The graphic features a central large yellow circle with a red border. To its left is a smaller yellow circle with a red border containing the text "for young survivors*". Below the central circle is another yellow circle with a red border containing the text "*by young survivors". The background is white with various abstract elements: a dark blue path with a yellow circle at the top left, a red path with a yellow circle at the top right, and a dark blue path with a yellow circle at the bottom right. There are also several small yellow and red circles scattered around. The overall design is colorful and dynamic, suggesting a journey or path.

for young
survivors*

Choosing Your Own Path to Survivorship

*by
young
survivors



YAP stands for the Youth Alliance Project. The Youth Alliance is a youth-driven collective working to improve responses to sexual and gender-based violence for youth in Toronto. In 2011 we consulted with young women, youth workers and the Toronto Police's Sex Crimes Unit about what **is** and **is not** working for survivors who choose to report to the police, and made recommendations for change. In 2012 we spoke to more young women as well as lesbian, gay and transgender youth communities about where they find support for healing and justice **by their own definition** and **on their own terms**.

This zine offers information and advice on: how to talk to family and friends about experiences of sexual violence, the police reporting process, the role of community accountability, finding counseling/healing services that meet your needs and tips for navigating each of these processes, from young survivors for young survivors. It also provides work**space** for you to map out your needs and make **your own choices**.

We are **survivors** and use the language of **survivorship** because we know the path to healing and justice can be a lonely and difficult road full of disappointment and frustration. We are not victims though we have been victimized, first by the violence we experienced and too often a second time by the very systems that exist to support us. We know our rights and understand the mandates, visions and policies of these systems but still must fight to get our needs heard and met.

Trigger warning Because we want to share what we've learned in real ways, some of what's said in this zine can be difficult and potentially depressing. **Please take care of yourself while reading** by putting it down when you feel the need to and returning only when you're ready.





What we see is...

Survivors of violence turning to the only systems and services they can find and setting in motion a process that takes away their power to choose, making them feel as betrayed and traumatized as they were by their experience of violence.

What we would like to see is...

Survivors of violence surrounded by supporters, from police officers to doctors and peers who understand that survivors can only start down a path to healing and justice when they are able to design that path for themselves.

Only we have the answers, **only we know what we want for ourselves**. Even if what we want changes throughout the process, **we have the right to be in control of that process**.



**This zine tries to start creating that
change by sharing:**

our **truths**

stories of survivors with experience in what they are
speaking on

visualizations of how these things work and
where we see them happening

visioning of what things could be like if survivors
were given all the information they need

resources that are youth friendly

alternatives to what we see available out there for
young survivors of sexual violence

space for you to define and respond to ideas of
justice and healing



Thank you to all the young people we spoke to in Toronto and to survivors who shared the details of their experiences with navigating the current justice system. Your honesty, creativity and resourcefulness inspires us to keep fighting.

Youth Alliance members:

Keli Bellaire
Karen Darricades
Najla Edwards
Angela (Ice) Musceo
Helen Yohannes

Zine Design:

Asam Ahmad

Funded by:



Supported by:



Table of Contents

How could this be happening to me?

7

I need help in speaking to my friends and family
about what happened to me

11

I want to report my assault to the police

15

I want the support of someone from my school
in reporting to the police

25

I want my community's support
in holding the person who hurt me responsible

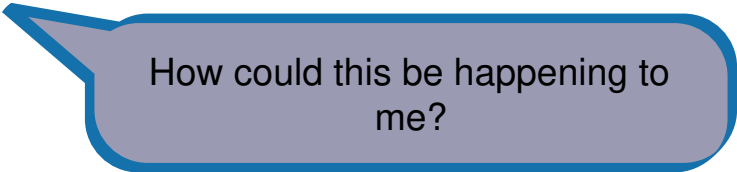
29

I want to ask someone about how to heal
and take care of myself

41

I need more resources

45



How could this be happening to me?

What is Sexual Assault?

Sexual Assault has no boundaries. Anyone, regardless of their race, age, sexual orientation, class, religion, profession, economic status and/or ability can be sexually assaulted by one or more people, including a partner, sibling, parent, friend, date or stranger. Sexual assault is **any** unwanted sexual act done by one person to another.

Examples of sexual assault include:

- Kissing you or forcing or coercing you to kiss them
- Touching your genitals, breasts, buttocks, thighs or elsewhere on your body (clothes on or off)
- Forcing or coercing you to masturbate them or yourself
- Rape
- Anal rape
- Removing or attempting to remove your clothing
- Taking advantage of a position of trust or authority to get sex
- Threatening to harm someone else if you do not agree to any of these things

Consent



Consent is freely and voluntarily agreeing to do something. **Consent is not** giving in to someone who is harassing you to do anything. **Consent is not** when you or the other person is heavily intoxicated, **not** when someone is sleeping, **not** when someone has said NO. Remember, **only YES means YES.**



“What It Is” is a game that challenges sexual violence against youth across Canada. It has been downloaded and played over 85,000 times globally since its official launch in November 2010. “What It Is” can be played in English or French online at www.challengesexualviolence.org. It is also available for download on Java-based mobile phones, iPhones, Blackberry phones and Android phones by visiting: ["http://www.challengesexualviolence.org"](http://www.challengesexualviolence.org)



Sexual assault is far
more common than most
would suspect

- Relatively few incidents of sexual assault are reported to the police
- Young and otherwise vulnerable women are most likely to be sexually abused
- Most sexual assaults are committed by someone close to the survivor, not a stranger

Our society often blames survivors for their experiences of violence, but **you cannot be responsible for the actions of another person** who chooses to assault you, regardless of:

Who it is

Where you were when the assault took place

What you were wearing

What time of day the assault occurs

The type of **relationship** you may or may not have with this person

As a survivor, you have the right to:

Name the abuse

Feel angry, hurt, sad, loving, or forgiving of the person(s) who assaulted you and any friends or family who have collaborated with the violence. Any or all of these emotions can be a natural response.

