



**YA
ESTOY
AQUI**

HEALTHCARE NAVIGATION MANUAL

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LETTER FROM THE EDITOR

This book was born during my final consolidation as a registered nursing student at a community health clinic operating without payment or the need for an OHIP card. Our “little clinic” was about as low-barrier as you could get and made the effort to welcome every community member who entered our space. Despite the impact our clinic was having on the lives of the patients we cared for, I couldn’t shake the feeling that we were only scratching the surface of the needs in our community.

After recognizing that simply ruminating about global health inequity wasn’t cutting it, I decided to approach my spouse and a close friend, both Mexicanas living in Toronto with a keen eye for art and design, about publishing a zine dedicated to navigating the healthcare system. Our target audience was planned to be Latinxs living in Toronto without formal status. People living under-the-radar, working under-the-table, underappreciated, under-valued, and misunderstood.

This book however, is for all people, whether you’re Canadian-born like myself, seeking a better understanding of the experiences of our neighbours from the Global South, or a Mexicano, a Colombiano, Dominicano, Chileno, or Jamaican, from Brasil to Nigeria, Uganda to the Philippines, or beyond—this book has something for you.

Before I sign off, I want to express my deepest gratitude to the clinical team I had the privilege to work with during my consolidation. The invaluable contributions of Michaela & Raman, Alyssa & Ola, Chris & Gowsika, Sandra, and our fearless leader Sue were instrumental in shaping much of the information in this book.

Their dedication, kindness, knowledge, and skill inspired me to undertake this project and I couldn’t write another word without acknowledging them first.

ACKNOWLEDGEMENTS

We'd like to acknowledge the *Dope Guide* created by and for sex workers without judgment and published by *Stella*. Thank you for being the source of inspiration for the color scheme and illustration style, which greatly influenced our visual design. Like Dope Guide, *Ya Estoy Aqui* aims to provide valuable information to help people make informed decisions and support them in living and working safely and with dignity.

Furthermore, we extend our appreciation to *Noel Pretorius & María Ramos*, the creators of the font **MOVEMENT**, whose contribution had a powerful impact on the creation of this manual

Finally, our gratitude goes out to **BADASS LIBRE FONTS BY WOMXN** for providing a space that inspired and motivated us throughout this project.

**LAS VIDAS SECRETAS
DE LXS LATINXS**



Este libro es para las estrellas del sur,
Almas Latinas in the urban sprawl
Con manos duras de trabajo y sueños as vast as the night sky
Guardians of hope, primxs de la madrugada.

Este libro es para lxs construction site dreamers,
TTC schemers, night-shift cleaners
Esperanzadxs de la luz en fin del día
Tixs de la tierra seeking their futures
amidst a Canadian blossom
Like cactus flowers emerging beneath a frozen sky

Corazones partidos in a relentless chase
between everything and everything else
Gente valiente battling the odds!

Este libro es para los puestos de la calle, to the late-night calls,
to the mural-adorned walls
And the soccer balls that roll in our halls
Offering schoolyard whispers of a better tomorrow,
Infancias with hopes too vast to borrow!

To the rhythm, to the beat, the refusal to accept defeat,
To the crackling concrete beneath never resting feet,
Always moving, always searching
For that moment in which they finally arrive to a time
That exists in the direction they left behind them
La añoranza de su hogar

A las risas que se elevan en los parques
A las lágrimas que se ocultan tras la lluvia
A los corazones que palpitan al ritmo de una ciudad
Que nunca duerme pero siempre sueña

If you listen closely, you can hear those resilient voices
crafting pathways from their dreams. ¡Viva!

-Nici, Niña, & Niño (March 2024)



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Version 1.3

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WHAT IS THIS?

Welcome to our *Healthcare Navigation Manual*, a comprehensive guide for new arrivals and existing community members seeking to understand and access healthcare in a system that may seem daunting and complex.

WHO IS THIS FOR?

This manual has a special focus on serving the Latinx community living in Toronto, many of whom may lack formal status, but all of whom deserve compassionate, comprehensive care. It's a tool for empowerment, education, and engagement, helping you to understand the healthcare landscape and how to navigate it.

