



**Metropolitan Action Committee on
Violence Against Women and Children**

Women's & Community Services in the Greater Toronto Area

Important 24-Hour Numbers

Emergency (police, ambulance, fire): 911
Assaulted Women's Helpline:
1-866-863-0511 | 1-866-863-7868 (TTY)
Community Connection: 211 | 211.toronto.ca
(Niagara Region, South Georgian Bay, Toronto)
Distress Centres of Toronto:
416-408-4357 | 416-408-0007 (TTY)
Kids Help Phone: 1-800-668-6868
Femaid (French crisis line):
1-877-336-2433 | 1-866-860-7082 (TTY)
Toronto Rape Crisis Centre Multicultural
Women Against Rape:
416-597-8808 | 416-597-1214 (TTY)

Sexual Assault Help (24-Hour)

Domestic Abuse and Sexual Assault Care
Centre (Richmond Hill): 1-800-521-6004
Durham Region Domestic Violence Sexual
Assault Care Centre: 905-571-3344 x116
Nina's Place (Burlington): 905-632-3737 x5708
Suspected Child Abuse and Neglect Program
(Toronto): 416-813-6275
Scarborough Hospital Sexual Assault Domestic
Violence Care Centre: 416-495-2555
Peel Region Sexual Assault Domestic Violence
Program: 905-848-7580 x2142
Women's College Hospital Sexual Assault and
Domestic Violence Care Centre (Toronto):
416-323-6040

Women's Shelters (24-Hour)

Family Transition Place (serving Caledon):
1-800-265-9178 | 519-942-1651 (TTY)
Halton Women's Place:
905-878-8970 (north) | 905-332-1593 (south)
Horizon House (Ajax): 1-866-437-4066
Honeychurch Family Life Resource Centre
(Brampton): 905-451-6108

**METRAC is a community based, not-for-profit
organization that works to prevent violence
against women, youth, and children.**

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