

If you want help.



When you don't know
where to turn.

Make the Connection. **Call 2-1-1**

Free | Confidential | 24/7 | 150+ Languages | Live answer
www.211Ontario.ca | TTY: 1-888-340-1001

Call 2-1-1 for information and referral to:

- Health services
 - Social assistance
 - Housing help
 - Food banks
 - Government programs
 - Financial assistance
 - Seniors support
 - Parenting programs & much more
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