



SEXUAL & REPRODUCTIVE HEALTH
FOR SOUTH ASIAN NEWCOMER WOMEN

Her Well-Being, Her Way.

Supporting Sexual, Reproductive, and Holistic
Health for South Asian Newcomer Women in Ontario

COMMUNITY RESOURCE GUIDE



COUNCIL OF
AGENCIES SERVING
SOUTH ASIANS

FUNDED BY:



United Way
Greater Toronto

Getting Started



About Us

The [Council of Agencies Serving South Asians \(CASSA\)](#) is a social justice organization representing over 120 agencies, groups, and individuals committed to empowering South Asian and racialized communities. They envision a Canada free from discrimination, where all communities shape the nation's political, economic, social, and cultural landscape. Their strategic priorities include advancing health equity, supporting immigration and settlement, promoting economic empowerment, combating racism and oppression, advocating for gender equity, and addressing online hate and hate crimes. They work in partnership with their members and other social justice organizations across the nation to achieve these goals.

About This Guide

This community resource guide was developed as part of a three-year community-based research project led by CASSA, called *Breaking Barriers: Improving Access to Sexual and Reproductive Health Services for South Asian Newcomer Women*. The project is funded by United Way Greater Toronto and supported by partner organizations, including Punjabi Community Health Services (PCHS), South Asian Women's Collective (SAWC), and Laadliyan.

Many South Asian newcomer women in the Greater Toronto Area (GTA) and across Ontario may face multiple barriers to accessing sexual, reproductive, and overall health and well-being services. These can include language and communication challenges, cultural and religious norms that stigmatize such topics, limited awareness of available services, financial or practical constraints, and experiences of discrimination or past negative interactions with healthcare providers. This guide was created to address these challenges and support women in navigating services with confidence.

By compiling trusted, culturally responsive services, this guide aims to bridge the gap between newcomers and the healthcare and support they need to thrive. It is designed not only as a directory but also as a tool to empower women to advocate for their own health and well-being in a new environment. While many services listed here are free or low-cost, availability and fees may vary depending on individual circumstances.

Whether you are participating in this project or simply seeking support, you are encouraged to reach out to any of the organizations included in this guide whenever you need assistance. You deserve accessible, respectful, and compassionate care that supports your health and well-being.





What You'll Find Inside

This guide provides a comprehensive list of organizations and services offering culturally safe, newcomer-friendly supports, with a focus on sexual and reproductive health. Many offer extra support, such as language interpretation, transportation assistance, and virtual care, to help newcomers access services safely and overcome cultural or logistical barriers. This is **not an exhaustive list**, but it highlights many trusted resources in key areas:



Health Services and Community Clinics: Facilities providing primary, sexual, and reproductive healthcare with culturally competent, trauma-informed professionals who understand newcomer women's experiences. Many offer multilingual support and holistic care addressing mental health, chronic disease, reproductive health, gender-affirming care, and overall wellness.



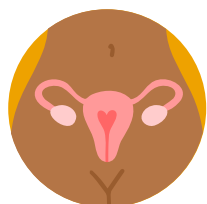
Newcomer and Settlement Agencies: Organizations supporting healthcare navigation, settlement challenges, and health promotion programs tailored to newcomer communities. Services often include language interpretation, assistance accessing health, housing, employment, or legal support, workshops, peer programs, and community initiatives that reduce barriers and promote overall well-being.



Community Advocacy and Resource Organizations: Groups advancing health equity, social justice, and access to care for newcomer and racialized women. While they may not provide direct healthcare, they offer education, referrals, community programs, research, and advocacy addressing systemic barriers. Many also connect individuals to trusted services or opportunities for meaningful community involvement.



Mental Health Services: Programs addressing the mental health needs of newcomer women, recognizing the impact of migration, trauma, and cultural adjustment on overall well-being. Services include counselling, support groups, and referrals to specialized care, helping women navigate sexual and reproductive health systems while addressing stigma, language barriers, or past trauma.



