

ONTARIO PRISONERS' RESOURCE GUIDE

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**This resource guide is a collaborative project
of the Toronto Prisoners' Rights Project, the
Jail Accountability and Information Line and
the Criminalization and Punishment
Education Project.**



TORONTO PRISONERS' RIGHTS PROJECT



**CRIMINALIZATION
AND
PUNISHMENT
EDUCATION PROJECT**

We're reminding everyone to please obtain and carry a naloxone kit (free at most pharmacies). It could save your or someone else's life in the event of an accidental opioid overdose. Remember that your drug tolerance may be very low after spending time inside, and a tiny amount of drugs could kill you. The drug supply is contaminated with fentanyl and is even more unreliable since COVID-19. If you plan to use drugs, please start low, go slow, leave your naloxone next to you, and use with a buddy or in an open-access location. If possible, always visit a supervised consumption site, or call the Ontario Overdose Prevention Line when you're using: 1-888-853-8542 (Monday-Friday: 10am - 10pm; Saturday-Sunday: 10am - midnight).

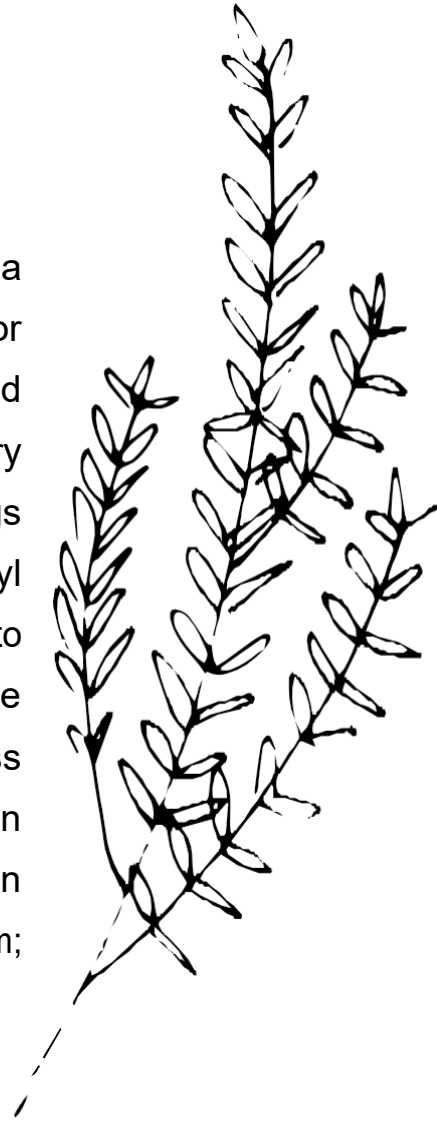


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Ontario Specific-Resources List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

Mental Health Resources	<p>BounceBack Ontario Crisis Line: 1-866-345-0224 https://bouncebackontario.ca/</p> <p>Crisis Services Canada Suicide Prevention and Crisis Resource Line Toll-free (24/7): 1-833-456-4566 Text support (4pm-12am ET daily): 45645 https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/</p> <p>ConnexOntario Crisis Line: 1-866-531-2600 https://www.connexontario.ca/</p> <p>Kids Help Phone Crisis Line: 1-800-668-6868 Text: 686868 https://kidshelpphone.ca/</p> <p>Youthspace.ca (NEED2 Suicide Prevention, Education and Resource) Youth Text (6pm-12am PT): (778) 783-0177 Youth Chat (6pm-12am PT): www.youthspace.ca</p> <p>Big White Wall Canada Anonymous online peer support available 24/7 www.bigwhitewall.ca</p> <p>LifeLine App www.thelifelinecanada.ca</p>
Healthcare Resources	<p>Public Health Ontario Toll-free: 1-877-543-8931 Tel.: 647-260-7100 https://www.publichealthontario.ca/</p> <p>Ontario Ministry of Health and Long-Term Care http://www.health.gov.on.ca/</p> <p>Prescription Drug Coverage Programs https://www.ontario.ca/page/get-coverage-prescription-drugs#section-1</p>

