

**Our Lady of Lourdes Food Bank**

Address: 275 Bleecker St. (back entrance)  
 Tel: 416-972-0630  
 Web: [http://www.ourladyoflourdes.ca/social\\_faith/food\\_bank.htm](http://www.ourladyoflourdes.ca/social_faith/food_bank.htm)

**RJ's Fast Food** (ethnic foods)

Address: 10 Howard St.  
 Tel: 416-963-8608

**Sam's Pub**

Address: 583 Sherbourne St.

**Timothy's Coffee**

Address: 425 Bloor St. E.

**UPK Restaurant**

Address: 599 Sherbourne St.  
 Tel: 416-929-2300

**Venus Fruit Market**

Address: 21 Howard St.  
 Tel: 416-921-2882

**VARIETY STORES & CONVENIENCE STORES**

Includes dollar stores, tuck shops, gift shops and convenience stores. Most establishments sell phone cards and some provide photocopying services.

**Dollar Power**

Address: 565 Sherbourne St.  
 Tel: 416-323-0404

**Handy Variety**

Address: 591 Sherbourne St.  
 Tel: 416-923-9620

**Philippine Store**

Address: 240 Wellesley St. E. Unit 106

**Price Depot Canada**

Address: 240 Wellesley St. E. Unit 09

**Rose Park Tuck Shop**

Address: 99 Howard St.

**Sherbourne Variety and Gifts**

Address: 545 Sherbourne St. Unit 03  
 Tel: 416-960-5599

**St. James Town Gift and Variety**

Address: 240 Wellesley St. E. Unit 140

**COMPUTER & PRINTING SERVICES**

Includes internet lounges, computer repairs, email and chatting, and printing services.

**Neo Space**

27 Howard St.  
 Tel: 416-962-8638 Email: [27howardst@gmail.com](mailto:27howardst@gmail.com)

**Supreme Computer and Electronics** (Print Shop)

Address: 240 Wellesley St. E.  
 Tel: 416-964-1777 Fax: 416-913-3190

**Web Fusion**

545 Sherbourne St. (ground level)  
 Tel: 416-925-5104

**MONEY SERVICES**

Includes currency exchange, money orders, transfers and wiring, cheque cashing, cash advances.

**Cash House**

Address: 565 Sherbourne St. Unit 21  
 Tel: 416-927-1960 Fax: 416-927-8464

**Iremit**

Address: 240 Wellesley St. E. Unit 112  
 Tel: 416-926-9358 Fax: 416-926-0910  
 Email: [aventuranza.ca@myiremitfo.com](mailto:aventuranza.ca@myiremitfo.com)

**PNB Rapid Remit** (Filipino Money Exchange)

Address: 545 Sherbourne St. (ground level)  
 Tel: 416-960-8004 Email: [pnbrcc@canada.com](mailto:pnbrcc@canada.com)

**PERSONAL CARE SERVICES**

Includes beauty salons, beauty supply shops and barbershops.

**Beauty Jenny**

Address: 591 Sherbourne St.  
 Tel: 416-944-2377

**Dagale Beauty Salon**

Address: 565 Sherbourne St. Unit 07  
 Tel: 416-923-4150

**JC Beauty Supply Store**

Address: 565 Sherbourne St. Unit 24  
 Tel: 416-925-5238

**Pinoy Beauty Salon**

Address: 240 Wellesley St. E. Unit 102  
 Tel: 416-960-4715

**Platinum Barbers**

Address: 597 Sherbourne St.  
 Tel: 416-922-1530

**The "IN" Cut**

Address: 601 Sherbourne St. (Entrance off Howard St.)  
 Tel: 416-921-0095

**LAUNDRY & DRY CLEANING SERVICES**

Includes coin laundry, full-service laundry, dry cleaning and tailoring.

**Ambassador Cleaners and Tailors**

Address: 601 Sherbourne St. (Entrance off Howard St.)  
 Tel: 416-921-1983

**Coin Laundry**

Address: 31 Howard St.

**Dry Cleaning and Phone Cards**

Address: 565 Sherbourne St. Unit 25  
 Tel: 416-444-7298

**New World Coin Laundry**

Address: 600 Parliament St.

**Taylor's Cleaners**

Address: 240 Wellesley St. E.  
 Tel: 416-206-8007

**OTHER SERVICES**

Includes video rentals, passport photos, cellphone repairs, accounting.

**Cellphone Sales & Repairs** (also passport photography)

Address: 240 Wellesley St. E. Unit 104  
 Tel: 416-968-1414 Email: [fast.tech.ca@gmail.com](mailto:fast.tech.ca@gmail.com)

**Mac Tax Canada Inc.**

Address: 240 Wellesley St. E. Unit 111  
 Tel: 416-927-0770

**Ultracare Renovations**

Address: 33 Howard St.  
 Tel: 416-964-6342

**Video 99**

Address: 583 Sherbourne St.