Sexual and Reproductive Health Services: A wide array of supports including:

- **Pregnancy Care:** Individuals can access prenatal and postnatal care, birthing support, and midwifery services to ensure the health and well-being of both the parent and baby.
- **Contraception:** A range of contraceptive options is available, including birth control pills, IUDs, contraceptive patches, condoms, and emergency contraception.
- **Fertility Services and Family Planning:** Support is provided for individuals experiencing difficulties with conception, including fertility testing and assisted reproductive technologies.



- **Abortion Services and Counseling:** Safe and confidential medical and surgical abortion options are available, along with compassionate counseling and emotional support.
- **Sexual Health Services:** Services include STI and HIV testing, treatment, and prevention options such as the HPV vaccine and medications like PrEP and PEP.
- **Gynecological and Menstrual Health Care:** Access is available for Pap smears, pelvic exams, PCOS and endometriosis care, as well as menstrual health support and hygiene products.
- **Mental Health and Support Services:** Trauma-informed counseling, support for survivors of sexual violence, and mental health care addressing the emotional impacts of sexual and reproductive health.
- **Gender-Affirming Care:** Inclusive services are available for trans and non-binary individuals, including hormone therapy, reproductive care, and overall sexual health support.



LGBTQIA2S+ Specific Services: Organizations and programs supporting sexual and gender diverse individuals, including trans and Two-Spirit newcomers. Services include inclusive sexual and reproductive healthcare, mental health support, peer groups, advocacy, and safe spaces that recognize the unique needs and experiences of LGBTQIA2S+ communities.

Why This Guide Is Important

Sexual and reproductive health is a vital part of overall health and well-being, yet newcomer women often face a complex web of barriers when trying to access care. These include, but are not limited to:



Language & Communication Barriers: Limited English or French proficiency can make it difficult to understand medical information, ask questions, or explain symptoms. Miscommunication can reduce quality of care and create stress or anxiety. It may also complicate completing forms, using online resources, or interacting with support staff.



Cultural Stigma and Privacy Concerns: In some cultures, sexual and reproductive health is taboo, causing fear, shame, or hesitation to seek care. Concerns about confidentiality, judgment, or community perceptions can prevent women from accessing services. These barriers may lead to delays, reliance on informal advice, or avoidance of preventative care.



Information and Knowledge Gaps: Many newcomers struggle to know what services are available, how to access them, or which resources are trustworthy. Limited familiarity with Canadian healthcare and settlement systems can cause confusion, delays in care, or reliance on informal sources that may not provide accurate guidance.



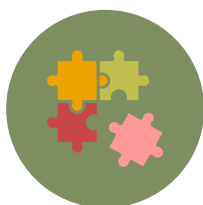
Systemic Bias and Discrimination: Newcomer women may face bias, stereotyping, or a lack of culturally competent care. Such experiences can undermine trust, discourage engagement, and result in unequal treatment or overlooked health needs. Bias can also affect communication, diagnosis, and treatment, making it harder to feel safe and understood in healthcare settings.



Practical and Logistical Barriers: Transportation, childcare, or inflexible work schedules can make attending appointments or accessing programs difficult. These obstacles may require juggling multiple responsibilities, navigating unfamiliar transit systems, or coordinating with limited community support, which can delay care or lead to missed appointments.



Financial Barriers: Costs of care, lack of insurance, or unclear coverage policies can prevent women from seeking medical attention or supportive programs. Out-of-pocket expenses, medication costs, or prioritizing basic needs over healthcare can exacerbate stress and limit consistent engagement with services.



Intersectional Vulnerabilities: Women who identify as LGBTQIA2S+, have disabilities, or belong to multiple marginalized communities may face compounded barriers. These challenges can make it difficult to access services, trust providers, or advocate for care, increasing the risk of unmet health needs.

This guide centralizes trusted, culturally safe resources, making it easier for South Asian newcomer women to find services that meet their needs. By providing clear information about available programs and providers, it helps women navigate complex systems, make informed health decisions, and access supports essential to their well-being. While it does not provide care directly, the guide serves as a practical tool to support confidence, agency, and informed choices.



