COMMUNITY SERVICES DIRECTORY FOR FARSI SPEAKING OLDER ADULTS

INFORMATION FOR OLDER ADULTS, FAMILIES, AND CAREGIVERS

THIS DIRECTORY HAS INFORMATION ON:





Social Services

Community Organizations



Housing and Support Services

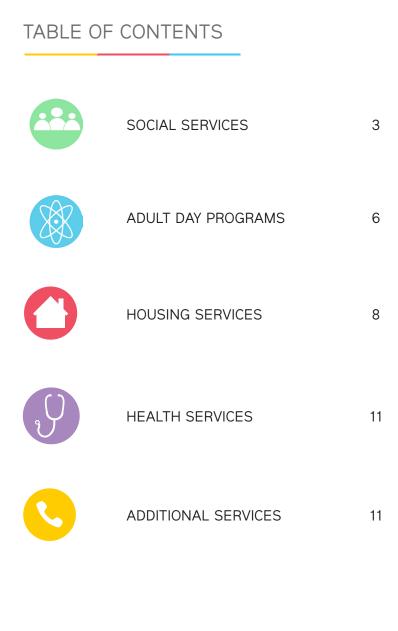


Health Services

Additional Services Contact Information



HEALTHY AGEING AND GERIATRICS



SOCIAL SERVICES

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

AFGHAN WOMEN'S ORGANIZATION

- 150 Consumers Road, Suite 203, North York, ON M2J 1P9
- C

t: 416-588-3585

www.afghanwomen.org

SERVICES OFFERED:



Social Services

Provides several settlement support services in Farsi, including workshops on healthy ageing.

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FAMILY SERVICE TORONTO

128A Sterling Rd. Suite 202, Toronto, ON M6R 2B7



t: 416-595-9618

www.familyservicetoronto.

SERVICES OFFERED:



Social Services

Offers counselling services in Farsi. Services include trauma services, general counselling, as well as LGBTQ+ and HIV/AIDS supportive counselling.





1761 Sheppard Ave. E., Toronto, ON M2J 0A5

t: 416-496-9566

www.iwontario.com

SERVICES OFFERED:



Social Services

• Offers free cancer, gynecological and other gender-based testing to women.

PARYA TRILLIUM FOUNDATION

🥺 344 John St., Markham, ON L3T 5W6

t: 905-764-0202

www.parya.org

SERVICES OFFERED:

Social Services
Offers elder abuse awareness seminars in both Farsi and English

REXDALE WOMEN'S CENTRE



t: 416-745-0062

www.rexdalewomen.org

SERVICES OFFERED:



Social Services

Offers counselling services for families and individuals

TORONTO CENTRAL LOCAL HEALTH INTEGRATION NETWORK



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

t: 416-506-9888

www.healthcareathome.ca /torontocentral

SERVICES OFFERED:



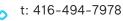
Social Services

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

WORKING WOMEN COMMUNITY CENTRE



5 Fairview Mall Dr., Suite 478, Toronto, ON M2J 2Z1



www.workingwomencc.org

SERVICES OFFERED:



Social Services

Offers a variety of support services, including a Farsi-speaking support group

ADULT DAY PROGRAMS

The following Adult Day Programs provide recreational programs and opportunities for Farsi-speaking older adults to socialize and stay active through physical activity. Many day programs have a variety of staff that include activity coordinators, social workers and nurses.

COMMUNITY AND HOME ASSISTANCE TO SENIORS (CHATS)



155 Red Maple Road, Richmond Hill, ON L4B 4P9

t: 905-713-6596



www.chats.on.ca

SERVICES OFFERED:

Adult Day Programs:

- Program geared to adults aged 55 and
 - older who are able to understand and speak Farsi. It provides opportunities to socialize, exercise and enjoy a nutritious snack. From 9:00 a.m. - 2:30 p.m. every Friday.

FAMILY SERVICE TORONTO



128A Sterling Rd., Suite 202, Toronto, ON M6R 2B7

t: 416-595-9618

org

www.familyservicetoronto.

SERVICES OFFERED:

Adult Day Program:



Offers programming for older adults of Iranian background, among other cultural groups, which includes workshops, outings, support groups and cultural events

ADULT DAY PROGRAMS

IRANIAN WOMEN'S ORGANIZATION OF ONTARIO



1761 Sheppard Ave. E., Toronto, ON M2J 0A5



t: 416-496-9566

www.iwontario.com

SERVICES OFFERED:



Adult Day Programs

 Offers Farsi programming for older adults that promotes wellness, fitness and nutrition

NORTHWOOD NEIGHBOURHOOD SERVICES

1860 Wilson Ave., Suite 400 Toronto, ON M9M 3A7



t: 416-748-0788

www.northw.ca

SERVICES OFFERED:



Adult Day Programs

• Offers multicultural programming which allows older adults to socialize in a safe environment. Activities include workshops, games and cultural celebrations

PARYA TRILLIUM FOUNDATION



344 John St., Markham, ON L3T 5W6



t: 905-764-0202



www.parya.org

SERVICES OFFERED:



Adult Day Programs

 Offers a program for Farsi-speaking older adults that includes ESL class, information sessions, games, dancing and social events. It occurs every Friday.

HOUSING SERVICES

The organizations below offer housing and support services including recreational activities, social programs, and health care services for Farsi-speaking older adults.

CUMMER LODGE

205 Cummer Ave., Toronto, ON M2M 2E8



t: 416-392-9500 https://www1.toronto.ca/wps/ portal/contentonly?vgnextoid= 81dd3293dc3ef310VgnVCM1000 0071d60f89RCRD

SERVICES OFFERED:



Housing Services

 Offers physical care, complementary care, art and music therapy services in Farsi. It further offers opportunities to socialize, learn new skills, develop new interests and stay active.

FIND A FARSI-SPEAKING DOCTOR

Go to cpso.on.ca, and select "Find a Doctor" under the Public Information and Services Tab at the top. You will see a form, select Farsi 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

FIND A DENTIST

Go to 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

FIND A FARSI-SPEAKING OPTOMETRIST

Go to collegeoptom.on.ca, click on Find an Optometrist. Enter Farsi for language of service and your location and press Search.



www.collegeoptom.on.ca

FIND A PHARMACY

Go to ocpinfo.ca, click on Public, then click Find a Pharmacy. Enter your location and press Search.



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** for additional resources for older adults, families and caregivers.