



DSO

Developmental Services Ontario

Central West Region



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Acknowledgements

This resource guide was created as a housing navigation resource by the Developmental Services Ontario Central West Region (DSOCWR) Housing Navigators.

The Housing Resource Guide is intended to help individuals with navigating housing and homelessness initiatives in Peel Region.

Please send questions, feedback or suggestions to:

c.hall@sunbeamcommunity.ca

Developmental Services Ontario, Central West Region (DSOCWR)

Developmental Services Ontario (DSO) is the access point for adult developmental services and supports funded by the Ministry of Children, Community and Social Services (MCCSS). DSO Central West Region is one of nine DSOs in Ontario that help adults with a developmental disability connect with Ministry funded services that may be available in their community.

Developmental Services Ontario, Central West Region, serves people who live in Dufferin and Wellington Counties, Halton Region, Peel Region and Waterloo Region

Connect with us!



To find your local DSO, you can visit: <https://www.dsontario.ca/find-your-dso>

DSOCWR Housing Navigation

Are you interested in learning about housing and support services beyond traditional Ministry funded options?
You may wish to connect with your local DSO Housing Navigators:



Call or email your DSOCWR Housing Navigator at:
1-888-941-1121 or c.hall@sunbeamcommunity.ca

Learn how the DSO housing toolkit can help you create your housing vision:

www.dsontario.ca/resources/housing

Sign up here to learn of upcoming DSO events:

[DSO Provincial Mailing List](#)

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MCCSS Funded Supportive Housing Options

Housing supports are provided by agencies and funded by the Ministry of Children, Community and Social Services (MCCSS). Here are some types of housing supports that may be available in your community:

Group homes and group living supports

- You will live with a few unrelated people
- Provide you support for up to 24 hours per day
- Accommodate you based on your needs and abilities

Supported independent living

- You live more independently
- Someone helps you with daily activities
- You receive between 2 to 10 hours of support during the day every week
- You must be able to be alone overnight and do things like shower or brush your teeth without help

Host family home/associate living support

- You live with a family who can provide you with care and supports
- You are encouraged to become an active member of the household
- You are matched with a family that has similar interests, needs and lifestyle

Contact Your Local DSO for More Information: <https://www.dsontario.ca/find-your-dso>

The Housing Continuum

The full range of housing options that an individual may access over a lifetime, includes temporary emergency shelters, transitional housing, social housing, affordable housing, affordable home ownership, market rental housing and market home ownership.



Homeless

There are many different definitions of homeless. In the context of the National Homelessness Initiative, homelessness is considered to be any person, family or household that has no fixed address or security of housing.

Chronic Homelessness - Individuals who are currently homeless and have been homeless for six months or more in the past year.

Episodic Homelessness - Individuals, who are currently homeless and have experienced three or more episodes of homelessness in the past year.

Hidden Homelessness - Individuals who are homeless, but temporarily housed with friends or family because they cannot afford shelter themselves. Without this help, they would be living on the street or be sheltered by an institution.



Street Outreach programs

Street Outreach	City	Website and Resource Explanations	Contact Information
Peel region Street outreach	Peel	<p>Support, advocacy and referrals to help people with basic needs 24/7</p> <ul style="list-style-type: none">• Team including Mental health staff, substance use harm reduction staff, family transitional outreach staff, housing support worker• Referral and advocacy for: housing, emergency shelter, employment, mental health and additions support <p>https://www.peelregion.ca/housing/street-outreach/</p>	<ul style="list-style-type: none">• 1-877-848-8481
Peel Outreach Services	Peel	<p>Housing supports to those who are homeless, transient or at risk of homelessness</p> <ul style="list-style-type: none">• 16+• Fully accessible <p>https://www.connexontario.ca/Program-Details?ProgramId=4461</p>	<ul style="list-style-type: none">• 60 west drive, Brampton

Emergency Shelters

These facilities are designed to meet the immediate needs of people who are homeless. Such short-term emergency shelters may target specific sub-populations, including women, families, youth or Indigenous persons, for instance.

These shelters typically have minimal eligibility criteria, offer shared sleeping facilities and amenities, and often expect clients to leave in the morning. They may or may not offer food, clothing or other services.



Emergency Shelters in Brampton/Caledon

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This is not an exhaustive (complete) list

Emergency Shelters	City	Website and Resource Explanations	Contact Information
Ellen House	Brampton	<p>For Single women 25+ experiencing homelessness in Peel</p> <ul style="list-style-type: none">• Ellen House Emergency Shelter Program – provides a bed and basic needs such as meals and clothing• Supportive Housing <p>https://www.efryhopehelp.com/</p>	<ul style="list-style-type: none">• (905) 459-1315• Efryhope@efryhope.com
Salvation Army - Honeychurch Family Life Resource Centre	Brampton	<p>Emergency shelter for abused women and children, accommodates 18 families on a temporary basis.</p> <ul style="list-style-type: none">• Housing, food, clothing, and personal care items• Counselors assist residents in developing a plan of action• Individual crisis counselling provided for women and their children. Life skills and parenting groups, support groups for women living in the community and life skills groups and homework club for children <p>https://www.tsavawservices.ca/</p>	<ul style="list-style-type: none">• (905) 451-4115
Wilkinson Road Shelter (Salvation Army)	Brampton	<p>Provides temporary emergency housing for homeless men in Brampton and Caledon</p> <ul style="list-style-type: none">• Beds reserved for special needs individuals• Shelter for up to 2 weeks (after must apply for Ontario work assistance)• Provides lodging, food, clothing, employment and housing support, financial assistance, health clinics, mental health and addiction support, life skills training, recreation, AA meetings and pastoral care <p>www.peelregion.ca/housing/shelters/</p>	<ul style="list-style-type: none">• (905) 452-1335• peelaccesstohousing@peelregion.ca• 15 Wilkinson Rd. Brampton ON, L6T 4M3

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Emergency Shelters	City	Website and Resource Explanations	Contact Information
Region of Peel Street Helpline	Peel	<p>The helpline is available 24 hours a day to support those who are unhoused.</p> <p>For men 18 years or older experiencing homelessness.</p>	<ul style="list-style-type: none"> • 1-877-848-8481
St. Leonard's Place Peel	Brampton	<ul style="list-style-type: none"> • Winter program - Provides a warm bed, snacks, personal hygiene items, shower and laundry facilities • In From the Heat - a day program shelter from the warm summer temperatures to men experiencing homelessness. Guests are provided with a lunch, snacks, personal hygiene items, shower and laundry facilities. • New Leaf Program provides housing to adult men experiencing homelessness due to mental illness or substance abuse • Community Residential Facility Program offers housing support to men on conditional release from a federal correctional facility <p>https://www.stleonardsplace.com/</p>	<ul style="list-style-type: none"> • (905) 457 – 3611 • info@slpp.ca • 1105 Queen St E Brampton, ON, L6T 4E2 (out of the cold program)
Women and Children Precious Shelter	Brampton	<p>Provides a safe and secure shelter for women and children in Peel Region who have survived abusive situations and have overcome life struggles</p> <ul style="list-style-type: none"> • Includes educational services designed to restore women's autonomy with education • Employment services to help women with existing skills and guide them to career choices where they will be successful • Helps women and children find resources for mental and physical health needs <p>https://www.wcpreciousshelter.ca/</p>	<ul style="list-style-type: none"> • (437) 855-3301 • wncpreciousshelter@gmail.com
Regeneration	Brampton	<p>DROP IN PROGRAM</p> <ul style="list-style-type: none"> • Offering meals, showers and laundry, phone and computer, staff support and clothing • Monday to Friday 7am – 3pm, Saturday 7am-9:30am, Sunday 7am to 9:15am <p>https://regenbrampton.com/</p>	<ul style="list-style-type: none"> • (905) 796-5888

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Emergency Shelters	City	Website and Resource Explanations	Contact Information
The Transition House	Brampton	Longer-term residential program that assists self-identifying women and girls who have been trafficked and/or sexually exploited to receive specialized residential services and support in the Peel community https://www.efryhopehelp.com/how-can-we-help-you/youth-programs-resources/peel-transition-house/	<ul style="list-style-type: none">• (416) 721-8676• hthousingservices@efryhope.com
The Bonnie McPhee House	Brampton	Short term residential program assisting women/girls (aged 16-24) who have been trafficked and or sexually exploited https://www.efryhopehelp.com/how-can-we-help-you/youth-programs-resources/bonnie-mcphee-house/	<ul style="list-style-type: none">• (416) 804-4904• hthousingservices@efryhope.com
Restoration and Empowerment For Social Transition Centre (REST)	Brampton	Shelter for youth black, indigenous or other people of colour <ul style="list-style-type: none">• Flagship Program: The Bridge of Hope, alternative to shelters involving matching youth tenants with host families https://www.restcentres.org/	<ul style="list-style-type: none">• (905) 863-1118• info@restcentres.org
Services and Housing In the Province (SHIP)	Brampton Mississauga	Crisis Support Shelters <ul style="list-style-type: none">• Short stay crisis - support for people with serious mental illness, experiencing a crisis and have come in contact with the criminal justice system (Mississauga and Brampton)• They have single, adult or couple shelters available (905)-450-1996 https://shipshey.ca/	<ul style="list-style-type: none">• (905) 795-8742• intake@shipshey.ca

