

COOLING CENTRES

During periods of extreme heat and Heat Warnings, the City of Toronto's Heat Relief Network offers access to more than 500 cool spaces across the city to help residents stay safe and comfortable. Locations include libraries, community centres, civic buildings, pools, splash pads, select malls, shelters, and partner facilities. Residents are encouraged to confirm hours of operation before visiting, especially around holidays when schedules may change. For additional information, residents can contact Toronto Public Health, call 311, or visit the City's homeless help services online at toronto.ca/homelesshelp.

METRO HALL CIVIC CENTRE

55 JOHN ST.
 •Mon-Fri: 8am-6pm
 •Sat-Sun: Closed

TORONTO COMMUNITY CRISIS SERVICE (TCCS)

The Toronto Community Crisis Service (TCCS) is a new, alternative approach to responding to someone in crisis. The service provides an alternative to police enforcement, creating a community based, client centred, trauma informed response to non-emergency crisis calls and wellness checks. This service aims to respond to the needs and desires of the communities most impacted by policing and establishing trust and confidence in a new community based response model. This service is available city wide 24 hours a day, 7 days a week, and serves individuals 16 years of age and older.

Call 2-1-1 to access service

NEED TO KNOW NUMBERS

TORONTO WITHDRAWAL MANAGEMENT SERVICES

•Central: 1-866-366-9513
 •Toronto Area: 416-864-5040

EMERGENCY

•Police, fire, medical: 911
 •Non-Emergency: 416-808-2222

ASSAULTED WOMEN'S HELPLINE

•Toll-free: 1-866-863-0511

EMOTIONAL DISTRESS

•Phone: 416-408-HELP (4357)
 •24-hour telephone support for emotional and suicide intervention/prevention

GERSTEIN CENTRE

•Phone: 416-929-5200
 •24-hour adult mental health crisis line

KIDS HELP PHONE

•Phone: 1-800-668-6868
 •24-hour, free, confidential, anonymous telephone counselling for youth

CENTRAL INTAKE

•Phone: 416-338-4766

GENERAL COMMUNITY & SOCIAL SERVICES

•Phone: 211
 •SUICIDE CRISIS HOTLINE
 •Phone: 988

DOWNTOWN TORONTO

DROP-IN AGENCIES WITHIN 1.7KM

OF YONGE & DUNDAS

SUMMER/FALL 2026



16 HAVEN TORONTO

170 JARVIS ST. 0.6KM



DROP-IN HOURS
 •Everyday: 8am-4pm

FOOD
 •Breakfast: Everyday: 8:15am-9:15am
 •Lunch: Everyday: 12:15pm-1:15pm
 •Snacks: Everyday: 3pm-3:15pm

ACCESS
 •Mail service, laundry and showers (for registered clients only): 9:30am-4:30pm

PHONE: 416-366-5377 X227

! Men 50+
 Health card not needed

14 MARGARET'S TORONTO EAST

323 DUNDAS ST. E. 0.85KM



FOOD
 •Bag Lunches: Every day: 12pm

CET ON SITE
 •7am-3pm

HARM REDUCTION TEAM
 •Mon & Fri: 8am-4pm

PHONE: 647-367-2100

15 SANCTUARY MINISTRIES

25 CHARLES ST. E. 1.7KM



FOOD/SHOWERS
 •Tues: 11am-3pm
 •Thurs: 5pm-9pm

ART 'STUDIO'
 •Wed: 12pm-3pm

CHURCH SERVICE
 •Sun: 5pm-7pm

PHONE: 416-922-0628, EXT. 210

13 FRED VICTOR

40 OAK ST. 1.5KM



FOOD
 •Breakfast: Mon & Fri: 9am-10am
 •Lunch: Sat-Sun: 12:30pm-2pm
 •Lunch: Mon, Tues, Thurs & Fri: 12pm-1pm

COFFEE & TEA
 •Tues & Thurs: 9am-10am

SHOWER & LAUNDRY
 •Tues & Thurs: 9am-12pm
 •Wed: 9am-1pm

EMERGENCY CLOTHING
 •Tues & Thurs: 9am-11am
 •Wed: 9am-1pm

BINGO
 •Mon: 10:15am-11:30am

KNITTING PROGRAM
 •Wed: 10am-12pm

ADVOCACY OFFICE
 •Mon: 1pm-2pm
 •Wed: 10am-12pm

HOUSING HELP
 •Tues: 10:30am-11:30am

TUHU MEETING
 •Tues : 6pm

RPCM SERVICE/ACTIVITY
 •12:30pm - 1:30pm

PHONE: 416-363-4234

! Please call ahead in case of unexpected changes to service.

