



Insights and Encounters

April 2026

Volume 4 - Issue 3

IN THIS ISSUE:

- **CCAS: Rooted in Faith: Walking with Vulnerable Children, Youth, and Families**
- **CCS: From Volunteer to Thriving Professional: Mildred's Journey**
- **CFSPD: The Choice to Change Program**
- **Emily's House: A Pastoral Response to MAiD**
- **Journey Home Hospice: Equitable Care for the Most Vulnerable**
- **Rose of Sharon: An Amazing Event of Joy and Discovery**
- **Silent Voice: Building Access, Connection, and Belonging**
- **The Angel Foundation: In Partnership - Feeding More Students Than Ever**



Student reps at St. John's C.S.

Catholic Charities of the Archdiocese of Toronto provides leadership, supports social services, and facilitates advocacy for its member agencies and the people they serve. At its core is Catholic Social Teaching that focuses on the poor and marginalized, urging us all to build a just society and safeguard the dignity of every person.





Rooted in Faith: Walking with Vulnerable Children, Youth, and Families

Catholic Children's Aid Society of Toronto



April draws us into a season of renewal and resurrection. As we celebrate Easter, we are reminded that Jesus died for all of us—especially those who are most vulnerable—and calls the Church to be his hands and feet in the world. At the Catholic Children's Aid Society of Toronto (CCAS), this mission comes to life when we support children and youth who require protection to ensure their safety and well-being, while strengthening families.

The Preferential Option for the Poor, a central principle of Catholic Social Teaching, reminds us that those who are struggling require our care and resources first and foremost. Each day, we walk alongside families seeking safety, stability, and hope—helping them secure housing, access financial supports, navigate complex systems, and connect with community resources that can reduce the barriers they face.

Our work is not only about meeting immediate needs. Catholic Social Teaching calls us to challenge the structures that keep families in cycles of poverty, marginalization, and inequity. Through advocacy, collaboration, and community partnerships, we strive to ensure that every child and family is treated with dignity and has the opportunity to thrive.

Easter reminds us that hope is stronger than despair, and that renewal is always possible. As we reflect on this season, we are called to recommit ourselves to those who are too often overlooked or left behind. When we help a family find stable housing, when we connect a youth to mental health supports, when we advocate for justice and compassion—we participate in Christ's mission. To learn more about how we serve the most vulnerable, visit torontoccas.org.



From Volunteer to Thriving Professional: Mildred's Journey

Catholic Crosscultural Services



At CCS, we know that every opportunity can be the start of something life-changing, and Mildred's story is a powerful reminder of just that.

When Mildred first joined CCS as a volunteer, she was looking for a way to gain Canadian experience, give back to her community, and find her footing as a newcomer. What she discovered was much more than a volunteer placement, she found a supportive environment that believed in her potential.

"I want to sincerely acknowledge and thank you for the opportunity to volunteer, which opened the door to my first job with your organization. With the support and encouragement of the CCS team, I have now moved on to another fulfilling role."

Through her dedication and the guidance of the CCS team, Mildred's volunteer role quickly grew into her first job in Canada. Along the way, she built confidence, developed new skills, and formed meaningful connections that helped shape her career path.

Today, Mildred has moved on to another fulfilling professional role, carrying forward the experience, knowledge, and encouragement she gained during her time at CCS.

"I am truly grateful for your organization which contributed to my success. The ambiance at CCS really resonates with its Mission Statement. Once again, thank you for making lives better and easier for new immigrants."

Mildred's journey highlights the incredible impact of volunteering, not just as a way to give back, but as a pathway to opportunity, growth, and success.

We are deeply grateful to our dedicated staff and volunteers who help create a welcoming and empowering space for newcomers every day. Their support makes stories like Mildred's possible.



The Choice to Change Program

Catholic Family Services Peel-Dufferin



Want to join a community of men that supports growth, respect, and resilience?

Choice to Change Program

Brampton Cohort

Thursdays
January 22 to March 12, 2026
6:00pm – 8:00pm
60 West Dr. Brampton, ON

Mississauga Cohort

Saturdays
January 24 to March 14, 2026
10am -12pm
1477 Mississauga Valley Blvd. ON



This program empowers men to build healthy, supportive relationships. Through Psycho-education, counselling and community support, we create a safer and stronger future for all.

