

## Resource 1: The Mississauga Food Bank

### Challenge 1: Financial Insecurity



#### Description:



Food Banks Mississauga leads a network of over 60 agency members to provide food for more than 9 million meals annually. They offer essential support to individuals and families facing food insecurity by distributing fresh and non-perishable food items through various community programs. Their services include neighborhood food banks, pantries, and meal programs, ensuring that those in need have access to nutritious food. By collaborating with local partners, they aim to create a hunger-free Mississauga, addressing immediate needs while working towards long-term solutions to food insecurity.

#### DEI Framework



Food Banks Mississauga is committed to serving a diverse community by providing culturally appropriate food options and ensuring equitable access to services. They strive to eliminate barriers by offering inclusive programs that respect the dignity of all individuals, regardless of background, and by engaging with various cultural communities to meet specific needs.

#### Contact

4544 Eastgate Parkway, Mississauga, ON L4W 3W6

905-270-5589

[www.foodbanksmississauga.ca](http://www.foodbanksmississauga.ca)

Monday, Tuesday, Thursday: 9:00 a.m. – 5:00 p.m.

Wednesday: 9:00 a.m. – 8:00 p.m.

Friday: 9:00 a.m. – 1:00 p.m.

Saturday & Sunday: Closed



## INCLUSIVE PLAN FOR WALKER FAMILY



Supporting a family facing financial hardship through local community resources.



## Resource 2: Halton Region Child Care Subsidy

### Challenge 2: Cost of Day Care



#### Description:



The Halton Region Child Care Subsidy program provides financial assistance to eligible families to help cover the cost of licensed child care. By reducing child care expenses, the program enables parents and guardians to pursue employment, education, or training opportunities. The subsidy is available for children from birth to 12 years of age and is calculated based on family income and need. This support ensures that children have access to quality early learning environments, promoting their development and well-being while alleviating financial stress for families.

#### DEI Framework



Halton Region's Child Care Subsidy program promotes equity by making quality child care accessible to families from diverse socioeconomic backgrounds. The program acknowledges the unique challenges faced by different communities and strives to provide inclusive support that respects cultural differences, ensuring all children have equal opportunities for early education.

#### Contact

1151 Bronte Road, Oakville, ON L6M 3L

311 or 905-825-6000 1-866-442-5866

[https://www.halton.ca/](http://https://www.halton.ca/)



Monday to Friday: 8:30 a.m. – 4:30 p.m.

## Resource 3: Family Service Toronto

### Challenge 3: Emotional Stress



#### Description:



Family Service Toronto (FST) offers a range of counseling and support services aimed at strengthening individuals and families. Their programs address various challenges, including mental health, parenting, and relationship issues. FST provides accessible services through in-person and virtual sessions, ensuring flexibility for clients. With a focus on inclusivity, they offer support in multiple languages and tailor their services to meet the diverse needs of Toronto's communities. By fostering resilience and well-being, FST plays a crucial role in enhancing the quality of life for those they serve.

#### DEI Framework

Family Service Toronto is dedicated to promoting diversity, equity, and inclusion by offering culturally sensitive services that reflect the city's multicultural population. Their commitment to accessibility ensures that individuals from all backgrounds receive respectful and appropriate support, fostering an environment where everyone feels valued and understood.

#### Contact



355 Church Street, Toronto, ON M5B 1Z8



416-595-9618



<https://familyservicetoronto.org/>



Monday to Friday: 9:00 a.m. – 5:00 p.m.



## About This Plan

This brochure outlines an Inclusive (DEI) Plan to support the Walker Family—Mississauga residents navigating financial stress, high daycare costs, and emotional strain. The plan connects the family with key local community resources available in the Halton, Greater Toronto Area, and Food Banks Mississauga regional services that provide essential support.

These resources are selected not only for their accessibility and relevance, but also for their alignment with principles of Diversity, Equity, and Inclusion (DEI). This plan empowers the family to access food security, affordable child care, and mental health services, promoting resilience and well-being while reflecting the inclusive values of the Mississauga community.

## References

- Food Banks Mississauga. (n.d.). Home. <https://www.foodbanksmississauga.ca>
- Halton Region. (n.d.). Need help with the cost of child care. <https://www.halton.ca/For-Residents/Children-and-Parenting/Need-Help-with-the-Cost-of-Child-Care>
- Family Service Toronto. (n.d.). Counselling and support services. <https://familyservicetoronto.org>