HOW DO I USE THIS?

Explore this manual to discover a range of resources tailored to uninsured people living in Toronto. Begin by identifying your immediate needs in the Table of Contents, then proceed to the relevant section for in-depth information and actionable steps. Whether you're seeking details on birth control, midwifery services, abortion, how to obtain a Canadian prescription for your medication, or simply wanting to understand your rights within the healthcare system, this manual is here to guide you.

HEALTHCARE RIGHTS



RIGHT TO ACCESSIBLE CARE

You deserve to receive healthcare, no matter who you are or where you come from. This means the healthcare system should be open and available to you, ensuring you're not left out.

RIGHT TO SUPPORT THE VULNERABLE

If you or someone you know is in a tough spot, facing more challenges than most, you have the right to extra support and care. The healthcare system should pay special attention to those who need it the most.

RIGHT TO UNITY AND SUPPORT

No matter what challenges you're facing, you're not alone. You have the right to join hands with others in similar situations, and the healthcare system should support these connections, helping everyone work together.

RIGHT TO RECOGNITION AND RESPECT

Your experiences, especially if they involve unfair treatment or neglect in the past, should be acknowledged and respected. You deserve healthcare that understands and addresses these wrongs.

RIGHT TO HAVE YOUR VOICE HEARD

You have the right to be genuinely involved in decisions about your health. This means your opinions and needs should be taken seriously, not just added for show.

RIGHT TO COMPREHENSIVE CARE

Your unique background, experiences, and needs should all be considered in your healthcare. You deserve care that sees and respects all parts of you, making sure nothing is overlooked.

RIGHT TO ADVOCATE FOR BETTER CARE

If something isn't right in the healthcare system, you have the power to call for change. You deserve a system that listens and responds, making sure it works fairly for everyone.

⟨NO⟩

OHIP TIPS



QUESTIONS & ANSWERS

WHAT HAPPENS TO PEOPLE WITHOUT VALID ONTARIO HEALTH INSURANCE PLAN (OHIP) COVERAGE WHEN THEY GO TO THE HOSPITAL?

Individuals lacking valid Ontario Health Insurance Plan (OHIP) coverage face charges for accessing hospital services, including emergency department visits. The fees imposed by hospitals are not standardized, leading to varying costs across different institutions.

WHAT'S THE PROBLEM WITH SOME HOSPITALS ASKING UNINSURED PEOPLE TO PAY UPFRONT FOR MEDICAL CARE?

A concerning practice observed in some hospitals involves demanding payment from uninsured individuals upfront, prior to administering any medical care. This requirement poses an ethical dilemma and introduces a significant barrier to healthcare access, potentially deterring individuals in need from seeking necessary treatment.

WHAT INFORMATION DO HOSPITALS NEED FROM PEOPLE WITHOUT OHIP COVERAGE?

The Ministry of Health mandates that hospitals collect only minimal information—name, gender, and either date of birth or age—for individuals without OHIP coverage to access services, indicating that care should be accessible without extensive identification. Some hospitals will present a bill to people after the care is provided. This approach is preferable because it ensures that people get the healthcare they need first.

HOW CAN UNINSURED PEOPLE DEAL WITH HOSPITAL BILLS?

We highly recommend reaching out to the hospital's financial department without delay to arrange an affordable repayment plan, such as monthly installments.

WHAT CAN HOSPITALS DO IF UNINSURED PEOPLE DON'T PAY THEIR BILLS?

Hospitals will call or mail out reminders about unpaid bills and eventually collection agencies will be involved. Unpaid bills will be recorded on credit reports which can have an impact on status as authorities may review these as part of the immigration process. Hospitals cannot keep you in hospital or call the police if you cannot pay your bill upfront. You will continue to receive emergency care even if you have an outstanding bill.

REMEMBER, YOU ONLY LIVE ONCE

On a final note, if you or your family member feel unwell or sense something is not right, please call 911 or go to the nearest hospital emergency room. Nobody will ever be turned away if they need emergency care.

