tel: 905-790-7707
- Email: info@rapportyouth.com
- Address: 60 West Dr, Unit 101, Brampton, ON L6T 3T6
- Web: www.rapportyouth.com

The mentoring program matches youth between the ages of 12 and 24 with volunteer mentors who can provide guidance, support, and positive role modeling. Mentors and mentees meet regularly, usually once a week, for a minimum of six months. The program provides training and support for mentors to help them build strong, positive relationships with their mentees and to better understand the challenges and needs of youth. Mentors help youth set and achieve personal goals, such as academic success, career planning, and personal development.

Knights Table - Social Supports - Youth Dimensions

- Tel: 905-454-8725
- Email: administrator@knightstable.org
- Address: 287 Glidden Rd, Unit 4, Brampton, ON L6W 1H9
- Web: www.knightstable.org

The mentoring program matches youth between the ages of 12 and 24 with trained volunteer mentors who can provide guidance, support, and positive role modeling. The program aims to support youth in developing life skills, building resilience, and making positive choices. Mentors and mentees meet regularly, usually once a week, for a minimum of six months. The program provides training and support for mentors to help them build strong, positive relationships with their mentees and to better understand the challenges and needs of youth.



14. Education

a. Literacy Skills, Academic Upgrading, and High School Equivalency

Earn Your General Educational Development (GED)

A person who passes the GED exam earns an Ontario high school equivalency certificate issued by the Ministry of Education. Employers and colleges recognize it as equivalent to the Ontario Secondary School Diploma (OSSD). The GED test is available to individuals who are at least 18 years old and who have been out of school for at least one full year.

- For more information contact: Independent Learning Centre at 800-573-7022,
- or visit the ILC website at: www.ilc.org

More Ways to Earn a High School Diploma

There are many ways to earn credits towards your high school diploma. Flexible learning opportunities are available to suit your schedule and personal learning goals. Some of these include:

Continuing Education

- **Adult Day School:** Attend school in an adult learning environment.
- **Night School:** Work during the day and attend school at night.
- **Summer School:** Earn reinforcement and acceleration credits.
- **Virtual Schooling/E-learning/Independent Learning:** Earn course credits online and/or through correspondence.
- **Prior Learning Assessment and Recognition (PLAR):** Prior learning includes the knowledge and skills that students have acquired, in both formal and informal ways, outside Ontario secondary school classrooms.
- **Personalized Alternative Education (PAE):** Most PAE programs take a holistic approach to student progress with the entire student in mind (social, emotional, physical, academic). Earn credits through locally developed in-school and/or work experience programs.

Expanded Experiential Learning and Other Programs

- **Ontario Youth Apprenticeship Program (OYAP):** Earn credits while learning a skilled trade. This program requires registration as a full-time student. Visit: www.oyap.com
- **Cooperative Education:** Earn credits through practical experience in the workplace. This involves returning to school as full-time student.
- **Specialist High Skills Major (SHSM):** Focus on a career path in a sector that matches your skills and interests while meeting the requirements on the Ontario Secondary School Diploma (OSSD). Visit: www.ontario.ca/shsm
- **Dual Credit Programs:** Earn high school credits while concurrently earning credits towards College or an Apprenticeship. (Requires returning to school as a full time student).



Peel District School Board - Adult Education

- Tel: 905-791-6700
- Web: <http://www.peelschools.org>
- Address: 7700 Hurontario St #300, Brampton, ON L6Y 5B4

Provide adult educations programs and skills development

Peel Adult Learning Centre - Mississauga

- Tel: 905-507-0111
- Web: <https://www.palc.ca>
- Address: 151 Superior Blvd #19, Mississauga, ON L5T 2L1

Provides opportunities to become college ready and work ready

Peel Adult Learning Centre - Brampton

- Tel: 905-495-2700
- Web: <https://www.palc.ca>
- Address: 3 Conestoga Dr Suite 100, Brampton, ON L6Z 4N5

Provides opportunities to become college ready and work ready

Mississauga Halton Regional Learning Centre

- Tel: 905-829-7006
- Web: <https://www.regionalllearningcentre.ca>
- Address: 2030 Bristol Circle Suite 205, Oakville ON L6H 0H2

E-learning, family caregive hub, accessible education

Le Collège du Savoir

- Tel: 905-457-7884
- Web: <http://www.lecollegedusavoir.com>
- Address: 2 County Court Blvd, Suite 335, Brampton, ON, L6W 3W8

Service for adults living in the Region of Peel-Halton who are not attending school and can communicate in French.

Sheridan College Institute of Technology and Advanced Learning, Davis Campus -Academic Upgrading

- Tel: 905-459-7533 ext 5449
- Web: <https://www.sheridancollege.ca/admissions/pathways-and-transfers/academic-upgrading>
- Address: 7899 McLaughlin Rd, Brampton, ON, L6Y 5H9

Academic Upgrading is a tuition-free program that provides you with the admission requirements needed for undergraduate certificate, diploma or advanced diploma college programs or workplace skills needed for employment.

Medix College

- Tel: 905-487-1163
- Web: <https://medixcollege.ca>
- Address: Shoppers World Brampton, 499 Main St S, Unit 60 Brampton, ON, L6Y 1N9

Medix College has been providing industry leading healthcare career training.



Centre For Skills Development & Training

- Tel: 905-855-6933
- Web: <https://www.centreforskills.ca>
- Address: 2225 Erin Mills Pkwy, Mississauga, ON L5K 1T8

Opportunities to advance skills development, gain essential and high level skills, take part in apprenticeship program and more.

The Learning Place

- Tel: 905-793-5400
- Web: <https://www.thelearningplace.ca>
- Address: 7700 Hurontario St #307B, Brampton, ON L6Y 4M3

The Learning Place aims to provide individuals with valuable literacy education to help develop key life skills so they may be self-reliant and live with independence and dignity.

COSTI Employment Services

- 905-567-0482 (Mississauga), 905-459-8855 (Brampton)
- Web: <http://www.costi.org/#>
- Address (Mississauga): 6750 Winston Churchill Blvd, Unit 8A, Mississauga, ON L5N 4C4
- Address (Brampton): 10 Gillingham Dr., Suite 300, Brampton, ON L6X 5A5

Provides skills training and academic upgrading.

