



CANADIAN ARAB
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RESOURCE GUIDE

A non extensive list of services/events being offered to those affected by recent events in Gaza

The resources provided in this list are not affiliated with the Canadian Arab Institute, and as such the CAI is not responsible for the content or services provided. In addition, if any of the individuals/organizations would like to be removed from this list, email CAI at info.canadianarabinstitute.org

RESOURCE LIST

| Agency/Name | Contact Information | Description of Services |
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| Legal Advice | | |
| Arab Canadian Lawyers Association | https://www.canarablaw.org/ arabcanadianlawyersassoc@gmail.com | Challenging anti-Arab/Palestinian racism and representing Arab perspectives in the legal profession, public sector and media. |
| Palestine Legal Referral Service | https://www.palestinelegalreferral.ca/ | The Palestine Legal Referral Service is a national legal referral service of 50+ lawyers across Canada connecting individuals expressing support for Palestine and Palestinians with experienced legal counsel |
| Employment Related Advice | | |
| Noura Fathalipour | Phone Number: 647-6758933 | Toronto-based legal support-Free representation for individuals who lost their jobs due to advocating for Palestine |
| Careers for Humanity | Instagram: @careersforhumanity | Connecting individuals, of any ethnicity, across the globe, who have lost their jobs for advocating for Palestine, with potential employers |
| The Muslim Legal Support Centre & The Canadian Muslim Lawyer Association | https://docs.google.com/forms/d/1sltB9DUf8Hsig0ZrpuOt_QKklaVsz9yQHzeIWi_e44ws/prefill | collaborative partnership aimed at facilitating your access to legal advice regarding the Israel-Palestine conflict and the implications regarding your specific needs. Support for those who are threatened with their livelihood or students who are harassed |
| Reporting Instances of Hate or Crime | | |
| Canadian Muslim Public Affairs Council (CMPAC) | Website: www.canadianmuslimpac.ca/documenting-islamophobia/ | Aims to document experiences of islamophobia and support the Muslim community through advocacy |
| Member of Provincial Parliament | Look through this website to locate your designated MPP: https://www.ola.org/en/members/current/conta | Contact your designated MPP about instances of hate and discrimination |

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| Reporting Non-Emergency Incidents (Ontario) | 1-888-310-1122 (toll-free in Ontario) | Provincial communications centers operate 24/7, answering emergency and non-emergency call |
| Local RCMP Contact information | https://www.rcmp-grc.gc.ca/detach/en/find/ON#wb-cont Search through province or by postal code to find your local RCMP detachment | To report a crime, or for immediate police assistance, contact your local RCMP detachment or the police service of jurisdiction in your area. |
| Mental Health Resources | | |
| Distress Center | Crisis Line: 416-408-HELP (4357) | Offers over the phone access to emotional support, crisis intervention, suicide prevention and linkage to emergency help when necessary.- Callers' issues can include domestic violence, social isolation, suicide, addictions, mental and physical health concerns. |
| Assaulted Women's Helpline | Crisis Line : 416-863-0511-866-863-0511 | Provides free, anonymous and confidential 24-hour telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of abuse. |
| Gerstein Crisis Centre | Crisis Support : 416-929-5200 Referral : 416-929-0149- Charles Location: 100 Charles St.E., Toronto, ON M4Y 1V3- Bloor Location: 1045 Bloor St. W., Toronto, ON M6H 1M1 | - 24-hour community based mental health crisis service.- To help callers who are experiencing a mental health crisis to work out some effective ways of addressing their immediate problems, and connect them to services that can offer ongoing support. |
| Scarborough Hospital - Mobile Crisis Program | Crisis Line: 416-495-2891 | Provides Telephone Crisis Response and community crisis response to individuals over 16 years of age who are experiencing a mental health crisis in Scarborough and East York. |