What You Will Gain

- Learn strategies for happy, healthy, supportive relationships
- Connect with a network of men who care and grow together
- Access to Individual Brief Counselling and Settlement Services

Scan QR Code to Register

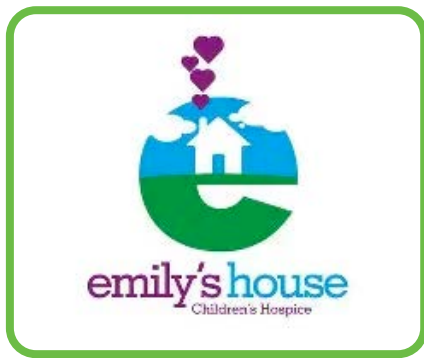


The Choice to Change Project is a collaborative initiative delivered by Catholic Family Services of Peel-Dufferin and Catholic Cross-Cultural Services to offer support to men who are at risk of perpetrating Family and Intimate Partner Violence in Peel Region. The project was designed to strengthen and streamline service pathways between both organizations, creating a more accessible, coordinated, and culturally responsive system of care.

The Choice to Change project supports men in developing healthy, non-violent relationships by addressing the impacts of migration stressors, cultural disruption, and personal trauma. Program delivery includes psychoeducational cohorts, brief trauma-informed counseling, and individualized settlement and navigation support. This holistic approach allows participants to receive practical tools, emotional support, and guidance tailored to their specific needs. The program addresses a critical service gap for men who often experience fragmented or inaccessible supports.

This was an 8-month pilot project with the initial goal of serving 10 clients. It has exceeded its initial goals by engaging 12 clients, maintaining an ongoing wait list, and increasing community interest in the program. The program also demonstrated a strong demand and relevance within the community. Feedback from participants highlights increased self-awareness and understanding of trauma, reduced isolation, and greater confidence in navigating family and settlement systems.

We are deeply grateful for the generous contributions of Catholic Charities and ShareLife, whose support made the Choice to Change project possible and continues to create meaningful, lasting impact for men across Peel Region.



A Pastoral Response to MAID

by Rev. Rauni Salminen, CEO
Emily's House



People requesting Medical Assistance in Dying (MAID) are often coming from a place of fear, loss of autonomy, pain, feeling a burden to family, or facing financial hardship. If pain is managed and the practical and human supports are in place, MAID may be reconsidered, as they find hope in the alternatives.

Biblical sources and encouragement can be offered when appropriate. It should never be a pat, immediate response, as that may shut the person down from sharing, they may feel unheard, misunderstood, or that they are unsafe to open up. People need to be assured that you are listening; that God understands and is with them in their suffering. As pastors, we are stepping into their sacred space of suffering, not avoiding it, and offering our presence.

Life is a gift from God that should be protected. How we communicate this is important. Truly listen, offer a safe, non-judgemental space for the person to share, and make every effort to silence your own thoughts, judgments, and preconceived assumptions. Truly hear where they are coming from. Your comforting presence, genuine interest and empathy towards this person is key to honest dialogue.

It is also important to become familiar with hospice palliative care and how to connect to resources.

When people who are dying have the right supports in place in a timely and coordinated manner; their psychological, spiritual, practical needs are met; their pain is managed; and they don't feel a burden to family caregivers, they will be less likely consider MAID as the only way of relief.

Hospice palliative care allows persons to live their lives fully to its natural end, by ensuring pain (physical, emotional, spiritual) is managed well, while ensuring caregivers are supported through to bereavement. No one can or should have to do this difficult life transition on their own.



Equitable Care for the Most Vulnerable

Journey Home Hospice



The month of April is a reminder of renewal in many ways – spring has arrived and brought with it new life. And as we celebrate the holiest time of Easter, we reflect on Jesus’ ultimate sacrifice for us. This month also marks a special milestone for Journey Home Hospice, a program of the Saint Elizabeth Foundation, as we celebrate nine years of providing care to the most marginalized members of our communities.

Since opening, Journey Home Hospice has been shaped by both compassionate care and continuous learning. Early experiences with patients revealed that providing care for homeless and housing-insecure populations requires services that are both flexible and respectful. This parallels Catholic Social Teaching in putting the person and their needs at the centre of our care and advocacy. Whether through tracing patients' histories, locating estranged family members, or navigating complex psychosocial situations, our interdisciplinary team has always prioritized individual patient needs to serve as a bridge back to identity, belonging, and dignity.