Speak about your abuse

Have **space to reflect** upon your personal history without judgment

The physical and psychological **care** that is necessary for surviving trauma

A **safe** and secure home

Safe relationships with family, friends, partners, lovers, and service-providers

Confront perpetrators and those who have participated in violence and abuses

Leave

Take action to stop the abuse

Love and be loved

I have the right to:

I need help in speaking to my friends and family about what happened to me

In order to protect yourself you may want to consider who in your life you feel you can turn to and what support you might get from them. Maybe not everyone can give you everything you need but giving some thought to who you think can support you in different ways may help you to get the support you need when you need it.

Consider writing a list of who you might speak to about your experience of violence and how you see them supporting you.



Who: (put name of friend/family/trusted person here)

How: (put how you think they could help)

Are they able to support me in the way I need:

(circle one) yes/maybe later /no

Who:

How:

Are they able to support me in the way I need:

(circle one) yes/maybe later /no

Who:

How:

Are they able to support me in the way I need:

(circle one) yes/maybe later /no

Who:

How:

Are they able to support me in the way I need:

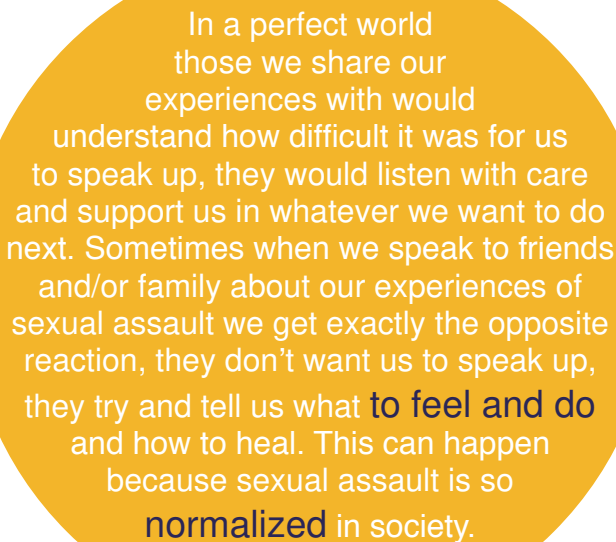
(circle one) yes/maybe later /no

Who:

How:

Are they able to support me in the way I need:

(circle one) yes/maybe later /no



In a perfect world
those we share our
experiences with would
understand how difficult it was for us
to speak up, they would listen with care
and support us in whatever we want to do
next. Sometimes when we speak to friends
and/or family about our experiences of
sexual assault we get exactly the opposite
reaction, they don't want us to speak up,
they try and tell us what **to feel and do**
and how to heal. This can happen
because sexual assault is so
normalized in society.

Some reasons we might not get the support we
need from them is:

They may be in **denial** about their own experiences of sexual
assault making it difficult for them to allow us to speak our truth.

They may not understand how complicated a survivor's
emotions can be and respond with "you **HAVE TO** report
this!", or "You **SHOULD** have..."

They might feel **guilt** or **shame** for not having been able to
keep you safe from this experience.

They may have had a **similar experience** but feel
differently about their experience of violence than you do:
"something similar happened to me and it's not that big of a
deal and you should **get over it** like I did."

Tips for Supporting a Friend

Believe them.

Listen fully and non-judgmentally.

Remind them that they are **not to blame**. The abuse is the responsibility of the perpetrator.

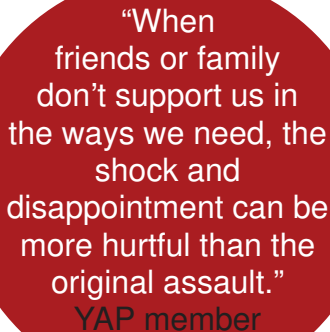
Maintain the survivor's confidence and **resist the urge to share their story** with others unless given permission by the survivor.

Ask what their needs are for **safety** and **healing**.


What do they **need** from friends, family, co-workers, comrades.

Help them **explore** what would help with **accountability** and **reparations**. Advocate for a process which supports the survivor and leads to accountability of the perpetrator.

Remember the **survivor knows best**. Don't pressure them to act before their time or before they are ready.



"When friends or family don't support us in the ways we need, the shock and disappointment can be more hurtful than the original assault."
YAP member



I want to report my assault to the police

When deciding whether or not to report a sexual assault to the police, it is important to know what will be involved in the process so you can make the decision that is best for you.

Here is some essential information from the Toronto Police Services sex crimes Unit:



There is **NO** time limit on your reporting time. It can be months or years after the assault however, the sooner you report, the greater the chance the police will find and preserve evidence linked to the crime.”