# Services, Resources and Organizations in St. James Town 2008



This directory provides the addresses and contact information for organizations, resources and retail services located within the boundaries of the North St. James Town neighbourhood.

## St. James Town Initiative

  
**WELLESLEY INSTITUTE**  
 a decade of advancing urban health  
 45 Charles St. E., Suite 101  
 Toronto, ON, M4Y 1S2  
 Website: [www.sjtinitiative.com](http://www.sjtinitiative.com)



This directory has been prepared by Peyun, Rashad, Sail and Shinta as part of the Wellesley Institute's St. James Town Initiative.

## MULTI-SERVICE ORGANIZATIONS

Geared primarily toward newcomers or particular ethnic groups, these organizations provide several or all of the following: settlement services, employment services, language and housing assistance, advocacy and information on social services, cultural programs, recreational programming, special needs assistance, parenting classes.

### Community Matters Toronto

Address: 260 Wellesley St. E, Unit 102  
Tel: 416-944-9697 Web: [www.communitymattertoronto.org](http://www.communitymattertoronto.org)

### Growing Together

Address: 260 Wellesley St. E, Unit 103  
Tel: 416-921-8716

### LIFT: Low-Income Families Together

Address: 240 Wellesley St. E (sub-basement)  
Tel: 416-827-7119  
Web: [www.lift.to](http://www.lift.to) Email: [youth@lift.to](mailto:youth@lift.to)

### Refugee Immigrants Information Centre

Address: 260 Wellesley St. E, Unit 109  
Tel: 416-961-7027

### SILAYAN Community Centre

Address: 240 Wellesley St. E (sub-basement)  
Tel: 416-926-9505 or 416-926-9471  
Email: [silayancommunitycentre@yahoo.ca](mailto:silayancommunitycentre@yahoo.ca)

### SJT Festival and Safety Committee

Address: 240 Wellesley St. E. (sub-basement)  
Tel: 416-934-0171

### Toronto Tamil Seniors Association

Address: 275 Bleecker St. (basement)  
Tel: 416-323-9086

### Toronto Community and Culture Centre

Address: 240 Wellesley St. E. (sub-basement # 08)  
Tel: 416-971-7883 Fax: 416-971-5519  
Web: [www.tcccto.com](http://www.tcccto.com) Email: [tcccto@yahoo.com](mailto:tcccto@yahoo.com)

## PLACES OF WORSHIP

Includes churches, prayer rooms and bible study groups.

### 614 St. James Town Evangelical Church

Address (office): 562 Sherbourne St.  
Address (services): 650 Parliament St. (sub-basement)  
Tel: 416-913-0319 Web: [www.614stjamestown.com](http://www.614stjamestown.com)

### Musallah James Town Muslim Community Prayer Hall

Address: 240 Wellesley St. E (sub-basement)

### St. Simon the Apostle Anglican Church

Address: 40 Howard St.  
Tel: 416-923-8714

### Trinity Evangelical Korean Church

Address: 619 Sherbourne St.  
Tel: 416-921-9417 Web: [www.geocities.com/trinitytoronto](http://www.geocities.com/trinitytoronto)

## EDUCATION SERVICES & SCHOOLS

Includes schools, colleges, homework clubs, libraries, adult language education programs, employment assistance, free computer and internet access, free computer classes.

### CFYEP: Children First Youth Education Program

Address: 200 Wellesley St. E, Unit 119  
Tel: 416-323-4714

### Computer Learning Centre (ICAN)

Address: 240 Wellesley St. E (sub-basement)  
Tel: 416-944-2254  
Web: [www.icanhelps.com](http://www.icanhelps.com) Email: [franca@icanhelps.com](mailto:franca@icanhelps.com)

### Employment Assistance (Toronto Community Housing)

Address: 325 Bleecker St., Main Floor

### LINC program, Growing Together

Address: 260 Wellesley St. E, Unit 103  
Tel: 416-921-8716

### Rose Avenue Public School

Address: 675 Ontario St.  
Tel: 416-393-1260 Web: [www.tdsb.on.ca/roseave/ourschool.htm](http://www.tdsb.on.ca/roseave/ourschool.htm)

### Tamil Academy of Culture and Technology

Address: 240 Wellesley St. E (sub-basement)  
Tel: 416-413-1763 or 416-757-9601 Web: [tamilacademy.org/](http://tamilacademy.org/)

### Toronto District School Board ESL Classes

Address: 375 Bleecker St., Recreation Room  
Tel: 416-338-4300

### Toronto Public Library, St. James Town Branch

Address: 495 Sherbourne St.  
Tel: 416-393-7744 Web: [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca)

### Trios College

Address: 425 Bloor St. E  
Tel: 416-922-4250 Web: [www.triostoronto.com](http://www.triostoronto.com)

## RECREATION SERVICES & PROGRAMS

Includes after-school programs, day camps, sports clubs, youth, adult and seniors' clubs, and park facilities.