b. Libraries

Brampton: <https://www.bramptonlibrary.ca/index.php>

Cyril Clark

- Tel: 905-793-4636
- Address: 20 Loafer's Lake Lane, ON L6Z 1X9

Four Corners

- Tel: 905-793-4636
- Address: 65 Queen Street East, ON L6W 3L6

Gore Meadows

- Tel: 905-793-4636
- Address: 10150 The Gore Road, ON L6P 0A6

Mount Pleasant Village

- Tel: 905-793-4636
- Address: 100 Commuter Drive, ON L7A 0G2

South Fletcher's

- Tel: 905-793-4636
- Address: 500 Ray Lawson Blvd, ON L6Y 5B3

South West

- Tel: 905-793-4636
- Address: 8405 Financial Drive, ON L6Y 0E3

Springdale

- Tel: 905-793-4636
- Address: 10705 Bramalea Road, ON L6R 0C1



Mississauga: <https://www.mississauga.ca/library/>

Burnhamthorpe Library

- Tel: 905-615-4635
- Address: 3650 Dixie Rd #101, ON L4Y 3V9

Churchill Meadows Library

- Tel: 905-615-4735
- Address: 3801 Thomas St, ON L5M 7G2

Clarkson Library

- Tel: 905-615-4840
- Address: 2475 Truscott Dr, ON L5J 2B5

Cooksville Library

- Tel: 905-615-4855
- Address: 3024 Hurontario St #212, ON L5B 4M4

Courtneypark Library

- Tel: 905-615-4745
- Address: 730 Courtneypark Dr W, ON L5W 1L9

Erin Meadows Library

- Tel: 905-615-4750
- Address: 2800 Erin Centre Blvd, ON L5M 6R5

Frank McKechnie Library

- Tel: 905-615-4660
- Address: 310 Bristol Rd E, ON L4Z 3V5

Lakeview Library

- Tel: 905-615-4805
- Address: 1110 Atwater Ave, ON L5E 1M9

Meadowvale Library

- Tel: 905-615-4710
- Address: 6655 Glen Erin Dr, ON L5N 3L4

Mississauga Valley Library

- Tel: 905-615-4670
- Address: 1275 Mississauga Vly Blvd, ON L5A 3R8

Sheridan Library

- Tel: 905-615-4815
- Address: 2225 Erin Mills Pkwy, ON L5K 1T9

South Common Library

- Tel: 905-615-4770
- Address: 2233 South Millway, ON L5L 3H7

Streetsville Library

- Tel: 905-615-4785
- Address: 112 Queen St S, ON L5M 1K8

Woodlands Library

- Tel: 905-615-4825
- Address: 3255 Erindale Station Rd, ON L5C 1Y5

Lorne Park Library

- Tel: 905-615-4845
- Address: 1474 Truscott Dr, ON L5H 4J3

Malton Library

- Tel: 905-615-4640
- Address: 3540 Morning Star Dr, ON L4T 1Y2

Caledon: <https://caledon.library.on.ca>

Albion Bolton Branch

- Tel: 905-857-1400
- Address: 150 Queen Street South, ON L7E 1E3

Alton Branch

- Tel: 519-941 5480
- Address: 35 Station Street, ON L7K 0E2

Belfountain Holds Lockers

- Address: 17204 Mississauga Road, ON L7K 0E9

Allows customers to request items from the library catalogue and then have them sent to the locker location in Belfountain to pick them up.

Caledon Village Branch

- Tel: 519-927-5800
- Address: 18313 Hurontario Street, ON L7K 0X7

Inglewood Branch

- Tel: 905-838-3324
- Address: 15825 McLaughlin Road, ON L7C 1H4

Margret Dunn Valleywood Branch

- Tel: 905-843-0457
- Address: 20 Snelcrest Drive, ON L7C 1B5

Southfields Village Branch

- Tel: 905-857-1400
- Address: 225 Dougall Ave., ON L7C 3M7



c. English as a Second Language

Peel District School Board

- Tel: 905-270-6000, press 2
- Web: <https://www.peelschools.org/adult-esl>
- Address 1: 1490 Ogden Avenue, Door # 15 Mississauga, ON L5E 2H8
- Address 2: 7700 Hurontario Street, Suite #300 Brampton, ON L6Y 4M3

Sheridan College

- Tel: 905-845-9430 (Oakville/Mississauga), 905-459-7533 (Brampton)
- Web: <https://www.sheridancollege.ca/programs/english-language-studies>
- Address 1: Hazel McCallion Campus, 4180 Duke of York Boulevard, Mississauga
- Address 2: Trafalgar Road Campus, 1430 Trafalgar Road, Oakville

Ontario College Certificate, 5 Semesters maximum, 14 weeks each semester.

Greater Toronto Language School -

English School and Business English/Corporate English Training

- Tel: 905-821-4842
- Web: <https://gtls-canada.com>
- Address: 154 Queen St S #224, Mississauga, ON L5M 2P4
- Adult and youth programs that cater to ESL

ABC ESL Canada

- Tel: 905-824-5152
- Web: <http://www.abceslcanada.com/index.html>
- Address: 6461 Tisler Crescent, Mississauga, Ontario L5N 3G6

Paid program that offers group and individual ESL lessons.



Central English Learning Centre ESL

- Tel: 905-273-5591
- Web: <https://www.englishcentral.com/browse/videos>
- Address: 377 Burnhamthorpe Rd E #128A, Mississauga, ON L5A 3Y1

Watch, learn, speak and go live through videos that can help improve English.

IELTS, CELPIP, ESL, Citizenship Brampton

- Tel: 647-701-2834
- Web: <https://www.englisheducators.com>
- Address: 7916 Hurontario St #26, Brampton, ON L6Y 0P6

Licensed teachers, in-class learning and class materials are provided to help teach English.



d. Apprenticeship Training

An apprentice is someone who learns a skilled trade on the job, under the direction of more experienced workers.

Apprentices also complete classroom instruction as a part of their training. Becoming an apprentice can be an important first step to learning new skills and building a rewarding career. Plus, you earn while you learn. High school students can learn about and begin apprenticeship training while they are still in high school through the Ontario Youth Apprenticeship Program (OYAP).



For more information on Apprenticeship Training, contact:

Ministry of Labour, Immigration, Training and Skills Development Apprenticeship Office

- Toll-free: 800-736-5520
- Web: <https://www.ontario.ca/page/ministry-labour-immigration-training-skills-development>
- Address: 10 Kingsbridge Garden Circle Suite 404, Mississauga, ON L5R 3K6

Offers registration and support to: New apprentices who have arranged a sponsoring employer or who have prior education and related work experience.

Apprenticeship Search

- Tel: 905-634-2575 (HIEC) or toll free at 877-905-2748
- Web: <https://www.apprenticesearch.com>

ApprenticeSearch.com is a free online job search and matching platform with an exclusive focus on apprenticeship trade positions in Canada.

Skills Canada

- Tel: 877-754-5226
- Web: <https://www.skillscompetencescanada.com/en/>
- Address: 294 Albert St. Suite 201, Ottawa, Ontario, K1P 6E6

Engage Canadian youth year-round in learning about skills and career paths through our exciting programs and initiatives.

Employment Ontario

- Tel (Job Seekers & Employers): 888-353-8140
- Email (Job Seekers): EOPeelServiceCentre@wcgservices.com
- Email (Employers): EOPeelEmployer@wcgservices.com
- Web: <https://peel.eoworks.ca/>

Employment Ontario Peel helps jobseekers find work and supports employers to find the right people. Work gives hope, creates a sense of belonging and has the power to change lives for the better. Whether you're looking for work or searching for new staff members, we're here to help.

e. Skill Development

Centre for Skills Development & Training

- Tel: 905-855-6933
- Web: <https://www.centreforskills.ca>
- Address: 2225 Erin Mills Pkwy, Mississauga, ON L5K 1T8

Opportunities to advance skills development, gain essential and high level skills, take part in apprenticeship program and more.

