

Black Parent Appreciation Week Directory

Learning to parent is a life-long process. We got you.

Family Support

Across Boundaries Family Support (416)-787-3007 | info@acrossboundaries.ca

Individual support, support groups, alternative and complementary therapies, community kitchen, social and recreational activities.

African Community Services of Peel Women and Families Program

(905)-460-9514 | info@africancommunityservices.com

Offers settlement; employment programs; youth employment & development programs; violence abuse & violence prevention program; seniors program; women & families program; health & wellness; volunteer training & development program; community engagement program

Aset Group Consulting & Counselling Services

1-289-624-2330 | info@asetgroup.ca

Services specifically designed for families, such as the Kujenga Family Reunification Program, Couples Counselling and Family Counselling.

Caribbean African Canadian Social Services Family Programs

(416)-740-1056

| info@cafcan.org

Provides individual support, family mediation, mobile crisis counseling and crisis intervention to individuals and families

Family Education Centre

(905)-452-0332 | info@familyedcentre.org

Parent information, support, courses, and workshops; online programs; partnership programs.

Family Services of Peel

Immediate intervention services for victims of violence; individual, couple, & family counselling; group therapy; partner assault response program (separate classes for men and women).

Family Service Toronto (416)-595-9618 | sau@familyservicetoronto.org

Counselling, peer support and education; knowledge building and exchanging activities; and system-level work including social action, advocacy, community building and working with partners to strengthen the sector.

Ghanaian-Canadian Social Services Network (647)-874-7365 | info@gcssn.org

Provides practical assistance and culturally-sensitive social support services to members of the Ghanaian-Canadian community in Ontario dealing with issues such as barriers to integration, family conflict, parent/teen conflict, domestic violence, and children in conflict with the law.

NuChoice Counselling and Assessment Services Inc.

(647)-477-4000 | info@nuchoice.ca

Provides individual, relationship, and family counselling for individuals who struggle in a variety of areas including depression, anxiety, conflict resolution, parent-teen conflict, and so on. Assessment services include parenting capacity assessments, custody and access assessments, and need assessments.

Ontario Government Providing \$200/Child for School Supplies

While schools and child care centres are closed, parents can apply for direct funding to offset the cost of buying materials to support their children's learning, while they practice self-isolation and physical distancing.

Parenting During COVID-19

An infographic with COVID-19 Parenting Tips.

Tropicana Community Service Family Counselling (416)-439-9009

Individual, Family and Group Sessions Available.

United Achievers Community Services Family Program

1 905 455 6789 ext. 43 | bhf@unitedachievers.org

Building Healthy Families Program offers advocacy and support to families to gain new skills, such as communication skills, and conflict resolution through parenting/co-parenting education and skills development workshops, mediation, and counseling.

Mental Health and Wellness

Across Boundaries (416) 787-3007 | info@acrossboundaries.ca

Provides mental health and addiction services for racialized communities.

Access Point (416) 640-1934 | info@theaccesspoint.ca

You can apply for individual mental health and addictions support services and supportive housing.

Black Creek Community Health Centre Health and Wellness Programs

(416)-249-8000 | info@bcchc.com

Primary healthcare and services including: drop-in youth clinic, Francophone language health services, early-years programs, breastfeeding support, substance use counselling, etc.

Caribbean African Canadian Social Services Mental Health Counselling

(416) 740 1056 | info@cafcan.org

Services are delivered through individual, family and group counselling, information sharing and referral, legal navigation and advocating with other institutions on behalf of clients.

FitOn

A website that offers free guided workouts, yoga, meditation sessions and more. Also available as an app so you have access to these activities anywhere you go.

Flemingdon Heights Health Centre Social Services (416) 429-4991 ext 280

Aim to support people with a range of concerns including housing, income support, immigration, refugee claims, family and relationship difficulties, feelings of depression and anxiety, coping with illness, trauma, abuse and life transitions.

Meditation Toronto

Offers free online meditation classes on Facebook Live every Friday at 10:00pm and Sunday at 7:00pm. Also provides a free online meditation course and meditation music.

Naseeha 1 (866) 627-3342 | info@naseeha.net

Youth receives immediate, anonymous, and confidential support over the phone from 12 – 9 pm, 7 days a week.

Regent Park Community Health Centre Social Work (416)-364-2261

RPCHC social workers help people with a range of concerns including housing, income, immigration, family and relationship issues, feelings of depression and anxiety, coping with illness, dealing with past or current abuse and drug and alcohol use

Resources for Black Healing and Support

A google document with a list of resources and services aimed for Black healing.

Scarborough Centre for Healthy Communities

(416) 642 9445 | info@schcontario.ca

SCHC provides inclusive health and wellness services to treat illness, support people who are managing chronic disease, enduring crisis, or facing end of life.

Stella's Place (416)-461-2345 | connect@stellasplace.ca

Includes peer supports, clinical, online, employment, wellness, and recovery services as well as opportunities to explore your creative self through studio programs

TAIBU Counselling Services (416) 644-3536 | info@taibuchc.ca

Primary healthcare and services including: counselling (trauma, depression, mental health, anxiety, etc.), youth outreach, girls group, academic support.

Tropicana Community Services (416) 439-9009

Counselling: Individual & Family Counselling, Violence against Women, Support Network.