Emergency Shelters in Mississauga

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Emergency Shelters	City	Website and Resource Explanations	Contact Information
Our Place Peel	Brampton Mississauga	<p>Provides shelter, basic needs, counselling and case management for youth, ages 16-24, in the Peel region who are experiencing homelessness.</p> <p>https://ourplacepeel.org/</p>	<ul style="list-style-type: none">• (905) 238-1383• 3458 Queen Street East, Brampton• info@ourplacepeel.org• Mississauga• (905) 238-1383• 3579 Dixie Road, Mississauga• info@ourplacepeel.org
Armagh	Mississauga	<p>Second stage, transitional supportive housing program. Unlike a first stage or crisis shelter(which responds to short-term emergencies) we offer secure and affordable housing to abused women, with or without children, for extended periods of time.</p> <p>https://www.armaghhouse.ca/</p>	<ul style="list-style-type: none">• info@armaghhouse.ca• (905) 855-0299
Embrave	Mississauga	<p>Agency to End Violence is a non-profit organization that provides shelter, counselling, and advocacy supports for women, Two-Spirit, genderqueer, trans and non-binary folks and their children impacted by gender-based violence.</p> <p>https://embrave.ca/programs-services/24-hour-emergency-shelters/</p>	<ul style="list-style-type: none">• (905) 403-0864 or 1-855-676-8515.• development@embrave.ca
Nisa Homes	Mississauga	<p>For female domestic violence survivors with or without children. Catered to immigrant, refugee and non status women. Provides a place for women to live comfortably and feel safe in a supportive home environment, explore their cultural identity, and directly connect with their community.</p> <p>https://www.nisafoundation.ca/programs/nisa-homes</p>	<ul style="list-style-type: none">• +1 (888) 456-8043• info@nisahomes.com

Emergency Shelters in Mississauga

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Emergency Shelters	City	Website and Resource Explanations	Contact Information
Salvation Army, Greater Toronto Housing and Homelessness Supports	Mississauga	Women and men 25 years and older, without children, cannot accommodate couples. Transgender, non-binary and gender-diverse individuals who accept a bed will be placed on the women's or men's floor according to their presenting gender	<ul style="list-style-type: none">• (905) 450-1996 - Central Intake• Blessing.Anyanwu@tsapeel.ca
	Mississauga Cawthra Road Shelter	Provides emergency housing for single males and females over 25 years old, and couples without children experiencing homelessness. It is designed with 37 units which can accommodate up to 119 people with an overflow capacity to assist the Wilkinson Road Shelter and the Peel Family Shelter when needed	<ul style="list-style-type: none">• Office: (905) 281-1272• Crisis: (905) 450-1996• 2500 Cawthra Rd Mississauga, ON, L5A 2X3• 24/7
	Mississauga Peel Family Shelter	Provides emergency housing for homeless families in Peel. It is designed with 60 units which can accommodate up to 225 people	<ul style="list-style-type: none">• 1767 Dundas Street East, Mississauga• (905) 272-7061
Ask Foundation	Mississauga	This program supports shelters for women and children by providing them with food and meals. https://www.askfoundation.ca/	<ul style="list-style-type: none">• 5659 McAdam Road, Unit C6, Mississauga• 1-855-275-5426• yasmine@askfoundation.ca
Region of Peel	Peel Family Shelter	Provides shelter for individuals and families, and for people who are at-risk or dealing with homelessness * each unit includes a private washroom and barrier-free common areas https://shipshey.ca/housing/peel-family-shelter-pfs/	<ul style="list-style-type: none">• 2420 Surveyor Road, Mississauga• info@peelregion.ca• (905) 450-1996 (Central Intake 24/7)

Transitional Housing

Transitional housing can be described as a **temporary step between emergency and permanent housing**. It is longer-term and often offers more support than emergency shelters but differs from supportive housing and many care homes because it is intended to be temporary.



Transitional/Supportive Peel Region

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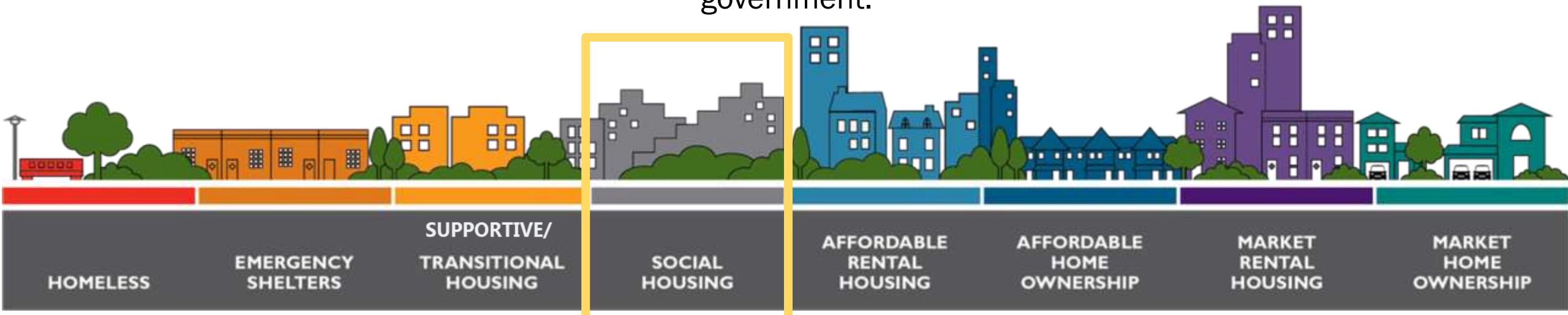
This is not an exhaustive list

Transitional and Supportive Housing	City	Website and Resource Explanations	Contact Information
Services and Housing In the Province - SHIP	All Peel	<ul style="list-style-type: none"> • Crisis • Transitional • Supportive and Affordable • https://shipshey.ca/ 	<ul style="list-style-type: none"> • (905) 795-8742 • 1-855-795-8742
St Leonard's Place Peel	Brampton	<ul style="list-style-type: none"> • New Leaf Program • Community Residential Facility Program • Graduate Program https://www.stleonardsplace.com/programs-services/	<ul style="list-style-type: none"> • 1105 Queen Street East Brampton, Ontario, L6T 4E2
Nisa Homes	Mississauga	<p>A safe residence for Women and their children to go to if you are in an unsafe home environment, in an abusive relationship, homeless or at risk of homelessness or simply in need of a place of safety.</p> https://www.nisafoundation.ca/programs/nisa-homes	<ul style="list-style-type: none"> • mississauga@nisahomes.com • 1-888-456-8043 ext. 401
Peel Youth Village	Mississauga	<ul style="list-style-type: none"> • 16-24 years old and do not have a permanent home, you can contact us for transitional housing at Peel Youth Village • Transitional housing up to one year stay 	<ul style="list-style-type: none"> • https://www.peelregion.ca/housing/peel-youth-village/ Complete online application
John Howard Society	Brampton	<p>Community Services for Adults and youth</p> https://johnhoward.on.ca/find-services/programs-services-lookup/	<ul style="list-style-type: none"> • John Howard Society of Peel-Halton-Dufferin: Brampton Branch Office • 44 Queen St. E. Brampton, ON L6V 1A2
Indwell	Mississauga	<p>Every program offers housing support, and in addition may offer other supports such as Nursing, Behavioural Therapy, Nursing, Recreationist, Psychosocial, or Therapeutic Rehabilitation https://indwell.ca/programs/mississauga-on/</p> <p>425 Lakeshore Rd East Mississauga</p>	<p>To express your interest in our Lakeshore Lofts building, please submit an application via SHIP at www.shipshey.ca/apply and select "Indwell-Lakeshore Lofts" as the preferred location.</p>
Rutherford Rd Youth Transitional House	Peel	<p>Youth 16-24, On site programs, sustainable housing solutions and residential life skills management</p>	<p>For more information contact transitionalintake@ourpeel.org</p>

Social Housing

(Also known as: Rent-Geared-to-Income or Subsidized Housing)

Social Housing refers to government-assisted subsidized housing for people with low to moderate incomes, seniors, or people with special needs who can live with supports in their community. [Rent-Geared-to-Income \(RGI\)](#) and **Rent Supplement** options are available through local Regional Managers to make rent affordable for households. In most cases, the rent for a subsidized unit is 30 per cent of a household's total monthly income. If you receive social assistance the rent is based on the rent benefit set by the Ontario government.



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There is one central waiting list for social housing in Peel Region, which provides access to [Community Housing](#), and portable subsidies including the Canada Ontario Housing Benefit (COHB).

Community Housing - Housing Services Act subsidies

Formerly referred to as rent geared to income subsidies (RGIs), this subsidy is attached to units in Community Housing Provider buildings and mandated by the Ontario government under the Housing Services Act. The subsidy is administered through the Centralized Waiting List, and the amount is determined based on a rent-geared-to-income calculation, or the rent benefit amount set by the Ontario government if you receive social assistance or the Ontario Disability Support Program.