It's always better to be safe than sorry, as the consequences of not seeking care during a medical emergency can be tragic. If you are reading this and truly worried for yourself, your friend, or your family member: please go!



**ACCESS TO HEALTHCARE IS A
FUNDAMENTAL RIGHT, AND
ALL INDIVIDUALS,
REGARDLESS OF INSURANCE
STATUS, SHOULD BE ABLE TO
RECEIVE NECESSARY MEDICAL
CARE WITHOUT FACING
PROHIBITIVE FINANCIAL
BARRIERS.**

MIDWIFERY SERVICES



CONGRATULATIONS ON YOUR DECISION TO HAVE A BABY!

This is an exciting and emotional time, albeit a bit stressful. Whether you've just found out you're expecting or you're well along in your journey, connecting with a midwife for prenatal care and creating a delivery plan is essential.

This section is organized to assist you in finding the most convenient and suitable midwifery services in the Greater Toronto Area. To facilitate your search, we have included addresses and contact information for each service provider.

HOW DO I USE THIS GUIDE?

Service Listings:

Each listing includes the name of the service, the population it serves or catchment area, and contact information. This format is intended to provide you with a concise yet comprehensive overview of each service.

Understanding Catchment Areas:

Each service has a defined catchment area, indicating the geographical region they serve. This is crucial in identifying the services available to you based on your location. The catchment areas are described using recognizable boundaries such as rivers, highways, and streets.

Start Early:

Begin your search for a midwife as soon as possible, even if you are not yet in the country. While midwifery practices often prioritize pregnancies that are farther along, many will add you to their waiting lists if you reach out early. Don't hesitate to contact them, and be sure to follow up regularly for updates. You may find that they have availability sooner than you expect, especially if you remain proactive in your search.

Be Flexible with Your Address:

Midwifery services are often based on catchment areas, so it's essential to be flexible with your address. Consider rooming with a friend or family member within the catchment area of your preferred midwifery practice, even if it's just on paper.



NOTE: Once you've been accepted, you might want to consider actually making the move, midwives make home visits and are caring and compassionate people. Treat them with kindness, honesty, and respect.

Don't Get Deterred:

If you don't immediately find a midwife or if you encounter waiting lists, don't get discouraged. Keep reaching out to different practices and explore all available options.

Choose Your Preferred Delivery Method:

Whether you prefer a hospital birth, a home birth, or a birthing center, discuss your options with your midwife and choose the delivery method that best suits your needs and preferences.

Consider Getting a Doula:

A doula can provide you with emotional and physical support during pregnancy, childbirth, and the postpartum period. There are many Latina doulas in the city who can help advocate for you with your midwife, providing you with additional support and guidance throughout your pregnancy.

Join a Prenatal Peer Support Group:

Joining a prenatal peer support group can provide you with a supportive community of other expecting parents who can offer advice, share experiences, and provide emotional support throughout your pregnancy. Look for local support groups or online communities where you can connect with others who are going through similar experiences. This can be especially helpful if you are new to the area or if you don't have a strong support system nearby.

Seek Prenatal Care at Free Health Clinics:

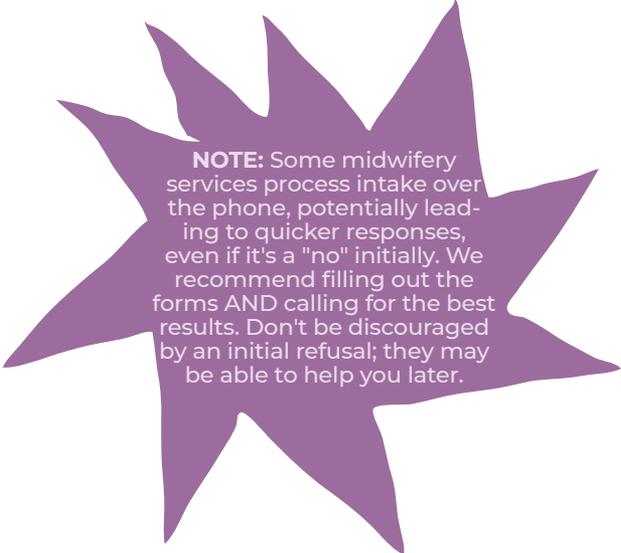
While you're waiting to secure a midwife, seek prenatal care at free health clinics. It's important to start your prenatal care as early as possible, and these clinics can provide you with the necessary support and medical attention.