11 METROPOLITAN UNITED CHURCH

56 QUEEN ST. E. 0.6KM



SIT-DOWN MEAL
 •Fri: 10:30am-12:30pm – Doors open at 10am
 •Thurs: 10:45am-11:45am

RIMBALA PROGRAM MUSIC MOVEMENT
 •Thurs: 10:45am-11:45am

DOORS OF CHURCH OPEN
 •Mon-Fri: 11:30am-2:30pm

KNITTING
 •Thurs: 1pm-2pm

PHONE: 416-363-0331

12 THE 519

519 CHURCH ST. 1.4KM



SENIOR DROP-IN HOURS
 •Mon: 2pm-4pm
 •Thurs: 5pm-8pm

DROP-IN
 •Sun: 1:30pm-4pm

FOOD (TAKEOUT MEALS)
 •Sun: 4pm-4:45pm (Upon Availability)

NURSE PRACTITIONER DROP IN
 •Wed: 10am-5pm
 •Fri: 10am-4pm

PHONE: 416-392-6874

! Services are for individuals who identify as LGBTQ2S+
 Health card not needed

9 SALVATION ARMY GATEWAY

107 JARVIS ST. 1KM



HOT LUNCH
 •Tues & Fri: 12pm-1:30pm

HOT SUPPER (TAKEOUT)
 •Wed, Sat & Sun: 5pm (40 Hot suppers only available please come early)

DROP-IN
 •Tues & Fri: 11am-3pm

CLOTHING AVAILABLE
 •Access two items of clothing

LAUNDRY
 •Tues & Fri: 11am-3pm (First come first serve)

PHONE: 416-368-8710

! Housing workers and physicians are available to current clients as well as former clients; by appointment only

10 LAW SOCIETY FOUNDATION LAWYERS FEED THE HUNGRY

130 QUEEN ST. W. 1KM



SIT-DOWN MEAL (TAKEOUT AVAILABLE)
 •Tues & Wed: 5pm
 •Thurs: 6:45am
 •Sun: 10am

PHONE: 416-947-3412

1 CHURCH OF THE HOLY TRINITY

19 TRINITY SQUARE 0.36KM



MEALS & CLOTHING, HARM REDUCTION & HYGIENE SUPPLIES
 •Tues & Wed: 12pm-1:30pm
 •Pet Friendly

PHONE: 416-598-4521

! Homeless Memorial @ noon every 2nd Tuesday of each month.

2 NATIVE WOMEN'S RESOURCE CENTRE
 191 GERRARD ST. E. 1.1KM



FOOD (LUNCH/DINE IN)
 •Mon-Wed: 12pm-1pm
 •INDIGENOUS WOMEN ONLY

FOOD (LUNCH/TAKEOUT)
 •Thurs-Fri: 12pm-1pm
 •Grocery support: Registration Mon & Wed, support provided on Fri.

DROP-IN HOURS
 •Mon-Fri: 12pm-1pm
 •Phone: 416-963-9963

Note: Clothing bank available by appointment

3 COVENANT HOUSE TORONTO
 20 GERRARD ST. E. 0.45KM



DROP-IN HOURS
 •Mon-Sun: 12pm-6:45pm
 •If possible, call first

FOOD BANK
 •Fri: 12pm-6:30pm
 •Phone: 416-598-4898

! Youth 16-24

4 GOOD SHEPHERD CENTRE
 412 QUEEN ST. E. 1.7KM



FOOD (MAIN MEAL)
 •Daily: 2pm-4pm
 •Open to all genders

CLOTHING ROOM
 •Mon & Thurs: 2pm-4pm

PASTORAL CARE
 •Wed-Fri: 9am-4:30pm

HOUSING HELP, VETERANS PROGRAM
 •Daily: 9am-5pm

ADDITION RECOVERY, EMERGENCY SHELTER
 •Daily: 9am-5pm
 •Phone: 416-869-3619

! Showers are for men only on Mon & Thurs
 from 2pm-4pm.

