



Resources and Supports

from the CLEO Connect Webinar:

Supporting clients with Canadian Human Rights Act complaints

Tuesday, September 15, 2026

12 to 1:30 p.m.



Resources:

- [Learn about the Canadian Human Rights Act](#)
- [Learn about the Ontario Human Rights Commission](#)
- [Learn about the Human Rights Code, R.S.O. 1990, c. H.19 | ontario.ca](#)
- [The process - Canadian Human Rights Tribunal](#)
- [Canadian Human Rights Commission](#)
- [Human Rights Tribunal of Ontario](#)
- [Find out if you are in the right place - Canadian Human Rights Commission](#)

- [Discrimination – What can I do about it? - Canadian Human Rights Commission](#)
- [Racial discrimination - Ontario Human Rights Commission](#)
- [Age discrimination and healthcare \(fact sheet\) | Ontario Human Rights Commission](#)
- [Discrimination based on mental health or addiction disabilities - Information for service providers \(fact sheet\) | Ontario Human Rights Commission](#)
- [Discrimination complaint process - Canadian Human Rights Commission](#)
- [File a discrimination complaint - Canadian Human Rights Commission](#)
- [Choosing where to file your human rights claim or complaint - Human Rights Legal Support Centre](#)
- <https://www.able2.org/programs/reach-legal-services/>
- [Jurisdictional FAQ - Human Rights Tribunal Ontario](#)
- [Human Rights Tribunal Ontario - Applicant's Guide](#)
- [Getting Started - Human Rights Legal Support Centre](#)
- [How-to Guides - Human Rights Legal Support Centre](#)
- [Workers' Education and Rights Collective | WERC](#)
- [Canadian Centre for Housing Rights](#)
- [Human rights in housing - Ontario housing law basics - Canadian Centre for Housing Rights](#)
- [Guide to your rights and responsibilities under the Human Rights Code | Ontario Human Rights Commission](#)
- [Application and hearing process - Tribunals Ontario](#)
- [Guide to Preparing for a Hearing before the Human Rights Tribunal Ontario](#)
- [Legal Info Booklet Can I File a Federal Complaint.pdf](#)
- [Human Rights 101 - Ontario Human Rights Commission](#)
- [Human Rights Legal Support Centre](#)
- [Workers' Education and Rights Collective \(WERC\)](#)

CLEO Steps to Justice Legal Information:

- [Find out if human rights laws apply to you](#)
- [How do I make a claim to the Human Rights Tribunal of Ontario?](#)
- [Learn about harassment, discrimination, and accommodation](#)
- [What are my options if I was discriminated against at work?](#)
- [Guided Pathway for making a human rights complaint - Steps to Justice](#)

CLEO Connect Webinars, Tools, and Resources:

- [Videos about the human rights case process](#)
- [Navigating the Human Rights Tribunal process: From application to decision - Part 1](#)
- [Navigating the Human Rights Tribunal process: From application to decision – Part 2](#)
- [Navigating the Human Rights Tribunal process: From application to decision - Part 3](#)
- [Pride and Protest: Strategies to Protect and Advance 2SLGBTQIA+ Rights in Ontario](#)
- [The Canadian Human Rights Act: Who is covered, What is discrimination, What are Prohibited Grounds? - a legal literacy activity](#)
- [Combatting anti-Indigenous discrimination and harassment in retail settings](#)

Community and Specialty Legal Clinics:

- [Find your community legal clinic](#) -1-800-668-8258
- **Workers' Education and Rights Collective Canadian Human Rights Act Project:**
Provides free 30 minute legal information sharing general guidance on law, procedure, and filling forms on making Canada Human Rights complaints. Open to anyone without someone to represent them. www.werc-cedt.ca/programs/help-with-canadian-human-rights-act-complaints
- **Legal Aid Ontario (LAO):** Legal Aid Ontario gives low-income people access to a range of legal services tailored to meet their legal needs through its website and toll free number. 1-800-668-8258 legalaid.on.ca
- **Law Society Referral Service (LSRS):** Connect with the Law Society of Ontario to find a lawyer or paralegal for a free consultation of up to 30 minutes to help you determine your rights and options. findlegalhelp.ca, Crisis Line: 416-947-5255 / Toll Free: 1-855-947-5255
- **Aboriginal Legal Services**
Offers legal help, legal education, and community development to Aboriginal people living in Toronto in areas such as landlord and tenant, social assistance, victim rights and inquests.
211 Yonge St., Suite 500, Toronto, M5B 1M4
416-408-3967 or 416-408-4041
Toll-free: 1-844-633-2886
www.aboriginallegal.ca

- **ARCH - Disability Law Centre:**

Offers information, summary advice and referrals, and representation in systemic cases for people with disabilities across Ontario in ARCH's areas of practice.

55 University Ave., Suite 1500, Toronto, M5J 2H7

416-482-8255

Toll-free TTY: 1-866-482-2728

www.archdisabilitylaw.ca

- **BLAC - Black Legal Action Centre:**

Delivers legal aid to low or no income Black Ontarians. Works to combat individual and systemic anti-Black racism.

720 Spadina Ave., Suite 221, Toronto, M5S 2T9

416-597-5831

Toll-free: 1-877-736-9406

www.blacklegalactioncentre.ca

- **HALCO – HIV & AIDS Legal Clinic (Ontario):**

Provides free legal services to people living with HIV/AIDS in Ontario.

55 University Ave., Suite 1400, Toronto, M5J 2H7

416-340-7790

Toll-free: 1-888-705-8889

www.halco.org

- **Discrimination and Harassment Counsel (DHC):** A service free-of-charge to the Ontario public, lawyers and paralegals. The Discrimination and Harassment Counsel confidentially assists anyone who may have experienced discrimination or harassment by a lawyer, lawyer licensing candidate or a paralegal. LSO.ca/DHC
- **Civil Society Organizations:** To make lawyer and paralegal services more accessible, the Law Society has approved a registration system that enables lawyers and paralegals to provide their professional services to the public as employees of charities and not-for-profit corporations. lso.ca/cso
- **You speak French - know your rights:** Did you know that you are entitled to receive legal services in French from a lawyer or paralegal? lso.ca/FrenchRights
- **Law Help Ontario:** A self-help legal clinic offered by Pro Bono Law Ontario, providing a range of services to unrepresented litigants with civil matters to help

them understand court procedures or meet with a volunteer lawyer at no charge.
lawhelpontario.org

- **Ontario Legal Information Centre:** The Ontario Legal Information Centre offers a free 30-minute meeting with a lawyer to anyone in Ontario who is facing a legal problem or whose legal problem is within Ontario. The Centre's services are confidential, available in person or by telephone, in both English and French. centreinfojuridique.ca/en
- **Pro Bono Ontario's Free Legal Advice Hotline:** Promotes access to justice in Ontario by creating and promoting opportunities for lawyers to provide pro bono (free) legal services to persons of limited means. Toll free 1-855-255-7256 or probonoontario.org
- **Justice Ontario:** A useful resource on Ontario Law. attorneygeneral.jus.gov.on.ca
- **Ontario Courts:** All levels of Ontario Courts. ontariocourts.ca
- **National Self-Represented Litigants Project:** Resources for self-represented litigants including educational content, provincial legal helplines and supports. representingyourselfcanada.com