

# Keeping You CONNECTED

**ESSENTIAL NEEDS RESOURCE DIRECTORY**



**\*To have your resource included, please contact us at [social@communitylivingyorksouth.ca](mailto:social@communitylivingyorksouth.ca)**

# CRISIS SUPPORTS

**Community and Social Services Hotline (24/7): Dial 211 or visit [www.211toronto.ca](http://www.211toronto.ca)**

**Community Crisis Response Service (24/7): 1-855-310-COPE (2673) [cope.yssn.ca](http://cope.yssn.ca)**

**Emergency Shelter Access (24/7): 416-338-4766 or 1-877-338-3398**

**Telehealth Ontario (24/7): 1-866-797-0000**

**Ontario Legal Line (24/7): 416-929-8400**

**Online legal information: [www.cleo.on.ca](http://www.cleo.on.ca) and [www.stepstojustice.ca](http://www.stepstojustice.ca)**

# FINANCIAL INFO

**Ministry of Children, Community and Social Services (MCCSS):**

**The Ministry provides assistance for children with severe disabilities (ACSD) ages 0 to 18 years of age. The Ministry provides financial support for low to moderate income families to cover some of the extra costs of caring for a child who has a severe disability. A parent/legal guardian whose child is under 18 years of age, lives at home, and has a severe disability may be eligible to receive help under this program. For more information, visit the Ministry's Assistance for Children with Severe Disabilities Program website:**

**<https://www.ontario.ca/page/assistance-children-severe-disabilities-program>**

**Special Services at Home (SSAH) (018):**

**Special Services At Home assists families caring for a child under the age of 18 years of age with a developmental or physical disability to pay for relief/respite services in the home or outside the family home as long as the child is not receiving support from a supportive living program (living in a group home).**

**<https://www.ontario.ca/page/special-services-home>**

# FINANCIAL INFO

## Ontario Disability Support Program (ODSP):

If you don't have enough money for food and housing, or if you have a disability and are in financial need, you can apply for financial and employment assistance through Ontario Works or the Ontario Disability Support Program:

<https://bit.ly/2y6VLxd>

## Developmental Services Ontario (DSO) (Apply at age 16):

Services and supports are available online. Leave a message for a return call from a DSO Navigator. Funded by the Ministry of Community and Social Services to assist adults (18+ years) with developmental disabilities to access services and supports in their communities. The DSO is your first point of contact when seeking local programming or general information. Contact the DSO for resource information and/or to complete an application package.

Developmental Services Ontario (DSO) Central East Region (CER) is the local DSO for York Region residents.

## Supports include:

*Case Management*

*Caregiver Respite*

*Community Participation Supports (Day Programs)*

*Person-Directed Planning*

*Residential Supports*

*Behaviour Services*

*Passport Program*

**How to Apply:** <https://bit.ly/3qsRxrl>

## Disability Tax Credit (DTC):

Available to eligible persons with disabilities. The DTC reduces the amount of tax owed by a person to the government. An individual may apply for the DTC by completing Form T2201. 1-800-959-8281 An individual deemed eligible for the DTC will then be eligible to open a RDSP.

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

# FINANCIAL INFO

## Henson Trust/Discretionary Trust:

Protects the assets of a person living with a disability and their right to collect government benefits, inheritance and entitlements without losing their Ontario Disability Support Program (ODSP) monthly income. Consult a lawyer or financial advisor for more information.

[https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/income\\_support/odsp\\_trust.aspx](https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/income_support/odsp_trust.aspx)

## The Homelessness Prevention Program:

Provides assistance to York Region residents living with low and moderate income who are experiencing or at risk of homelessness and are not receiving Ontario Works (OW) or Ontario Disability Support Program (ODSP).

**Benefits Include:** Assistance with mortgage, rental and/or utility arrears, first and last month's rent, utility security deposit, moving costs, compensation for urgent medical needs, landlord and tenant mediation, and more.

**How to Apply:** Contact Access York at 1-877-464-9675 or TTY 1-866-512-6228

## Ontario Autism Program:

The Ontario Autism Program (OAP) offers support to families of children and youth on the autism spectrum. Children and youth who have been diagnosed with autism spectrum disorder (ASD) by a qualified professional are eligible for the program. Children receive services and supports until the age of 18.