Community Housing – Peel Region

This subsidy type is funded through Peel Region and attached to units in Peel Region owned buildings. This type of subsidy is not mandated by the Ontario government, so the subsidies are administered through our needs-based approach. There are short, mid and long-term subsidies..

Portable Subsidies

This subsidy type is attached to the individual, not the unit. This means that the subsidy moves with the individual if they choose to relocate in the Peel region and still meet all other eligibility requirements. Most of these subsidies are with private landlords. The subsidy is administered through the needs-based approach. There are short, mid and long-term subsidies.

Canada Ontario Housing Benefit (COHB)

This portable housing benefit is a monthly subsidy provided to low-income households to assist with housing costs. It is tied to the household and can be used to help pay rent anywhere in Ontario.

Counselling and Behaviour Support

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Counselling Services or Behaviour Service	City	Website and Resource Explanations	Contact Information
EFRY Hope and Help for Women	Brampton and Mississauga	<p>Counselling for those engaged in behaviours that lead to conflict with the law.</p> <ul style="list-style-type: none"> • Anti-Criminal Thinking Program and Anger management program <p>https://www.efryhopehelp.com/</p>	<ul style="list-style-type: none"> • (905) 459-1315 • efryhope@efryhope.com
Family Services Peel	Peel	<ul style="list-style-type: none"> • Counselling • Family Life Education • Developmental Services • Employment • Men's Programs <p>https://fspeel.org/</p>	<ul style="list-style-type: none"> • 5975 Whittle Rd Mississauga (905) 270-2250
Catholic Family Services	Peel	<ul style="list-style-type: none"> • Individual, couple and family counselling • Wellness and support groups • The Heal Program • Partner Assault Program <p>https://cfspd.com/</p>	<ul style="list-style-type: none"> • 60 West Dr Brampton (905) 450-1608 • 222 South Millway Mississauga (905) 450-1608 • 18 King Street Caledon (905) 450-1608
Waypoint Centre	All of Ontario	<p>https://www.waypointcentre.ca/programs_and_services/ontario_structured_psychotherapy</p>	<ul style="list-style-type: none"> •
Cornerstone Family Counselling Services (CFCS)	Mississauga	<ul style="list-style-type: none"> • Personal counselling for youth and adults • Couple counselling • Family counselling 	<ul style="list-style-type: none"> • 6341 Mississauga Road, Mississauga • (905) 214-7363 • inbox@cfcnet.ca

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Counselling Services or Behaviour Service	City	Website and Resource Explanations	Contact Information
Hope 247	Brampton	<ul style="list-style-type: none"> Domestic violence Sexual assault victims 	<ul style="list-style-type: none"> 24-hour hotline: 1-800-810-0180 10 Gillingham Drive, Brampton
MIAG Centre for Diverse Women & Families	All of Peel	<p>Free counselling services for individuals, couples, and families via phone or virtually. Call (437) 220-6659 to book an appointment</p> <p>https://www.miag.ca/counselling-services</p>	<ul style="list-style-type: none"> 3034 Palstan Road, Suite M3, Mississauga (905) 270-6252
CarePoint Health	Brampton / Mississauga	<p>Adults in Ontario with depression and anxiety can access free, short-term, evidence-based cognitive-behavioural therapy and related services through the Ontario Structured Psychotherapy Program.</p> <p>https://www.carepointhealth.ca/</p>	<ul style="list-style-type: none"> osp-bhm@waypointcentre.ca 705-549-3181 ext. 3883
Behavioural Supports Ontario	All of Ontario	<p>https://www.behaviouralsupportsontario.ca/</p> <p>https://mississaugahalton.behaviouralsupportsontario.ca/</p>	
John Howard Society of Peel	Peel/Dufferin	<p>RESOLVE: Adult Anger Management and Emotion Regulation Program</p> <p>Target group is for males 22 years +. The program teaches participants self-regulation and self-management skills that allow them to reduce the intensity, frequency and duration of their anger and subsequently ends their patterns of aggression.</p> <p>https://johnhoward.on.ca/</p>	<ul style="list-style-type: none"> 44 Queen Street East, Brampton (905) 459-0111 brampton@johnhowardphd.ca

Applying for Social Housing

In Peel, The Region of Peel manages the centralized waiting list for social housing. The application can be accessed [here](#).

You will need to complete the [housing services screening tool](#) before you will be considered for a housing subsidy or any other assistance with affordable housing.

- Only complete the screening tool once for your entire household. Duplicate applications will make your wait longer.
- If you are currently receiving Ontario Works or have a pending Ontario Works application, you must call your Ontario Works caseworker for financial support. Your Ontario Works caseworker can assist with items such as overdue bills and last month's rent etc. Do not proceed with the screening tool.
- If you need ongoing help paying for food, clothing, and other essentials, do not proceed with the screening tool. Refer to financial help and Ontario Works for details.
- If you only want to be placed on the centralized waitlist (Community Housing HSA), review your eligibility before starting the screening. Once your request has been actioned, you will receive a confirmation letter.
- If you are working with a Housing Support Worker or Housing Representative, you can contact them directly. Do not proceed with the screening.
- Use the screening tool during regular business hours only: Monday to Friday from 8:30 a.m. to 4:30 p.m.
- If you have unique circumstances which prevent you from completing the housing screening request online, call 905-453-1300 and a member of the Peel Housing team will be in touch.

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Applicants for social housing have a number of responsibilities:

You're required to contact us (Peel Access to Housing) if your information or situation changes. If your information is not updated, your wait time can be affected.

Contact us if there are changes to:

- Your phone number or current address.
- Number of family members listed when you applied.
- Your income and assets.
- Your emergency contact.
- Your family members' information.
- Your medical or other circumstance.

Contact [Housing Client Services](#) to update your information or call 905-453-1300 Monday to Friday, 8:30 a.m. to 4:30 p.m.

You will need to be prepared to provide your unique key ID (client ID), full name, date of birth, contact phone number, current address and email address

Financial Assistance To Keep Housing or Avoid Eviction

You may be eligible for one-time financial help if you're behind in your bills or facing eviction.

This emergency housing support is available if you're behind in your utility bills, rent or mortgage payments. Utility bills can include electricity and heating.

Before getting started:

You will be required to provide up-to-date documents to show proof of income and expenses. You are not guaranteed a payment after filling out the application. Eligibility is determined based on need.

Ongoing non-financial supports are available through our Housing Support Workers who will develop case plans to help you maintain and stabilize your housing.

Help with housing:

Peel's new housing screening tool can help us find the right services for you. If you would like to apply for housing services in Peel but do not currently live in Peel, call 905-453-1300.

Co-operative Housing

Housing co-operatives provide not-for-profit housing for their members. The members do not own equity in their housing. If they move, their home is returned to the co-op, to be offered to another individual or family who needs an affordable home.

Some co-op households pay a reduced monthly rent (housing charge) geared to their income. Government funds cover the difference between this payment and the co-op's full charge. Other households pay the full monthly charge based on cost. Because co-ops charge their members only enough to cover costs, repairs, and reserves, they can offer housing that is much more affordable than average market rent. Co-op housing also offers security. Co-ops are controlled by their members who have a vote in decisions about their housing. There is no outside landlord. Each housing co-operative is a legal association, incorporated as a co-operative.

For more information about Co-operative Housing, locating your local co-ops, and learning about the application process, you can visit [Co-operative Housing Federation of Canada](#) or [Peel/Halton Co-Operative Housing Federation](#)



Canada-Ontario Housing Benefit (COHB)

The Canada-Ontario Housing Benefit (COHB) provides a direct, monthly benefit to eligible households to help pay their rent.

The benefit payments are portable, which means you may receive the benefits even when you move to another address in a different city, town or region & based on the household's income and local market rent.

The benefits are administered by the province through the Ministry of Finance and eligibility is assessed annually. Annual renewal applications are issued from the Province each May and must be returned by September 1st.

Clients who do not return their annual renewal by the deadline will no longer be eligible to receive assistance through the COHB program. Reinstatement into the program is not permitted.

Following the annual review, the COHB amount may increase or decrease because of changes in residence, income and/or household size. The benefit amount is calculated according to the average local market rent of the area lived in.

Canada-Ontario Housing Benefit (COHB) continued...

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The allowance is calculated based on a formula that includes the household income, the number of people in the house and the local housing market rents in the Region of Peel.

To be eligible you must:

- Be a resident of Peel.
- Be on a centralized waiting list; or if not on the centralized waitlist, then meet the eligibility criteria to be on centralized waiting list or be living in a community housing.
- Not be receiving a housing subsidy, or any other government-funded housing benefit other than social assistance shelter payments. If so, then agree to give up the housing allowance or subsidy.
- Consent to being removed from the centralized housing wait list in Peel.
- Not own or live in a home owned by a member of their household; if so, then when approved for the program, you must move out of the home within 90 days of being determined eligible.
- Additional eligibility criteria may be required as part of the Peels Housing and Homelessness Plan
- The benefit is administered through the needs-based approach. The needs-based approach to delivering housing services involves defining the level of need through a prioritization process. Clients who qualify for subsidies through this approach must actively participate in building their individual case plan.

Market Rental Housing

In market rental housing, rent is usually set between 80% -100% of Average Market Rent AMR (as determined by Canada Mortgage and Housing Corporation (CMHC), based on unit size).