This reflects our broader purpose; not only to provide care, but to challenge the conditions that create inequity. Through advocacy, partnership, and ongoing learning, Journey Home Hospice works to address the root causes of marginalization, pushing for systemic reform that ensure dignity and equity in end-of-life care for everyone.

The words of our former patient, Zena, inform our daily work, “What is needed right now on this earth is for humanity to start paying attention to yourself and each other because that’s what’s missing. We all matter.”

At Journey Home Hospice, care is rooted in dignity and equity, lifting those who are left behind, and changing not only those we serve, but all of us privileged to serve them. Learn more about our work at: journeyhomehospice.ca.



An Amazing Event of Joy and Discovery

Rose of Sharon Services for Young Mothers



What an incredible event we just had! Our Sensory Stimulation Workshop was a true celebration of childhood, community, and the simple joys of discovery. Many wonderful moms, some with growing babies and others with toddlers came together for an unforgettable experience that was both educational and fun. Watching the little ones engage with the activities was a beautiful reminder of the gift of life and the innocence with which children explore the world around them.

Our Rose of Sharon staff worked tirelessly to create a sensory-rich environment filled with colorful, edible creations designed for exploration. These weren't just food items; they were tactile experiences meant to spark curiosity, creativity, and, of course, joy. Each creation was made to be played with, touched, and even tasted, offering a hands-on opportunity for the children to engage with the world in a way that is natural and meaningful for

them. From brightly colored jellies, pastas, cereals, and soft doughs to firm, squishy creations, every item was carefully crafted to appeal to the senses, visual, tactile, and even taste. Not one cry was heard, just a room filled with joyful sounds.

There's something truly special about watching little ones dive into new experiences with wide-eyed wonder. The room filled with the happy sounds of squeals, giggles, and delighted shrieks as the toddlers and babies reached for the colorful creations before them. Their hands, eager and curious, tested textures, squished soft creations, and tasted the safe, edible delights that surrounded them. The joy in their faces was nothing short of contagious, proof that the simplest things in life bring the most pure and unfiltered happiness. Many of our young mothers have faced hardships, today was all about happiness and creating wonderful memories.

But this event wasn't just about sensory fun. It was an opportunity for the children to meet each other, forging early connections and friendships. It's heartwarming to see how quickly they bond over shared experiences, even at such a young age. It was equally beautiful to witness the parents interacting, sharing in the joy of watching their little ones learn and grow, while also forming bonds with other parents. And hearing our young moms laugh delighted our staff and volunteers.

The most beautiful part of the day was how everyone came together, united by the joy of seeing children fully immersed in the act of discovery. As they explored the edible creations, they were reminded of the wonder, beauty, and endless opportunities for joy. These simple experiences remind us of the importance of community and the gift of nurturing the next generation.

We are so grateful for the opportunity to host such an event, and we look forward to future gatherings that will continue to celebrate the gift of childhood, and family.



Building Access, Connection, and Belonging

Silent Voice Canada



April's theme, Option for the Poor and Vulnerable, reminds us of the importance of ensuring that those most at risk of being left behind are supported with dignity and care. Silent Voice Canada's Community Support Services (CSS) works closely with Deaf newcomers who often face multiple barriers to accessing services, information, and community.

Communication barriers can make everyday tasks such as accessing healthcare, housing, or social supports much more difficult. Without the right supports in place, this can lead to isolation and increased challenges in navigating daily life. Through CSS, our team provides individualized support to help clients access services, understand systems, and connect with their communities.

Addressing poverty is also an important part of our work. Through partnerships with ShareLife and Catholic Charities of the Archdiocese of Toronto, clients are able to access a our food pantry to support their basic needs. Community-driven initiatives support individuals and families to have access to essential items, from diapers to toothpaste, clothing, food, and toys.

Our work goes beyond direct service. We advocate for accessibility and work alongside community partners to address service gaps, creating more inclusive systems that recognize and respond to the needs of Deaf individuals. By supporting access and reducing barriers, we help ensure that everyone has the opportunity to participate fully in their community. We work alongside hospitals to improve access to healthcare experienced by Deaf community members.

