

# Up your life

LIVING ON A LIMITED BUDGET IN YORK REGION





# IMPORTANT NUMBERS

|                                     |                      |
|-------------------------------------|----------------------|
| <b>York Region Police Emergency</b> | 911                  |
| Non-emergency                       | 1-866-876-5423       |
| <b>Crimestoppers</b>                | 1-800-222-TIPS       |
| <b>Hate Crime Hotline</b>           | 1-877-354-HATE(4283) |

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|   |                      |
|---|----------------------|
| <b>Community Crisis Response Services: 310-COPE</b> | 1-855-310-COPE(2673) |
| <b>Streamlined Access</b>                           | 1-844-660-6602       |
| <b>Mental Health Helpline</b>                       | 1-866-531-2600       |
| <b>Warm Line and Peer Crisis Support Service</b>    | 1-888-777-0979       |
| <b>Drug and Alcohol Helpline (DART)</b>             | 1-800-565-8603       |
| <b>National Suicide Prevention Lifeline</b>         | 1-800-273-8255       |

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|--|-----------------------|
| <b>Assaulted Womens Helpline</b>                     | 1-866-863-0511        |
| <b>Domestic Abuse and Sexual Assault Care Centre</b> | 905-883-1212          |
| <b>Victim Services of York Region</b>                | 1-866-876-5423 x 6790 |
| <b>Toronto Rape Crisis Centre Crisis Line</b>        | 416-597-8808          |
| <b>Human Trafficking Helpline</b>                    | 1-800-263-6734        |

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|   |                |
|---|----------------|
| <b>Women's Support Network of York Region</b> |                |
| Crisis Line                                   | 1-800-263-6734 |
| Human Trafficking Helpline                    | 905-758-5285   |
| Crisis Text (Thurs 6pm-10pm)                  | 647-492-5188   |

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|  |                |
|--|----------------|
| <b>Victim Support Line</b>                               | 1-888-579-2888 |
| <b>Male Survivors of Sexual Abuse Crisis and Support</b> | 1-866-887-0015 |

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|  |                |
|--|----------------|
| <b>PFLAG Anonymous Support Line</b>    | 1-866-977-3524 |
| <b>Lesbian Gay Bi Trans Youth Line</b> | 1-800-268-9688 |
| <b>York Rainbow Support Line</b>       | 1-888-967-5542 |

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|  |                |
|--|----------------|
| <b>Kids Help Phone</b>                             | 1-800-668-6868 |
| <b>Developmental Services Ontario Central East</b> | 1-855-277-2121 |
| <b>York Region Children's Aid Society</b>          | 1-800-718-3850 |
| <b>Poison Control</b>                              | 1-800-268-9017 |

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|   |                |
|---|----------------|
| <b>Street Outreach Van LOFT/Crosslinks</b>                | 1-866-553-4053 |
| <b>First Nations and Inuit Hope for Wellness Helpline</b> | 1-855-242-3310 |
| <b>Senior Safety Line - c/o Elder Abuse Ontario</b>       | 1-866-299-1011 |

## Shelters

|                          |                |
|--------------------------|----------------|
| Belinda's Place          | 289-366-4673   |
| Blue Door Shelters       | 1-888-554-5525 |
| Sandgate Women's Shelter | 1-800-661-8294 |
| Sutton Youth Shelter     | 905-722-9076   |
| Yellow Brick House       | 1-877-222-8438 |



# OUR HISTORY

York Region on a Limited Budget was inspired by a group of individuals who wondered how they could eat and live better, but do so inexpensively. A committee was formed by people who were living on limited incomes. They were given an opportunity to research options for stretching one's budget. In 1997, York Region on a Limited Budget was published as a result their work.

Since the initial production, York Support Services Network (YSSN) undertook the task of updating and printing several revised editions of the booklet, often with the assistance of consumers. Ever growing in popularity, the booklet garnered the interest and generous support of valued community partners.

Recently, YSSN received support from the Ontario Trillium Foundation to update the guidebook so that it better reflects the changing and diverse population of York Region. YSSN partnered with community members and people with lived experiences, alongside a group of community partners to revise the book so that it is more inclusive and reflective of our community.

