

How do you **connect** with over 60,000 community & social services across Ontario? It's simple, call **2-1-1**

Ask us about:

- Health services and supports
- Newcomer and immigrant services
- Food banks and meal programs
- Housing centres and utility help
- Seniors services and homecare
- Government social assistance
- Parenting and family programs
- Disability support programs
- Volunteer organizations and much more



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



Ontario



United Way
Centraide

Make the Right Call

2-1-1

Information and referral helpline to community, social, government and health services.

9-1-1

Emergency number for police, fire and paramedic services.