Connection is at the heart of what we do. By supporting access and fostering community belonging, we contribute to stronger, healthier communities grounded in dignity, compassion, and hope.

Special note

Silent Voice Canada is launching its new name, Deaf Services Canada, in May 2026. Stay tuned for an exciting update coming soon.



In Partnership - Feeding More Students Than Ever

The Angel Foundation for Learning



(left to right: John Wujek (Executive Director, AFL), Angelique Zenck and Erin Limerick (Volunteer Parents St. John Catholic School))

Through the support of Toronto Catholic District School Board's Charity, the Angel Foundation for Learning (AFL), the recent expansion of morning meal snacks into new school communities is a testament to the strength of partnerships and a singular vision to serve and build community. As the City of Toronto has set the tone for expansion, partners of the AFL, Catholic Charities, and ShareLife continue to be persistent in their generosity as well in recognition of the ongoing challenges of food insecurity.

With a grant of \$30,000 from Catholic Charities of the Archdiocese of Toronto and ShareLife, AFL was able to initiate programs for over 950 students at St. Cyril, St. John, and St. Michael's Choir Catholic Schools before partnership growth from the City and other local partnerships in April.

Sara Bartlett, principal at St. John's, strongly agrees; she believes in "... the importance of partnership as an essential ingredient to a successful snack program". She shared that the school's Catholic Parent Council has, for the last two years, planned a portion of the annual local fundraising toward the nutrition program. Principal Bartlett added that the shared vision of responsibility extends beyond financial support, but in action as well, through the involvement of parent volunteers.

At St. John, AFL, and school staff have been working closely with two dedicated parents, Angelique Zenck and Erin Limerick. As volunteers at this school, among the 190 TCDSB schools with a program across the system, these local community members order, organize, and distribute the snacks into "classroom bins", which are picked up by student reps who bring the food back to their classrooms. Typically, the food is enjoyed by the children before morning recess begins. Students themselves clearly enjoy this component to the day.

John Wujek, Executive Director of AFL, visited St. John's and observed: "Whether it's applesauce or wholesome grain snacks, students are not shy in expressing their favourites. Clearly, it's about more than food; it's relational; it's about showing them they are cared for and supported."

Clearly, these examples of partnerships spawn equitable spaces of care and learning. These three schools and the AFL are very thankful for CCAT's and ShareLife's support.



IN OUR OWN WORDS

Sr. Sarah Rudolph

Member of the Congregation of Jesus (Loretto Sisters) in Canada. She currently serves as the Main Representative for the CJ Sisters at the United Nations in New York City. She is also a valued member of the CCAT Board of Directors.

On October 1, 2025, with great excitement (and some nervousness), I began a new mission as the Main Representative for the Congregation of Jesus (CJ) at the United Nations (UN) in New York City. I lead global justice advocacy, bringing the voice of faith-based civil society to the UN. Guided by the Gospel message, Catholic Social Teaching, and core values of justice, truth, freedom, sincerity, and joy, inspired by our founder, Venerable Mary Ward (1585 – 1645), the CJ has had a presence at the UN since 2003.

In my role, I advocate for the priorities of the global CJ network –our members in over 40 countries and our ministry partners. I work in collaboration with other civil society organizations, UN agencies, and Member States to challenge injustices and oppressive structures by bringing the insights of the people with whom the CJ work and live, especially the most marginalized, into decision-making spaces at the UN. Our areas of focus include gender equity and the elimination of gender-based violence, the eradication of poverty, access to quality education and healthcare, the elimination of trafficking in persons, care for the environment, and financing for development.

The past few months have been a steep learning curve. The UN has a unique language and set of protocols, and I am slowly learning the diplomatic complexities that mark its operation. To date, I've had the pleasure of contributing to activities for the International Day of the Girl (October), the Commission for Social Development (January), and most recently, the 70th session of the Commission on the Status of Women (March).

The 70th session of the Commission on the Status of Women (CSW70) was held March 9-19. As the primary global forum for dialogue and action on gender equality, this year's session emphasized access to justice for all women and girls, reviewed achievements in women's full and effective participation and decision-making in public life, and efforts to eliminate violence against women and girls.