### Art City (free art classes for children ages 6-13)

Address: 545 Sherbourne St., Unit 4  
Tel: 416-944-0315 Web: [www.artcitytoronto.ca](http://www.artcitytoronto.ca)

### Cabbagetown Youth Centre

Address (wrestling and martial arts): 280 Wellesley St. E. (basement)  
Address (swimming pool and weight room): 650 Parliament St. (sub-basement) Tel: 416-960-1032  
Web: <http://www.cabbagetownboxing.on.ca/cyc/what.html>  
Email: [pat\\_tschannen@hotmail.com](mailto:pat_tschannen@hotmail.com)

### Rose Avenue Park (with playground and soccer field)

Address: 675 Ontario St.  
Tel: 416-393-1260

### St. James Town Community Trust Women's Club

Address: 240 Wellesley St. (basement)  
Tel: 416-838-9442

### St. James Town West Public Park (with playground)

Address: 589 Sherbourne St.  
Web: [www.toronto.ca/parks](http://www.toronto.ca/parks)

### Wellesley Community Centre

Address: 495 Sherbourne St.  
Tel: 416-392-0227 Email: [bjwater@toronto.ca](mailto:bjwater@toronto.ca)

## PARENTING & EARLY CHILDHOOD SERVICES

Includes daycares, parenting programs, parent support groups, early childhood education.

### Community Matters Toronto

Address: 260 Wellesley St. E, Unit 102  
Tel: 416-944-9697 Web: [www.communitymattertoronto.org](http://www.communitymattertoronto.org)

### Glen Road Child Care Centre

Address: 443 Bloor St. E,  
Tel: 416-392-5060 / 416-392-5059

### Growing Together

Address: 260 Wellesley St. E, Unit 103  
Tel: 416-921-8716

### Moms & Tots

Address: 200 Bleecker St. (basement)  
Programs offered on a drop-in basis.

### Rose Avenue Daycare

Address: 675 Ontario St.  
Tel: 416-922-8827  
Web: <http://www.toronto.ca/children/dmc/webreg/gcreg1812.html>

### Wellesley Early Learning Centre

Address: 495 Sherbourne St.  
Tel: 416-928-9900  
Web: [www.childdevelop.ca/public\\_html/programs/healthy\\_early.html](http://www.childdevelop.ca/public_html/programs/healthy_early.html)

## HEALTH SERVICES

Includes doctors and dental offices.

### Bloor East Village Health Centre (Dr. Francisco S. Portugal, MD)

Address: 33 Howard St.  
Tel: 416-964-6342

### Dental Office and Denture Clinic

Address: 240 Wellesley St.  
Tel: 416-928-2827

### Dental Office (Dr. Jorge M. Jose & Associates)

Address: 35 Howard St.  
Tel: 416-922-1821

## PHARMACIES

Prescriptions and over-the-counter health products. Some provide photocopying and faxing services.

### Howard Pharmacy

Address: 25 Howard St.  
Tel: 416-515-1515

### Sherbourne Pharmacy

Address: 565 Sherbourne St., Unit 22  
Tel: 416-972-0189

### Shopper's Drug Mart

Address: 565 Sherbourne St., Unit 40  
Tel: 416-963-9495 Web: [www.shoppersdrugmart.ca](http://www.shoppersdrugmart.ca)

### St. James Drug Mart

Address: 240 Wellesley St. E.  
Tel: 416-966-1028 Fax: 416-966-1445

## FOOD SERVICES

Includes grocery stores, food banks, restaurants, coffee shops and ethnic food stores.

### A Submarine

Address: 565 Sherbourne St, Unit 12  
Tel: 416-924-5317

### Chae's Chester Chicken Express (also sells Filipino food)

Address: 23 Howard St.  
Tel: 416-961-3025

### Coffee Time

Address: 601 Sherbourne St.

### Cozy Corner Filipino/Caribbean Restaurant

Address: 4 Howard St.  
Tel: 416-963-8608

### Farmer's Market (seasonal, summer only, Mon-Fri)

Intersection of Ontario St. and St. James Ave.

### Food Basics

Address: 238 Wellesley St. E  
Web: [www.foodbasics.com](http://www.foodbasics.com)

### Harla Spice Market (Ethnic food store)

240 Wellesley St. E. Unit 105  
Tel: 416-923-0004

### Milk Mart (grocery store)

Address: 29 Howard St.

### No Frills

Address: 555 Sherbourne St., Unit 1  
Tel: 416-928-9158 Fax: 416-928-0154  
Web: [www.shopnofrills.ca](http://www.shopnofrills.ca)