5 ST JAMES CATHEDRAL

106 KING ST. E. 0.95KM



FOOD (SIT-DOWN LUNCH)
 •Fri: 1:30pm-3:30pm

THE FOOD BOX (FRUITS & VEGGIES)
 •First week of every month – Church covers \$12 of the \$20 cost
 •Pickup between: 1:30pm-3:30pm

HEALTH CENTER NAVIGATORS FROM SHERBOURNE
 •Twice a month second and fourth week of every month

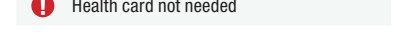
FOOT CARE CLINIC (BY APPOINTMENT)
 •Fri: 9am-3:30pm

PHONE: 416-364-7865 X222

! Health card not needed

6 TORONTO COUNCIL FIRE NATIVE CULTURAL CENTRE

439 DUNDAS ST. E. 1.2KM



FOOD (TAKEOUT)
 •Sat & Sun: 9:30am – 1pm

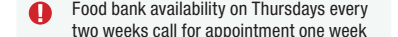
ADVICE
 •Staff available to assist with academic upgrading and skills development

PHONE: 416-360-4350

! Food bank availability on Thursdays every two weeks call for appointment one week in advance.

7 ALL SAINTS CHURCH COMMUNITY CENTRE

315 DUNDAS ST. E. 0.85KM



DROP-IN HOURS
 •Mon, Tues & Thurs: 8:30am-2:30pm
 •Wed: 10:30am-3pm

FOOD
 •Breakfast: Mon, Tues & Thurs: 9:30am
 •Lunch: Mon-Thurs: 12:30pm for drop-in program, takeout in parking lot

CLOSED: All of August

PHONE: 416-368-7768

! Indoor capacity of 50-60

8 FRED VICTOR: OPEN HOUSE DROP-IN

145 QUEEN ST. E. 0.85KM

FOOD (TAKEOUT)
 •Mon-Fri: 10am-11am & 4pm-5pm

DROP-IN HOURS
 •11am-4:30pm

PHONE: 416-364-8228

! Housing help every Wednesday of each month.
 ID first three Thursdays of every month.

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DOWNTOWN TORONTO DROP-IN RESOURCE

DROP-IN AGENCIES WITHIN 1.7KM OF YONGE & DUNDAS

SUMMER/FALL 2026

DROP-INS

- 1** CHURCH OF THE HOLY TRINITY
19 TRINITY SQUARE
- 2** NATIVE WOMEN'S RESOURCE CENTRE
191 GERRARD ST. E.
- 3** COVENANT HOUSE TORONTO
20 GERRARD ST. E.
- 4** GOOD SHEPHERD CENTRE
412 QUEEN ST. E.
- 5** ST. JAMES CATHEDRAL
106 KING ST. E.
- 6** TORONTO COUNCIL FIRE NATIVE CULTURAL CENTRE
439 DUNDAS ST. E.
- 7** ALL SAINTS' CHURCH COMMUNITY CENTRE
315 DUNDAS ST. E.
- 8** FRED VICTOR: OPEN HOUSE DROP-IN
145 QUEEN ST. E.
- 9** SALVATION ARMY GATEWAY
107 JARVIS ST.
- 10** LAW SOCIETY FOUNDATION | LAWYERS FEED THE HUNGRY
130 QUEEN ST. W.
- 11** METROPOLITAN UNITED CHURCH
56 QUEEN ST. E.
- 12** THE 519
519 CHURCH ST.
- 13** FRED VICTOR
40 OAK ST.
- 14** MARGARET'S TORONTO EAST
323 DUNDAS ST. E.
- 15** SANCTUARY MINISTRIES
25 CHARLES ST. E.
- 16** HAVEN TORONTO
170 JARVIS ST.

LANDMARKS

- A** St. Michael's Hospital
- B** St. James Park
- C** Toronto City Hall / Nathan Phillips Square
- D** University Ave. Courthouse
- E** Barbara Hall Park
- F** Moss Park
- G** Allan Gardens
- H** George Hislop Park
- I** Queen's Park

COOLING CENTRES

- METRO HALL CIVIC CENTRE**
55 JOHN ST.
Mon-Fri: 8am-6pm
Sat-Sun: Closed
PHONE: 311

UPDATED: JUNE 2026

