

# COMMUNITY SERVICES DIRECTORY FOR ARABIC SPEAKING OLDER ADULTS

دليل الخدمات المجتمعية لكبار السن المتحدثين باللغة العربية

INFORMATION FOR OLDER ADULTS, FAMILIES,  
AND CAREGIVERS



THIS DIRECTORY HAS INFORMATION ON:



Social  
Services



Health  
Services



Additional  
Services Contact  
Information



**Sinai Health System**

HEALTHY AGEING AND GERIATRICS

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# SOCIAL SERVICES



The organizations listed below offer referrals to social and other services such as counselling, and support to Arabic-speaking older adults seeking help or general information.

## THE ARAB COMMUNITY CENTRE OF TORONTO



555 Burnhamthorpe Rd., Suite 209, Etobicoke, ON M9C 2Y3



t: 416-231-7746



[www.acctonline.ca](http://www.acctonline.ca)

### SERVICES OFFERED:



#### Social Services

- Offers information about and referral to community and health organizations, housing assistance, and counselling services.

## COSTI IMMIGRANT SERVICES



760 College St., Toronto, ON M6G 1C4



t: 416-534-7400



[www.costi.org](http://www.costi.org)

### SERVICES OFFERED:



#### Social Services

- Provides access to settlement counsellors who identify and address specialized services available to individuals.



## CULTURE LINK



2340 Dundas St. W., Suite 301, Toronto, ON M6P 4A9



t: 416-588 6288



[www.culturelink.ca](http://www.culturelink.ca)

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### SERVICES OFFERED:

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#### **Social Services**

- Offers information about and referral to community and health organizations, as well as educational workshops related to ageing, including health, safety and financial issues.

## TORONTO CENTRAL LOCAL HEALTH INTEGRATION NETWORK



250 Dundas St. W., Suite 305 Toronto, ON M5T 2Z5



t: 416-506-9888



[www.healthcareathome.ca/torontocentral](http://www.healthcareathome.ca/torontocentral)

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### SERVICES OFFERED:

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#### **Social Services**

- Connects clients with a broad range of supports including home, community and long-term care services.



## FIND AN ARABIC-SPEAKING DOCTOR

Go to [cpso.on.ca](http://cpso.on.ca), and select “Find a Doctor” under the Public Information and Services Tab at the top. You will see a form, select Arabic for language of service, and enter other terms you would like to search for, such as location. Click “Submit” at the bottom of the page.



[www.cpso.on.ca/Public-Information-Services/Find-a-Doctor](http://www.cpso.on.ca/Public-Information-Services/Find-a-Doctor)

## FIND A DENTIST

Go to [rcdso.org](http://rcdso.org), click on Find a Dentist, then click Search a Dentist. Enter as many search terms as you wish (such as city and specialty) and press Search.



[www.rcdso.org](http://www.rcdso.org)

## FIND AN ARABIC-SPEAKING OPTOMETRIST

Go to [collegeoptom.on.ca](http://collegeoptom.on.ca), click on Find an Optometrist. Enter Arabic for language of service and your location and press Search.



[www.collegeoptom.on.ca](http://www.collegeoptom.on.ca)

## FIND A PHARMACY

Go to [ocpinfo.ca](http://ocpinfo.ca), click on Public, then click Find a Pharmacy. Enter your location and press Search.



[www.ocpinfo.com](http://www.ocpinfo.com)

## TORONTO SENIORS HELPLINE

The Toronto Seniors Helpline is a single phone line that streamlines access to community, homecare and crisis services for older adults, their caregivers and their health care providers, and operated through Woodgreen Community Services.



t: 416-217-2077







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Visit [www.sinaigeriatrics.ca/healtheducation](http://www.sinaigeriatrics.ca/healtheducation) for additional resources for older adults, families and caregivers.