

# COMMUNITY SERVICES DIRECTORY FOR 2SLGBTQIA+ OLDER ADULTS

Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer,  
Intersex, Asexual, + other ways individuals express gender &  
sexuality outside heteronormativity and the gender binary

INFORMATION FOR OLDER ADULTS, FAMILIES,  
AND CAREGIVERS



**THIS DIRECTORY HAS INFORMATION ON:**



Social  
Services



Adult Day  
Programs



Housing and  
Support Services



Health  
Services



Additional  
Services



**Sinai  
Health**

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 2SLGBTQIA+ older adults seeking help or general information.

## PRIME TIMERS



473 Church St., Suite 115, Toronto, ON M4Y 2C5



<https://chapters.theprimetimersww.com/toronto/>

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### SERVICES OFFERED:

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#### Social Services

- Offers social, educational and recreational activities for gay and bi-sexual older men.

## RAINBOW HEALTH ONTARIO



333 Sherbourne St., Toronto, ON M5A 2S5



t: 416-324-4100



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

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### SERVICES OFFERED:

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#### Social Services

- Improves access to services and promotes the health of Ontario's 2SLGBTQIA+ community through training, policy and research.
- Rainbow Health Ontario Resource database provides reliable and up-to-date health resources for the 2SLGBTQIA+ community, service providers and others.



## SUNSHINE CENTRE FOR SENIORS



460 Jarvis St., Toronto, ON M4Y 2X8



t: 416-924-8558



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

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### SERVICES OFFERED:

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#### Social Services



- Offers Rainbow Bridges program, which connects 2SLGBTQIA+ older adults and youth over a hot meal, workshops and art projects.
- Offers Seniors' Space twice a week for older adults to connect through activities.

## HOME AND COMMUNITY CARE SUPPORT SERVICES TORONTO CENTRAL



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.




# ADULT DAY PROGRAMS

The following Adult Day Programs provide recreational programs and opportunities for 2SLGBTQIA+ 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.

## THE 519

 519 Church St., Toronto, ON M4Y 2C9

 t: 416-392-6874

 [www.the519.org](http://www.the519.org)

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### SERVICES OFFERED:


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#### Adult Day Programs

- Book club programs for gay, bisexual and trans men, and for lesbian, bisexual and trans women, as well as a weekly drop-in program for older 2SLGBTQIA+ adults.

## BENDALE ACRES

 2920 Lawrence Ave. E., Scarborough, ON M1P 2T8

 t: 416-397-7000

 <https://www.toronto.ca/community-people/children-parenting/seniors-services/seniors-recreation-and-employment/adult-day-programs/>

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### SERVICES OFFERED:

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#### Adult Day Programs

- Offers social activities designed to meet the diverse needs of the members attending the program.



## SPRINT SENIOR CARE



140 Merton St., 2nd Floor, Toronto, ON M4S 1A1



t: 416-481-6411



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

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### SERVICES OFFERED:

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#### Adult Day Programs


- Offers 2SLGBTQIA+ community conversations and support groups for 2SLGBTQIA+ individuals.




# HOUSING SERVICES

The organizations below offer housing and support services including recreational activities, social programs, and health care services for 2SLGBTQIA+ older adults.

## CAREFREE LODGE

 306 Finch Ave. E., North York, ON M2N 4S5

 t: 416-397-1500



<https://www.toronto.ca/community-people/housing-shelter/rental-housing-tenant-information/finding-housing/long-term-care-homes/carefree-lodge/>

### SERVICES OFFERED:




#### Housing Services

- 2SLGBTQIA+ friendly long-term care home offering physiotherapy, dental care, nursing and social work services.

## FUDGER HOUSE

 419 Sherbourne St., Toronto, ON M4X 1K6

 t: 416-392-5252



<https://www.toronto.ca/community-people/housing-shelter/rental-housing-tenant-information/finding-housing/long-term-care-homes/fudger-house/>

### SERVICES OFFERED:



#### Housing Services

- Offers nursing, medical, social work, rehabilitation and other services in an 2SLGBTQIA+ friendly environment.



