



Good to Give



RESILIENT TORONTO EDITION

Includes a
Toronto Foundation Curated
Social Enterprise Listing

A GUIDE TO DONATION-READY ORGANIZATIONS, PROJECTS, AND
SOCIAL ENTERPRISES IN OUR COMMUNITY.



Photo: Greenest City

Welcome!

Each of the organizations included here has been vetted by staff and volunteers at Toronto Foundation, our city's Community Foundation and one of 191 across Canada.

We have focused this giving guide on leading organizations that are tackling some of the city's deepest challenges—those issues we have seen over the years in our annual research report on the state of the city—Toronto's Vital Signs. These are the issues that are stagnating or are getting worse, and where there is need and opportunity for philanthropy to get more involved:

1. Aging with dignity
2. Housing precarity
3. Social inclusion
4. Climate justice
5. Child and youth poverty

All of the groups featured in this guide are working to transform the lives of Torontonians, and make our city stronger and more resilient.

We hope you will consider them in your plans this year.

For more information, please email Torey Kehoe, tkehoe@torontofoundation.ca or call 416-921-2035 ext. 230.

Thank you!



AGING WITH DIGNITY

For the first time in history, there are more seniors in our city than children. Seniors often live alone, in many cases disconnected from community and supports, which can have damaging impacts on their health and quality of life. In other cases, seniors are unable to age in their home communities because of large infrastructure gaps, though evidence shows aging in place has positive health implications. As the population over 65 becomes more diverse, new models, new infrastructure and new approaches will be needed to confront a demographic change on this scale.

DID YOU KNOW? Seniors currently represent about 15% of the city's population, but by 2041, it is expected that 1 in 4 Torontonians will be a senior.

ALZHEIMER SOCIETY OF TORONTO provides services to people with dementia, their families, and their caregivers. The society offers programs that enhance social inclusion, increase physical well-being, and explore the benefits of creative therapies for people with dementia and their care partners. They also lead initiatives to increase public awareness and promote research on Alzheimer's disease.

www.alz.to

ANISHNAWBE HEALTH FOUNDATION supports the work of Anishnawbe Health Toronto, a Ministry of Health supported community health centre that provides holistic traditional and mainstream health and wellness services to Indigenous people in Toronto. Here, Indigenous seniors have access to a range of culturally safe and appropriate supports, including primary healthcare, diabetes management, and counselling services, as well as traditional ceremonies, Elders and medicine people.

www.aht.ca/support-anishnawbe

AGING WITH DIGNITY

REXDALE WOMEN'S CENTRE uses a holistic, multigenerational service model to support high-need women and their family members living in the GTA, with a focus on newcomers, immigrants, and refugees. At Rexdale Women's Centre, seniors from diverse ethno-cultural backgrounds have access to programs and services in their own language where they can learn new skills, manage their health, and form community with seniors from different cultural backgrounds. www.rexdalewomen.org

THE 519 is a multi-service agency that promotes the health, happiness and full participation of the LGBTQ community in Toronto through services that include refugee settlement, housing, counselling, recreation, arts and education. The agency provides LGBTQ seniors with a range of programs to help them build intergenerational relationships, engage with art and culture, build skills, and maintain their health so they can live dignified, fulfilling lives. They also advocate for the needs and rights of LGBTQ seniors for inclusive spaces and services as they age. www.the519.org

THORNCLIFFE NEIGHBOURHOOD OFFICE is a multi-service agency providing community services in more than 40 languages to primarily newcomer and refugee communities in Thorncliffe Park and three satellite locations in Toronto. They provide seniors with a range of services including settlement counselling and programs that promote their health and wellness, intergenerational relationships, and technology skills. Newcomer and refugee seniors face special challenges, and Thorncliffe Neighbourhood Office helps to identify and work with those who are most isolated to connect socially, access services and resources, and improve overall quality of life for a healthier and more resilient neighbourhood. www.thorncliffe.org

AGING WITH DIGNITY

YOUTH EMPOWERING PARENTS trains and supports volunteer youth in 10 at-risk and marginalized communities across Toronto to give one-on-one tutoring to immigrant adults and seniors in English language and computer skills. Through customized instruction in their own language, youth build relationships with community elders and leadership skills, while adults and seniors become proficient at using technology, reducing their social isolation and increasing their independence in a changing world. www.yepeducation.com

DOROTHY LEY HOSPICE is a volunteer-based community service organization in Etobicoke offering compassionate physical, emotional and spiritual care to people living with the challenges of a life-limiting illness or loss. Through in-home support and a residential program, the Hospice's integrated palliative care model empowers each patient to determine their care based on their unique needs and desires for support. www.dlhospice.org



Photo: Friends of the Pan Am Path,
Sam Motala

Good To Give Tip:

CONSIDER MULTI-YEAR GIVING
SO ORGANIZATIONS CAN PLAN
FOR BIGGER IMPACT.