To report a sexual assault, you can call the **Police Non-Emergency line 416-808-2222** or for immediate emergency help, call 911. (The Toronto Police Service work in conjunction with MCIS - Multilingual Community Interpreter Service. This service is available to all victims for any language barriers)



You can choose to meet the police at the hospital. **Whether or not you go to the hospital is up to you.**

When you call police, **uniformed officers** will arrive. Depending on how recent the assault was, the police may offer to take you to the hospital to receive medical attention and to have any evidence of the sexual assault on your body collected and documented.



Cases where the offender is known to the victim will be investigated by the division where the sexual assault took place

Cases that are high risk to the community and where the offender is not known will be investigated by the Sex Crimes Unit




If the police arrest and charge a suspect, the court process will begin. This can be a lengthy and frustrating process.

Investigators, crown attorneys and victim services will be available to guide the victim.

To review, to complete a police report you can:

- A)** call 911 and request a uniformed officer to your location
- B)** call the non-emergency line and ask that officers come in plain clothes and/or not in a police car
- C)** go to your local police precinct and fill out a report there
- D)** do any of these things with the presence of a support person of your choice (e.g. parent, school counselor, community youth worker)





Keep in mind that the job of a police officer is to file a police report that is thorough and consistent, as it is their job to create a factual report to be used in a future court case if it goes to trial where the court will examine the report and any evidence.

What the police consider
as evidence:

- Physical evidence gathered from a rape-kit
- Photographs of injuries
- Video footage of assault
- your video recorded testimony of events
- witnesses

It is important to know that
officers will ask you:

If and **How** you know the person who committed the violence and what that relationship looked like up until the assault occurred

What you were wearing

If you were drinking or doing drugs

Since we know that in most cases survivors know the person who assaulted them, and that sexual assault does not always leave physical evidence these questions can be re-traumatizing by their very nature.

You have the **right** to:

Have a **female** officer present or to speak to a female officer only

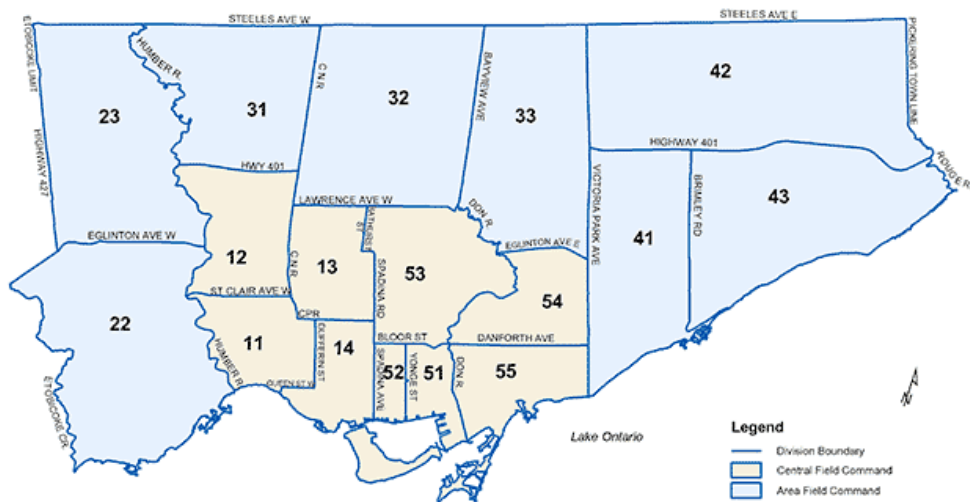
refuse a medical exam

stop the reporting process

Have **as many or no people** present with you to support you (friends, family, a councilor for example) during the reporting process with the acceptance of the video testimony

To file a report but choose **not to press charges** (one reason to do this is in case the assaultive behavior continues and you may want to begin court proceedings **at a later date**)

To avoid a uniformed police officer coming to your home or school you may want to report in person at your local precinct. Each precinct has a Sexual Assault Liaison Officer who has specific training in dealing with crimes of sexual assault that goes beyond that of a first response officer.



Central Field, 75 Eglinton Av. W.

- 11 Division, 2054 Davenport Rd.
- 12 Division, 200 Trethewey Dr.
- 13 Division, 1435 Eglinton Av. W.
- 14 Division, 350 Dovercourt Rd.
- 51 Division, 51 Parliament St.
- 52 Division, 255 Dundas St. W.
- 53 Division, 75 Eglinton Av. W.
- 54 Division, 41 Cranfield Rd.
- 55 Division, 101 Coxwell Av.

Area Field, 30 Eglerslie Av.

- 22 Division, 3699 Bloor St. W.
- 23 Division, 5230 Finch Av. W.
- 31 Division, 40 Norfinch Dr.
- 32 Division, 30 Eglerslie Av.
- 33 Division, 50 Upjohn Rd.
- 41 Division, 2222 Eglinton Av. E.
- 42 Division, 242 Milner Av. E.
- 43 Division, 4331 Lawrence Av. E.

Before calling the police you may wish to write down details of events in the order that they happened as this can help you keep things clear in your mind and generate a police report that is thorough and consistent, which is very important to a successful court case.

What happened....