In the opening session, General Assembly President Annalena Baerbock spoke with authority, stating, "Inequality is an active choice." Globally, women have access to only 2/3 of the legal rights

IN OUR OWN WORDS

Sr. Sarah Rudolph

of men. She urged Member States to confront those that abuse power, and called for justice in principle, practice, and power. Not just on International Women's Day but every day. Her words resonate with MaryWard's belief that 'there is no such difference between men and women that women cannot do great things'. Four centuries after Mary Ward, women still await equality.

The opening session also included an unusual feature this year. The adoption of the Concluding Agreements, normally held at the closing session, were adopted during the opening session by vote rather than consensus – an unprecedented first in the history of CSW. This action drew significant criticism from a number of Member States. Ostensibly, the decision to adopt by vote at the beginning of CSW70 was made in reaction to proceedings at CSW69 when prolonged negotiations weakened language and action on gender equality. While strong language and commitments were preserved this year, the method of adoption produced discord and fragmentation.

My first engagement in CSW70 in this new role was energizing. I welcomed five delegates from the CJnetwork to New York to join in education and advocacy initiatives for girls' rights, the elimination of human trafficking, and the empowerment of women.

We met with H.E. Archbishop Caccia, the Permanent Observer of the Holy See to the UN, to discuss opportunities to build stronger networks among Catholic organizations at the UN. We also met with H.E. Ambassador Yabesh O. Monari, Deputy Permanent Representative of the Republic of Kenya to the UN to present the works of CJ Sisters in Eastern Africa to eliminate human trafficking and to educate and empower vulnerable children and women in slum areas of Nairobi. The Kenyan Mission graciously participated in a side event our NGO co-hosted on good practices to end human trafficking of women and girls.

In collaboration with the NGO Working Group on Girls, I co-organized several initiatives related to girls' rights advocacy: a day-long orientation for girl delegates attending CSW70; a visit to the Permanent Mission of Ireland, where girls took the lead on advocacy; and a side event focused on girls' access to justice.

The two weeks of CSW70 were full of learning, relationship-building, advocacy, and witnessing to the work of Catholic Religious Sisters to support the flourishing of women and girls worldwide. I feel proud of the work my CJ Sisters, civil society colleagues, and I accomplished. Each action we take is a step towards realizing the full equality of women and girls and an act of solidarity for global justice.

*This article has been republished with the permission of the [University of St. Michael's College in the University of Toronto](#).

PAUSE & REFLECT

Holding This Moment Together

Sharon Mayne - CEO Catholic Family Services Peel-Dufferin



I was born in Windsor, Ontario, in the early 1960's. We lived in a small wartime bungalow close to the Ambassador Bridge. At night, I could see the glowing red sign from my bedroom window. A US border town, we all listened to CKLW, the radio station that merged our two cities into one. I can still hear the "Motor City" jingle that bonded us together, Canadians and Americans, working, living, marrying across both sides of the Canada-US border. What happened "over there" affected us over here. Separate, but interdependent.

One of my early childhood memories is standing on my bed, looking out my bedroom window, watching downtown Detroit burn. It burned for five days. It was July 23, 1967. I was five years old. I had no way of knowing the meaning or significance of what I saw. I just felt my mother's fear.

Today, I peer into my computer screen or walk into Rob's office and look up at the TV monitor, today's windows into communities around the world, and watch cities burn. I can barely fathom the scale of destruction, the terror, the lives lost, the families and communities in mourning. The effects reverberate around the world.

While we are geographically far from these places, we are close by relationship. Our staff, like our clients, come from all over the world. For some of us, it is our homeland that is burning, and we fear for those we hold dear.

We are all impacted. Whether it is the price of gas, the cost of groceries, or witnessing the pain of someone whose family has lost their home or their life, we are all affected, in different ways and to different degrees.

How do we hold this? How do we hold one another?

I find myself turning toward the wisdom tradition I grew up in, Catholicism, for guidance, while also holding deep respect for the wisdom traditions across our community, Hinduism, Islam, Sikhism, Judaism, and others. Each offers ways of meeting moments like this.

There is a story from the Christian tradition that I return to. It takes place the night before Jesus is arrested. He knows what is coming and is overwhelmed. He goes into a garden to pray and asks his closest companions to stay awake with him, to simply be with him in that hour.

But they cannot. They fall asleep.

Later, he wakes them and asks, "Could you not stay awake with me for one hour?"