Leah's Experience In Rexdale

Seniors everywhere often struggle with isolation and loneliness, especially in spread out, suburban areas like Rexdale. "When we go home nobody is there," says Leah, a Rexdale grandmother. "We have nothing to do. Some people just go home, give up, and die." The challenge is creating and maintaining spaces that can organically bring seniors out of their isolation and into a community. Then there's the added problem of mobility. "Not all seniors use vehicles," she says. "It's better to have services near houses where they live, or special transit for seniors."

To read the full story, visit:

www.torontofoundation.ca/vital-conversations

Rebecca's Experience In Rexdale

In Rexdale, money is an issue that looms over many seniors, including Rebecca. After coming to Canada in 1987, she worked in a factory despite being a physiotherapist back home. "It was too late to go back to school," she says. It's difficult enough to change careers late in life, but it's an added challenge to be a newcomer whose previous credentials aren't recognized. Now Rebecca struggles to make ends meet. "The cost of living is very high," she says. "You can't do anything. When I first came here rental apartments were \$300, now it's almost \$1000. If you're a senior you can't carry it."

To read the full story, visit:

www.torontofoundation.ca/vital-conversations



Photo: Friends of the Pan Am Path, Sam Motala

HOUSING PRECARITY

Thousands of Toronto residents are homeless - on the streets, in shelters or couch-surfing. Tens of thousands more are under-housed, precariously housed or at risk of homelessness. Housing traditionally should be 30% of income, but many Torontonians struggle to find homes they can afford while being able to pay for basics like food and transportation. Many families can't find homes that are suitable for their size, while people with mental and physical health, disability and mobility challenges face barriers to gaining and maintaining appropriate housing. Shelters remain stubbornly full, leaving many people with no safe place to go at night. The problem is complex, as are the solutions: lack of investment in affordable housing is an issue, as are restrictions on zoning, and gaps in support systems.

THE CENTRE FOR EQUALITY RIGHTS IN ACCOMMODATION (CERA) works to prevent evictions and end housing discrimination in Toronto and across Ontario through casework, public education, research, law reform, litigation and international human rights law. CERA works with tenants, landlords, community partners and the public to build awareness about housing rights, and to build the capacity of those precariously housed to recognize and defend their human rights. www.equalityrights.org/cera

DID YOU KNOW? At the end of 2015, approximately 85,000 families and individuals were on the active waiting list for affordable housing in Toronto. 2,565 applicants were housed in 2015, 553 fewer than in 2014.

HOUSING PRECARITY

HABITAT FOR HUMANITY GTA is a non-profit housing organization that brings communities together in Toronto, Brampton, Caledon, and York Region to build homes for lower-income local families in need of affordable housing. One of 1,400 worldwide affiliates, Habitat for Humanity GTA's unique affordable homeownership program empowers families with the ability to build financial assets and self-reliance to create a better and more stable life for themselves and their children.

www.habitatgta.ca

PARKDALE ACTIVITY-RECREATION CENTRE (PARC) provides services to people experiencing homelessness, poverty, mental health challenges, addictions, and food insecurity in Parkdale so they can rebuild their lives. In addition to operating 39 units of affordable and supportive housing, PARC runs a drop-in program where members can access housing assistance and provides added support to clients with mental health and addictions challenges as they navigate the complex network of our social support systems. www.parc.on.ca

YWCA TORONTO improves the lives of disadvantaged and marginalized women and girls living in Toronto by offering programs in employment and training, community support, recreation, leadership development, family support, as well as housing services and systemic advocacy. The YWCA Toronto provides single women and women with children a range of housing supports including a homeless shelter, emergency shelters from violence, and transitional and permanent housing.

www.ywcatoronto.org

SOCIAL INCLUSION

Discrimination happens too often in our society, whether in highly visible ways like hate crimes or hidden ways that affect everything from employment to rental housing to civic engagement. Discrimination harms individuals but it also fragments our communities and weakens the fabric that holds society together. Greater social inclusion requires more than simply ending discrimination. Real equity acknowledges that we all need different kinds of supports based on the unique challenges and privileges we are born with to help us achieve our full potential. Achieving that goal means facing our own biases, understanding the ways in which some of us benefit from inequity, and making sacrifices to forego those benefits. It's a challenging task, but one that builds stronger communities in the end.

