



Agency Name	Contact	Description
Carefirst Seniors and Community Services Association South Toronto Office	416-585-2013	Regular phone calls or visits to check on safety and well-being of people who live alone * checks are done by trained and screened volunteers Age 55+, focus on Chinese community
Etobicoke Services for Seniors Telephone Reassurance	416-243-0127	Telephone Reassurance - Weekly social phone calls and/or security checks by a volunteer For older adults and older adults who live alone and do not have access to community programs
Fontbonne Place - In Good Company	416-465-6069	Friendly visiting * telephone safety check * short outings, occasional shopping trips * volunteer opportunities Offered to isolated individuals seeking emotional, spiritual and social support
Langar Seva	647-643-9430	Telephone reassurance: Clients who are feeling lonesome or want reassurance from time to time can call our telephone line. Our volunteers also initiate calls to clients who request this service Languages: English; Hindi; Punjabi; Urdu
Victorian Order of Nurses Toronto-York Region	647-788-3180 1-855-285-2991	Phone calls to seniors and people with disabilities who live alone, providing companionship and reassurance