Parenting and Family Literacy Centre

- Tel: 905-890-1010 ext. 6043
- Address: Morton Way, Brampton, ON L6Y 2P8



Peel Adult Learning Centre

- Tel: 905-507-0111 (Mississauga), 905-495-2700 (Brampton)
- Web: <https://www.palc.ca>
- Address (Mississauga): 151 Superior Blvd #19, Mississauga, ON L5T 2L1
- Address (Brampton): 3 Conestoga Dr Suite 100, Brampton, ON L6Z 4N5

Provides opportunities to become college ready and work ready.

NPower Canada

- Tel: 647-689-5850 Ext 106
- Web: www.npowercanada.ca

Launches young adults ages 18-29 into meaningful and sustainable ICT careers, providing free industry-informed skills training and job placement. Participants must have a high school diploma or equivalent. Must be legally eligible to work in Canada and demonstrate a need for services.

Learning Disabilities Association of Peel Region

- Tel: 905-272-4100
- Address: 5070 Fairwind Dr Rooms 205-206, Mississauga, ON L5R 2N4

The Learning Disabilities Association of Peel supports the needs of individuals who are impacted by a Learning Disability. Through comprehensive programs and resources, we can empower those living with learning disabilities to achieve their educational and personal goals.

Stand Up and Speak

- Tel: 844-426-8724
- Web: <https://standupandspeak.com>
- Address: 2285 Dunwin Dr Unit 7, Mississauga, ON L5L 3S3

Conquer the fear of public speaking. Build confidence presenting in front of audiences of any size.

Sanrus Training Centre

- Tel: 905-447-4769
- Web: <http://www.sanrus.ca>
- Address: 88 Speedwell St, Brampton, ON L6X 0R8

Software training institute

Forklift Training Centre Brampton

- Tel: 289-203-5454
- Web: <https://forklifttraininginbrampton.com>
- Address: 15 Ashby Field Rd, Brampton, ON L6X 0E4

Uloom Training

- Tel: 647-247-4810
- Web: <https://www.lastminutetraining.ca>
- Address: 3050 Confederation Pkwy #301C, Mississauga, ON L5B 3Z6

Uloom Training offers professional training in Project Management, Business Administration and Information Technology. The courses prepare students for a new career or promotion by achieving industry recognized certifications. They are a team of industry professionals with global practical experience in various fields.



15. Volunteering

People volunteer for a number of different reasons.

Volunteering can:

- Be used towards your community hours for high school if it is an approved activity. Contact your school to determine what activities are approved.
- Help to get out of the “I can’t get a job because I don’t have experience, but I can’t get experience because I don’t have a job” trap through practical experience.
- Help you to determine what kind of career you would like to work towards, and find out what interests you.
- Enhance your resume and develop job references.
- Make you feel good about yourself!



The Region of Peel offers volunteer opportunities in these areas:

1. Health Services
 - Web: <https://www.peelregion.ca/health/volunteer/how-volunteers-help.asp>
2. Peel Art Gallery, Museum and Archives (PAMA)
 - Web: <https://www.pama.peelregion.ca/support/become-volunteer>
3. Peel Community Partnerships
 - <https://www.peelregion.ca/community-partnerships/>
4. Peel Long term care and adult day services
 - Web: <https://www.peelregion.ca/ltc/aboutus/volunteering.htm>

Help creating a caring community and make Peel Region a great place to live. Develop skills, meet new people, and gain valuable experience.

Volunteer Opportunities in Mississauga

Culture

Help out at Celebration Square, the Museums/Small Arms Inspection Building, the Living Arts Centre, and Performing, Visual, and Digital Arts Programs.

- Web: <https://app.betterimpact.com/PublicEnterprise/EnterpriseSearch?EnterpriseGuid=e3200288-2b64-4ed8-a26d-5bd0f4c5170b&SearchType=OrganizationClassification&SearchId=9620>

The library

All 18 City-run libraries are constantly looking for volunteers to help assist day-to-day operations. This is a great placement for individuals who enjoy reading and writing.

- Web: <https://www.mississauga.ca/library/library-jobs-and-volunteer/>

Shelters

Local shelters aid women and children who are fleeing abuse and violence. They act as an emergency crisis shelter and permanent housing.

- Web: <https://volunteermbc.org/report.php?ListType=VolunteerPositionsAll&ID=3036>

Mississauga Food Bank

By supporting this amazing organization, volunteers are doing their part to help build a City where no one goes hungry.

- Web: <https://www.themississaugafoodbank.org/get-involved/volunteer-opportunities>

The MiWay Student Ambassador Program

The MiWay Student Ambassador Program is a fun and professional opportunity for students to represent and promote MiWay, while earning volunteer hours.

- Web: <https://www.mississauga.ca/miway-transit/student-ambassador-program/>

The Hospitals

Trillium Health Partners annually search for new and dedicated volunteers to support The Credit Valley Hospital, Mississauga Hospital, and Queensway Health Centre.

- Web: <https://trilliumhealthpartners.ca/volunteers/Pages/Overview.aspx>

Parks, Forestry & Environment

When you volunteer with Parks and Forestry you can expect to help with the City's natural areas and be part of programs like adopt a park, maintain a garden bed, paint a mural, plant trees and remove invasive species.

- Web: <https://app.betterimpact.com/PublicEnterprise/EnterpriseSearch?EnterpriseGuid=e3200288-2b64-4ed8-a26d-5bd0f4c5170b&SearchType=OrganizationClassification&SearchId=9987>

Animal Rescues

The Mississauga Animal Services Shelter welcomes foster parent volunteers to care for a pet for a short time until they are ready for adoption.

- Web: <https://www.mississauga.ca/services-and-programs/animals-and-pets/foster-a-pet/>

Volunteer MBC

Volunteer MBC will help match volunteers of all ages to opportunities around the City and the wider Peel region.

- Web: <https://volunteermbc.org/>

Citizen Appointments to Committees

Apply to become a citizen member on a City of Mississauga committee or board. Joining a City committee is a unique opportunity to contribute to your community.

- Web: <https://app.betterimpact.com/PublicEnterprise/EnterpriseSearch?EnterpriseGuid=e3200288-2b64-4ed8-a26d-5bd0f4c5170b&SearchType=OrganizationClassification&SearchId=9631>



Volunteer Opportunities in Caledon

Animal Shelter

Caledon's Animal Services helps keep pets safe and healthy by promoting responsible pet ownership.

- Web: <https://www.caledon.ca/en/living-here/animal-services.aspx>

Caledon Public Library

Volunteering with the Caledon Public Library is a great way to connect with others and learn new skills while making a difference in our community!

- Web: <https://caledon.library.on.ca/about-your-library/employment-volunteering/>

Recreation

Volunteer to help with our recreation programs or events.

New opportunity: Youth leaders in Fitness.

- Web: <https://www.caledon.ca/en/government/volunteering.aspx>

Caledon Community Organizations

In the Town of Caledon, we celebrate our cultural heritage landscapes, heritage conservation districts and heritage properties through a variety of conservation efforts.

- Web: <https://www.caledon.ca/en/living-here/arts-culture-and-heritage.aspx>

Age-Friendly Caledon

Our Volunteer Ambassadors: Support the community outreach and engagement of the Town's Age-Friendly Action Plan, connect residents with community information, resources and services in Caledon.