CANADIAN ROOTS EXCHANGE works with Indigenous and non-Indigenous youth to build respect, understanding, and reconciliation between Indigenous and non-Indigenous peoples in communities across Canada. Based in Toronto and Saskatoon, they support youth-led exchange trips, workshops, conferences and events that build knowledge of Indigenous histories and current realities, facilitate understanding and empathy, and promote greater inclusion of Indigenous people and communities in Canadian society. www.canadianroots.ca

DID YOU KNOW? Out of Toronto's 44 current city councillors, only 14 are women (about 30%).



Photo: Friends of the Pan Am Path, Sam Motala

SOCIAL INCLUSION

CIVICACTION LEADERSHIP FOUNDATION supports high impact leadership programs that open doors, minds and opportunities for young, emerging and under-represented leaders in the Greater Toronto and Hamilton Area. For over a decade, CivicAction has played the role of neutral sandbox, bringing together senior executives and rising leaders from all sectors to tackle challenges facing the Greater Toronto and Hamilton Area. By supporting diverse rising civic leaders to develop their skills and networks, the CivicAction Leadership Foundation is helping change the face of leadership throughout the region and build strong, inclusive cities. www.leadership.civicaction.ca

EAST SCARBOROUGH STOREFRONT uses collaboration to support people, build community and address complex social issues in Kingston Galloway/Orton Park. It is a one-stop hub that brings together 40 partner agencies that provide services to engage every member of the community and to facilitate their full participation in society, including job search support, mental health counselling, after-school programs, legal advice, cooking classes and seniors and youth groups. www.thestorefront.org

East Scarborough Storefront is a project of Tides Canada Initiatives Society, a charity that houses social change projects ranging from neighbourhood-scale initiatives to national conservation efforts on a shared administrative and governance platform, all with an eye to building a healthy environment, social equity, and economic prosperity. www.tidescanada.org/approach/shared-platform



“The Good to Give guide has exposed me to fantastic, high-impact organizations in my own neighbourhood that I had never heard of before.”

–Paul Butler, Toronto Foundation Fundholder

SOCIAL INCLUSION

HOSPICE TORONTO is a community-based healthcare provider that delivers high quality care for people of all ages, supporting clients, their families and caregivers through all phases of life limiting illness. Its Young Carers Program supports kids under the age of 18 who are caregivers for a family member with a chronic or life threatening illness or disability. The program helps young caregivers and their families reduce their isolation and build community by facilitating recreational, social, educational, and skill development programs.

www.ycptoronto.com

MIZIWE BIIK ABORIGINAL EMPLOYMENT AND TRAINING provides training initiatives and employment services to Indigenous people in the GTA. By using traditional and cultural Indigenous values, practices and resources to guide their work, Miziwe Biik creates a supportive environment where Indigenous people can find and maintain meaningful employment and live up to their full economic potential.

www.miziwebiik.com

NORTH YORK COMMUNITY HOUSE has been providing North York residents of all ages with a variety of programs for almost 30 years. It has grown into a leading organization dedicated to assisting newcomers in settling and integrating into their community, by offering programs ranging from English-language circles and civic engagement programs to community festivals and yoga classes, and more. They are building strong neighbourhoods in northwest Toronto by offering services from 50 different community-based locations in over 30 languages.

www.nych.ca

Sarah's Experience In West Hill

The roots of social isolation often begin with a trauma at a young age. "I was the product of abuse," says Sarah. "I was terrified of people." It took Sarah a long time for her to trust people and accept some genuinely wanted to be her friend. "When I met people who said 'Sarah, I want to go for coffee,' that felt really good," she says. Now retirement-aged, Sarah has overcome her social isolation and works to increase inclusion in her Scarborough neighbourhood. "I love this community," she says. "I'll do everything I can to make people feel they are welcome."

To read the full story, visit:

www.torontofoundation.ca/vital-conversations



Volunteers at The Stop Community Food Centre

Good To Give Tip:

CONSIDER GIVING TO ORGANIZATIONS WORKING TO ADDRESS ROOT CAUSES OF PROBLEMS.

CHILD AND YOUTH POVERTY

Poverty creates a complex web of challenges for young people. In addition to adversely affecting their lives today, poverty also affects their future opportunities. Families with low incomes are often unable to afford healthy foods and adequate housing. The resulting poor nutrition and crowded housing can disrupt young people's study and undermines their educational opportunities. Communities with diminished access to labour markets are less connected to new jobs and new opportunities. Addressing these challenges is important to the long-term opportunities of young people. But child poverty is also a product of other pervasive systemic inequities, particularly the higher rate of poverty amongst women. Many of the children living in poverty in Toronto are living in single-parent female-led households, so changing their lives involves increasing women's access to childcare, decent work and affordable housing.