Consider Free Health Clinics for a Second Opinion:

If you have any concerns during your pregnancy, don't hesitate to visit a health clinic for a second opinion or additional support. It's always better to be cautious and seek reassurance when needed.

TO COMPLETE AN INTAKE ASSESSMENT:

1. Visit the midwifery service's website to access their online forms.
2. Fill out the intake assessment e-form.
3. Expect a call or email confirmation.



NOTE: Some midwifery services process intake over the phone, potentially leading to quicker responses, even if it's a "no" initially. We recommend filling out the forms AND calling for the best results. Don't be discouraged by an initial refusal; they may be able to help you later.

KENSINGTON MIDWIVES

Population Served: Downtown Toronto

Catchment Area:

N: Highway 401

E: Main Street

W: Humber River

S: Lake Ontario

Phone: (416) 928-9777

SOUTH RIVERDALE COMMUNITY HEALTH CENTRE - MATCH

Population Served: East Toronto

Catchment Area: South Riverdale, North Riverdale, Greenwood-Coxwell, Blake Jones, Playter Estates, Broadview North, Danforth, Danforth – East York, Old East York, O’Conner Parkview, Taylor-Massey, Woodbine Corridor, Woodbine-Lumsden, East End-Danforth, and The Beaches

Phone: (416) 461-2493

COMMUNITY MIDWIVES OF TORONTO

Catchment Area:

N: Highway 401

E: Victoria Park Avenue

W: Lake Ontario

S: Islington Avenue

Phone: (416) 944-9366

MIDWIFE ALLIANCE

Catchment Area:
N: Highway 401
E: Bathurst Street
W: Hurontario Street
S: Lake Ontario
Phone: (416) 534-9161

THE MIDWIVES CLINIC OF EAST YORK DON MILLS

Catchment Area:
N: Steeles Avenue
E: Port Union Road
W: Kipling Avenue
S: Lake Ontario
Phone: (416) 424-1976

TRILLIUM MIDWIVES

Catchment Area:
Scarborough North, Markham,
Richmond Hill, Aurora, Newmarket,
Vaughan East, East Gwillimbury
South
Phone: (905) 668-8520

**DIVERSITY MIDWIVES
SCARBOROUGH**

Catchment Area:

N: Davis Drive (Newmarket)

E: Ajax/Pickering

W: Lake Ontario

S: Highway 404

Phone: (416) 609-8187

**RIVERDALE COMMUNITY
MIDWIVES**

Catchment Area:

Riverdale, Corktown, Regent Park,
Cabbagetown, The Danforth, Lower
and Upper Beaches, the Canary
District, the Esplanade, and the
Distillery

Phone: (416) 922-4004

WEST END MIDWIVES

Catchment Area:

Rexdale, Etobicoke, and West
Toronto

Phone: (416) 792-5665

**SEVENTH GENERATION
MIDWIVES TORONTO**

Catchment Area:

City of Toronto
Will serve Indigenous people
living outside the City of Toronto

Phone: (416) 530-7468

HEALTHCARE



CLINICS

HEALTH CLINICS FOR NON-INSURED PATIENTS

These clinics prioritize non-insured patients and are known for their flexibility and low barriers to access. Some may be affiliated with community health clinics, while others are funded through donations or grants. The following list comprises reliable options for receiving health assessments from nurses, nurse practitioners, and doctors without an OHIP card.

THE CANADIAN CENTRE FOR REFUGEE AND IMMIGRANT HEALTHCARE

Description:

Free health clinic led by Nurse Practitioners and Doctors. Serves refugees and persons without status or health insurance. Call in advance to book an appointment.

