

RESOURCE LIST - SEEKING LEGAL HELP

- **Local community legal clinics**
 - o <https://www.legalaid.on.ca/legal-clinics/>
- **Student legal clinics**
 - o <https://www.legalaid.on.ca/student-legal-service-organizations/>
- **Speciality legal clinics**
 - o <https://www.legalaid.on.ca/faq/what-is-a-specialty-legal-clinic/>
- **Legal Aid Certificates**
 - o <https://www.legalaid.on.ca/will-legal-aid-pay-for-my-lawyer/>
- **Domestic Violence (family law)**
 - o LAO provides free summary advice and free 2-hour legal advice; there is no financial eligibility requirement for this
 - o <https://www.legalaid.on.ca/services/domestic-abuse/>
- **Law Society Referral Service**
 - o To connect with a lawyer or paralegal for 30-minute free consultation on a legal issue
 - o <https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service>
- **JusticeNet**
 - o Search for lawyers and paralegals who accept reduced fees
 - requires a one-time \$25 fee to register but this can be exempted if net family income is under \$25,000
 - o <https://www.justicenet.ca/>

RESOURCE LIST – SOCIAL ASSISTANCE

Benefits Finder (Federal and Ontario)

- Search tools to help individuals find services and supports based on their needs:
 - <https://benefitsfinder.services.gc.ca/hm>
 - <https://www.ontario.ca/page/find-benefits-and-programs>

Applying for OW / ODSP

- Can apply online, over the phone, in-person
 - [Social assistance | ontario.ca](https://www.ontario.ca/social-assistance)
- If on OW and applying for ODSP
 - If on OW, contact caseworker

OW / ODSP Directives

- These help understand how OW/ODSP apply the rules; these are not binding as they are not part of the legislation
 - OW: <https://www.ontario.ca/document/ontario-works-policy-directives>
 - ODSP: <https://www.ontario.ca/document/ontario-disability-support-program-policy-directives-income-support>

Forms to dispute OW/ODSP decisions

- Information about dispute processes and internal review forms:
 - [Internal reviews and appeals for social assistance | ontario.ca](https://www.ontario.ca/social-assistance-appeals)
- Appeal to Social Benefits Tribunal:
 - [Forms and filing - Tribunals Ontario](https://www.tribunals-ontario.ca/forms-filing)

StepstoJustice

- [Income Assistance - Steps to Justice](https://www.steps-to-justice.ca/income-assistance)

RESOURCE LIST - HOUSING

Landlord and Tenant Board

- [Landlord and Tenant Board - Tribunals Ontario](#)

Rental Housing Enforcement Unit

- [Solve a disagreement with your landlord or tenant | ontario.ca](#)

Advocacy Centre for Tenants Ontario (ACTO)

- [Home - Advocacy Centre for Tenants Ontario - ACTO](#)

Tenant Duty Counsel (including sign-up form)

- [Tenant Duty Counsel - Advocacy Centre for Tenants Ontario - ACTO](#)

FMTA Hotline

- [Federation of Metro Tenants' Associations \(FMTA\)](#)

Canadian Centre for Housing Rights

- [Homepage - Canadian Centre for Housing Rights](#)

Housing Stabilization Fund

- For Toronto recipients of Ontario Works / ODSP
- [Housing Stabilization Fund – City of Toronto](#)

Rent Bank (Toronto)

- [Toronto Rent Bank – City of Toronto](#)

OCHE (TCHC tenants only)

- [Eviction Notice from TCHC due to rental arrears? We can help. | The OCHE](#)

TCHC – Maintenance and Repairs

- [Request repairs, maintenance or pest control | Toronto Community Housing](#)

City of Toronto – 311

- [311 Toronto – City of Toronto](#)

StepstoJustice

- [Housing Law - Steps to Justice](#)

RESOURCE LIST - GENERAL

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 - o <https://www.ontario.ca/page/find-benefits-and-programs>

Finding medical providers and programs:

- Health Care Connect:
 - o [Find a doctor or nurse practitioner | ontario.ca](#)
- Doctor finder: College of Physicians and Surgeons of Ontario:
 - o [Advanced Search](#) (can search by area, speciality, language etc.)
- Family Health Teams and Community Health Centres:
 - o [Family Health Teams | ontario.ca](#)
- ConnexOntario
- for finding mental health and addictions programs and resources
 - o [ConnexOntario | Mental Health & Addiction Treatment Services](#)
- OHIP-covered physiotherapy
 - o For those over 65, under 19, on OW / ODSP, those discharged from hospital after stay or procedure and need it
 - [Publicly-funded physiotherapy - clinic locations | ontario.ca](#)

Other benefits:

- Disability Tax Credit (DTC)
 - o It is a credit that can be used to lower income tax owed
 - o [Disability tax credit \(DTC\) - Canada.ca](#)
- Canada Disability Benefit (CDB)
 - o Federal benefit for low-income disabled adults who are already deemed eligible for the DTC
 - o [Canada Disability Benefit - Canada.ca](#)
- Connected for Success
 - o Low cost internet and mobile plans and TV bundles for those on Old Age Security, OW, ODSP and in Rent Geared to Income (RGI) housing
 - o rogers.com/connected-for-success