Health Services and Community Clinics

Access Alliance Multicultural Health and Community Services

Delivers holistic healthcare, counselling, and settlement support for newcomers and racialized communities across the GTA. Programs include reproductive health, youth wellness initiatives, trauma-informed counselling, and culturally appropriate health education. Access Alliance also offers non-insured walk-in services and interpretation support to reduce barriers and improve accessibility.

Website: accessalliance.ca | **Phone:** 416-324-8677 | **Email:** mail@accessalliance.ca

Alliance for South Asian AIDS Prevention (ASAAP)

Provides culturally responsive HIV/AIDS education, prevention, counselling, and support for South Asian, Middle Eastern, and Indo-Caribbean communities, including LGBTQIA2S+ individuals. ASAAP offers peer support groups, sexual health resources, and settlement support in multiple languages. Their programs create safe, inclusive, and trauma-informed spaces that reduce stigma, promote overall health and wellbeing, and empower marginalized individuals to navigate their health journeys.

Website: asaap.ca | **Phone:** +1 (416)-599-2727 Ext: 221 | **Email:** info@asaap.ca

Alongside Midwifery Unit (AMU)

Provides patient-centered, midwifery-led reproductive care in a hospital setting, with a focus on immigrant and refugee women. Services include culturally sensitive perinatal care, interpretation support, education, and counseling. AMU bridges traditional midwifery values with medical safety, offering holistic care in a welcoming, inclusive environment that supports families before, during, and after birth.

Website: oakvalleyhealth.ca – AMU | **Phone:** 905-427-5407

Canadian Centre for Refugee and Immigrant Health Care (CCRIHC)

A Scarborough-based clinic providing free primary healthcare to uninsured refugees, newcomers, and people without status. Services include general medical care, women's and children's health, chronic disease management, mental health support, dental care, and social service referrals. Care is confidential and provided regardless of immigration status or ability to pay.

Website: www.healthequity.ca/ | **Phone:** +1 (647)-267-2176 | **Email:** info@ccrihc.org

Health Connect Ontario

A free, confidential service available 24/7, offering health advice and guidance from registered nurses via phone or online chat. It is ideal for non-urgent health concerns, symptom assessment, and navigating local health services. No OHIP is required, and the service helps connect individuals to appropriate care, resources, and support across Ontario.

Website: ontario.ca/health811 | **Phone:** 8-1-1 | **eChat:** Available via their website



Health for All Partnership (HAP) Clinic

A free clinic led by nursing students and supervised by faculty, offering primary care, allied health triage, and referrals for equity-deserving communities in the GTA. Services include general assessments and health screenings, mental health support, chronic disease management, sexual & reproductive health, diet and nutrition, dental hygiene. The clinic also provides advocacy, social connection opportunities, and essential items such as hygiene packs, food, and seasonal clothing.

Website: hapclinic.ca | **Email:** info@hapclinic.ca

Women's Health in Women's Hands (WHIWH)

Provides primary healthcare to racialized women from African, Caribbean, Black, Latin American, and South Asian communities in Toronto. Services include sexual and reproductive health care, mental health counselling, and chronic disease prevention tailored to cultural needs. WHIWH also promotes health equity through research, advocacy, and community engagement, offering multilingual care that empowers women to make informed health decisions.

Website: whiwh.com | **Phone:** 416-593-7655 | **Email:** info@whiwh.com

Public Health Unit Locator – Ontario Ministry of Health

An official online tool to help Ontario residents find their local public health unit (PHU) by entering their postal code. Each PHU offers services such as immunizations, sexual health clinics, STI testing, and health promotion programs. This locator is especially useful for identifying the appropriate public health unit for accessing services like Health Connect Ontario or local sexual health clinics.

Website: phdapps.health.gov.on.ca/PHULocator/

Punjabi Community Health Services (PCHS)

PCHS serves South Asian communities across the GTA, including newcomers and LGBTQIA2S+ individuals. They provide culturally responsive programs focused on mental health, addictions, aging, and family violence prevention. Services include short-term counselling, youth support, culturally grounded gender-based violence initiatives, as well as settlement support and community outreach.