Affordable rental housing can be in privately owned buildings, non-profits or city owned housing.

You can often stay on the Rent-Geared-to-Income waiting list if you accept a unit through the Affordable Rental Housing Program.

<https://www.peelregion.ca/peelliving/>



Searching for Rental Housing



Use filter options on these sites to search for places that fit preferences. Alerts can be set to notify when new ads are posted.

[Kijiji](#)
[RentBoard.ca](#)
[Zumper.com](#)
[Rentcompass.com](#)
[FreeRentAds.com](#)
[REALTOR.ca](#)
[Viewit.ca](#)



Visit [Facebook Marketplace](#) on your Facebook page, click on the Marketplace icon located at the top of the screen. Then click on the rental icon.

Search options such as city, kms (distance) away, price range, bedrooms, etc.

Set alerts to receive notifications on new rentals ads.



[Rentals.ca](#) provides a list of affordable housing options from sources like Kijiji, Rentboard, and Viewit. They compile options from multiple sources together on one listing.



Drive/walk/bike around preferred neighborhoods. Landlords and property managers will often post signs out front where there are units for rent.

Some landlords post signs in places like grocery stores, libraries and/or community centres too.

Private Market Rental Housing

Market Rent is residential rent that is not classified as “subsidized rent” or “affordable rent” under any affordable housing program (you pay the amount advertised in the listing or advertisement).

2025/26 Average Market Rent (AMR)

Unit Size	Average Market Rent in Peel Region
1 Bedroom	\$1,737
2 Bedroom	\$1,936
3 Bedroom	\$2,072

Please note: Local AMRs are determined by the CMHC or alternative AMRs approved by the Ministry of Municipal Affairs and Housing (MMAH) where there are no CMHC AMRs. The information in the chart is provided by the 2025/26 COHB calculator (not provided) which also utilizes information in the AMR [link](#) provided



Things to Consider Before Renting a Unit



FOLLOW DIRECTIONS IN THE AD

Some landlords/property managers prefer calls, some use email or the messaging system through the ad site (such as Kijiji messaging). Many ads also ask very specific questions to assess applicants.



CALLING THE LANDLORD

Prepare your list of questions before you call and keep a pen and paper handy to write down the answers. There are probably others who are interested in the rental, remember to be polite and make a great first impression.



VIEWING THE RENTAL UNIT

Arrive on time and be well-groomed and well prepared. Introduce yourself and try to remain calm and confident. Have your references ready to provide to the landlord/property managers.



PREPARE YOUR DOCUMENTS

To support your rental application, landlords/property managers may ask to see your driver's license or other ID. They may ask where you work, and permission to run a credit check. There are rules about your [privacy](#) that must be respected.



APPLYING FOR THE RENTAL

Make sure you understand the application process, ask questions if something isn't clear. Fill in the application form (paper copy/online). Inquire about the deposit fees and next steps.



SIGNING THE LEASE

A successful applicant will be asked to sign a lease. Upon signing you will usually be required to pay last month's rent. Then first month's rent is due on the 1st day of the month you've rented the apartment for (make sure to get receipts).

Landlord Responsibilities

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According to Canada Mortgage and Housing Corporation (CMHC) Landlords must:

- Maintain the tenant's home in a good state of repair and fit for habitation and at the landlord's expense.
- Always ensure a reasonable supply of fuel, electricity, hot and cold water and other utility services (cable, Internet).
- Not seize, without legal process, a tenant's property for rent default or for the breaking of any other obligation of the tenant.
- Not harass, obstruct, coerce, threaten or interfere with the tenant. Ensure that their rental units comply with the standards for health, safety, housing & maintenance.
- Before renting a property, it must meet municipal zoning laws, bylaws, fire safety regulations and local building codes.



Tenant Responsibilities

According to Canada Mortgage and Housing Corporation (CMHC) Tenants must:

- Pay rent on time
- Behave well, clean the rental premises, repair damage caused by an accident or deliberate act of the tenant or a person whom the tenant permits on the premises
- Do not harass, obstruct, coerce, threaten or interfere with the landlord
- Contact the landlord as soon as possible when a problem arises involving repairs or services
- Permit entry (with proper notice) for repairs or showing of the home for the next tenant or purchaser
- **Honour your rental agreement or lease:** follow the terms in your rental agreement or lease

For more information, visit:

<https://www.cmhc-schl.gc.ca/en/consumers/renting-a-home/i-am-renting>



Tenant Rights



CLEO develops clear, accurate and practical legal information to help people understand and exercise their legal rights.

Visit their website for more details:

<https://www.cleo.on.ca/en>



Centre for Equality Rights in Accommodation (CERA)

Provides free services to renters facing eviction and human rights violations in their housing.

Visit their website for more details:

<https://www.equalityrights.org>



The Canadian Centre for Housing Rights (CCHR) provides free, individualized services to renters in Ontario who are facing challenges in their housing.

<https://housingrightscanada.com/our-work/our-tenant-services/#contact-us>

Tenant Rights

The **North Peel & Dufferin Community Legal Services** is funded by Legal Aid Ontario. They provide access to justice for people with low incomes living in Brampton, Caledon and Dufferin County. Advise you on your rights and the process for enforcing your rights;

They can help with many housing problems, including:

- Your landlord wants to evict you
- You have already received an eviction order from the Landlord and Tenant Board
- Your rent subsidy is going to be cut off
- You have bedbugs or cockroaches in your home
- The superintendent is harassing you
- You are a co-op member, and the co-op wants to evict you

Visit their website for regular updates and information for tenants.

Website: <https://www.northpeeldufferinjustice.ca/legal-topic/housing-law/>

Phone: (905)-455-0160

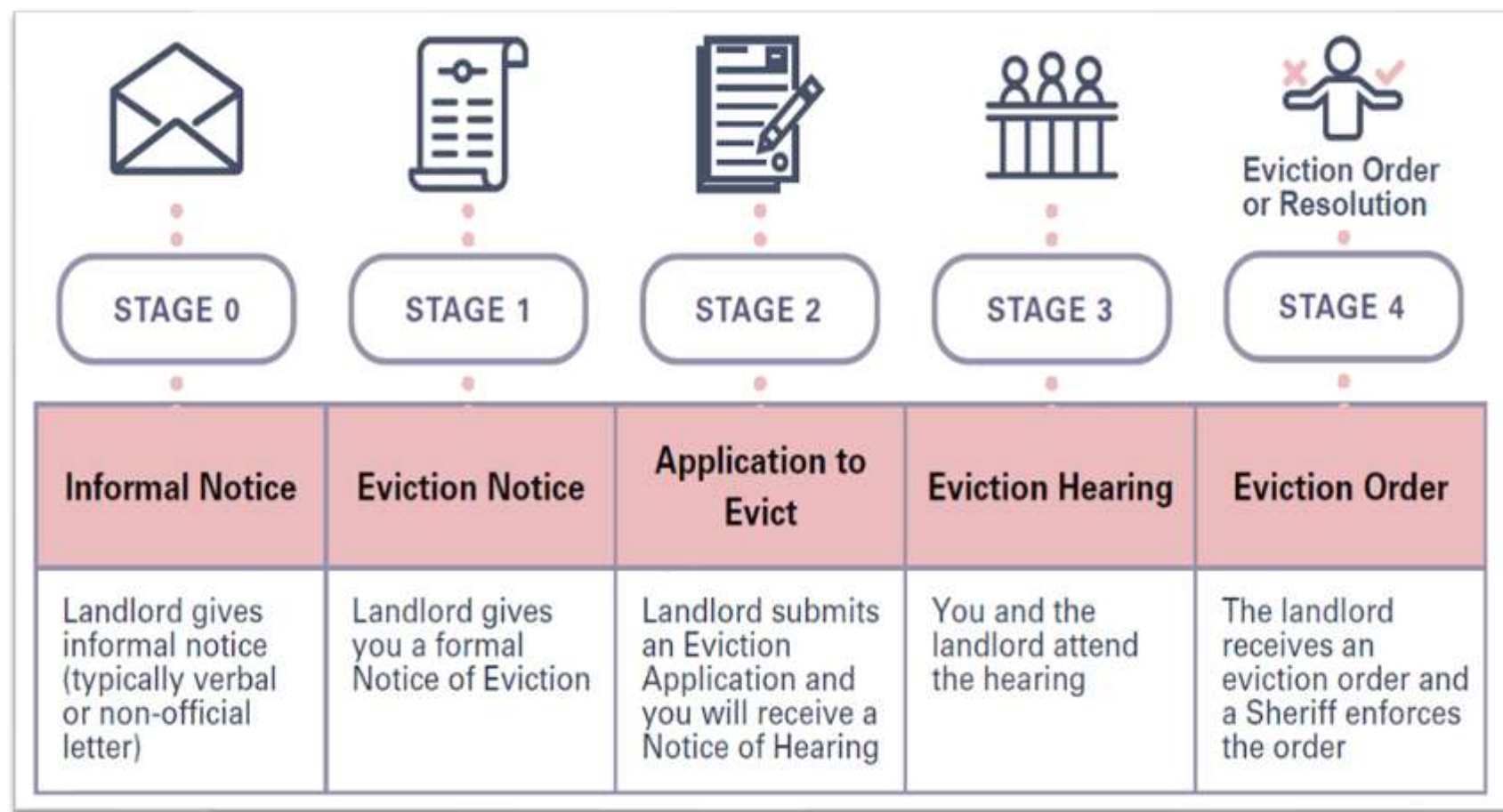
Eviction Process

Landlords are required to give official notices of eviction which starts the eviction process. (see diagram)

If you receive an eviction notice, **you do not have to move out**. Contact **North Peel and Dufferin Community Legal Services** immediately.