<https://www.ontario.ca/page/ontario-autism-program>

## Easter Seals - Incontinence Supplies Grant Program:

The Incontinence Supplies Grant is an annual grant, made in two payments, provided to families to offset some of the costs for diapers and certain supplies for incontinence.

<https://services.easterseals.org/incontinence-supplies-grant/>  
Submit your application to: [igprogram@easterseals.org](mailto:igprogram@easterseals.org) or fax 416.696.1035 and keep your copy.

# FOOD BANKS

**Markham Food Bank:** 190 Bullock Drive, Unit 11, Markham, 905-472-2437  
<http://markhamfoodbank.ca/>

**105 Gibson Centre:** 105 Gibson Dr, Markham, ON, 905-946-8787  
<https://105gibson.com/>

**Richmond Hill Food Bank (Also open to Thornhill residents):**  
55 Newkirk Road, Richmond Hill ON, 905-508-4761  
<https://www.richmondhillcommunityfoodbank.ca/>

**Vaughan Food Bank:** 5732 Hwy # 7, Units 3 & 4, Woodbridge, ON L4L 3A2  
905- 851-2333, <https://www.vaughanfoodbank.ca/>

**Humanity First (Open to residents in York Region and GTA):**  
600 Bowes Rd, Unit # 40, Concord, ON, 416-440-0346,  
<https://www.humanityfirstcanada.ca/>  
\* provide free home delivery service to those who have no transportation means  
or are physically challenged

**St Stephen's Anglican Church Food Pantry and Community Garden:**  
10103 Keele St, Vaughan, ON, 289-845-9270,  
<https://ststephensmaple.ca/pantry/>

**Whitchurch-Stouffville Food Bank:** 86 Ringwood Drive, Unit 24, Stouffville, ON  
905-591-4443 | <https://wsfoodbank.ca/>

# GENERAL INFO

**Ontario Developmental Services:** <https://www.dsontario.ca/>

# GROCERY/FOOD DELIVERY

**Instacart:** [www.instacart.ca](http://www.instacart.ca)

**Grocery Gateway:** [www.grocerygateway.com](http://www.grocerygateway.com)

**Metro Grocery Delivery:** <https://www.metro.ca/en/online-grocery/how-it-works>

**Real Canadian Superstore:** <https://www.realcanadiansuperstore.ca/delivery>

**Walmart Delivery:** <https://www.walmart.ca/en/grocery/N-117>

**Cornershop:** <https://cornershopapp.com/en-ca/>

**Routes Connecting Communities:** <https://www.routesc.org/>

**The Good Neighbour Project:** [www.goodneighbourproject.com/](http://www.goodneighbourproject.com/)  
647-873-2230 (Hotline number for the vulnerable)

**DoorDash:** [www.doordash.com](http://www.doordash.com)

**Fantuan Delivery:** [www.fantuan.ca](http://www.fantuan.ca)

**Food Hwy:** [www.foodhwy.com](http://www.foodhwy.com)

**Foodora:** [www.foodora.ca](http://www.foodora.ca)

**Skip The Dishes:** [www.skipthedishes.com](http://www.skipthedishes.com)

**Uber Eats:** [www.ubereats.com](http://www.ubereats.com)

# MEAL ORDER SERVICES

**HalalMeals:** [www.halalmeals.ca](http://www.halalmeals.ca)

**HelloFresh:** <https://www.hellofresh.ca/>

**Chefs Plate:** <https://www.chefsplate.com/>

**Good Food:** <https://www.makegoodfood.ca/>

**Cook It:** <https://www.chefcookit.com/en>

**Healthy Alternative:** <https://www.healthyalternative.ca/>

**Meal Fix:** <https://www.mealfixcanada.com/>

**The Pickle Barrel Catering:** <https://picklebarrelcatering.com/>

**Meals on Wheels:** <http://www.mealsonwheels.ca/>

# EMPLOYMENT

<https://jobs.td.com/en-CA/>

[https://www.ttmtech.com/careers/careers\\_search.aspx](https://www.ttmtech.com/careers/careers_search.aspx)

<https://www.millergroup.ca/current-opportunities/>

<https://rb.gy/gs8y5l>

<http://jacentretail.com/jacent/applynow/>

<https://corpo.metro.ca/en/careers.html>

<https://www.loblaw.ca/en/careers.html>