- Web: <https://www.caledon.ca/en/living-here/adult-55.aspx>

Volunteer Opportunities in Brampton

Are you Interested in volunteering with the City of Brampton?

There are many ways you can get involved. You become eligible to volunteer with us when your turn 14 years old. Depending on the volunteer opportunities that you are interested in, additional qualifications may apply.

For all volunteer opportunities below, please visit: <https://www.brampton.ca/en/City-Hall/Employment/Seasonal/Pages/VolunteerOpportunities.aspx>

- Email: volunteers@brampton.ca , or call [905-874-5576](tel:905-874-5576)

Dance Volunteer

Assists children learning dance. Outgoing, enjoys working with children, previous dance experience needed.

Preschool/Childcare Volunteer

Assist child care staff as required, assist children with activities, excellent customer service skills needed.

Senior Programs Volunteer

Work with adults ages 55+, choose from a wide variety of opportunities including, café, special events, programs, administration and more.

Theatre Volunteer

Performing Arts Customer Experience Ambassadors are volunteers who welcome guests and meet access requirements, with customized services to create memorable experiences.

Youth Program Volunteer

Work with children/youth aged 6 to 14 years. Must be energetic, creative and enjoy interacting with children and youth, choose from a wide variety of programs, including arts, sports, music and more.

Animal Services

Walk dogs, socialize with cats, drive animals to vet appointments and rehab centres. Foster cats with kittens in your home.



16. Employment

a. Interview Tips

1. Before the interview

Do some research of the company

- Check whether the mission, vision, values and goals are consistent with your ideas
- Check the company's website to know more about the history of the company
- Getting familiar to the company and may be helpful to answering questions about the company during the interview.

Do some research of the interviewer

- Identify who in your organization might interview you and study them
- Check their professional social media materials (ex: LinkedIn) and browse their interests
- You can appropriately put forward the common points found with the interviewer in the interview

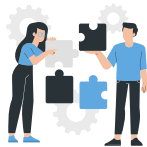
Conduct a mock interview.

- Prepare some questions that the interviewers may ask in the interview
- Ask for the feedback from the person who conducts the mock interview with you
- Prepare a successful story from the work experience or study experience.

Print a paper copy of your resume.

Dress for the role.

- Make sure you dress properly during the interview
- Choose business professional attire for the interview (ex: suit)



Determine the best route to interview the company.

- Use the map app (ex: google map) to find the best route
- According to the interview time and considering the traffic problems in the region
- Allow enough time to arrive at the interview company. Be on time!!!

Have a good sleep on the night before the interview.

- Make sure you get proper rest before the interview
- Keep sober and alert during the interview

2. At the interview

Show more respect.

- Be respectful to everyone that you might meet in the company, not just interviewers

Always smile during the interview.

- Be nice, be relax, and be positive

Introduce yourself to the interviewers.

- Show your characteristics, skills, and knowledge during the interviews
- Show your experience of accomplishment

Maintain eye contact and body language.

Listen the questions carefully and answer them appropriately.

Prepare some questions which are related to the company to ask interviewers.

b. Keeping Your Job and Being Good At It

Be there

- Do not miss work unless you have already asked for leave for some special reasons.
- Need to ask for leave from the supervisors if there is any emergency situation.

Be on time

- Do not be late during the working day. Be respectful to your job.
- Cannot leave early even if you finish your work.

Dress code

- Pay attention to the company's dress code.
- Some companies may ask the employees to wear suites.

Hard-working

- Do not play games, chat with other people or any other things that are not related to work during working.
- Be professional and focus on the work.
- Be active and positive.

Ask questions

- Feel free to ask any questions to your supervisors or colleagues if there is anything that you may concern or do not know/understand.
- Asking appropriately through emails or conversations.
- Choosing the best time that may not bother others.

Communication

- Provide clearly suggestions/ideas/opinions/questions/answers.
- Be professional and respectful.

Keep Learning

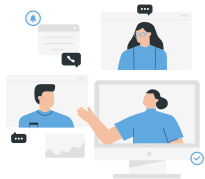
- Learning from supervisors or other colleagues.
- Reading more books and learning from them.
- Learning from the failures or mistakes and make sure the same mistakes never happen again.

Make a plan

- Make a plan to order the tasks to finish by priority.
- Finish the work step by step and finish them before the deadline.

Quit a job

- If you decide to quit your job, you should notice to your employer at least two weeks in advance.
- Provide more information about your work to your colleagues and let them know how to take your work before you quit your job.
- You cannot ignore the rest of your work just because you quit. Your performance before leaving is also very important. This may be the reference for the next company when doing your background investigation.



c. Your Rights At Work

Minimum Wage

- General Minimum Wage (18 and over) is \$15.50 per hour (Oct. 1, 2022 to Sept. 30, 2023).
- Student Minimum Wage (under 18) is \$14.60 per hour (Oct. 1, 2022 to Sept. 30, 2023).
- Students under 18 and not working more than 28 hours per week or during a school holiday.
- Liquor Servers Minimum Wage is \$15.50 per hour (Oct. 1, 2022 to Sept. 30, 2023).
- Hunting, fishing and wilderness guides minimum wage is \$77.60 (Rate for working less than five consecutive hours in a day) and \$155.25 (Rate for working five or more hours in a day whether or not the hours are consecutive). (Oct. 1, 2022 to Sept. 30, 2023).
- Homeworkers wage is \$17.05 per hour (Oct. 1, 2022 to Sept. 30, 2023).

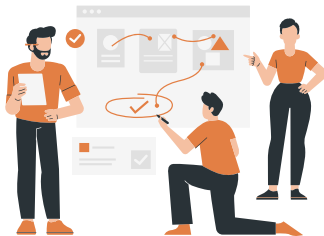
Hours of work

- Daily limit: The maximum number of hours most employees can be required to work in a day is eight hours or the number of hours in an established regular workday, if it is longer than eight hours.
- Weekly limit: The maximum number of hours most employees can be required to work in a week is 48 hours. The weekly maximum can be exceeded only if there is an electronic or written agreement between the employee and employer.

Public holidays

Ontario has nine public holidays:

1. New Year's Day
2. Family Day
3. Good Friday
4. Victoria Day
5. Canada Day
6. Labour Day
7. Thanksgiving Day
8. Christmas Day
9. Boxing Day (December 26)



Occupational Health & Safety

Three principal rights of workers:

- the right to refuse dangerous work without penalty
- the right to participate in identifying and correcting health and safety problems
- the right to know about hazards in the workplace

Pregnancy and parental leave

- Pregnant employees have the right to take pregnancy leave of up to 17 weeks of unpaid time off work. In some cases, the leave may be longer. Employers do not have to pay wages to someone who is on pregnancy leave.
- All new parents have the right to take parental leave – unpaid time off work when a baby or child is born or first comes into their care (such as through adoption). Birth mothers who take pregnancy leave are entitled to up to 61 weeks' leave. Birth mothers who do not take pregnancy leave and all other new parents are entitled to up to 63 weeks' parental leave.