It is best not to sign anything your landlord gives you without receiving legal advice first. Contact legal advice first to make sure you know the legal meaning of the document you are about to sign.

A tenant does not have to do anything until the landlord files an eviction application with the Landlord and Tenant Board (LTB). The LTB will notify a tenant of the application and hearing date if/when this happens.



[Eviction Prevention Handbook: Here's what you need to know if your landlord is trying to evict you](#)

Facing Eviction – Obtaining Assistance

Eviction Resource

Website

Centre for Equality Rights in Accommodation (CERA)

<https://www.equalityrights.org/our-services>

Legal Aid Ontario

<https://www.legalaid.on.ca/legal-clinics/>

Understanding & Fighting Evictions

[How to Respond to an Eviction Notice](#)

Being a Tenant in Ontario – Useful information sources are available for tenants in Ontario

<https://www.peelregion.ca/housing/tenant-resources.asp>

Affordable Home Ownership

Affordable home ownership models use a variety of creative approaches (e.g., down-payment assistance, shared equity mortgages, etc.) to help lower-income individuals and families, who might not otherwise be able to purchase a home and/or afford the monthly cost of carrying a mortgage.



Affordable Home Ownership

These are some of the initiatives that provide affordable home ownership options

Home Ownership Resource

Information and Website

The Home Buyers' Plan (HBP)

You can use the [Home Buyers' Plan \(HBP\)](#), if you are eligible, to **make a tax-free withdrawal from your registered retirement savings account (RRSP) to buy or build a home**. Ideal for first-time buyers, the HBP allows each borrower to [withdraw up to \\$35,000](#) (\$70,000 for a couple). You then have 15 years to repay what you've borrowed, interest-free, starting two years after you make your withdrawal.

The Tax-Free Home Savings Account (FHSA)

[The FHSA](#) is a new account that allows you to save for your first home. It also **allows you to make tax-deductible contributions of up to \$8,000 per year, up to a lifetime maximum of \$40,000**. Your contribution room starts to accumulate as soon as you open your first account. You can carry forward your unused FHSA contribution room, up to a maximum of \$8,000, to use in the following year.

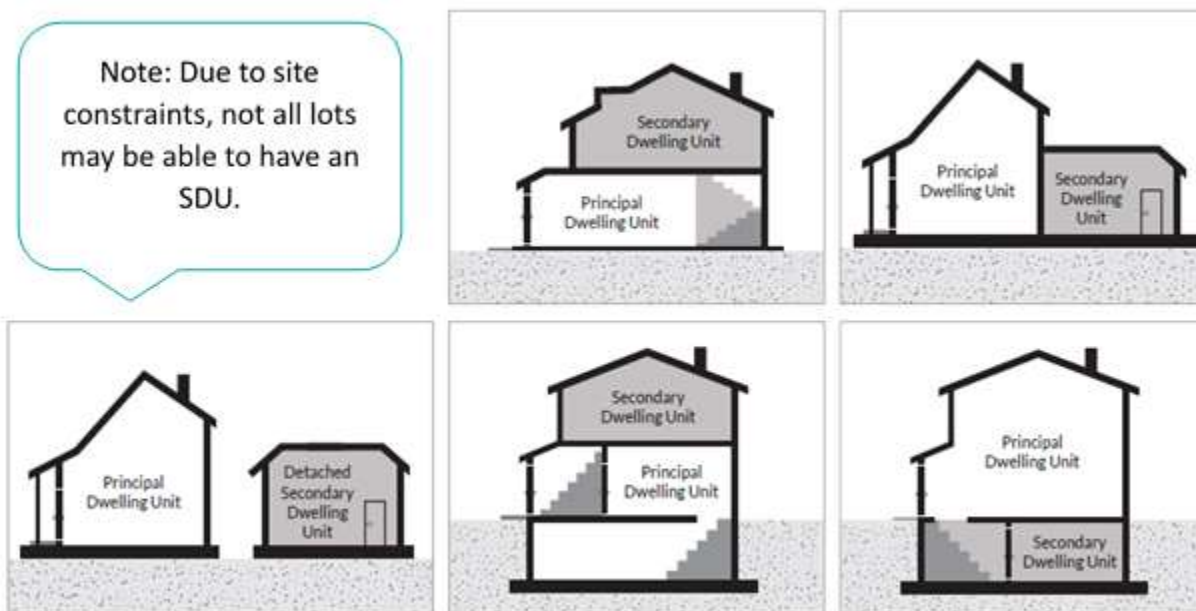
Market Home Ownership

Market Home Ownership is housing that is for sale in the open housing market and the cost of the housing is not subsidized (reduced) in any way.



Secondary Dwelling Units

You might have heard the words basement apartment, or granny flats, or coach houses. Or perhaps Accessory Dwelling units or Secondary Suites. These terms are used to describe a dwelling unit that is accessory to the main dwelling. The diagram below are examples of what an SDU might be.



More information can be found on The Reel Region website:

<https://www.peelregion.ca/services/housing/second-unit-reno/>

Disability Grants in Ontario

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In addition to monthly disability support programs, there are a number of beneficial grants for people living with disabilities in Ontario. These grants help cover the costs of expenses for things like assistive devices and expensive prescriptions. There are even grants for accessibility renovations in Ontario, relating to home and vehicle modifications..

<https://www.cortree.com/frequently-asked-questions/disability-grants-ontario/#Renovates>

Financial Assistance for Homeowners

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Financial Assistance	Details	Website
Low-income Energy Assistance Program (LEAP)	Low-income Peel Region residents may be eligible for emergency financial assistance to apply against their electrical bill through the Low-income Energy Assistance Program (LEAP).	Ontario Energy Board LEAP
Other Financial Help to Pay Utility Bills	High utility bills put low-income homeowners and tenants at risk. The programs listed below may be able to provide financial help. For more details on eligibility and applying contact the program directly.	Ontario Electricity Support Program Rogers Connected for Success Keep Housing and avoid eviction in Peel
Money For Energy Conservation Renovations	People on Ontario Works or ODSP may receive a one-time payment of up to \$50 to reimburse the cost of items such as: <ul style="list-style-type: none">• Caulking• Sealing or weather-stripping for doors and windows• Insulation for hot water pipes and hot water tanks, and flow restrictors for shower heads	Social Assistance: OW and ODSP Discretionary Benefit Low-cost Energy Conservation Measures
Money to Buy Smoke Alarms and Carbon Monoxide Detectors	Homeowners receiving Ontario Works Assistance may receive a one-time payment to buy smoke alarms or carbon monoxide detectors. <ul style="list-style-type: none">• Up to \$25 per family for a smoke alarm/smoke detector• Up to \$50 per family for a carbon monoxide detector	Ontario Works
Save On Energy	Programs, rebates and incentives for residents, communities and businesses, plus advice and tips for every budget	https://saveonenergy.ca/

Other Community Resources



Home and Community Support Services

Some examples of home and community care services – not an exhaustive (complete) list

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Resource

Website

Contact

Ontario Health at Home

Provides a wide range of health care services and resources that are covered through the Ontario Health Insurance Plan (OHIP), and can be provided in a patient's home or at a nursing clinic

<https://healthcareathome.ca/getting-started/>

1-888-883-3313

Home Care Hub

<https://www.homecarehub.com>

1-888-227-3080

Mental Health and Crisis Services

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Some examples of mental health and crisis services – not a complete list

If you are experiencing an emergency, call 911 or go to your closest hospital emergency room

Resource	Website	Contact
Canadian Mental Health Association Self-Help Alliance	https://cmhapeeldufferin.ca/	(905) 451-2123 Or 1-877-451-2123
Here 24/7	https://here247.ca/about-here247/contact-us/	1-844-437-3247
Services and Housing In the Province (SHIP) - Mental Health Consultation - Dufferin County	Mental Health Consultation https://shipshey.ca/programs/mental-health-consultation/	60 Courtnepark Drive West, Unit 2 Mississauga, ON L5W 0B3 Canada 905-795-8742 Email: info@everymind.ca
Every Mind Mental Health Services	https://everymind.ca/	Phone: 905-795-3500 Fax: 905-696-0350

Hot Meals/Food Banks/Drop Ins

Food Banks are a place where stocks of food, typically basic provisions and nonperishable items, are supplied free of charge to people in need.

Drop-ins provide spaces where people who may be homeless or need housing can feel safer and can meet their physical, social, personal, and mental health needs. By building relationships and offering opportunities for participation in the community, drop-ins play a key role in breaking down isolation and supporting the development of critically important social connections.

