







METRAC
ACTION ON VIOLENCE

Gender-Based Violence and Community Services in the Greater Toronto Area

“Gender-based violence” refers to emotional, verbal, physical, sexual, financial, spiritual and systemic violence and abuse that targets women, girls, or people who don’t fit the “gender boxes” of man or woman, such as people who are transgender or genderqueer.




Important Numbers (24-Hour)

-  Emergency (police, fire, ambulance):
911
-  Information and Referral:
211 | 211toronto.ca
-  Assaulted Women’s Helpline:
1-866-863-0511 | 1-866-863-7868
-  Kids Help Phone:
1-800-668-6868

Sexual Assault Help (24-Hour)

-  Toronto Rape Crisis Centre /
Multicultural Women Against Rape:
416-597-8808
-  Women’s College Hospital Sexual
Assault and Domestic Violence Care
Centre:
416-323-6040

LGBTQ2S+ Services

-  LGBT Youthline:
Call: 1-800-268-9688
Text: 647-694-4275
Chat: www.youthline.ca
-  2-Spirited People of the 1st Nations:
416-944-9300
-  The 519
416-392-6874

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

Phone: 1-877-558-5570

416-392-3031 (TTY)

Email: info@metrac.org

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



metrac.org



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Counselling & Family Services

- Family Service Toronto:
416-595-9230
- Native Child and Family Services of Toronto:
416-969-8510

Sexual Health & Wellness

- Planned Parenthood of Toronto:
416-961-0113
- Hassle Free Clinic:
416-922-0566 | hasslefreeclinic.org

Legal Services

- Legal Aid Ontario*
*Ask for the **Family Violence Authorization Program** if you've experienced violence for a free 2-hour emergency meeting with a lawyer.
1-800-668-8258 | TTY 1-866-641-8867
- Barbra Schlifer Commemorative Clinic:
416-323-9149, ext. 278

Legal Information

- Family Law Education for Women:
www.onefamilylaw.ca
- Ontario Women's Justice Network:
www.owjn.org

Shelters (24-Hour)

- YWCA Women's Shelter:
416-693-7342
- City of Toronto Emergency Shelters:
311 | 1-877-338-3398

Find more specific resources by scanning this QR code with your phone:



www.metrac.org/links

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lawfoundation.on.ca

English GTA
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