- Qualifying for pregnancy leave:

A pregnant employee is entitled to pregnancy leave whether the employee is full-time, part-time, permanent or on a term contract, provided that the employee:

1. is employed by an employer that is covered by the ESA,
2. Started employment at least 13 weeks before the date the baby is expected to be born (the "due date").

- Miscarriages and stillbirths:

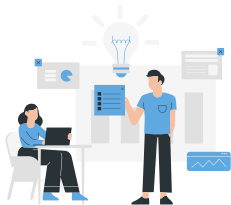
The pregnancy leaves of an employee who has a miscarriage or stillbirth ends on the date that is the later of:

1. 17 weeks after the leave began;
2. 12 weeks after the stillbirth or miscarriage.

- Giving notice about starting a pregnancy leave: An employee must give their employer at least two weeks' written notice before beginning a pregnancy leave.
- Parental leave: Both new parents have the right to take parental leave of up to 61 or 63 weeks of unpaid time off work.
- The right to continue to participate in benefit plans:

Employees on pregnancy or parental leave have a right to continue to take part in certain benefit plans that their employer may offer. These include:

1. pension plans;
2. life insurance plans;
3. accidental death plans;
4. extended health plans; and
5. dental plans.



Termination of employment

- Written notice of termination and termination pay:

1. an employer can terminate the employment of an employee who has been employed continuously for three months or more if the employer has given the employee proper written notice of termination and the notice period has expired;
2. an employer can terminate the employment of an employee without written notice or with less notice than is required if the employer pays termination pay to the employee.

- Written notice of termination:

1. An employee is entitled to notice of termination (or termination pay instead of notice) if they have been continuously employed for at least three months.
2. If period of employment is less than 1 year, then the amount of notice required is 1 week; if period of employment is 1 year but less than 3 years, then the amount of notice required is 2 weeks; ...; if period of employment is 8 years or more, then the amount of notice required is 8 weeks.

- Requirements during the statutory notice period:

During the statutory notice period, an employer must:

1. not reduce the employee's wage rate or alter any other term or condition of employment;
2. continue to make whatever contributions would be required to maintain the employee's benefits plans; and
3. pay the employee the wages they are entitled to, which cannot be less than the employee's regular wages for a regular work week each week.

- **Regular rate:** This is an employee's rate of pay for each non-overtime hour of work in the employee's work week.
- **Regular wages:** These are wages other than overtime pay, vacation pay, public holiday pay, premium pay, domestic or sexual violence leave pay, termination of assignment pay, termination pay and severance pay and certain contractual entitlements.
- **Termination pay:** An employee who does not receive the written notice required under the ESA must be given termination pay in lieu of notice. Termination pay is a lump sum payment equal to the regular wages for a regular work week that an employee would otherwise have been entitled to during the written notice period. An employee earns vacation pay on their termination pay. Employers must also continue to make whatever contributions would be required to maintain the benefits the employee would have been entitled to had they continued to be employed through the notice period.

d. Employment Service Providers

If you are looking for more information, feel free to visit:
<https://peel.eoworks.ca/jobseekers/locations/>



Abilities to Work

- Tel: 866-969-9734
- Email: info@abilitiestowork.com
- Web: <https://www.abilitiestowork.ca/>
- Address 1 (Mississauga): 10 Kingsbridge Garden Circle, Suite 403, L5R 3K6
- Address 2 (Brampton): 7700 Hurontario St Unit 313, L6Y 4M3

We are a not for profit organization focused on accessibility and inclusion. We support persons with disabilities in finding their future by connecting them with opportunities in employment, education or training. We also support employers by auditing their accessibility awareness and educating them on how to be more accessible.

ACCES Employment

- Tel (Mississauga): 905-361-2522
- Tel (Brampton): 905-454-2316
- Web: www.accesemployment.ca
- Address 1: 210-2085 Hurontario St, Mississauga, ON L5A 4G1
- Address 2: 201-44 Peel Centre Dr, Brampton, ON L6T 4B5

ACCES Employment is a leader in connecting employers with qualified employees from diverse backgrounds. More than 39,000 job seekers are served annually at seven locations across the Greater Toronto Area. As a not-for-profit corporation, ACCES receives funding from all levels of government, corporate sponsors, various supporters and the United Way Greater Toronto. ACCES Employment provides job search services entirely free-of-charge through physical locations in the Greater Toronto Area only (Ontario, Canada). We provide some online services to pre-arrival clients internationally who are already approved to come to Canada.

Achev

- Tel (Brampton South): 905-457-4747
- Tel (Brampton East): 905-595-0722
- Tel (Mississauga - Malton): 905-677-0007
- Tel (Mississauga City Centre): 905-949-0049
- Web: <https://achev.ca/>
- Address 1 (Brampton South): 7700 Hurontario Street, Unit 601, Brampton, ON, L6Y 4M3
- Address 2 (Brampton East): 263 Queen Street East, Unit 14, Brampton, ON, L6W 4K6
- Address 3 (Mississauga - Malton): 7420 Airport Road, Suite 104, Mississauga, ON, L4T 4E5
- Address 4 (Mississauga City Centre): 50 Burnhamthorpe Road West, Suite 300

Achêv connects people to opportunities that help them achieve their full potential. We provide the resources and guidance based on the local labour market needed to achieve your employment goals. Through high-quality programs and personalized services, Achêv supports career development, employment, language, education, specialized services for youth and settlement success in our communities.

Brampton Multicultural Community Centre

- Tel: 905-790-8482
- Web: <https://bmccentre.org/>
- Address: 197 County Court Blvd., Suite 303, Brampton L6W4P6

BMC has over 30 years of experience serving a diverse and multicultural community in Peel. The agency was established as a non-profit to serve and work with newcomers, and to facilitate their settlement and integration into Canada. Today, BMC offers a wide range of services and learning opportunities to connect clients to a better future in the ever changing Canadian society. All of BMC services are provided in a culturally and linguistically appropriate manner. Services are delivered within an anti-oppressive framework discouraging labeling, stigma, exclusion and promotion values of equity, inclusion, and empowerment at all levels and situations.

Caledon Community Services- Jobs Caledon

- Tel: 905-584-2300
- Address: UL-F1-18 KING ST EAST, Caledon, ON, L7E1E8
- Web: <https://ccs4u.org/>

Within our own five community service locations, six Peel Living buildings, and throughout the entirety of the Town of Caledon, Caledon Community Services (CCS) is helping shape the future of a caring and engaged Caledon community. A community builder since 1971, our many programs and services address community needs in one of the most uniquely challenging and increasingly diverse communities in the GTA. We are home to Caledon's only accessible transportation program, the Exchange community hub that includes food supports and a range of activities, Caledon Specialist Clinic, and around-the-clock personal support services for seniors. We offer resettlement services and language classes for newcomers (LINC) and comprehensive employment services for job seekers and local businesses. We provide paid training programs for Caledon youth ages 15-30 as well as exciting volunteer opportunities and two affordable retail shopping destinations that support all of our programs and service delivery.