Hours of Operation:

Monday: 9:00 a.m. – 5:00 p.m
Tuesday: 9:00 a.m. – 8:00 p.m
Wednesday: 9:00 a.m. – 5:00 p.m
Thursday: 9:00 a.m. – 8:00 p.m
Friday: 9:00 a.m. – 5:00 p.m

Address:

4158 Sheppard Ave E, Scarborough ON M1S 1T3

Phone: 647-267-2176

Email: info@ccrihc.com

Website: www.healthequity.ca

COMMUNITY HEALTH SERVICES AT THE MENNONITE NEW LIFE CENTRE (MNLCT)

Description:

Nurse-led clinic offering free and confidential care without requiring an OHIP card, ensuring accessible health services for all. Advertises a “No Wrong Door” policy; will assist in finding the services clients are requesting, even if it can’t provide them directly. *Open from September to December and January to April.*

Hours of Operation:

Monday: Closed
Tuesday: 9:30 a.m. – 3:30 p.m.
Wednesday: 9:30 a.m. – 3:30 p.m.
Thursday: 9:30 a.m. – 3:30 p.m.
Friday: Closed
Saturday: Closed
Sunday: Closed

Address:

1122 Finch Ave W Unit 23, Toronto, ON M3J 3J5

Phone: 647-812-1332 ext. 4400

Email: chs@mnlct.org

Website: <https://mnlct.org/community-health-services/>

CROSSROADS CLINIC

Description:

Serve individuals covered by The Interim Federal Health Program (IFHP) or “Brown Paper”, which provides coverage for medical services for resettled refugees, protected persons, refugee claimants, victims of human trafficking, and individuals detained by the Canada Border Services Agency (CBSA).

Hours of Operation:

Monday: 9:00 a.m. – 4:00 p.m.
Tuesday: 9:00 a.m. – 4:00 p.m.
Wednesday: 9:00 a.m. – 4:00 p.m.
Thursday: 9:00 a.m. – 4:00 p.m.
Friday: 9:00 a.m. – 4:00 p.m.
Saturday: Closed
Sunday: Closed

Address:

76 Grenville St., 3rd floor, Toronto, ON M5S 1B2

Phone: (416)-323-6031 and press 2

Website: <https://www.womenscolleghospital.ca/care-programs/crossroads-clinic/>

FCJ REFUGEE CENTRE

Description:

Provides primary care and mental health services to those without insurance, prioritizing the well-being of uprooted people. Does not accept walk-ins; instead, clients first complete an intake appointment—without meeting a doctor—to register and schedule a follow-up first care appointment.

Hours of Operation:

Intake Appointments (conducted by phone):

Tuesday: 12:00 p.m. to 3:00 p.m.

Wednesday: 9:30 a.m. to 3:00 p.m.

Clinic Appointments (in-person):

Tuesday: Morning only

Thursday: Full day

Saturday: Morning only

Address:

208 Oakwood Ave, York, ON M6E 2V4

Phone: 416-469-9754 ext. 230 (Tuesday)

Email: eli.ibarra@fcjrefugeecentre.org

Website: <https://www.fcjrefugeecentre.org/health-clinic/>

MUSLIM WELFARE CENTRE

Description:

The clinic serves uninsured individuals, including immigrants, refugees, students, and visitors. Run by volunteer doctors, it welcomes everyone regardless of religion or ethnicity.

Hours of Operation:

Monday to Friday: 11:00 a.m. - 5:00 p.m.
Visit website for up-to-date schedule.

Address:

100 McLevin Ave, Unit 4, Toronto, ON, M1B 5K1

Phone: (647)-641-1027

Email: info@mwcanada.org

Website: <https://www.muslimwelfarecentre.com/freeclinics/>

NON-INSURED WALK-IN CLINIC (NIWIC)

Description:

The Non-Insured Walk-in Clinic (NIWIC) provides healthcare services to residents of Toronto who do not have a family doctor and are not covered under the Ontario Health Insurance Program (OHIP), Interim Federal Health Program (IFHP), or Ontario Temporary Health Program (OTHP), or private health insurance.