Here's what some survivors who chose to go through the reporting and/or court process told YAP about their experiences:

"When I reported my ex-boyfriend to the police, the police didn't look at the sexual part because I was his girlfriend. They only looked at the abuse part because they saw my ripped out hair and bruises on my back. He was sentenced in 2006 and released in 2008. My ex-boyfriend who had a gun charge because he put a gun to me came right back and was living with his mother in the same building I lived in. The police said he had to live there because his mother was his surety. I couldn't go back to my apartment, I had to hide out at my dad's house."

"The male officer asked all the questions and some really inappropriate. I got a case number, but no follow-up."

"I was 15 when I was abused. I told my mom and she told me to call the police right now. Two male officers came and started questioning me right away. One officer said to me "you sure you're not lying just because you came home late?"



"It seems like a million and one instances where the police has come, taken a report, but done nothing. In one instance I was also wrongly accused and arrested simply because I was homeless. I was severely harassed and my record was ruined."

"The looks I was getting from the officer. It makes you feel uncomfortable."

"when
it comes to
gender violence, how
can we rely on a criminal
justice system that is itself
violent to poor communities
and communities of
color?"

- YAP member



Here are some **tips** they wanted to share with survivors around how to have control over the process:

Report to the police when/if you are ready to. There is no time limit for when you can report abuse

Get the name and badge number of the officer you report to

Get a case number

Make follow-up calls with the police for your case and refer to your case number (or else you will have to repeatedly provide your name, age, date of birth and incident details each time you call)

Go to the hospital right away to be physically taken care of and to acquire evidence





Ask police about **Victim Services Program**, which is a funded program to offer survivors resources for creating a safety plan, finding therapy, counseling etc.)

Request a **same-sex/gender officer** to talk to if that is more comfortable for you

Women's College Hospital, Toronto Western Hospital and Saint Joe's Hospital offer treatment for STI's, pregnancy testing and **counseling covered by OHIP**

Barbra Schlifer Clinic offers individual and **group counseling** for survivors of abuse

Remain in constant contact with your case officers (do not wait for them to contact you with follow-up)

Fight for your justice

I want the support of someone from my school in reporting to the police

There may be someone you trust at your school, like a counsellor, child and youth worker, teacher or principal. They might be able to support you in reporting to the police and/or accessing services (counseling, group or individual healing circles etc.)

WHO: (put name of friend/family/trusted person here)

HOW: (put how you think they could help)

Are they able to support me in the way I need?

(circle one) yes/maybe later /no

WHO:

HOW:

WHO:

HOW:

A teacher or guidance counselor may have an obligation to report the violence to Child Protective Services, so find out about confidentiality before seeking their help.

Pros

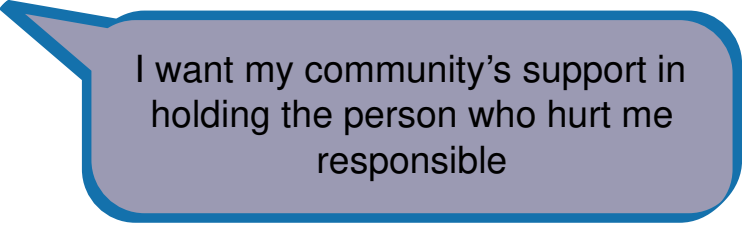
I can tell them things I can't tell my parents

Cons

It might affect how I feel about going to school/community centre if someone who works there knows about the violence I experienced

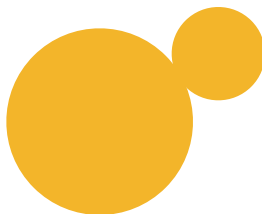
The graphic seen to the right, passed along by the *Huffington Post's* Laura Bassett, was put together by the Enliven Project using data from Department of Justice's National Crime Victimization Survey and FBI reports. It drives home extremely well the fact that false rape accusations are exceedingly rare, despite what media reports might suggest. Almost as rare are cases when rapists actually go to jail.





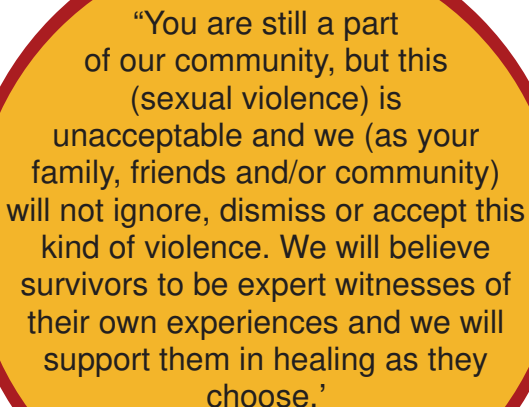
I want my community's support in holding the person who hurt me responsible

Often times we may not know what we want as survivors and/or **what we want can change** throughout our healing process. We may know we **want justice**, but we may not want to endure the reporting process or a criminal court case. We may **want safety** from our assaulter by not having to see them at social events but may also **not want to tell anyone** making it very difficult to get the space we need or be **supported** by friends in our safety planning. We may not want our assaulter to go to jail (maybe because you don't believe that would bring you any peace, or that having them in prison helps make you feel safe). We may even **want to continue to have a relationship with this person** (partner, sibling, colleague, classmate) but **want them to know what they did is wrong and take responsibility** for how they hurt you. We may just want our assaulter **to see and know we have the support of friends and community** and that attacking your character will not be tolerated by community.



Not reporting to the police
should not have to mean
giving up on **justice** or
staying silent.