Website: pchs4u.com | **Phone:** 905-677-0889 | **Email:** info@pchs4u.com

South Asian Canadians Health & Social Services (SACHSS)

A Brampton-based charity providing culturally and linguistically appropriate health, mental health, addiction, and community support for South Asian and other communities. Services include counselling, crisis support, youth programs, social activities, workshops, and outreach. Care is offered in multiple languages, including Hindi, Punjabi, Urdu, Tamil, Gujarati, Malayalam, Sindhi, Arabic, and English.

Website: sachss.ca | **Phone:** 647-523-6380 (General Inquires); 647-367-4452 or 416-863-0511 (Distress Line) | **Email:** info@sachss.org



Newcomer and Settlement Agencies

Centre for Immigrant and Community Services (CICS)

Provides multilingual, culturally inclusive programs for newcomers, including housing, employment, immigration, and health system navigation. CICS offers one-on-one settlement counselling, workshops on wellness, financial literacy, and social integration, as well as family programs focused on parenting support and healthy child development. They community engagement, advocacy, and inclusion initiatives that strengthen newcomer connections and participation in Canadian society.

Website: cicscanada.com | **Phone:** 416-292-7510 | **Email:** info@cicscanada.com

COSTI Immigrant Services

A multicultural agency supporting immigrants and refugees across the GTA with employment services, job placement, settlement assistance, language training, and social programs. COSTI also offers youth and family programs, community engagement initiatives, and specialized support for vulnerable groups. Through practical resources and connections, they empower newcomers to navigate systems, build skills, and integrate successfully into Canadian society.

Website: www.costi.org | **Phone:** 416-658-1600 | **Email:** info@costi.org

Bangladeshi-Canadian Community Services (BCS)

Assists Bangladeshi and other newcomers with settlement, integration, and access to services by providing support with legal processes, healthcare and social service navigation, housing needs, employment support, and referrals. BCS also promotes civic participation, cultural preservation, and community-building through programs and events that strengthen identity, belonging, and mutual support for individuals and families adapting to life in Canada.

Website: www.bangladeshi.ca | **Phone:** 416-699-4484 | **Email:** info@bangladeshi.ca

Bangladesh Centre and Community Services (BCCS)

Offers culturally sensitive programs to promote the health, wellbeing, and social integration of Bangladeshi-Canadians and their families. Services include health education on nutrition, chronic disease management (such as diabetes), settlement support, workshops on navigating Canadian systems, community gatherings, and activities that encourage social connection, cultural pride, and resilience in newcomer communities.

Website: bangladeshcentre.ca | **Phone:** 416-901-2121 | **Email:** admin@bangladeshcentre.ca

Family Service Toronto (FST)

Provides trauma-informed counselling, gender-based violence support, and community programs for individuals and families facing mental health challenges, poverty, and social isolation. FST offers prevention and education programs, supports immigrant and refugee women and LGBTQIA2S+ newcomers, and helps clients navigate housing, legal, and social services with culturally responsive, multilingual care.

Website: familyservicetoronto.org | **Phone:** 416-595-9230 ext.0 | **Email:** sau@familyservicetoronto.org



Frontline Community Services

Offers inclusive, culturally sensitive, and multilingual programs for newcomers, youth, seniors, and families, including settlement support, employment services, mental health counselling, and legal information. Frontline also runs specialized programs such as tutoring, mentoring, arts and crafts, yoga, and English conversation circles, and provides outreach and referrals to help clients access housing, health, and social services.

Website: fcccanada.org | **Phone:** 416-840-4425 | **Email:** info@fcccanada.org

Newcomer Women's Services Toronto (NEW)

Supports immigrant and refugee women through skill-building workshops, employment services, and referrals to mental, reproductive, and legal support. NEW's programs focus on empowerment, economic independence, and emotional wellbeing, and include gender-based violence prevention, settlement navigation, multilingual group programs, and peer support that foster community connection, healing, and resilience.