AGINCOURT COMMUNITY SERVICES ASSOCIATION is a multi-service agency supporting children, youth, newcomers, homeless people and other underserved communities at four locations in Scarborough's Agincourt neighbourhood. They offer a network of child and youth programs, family services and community engagement initiatives that address the underlying issues of systemic poverty, including hunger, housing, homelessness, unemployment, accessibility and social isolation. www.agincourtcommunityservices.com

DID YOU KNOW? 18% of all children in Canada live in a low-income household, while 38% of Indigenous children in Canada live in poverty.

CHILD AND YOUTH POVERTY

NORTH YORK WOMEN'S SHELTER has provided a non-judgmental place of safety and support for women and children impacted by violence since 1984. Through holistic, evidence-based services and resources, including an emergency shelter, 24-hour crisis support, counselling, therapeutic programming and advocacy, the North York Women's Shelter responds to the complex needs of women and children experiencing violence and helps them build violence-free lives.

www.nyws.ca

THE STOP helps families overcome the root causes of poverty and hunger through programs that build skills, health, hope, and community while maintaining dignity. One of Canada's first food banks, The Stop and has evolved over the years to provide not only drop-in meals, a food bank, and community kitchens and gardens, but also perinatal and family support, and effective civic engagement programs for marginalized, socially isolated and low income people in the Davenport West and Christie/St. Clair areas. www.thestop.org



Toronto Foundation's Women In Philanthropy Bus Tour visits MJKO.

CLIMATE JUSTICE

Climate change is a huge global challenge that often seems overwhelming. After generations of shortsighted choices, massive policy change, corporate action and wholesale changes in human behaviour are now required to curtail further changes in our climate, around the world and here at home too. Extreme weather in Toronto, including steadily rising temperatures, flooding and ice storms, caused \$1B in damage in 2013 alone and have been devastating for many. But we can all make a difference by taking small actions, from increasing our transit use, cutting back on energy waste, and supporting local initiatives like more greenspace on roofs and at street level. We also have to be ready to respond to the inevitable climate change impacts, like managing runoff and flooding, addressing the impact of high temperatures and coping with big storms. It's important to know that climate change hits low income and vulnerable communities hardest, as they have the fewest resources to prevent the damage and recover from the impacts.

DAVID SUZUKI FOUNDATION engages in evidence-based research, policy analysis, education and citizen empowerment to conserve and protect Canada's natural environment. Working collaboratively across sectors with a network of experts in science, policy, communications and public engagement, David Suzuki Foundation develops climate solutions, increases biodiversity, advocates for environmental rights, and builds sustainable cities. www.davidsuzuki.org



Photo: Friends of the Pan Am Path, Martin Reis



SMALL CHANGE FUND supports local change agents who are creating solutions for global impact in climate change, Indigenous peoples' rights, sustainable food systems, and habitat and wildlife protection. Through the Fund, innovative grassroots projects needing just a small amount of money to make real change can receive critical seed capital, connect with donors through an online portal, and engage with a network of expert advisors. www.smallchange.org

Small Change Fund is a project of Tides Canada Initiatives Society, a charity that houses social change projects ranging from neighbourhood-scale initiatives to national conservation efforts on a shared administrative and governance platform, all with an eye to building a healthy environment, social equity, and economic prosperity.

www.tidescanada.org/approach/shared-platform

CLIMATE JUSTICE

THE ATMOSPHERIC FUND (TAF) is a non-profit corporation established by the City of Toronto to invest in local initiatives reducing greenhouse gas emissions and air pollution. In addition to granting directly to communities, TAF offers financing to entrepreneurs whose product or service can significantly cut emissions in Toronto, and developers and property owners who are making their buildings more energy efficient. www.taf.ca

TORONTO ENVIRONMENTAL ALLIANCE (TEA) is an advocacy group working on behalf of all Torontonians for a green, healthy and equitable city. TEA works with other environmental organizations to reduce climate change, advocates for more sustainable transit in Toronto, spearheads community engagement initiatives to build community interest in local climate change solutions, and acts as an environmental watchdog for our city. www.torontoenvironment.org

TEA's charitable trustee is Social Planning Toronto. www.socialplanningtoronto.org



Tanika Charles performs at Toronto Foundation's Vital Toronto Event.

Good To Give Tip:

CONSIDER GRANTING TO ORGANIZATIONS BOTH LARGE AND SMALL, AS ALL RELY ON DONOR FUNDING TO INNOVATE AND GROW.