You CAN use the NIWIC if you:

- Are a resident of Toronto
- Do not have a family doctor
- Do not have current coverage under OHIP, IFHP, or OTHP, or private health insurance
- Do not have travel insurance, work insurance, or health insurance from another province

You CANNOT use the NIWIC if you:

- On vacation
- A tourist
- An American citizen
- An official visa holder
- A student with a work permit

Address:

761 Jane Street, 2nd Floor, Toronto, ON M6N 4B4

Hours of Operation:

Monday (walk-in):

Registration begins at 9:30 a.m. (arrive early as spots fill up quickly)
12:30 p.m. – 7:00 p.m.

Tuesday (appointment only):

9:30 a.m. – 12:00 p.m.

Wednesday (appointment only):

1:00 PM – 4:00 p.m.

Thursday (walk-in): Registration begins at 9:30 a.m. (arrive early as spots fill up quickly)
12:30 p.m. – 7:00 p.m.

Friday (appointment only):

9:30 a.m. – 4:30 p.m.

Phone: 416-760-8677

Email: talktous@accessalliance.ca

Website: <https://accessalliance.ca/programs-services/primary-health-care-services/non-insured-walk-in-clinic/>

NIWIC's website states they require proof of an expired valid visa or ETA. If your visitor visa or ETA has not expired, they may refuse to provide you service, as per their rule: "You cannot use the NIWIC if you are on vacation or are a tourist."



SEXUAL HEALTH SERVICES

WELCOME, YOU'RE SAFE HERE!

Regardless of your age, gender identity, or background, you deserve judgment-free, confidential, and affordable sexual health care. In Ontario, particularly in Toronto, most sexual health services are either free or subsidized, even if you don't have OHIP.

Sexual health clinics offer a wide range of services including birth control prescription and renewal, low-cost contraceptives (including emergency contraceptives or “the morning after pill”), IUD insertions, pregnancy testing, abortion services and referrals, vaccinations, STI testing and treatment, and HIV testing and counseling.

They can also provide support for gynecological concerns, men's health, sexual assault/domestic violence, and more.

SEXUAL HEALTH CLINICS PROVIDE A COMPREHENSIVE RANGE OF SERVICES, INCLUDING:

**BIRTH
CONTROL
COUNSELING**

**LOW-COST
BIRTH
CONTROL**

**FREE
CONDOMS**

**PREGNANCY
TESTING,
COUNSELING
AND REFERRAL**

**EMERGENCY
CONTRACEPTIVE
PILL**

**HIV
TESTING,
COUNELING AND
REFERRAL**

**STI
TESTING AND
TREATMENT**

ABORTION

Please note that while each clinic provides support and services in similar low-barrier, welcoming environments, the specific services offered may vary. In our experience, independent clinics typically offer a wider range of services compared to those operated by community health centers. However, all clinics strive to offer caring and accessible services. Regardless of the type of clinic, you can expect to be assisted by professional and compassionate healthcare providers who are dedicated to providing you with the care and information necessary to make empowered decisions about your sexual health.

PLANNED PARENTHOOD

Address:

36B Prince Arthur Ave, Toronto, ON M5R 1A9

Hours of Operation:

Monday: 9:30 a.m. – 8:00 p.m.

Tuesday: 9:30 a.m. – 8:00 p.m.

Wednesday: 9:30 a.m. – 12 p.m., 4:00 p.m. – 8:00 p.m.

Thursday: 9:30 a.m. – 8:00 p.m.

Friday: 9:30 a.m. – 4:00 p.m.

Saturday: 10:00 a.m. – 2:00 p.m.

Sunday: Closed

Notes:

Saturdays: 10:00 a.m. – 2:00 p.m. (walk-ins accepted)

Unable to provide service to those visiting as tourists or those younger than 13 or older than 29.