This is where **community**
accountability comes in. it's a
way to confront our assaulter without
convicting them. A way for a group of
people to express to them:



"You are still a part
of our community, but this
(sexual violence) is
unacceptable and we (as your
family, friends and/or community)
will not ignore, dismiss or accept this
kind of violence. We will believe
survivors to be expert witnesses of
their own experiences and we will
support them in healing as they
choose.'

Often the survivor of a sexual assault will be alienated from their friends, family and/or community because there is a lot of denial about the role we all play in creating and accepting rape-culture. **Rape-culture** is in the messages we hear around us that blame survivors for their experiences of violence:

"Have you seen the way she dresses? What did she expect?"


"She's just dumb, what did she expect was gonna happen when she left the party with him?"

"They're always lying so they probably made that up."



credit: Studiobaker. Found at: <http://www.flickr.com/photos/studiobaker/4867524471/>

The need to be a part of a community is a strong motivator. It can motivate survivors to stay silent, condone violence and cover for their assaulter's actions. **What if this need for social acceptance was used to hold assaulters accountable by demanding take responsibility for their actions and change?**



“Sexual assault may be the least reported and least convicted violent crime in North America. This creates an illusion perpetuated in media and popular culture, that rapists are deviant and rare.”

“However, statistically speaking, one out of two women are raped at some point in their lifetime; that must mean there are devastating numbers of people responsible for this violence; and this doesn't account for survivors who don't identify as women.”

from [The Perpetrator Within: Sexual Assault In Activist Communities](#)
[2002 peak zine](#)



Here's an example of how an organization can support you in writing a letter confronting the person who perpetrated the violence

To (PERPETRATORS NAME HERE):

This is a letter to inform you that (YOUR NAME HER) has been to see us and has given us a statement as to the occurrence that took place on (DATE THAT VIOLENCE OCCURED).

This information is now part of our current file.

We find your behaviour towards (YOUR NAME HERE) unacceptable and demand that it stop.

Violence against women is a serious human rights violation. It can take the form of psychological, physical or sexual abuse and can have serious implications for a women's sexual, reproductive and overall health.

We strongly urge you to seek counselling. If you need information regarding counselling services, please call 211 and ask for services that provide counselling.

Sincerely,

TRCC/MWAR

Toronto rape Crisis Centre/Multicultural Women Against Rape

TRCC/MWAR

P.O. Box 6597 Station A

Toronto, ON M5W 1X4

Tel: 416 597 1171

Fax: 416 597 9648

Email: trcc@web.net

Checklist:

- ☐ would this make me feel safe
- ☐ would this make me feel supported
- ☐ could this work in my situation
- ☐ would this make me feel satisfied

What would you want to add to the letter?



Here's an example of how
community groups can support
your safety in public space



Sexual Assault

**Toronto Community Mobilization Network –
Statement/Guidelines on sexual assault and consent**

*Information on Prevention and Support Structures for Survivors for the
G8/G20 in Toronto*

**Perpetrators of Sexual Assault, Abuse and Harassment are not
welcome in G8 & G20 Resistance Spaces!!!**

Perpetrators of Sexual Assault, Abuse and Harassment are not welcome in
G8 & G20 Resistance Spaces. This includes people who have perpetrated
in the past, people currently engaged in or running away from
accountability processes, and people who refuse to respect the TCMN
consent guidelines.

**People who violate consent guidelines will be directed to leave G8 &
G20 organization spaces, and housing arrangements.**

It is no way acceptable that the presence of a perpetrator hinder the
participation of a survivor during the G8/G20 mobilization. We encourage
survivors, and allies of survivors to identify ways in which we can assist
them if they feel that their participation in the G20 is being obstructed by
the presence of a perpetrator.

**To identify someone perpetrating abuse, to get support for you or a
friend, please contact us at: sample@email.com**

What might this look like in your local community centre or group?

Who would help you and how would the rules for safety be posted/communicated in the space?

Checklist:

- ☐ would this make me feel safe
- ☐ would this make me feel supported
- ☐ could this work in my situation
- ☐ would this make me feel satisfied

Community accountability

may be just as flawed as the justice system and the same attitudes and social norms present themselves in community as in the systems society has created.

“Don’t
call no cops. We
can trash things
ourselves. Got no stock
on those shelves, but let
me tell you behave
yourselves.”
- Bob Marley



What do you think about Community Accountability?

Pros

The person who assaulted me would have a lot to lose if they did not take responsibility for their actions

Cons

it means involving a lot of people in something i want to keep private



Questions that may arise

Q. What if the person who assaulted me doesn't care about being accountable?

A. The need to be a part of a community is a strong motivator. If the need for social acceptance was used to hold assaulters accountable instead of blaming survivors for the violence, it might make the assaulter take responsibility for their actions and change.

Q. What does this work look like?

A. It's not superhero or vigilantly work, think more like friend support and family meetings ([see examples on page 33 and 35](#))

Q. Isn't this slander/ illegal/ defamation of character?

A. No, in the case of slander or defamation of character, it is the assaulter who has to prove they are wrongfully having their name dragged through the mud.

Q. Who is my community? Who am I / should I be accountable to?

A.

