



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

Women's & Community Services in Ontario

Important 24-Hour Numbers

Emergency: 911 or bca | police

Assaulted Women's Helpline:

1-866-863-0511 | 1-866-863-7868 (TTY)

Community Connection: 211 (in 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)

Telehealth Ontario:

1-866-797-0000 | 1-866-797-0007 (TTY)

Sexual Assault Help (24-Hour)

Amelia Rising Sexual Assault Centre -

North Bay: 705-476-3355

Ottawa Rape Crisis Centre: 613-562-2333

Scarborough Hospital Sexual Assault

Domestic Violence Care Centre:

416-495-2555

Kenora Sexual Assault Centre: 807-468-7233

Sexual Assault Crisis Centre Kingston

613-544-6424

Sexual Assault Rape Crisis Centre of Pee

905-273-9442

Sexual Assault Care Centre Partner Assault

Clinic - South Area Hospital: 705-759-5143

Sexual Assault Crisis Centre of Essex

County - Windsor: 519-253-9667

Thunder Bay Sexual Assault Sexual Abuse

Counselling and Crisis Centre: 807-344-4502

Women's College Hospital Sexual Assault &

Domestic Violence Care Centre:

416-323-6040

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

158 Spadina Road, Toronto, ON, M5R 2T8

Phone 1-877-558-5570 | 416-392-3031 (TTY)

Fax 416-392-3136 | Email info@metrac.org

Web www.metrac.org | www.owjn.org