Centre for Skills Development

- Tel: 289-208-7017
- Address: 1200-2225 ERIN MILLS PKY, MISSISSAUGA, ON, L5K1T9
- Web: <https://centreforskills.ca/>

Comprised of multiple centres, our organization operates as an independent charity. Our Centres deliver free government-funded programs and fee-based programs to help people at various stages of life (youth, job seekers, second career seekers and newcomers to Canada) get on a path to career success. Services include one-on-one job search coaching, workshops, settlement services, ESL classes, academic upgrading and funded and fee-based pre-apprenticeship skilled trades programs. Our Centres also collaborate closely with employers, providing free professional recruitment with access to pre-screened candidates, financial wage and training incentives and customized skilled trades training.

College Boreal- Employment Options Emploir

- Tel: 905-306-1562
- Address: 300-50 BURNHAMTHORPE RD W, MISSISSAUGA, ON, L5B3C2
- Web: <http://www.1job.ca>

Collège Boréal's Employment Services is an employment and training program funded by the Government of Ontario that takes the time to understand your company's needs in today's changing economy. We have a growing pool of training-ready candidates with various educational backgrounds and skill levels to meet your immediate and long-term staffing requirements.

Community Living Mississauga

- Tel: 905-542-2694
- Address: 6695 Millcreek Dr., Unit #1, Mississauga, ON L5N 5R8
- Web: www.career-connection.ca
- Email: info@career-connection.ca

Career Connection (Community Living Mississauga) works with businesses and employment candidates who have an intellectual disability in Mississauga. Candidates are guided towards their employment goals with career planning, training and skills development. Our experienced staff support job seekers through the entire process, from application to on-site training. Career Connection also works closely with businesses that support inclusive hiring to provide pre-screened, work-ready candidates that are invested in long term success. Through job coaching and regular follow-up, we strive for a smooth on-boarding process and high retention rates. The results are productive team members that inspire others to reach their own new heights.

COSTI Immigrant Services

- Tel (Brampton): 905-459-8855
- Tel (Mississauga): 905-567-0482
- Web: <http://www.costi.org/>
- Address 1: 10 Gillingham Drive, Suite 300, Brampton
- Address 2: 6750 Winston Churchill Boulevard, Unit 8A, Mississauga



COSTI is a multiservices community based agency providing a range of services to newcomers and vulnerable populations across the Greater Toronto Area. Service areas include Employment, Settlement, Education & Training and Community Development.

Dixie Bloor Neighbourhood Centre

- Tel: 905-624-2442
- Address: 1-3415 DIXIE RD, MISSISSAUGA, ON, L4Y2B1
- Web: <https://dixiebloor.ca/>
- Email: employmentservices@dixiebloor.ca

Dixie Bloor Neighbourhood Centre (DBNC) was founded in 1988 as a non-profit organization. The programs offered are free of charge and responsive to the community members' needs and include Employment Ontario. DBNC Employment Ontario offers a client-centric Integrated Service Model to all client groups to ensure that they are served effectively in their journey to find employment and retain it. Our Employment Specialists team delivers high-quality, efficient, effective and friendly services to job seekers and employers, including clients with complex needs and specialized groups.

Family Services of Peel

- Tel: 905-366-0322
- Address: 300 - 5975 Whittle Rd., Mississauga ON, L4Z 3N1
- Web: <https://fspeel.org/>
- Email: fsp@fspeel.org

Family Services of Peel (FSP) was established in 1971 as a multi-service agency non-profit, charitable organization to provide family and community support services for the people of Peel Region. Sensitive to cultural and social diversity, FSP operates from an anti-racism/anti-oppression equity framework, utilizes a trauma specific focus and integrates ongoing research and data analysis through the FSP's Peel Institute of Violence Prevention.

Job Skills

- Tel (Brampton): 905-453-7896
- Tel (Mississauga): 905-273-3360
- Web: <https://www.jobskills.org/>
- Address 1: 12-50 Sunnyvale Gate, Brampton ON L6S 0C4
- Address 2: 107-1090 Dundas Street East, Unit 203, Mississauga, ON L4Y 2B8

Job Skills, a non-profit charitable community-based employment, and training organization have successfully delivered employment solutions for 35 years across the Greater Toronto Area (GTA) and neighbouring regions. Today, the agency provides employment, employer, business, and newcomer services and programs in York and Peel Regions.



March of Dimes Canada

- Tel: 905-607-3463
- Address: 100-2227 SOUTH MILLWAY, MISSISSAUGA, ON, L5L3R6
- Web: <http://www.modemploymentservices.ca/>

The mission of March of Dimes Canada is to maximize the independence, personal empowerment and community participation of people with disabilities. March of Dimes Canada Employment Services exists to ensure that people with disabilities find and keep meaningful jobs. We are leaders in matching people who have disabilities with employers seeking qualified job candidates.

Next-Steps Employment Centre

- Tel (Erin Mills): 905-814-8406
- Tel (Dundas): 905-896-2233
- Web: <http://www.next-steps.ca/>
- Address 1: C-03-6435 ERIN MILLS PKY, MISSISSAUGA, ON, L5N4H4
- Address 2: 14-1225 DUNDAS ST E , MISSISSAUGA, ON, L4Y2C5



Next-Steps Employment Centres are operated by the Toronto District School Board and funded by Employment Ontario. Our seven locations in Toronto, Mississauga and Vaughan offer FREE services to job seekers and employers.

PCAS-Peel Career Assessment Services

- Tel: 905-670-1967
- Web: www.peelcareer.com
- Address: 975 Meyerside Drive Mississauga, ON L5T 1P9

PCAS Inc. mission is to provide services which brings measurable, and lasting improvement in the quality of life of clients by delivering the appropriate, needs-based services to enhance their economic, and social inclusion.

Stride

- Tel: 905-693-4252
- Address: #26-55 Ontario St S, Milton
- Web: <https://stride.on.ca/>

STRIDE is a specialized mental health and addiction agency focusing on employment, serving Halton and Peel regions. We exist because work matters -- and is proven to improve the quality of people's lives. We help our clients gain and maintain meaningful employment through individualized programs, resources and connections to supportive employers in our community. STRIDE envisions a future where barriers to employment have been eliminated for people living with mental health or addiction challenges. We are committed to providing individualized support to empower people to gain and maintain meaningful employment.

The Bennett Edge

- Tel: 905-459-4060
- Address: 7900 Hurontario Street Suite #202, Brampton, ON L6Y 0P6 Canada
- Web: <https://www.thebennettedge.com/>

A service provider for Employment Ontario helps individuals with disabilities to obtain and maintain employment at no cost to the client or the employer. Our leading edge approach to building successful partnerships begins with a commitment to providing excellent service. Focused on the strengths and skills of our candidates and the needs and expectations of employers, we strive to create partnerships that work.

The Job Centre

- Tel: 905-842-8787
- Address: 53 Village Centre Place, Suite 100, Mississauga, ON L4Z 1V9
- Web: <http://www.thejob-centre.ca>

Specialists in helping people with disabilities secure and maintain meaningful employment. In addition, we provide assistance with developing business plans and helping individuals launch a self-employment enterprise. Our talented and dedicated team of case managers and job developers work with individuals with a variety of disabilities and barriers to employment to assist clients reach their employment and self employment goals.