Hot Meals/Food Banks/Drop Ins

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Some examples of places to get hot meals – not an exhaustive (complete) list

Resource	City	Website and Resource Explanations	Contact
Caledon Community Caseworkers	Caledon	<ul style="list-style-type: none"> Help with your unique needs, offering food support, referrals to community resources, help with utility/ internet costs and so much more https://ccs4u.org/life/the-exchange/community-care-coordination	(905) 584-2300 ext. 201 or 208
Regeneration	Brampton food programs	<ul style="list-style-type: none"> Food bank - setting you up with a weeks worth of groceries Essential care program – providing hot meals Breakfast daily from 7-9:30am (ending 9:15 on Sundays) and lunch 11:30-12:30 Mon-Fri https://regenbrampton.com/service/marketplace/	<ul style="list-style-type: none"> Marketplace (905) 796-5888 ext. 4000 Office and meal program (905) 796-5888
Knights Table	Brampton Food programs	<ul style="list-style-type: none"> First bite breakfast, Kids breakfast club , Senior's café, Cecil's kitchen – (\$1 a meal) Our pantry (food bank), Holiday hampers, Good neighbour bread and baked Good neighbour mobile –Good neighbour mobile seniors' program – daily delivery of hot meals and weekly food hampers https://knightstable.org/programs-and-services/food-programs/	<ul style="list-style-type: none"> (905) 454-8725
Ste. Louise Outreach	Brampton food bank	<ul style="list-style-type: none"> Free of charge food bank, clients must register first https://stelouisefoodbank.ca/	<ul style="list-style-type: none"> (905) 454 2144 Registration Info: stelouisefoodbank85@hotmail.com
St. Paul's United Church	Brampton Food bank	<ul style="list-style-type: none"> Every other Tuesday 1:30pm-3pm https://www.stpaulsbrampton.com/	<ul style="list-style-type: none"> (905) 451-1405

Hot Meals/Food Banks/Drop Ins

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Resource	City	Website and Resource Explanations	Contact
Regeneration	Brampton food program	Opening hours Tues only: drop-in at noon, dinner at 4:00 https://regenbrampton.com/service/marketplace/	<ul style="list-style-type: none"> • (647) 741 8469 • 2 Wellington St, Brampton, L6W 1Y2 • (416) 996 4355 • 32 Regan Rd, Brampton
Gurdwara Sikh Sangat	Brampton food program	10am-8pm meal pick up	<ul style="list-style-type: none"> • (416) 996 4355 • 99 Glidden Rd, Brampton
Sri Guru Nanak Sikh Centre	Brampton food program	10am-8pm meal pick up	<ul style="list-style-type: none"> • (905) 791 1085 • 9395 Bramalea Rd, Brampton
Salvation Army Brampton and North Peel	Brampton	Tuesdays & Thursdays 10:00 AM – 3:00 PM (1 family member only – no children), emergency assistance only (1 bag of non-perishable food per family)	<ul style="list-style-type: none"> • 7140 Goreway Dr, Mississauga, ON L4T 2T6 (7AM to 10PM)
Sai Dham Food Bank	Mississauga	<ul style="list-style-type: none"> • Seniors, specially-abled + special needs • Children's breakfast program • Feed the homeless program • https://saidhamfoodbank.com/ <p>A senior citizen, 65 or older with mobility restrictions A person with a physical disability or short/long-term illness and does not live with a household member who is able to visit a food bank on their behalf. Can provide medical documentation supporting above eligibility criteria https://www.foodbanksmississauga.ca/get-support/food-bank-2-home/</p>	<ul style="list-style-type: none"> • (905) 270-5589
Food Bank 2 Home	Mississauga	Mon, Tues, Thurs: 9am-5pm; Wed 9am-8pm; Fri 9am-1pm	<ul style="list-style-type: none"> • (905) 270-5589 • 3121 Universal Dr, Mississauga L4X 2E2
The Mississauga Food Bank Emergency Donation Centre	Mississauga		

Hot Meals/Food Banks/Drop Ins

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Resource	City	Website and Resource Explanations	Contact
Meadowvale Emergency Pantry	Mississauga	Sat 11:00am – 2:00pm	<ul style="list-style-type: none"> 5920 Montevideo Rd. Mississauga, ON, L5N 3J5
Sacred Hands Canada Food bank, Food pantry, Soup kitchen	Mississauga	Foodbank: Mon-Thurs 11:00am-1:00pm and 2:00pm-3:30 pm, Sat 11:00am-1:00pm. Closed on Fri and Sun. All other services Mon-Sat 10:00-5:00pm	<ul style="list-style-type: none"> (905) 624-0333 26-29-5004 Timberlea Blvd, Mississauga L4W 5C5
Share & Care Canada	Mississauga	Tues 11:00am – 2:00pm https://www.shareandcarefoodbank.com/	<ul style="list-style-type: none"> (905) 956-2900 Westwood Square, 7205 Goreway Dr. Unit E62 Mississauga, ON, L4T 4J1
St. Hilary's Food Cupboard	Mississauga	Thurs 10am-12pm http://www.sthilarys.com/	<ul style="list-style-type: none"> (905) 279-2304 2055 Hurontario St, Mississauga L5A 2E6
Faith Community Outreach	Mississauga	Wed & Fri 5:00pm – 8:30pm (walk-in's welcome), Fri morning: Please call for an appointment. https://faithcommunityoutreach.org/food-bank/	<ul style="list-style-type: none"> (905) 602-7579 1700 Sismet Rd. Mississauga, ON, L4W 1R4
Mount Zion Apostolic Church Food Bank	Mississauga	Fri from 1-4pm http://www.mzaccanada.com/	<ul style="list-style-type: none"> (905) 677-8389 6810 Professional Court, Mississauga L4V 1X6
St. Mary's Food Bank – Streetsville	Mississauga	Mon 5:00pm- 7:00pm & Wed 12:30pm-2:30pm https://stmarysfoodbank.ca/	<ul style="list-style-type: none"> (905) 286-9987 6277 Mississauga Rd, Mississauga L5N 1A7

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Resource	City	Website and Resource Explanations	Contact
St. Mary's Food Bank – Dundas	Mississauga	Mon 6:00pm – 8:00pm, Wed 11:00am – 2:00pm https://stmarysfoodbank.ca/	<ul style="list-style-type: none"> • (905) 238-9008 • 1699 Dundas St. E. Mississauga, ON, L4X 1L5
St. Mary's Food Bank - Coopers	Mississauga	Tues 12-2pm, Wed 6-8pm, Thurs 6-8pm https://stmarysfoodbank.ca/	<ul style="list-style-type: none"> • (905) 890-0900 • 4-5715 Coopers Ave, Mississauga L4Z 0C5
St. Joseph Community Kitchen	Mississauga	Tuesday 2:00pm – 4:00pm, Thursday 12:00pm – 2:00pm https://stmarysfoodbank.ca/about/#st-joseph-community-kitchen	<ul style="list-style-type: none"> • (905) 238-9008 • 1699 Dundas St. E. Mississauga, ON, L4X 1L5
Reach out Committee	Mississauga	Mon, Fri, Sat 12:00pm – 5:00pm http://www.reachoutcommittee.com/	<ul style="list-style-type: none"> • (647) 740-9337 • 130 Dundas St. E. Suite 201 Mississauga, ON, L5A 1W7
WellFort Four Corners	Mississauga	Last Tues of each month 11:00am – 3:00pm	<ul style="list-style-type: none"> • (905) 677-9599 • Westwood Square, 7205 Goreway Dr. Unit 75 Mississauga, ON, L4T 4J1
Living Water Arab Christian Centre	Mississauga	Sun 1:00pm – 4:00pm Please call for an appointment.	<ul style="list-style-type: none"> • (647) 461-0670 • 3637 Grand Park Dr. Mississauga, ON, L5B 4L6
Mississauga Muslim Community Centre	Mississauga	Mon 5:30pm – 7:30pm http://www.mmcc-canada.org/	<ul style="list-style-type: none"> • (905) 270-4900 • 2505 Dixie Rd. Mississauga, ON, L4Y 2A1
Sakeenah Canada	Mississauga	https://www.sakeenahcanada.com/the-peoples-market	<ul style="list-style-type: none"> • 1-888-671-3446 • 5659 McAdam Rd Unit B3 Mississauga, ON, L4Z 1N9

Hot Meals/Food Banks/Drop Ins

This is Not an exhaustive... (complete) list

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Resource	City	Website and Resource Explanations	Contact
Praise Cathedral Worship Centre Food Bank and Delivery	Mississauga	Third Thurs of every month 6:00pm – 7:00pm Delivery available	<ul style="list-style-type: none">• (647) 231-2263• 6785 Millcreek Drive, Mississauga L5N5M4
Vita Centre (Food education (communal cooking), Multi-Service Centre, Food pantry)	Mississauga	Mon to Fri 8:00 a.m. to 4:00 p.m. No Fee; Registration is required	<ul style="list-style-type: none">• (905) 502-7933• C2-5659 McAdam Rd, Mississauga L4Z 1N9
VON Meals on Wheels Community Meal Program (Soup Kitchen)	Mississauga	Mon to Fri 8:30am – 4:30pm	<ul style="list-style-type: none">• (905) 821-3254• 78 William St., Mississauga L5M1J3
The Compass	Mississauga	Mon 9:30am – 7:00pm, Wed 9:30am – 5:00pm, Fri 9:30am – 5:00pm	<ul style="list-style-type: none">• (905) 274-9309• 427 Lakeshore Rd. E. Mississauga, ON, L5G 1H5
Acorn2Oak Youth Services Food Pantry and Delivery	Mississauga	Wed 10am – 5pm, Thurs 10am – 8pm http://acorn2oak.ca/	<ul style="list-style-type: none">• (905) 566-2359• 25-1224 Dundas St.E, Mississauga L4Y 4A2
Global Family Community Centre	Mississauga	Sat 1:00pm – 5:00pm, Sun 12:30pm – 3:30pm http://www.globalcentre.ca/	<ul style="list-style-type: none">• (647) 546-7977• 1136 Matheson Blvd. E. Unit 3B Mississauga, ON, L4W 2V4

