



# CLEO Connect

Training and tools for community workers

## Resources and Supports

from the CLEO Connect Webinar:

## Sexual harassment at work

Wednesday, February 25, 2026, from 12 to 1:30 p.m.



### CLEO Steps to Justice Legal Information:

- [What can I do if I've been sexually harassed at work?](#)
  - [1. Keep a record of the harassment](#)
  - [2. Think about talking to your employer](#)
  - [3. Learn about constructive dismissal](#)
  - [4. Learn about human rights complaints](#)
- [What are my options if I was discriminated against at work?](#)

### CLEO Connect Webinars, Tools, and Resources:

- [Navigating the Human Rights Tribunal process: From application to decision - Pt 1](#)
- [Navigating the Human Rights Tribunal process: From application to decision – Pt 2](#)
- [Navigating the Human Rights Tribunal process: From application to decision - Pt 3](#)

## Community Supports and Resources:

- [Find mental health supports in Ontario](#)
- [Shape – Sexual Harassment | Advice | Prevention | Education](#)
- [Workplace Sexual Harassment Hotline - Pro Bono Ontario](#)
- [Identifying sexual harassment | Ontario Human Rights Commission](#)
- [Preventing and responding to sexual harassment | Ontario Human Rights Commission](#)
- [Policy on preventing sexual and gender-based harassment Ontario Human Rights Commission](#)
- [Understanding Discrimination and Harassment - Human Rights Legal Support Centre](#)
- [Sexual Harassment at Work: What can I do about it? - LEAF](#)
- [Workplace Harassment Under Ontario's Occupational Health and Safety Acts](#)
- [Workplace harassment: What it is and what to do about it](#)
- [Sexual Harassment in the Workplace – Waterloo Region Community Legal Services](#)
- [Sexual Harassment in the Workplace - Community Advocacy and Legal Centre](#)
- [Understand the law on workplace violence and harassment | ontario.ca](#)
- [End the Misuse of Non-Disclosure Agreements! Informed Choices for Survivors of Gender-Based Violence - Learning Network - Western University](#)
- [A Step-by-Step Guide to Documenting Sexual Harassment | by Rae Nudson | GEN](#)

## Legal Information & Crisis Lines:

- **SHAPE (Sexual Harassment Advice Prevention Education):**  
Offers free, confidential legal advice from lawyers and paralegals, with services available Mon–Fri, 8am to 8pm.  
  
Phone: 1-833-677-5146  
Website: [www.shapeyourworkplace.ca](http://www.shapeyourworkplace.ca)
- **Pro Bono Ontario (Workplace Sexual Harassment Hotline):**  
Provides up to 30 minutes of free, confidential legal advice to Ontario workers who cannot afford a lawyer.  
  
Phone: 1-855-255-7256 (Mon–Fri, 9AM–5PM)  
Online Application: [www.probonoontario.org/wshh](http://www.probonoontario.org/wshh)
- **Assaulted Women's Helpline:**  
Provides 24/7, free, confidential counseling and support for women in Ontario.

Phone: 1-866-863-0511 or Text #SAFE (#7233) on Bell, Rogers, Fido, or Telus  
Website: [www.awhl.org](http://www.awhl.org)

- **Fem'Aide:**

A 24/7 helpline for Francophone women in Ontario experiencing gender-based violence.

Phone: 1-877-336-2433

Website: [Accueil - Fem'aide](#)

- **Talk4Healing:** A 24/7 helpline for Indigenous women in Ontario.

Phone: 1-855-554-HEAL (4325)

Website: [Talk4Healing - Beendigen](#)

- **Ministry of Labour Health & Safety Contact Centre:** For reporting unsafe work practices, including harassment

Phone: 1-877-202-0008 (Mon–Fri, 8:30 a.m. – 5:00 p.m.)