VPI Working Solutions

- Tel: 905-270-8710
- Web: <https://www.vpi-inc.com/>
- Address: 1290 Central Pkwy W, Suite 210, Mississauga, ON L5C 4R3

VPI has been providing employment services to individuals and organizations for more than 30 years. Based in Mississauga with 17 locations across Southern Ontario, we help job seekers in local communities find work and training opportunities. We also work directly with employers who are looking to hire.

WCG Employment Ontario

- Tel (Brampton): 888-353-8501
- Tel (Mississauga): 888-354-7540
- Email (Brampton): info-brampton@wcgservices.com
- Email (Mississauga): info-mississauga@wcgservices.com
- Web: <https://wcgservices.com/our-programs/wcg-employment-ontario>
- Address 1: 134 Main St N, Brampton ON L6V 1N8
- Address 2: 2150 Burnhamthorpe Rd W #25 Mississauga, ON L5L 3A2



WCG is driven to change lives and strengthen communities by adding value for both job seekers and employers. We offer innovative, community-based and effective solutions to meet today's workforce challenges. WCG has been partnering with governments and local agencies across Canada to create sustainable employment opportunities for people, businesses and communities for over 25 years. We provide jobseekers with the support and programs they need and connect employers to their next great hire.

YMCA of Greater Toronto

- Tel (Mississauga): 905-276-9322
- Tel (Brampton): 905-276-9323
- Tel (Meadowvale): 905-276-9324
- Web: <https://ymcagta.org/>
- Address 1: 100-55 City Centre Drive, Mississauga, ON L5B 1M3
- Address 2: 201-40 Peel Centre Dr, Brampton, ON, L6T4B4
- Address 3: 6677 Meadowvale Town Centre circle, Mississauga, ON, L5N 2R5



The YMCA of Greater Toronto is a charity tackling the most critical social issues in the GTA. For more than 160 years, we have offered children, teens, young adults and families the opportunity for personal growth, community involvement and leadership.

17. Transportation Services

a. Public Transportation Services

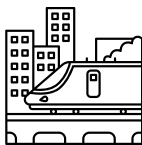
MiWay

- Tel: 905-615-4636
- Email: miwayhelps@mississauga.ca
- Address: 975 Central Pkwy W, Mississauga, ON L5C 3B1

MiWay offers discounted fares for children and youth aged 6-19, making public transit more affordable and accessible for young people.

MiWay's Youth Pass program provides unlimited travel on all MiWay routes during the summer months for a flat fee. This program is designed to provide affordable transportation options for youth during the summer break.

MiWay offers discounted group fares for school and community groups, making it easier for students to participate in field trips and other educational activities.



Brampton Transit

- Tel: 905-874-2000
- Web: www.311Brampton.ca

Brampton Transit offers discounted fares for children and youth aged 6-19, making public transit more affordable and accessible for young people.

Brampton Transit offers discounted group fares for school and community groups, making it easier for students to participate in field trips and other educational activities.

Brampton Transit's Transit Ambassador Program provides an opportunity for youth aged 15-24 to gain valuable job experience while promoting public transit.

GO Transit

- Tel: 888-GET-ON-GO (438-6646)
- Web: <https://www.gotransit.com/en/>

GO Transit is a regional public transit system in Ontario, Canada, serving the Greater Toronto and Hamilton Area (GTHA) and beyond. GO Transit offers discounts for children and youth aged 6-19, making public transit more affordable and accessible for young people.

TransHelp - Peel Specialized Public Transit

- 905-791-7800, 888-919-7800 (Toll-free)
- Email: transhelp@peelregion.ca
- Web: www.peelregion.ca/transhelp/

TransHelp provides specialized transit services for individuals with disabilities who are unable to use conventional public transit services.

Student Transportation of Peel Region

- 905-890-6000 or 800-668-1140

b. How To Stay Safe At Night

- Ensure that you always have a clear plan of where you are headed, walk confidently and remain aware of your surroundings.
- Avoid taking shortcuts or walking through dimly lit areas.
- It is also important to identify places where you can receive assistance along your route, such as open stores, restaurants, and public telephones.
- If you are using public transportation after 9:00 pm, consider using the Request Stop Program. This program allows you to exit the bus between stops and closer to your destination.
- To use this program, inform the driver at least one stops ahead of where you intend to disembark. It is important to note that the driver must be able to stop safely in order to accommodate your request.
- Finally, be sure to exit the bus through the front doors only, as the rear doors will remain closed to prevent anyone from following you off the bus.



18. Legal Supports

a. Know Your Rights

In the event that you are stopped by law enforcement, it's essential to remember the following guidelines:

- Ask the police officer to clarify the reason for stopping you.
- If you are pulled over while driving, you are obligated to present your driver's license, car registration, and insurance if requested.
- If the police interrogate you regarding any involvement aside from being a driver in a vehicle accident, it is within your rights to remain silent until you have talked to an attorney.
- If you think that the police search is inappropriate, seek legal advice as soon as possible. However, avoid attempting to physically impede the search.
- If the police detain you, inquire about your arrest status and the charges against you. If you are arrested, the police must inform you of the reason.
- If you are under 18 and apprehended, you have the right to consult with a lawyer, a parent, an adult relative, or any adult if your relatives are unavailable.

Justice for Children and Youth

- Tel: 416-920-1633 / 866-999-5329
- Web: <https://jfcy.org/en/>
- Address: 55 University Ave. 15th Floor, Toronto



Teen Legal Helpline

- Web: www.teenlegalhelpline.org.

The Teen Legal Helpline is a service that provides legal information and assistance to teenagers. If you are a teen and you have questions about the law or legal issues, you can contact the Teen Legal Helpline to get information and guidance. The service is typically staffed by lawyers and legal professionals who are trained to provide legal advice to young people.

Law Society of Ontario

- Tel: 800-668-7380
- Web: <https://lso.ca/home>

The Law Society of Ontario also operates the Law Society Referral Service, which provides free referrals to lawyers and paralegals who can provide legal assistance to members of the public. The LSO also offers a variety of resources and supports for its members, including continuing education and networking opportunities.

Elizabeth Fry Society of Peel-Halton

- Tel: 905-459-1315
- Web: <http://efrypeelhalton.ca/>

The Elizabeth Fry Society of Peel-Halton is a non-profit organization that provides support and advocacy for women and girls who have come into conflict with the law. We provides a range of programs and services, including court support, counselling, housing support, and education and employment services. These programs are designed to help women and girls who are involved in the criminal justice system to rebuild their lives and reintegrate into the community.

Legal Aid Ontario

- Tel: 800-668-8258

b. Discrimination

The Ontario Human Rights Code is a provincial law that outlines and prohibits discrimination in various areas, including employment, housing, services, facilities, contracts, and agreements. However, it's important to note that not all types of discrimination are illegal. The law only prohibits discrimination based on specific grounds such as age, gender, gender expression, race, color, ancestry, religion, disability, sexual orientation, gender identity, marital status, having children, or receiving social assistance.