BIRTH CONTROL & SEXUAL HEALTH CENTRE

Address:

960 Lawrence Ave. W., Suite 403, Toronto, ON M6A 2B5

Hours of Operation:

Monday: 10:00 a.m. – 5:00 p.m.

Tuesday: 10:00 a.m. – 6:00 p.m.

Wednesday: 10:00 a.m. – 5:00 p.m.

Thursday: 10:00 a.m. – 7:00 p.m.

Friday: 10:00 a.m. – 5:00 p.m.

Saturday & Sunday: Closed

Notes:

Low cost sales of most contraceptives:

Birth control pills (\$10 - \$17, no additional cost for prescription)

EVRA patch
Nuva Ring
Depo Provera
hormonal IUDs (Kyleena & Mirena)

IUD insertions

Pregnancy testing and counselling

Abortion referrals

Hepatitis B and Gardasil 9 (HPV) vaccines

Advertises that they welcome people without OHIP coverage on their website

CROSSWAYS CLINIC

Address:

2340 Dundas St W Crossways Mall Toronto ON M6P 4A9

Hours of Operation:

Monday: 10:00 a.m. – 3:00 p.m.

Tuesday: 1:00 p.m. – 5:00 p.m.

Wednesday: 12:00 p.m. – 4:00 p.m.

Thursday: 9:00 a.m. – 1:00 p.m.

Friday: 9:00 a.m. – 12:00 p.m.

Saturday: Closed

Sunday: Closed

Phone: (416) 338-5199

Notes:

Call between 10:00 a.m. to 12:00 p.m. to speak to a staff

Birth control can be purchased at clinic

IUD insertion

Hep A & B and HPV (check with the clinic as to who qualifies)

Hepatitis testing

PAP testing

Point of Care HIV testing

HASSLE FREE CLINIC (MEN'S)

Address:

66 Gerrard St. E., 2nd Floor, Toronto, ON M5B 1G3

Hours of Operation:

Monday and Wednesday: 4:00 p.m. – 8:00 p.m.

Tuesday and Thursday: 10:00 a.m. – 3:00 p.m.

Friday: 4:00 p.m. – 7:00 p.m.

Saturday: 10:00 a.m. – 2:00 p.m.

Phone: (416) 922-0566

Notes:

Anonymous HIV testing & counselling

Hepatitis A & B vaccination

General men's health education and referral

Treatments for most STIs are free

HASSLE FREE CLINIC (WOMEN'S)

Address:

66 Gerrard St. E., 2nd Floor, Toronto, ON M5B 1G3

Hours of Operation:

Monday and Wednesday: 4:00 p.m. – 8:00 p.m.

Tuesday and Thursday: 10:00 a.m. – 3:00 p.m.

Friday: 4:00 p.m. – 7:00 p.m.

Saturday: 10:00 a.m. – 2:00 p.m.

Phone: (416) 922-0566

Notes:

Treatments for most STIs are free

Testing and treatment

Genital wart treatments

Molluscum treatments

Birth control prescriptions and renewals
Post-abortion check-ups
Pap tests
Anonymous HIV testing & counselling
Pregnancy testing, decision counselling, and abortion referrals
Sexual assault/domestic violence support and resource referral
Sexuality/psychosocial assessment and referral
Hepatitis A, Hepatitis B, and Gardasil 9 vaccines

The emergency contraceptive pill (ECP) or “morning-after pill” is available anytime the women’s clinic is open. You do not need to call first to make an appointment, but they prefer it when you do.

IMMIGRANT WOMEN’S HEALTH CENTRE

Address:

489 College St., #2, Toronto, ON M6G 1A5

Hours of Operation:

Monday: 9:30 a.m. – 4:00 p.m.

Tuesday: 9:30 a.m. – 4:00 p.m.

Wednesday: 1:00 p.m. – 7:00 p.m.

Thursday: 10:00 a.m. – 3:00 p.m.