What stays with me in this story is not judgment, but the human longing not to be alone in suffering, and how difficult it can be, even for people who care deeply, to stay present to pain.

During this difficult time, perhaps that is what is being asked of us. To stay awake to one another. To stay present to the realities we are witnessing. To hold, as best we can, both the suffering in the world and the care we offer each other here.

Please take time to care for yourselves as we continue to care for our community.

Warmly, Sharon

YOUR OPPORTUNITY

LAST CALL



CCAT SCHOLARSHIPS

Applications are now being accepted!

Cardinal Thomas Collins Palliative Care & Gerontology Studies Scholarship

Indigenous Youth Community Leader Scholarship

Fr. Paul Lennon/ Doreen Cullen Social Work Scholarship

Life-Long Learner Scholarship

Sisters of Service Scholarship

APPLY NOW!

PLEASE SUBMIT ALL APPLICATIONS TO: INFO@CCAT.CA

DEADLINE: APRIL 30, 2026

VISIT OUR WEBSITE FOR MORE INFORMATION:
CCAT.CA/SCHOLARSHIPS

CCAT MICHAEL FULLAN COMMUNITY SERVICE AWARDS

Applications are now
being accepted!



Three Categories:



10 Years in the
Human
Services
sector

Youth up to
29 years
of age

Exceptional
Difference
to an
Equity-deserving
Community

DEADLINE: APRIL 30, 2026

**APPLY
NOW!**

PLEASE SUBMIT ALL APPLICATIONS TO:
INFO@CCAT.CA



Catholic
Charities
of the Archdiocese of Toronto

VISIT OUR WEBSITE FOR
MORE INFORMATION:
[CCAT.CA/SCHOLARSHIPS
-AND-AWARDS](http://CCAT.CA/SCHOLARSHIPS-AND-AWARDS)



Catholic Praxis: SYNERGY 2026 CONFERENCE

November 3 – 5, 2026 | Toronto, ON

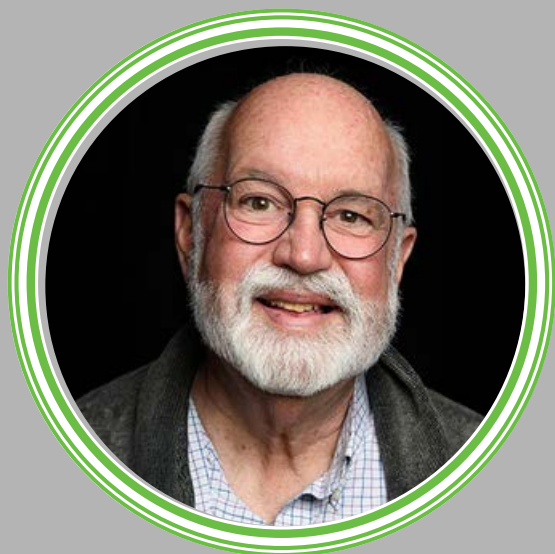
REGISTER NOW!

www.SynergyTO2026.ca



**Catholic
Charities**
of the Archdiocese of Toronto

WHO
WILL BE
THERE?



Fr. Greg Boyle, S.J.
**Founder of Homeboy
Industries**

www.homeboyindustries.org

**3 Days
\$600
plus tax**

**Save \$100
with
Early Bird
Registration!**
*Ends July 3, 2026

SYNERGY 2026

Bringing together:

**Catholic Social Services
Catholic Health &
Catholic Education**

To explore innovative ways to **collaborate more effectively** in addressing pressing societal challenges such as poverty, food insecurity, housing instability, and mental health.



Chelsea Hotel- 33 Gerrard St. W.

www.catholicpraxis.ca / www.SynergyTO2026.ca

Our Why:

Many Catholic organizations currently operate in silos, even though they serve overlapping populations. This conference marks a first step toward breaking down those silos, encouraging dialogue, and identifying opportunities for joint action.

The goal is not to stretch already limited resources further. In our sectors where the focus is on care, dignity, and justice, trying to do more with less can compromise the very people we aim to support. Instead, we are embracing the idea of doing more together: building stronger relationships, fostering collaborative projects, and creating opportunities that amplify our impact without sacrificing quality or compassion.

This conference, as reflected in its current title, Synergy, is about **unity, clarity, and transformation**. It is a strategic effort to strengthen our collective voice and capacity to serve.