Website: newcomerwomen.org | **Phone:** 647-224-1371 | **Email:** info@newcomerwomen.org

Skills For Change

Delivers programs for newcomers in employment, language training, mental wellness, and youth development. Services include culturally informed counselling, group support, and trauma-informed resources, as well as tailored support for immigrant women experiencing gender-based violence. Skills for Change also helps clients navigate settlement systems, build skills, and connect with community resources.

Website: skillsforchange.org | **Phone:** 416-658-3101 | **Email:** info@skillsforchange.org

The Neighborhood Group – Newcomer Services

Offers comprehensive settlement services for newcomers, including language training, employment assistance, and access to housing, legal, and health services. Programs include prenatal and parenting support covering pregnancy, nutrition, and early childhood development, as well as youth and family initiatives. The organization also offers connections to mental health resources and community programs that help newcomers build skills, strengthen social ties, and successfully integrate into Canadian society.

Website: tngcommunityto.org | **Phone:** 416-925-2103 ext.2239 | **Email:** info@tngcs.org

Working Women Community Centre (WWCC)

Provides culturally sensitive settlement support and health system navigation for immigrant and refugee women and families. Programs include women's support groups, workshops on legal and health rights, skill-building initiatives, and referrals to family doctors and counselling services. WWCC also fosters community engagement and advocacy, empowering women to build independence while addressing barriers related to language, trauma, and gender.

Website: workingwomencc.org | **Phone:** 416-532-2824 | **Email:** settlement@workingwomencc.org

Also available at: [Access Alliance](#), [CCRIHC](#), [PCHS](#)



Community Advocacy and Resource Organizations

Canadian Association of Midwives (CAM)

Advocates for midwifery-led care and reproductive justice, improving access for racialized, Indigenous, and immigrant communities. CAM trains and supports midwives across Canada, promotes culturally respectful and trauma-informed perinatal care, and leads research, public education campaigns, and national collaborations to advance birth equity and maternal-child health outcomes.

Website: canadianmidwives.org | **Phone:** 514-807-3668 | **Email:** admin@canadianmidwives.org

Canadian Council for Muslim Women (CCMW)

Advocates for the rights, equality, and empowerment of Muslim women in Canada through education, policy development, research, and community engagement. CCMW develops resources, conducts initiatives to challenge stereotypes, raises public awareness, and promotes inclusive policies nationally while fostering leadership, civic participation, and social inclusion for Muslim women across Canadian society.

Website: ccmw.com | **Phone:** 416-999-6059 | **Email:** info@ccmw.com

Canadian Tamil Youth Development Centre (CanTYD)

Empowers Tamil youth through mentorship, leadership training, and community programs that build skills, promote healthy decision-making, and encourage civic engagement. CanTYD supports youth in developing confidence, communication, and leadership skills, while creating safe spaces for cultural connection and peer support that strengthen both individual and community outcomes.

Website: cantyd.org | **Phone:** 416-431-4100 | **Email:** info@cantyd.org

Council of Agencies Serving South Asians (CASSA)

A national advocacy organization advancing racial equity and access to services for South Asian communities. CASSA conducts community-based research, develops culturally relevant public education, advocates for policy change in health, justice, and education, and serves as a hub for collaboration among South Asian service providers. Their work also supports capacity building, leadership development, and community mobilization initiatives.

Website: cassa.ca | **Phone:** 647-932-1001 ext.114 | **Email:** cassa@cassa.ca

Laadliyan – Celebrating & Empowering Daughters

Promotes gender equity and cultural pride among South Asian women and girls through education and empowerment. Laadliyan hosts workshops and digital campaigns on sexual health, healthy relationships, and identity affirmation. Laadliyan supports young women in navigating cultural expectations while fostering leadership, self-confidence, and access to health and wellbeing resources.

Website: laadliyan.com | **Email:** info@laadliyan.com

South Asian Legal Clinic of Ontario (SALCO)

Provides legal services and advocacy for low-income South Asians, focusing on immigration, tenancy, employment, and income support. SALCO also engages in public legal education, law reform efforts, and community development, offering multilingual services, policy advocacy, and systemic interventions to promote equity and access to justice.