Friday: Closed

Saturday: Closed

Sunday: Closed

Phone: (416) 323-9986

Notes:

Multilingual, all-female staff (offers interpretation services in Spanish, Italian, Portuguese, Korean, Mandarin, Tagalog)

- STI testing, treatment, and counselling
- HIV testing and counselling (nominal only)
- Syphilis testing, treatment, and counselling
- Hepatitis blood work and vaccination for Hepatitis B
- HPV testing, treatment, vaccination, and counselling
- UTI testing, treatment, and counselling
- Pap smear tests
- Birth control prescriptions, treatment, counselling, and low-cost sales including Plan B
- IUD/IUS insertions, follow-up, removal counselling, and sales
- Free condoms and pregnancy tests
- Pregnancy counselling and referral
- Abortion counselling and referral

Same-day IUD insertion policy: Limited spots Monday to Thursday

IUD (Copper Device):
No sex without condoms for 2 weeks prior to appointment/visit OR post-coital insertion within 5 days of unprotected sex

Device can be purchased at the clinic (Mona Lisa for \$75 cash only)

Insertions not guaranteed if concerns arise from physician assessment

IUS (Hormonal Device):
No sex without condoms
for 2 weeks prior to ap-
pointment/visit. Device
can be purchased at the
clinic (Mirena and Kylee-
na for \$375 cash only)

Insertions not
guaranteed
if concerns
arise from
physician
assessment.

BLACK CREEK COMMUNITY HEALTH CENTRE (YORKGATE MALL)

Address:

Yorkgate Mall: 1 Yorkgate Blvd, Suite 202 (upstairs, next to Dollarama)

Hours of Operation:

Mondays: 2:00 p.m. – 4:00 p.m.
(Last client seen at 3:30 p.m.)

Tuesdays: 2:00 p.m. – 4:00 p.m.
(Last client seen at 3:30 p.m.)

Wednesday: Closed

Thursday: Closed

Friday: Closed

Saturday: Closed

Sunday: Closed

Phone: (416) 246-2388

Notes:

No OHIP required. No catchment area for services.
Birth control can be purchased at the clinic for \$10-\$15.
No additional cost for prescription.

**BLACK CREEK COMMUNITY HEALTH CENTRE
(SHERIDAN MALL)**

Address:

Sheridan Mall: 2202 Jane St, Unit 5 (between Food Basics and Walmart)

Hours of Operation:

Mondays: 2:00 p.m. – 4:00 p.m.
(Last client seen at 3:30 p.m.)

Tuesdays: 2:00 p.m. – 4:00 p.m.
(Last client seen at 3:30 p.m.)

Wednesday: Closed

Thursday: Closed

Friday: Closed

Saturday: Closed

Sunday: Closed

Phone: (416) 249-8000

**REXDALE COMMUNITY HEALTH CENTRE
(MAIN CLINIC)**

Hours of Operation:

Monday: 9:00 a.m. – 5:00 p.m.

Tuesday: 9:00 a.m. – 5:00 p.m.

Wednesday: 9:00 a.m. – 5:00 p.m.

Thursday: 9:00 a.m. – 5:00 p.m.

Friday: 9:00 a.m. – 5:00 p.m.

Saturday: Closed

Sunday: Closed

Phone: (416) 338-7272

THE JANE STREET CLINIC

Hours of Operation:

Monday: Closed

Tuesday: 1:00 p.m. – 5:00 p.m.

Wednesday: 9:00 a.m. – 12:00 p.m.

Thursday: 12:00 p.m. – 4:00 p.m.

Friday: Closed

Saturday: Closed

Sunday: Closed

Phone: (416) 338-7272

SCARBOROUGH SEXUAL HEALTH CLINIC

Hours of Operation:

Monday: 1:00 p.m. – 4:00 p.m.

Tuesday: 9:00 a.m. – 1:00 p.m.

Wednesday: 9:00 a.m. – 1:00 p.m.

Thursday: 1:00 p.m. – 4:00 p.m.

Phone: (416) 338-7438

TAIBU COMMUNITY HEALTH CENTRE

Hours of Operation:

Tuesday: 2:00 p.m. – 4:00 p.m.

Phone: (416) 644-3536

**THANK
YOU**

