

## Jewish Community Support and Resources

Agency Name	Contact Information	Description of Services
<b>Jewish Family Services &amp; Child Services</b>	<a href="https://www.jfandcs.com/">https://www.jfandcs.com/</a>  Business Line 416-638-7800 Crisis Line 416-961-9344 Toll-free 1-800-404-1393	Child protection, Community Cupboard, Financial Assistance, Employment Program
<b>Jewish Immigration Aid Services-Toronto</b>	<a href="https://jiastoronto.org/">https://jiastoronto.org/</a>  Contact: 416 630-6481	A community and government funded Immigrant Service organization that provides Jewish immigrants with comprehensive, welcome, settlement and community connection services towards social and economic integration into the GTA English language programs and services
<b>Jewish Russian Community Center</b>	<a href="https://www.jrcc.org/">https://www.jrcc.org/</a>  Contact: 416 222-7105	Seniors services, women's circle, kids and youth, social services
<b>National Counsel of Jewish Women of Canada</b>	<a href="https://www.ncjwctoronto.org/">https://www.ncjwctoronto.org/</a>  Contact: 416-633-5100	Passover food drive,, cancer support group, human trafficking, domestic violence
<b><u>Zareinu</u></b>		Offers families a wide range of therapeutic and educational programs directly designed and delivered by qualified educators and therapists in its main centre and in satellite classes located in Jewish Day schools

<u>Chai Tikvah Foundation</u>	<u>chaitikvah.org</u>	Provides residential options, programmes, public education, and advocacy to enhance the quality of life for Jewish individuals and families affected by psychiatric disabilities.
<u>JACS (Jewish Addiction)</u>	<u>jacstoronto.org</u>	Community Services) Helps people with substance use or addiction issues and their families to explore and pursue recovery in a safe, nurturing environment and to educate the community.
<u>REENA JUDAIC PROGRAM</u>	<u>reena.org</u>	Enables people with developmental disabilities to realize their full potential by forming lifelong partnerships with individuals and their families within a framework of Jewish culture and values.
<u>JVS TORONTO</u>	<u>jvstoronto.org</u>	Helps people succeed by providing outstanding employment, social and educational services which meet the changing needs of the diverse communities we serve, building on our experience serving the Jewish community.
<u>KEHILLA RESIDENTIAL PROGRAMME</u>	<u>kehilla.ca</u>	Identifies and champions affordable housing in the Greater Toronto area and implements housing initiatives for the Jewish community.
<u>JEWISH FREE LOAN TORONTO</u>	<u>jewishfreeloan.ca</u>	Provides interest-free loans to needy individuals in the Jewish community across the Greater Toronto Area
<u>BERNARD BETEL CENTRE FOR CREATIVE LIVING</u> Senior	<u>betelcentre.org</u>	Empowers seniors to lead active, creative and healthy lifestyles in a Jewish environment. With the help of 30 staff and approximately 450 volunteers, over 120 programs are

		<p>offered weekly and are comprised of a variety of social, recreational, educational, wellness, and community support services, including Kosher Meals on Wheels, Russian Elderly, Socialization and Healthy at Home programs.</p>
<p><u>CIRCLE OF CARE</u></p>	<p><u><a href="http://circleofcare.com">circleofcare.com</a></u></p>	<p>Supports seniors individual independence and quality of life in the community, as well as assists in providing transportation services for seniors and Holocaust survivor homecare programs.</p>
<p><u>UJA Federation of Greater Toronto</u></p> <p><b>The One Community Cares Guide</b></p>	<p><u><a href="https://jewishtoronto.com/jewishtoronto/jist/one-community-cares-guide">https://jewishtoronto.com/jewishtoronto/jist/one-community-cares-guide</a></u></p>	<p>This guide is a listing of organizations offering access to a wide range of services in Toronto and York Region. It is designed to offer help to everyone—adults, seniors, youth, young families—and anyone interested in learning about how they, their friends and family members can access the information they need.</p> <p><b>UJA Federation of Greater Toronto</b> is a proud partner of many of the organizations listed in this guide and appreciates the important work being done. During difficult times, it is normal to experience sadness, hopelessness, anxiousness and stress, among other feelings. While there are many organizations that</p>

		can offer support, family doctors can help too. If you are feeling this way, please contact your doctor to make an appointment.
<u>Mount Sinai-Joseph and Wolf Lebovic Health Centre</u>  <b>“Breaking the Mental Health Stigma in the Jewish Community”</b>	<u><a href="https://www.mountsinai.on.ca/care/psych/events">https://www.mountsinai.on.ca/care/psych/events</a></u>	Various Youtube videos on seminars that unpack the stigma about mental health (addictions, depressions etc.)