Through the lens of Catholic Social Teaching, we will explore the themes of:

Call-Outs:

We invite practitioners, educators, researchers, community leaders, and innovators across both the Catholic and broader communities

—including those in health, education, community services, as well as clergy and pastoral leaders—to share their insights, research, and lived experience at our upcoming conference on **Catholic Social Teaching (CST) in Practice**. We welcome proposals that illustrate how CST values—**human dignity, solidarity, subsidiarity, the common good, integral ecology, and preferential care for the vulnerable**—can transform both systems and daily practice.

Presentation Categories:

- Papers
- Posters
- Panels
- Conversation Circles

Proposal submission deadline:

Monday, June 1st, 2026



- **Collaboration**
- **Shared Values**
- **Challenges**
- **Best Practices**

Sponsorship

Synergy 2026 offers a unique opportunity to connect with Catholic leaders across Canada and demonstrate your organization's commitment to meaningful social impact.

Why Sponsor Synergy 2026?

- Brand Visibility
- Strategic Networking
- Mission Alignment
- Collaborative Impact

Sponsorship Levels:

Platinum Sponsors - \$20,000
Emerald Sponsors - \$10,000
Gold Sponsors - \$5,000
Silver Sponsors - \$2,500

For more details
contact us at:
info@SynergyTO2026.ca

Catholic Charities of the Archdiocese of Toronto

How you can contact member agencies and affiliated agencies of Catholic Charities

MEMBER AGENCIES

COMMUNITY/FAMILY SERVICES

Catholic Community Services of York Region
1-800-263-2075
www.ccsyr.org

Catholic Crosscultural Services
416-757-7010
www.cathcrosscultural.org

Catholic Family Services of Durham
1-877-282-8932
www.cfsdurham.com

Catholic Family Services Peel-Dufferin
905-450-1608
www.cfspd.com

Catholic Family Services of Simcoe County
1-800-726-2503
www.cfssc.ca

Catholic Family Services of Toronto
416-921-1163
www.cfstoronto.com

PEOPLE WITH DISABILITIES

Mary Centre
416-630-5533
www.marycentre.com

Saint Elizabeth Health Care
905-940-9655
www.sehc.com

St. Bernadette's Family Resource Centre
416-654-9810
www.stbernadettesfrc.org

St. Michael's Homes
(Our Place Community of Hope Program)
416-926-8267
www.stmichaelshomes.org

Silent Voice Canada
416-463-1104
www.silentvoice.ca

SENIORS

Centres d'Accueil Héritage (CAH)
416-365-3350
www.caheritage.org

LA Centre for Active Seniors
416-452-4875
www.lacentreforseniors.ca

Houses of Providence
(Unity Health Toronto)
416-285-3666
www.providence.on.ca

Society of Sharing
416-413-0380
www.societyofsharing.org

CHILDREN AND YOUTH

Catholic Children's Aid Society of Toronto
416-395-1500
www.torontoccas.ca

Covenant House Toronto
1-800-435-7308
www.covenanthousetoronto.ca

YOUNG PARENTS

Rosalie Hall
416-438-6880
www.rosaliehall.com

Rose of Durham
(Young Parents Division of CFS Durham)
905-432-3622
www.roseofdurham.com

Rose of Sharon
905-853-5514
www.roseofsharon.com

Vita Centre
905-502-7933
www.vitacentre.org

AFFILIATED ORGANIZATIONS

Birthright International
1-800-550-4900
www.birthright.org

Good Shepherd Ministries
416-869-3619
www.goodshepherd.ca

Natural Family Planning Association
437-600-9333
www.toronto.naturalfamilyplanning.ca

St. Marguerite Bourgeoys FertilityCare Toronto
416-465-2868
www.fertilitycare.ca

Society of St. Vincent de Paul
(Camp Ozanam)
416-364-5577
info@ssvptoronto.ca

To learn more about
Catholic Charities, go to:

www.ccat.ca



Catholic Charities of the Archdiocese of Toronto

1155 Yonge Street, Suite #400
Toronto, Ontario M4T 1W2
Executive Director: Agnes Thomas
T: 416-934-3401
E: info@ccat.ca
www.ccat.ca
Charitable Registration No. 10687 9943 RR0001

