

AFFORDABLE SELF-CARE RESOURCES

Acupuncture

Toronto Acupuncture Studio 1116 college St / 647-700-4644 /

www.torontoacupuncturestudio.com / \$20 per visit or volunteer and trade your time working reception for acupuncture sessions

Transense Healing Arts Holistic Centre 344 Bloor St W Suite 610 / 416-916-2980 /

www.transense.ca / \$20 per visit

Toronto Community Acupuncture 27 Davies Ave / 416-405-8222 /

www.communityacupuncturetoronto.ca / \$20 per visit

Chiropractic

Canadian Memorial Chiropractic College 6100 Leslie St / 416-482-2546 / www.cmcc.ca / Initial visit \$28, Subsequent visits \$18

Dentistry

Smile City Dental 1554A Bloor St. West / 416-539-9887 / www.dentistrywithcaretoront.ca /

Accepting patients with proof of private insurance, Ontario Works, conventional refugee/refugee claimant, First Nations, and ODSP

Education

TDSB - \$10 for courses when on Social Assistance Live 4 Life

<http://www.tdsb.on.ca/AdultLearners/Learn4Life.aspx>

Intuitive Centre Learning Studio & Healing Clinic Kate Opashinov / 796 Eglinton Ave E / 416-467-1917 / www.kateopashinov.com / Classes offered through TDSB \$14 per class or \$10 if on Social Assistance (OW, ODSP)

Energy Healing

Pranic Healing 344 Bloor St W Suite 610 / 905-262-1697 / www.pranichealingontario.ca / Monday

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healing clinic on donation

Master Sha's Soul Healing 1160 Ellesmere Rd / 416-609-2777 / www.drsha.com / Free healing
Sundays 11am

Food and Nutrition

The stop 1884 Davenport Rd & 601 Christie St. / 416-651-7867 / www.thestop.org / [Drop-in](#), [food bank](#), [perinatal program](#), [community action program](#), [bake ovens and markets](#), [community cooking](#), [community advocacy](#), [sustainable food systems education](#) and [urban agriculture](#)

Parc www.parc.on.ca Co-op Cred Program: In exchange for their labour, participants earn co-op creds that can then be used to purchase local, healthy food at the West End Food Coop or the Sorauren Farmers Market.

Friends Restaurant 145 Queen Street East / www.fredvictor.org/friends_restaurant_catering
Every weekday, Friends Restaurant serves two, low-cost and nutritious meals. Doors are open from 10 a.m. to 11:30 a.m. for brunch; and from 4 p.m. to 5:30 p.m. for dinner. The cost of brunch is \$1.50 and the cost of dinner is \$2.50.

Meals in Toronto for under \$5

<https://nowtoronto.com/food-and-drink/t-o-%E2%80%99s-20-best-meals-under-5-bucks/>

Low cost meals

http://www1.toronto.ca/city_of_toronto/shelter_support_housing_administration/files/pdf/weekly_meals.pdf

Nutritionist Sheila Ream from Nutritionist in the House / 416-691-1113 / Community Centre 55, 97 Main Street / Free half hour consultations

Massage

Take Your Mark Healing Arts Natasha Boomer / 378 Delaware St. / 416-854-7115 / natashaboomer@hotmail.com / \$50 for 90 minute chakra massage from a Reiki master

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Mediation

Mindful Mood Ginny McFarlane / 2243 Queen St E / 416-686-2138 / www.mindfulmood.com /
OHIP covered

Meditation for Health Lucinda Sykes / 720 Spadina Ave Suite 509 / 416 413-9158 /
www.meditationforhealth.com / OHIP covered

Twin Hearts Meditation 344 Bloor St W Suite 610 / Mondays at 7pm / 905-262-1697 /
www.pranichealingontario.ca

Narrative Competence Therapy

Dr. Joan Barr 19 Alvin Ave / 416-929-4587 / OHIP covered

Naturopathy

Robert Schad Naturopathic Clinic [1255 Sheppard Avenue East](http://www.rsnc.ca) / 416-498-9763 / www.rsnc.ca /
Adult \$42 Seniors \$31.50 Students \$16.50

Yoga

Moksha (hot) Yoga Volunteer and trade your time cleaning and working reception for yoga classes
www.mokshayogadanforth.com / 372 Danforth Ave / 416-778-7744

www.mokshayogadowntown.com / 577 Wellington St W / 416-361-3033

www.mokshayogabloorwest.com / 2454 Bloor St W #2 / 416-766-9642

Regular yoga

www.breatheyogastudio.com / 2968 Dundas St W / 416-926-YOGA

Many yoga studios throughout the city offer work exchange for classes.

Look for a studio in your area www.yogatoronto.ca

Other Free or low cost resources can be found periodically in the biweekly **Consumer Survivor Info Bulletin** www.csinfo.ca or at www.torontoonthecheap.com