

## Muslim Community Support and Resources

Agency Name	Contact Information	Description of Services
<b>National Council of Canadian Muslims (NCCM)</b>	<a href="https://www.nccm.ca/">https://www.nccm.ca/</a>	NCCM is a leading voice for Muslim civic engagement and the promotion of human rights.
<b>Naseeha</b>	<a href="https://naseeha.org/">https://naseeha.org/</a>  Naseeha (Helpline Number: 1 (866) 627-3342)	Naseeha is a mental health hotline. It provides a safe zone for youths and individuals to talk and get the help they need. They provide workshops for youth across North America, web therapy sessions, and offer texting mental health support 7 days a week.
<b>Khalil Center</b>	<a href="https://khalilcenter.com/">https://khalilcenter.com/</a>  Call: 416 901-2244	Khalil Center is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles. An initiative designed to address the widespread prevalence of social, psychological, familial, relational and spiritual issues of Muslim communities.
<b>Nisa Helpline</b>	<a href="https://nisahelpline.com/">https://nisahelpline.com/</a>  1-866-315 NISA (1-866-315-6472)	Nisa Helpline is a peer to peer counseling helpline available to Muslim Women of all ages.
<b>Muslim Welfare Center Toronto</b>	<a href="https://www.muslimwelfarecentre.com/">https://www.muslimwelfarecentre.com/</a>  416-335-9994 or -Toll-free <b>1-866-754-3111</b>	Emergency Shelter for women, Free medical, meals on wheels, Muslim Welfare Center provides assistance to the marginalized and vulnerable
<b>Islamic Social Services and Resources Association</b>	<a href="https://www.issra.ca/">https://www.issra.ca/</a>  (416) 767-9358 (416) 767-1531	Islamic Social Services and Resources Association serves individuals, families and communities who are vulnerable, in distress and lack access to other services because of obstacles of culture, language, race, poverty, gender, or other barriers

<b>Muslim Children's Aid Society and Social Services (MCASS)</b>	<a href="https://muslimchildrensaid.com/">https://muslimchildrensaid.com/</a>  <b>Call:</b> 416.907.9407	MCASS seeks to help empower children and the most vulnerable within the Muslim community while placing Islamic values at the forefront. They provide person-centred, culturally specific, and religiously appropriate programs and services which meet the specific needs of the diverse Muslim community. They advocate to place Muslim children in Muslim homes where they can flourish and preserve their identity
<b>ICNA Relief Family Counseling</b>	<a href="https://icnareliefcanada.ca/family-counselling">https://icnareliefcanada.ca/family-counselling</a>  Phone: 1 844-997-8777 (Toll Free), 905 997-8777	We provide a non-clinical aspect of counselling to clients in need; that is, the provision of psychosocial therapy without medical intervention. Our techniques and strategies are systems based, emphasizing cognitive-behavioral and relationship-based interventions. The intention is to empower our clients by developing confidence and self-esteem, thereby helping alleviate their concerns while maintaining confidentiality
<b>Sakeenah Homes</b>	<a href="https://www.sakeenahhomes.com/toronto-womens-shelter">https://www.sakeenahhomes.com/toronto-womens-shelter</a>  Call: 1-888-671-3446  <b>Specific Locations Contacts:</b>	Sakeenah Homes run transitional shelters, conduct remote casework, and provide holistic services to all of our residents and clients so that they can get immediate assistance and be on the path of self-sustainability. They invest in their clients to ensure that they transition into their own homes and live healthy and happy lives
<b>Arab Community Centre Toronto</b>	<a href="https://www.acctonline.ca/">https://www.acctonline.ca/</a>  <b>Etobicoke</b> (416)231-7746  <b>Scarborough</b> (647)341-2722	settlement / youth / employment/ mental health

<b>Disability Equality Empowerment Network (DEEN)</b>	<a href="https://deensupportservices.ca/">https://deensupportservices.ca/</a>  <b>Call:</b> 647-836-3461	DEEN Support Services offers programs and services to advance community inclusion by offering culturally and spiritually relevant services for families and individuals living with disabilities
<b>Rexdale Women's Center-Settlements services for NewComers</b>	<a href="https://www.rexdalewomen.org/index.php?content=programs-and-services">https://www.rexdalewomen.org/index.php?content=programs-and-services</a>  Phone: 416-745-0062	Rexdale Women's Centre offers quality programs and services designed to support immigrant, newcomer and refugee women and their family members.  They provide services in many languages & Violence Prevention & Intervention Program
<b>Polycultural Immigrant &amp; Community Services</b>	<a href="http://www.polycultural.org/">http://www.polycultural.org/</a>  27 Roncesvalles Ave #407, Toronto, (416) 533-9471	Polycultural Immigrant and Community Services is a dynamic and diverse organization that serves communities in more than 40 languages through its five locations across Metro Toronto and Peel Region.

<b>Resource Documents</b>	
Toronto for All: Islamophobia (City of Toronto, 2021)	<a href="https://www.toronto.ca/community-people/get-involved/community/toronto-for-all/islamophobia/">https://www.toronto.ca/community-people/get-involved/community/toronto-for-all/islamophobia/</a>
National Council Of Canadian Muslim	<a href="https://www.toronto.ca/wp-content/uploads/2019/04/97e4-Geopolitical-Violence-and-Islamophobia.pdf">https://www.toronto.ca/wp-content/uploads/2019/04/97e4-Geopolitical-Violence-and-Islamophobia.pdf</a>
Challenging Islamophobia in the Youth Sector. (YouthREX, 2020)	<ol style="list-style-type: none"> <li>1. <a href="https://youthrex.com/webinar/challenging-islamophobia-in-the-ontario-youth-sector/">https://youthrex.com/webinar/challenging-islamophobia-in-the-ontario-youth-sector/</a></li> <li>2. <a href="https://youthrex.com/wp-content/uploads/2020/03/YouthREX-KE-Challenging-Islamophobia-Webinar.pdf">https://youthrex.com/wp-content/uploads/2020/03/YouthREX-KE-Challenging-Islamophobia-Webinar.pdf</a></li> </ol>

Islamophobia at work Report (Canadian Labour Congress, 2019)	<a href="http://documents.clcctc.ca/human-rights-and-equality/islamophobia/IslamophobiaAtWork-Report-2019-03-20-EN.pdf">http://documents.clcctc.ca/human-rights-and-equality/islamophobia/IslamophobiaAtWork-Report-2019-03-20-EN.pdf</a>
Islamophobia in Canada (Noor Cultural Center, 2017)	<a href="https://noorculturalcentre.ca/wp-content/uploads/2018/01/Islamophobia-in-Canada-2017.pdf">https://noorculturalcentre.ca/wp-content/uploads/2018/01/Islamophobia-in-Canada-2017.pdf</a>