Website: salc.on.ca | **Phone:** 416-487-6371



South Asian Network Supporting Awareness & Research (SANSAR)

A charitable organization dedicated to improving the health of South Asian communities through research funding, health education, advocacy, and equitable access to healthcare initiatives. SANSAR empowers individuals with knowledge and support to maintain healthy lives while strengthening community awareness, leadership, and engagement in health promotion.

Website: sansar.org | **Phone:** 905-452-6213 | **Email:** admin@sansar.org

South Asian Women's Collective (SAWC)

A grassroots collective centering South Asian women's health, reproductive justice, and mental wellness through advocacy, education, and peer-led programming. SAWC offers culturally specific workshops, safe spaces, and storytelling initiatives to address stigma, build mutual support, and empower women to access care, develop leadership, and strengthen community networks.

Website: sawcollective.ca | **Email:** info@sawcollective.ca

Also available at: [ASAAP](#), [BCS](#), [BCCS](#), [FST](#), [Skills For Change](#), [WHIWH](#)

Mental Health Services

211 Ontario

A 24/7, multilingual helpline connecting individuals to over 60,000 local services, including mental health support, housing, food, and crisis resources. Staff provide live assistance, referrals, and guidance for emotional health, safety planning, and access to community programs. Calls are free, confidential, and available to anyone in Ontario.

Website: 211ontario.ca | **Phone:** 2-1-1 | **Email:** gethelp@211ontario.ca

Across Boundaries

Provides holistic, culturally sensitive mental health and addiction support for racialized communities. Programs include one-on-one counselling, group therapy, wellness activities, and peer support grounded in anti-oppression and anti-racism frameworks. They focus on healing through connection, culture, and community-based care.

Website: acrossboundaries.ca | **Phone:** 416-787-3007 ext.222

Centre for Addiction and Mental Health (CAMH)

Canada's largest mental health teaching hospital, providing a wide range of clinical services for mental health and substance use. Services include psychiatric assessment, inpatient and outpatient care, specialized programs (e.g., perinatal mood and anxiety disorders), and crisis support. CAMH also integrates research, education, and policy work to advance mental health care, with a growing emphasis on equity, inclusion, and culturally responsive services.

Website: camh.ca | **Phone:** 416-535-8501

Canadian Mental Health Association (CMHA)

Provides community-based mental health and addiction support across Canada, including counselling, peer support, case management, and programs promoting recovery and well-being. Services vary by local branch and focus on reducing barriers, supporting daily functioning, and fostering resilience.

Website: cmha.ca | **Phone:** 416-646-5557 | **Email:** info@cmha.ca



CMHA York & South Simcoe – Newcomers’ Health and Wellbeing Program

Provides free, confidential mental health counselling, trauma care, and nurse practitioner services for newcomers, along with housing support and guidance navigating Ontario’s health and legal systems. Services are offered in multiple languages and include the *Voices of Inclusion* series and Affinity Groups for Chinese, LGBTQIA2S+, Italian, Farsi, Russian, Tamil, Urdu, and People with Lived Experience (PWLE).

Website: cmha-yr.on.ca | **Phone:** 1-866-345-0183 | **Email:** nhwbreferral@cmha-yr.on.ca

Distress Centres of Greater Toronto (DCGT)

Offers 24/7 confidential crisis and emotional support for individuals experiencing distress, life stressors, or suicidal thoughts. Services include helplines, multilingual support, check-in programs, and grief or abuse support, with a focus on immediate listening and connection rather than specialized clinical care for sexual/reproductive health or mothers.

Website: dcoqt.com | **Phone:** 416-408-4357 (408-Helpline); 905-459-7777 (Multilingual Helpline) | **Email:** info@dcoqt.com

Distress Centre Halton

Offers 24/7 emotional support and suicide prevention services for individuals of all ages. Services include telephone and text-based support, wellness calls, and follow-up referrals. Staff are trained in trauma-informed crisis de-escalation and provide a safe space for those in distress.