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Resource	City	Website and Resource Explanations	Contact
ISNA Canada: Food Bank Community Kitchen	Mississauga	First Sat of every month 7:00am - 11:00am	<ul style="list-style-type: none"> (905) 403-8406 2200 South Sheridan Way, Mississauga L5J 2M4
ICNA Pantry	Mississauga	Tues & Wed 10:00am – 4:00pm Please call for an appointment; office is open Mon to Fri 10:00am – 5:00pm https://www.icnareliefcanada.ca/food-banks/	<ul style="list-style-type: none"> (905) 858-1067 4-6120 Montevideo Rd. Mississauga, ON, L5N 3W5
Touche Empowerment Services Pantry	Mississauga	Thurs 5:00pm – 8:00pm	<ul style="list-style-type: none"> 3687 Nashua Dr. Unit 8 Mississauga, ON, L4V 1V5
Trinity House of Hope	Mississauga	Wednesday 7:30pm -9:00pm https://www.trinityhouseofhope.ca/en/	<ul style="list-style-type: none"> (416) 803-5493 2050 Dundas St. E. Mississauga, ON, L4X 1L9
Tender Mercies Pantry	Mississauga	Wed 12:00pm – 4:00pm https://mississaugasda.com/touch-of-love	<ul style="list-style-type: none"> (905) 608-0013-ext-3 2250 Credit Valley Rd. Mississauga, ON, L5M 4L9
Faith of Life Network / Sayeda Khadija Centre Food Pantry	Mississauga	Provide monthly grocery boxes through Fall /Winter	<ul style="list-style-type: none"> (905) 564-5509 7150 Edwards Blvd, Mississauga, L5S 1Z1
Fruitful Communities	Mississauga	Wed 4:00pm – 6:00pm, Sat 2:00pm – 4:00pm, Sun 12:30pm – 2:00pm	<ul style="list-style-type: none"> (905) 696-0050 6731 Columbus Rd. Mississauga, ON, L5T 2M4
Eden Food for Change – Battleford	Mississauga	Mon 10am – 1pm, Thurs 2-4pm and 5-7pm http://www.edenffc.org/	<ul style="list-style-type: none"> (905) 785-3651 3051 Battleford Road Mississauga, ON, L5N 5Z9
Eden Food for Change – Unity	Mississauga	Tues 4:00pm – 7:00pm, Wed 1:00pm – 4:00pm, Fri 10:00am – 1:00pm http://www.edenffc.org/	<ul style="list-style-type: none"> (905) 785-3651 3185 Unity Dr. #2 Mississauga, ON, L5L 4L5

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Resource	City	Website and Resource Explanations	Contact
Gilgal Community Meal Program	Mississauga	Sat 5:00pm – 7:00pm	<ul style="list-style-type: none"> • (905) 273-4442 • 2386 Haines Rd. Unit 217 Mississauga, ON, L4Y 1Y6
Mississauga Seventh Day Adventist Church Food Pantry	Mississauga	Wed at 12pm-2pm	<ul style="list-style-type: none"> • (905) 608-0013 • 2250 Credit Valley Rd, Mississauga L5M 4L9
Deacon's Cupboard St. Peter's Church Erindale Food Pantry	Mississauga	https://www.stpeterserindale.ca/deacons-cupboard/ Wed 9:00am-1:00pm	<ul style="list-style-type: none"> • (905) 828-1588 • 3041 Mississauga Rd, Mississauga L5L 0B7
Salvation Army Mississauga Branch Food Bank	Mississauga	Mon-Tue: 9:00am-12pm and 1:00pm-3:30pm; Wed: 9am-12pm and 1pm-6:30pm; Thurs: 1pm-3:30pm; Fri: 9am-12pm https://salvationarmy.ca/	<ul style="list-style-type: none"> • 905-279-3941 • 3167 Cawthra Rd, Mississauga L5A 2X4
Salvation Army Erin Mills Branch Food Bank	Mississauga	Mon 9am-12pm & 1:30pm-3:30pm; Wed: 9am-12pm; Fri: 9am-12pm	<ul style="list-style-type: none"> • (905) 820-6868 • 2460 The Collegeway, Mississauga L5L 1V3
Salvation Army Cornerstone Community Church Food Bank	Mississauga	Tues and Thurs 9am-12pm and 1pm-3pm; Fri 6-8pm	<ul style="list-style-type: none"> • (905) 824-0450 • 3020 Vanderbilt Rd, Mississauga L5N 4W8
Seva Food Bank - Wolfedale	Mississauga	Wed 4-8pm, Thurs 4-8pm, Fri 11:00am-3pm https://www.sevafoodbank.com/	<ul style="list-style-type: none"> • (905) 361-7382 • 10-3413 Wolfedale Rd, Mississauga L5C 1V8
Seva Food Bank – Malton	Malton	Wed 4:00pm – 8:00pm, Thurs 4:00pm – 8:00pm, Fri 11:00am - 3:00pm https://www.sevafoodbank.com/	<ul style="list-style-type: none"> • (905) 361-7382-ext-2 • 2832 Slough St. Mississauga, ON, L4T 1G3

Public Washrooms and Showers

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This is not an exhaustive... (complete) list

Resource	City	Website	Contact
Showers	Mississauga	<ul style="list-style-type: none"> Clarkson Community Centre Erin Meadows Community Centre Frank McKechnie Community Centre Huron Park Recreation Centre, Malton Community Centre Meadowvale Community Centre, Mississauga Valley Community Centre, Port Credit Arena River Grove Community Centre, South Common Community Centre 	Individuals can obtain a no cost Shower Access Pass at the reception desk during daily operating hours.
Regeneration	Brampton	Showers are accessible 7 days a week during program hours https://regenbrampton.com/service/essential-care-program/	<ul style="list-style-type: none"> 905-796-5888
St. Leonard's Place Peel	Brampton	Accessible showers for men 18 years or older experiencing homelessness https://www.stleonardsplace.com/	<ul style="list-style-type: none"> (905) 457-3611 info@slpp.ca 1105 Queen St E Brampton, ON, L6T 4E2 (out of the cold program)
Public Bathrooms	Brampton	<ul style="list-style-type: none"> Shoppers world 499 Main St S <ul style="list-style-type: none"> Monday to Friday 10am-9pm Saturday 9:30am-6pm and Sunday 11am-5pm Brampton Go station - 27 Church St W, Eldorado park - 8520 Creditview Rd, Fred Kline Park, Credit view sandalwood park Bramalea City Centre 25 Peel Centre Dr <ul style="list-style-type: none"> Monday to Friday 10am-9pm Saturday 9:30am-9pm and Sunday 11am-8pm Kennedy square mall 50 Kennedy Rd S <ul style="list-style-type: none"> Sunday-Saturday 9am-7pm Brampton civic hospital - 2100 Bovaird Dr E, McDonalds, Tim Hortons, Starbucks Other Fast-food restaurants 	

Free and Affordable Essentials

Some examples of places you may find free and affordable furniture, clothing etc. – not an exhaustive (complete) list

Resource	City	Website	Contact
Value Village locations	Peel	https://stores.savers.com/?site=ValueVillage&lang=EN&country=CA&q=peel%20region	
The Open Door	Mississauga	https://opendoorsquareone.org/	<ul style="list-style-type: none"> • (905) 276-9136 • theopendoor@hotmail.com • 100 City Centre Drive, Mississauga
Regeneration	Brampton	<p>Replace worn clothing, keep warm and dry in inclement weather, and obtain fresh clothes for job interviews and other life events</p> <p>https://regenbrampton.com/service/essential-care-program/</p>	<ul style="list-style-type: none"> • (905) 796-5888
Central West Healthline Mississauga Halton Healthline	Brampton, Caledon and Mississauga	These links provide a directory of organizations that assist with free clothing and essentials in Peel and surrounding areas	<ul style="list-style-type: none"> • https://www.centralwesthealthline.ca/listservic.es.aspx?id=10725 • https://www.mississaugahaltonhealthline.ca/lis tServices.aspx?id=10725

Employment Support

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Some examples of employment support programs – not an exhaustive list.

