

# 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



**Sinai Health System**

HEALTHY AGEING AND GERIATRICS



## TABLE OF CONTENTS



SOCIAL SERVICES

3



ADULT DAY PROGRAMS

6



HOUSING SERVICES

8



HEALTH SERVICES

11



ADDITIONAL SERVICES


11

# SOCIAL SERVICES



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

## AFGHAN WOMEN'S ORGANIZATION

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

 t: 416-588-3585       [www.afghanwomen.org](http://www.afghanwomen.org)

---

### SERVICES OFFERED:

---



#### Social Services

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

## FAMILY SERVICE TORONTO

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

 t: 416-595-9618       [www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)

---

### SERVICES OFFERED:

---




#### Social Services

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



## IRANIAN WOMEN'S ORGANIZATION OF ONTARIO

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

 t: 416-496-9566  [www.iwontario.com](http://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](http://www.parya.org)

---

### SERVICES OFFERED:


---



#### Social Services

- Offers elder abuse awareness seminars in both Farsi and English

## REXDALE WOMEN'S CENTRE

 925 Albion Rd., Suite 309, Etobicoke, ON M9V 1A6

 t: 416-745-0062  [www.rexdalewomen.org](http://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](http://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



t: 416-494-7978



[www.workingwomenc.org](http://www.workingwomenc.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](http://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



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

---

#### 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



## IRANIAN WOMEN'S ORGANIZATION OF ONTARIO



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



t: 416-496-9566



[www.iwontario.com](http://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](http://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](http://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 Cumber Ave., Toronto, ON M2M 2E8



t: 416-392-9500



<https://www1.toronto.ca/wps/portal/contentonly?vgnextoid=81dd3293dc3ef310VgnVCM10000071d60f89RCRD>

---

#### 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](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 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](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 A FARSI-SPEAKING OPTOMETRIST

Go to [collegeoptom.on.ca](http://collegeoptom.on.ca), click on Find an Optometrist. Enter Farsi 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







This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

**We would like to thank the following for their support of our Education Resources to Support Healthy Ageing Initiative:**



**The Ben and Hilda Katz Foundation**

Mon Sheong Foundation and the Ben and Hilda Katz Foundation have generously provided funding to support printing and translation of our Education Resources to Support Healthy Ageing.

Author: Healthy Ageing and Geriatrics Program, Sinai Health System  
Modified: 2/2018

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