Bilal's Experience In Toronto

"In Bangladesh climate effects are real, with excessive rains and the seas rising," says Bilal. "It's damaged everything, food, everything." To Bilal, the flooding of Toronto Island this summer was instantly familiar to him as a climate issue. "If we have concrete surfaces the water goes to the lake or rivers," he says of the city's surface runoff problem. "If we can control this extra water there would be less flooding, maybe in rain barrels, rooftop gardens, or with permeable pavement. There's huge storage capacity down below the ground."

To read the full story, visit:
www.torontofoundation.ca/vital-conversations



Photo: Friends of the Pan Am Path, Sam Motala

Another Way^{to} Support Good Work

SOCIAL ENTERPRISES

A social enterprise is a business driven by a social or environmental purpose. It is a new term for a burgeoning field, but based on a well-established concept: thrift stores have been selling household items and generating revenue for charities for over 100 years, YMCAs operate hostels and fitness centres, and many alternative businesses purposefully employ people who experience marginalization.

Consider “social procurement” when thinking about how you or your business buys products or services.



SOCIAL ENTERPRISES

EVA'S PRINT SHOP

With three facilities across Toronto, Eva's Initiatives for Homeless Youth provide safe space and support for homeless youth aged 16-24 every night. They provide transitional housing and supportive programs for youth experiencing homelessness, while offering educational support, employment training, and independent living skills programming for youth in residence as well youth in the community to help youth transition to sustainable independent living. Its social enterprise, Eva's Print Shop, is a full-service digital printer that helps prepare youth experiencing homelessness for employment in the graphics and print sector. They reinvest every dollar of profit into shelter, food, caring support, and basic needs for homeless youth at Eva's. www.evas.ca/what-we-do/print-shop

FRIEND'S CATERING

Fred Victor fosters long-lasting and positive change in the lives of homeless and low-income people in Toronto through access to affordable and transitional housing, emergency shelters, healthy meals, job training and counselling, drop-in programs, mental health resources, and specialized support programs. Its social enterprise, Friends Catering, provides fresh, delicious meals for corporate boardroom meetings, community events and private occasions across Toronto. By training and employing community members who have experienced significant, life-limiting barriers to employment, Friends Catering helps people earn an income and rebuild their lives while generating funds to support Fred Victor. www.fredvictor.org/friends_restaurant_catering

INSPIRATIONS STUDIO & SPUN STUDIO

Sistering supports some of Toronto's most vulnerable women: those who are homeless or precariously housed, at risk, and socially isolated, as well as those with substance use and mental health issues, without legal status, and who are experiencing trauma and violence. Sistering provides a 24 hour drop in, offering meals day and night, showers and laundry facilities, crisis intervention and trauma-informed counselling, housing supports, and onsite access to doctors, psychiatrists, nurses, settlement workers and immigration lawyers. Sistering also runs two social enterprises: Inspirations Pottery Studio and Spun Textile Studio, micro business incubators where low income and marginalized women learn how to create and sell pottery, as well as knitted, crocheted and sewn pieces, to develop a creative outlet and participate in meaningful self-employment.

www.sistering.org/social-enterprise

NEWCOMER KITCHEN

Newcomer Kitchen offers traditional Syrian meals prepared by newly-arrived Syrian refugee women. In addition to catering services, cooks prepare weekly meals in the kitchen at The Depanneur restaurant, which are then sold online for pickup or delivery and the proceeds are shared among the cooks. Newcomer Kitchen's simple but effective model supports a marginalized community to gain meaningful employment, access training and certification, and earn income.

www.thedepanneur.ca/newcomerkitchen



SOCIAL ENTERPRISES

PAINTBOX

Located in Regent Park, Paintbox offers premium catering and event planning services throughout the GTA. Paintbox was Canada's first caterer to be certified as a B Corporation, joining an international community of corporations using the power of business to fight poverty and climate change. Operating from an 8,000 square foot space that includes two state of the art kitchens, a storefront bistro/café, and a transformative event space, Paintbox provides employment, training, and career development to people facing systemic barriers to employment.

www.paintboxbistro.ca

SOCIAL ENTERPRISE GIFT GUIDE

Another place to browse over 100 gift ideas from Ontario social enterprises. Funded by the Ontario Government, this guide, while not vetted by Toronto Foundation, provides a pretty exhaustive list of social enterprises to consider. *www.seontario.org*



Photo: Friends of the Pan Am Path, Sam Motala

“This tool has fundamentally
changed the way I make donations.
I trust these recommendations of
grassroots organizations doing
impactful work in our city.”

–C.G, Toronto Foundation Fundholder



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