Website: dchaltont.ca | **Phone:** 905-681-1488 (Burlington/Oakville); 905-877-1211 (Halton Hills/Milton); 905-561-5800 (Hamilton) | **Email:** info@dchaltont.ca

Kids Help Phone

A national, 24/7 mental health service offering support to youth through phone, texting, and online chat. Services are free, anonymous, and offered in multiple languages. Youth can access professional counselling, peer support, and information on topics like anxiety, relationships, and identity.

Website: kidshelpphone.ca | **Phone:** 1-800-668-6868 | **Text:** CONNECT to 686868

SOCH Mental Health

SOCH Mental Health provides both in-person and online mental health education and discussions, focusing on a holistic, culturally grounded approach to wellness. Their programs aim to reduce stigma, increase awareness, and foster understanding of mental health within diverse communities.

Website: sochmentalhealth.com | **Email:** info@sochmentalhealth.com

Also available at: [Access Alliance](#), [ASAAP](#), [CCRIHC](#), [FST](#), [Frontline Community Services](#), [HAP](#), [NEW](#), [PCHS](#), [SACHSS](#), [SAWC](#), [Skills For Change](#), [WHIWH](#)



Sexual and Reproductive Health Services

Action Canada for Sexual Health and Rights

Provides confidential, evidence-based information and referrals via their 24/7 Access Line and online platforms. Supports people seeking abortion care, contraception, STI testing, and sexual health information across Canada. Action Canada advocates for sexual rights, health equity, and accessible care for all.

Website: actioncanadashr.org | **Phone:** 1-888-642-2725 (Access Line); 613-241-4474 (General Inquiries) | **Email:** access@actioncanadashr.org (Access Line) or info@actioncanadaSHR.org (General Inquiries)

Birth Control & Sexual Health Centre

A centre providing free sexual health services in a caring, non-judgmental environment for women, men, and transgender clients. Services include, but are not limited to, birth control consultations, STI testing and treatment, pregnancy testing, abortion referrals, sexual health education, and guidance on safe sex practices. No health card or age limit is required, and services are available regardless of location, including through mobile clinics.

Website: <http://birthcontrolsexualhealth.ca/> | **Phone:** 416-789-4541 | **Email:** info@birthcontrolsexualhealth.ca

Hassle Free Clinic

A walk-in clinic in downtown Toronto providing free, confidential sexual health services, including STI/HIV testing, contraception, emergency care, abortion referrals, and gender-affirming hormone therapy. LGBTQIA2S+ inclusive and trauma-informed, the clinic encourages trans and Two-Spirit people, and those with trans experiences, to access care in the environment where they feel most comfortable.

Website: hasslefreeclinic.org | **Phone:** 416-922-0566

Immigrant Women's Health Centre (IWHC Toronto)

Offers free or low-cost, culturally sensitive sexual and reproductive health services for immigrant, refugee, uninsured, and marginalized individuals. Services include STI testing and treatment, contraception, HPV screening, pregnancy testing, and education to support informed reproductive choices.

Website: iwhctoronto.com | **Phone:** 416-323-9986

Planned Parenthood Toronto (PPT)

A youth-driven, anti-racist, culturally responsive, queer- and trans-affirming community health centre offering free, confidential services for individuals aged 13–29. PPT provides sexual and reproductive health care, mental health support, and community programs, including contraception, STI testing, pregnancy options counselling, general health care, and gender-affirming care, with no health card required.

Website: ppt.on.ca | **Phone:** 416-961-0113 | **Email:** ppt@ppt.on.ca



Sexual Health Ontario (SHO)

A free, anonymous, inclusive service staffed by trained counsellors. SHO provides confidential information, support, and referrals on a wide range of sexual and reproductive health topics—STIs (including HIV, PrEP, PEP), safer sex, contraception, emergency contraception, pregnancy options, LGBTQIA2S+ and gender identity concerns.