## KIPLING ACRES



2233 Kipling Ave., Etobicoke, ON M9W 4L3



t: 416-392-2300



<https://www.toronto.ca/community-people/housing-shelter/rental-housing-tenant-information/finding-housing/long-term-care-homes/kipling-acres/>

### SERVICES OFFERED:



#### Housing Services

- Offers a long-term and short-term stay respite program in a 2SLGBTQIA+ positive environment.

## TRUE DAVIDSON ACRES



200 Dawes Rd., Toronto, ON M4C 5M8



t: 416-397-0400



<https://www.toronto.ca/community-people/housing-shelter/long-term-care-homes/true-davidson-acres/>

### SERVICES OFFERED:



#### Housing Services

- Offers nursing, medical, rehabilitation and social work services in an 2SLGBTQIA+ friendly environment and partners with the 519 to deliver programs.

## THE WELLESLEY CENTRAL RESIDENCES



490 Sherbourne St., Toronto, ON M4X 1K9



t: 416-925-9871 ext. 4902

### SERVICES OFFERED:



#### Housing Services

- A housing complex for people living with HIV/AIDS, which celebrates the 2SLGBTQIA+ community.





# HEALTH SERVICES

The organizations below offer health services including primary health care, counselling and HIV/AIDS services.

## HASSLE FREE CLINIC



60 Gerrard St. E., 2nd Floor, Toronto, ON M5B 1G3



t: 416-922-0566



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

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### SERVICES OFFERED:

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#### Health Services

- Offers a range of services, such as a trans clinic for women and men, HIV+ and STI information and counselling, as well as other health services.

## SHERBOURNE HEALTH CENTRE



353 Sherbourne St., Toronto, ON M5A 2S5



t: 416-324-4180



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

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### SERVICES OFFERED:

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#### Health Services

- Offers a range of services, such as primary health services to 2SLGBTQIA+ individuals, as well as HIV/AIDS services.



## IMMUNODEFICIENCY CLINIC



585 University Ave., Toronto, ON M5G 2N2



t: 416-340-4890



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

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### SERVICES OFFERED:

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#### Health Services



- Offers assistance on finding treatment, prescription renewals, and consultations with medical specialists, pharmacists, social workers, dietitians, psychiatrists and occupational therapists.

## TWO SPIRIT OF THE FIRST NATIONS



145 Front St. E., Suite 105, Toronto, ON M5A 1E3



t: 416-944-9300



[www.2spirits.com](http://www.2spirits.com)

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### SERVICES OFFERED:

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#### Health Services



- Offers counselling and advocacy for individuals, family, friends, and partners affected by HIV, as well as educational and palliative care services.

## FIND A 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, enter all terms you would like to search for, such as location. Click "Submit" at the bottom of the page.



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



## 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 OPTOMETRIST

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



## ADDITIONAL SERVICES

Numbers to call for assistance with finding a program or service for older adults living in Toronto.

### 211

Information and referral to meal programs, health services, housing, transportation, home supports, government benefits and more.  
Calls answered 24/7, in 150+ languages



Dial 211  
TTY: 1-888-622-4651



[www.211toronto.ca](http://www.211toronto.ca)

### CITY OF TORONTO – 311

Information about any City of Toronto program, service and or facility including recreation programs, social services, transportation, health services, housing and more.  
Calls answered 24/7, in 180+ languages



Dial 311  
TTY: 416-338-OTTY (0889)



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



## HOME AND COMMUNITY CARE SUPPORT SERVICES

Information about Ontario government-funded health supports at home and applications for long-term care homes. Assistance in navigating and referral to community health and support services.

Available in 150+ languages



t: 310-2222 (no area code)



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

## TORONTO SENIORS HELPLINE

Connects seniors to health and community support services and provides crisis outreach. French and English speaking social workers, with interpretive services for 150+ languages.

Monday – Friday 9 am – 8 pm; Weekends 10 am – 6 pm



t: 416-217-2077



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

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