**PLEASE NOTE:** We have made every attempt to ensure the information in this booklet is current and accurate. However, because of the level of detail, updates are frequently required.

**Users of this resource are strongly encouraged to double-check the information prior to trying to access services and/or supports.**

Information is constantly changing. For inaccuracies or changes that are required, please contact Carole Lynn Harley at **905-898-6455 ext. 2236** or via email at **Charley@yssn.ca**.



# ABOUT YSSN

York Support Services Network (YSSN) offers a range of programs and services throughout York Region, including case management, access to community-based supports, and community crisis response services which also extends to South Simcoe. Our focus is on supporting individuals and their families by helping them find the services they need to live a meaningful life.

| Mental Health   | Developmental Services   |
|---|--|
| Case Management   | Case Management for children, youth and their families<br><br>Case management for adults   |
| <b>Community Crisis Response—<br/>1.855.310.COPE</b>  | <b>Developmental Services<br/>Ontario for Central East Region</b>  |
| <b>Streamlined Access</b> <ul style="list-style-type: none"> <li>Is a partnership with mental health and addictions agencies that connects individuals, 16 years of age and older, who have a mental health and/or addiction concern or dual diagnosis, to mental health supports and services within their community.</li> </ul> | <b>Additional Developmental Services Serving York Region</b> <ul style="list-style-type: none"> <li>Children’s Case Coordination</li> <li>Community Helpers for Active Participation</li> <li>Community Crisis Response Coordination</li> <li>Local Case Resolution Coordination</li> <li>Respite Access Facilitation</li> <li>Passport program</li> </ul> |

## CONTACT US!

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 Phone: **905-898-6455** • **Toll Free: 1-866-257-9776**  
 Email: **contact@yssn.ca** • Website: **yssn.ca**



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# KRISTINE'S STORY

In the fall of 1995, I got on a plane in Northwestern Ontario, pregnant, carrying one suitcase of clothes and my cat. My mother had paid for the ticket for me to come down so I could get away from an abusive relationship and have a fresh start, but as my due date grew closer things grew more challenging. I had a hard time finding a place to live and I didn't know where to go to find help with everything I had been through, parenting support and figuring out what to do next. I was overwhelmed and stressed. I was very lucky to have support from my mom, but everything else had to go on hold while I was having my son and getting us situated in a safe place to live.

One day, I was walking down Main Street in Newmarket with my son in the stroller and I saw Rose of Sharon Services for Young Mothers and decided to go in and see what they had to offer. After talking with them, I decided to seek counselling and my son went into their child centre. I became a client for a couple of years. At one of our meetings, my counsellor gave me a copy of *York Region on a Limited Budget* (YRLB). I was sceptical at first because I was looking to become more independent and not rely on other people's help. But my counsellor said something that I will never forget and that changed my viewpoint forever: "We are not meant to be independent; we are to be interdependent. We are here to rely on each other in ways that we need and we can use our knowledge and lessons learned to be there for others."




This book has helped me through many things in my life and I still find it an invaluable resource. I basically can't look at a section in the book and say that there isn't something listed there that hasn't helped me. Even now, as an anti-poverty, disability and education advocate, I use this book all the time. It has information for everyone; not just people on a limited budget. I carry copies of YRLB with me all the time because I never know when someone will ask me for information and I can help them find it and give them a copy. I was a part of the team that updated the book in 2017 and am honoured to be part of this version as well.





uphub

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@yorksupport  @UpHubYR

**This project benefited from the support and help from the York Region on a Limited Budget Steering Committee and Our Community.**

**Stakeholder Committee:**

Regional Municipality of York, York Regional Police, York Catholic District School Board, York Region District School Board, Community & Home Assistance to Seniors (CHATS), Aurora Public Library, York Region Paramedics, YMCA Employment & Community, Addictions Services for York Region, PFLAG, 360 Kids, Krasman Centre, Welcome Centre, Southlake Regional Health Centre, Blue Door Shelters, York Region Food Network, Community Legal Clinic of York Region

**This book wouldn't have its pay-it-forward spirit without Anne Mossey.**

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**The Ontario Trillium Foundation**



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