[Add your questions to the list]

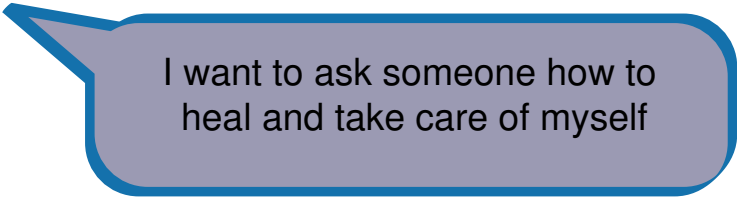
Q.

A.

What do I need to be able to do this work?

I
am not proposing
that sexual violence and
domestic violence will no
longer exist. I am proposing that
we create a world where so many
people are walking around with
the skills and knowledge to
support someone that there is
no longer a need for
anonymous hotlines.

- Rebecca Farr from
CARA



I want to ask someone how to
heal and take care of myself

It can be a long, drawn out process when reporting to the police. This process may last for years and result in expenses and no conviction or sentencing for the person who assaults you.

This is why it is important to be aware of all of the options that exist. Things may not end the way you want them to, but you still need to find ways to feel safe and take care of yourself.

Let people around you, that you feel that you can trust, know what's going on, so that you have support from a loved one. Explore options through work, school and community service providers such as a health centre. Find out what resources are there and available to you.



When accessing services ask questions about confidentiality and reporting practices, this will help you to find out whether an organization may report your status of immigration, “out” your sexual identity or share you information with the police.

A **psychiatrist** is a medical practitioner (a doctor) specializing in the diagnosis and treatment of mental illness. Psychiatrists can **prescribe medication** such as anti-depressants and is **covered by OHIP** at no cost to patients. For a list of psychiatrists in Toronto currently taking patients, contact 211

A **psychotherapist** is a person skilled in a particular type of therapy (e.g. family therapy, addictions, behavioral therapy etc). Psychotherapists **have certified qualifications** and charge for their services, but there are a variety of **sliding scale prices** and social workers also qualify as therapists.

A crisis or rape crisis **counselor** is trained to use skills such as active listening, giving options but not necessarily advice, empowerment-based support (asking you what YOU feel you need), and helping you plan self-care and safety and giving resources appropriate to your needs and identities. Counselors and counseling techniques can vary widely, and **can be accessed anonymously 24/7** via phone hot lines such as Kids Help Phone and Toronto Rape Crisis Centre. See resource section for more info.

Here's some more space to make sure
you find the support that's right for you

I want to talk to someone I (circle one) **do** | **don't**
know who will _____

(e.g. listen to me/give me advice/understand what I've been
through)

I want to talk to someone (circle one) **within** |
outside of my community. (My community is: _____)

I want the person I talk with to be: _____

(e.g. the same age, gender or faith, older, a professional, a
friend)

I want to talk to someone I trust, and to me trust means: _____



My questions for finding the counselor/
mental health care that is right for me

Q: What are your thoughts about
holistic therapies?

Q:

Q:

Q:

Q:



Resources

Key groups and supports to know about

Central Toronto Youth Services: 416-924-2100 | 65 Wellesley Street East, Suite 300 (mental health clinic; programs and counselling for youth)

Justice for Children and Youth: 1-866-999-5329 | www.jfcy.org (legal representation for low income youth in conflict with legal, education, social service or mental health systems)

Planned Parenthood of Toronto: 416-961-0113 | Teen Sex Info Line 416-961-3200 | 36B Prince Arthur Avenue (close to St. George subway station) | www.spiderbytes.ca (general and sexual health services and information for youth)

Supporting Our Youth (SOY): 416-324-5077 | 333 Sherbourne Street | www.soytoronto.org (for lesbian, gay, bisexual, trans, intersex, queer, questioning and two-spirit youth; safe spaces, mentorship, recreation, housing and employment)

Toronto Rape Crisis Centre/Multicultural Women Against Rape: 416-597-8808 | 416-597-1214 (TTY) | www.trccmwar.ca (anonymous, confidential; counselling, support, education and activism for survivors of sexual violence)

Women's Counselling Referral and Education Centre: 416-534-7501 | www.wcrec.org (referrals to therapists, counsellors and community services)

24-hour contacts

If you are in an emergency or immediate danger, you can call 911 to reach police, ambulance and fire

Assaulted Women's Helpline: 1-866-863-0511, 1-866-863-7868 (TTY) | #SAFE (cell phone) | www.awhl.org (anonymous, confidential crisis line for women being abused; 154 languages)

Community Connection: 211 | www.211toronto.ca (information about resources and services in your community; many languages)

Distress Centres of Toronto: 416-408-4357, 416-408 0007 (TTY) | www.torontodistresscentre.com (confidential, anonymous phone support, crisis intervention and suicide prevention; 150 languages)

Kids Help Phone: 1-800-668-6868 | www.kidshelpphone.ca (confidential, anonymous help and referrals)

Youth centres and groups

Black Daddies Club: info@blackdaddiesclub.com | www.blackdaddiesclub.com (programs and groups for young black fathers)

Breaking the Cycle (Rexdale): 416-745-1829 | 416-742-7588 (helps youth avoid getting involved in gangs and helps them get out of gangs)

East Metro Youth Services (Scarborough): 416-438-3697 | 1200 Markham Road, Suite 200 | www.emys.on.ca (programs for youth and their families)