To search for Employment Services in Ontario, you can visit: [Employment and Training Services in Ontario](#)

Resource	City	Website and Resource Explanations	Contact
Knights Table	Brampton	STEP UP EMPLOYMENT – Provides pre-employment support services, including activities such as assistance with job search, resume writing, and individual action planning; and assisting clients to develop references and gain real work experience through volunteer placements and connections to other community resources and employment opportunities. https://knightstable.org/programs-and-services/social-supports/	<ul style="list-style-type: none">(905) 454-8725
Discover Ability	Peel	Discover Ability Network is a free portal that helps job seekers with disabilities match with meaningful employment opportunities and offers employers resources to help them hire and retain persons with disabilities, foster inclusive workplaces, and benefit their bottom line. https://discoverability.network/#/ ;	
Next Steps Employment Center	Brampton and Mississauga	If you are a job seeker in Toronto, Mississauga, Brampton, Vaughan or surrounding cities, Next-Steps Employment Centers can help you secure employment – for free.	https://www.tdsb.on.ca/Community/Community-Services/Find-a-Job/Next-Steps-Employment-Centres
AppleOne	Brampton and Mississauga	Help finding employment	5720 Timberlea Blvd. Suite 203 A Mississauga, ON L4W 4W2 (905) 277-2770 mississauga@appleone.com

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Some examples of employment support programs – not an exhaustive list.

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Resource	City	Website and Resource Explanations	Contact
Brampton YMCA Employment	Brampton	The YMCA provides resources, employment services, career planning and personalized advice to help people assess their skills and experience. We also help employers hire people with the skills they need. https://www.ymcagta.org/find-a-y/brampton-ymca-employment-and-immigrant-services	<ul style="list-style-type: none">• 40 Peel Center Drive Brampton (905) 276 - 9322
Indus Employment Services	Mississauga	One-on-one counselling, resume/cover letter critique, interview coaching and connect you with employers. We host workshops that are open to all newcomers to help them learn proven techniques required to gain employment, based on experience and education. These workshops take place monthly and are free of charge. https://www.induscs.ca/employment-services/	<ul style="list-style-type: none">• 3038 Hurontario Street, Suite 206 Mississauga (905) 275-2369
Caledon Community Services	Caledon	We connect job seekers and local businesses with training programs, government hiring grants and incentives, job matching and much more. https://ccs4u.org/jobs	<ul style="list-style-type: none">• Royal Courtyards, Upper Level 18 King Street East Bolton, ON L7E 1E8• (905) 584-2300 Email: info@ccs4u.org

Indigenous Resources

The following page highlights Indigenous organizations that provide cultural and holistic programs and services for Indigenous peoples within the community.

[The National Association of Friendship Centres](#) has created a comprehensive list of Indigenous Health and Wellbeing resources that are available across Ontario. To access this resource, click [here](#).



Indigenous Housing Resources and Services

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Resource	City	Website and Resource Explanations	Contact
The Indigenous Network	Provincial	<ul style="list-style-type: none"> Justice Services Child and Family Services Healing and Wellness services https://theindigenousnetwork.com	208 Britannia Road East – Unit 1 Mississauga, Ontario L4Z 1S6 (905) 712-4726 info@theindigenousnetwork.com
The Humans Right Legal Support Centre – Indigenous Services	Provincial	<p>The HRLSC established an Indigenous Services and Outreach Committee and has implemented culturally appropriate service guidelines in order to increase usage of the human rights system by Indigenous peoples. The HRLSC is committed to providing Indigenous people with an accessible legal service. Services are provided in 140 languages including Cree, Oji-Cree, Mohawk, and Ojibway.</p> <p>For more information: https://hrlsc.on.ca/indigenous-services/ or Indigenous Services Brochure</p>	Toll Free: 1-866-625-5179 TTY Toll Free: 1-866 612-8627
Ontario Aboriginal Housing Services	Provincial	<p>OAHS offers rental opportunities to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-geared-to-income, affordable, and market rent units.</p> <p>For more information, visit: https://www.ontarioaboriginalhousing.ca/rental-housing</p>	Housing Services Rep: Toll-Free – 1-866-391-1061 info@oahssc.ca Link to Application
Metis Nation of Ontario	Provincial	<p>Programs and services: Community wellbeing, healing and wellness, education and training, housing and infrastructure, lands, resources and consultations, intergovernmental relations, economic development</p> <p>https://www.metisnation.org/</p>	<ul style="list-style-type: none"> 350 Rutherford Rd S (905) 450-4844

Indigenous Housing Resources and Services

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Resource	City	Website and Resource Explanations	Contact
Métis Housing Stabilization Program	Provincial	Addresses homelessness and housing instability by providing housing loss prevention and housing stabilization services and supports individuals and families who are homeless, at immediate risk of becoming homeless, or in an unstable housing situation. Services include, housing crisis intervention, eviction prevention support, support with housing applications, resource and information support, and much more. For more information, visit: Housing Stabilization Program	Housing Stabilization Team: Toll-Free: 1-800-263-4889 Ext. 350 housingstabilization@metisnation.org
Talk4Healing	Provincial	A 24/7 confidential helpline for Indigenous women available in 14 Indigenous languages, English, and French across Ontario. The helpline provides culturally sensitive and non-judgmental crisis counselling, advice, support, and referrals.	Toll-Free: 1-855-554-4235
Hope for Wellness Helpline	Provincial	A helpline service available to all Indigenous people across Canada. 24/7 Access to talk with experienced and culturally competent counsellors. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inuktitut. For more information, visit: https://www.hopeforwellness.ca/about-us/	Toll-Free: 1-855-242-3310
Steps to Justice: Your Guide to Law in Provincial Ontario		This resource provides answers to frequently asked questions regarding the rights as an Indigenous person in contact with the criminal justice system. At the bottom of the page, you will find additional tools and resources to help Indigenous people navigate supports and services. Find the resource here: https://stepstojustice.ca/?s=indigenous	

Settlement Services in Peel

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Settlement Services	City	Website and Resource Explanations	Contact Information
Catholic Crosscultural Services	Brampton	Settlement support services assist newcomers of all ages to adjust and integrate into Canadian society and connect with community facing resources. Support and group sessions in over 30 languages at no cost https://www.cathcrosscultural.org/	<ul style="list-style-type: none"> 164 Queen St E Suite 306 (905) 457-7740
Dufferin-Peel Catholic District School Board – new comer reception and assessment Centres	Brampton Mississauga	Introductions to the school system, settlement support, English and math proficiency, placement suggestions for secondary school, counsel students in choice of program/courses/post secondary destinations and send assessment report of registration https://www.dpcdsb.org/schools/newcomer-centres	<ul style="list-style-type: none"> 300 Great Lakes Drive (905) 799-2558 admissions@dpcdsb.org (905) 890-0708 ext. 24512 (admin)
Costi	Brampton	Language, Employment, and Settlement Services, no fee https://www.costi.org/programs/location_details.php?location_id=50	<ul style="list-style-type: none"> (905) 459-6700
Indus Community Services	Brampton Mississauga	Newcomer services, English language training, employment services, family services https://www.induscs.ca/	<ul style="list-style-type: none"> Brampton: 60 Gillingham Drive, Suite 500 (905)-275-2369 Mississauga: 3038 Hurontario St. suite 206 (905) 275-2369 Ext. 293 info@induscs.ca
Malton Neighbourhood Services	Brampton Mississauga	English classes and settlement services https://www.mnsinfo.org/settlement-services/	<ul style="list-style-type: none"> Brampton: 3975 Cottrelle Blvd Units 8-10 (905)794-7111 Mississauga: 3540 Morning Star Drive (905) 677-6270
Punjabi Community Health Servies	Brampton	Help newcomers integrate into Canadian society Employment, youth programs, short term counselling https://www.pchs4u.com/services.php	<ul style="list-style-type: none"> 50 Sunny Meadow Blvd., Suite 201 (905) 799-2558

Settlement Services in Peel

Settlement Services	City	Website and Resource Explanations	Contact Information
African Community Services of Peel (ACSP)	Peel	Newcomer settlement programs https://africancommunityservices.org/	<ul style="list-style-type: none"> 10 Gillingham Drive, Brampton (905) 460-9514 info@africancommunityservices.org
Vietnamese Community Center of Mississauga	Peel	https://cdvnmississauga.org/en.html	<ul style="list-style-type: none"> 600 Lakeshore Road East, Mississauga (905) 891-3825
Achev – Newcomer information Centre	Brampton	<p>They offer a wide range of immigrant services to help newcomers settle smoothly in Canada, from education and training, immigration, employment, health, housing, legal, financial, social and recreational.</p> <p>www.achev.ca</p>	<ul style="list-style-type: none"> 7700 Hurontario St, Unit 601 Office: (905) 457-4747 Toll Free: 1-800-668-1179 nicbcs@achev.ca
Brampton Multicultural Community Centre – New comer Settlement Services	Brampton Mississauga	<p>Supports immigrants, refugees and citizens in their settlement and adaption process to with day-to-day challenges, monthly workshops on settlement topics, and information about beneficial services and support with integration into the community</p> <p>https://bmccentre.org/newcomer-settlement-services/</p>	<ul style="list-style-type: none"> Brampton south: 197 Country Court Blvd. (905) 790-8482 Brampton North: 150 Central Park Drive (905) 790-8482 Mississauga: 4120 Ridgeway Drive, (905) 828-1328