Activities, Services and Tips for Youth and Child Care

African Community Services of Peel Youth Development

(905)-460-9514 | info@africancommunityservices.com

Target group: all visible minority youth between the ages of 13-24, youth facing immigration and settlement challenges, immigrant and refugee youth, in-and-out of school. Programs: Young Africans Achievers Club; Youth Arts and Heritage Program; One on One Youth Mentoring Program; Youth Personal Safety and Crime Prevention Program; Youth Leadership Development Program; Refugee Youth Project.

Black Queer Youth Initiative (416)-324-5077 | bqy@sherbourne.on.ca

Black Queer Youth (BQY) is a weekly drop-in group where we celebrate Black queer and trans spectrum people's experiences and accomplishments. It is a space dedicated to your creativity and desires. It is a safer space for you to express your whole self.

Black Youth Helpline (416)-285-9944 | info@blackyouth.ca

Serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.

Caribbean African Canadian Children's Services (416)-740-1056 | info@cafcan.org

Current Children's Program: Leaders in Partnership (L.I.P.) Program; Stop Now and Plan (SNAP) Program; Kambi Ya Watoto Summer Camp; Individual Counselling.

Caribbean African Canadian Youth Services (416)-740-1056 | info@cafcan.org

Target group: young men and women ages 16-24. Programs: Youth Outreach Program (Y.O.W), Ujima Youth Mentorship Program; 'Express Yourself' / Anger Management Program; Individual counseling.

Child Development Resource Connection Peel (905)-507-9360 | info@cdrpc.com

Early Years for children; education and resources; child and family programs; referrals; interpretative services.

COVID-19: Stay, Play & Learn at Home

Free, high-quality recreation, active living, arts and culture activities for all ages to enjoy in the comfort of your home. Sort by Audience for different target age groups – many activities are for Everyone. Check back for updates and additions to this list.

Nexus Youth Centre (905)-566-1883

Counselling for youth; internet access; resume/ job search assistance; recreational activities; social support and skill development groups, and volunteer opportunities; help with employment searching; and help with locating housing.

Promoting Education and Community Health (PEACH) Youth

(416) 740-9593 | info@peachyouth.org

We are a community-based organization in the Jane-Finch community helping marginalized and at-risk youth overcome social, mental, and or residential challenges to reconnect with their education and develop skills that will lead to a

successful life.

Supporting Our Youth (SOY) (416) 740-9593 | info@peachyouth.org

Supporting Our Youth (SOY) is an innovative community development program of Sherbourne Health. SOY works to support the health and well-being of all queer and trans spectrum youth 29 years old and under through our groups, programs and events and by providing one-on-one support.

Support for Moms and Families

A google drive containing helpful tips for parenting and family care.

Tips for Kids and their Caregivers during COVID-19

The information provided in this tip sheet is for reference only. It is not intended as a recommendation or endorsement of organizations, news sources, policies or political parties, or as a comprehensive resource list.

These resources are intended to support you in starting a conversation with children about COVID-19 and its current impact on daily life.

Food banks and free delivery services are still operating during COVID-19 recovery.

Food Banks

Food Banks

Daily Bread Food Bank

Register online at dailybread.link2feed.ca/ to receive a Client ID for food access.

Call (416) 203-0050 ext.1 for additional assistance with online registration.

North York Harvest Food Bank

Call (416) 635-7771 ext. 0 for additional information on location and times.

Temporary Food Banks

Call “211” to get information on the temporary food banks in Toronto.

Food Boxes & Care Packages

Black Coalition for AIDS Prevention (Black CAP): The AYA Project

Email c.smith@black-cap.com or call (416) 977-9955 for more information on culturally-specific food aid packages for low-income African, Caribbean & Black (CAB) households in Toronto.

Two types of packages are available: (1) Family Food Packages & (2) Individual Food Packages

BlackFoodToronto.com (Emergency Food Boxes)

Sign up for a food box online at shorturl.at/aAG28 or by calling (416) 832-5639.

Available Baby Food, Formula and Supplies

Call 211 or go to 211toronto.ca for a list of organizations providing meals and food services.

Emergency Food Program for Black Students

Sign up at shorturl.at/tHY48 for a food package, supplied by York United Black Students Alliance, Meal Exchange, and Black Creek Community Farm.

Specifically for Black students living in Lawrence Heights, Jane & Finch (Steeles to Falstaff - Weston Road to Keele), Rexdale, and York University campus. .

Meal Programs and Drop-In Programs

List of Drop-In Food Programs

Refer to this shorturl.at/egzCE for an updated list of drop-in food programs operating indoors, as well as takeaway meal programs.

TDIN Drop-in Meals

Refer to shorturl.at/opLQT for information on available programs.

Currently includes Syme Woolner, Weston King Neighbourhood Centre & Mount Dennis Neighbourhood Centre.

Services for Seniors & People with Disabilities

Food Hamper Delivery for Seniors (The Red Cross)

Call 1-833-204-9952 for eligibility and registration information.

Available to qualifying seniors and others in self-isolation who do not have alternate access to food.

Has your child had trouble funding their education during COVID-19? These resources could help.

Scholarships & Grants

[BFCN Scholarship Directory](#)

Go to www.bfcn.ca/scholarships.html or call (416) 566-2731 for support.

Led by **Black CAP**, the **Black Health Alliance**, and **UofT's Black Medical Students Association**, with support from the **Confronting Anti-Black Racism Unit**. If you know of any resources to be added to this list, please contact us: blackCOVIDresilience@gmail.com.