Website: sexualhealthontario.ca/en/home | **Phone:** 1-800-668-2437 (Toll-free, Ontario Residents), 416-392-2437 (Toronto Area) | **eChat:** Available via their website

SHORE Centre

Delivers inclusive, judgment-free sexual and reproductive health services across Ontario, including contraception access, pregnancy decision-making support, and workshops on healthy relationships and consent. SHORE Centre also engages in education, advocacy, and policy initiatives to advance reproductive justice.

Website: shorecentre.ca | **Phone:** 519-743-9360 | **Email:** info@shorecentre.org

Toronto Sexual Health Clinics (City of Toronto)

City-run clinics offering free, confidential sexual health services, including STI testing and treatment, birth control, emergency contraception, pregnancy testing, and counselling. Some clinics provide specialized services for youth and LGBTQIA2S+ individuals, and connect clients with broader sexual health education and community resources.

Website: toronto.ca/sexual-health-clinics | **Phone:** 416-338-1234 (Central Appointment Line) | **Email:** PublicHealth@toronto.ca (General Inquiries)

Also available at: [Access Alliance](#), [ASAAP](#), [AMU](#), [CCRIHC](#), [HAP](#), [Laadliyan](#), [NEW](#), [SAWC](#), [WHIWH](#)

LGBTQIA2S+ Specific Services

The 519 (Toronto)

A City of Toronto agency supporting the health, wellbeing, and full participation of LGBTQIA2S+ communities. The 519 offers programs and services such as counselling, peer support, workshops, and arts and cultural events. Through its welcoming community space, leadership development, and advocacy work, The 519 fosters community connection while promoting equity, justice, and inclusion.

Website: the519.org | **Phone:** 416-392-6874 | **Email:** info@the519.org

Friends of Ruby

Supports the wellbeing of LGBTQIA2S+ youth aged 16–29 through mental health services, social supports, and housing programs. Their holistic approach addresses both individual wellness and community connection, offering counselling, peer support, and programs designed to build life skills and resilience. Friends of Ruby aims to help young people feel affirmed, included, and empowered to lead healthier, more connected lives.

Website: friendsofruby.ca | **Phone:** 416-359-0237 | **Email:** info@friendsofruby.ca



LGBT YouthLine

An anti-racist, youth-led organization providing affirming, anonymous peer support for LGBTQIA2S+ youth aged 29 and under across Ontario. YouthLine connects young people to resources and community through peer support, referrals, training, advocacy, and leadership opportunities. Their programs emphasize safety, accessibility, confidentiality, and harm reduction, while fostering belonging, empowerment, and engagement.

Website: youthline.ca | **Phone:** 416-962-2232 | **Email:** info@youthline.ca

Egale Canada

A national organization founded in 1986 to advance the rights and protections of LGBTQIA2S+ people. As a leading voice on LGBTQIA2S+ issues in Canada, Egale promotes human rights and equality through legal advocacy, research, education, and public awareness campaigns, working to reduce discrimination and foster safer, more inclusive communities both nationally and globally.

Website: egale.ca | **Phone:** 416-964-7887 | **Email:** info@egale.ca

Rainbow Health Ontario

A provincial program dedicated to improving the health and wellbeing of LGBTQIA2S+ communities in Ontario. It provides education, training, research, and resources for health care providers and organizations to enhance affirming, inclusive care. They also offer community-facing resources, support networking, and advocate for equitable health services tailored to the diverse needs of LGBTQIA2S+ people across the province.

Website: rainbowhealthontario.ca | **Phone:** 416-324-4100 | **Contact Form:** rainbowhealthontario.ca/contact/

Also available at: [ASAAP](#), [Birth Control & Sexual Health Centre](#), [PCHS](#), [FST](#), [CMHA](#), [Hassle Free Clinic](#), [SHO](#), [Toronto Sexual Health Clinics](#)

Last Updated: March 31, 2026



SEXUAL & REPRODUCTIVE HEALTH FOR SOUTH ASIAN NEWCOMER WOMEN



COUNCIL OF
AGENCIES SERVING
SOUTH ASIANS

FUNDED BY:



United Way
Greater Toronto