If you feel that you have been discriminated against, you typically have a one-year period from the date of the discriminatory event or conduct to take legal action. You can obtain legal advice and support from the Human Rights Legal Support Centre by:

- Calling 866-625-5179 or by visiting their website at www.hrlsc.on.ca.
- Alternatively, you can contact the Human Rights Tribunal of Ontario by calling 866-598-0322 or visiting their website at www.hrto.ca.



c. Record Suspensions (Formally Called Pardons)

Having a criminal record may limit your opportunities to secure employment and housing. However, obtaining a Record Suspension doesn't erase your criminal record; instead, it sets it aside by removing it from a criminal record or background check. By obtaining a Record Suspension, you can benefit from:

- Improved employment prospects;
- Increased freedom to travel outside of Canada;
- Fewer challenges in obtaining immigration status;
- Reduced risk of adverse effects on child custody, visitation, and adoption;
- Fewer difficulties when renting an apartment.



Parole Board of Canada

- Tel: 800-874-2652
- Web: www.canada.ca/en/parole-board/services/record-suspensions.html



19. Financial Supports

a. Financial Assistance

Ontario Disability Support Program (ODSP)

The Ontario Disability Assistance Program helps people with disabilities 18 years of age and over who are in financial need pay for living expenses.

- ODSP offers two types of support:
 1. *Income support - Financial assistance provided each month to help with the costs of basic needs, like food, clothing and shelter. Income support also includes benefits, like drug coverage and vision care, for clients and their eligible family members.
 2. *Employment supports - Services and supports to help clients with disabilities find and keep a job, and advance their careers.
- Tel: 416-325-5666, 888-789-4199 (Toll-free)
- For people with hearing disabilities: Toll-free TTY: 800-387-5559
- Mississauga Office Phone: 905-897-3100
- Web: <https://www.ontario.ca/page/ontario-disability-support-program>
- Address: 4 Robert Speck Pkwy, 14th Flr, Mississauga, ON L4Z 1S1



Ontario Work (OW)

Ontario Works provides employment and financial assistance to eligible individuals and families to help pay for living expenses. There are special rules in order to qualify for young people aged 16 or 17 who live apart from their parents or legal custodians.

- Tel: 905-791-7800/ 888-919-7800 (toll-free)
- Email: info@peelregion.ca
- Web: <https://www.peelregion.ca/help/>
- Address 1: Brampton (Regional headquarters): 10 Peel Centre Drive, Brampton
- Address 2: Mississauga: 7120 Hurontario Street, Mississauga

Employment Insurance (EI)

Employment Insurance provides temporary financial assistance to unemployed Canadians who have lost their job through no fault of their own, while they look for work or upgrade their skills. You can also be eligible for financial assistance through EI if you are sick, pregnant, caring for a newborn or newly adopted child, or if you are caring for a seriously ill family member.

- Tel: Brampton & Mississauga: 800-529-3742
- Web: <https://www.canada.ca/en/services/benefits/ei.html>
- Address 1: Brampton: 60 Gillingham Drive, Brampton, Ontario L6X0Z9
- Address 2: Mississauga: 3085A Glen Erin Drive, Mississauga, Ontario L5L1J3



b. Financial Assistance to Further Your Education

OSAP: Ontario Student Assistance Program

OSAP is Ontario's student support program, offering a mix of grants and loans to help students pay their tuition and living expenses for college, university, or other training. Estimate how much financial support you can secure through OSAP, and other financial assistance resources available.

- Tel: 807-343-7260, 877-672-7411 (toll-free)
- Web: www.osap.gov.on.ca/OSAPPortal

TD Canada Trust Scholarships

Awarded to Canadian Students based on leadership in the community. Twenty TD Scholarships for Community Leadership are awarded to students in their last year of high school (outside Quebec) or CEGEP (in Quebec) who have demonstrated leadership in improving their community. Each scholarship has a value of up to \$70,000 and includes:

1. Up to \$10,000 for tuition per year (for up to a maximum of four years)
 2. \$7,500 a year for living expenses (for up to a maximum of four years)
- Tel: 800-308-8306
 - Web: <https://www.tdcanadatrust.com/products-services/banking/student-life/scholarship-for-community-leadership/index.jsp?cid=DFA:10313917:2951408:137855099:0>
 - Apply: https://portal.scholarshippartners.ca/welcome/td_en



C. Financial Literacy and Credit Counseling

Credit Counselling Society - Mississauga

The credit counselling is a free service done through appointments in person or by phone. Your personal credit counsellor will review your financial situation with you, including your challenges and goals. They'll tell you your options, answer your questions, and give you as much time as you need to make the best choice for you. You might find that a single counselling session gives you all the information you wanted so that you don't need to contact us again. They're totally fine with that and happy to have helped.

If you do keep working with them, such as through a debt management program, you'll be supported by your credit counsellor and their experienced team. Whether you need help affording an unexpected expense, want to go over your budget again, or have to change something because life changes, they'll always be just a quick phone call or email away. This support will continue even after you become debt free.

- Tel: 647-776-0485
- Web: <https://nomoredebts.org/canada-credit-counselling/ontario/mississauga>
- Address: 77 City Center Drive, East Tower, Suite 501, Mississauga, ON L5B 1M5

Credit Counselling Canada

The goal of not-for-profit credit counselling services is to equip you with the tools necessary to successfully manage your finances. Whether you need help with debt management, budgeting or general financial education, a certified credit counsellor can help. Credit Counselling Canada members present financial literacy programs through customized:

1. In-person workshops
2. Community-based presentations
3. Online webinars
4. Employee lunch n' learn sessions
5. In-house classes

- Tel 1: Mississauga: 905-600-2031
- Tel 2: Brampton: 905-499-2856
- Mississauga: <https://creditcanada.com/locations/credit-canada-mississauga>
- Brampton: <https://creditcanada.com/locations/credit-canada-brampton>
- Address 1: Mississauga: 2 Robert Speck Pkwy, Suite 750, Mississauga, ON L4Z 1H8
- Address 2: Brampton: 2 County Court Boulevard, Suite 400, Brampton, ON L6W 3W8



City of Mississauga:

- Tel: 905-615-4311
- Web: <https://www.mississauga.ca/>



City of Brampton:

- Tel: 905-874-2000
- Web: <https://www.brampton.ca/en/pages/welcome.aspx>

Town of Caledon:

- Tel: 905-584-2272
- Web: <https://www.caledon.ca/en/index.aspx>

Region of Peel:

- Tel: 905-791-7800
- Web: <https://www.peelregion.ca/>

Ontario Ministry of Training, Colleges and Universities:

- Tel: 416-325-2929 or 800-387-5514
- Web: www.ontario.ca/page/ministry-training-colleges-universities

Associated Youth Services of Peel:

- Tel: 905-890-5222
- Web: <https://www.aysp.ca/>

Government of Canada, Services for Youth:

- Web: www.canada.ca/en/services/youth.html



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Disclaimer

The youth guide is written as a source of information only. The information contained in this booklet should by no means be considered a substitute for the advice of qualified professionals. All efforts have been made to ensure the accuracy of the information as of the date of printing.

The Peel-Halton Workforce Development Group (PHWDG) expressly disclaims responsibility for any adverse effects arising from the use of the information contained herein. The views expressed in this guide do not necessarily reflect those of the PHWDG or the Government of Ontario.



Strive for direction in your life...

- Alternative ways to get education, certification and training
- Job search and interview tips
- Youth centres, shelters, and food banks to help you survive
- Substance use and harm reduction
- Healthy mind and body