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| Across Boundaries - Ethnoracial mental health center. | 416-787-300751 Clarkson Ave., Toronto ON M6E2T5 | - Individual and community support (casemanagement)- Support groups and peer support |
| The Access Point Toronto Mental Health and Addictions Access Point | 416 – 640 - 19341-888-640- 1934661 Yonge St., 4th Floor, Toronto ON M4Y 1Z9 | - A centralized point to apply for individual mental health and addictions support services and supportive housing.- For 14 years of age or older who experience mental health and /or addictions problems that are seriously affecting their lives- Service boundaries are Port Union Road to Highway 427 and Steeles Ave. to the lake. |
| Centre For Addiction and Mental Health (CAMH) – New Beginning Clinic | 416-535-8501 Ext 31683 Queen Street Site - 100 Stokes St. | - Provides psychiatric consultation and possible brief culturally sensitive interventions to newly arrived refugees.- Psychiatrist or GP referral required. |
| Women’s College Hospital-Brief Psychotherapy Centre for Women | 416-323-601176 Grenville St 7th Fl, Toronto, ON M5S 1B2 | - Woman-centered (18 and Older)- Non-medical, time-limited psychotherapy, based on relational-cultural model including assessment, therapy and follow up- Individual and group therapy- No referral required. |
| Polycultural Immigrant & Community Services | 416-233-0055 Ext. 1237 3660A Midland Ave., Scarborough ON M1V 0B8 Phone 416-439-1293 | - Crisis counseling for Newcomers including refugees.- Short term counseling for people facing challenges to adjusting to life in Canada, mental health, family conflict and violence, trauma and substance abuse. |
| Lena’s Low Cost Therapy | Website: hellolena.com | Low-cost therapy services available in Canada |
| Healing With Yara | Instagram: @healingwithyara | Offers free counseling for Palestinians |
| RuhCare | Email: hello@ruhcare.com | Offers free therapy for those directly affected by the Palestine Crisis. Limited to residents on Ontario, British Columbia, and Quebec |

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| <p>Canadian Centre for Victims of Torture (CCVT)</p> | <p>2401 Eglinton Ave East Unit 310, Toronto, ON M1K 2N8 416-750-3045 Victoria Park Hub, 1527 Victoria Park Ave, 2nd Fl, Toronto, ON M1L2T3 416-847-2336 or 416-750-9200</p> | <p>- Assessment and counseling by in-house psychiatrists, psychologists and family doctors.- Crisis intervention and support services to individuals and families experiencing mental-health crisis- Referral to treatment.</p> |
| <p>Palestine Messaging Support Line</p> | <p>Whatsapp (Gulf Standard Time): Sunday +9687253868 (11am-1pm) - English & Hindi Monday +96899359779 (11am-1pm) - English & Arabic +96899719331 (5pm-7pm) - Arabic & English Tuesday +96899250569 (11am-1pm) - English +96899359779 (11am-1pm) - Arabic Wednesday +96872745850 (11am-1pm) - English +96892450002 (5pm-7pm) - Arabic Thursday +96892878855 (11am-1pm) - English & Persian</p> | <p>Provides messaging support. Available at specific times. Supports English, Arabic, Hindi, and Persian languages</p> |
| <p>Virtual Palestinian/Arab Youth Support Group</p> | <p>Text: 312-798-9146 for Zoom Link</p> | <p>Support group for middle & high school students, based in New York. Meets every thursday at 5:30pm</p> |
| <p>ConnexOntario</p> | <p>1-866-531-2600</p> | <p>Operates 24 hours a day, 7 days a week- Offers province-wide information and referral services for those experiencing mental health issues, drug or alcohol addiction, or problem gambling.</p> |

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| <p>Walk – In Counseling In Toronto</p> | <p>LAMP Community Health Centre185 Fifth Street, Etobicoke416 252-6471 x 235Catholic Family Services01- 1155 Yonge St.416-921- 1163Family Service Toronto202 -128A Sterling Rd,416-595- 9618Woodgreen Community Services815 Danforth Ave., Suite 100416-645-6000 x 1100Catholic Family Services300-5799 Yonge St.416-222-0048</p> | <p>Mon 1: 00 – 4:00 pm andThurs 4:00 -7:00 pmTues 9:00 am-7:00 pmWed 3:30 pm-7:30 pmWed 4:00 -8:00 pmThurs 9:00 am- 7:00 pm</p> |
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