For Youth Initiative (FYI):
1652 Keele Street (416-653-3311)
1669 Eglinton Avenue West (416-785-9900)

JVS: 416-787-1151 ex. 1 (locations all over Toronto;
employment support and programs for youth who have
been or are at-risk of being imprisoned)

Native Canadian Centre: 416-964-9087 | 16 Spadina Road
(programs, events, support for Aboriginal youth)

SKETCH (downtown): 416-516-1559 | 580 King Street
West, 2nd Floor | www.sketch.ca (art programs for youth
15 to 29 who are homeless, living in a shelter, at risk of
losing housing and/or street-involved)

The Spot (Jane and Finch): 416-736-4413 (drop-in centre
for youth between 13 and 30)

Counselling, support groups, help lines

Barbra Schlifer Clinic: 416-323-9149 | 416-323-1361 (TTY)
| www.schliferclinic.com (legal, counselling, interpretation,
advocacy and referrals for women survivors of violence)

Black Youth Helpline: 416-285-9944 | www.blackyouth.ca
(information, referrals and support for black youth;
parenting support, support to stay in or return to school)
HEY Y Line: 416-423-4399 | www.hey.y.net (confidential,
anonymous peer support for youth over phone and online)

June Callwood Centre: 205 Parliament Street | 416-365-
1888 | www.junecallwoodcentre.org (health services,
counselling, education, housing, prenatal classes,
parenting groups and support for pregnant teenagers,
teenage parents and their children)

Naseeha Muslim Youth Helpline: 1-866-Naseeha | info@naseeha.net (for Muslim youth, with focus on issues in Muslim communities; open 6 to 9 PM, Monday to Friday)

Sheena's Place: 416-927-8900 | www.sheenasplace.org (programs for those with eating disorders)

Mental health crisis lines and services (mental health can be about depression, suicide, anxiety, feeling overwhelmed, feeling paranoid, etc.)

Gerstein Crisis Centre: 416-929-5200 | www.gersteincentre.org (emergency support for people over 16 in a mental health crisis; mobile response to homes and communities)

Griffin Centre: 416-222-1153 | 24 Silverview Drive (mental health services and counselling to youth, adults and families; addresses things like family conflict, issues at school, addictions, sexual abuse and sexual orientation)

St. Elizabeth Health Care (Etobicoke and North York): 416- 498-0043 | www.saintelizabeth.com (for people over 16 in a mental health crisis; mobile response and emergency housing)



Sexual assault services

Scarborough Hospital Sexual Assault/Domestic Violence Care Center: 416-495-2555 | 3030 Birchmount Road (24-hour confidential medical treatment and emotional support for youth over 12 who have just experienced sexual assault; counselling for anyone sexually assaulted in the last 2 years)

Women's College Hospital Sexual Assault/Domestic Violence Care Centre: 416-323-6040 | 76 Grenville Street (for anyone who experiences sexual assault and intimate partner abuse; medical and counselling services)

Shelters and housing

Assessment and Referral Centre: 416-338-4766 | 1-877-338- 3398 (24-hour phone line to help single adults, youth and couples find a shelter)

Central Family Intake: 416-397-5637 (phone line to help families who are homeless or at risk of losing their homes)

Eva's Initiatives: 416-977-4497 | www.evasinitiatives.com (emergency and transitional housing and programs for youth)

Horizons for Youth: 416-781-9898 | 422 Gilbert Avenue | www.horizonsforyouth.org (shelter for homeless and at-risk youth; life training skills, counselling and advocacy)

Stop 86: 416-922-3271 (shelter for homeless young women between 16 and 25)

Tumivut Youth Shelter: 416-651-6750 | 26 Vaughan Road 39(shelter for homeless youth 16 to 24 with no outstanding warrants; programs have emphasis on Aboriginal cultures)

Youth Without Shelter: 416-748-0110 ex. 24 | 6 Warrendale Court | www.yws.on.ca (shelter for youth 16 to 24; basic necessities, training and education)

Legal help and information

ARCH Disability Law Centre: 1-866-482-2724, 1-866-482-2728 (TTY) | www.archdisabilitylaw.ca (protects and advances rights for people with disabilities)

Community and Legal Aid Service Programme (CLASP): 416-736-5029 | www.osgoode.yorku.ca/clasp (legal questions and referrals; can take up to 5 days for an answer)

Community Legal Education Ontario (CLEO): 416-408-4420 | www.cleo.on.ca (online legal information to help people understand and exercise rights)

Human Rights Legal Support Centre: 1-866-625-5179 | www.hrlsc.on.ca (for people on Ontario who experience discrimination)

Lawyer Referral Service: 1-800-268-8326 | www.lsuc.on.ca (lawyers who provide a free 30 minute consultation)

Legal Aid Ontario: 1-800-668-8258, 1-866-641-8867 (TTY) | www.legalaid.on.ca (legal services for people with low incomes)

Ontario Provincial Advocate for Children and Youth:
416-325- 5669 | 1-800-263-2841 |
www.provincialadvocate.on.ca (for youth in foster care,
group homes and detention centres who have complaints
about their care)

Ontario Women's Justice Network: www.owjn.org (online
information for women and youth on the law and violence
against women)

LGBTTIQQ2S youth services (for lesbian, gay, bi, trans,
intersex, queer, questioning and two spirited youth)

