


CONNECT WITH VICTIM SERVICES TORONTO

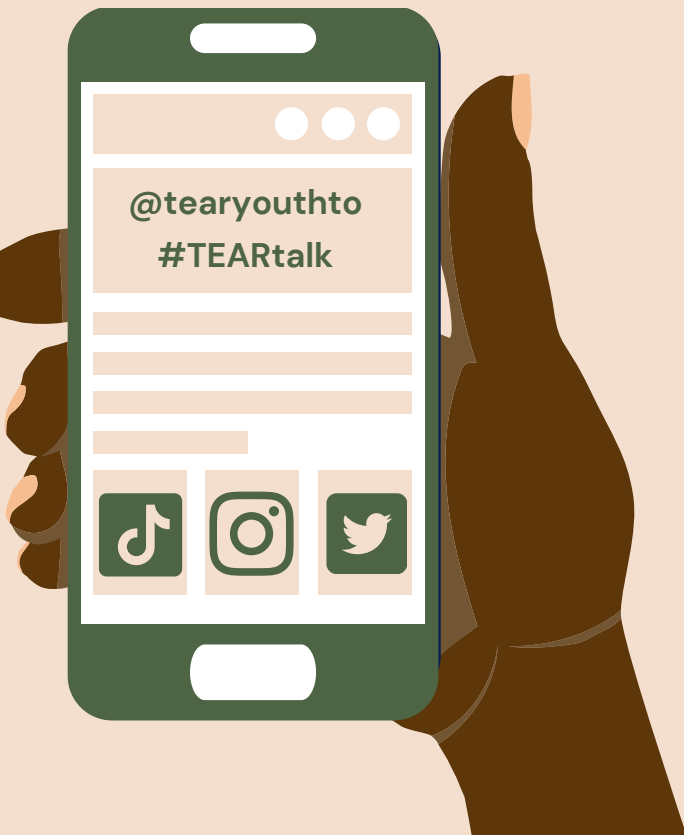
For additional information about Victim Services Toronto:

 416-808-7066

 www.victimsvicestoronto.com

 40 College Street, Toronto, ON M5G 2J3

CONNECT WITH T.E.A.R.TM



ONLINE INFORMATION & HELP

- **Victim Services Toronto**
www.victimsvicestoronto.com
- **Kids Help Phone**
www.kidshelpphone.ca
- **LGBT Youthline**
www.youthline.ca
- **Get Cyber Safe**
www.getcybersafe.gc.ca
- **Need Help Now**
www.needhelpnow.ca

YOUTH HELPLINES

- **Kids Help Phone**
1-800-668-6868 or Text 686868
- **LGBT Youthline**
1-800-268-9688
- **Hope for Wellness Helpline**
1-800-242-3310
- **Black Youth Helpline**
1-833-294-8650

24/7 HELPLINES

- **Victim Services Toronto**
416-808-7066
 - **Toronto Community Crisis Service**
2-1-1
 - **Toronto Distress Center**
416-408-4357 (GTA) 905-459-7777 (Peel)
 - **Bell Relay**
7-1-1
 - **Toronto Police Services (Non-Emergency)**
416-808-2222
 - **Toronto Police Services**
9-1-1 / T9-1-1
- A service available to members of the deaf, deafened, hard of hearing or speech impaired (DHHSI) community in Canada.



T.E.A.R.TM

Teens Ending Abusive Relationships

BE INSPIRED.
GET INVOLVED.
MAKE A DIFFERENCE.

WHO IS VICTIM SERVICES TORONTO?

Victim Services Toronto provides trauma informed support and advocacy in the moment for any person in Toronto who has experienced crime or sudden tragedy. We work to prevent violence through community engagement. Our vision is to create a thriving community where people are safe, supported and empowered.

Victim Services Toronto offers the following programs:

- 24/7 Crisis Response Program
- Enhanced Services
- High Risk Support Services
- Volunteer & Student Programs
- Exit Route Program
- T.E.A.R.™ Youth Leadership Programs and Workshops
- Trauma Dog Program



WHAT IS T.E.A.R.™ ?

The T.E.A.R.™ program is comprised of 3 elements:

- T.E.A.R.™ Youth Leadership Program
- #TEARtalk Social Media Initiative
- T.E.A.R.™ In A Digital World Workshop & T.E.A.R.™ Human Trafficking Workshops

T.E.A.R.™ Youth Leadership Program utilizes a youth empowerment model to provide grade 9-12 youth living in the City of Toronto with opportunities such as engaging in discussion on healthy relationships & cyber-violence, leadership training, awareness videos, social media content creation and more. Youth interested in volunteering can email tearyouth@vstoronto.com

#TEARtalk includes monthly video Q&A sessions with a guest speaker, and an online live chat on Instagram & Twitter. Each month has a different theme and youth are invited to engage in conversation. #TEARtalk focuses on healthy and unhealthy relationships and trending topics including: teen dating violence, cyber stalking, criminal harassment, sexual assault, consent, bullying, where to get help, and many more topics.

T.E.A.R.™ In A Digital World Workshop is an interactive and engaging workshop established by youth for youth age 12 to 18 living in the City of Toronto. The workshop equips youth with the tools, knowledge and resources to navigate the digital world and make informed healthy relationship choices both online and in person. It is FREE for TDSB/TCDSB schools and can be done in - person or virtually.

T.E.A.R.™ Human Trafficking Workshop is an interactive and engaging workshop established by youth for youth age 12 to 18 living in the City of Toronto. The workshop equips youth with the tools, knowledge and resources to understand human sex trafficking, risk factors, and how to stay safe. Presentations are also available for parents and caregivers. It is FREE for TDSB/TCDSB schools and can be done in -person or virtually.

PARTICIPATE IN T.E.A.R.™

For additional information email: tear@vstoronto.com

To schedule a T.E.A.R.™ presentation: tinyurl.com/TEARpresentation