2 Spirited People of the First Nations: 593 Yonge Street,
Suite 202 | 416-944-9300 | www.2spirits.com (counselling,
referrals, recreation, ceremonies, support and education)

519 Church Street Community Centre: 416-392-6874 | 519
Church Street | www.the519.org (youth programs include
trans support, drop-ins and children's camps)

Lesbian Gay Bi Trans Youth Line: 1-800-268-9688 |
[askus@ youthline.ca](mailto:askus@youthline.ca) (confidential, by youth, for youth;
support, information and referrals)

Health services

Access Alliance: 416-324-8677 | www.accessalliance.ca
(for refugee and immigrant youth 13 to 24; primary
healthcare, one-on-one counselling, peer mentorship,
social and life skills, education, arts and recreation)

Breakaway Addiction Services: 416-234-1942 | 2
Billingham Road, 4th floor | www.breakawayaddictions.ca
(for youth 13 to 25 and families with drug or alcohol
addiction)

Hassle Free Clinic: 416-922-0566 | 66 Gerrard Street East
| www.hasslefreeclinic.org (free sexual health and
counselling; drop-in for women/trans people and men/
trans people)

Sherbourne Health Centre: 416-324-4180 | 333
Sherbourne Street | www.sherbourne.on.ca (health care
and programs for lesbian, gay, bi, trans, intersex, queer,
questioning and two spirited communities and homeless
communities)

Shout Clinic: 416-703-8482 | 168 Bathurst Street | [www.
ctchc.com](http://www.ctchc.com) (walk-in clinic for homeless and street-involved
youth 16 to 24)

Telehealth Ontario: 1-866-797-0000 | 766-797-0007 (TTY)
| www.health.gov.on.ca (anonymous, confidential phone
line for general health information)

Women's Health in Women's Hands: 416-593-7655 | 416-
41593-5835 (TTY) | 2 Carlton Street, Suite 500 |
www.whiwh.com (health centre for women of colour 16
and older)

Workplace support

Workers Action Centre: 416-531-0778 | [www.
workersactioncentre.org](http://www.workersactioncentre.org) (support to deal with a bad
employer or get unpaid wages)

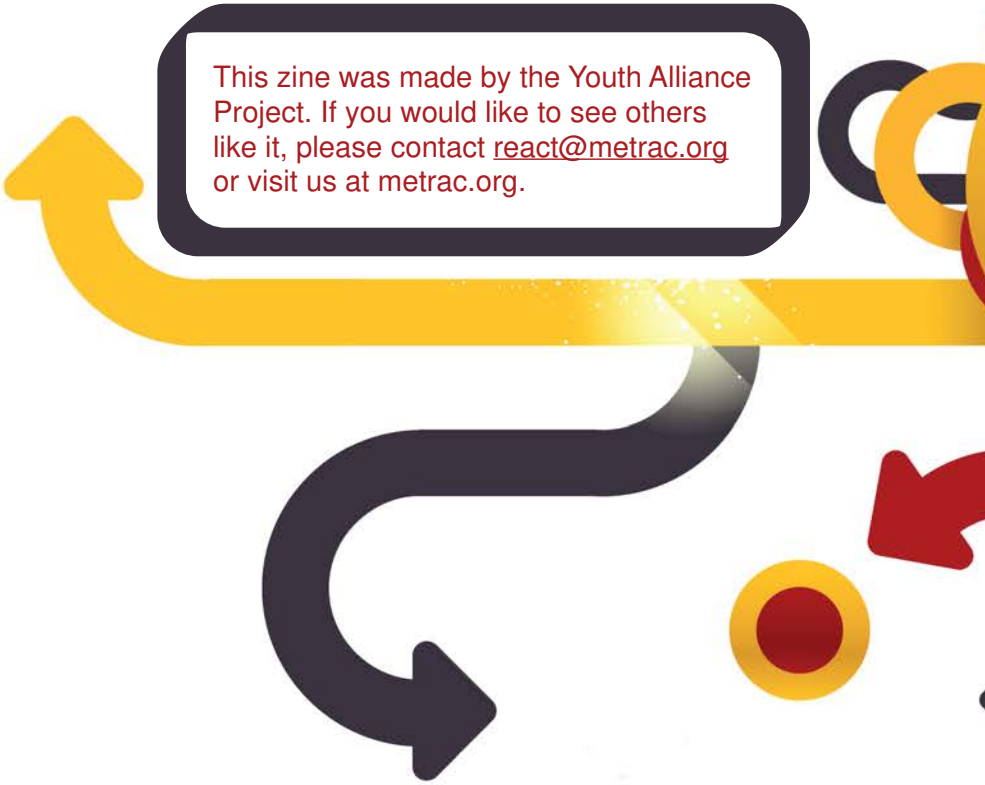
Youth Employment Services (YES): 416-504-5516 | [www.
yes.on.ca](http://www.yes.on.ca) (locations across Toronto; training, education,
help finding a job)



Thoughts/Notes/Scrambles

Thoughts/Notes/Scrambles



A decorative graphic featuring a yellow arrow pointing up and to the left, a dark blue arrow pointing down and to the left, and a red arrow pointing down and to the left. There are also yellow and red circles and a yellow ring with a dark blue center.

This zine was made by the Youth Alliance Project. If you would like to see others like it, please contact react@metrac.org or visit us at metrac.org.