	<p>Application information for Health Card https://www.ontario.ca/page/apply-ohip-and-get-health-card#section-5 Application must be done in-person at Service Ontario location. Requires an applicant to bring in necessary information.</p> <p>Application information for Birth Certificate https://www.ontario.ca/page/get-or-replace-ontario-birth-certificate Application process can be done online</p> <p>Cover Health https://cover.health OHIP covered telemedicine</p> <p>Ontario Brain Injury Association (OBIA) Toll-free help line: 1-800-263-5404 (available Mon-Fri from 9:30am – 4:00pm. Voicemail is available after hours) Email: support@obia.on.ca Mailing Address: PO BOX 2338, St. Catharines, ON, L2R 7R9 www.obia.ca OBIA is a provincial, registered, charitable organization. Their mission is to enhance the lives of Ontarians living with the effects of acquired brain injury (ABI) through education, awareness, and support. OBIA provides information on services available across Ontario.</p>
<p>Harm Reduction Resources: Naloxone Kits, Supervised Consumption Sites, Supplies, Substitution Therapies and Treatment</p>	<p>Naloxone is available for free without a prescription at most pharmacies, in both injectable (IM) and intranasal (Narcan) form. Where to get a naloxone kit in Ontario: https://www.ontario.ca/page/where-get-free-naloxome-kit</p> <p>Ontario Harm Reduction Distribution Program to find a program, supplies, and sharps disposal bins near you: http://www.ohrdp.ca</p> <p>Consumption and Treatment Services Sites https://news.ontario.ca/mohltc/en/2019/03/consumption-and-treatment-services-sites-1.html https://health.canada.ca/en/health-canada/services/drugs-medication/opioids/responding-canada-opioid-crisis/map.html</p>

	<p>Ontario Harm Reduction Distribution Program Toll-free: 1-866-316-2217 Tel.: 613-544-9735 http://www.ohrdp.ca/</p> <p>Also, see the regional location pages.</p>
Legal Resources	<p>JusticeNet Toll-free: 1-866-919-3219 Tel.: 416-479-0551 Email: info@justicenet.ca https://www.justicenet.ca/</p> <p>Legal Aid Ontario Toll-free: 1-800-668-8258 Tel.: 416-979-1446 Email: info@lao.on.ca <i>Application information:</i> https://www.legalaid.on.ca/services/how-do-i-apply-for-legal-aid/</p> <p>Community Legal Clinics Toll-free: 1-800-668-8258 https://www.legalaid.on.ca/legal-clinics/ They provide free legal services to low-income people on matters such as: income support programs, tenant law, immigration, and employment law.</p> <p>Law Society Referral Service Toll-free: 1-855-947-5255 Mon – Fri from 9:00am – 5:00pm www.findlegalhelp.ca They can refer you to a lawyer or paralegal who will provide a free consultation of up to 30 minutes. People in crisis, including those in custody can call the toll-free number.</p> <p>Community Legal Education Ontario (CLEO) Connect https://cleoconnect.ca They provide easy to understand information on a variety of laws</p> <p>Luke's Place Toll-free: 1-866-516-3116 Email: admin@lukesplace.ca</p>

Release Planning Resource	John Howard Societies https://johnhoward.on.ca/
Immigration & Newcomer Resources	JusticeNet Toll-free: 1-866-919-3219 Tel.: 416-479-0551 Email: info@justicenet.ca https://www.justicenet.ca/ Legal Aid Ontario Toll-free: 1-800-668-8258 Tel.: 416-979-1446 Email: info@lao.on.ca <i>Application information:</i> https://www.legalaid.on.ca/services/how-do-i-apply-for-legal-aid/ Community Legal Education Ontario (CLEO) Connect: Immigration and Refugee Law Information https://cleoconnect.ca/legal-topic/immigration-and-refugee-law/ Welcome Centre Immigrant Services Toll-free: 1-877-761-1155 info@welcomecentre.ca http://www.welcomecentre.ca/
Employment Resource	Employment Ontario Toll-free: 1-800-387-5656 Tel.: 416-326-5656 Email: contactEO@ontario.ca https://www.ontario.ca/page/employment-ontario
ODSP Resources	Ministry of Children, Community and Social Services: ODSP Can search for an appropriate office via municipality or address: https://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/contacts/index.aspx Steps to Justice https://stepstojustice.ca/questions/income-assistance/i-have-disability-can-i-get-ontario-disability
Food Resource	Feed Ontario Tel.: 416-656-4100 https://feedontario.ca/

Housing Resource	Housing Help Association of Ontario Tel.: 905-526-8100 Email: info@hhao.ca https://findhousinghelp.org/
Women's Resources	Assaulted Women's Line Toll-free: 1-866-863-7868 Tel.: 416-863-0511 Text: #7233 https://www.awhl.org/home Shelter Safe ShelterSafe.ca is an online resource to help women and their children seeking safety from violence and abuse. The clickable map will serve as a fast resource to connect women with the nearest shelter that can offer safety, hope and support. https://sheltersafe.ca/ontario/ Council of Elizabeth Fry Societies of Ontario Toll-free: 1-800-637-4606 Email: info@cefso.ca https://www.cefso.ca/index.html
Indigenous Resources	Talk4Healing Toll-free: 1-855-554-4325 Crisis Line: 1-855-544-4357 https://www.talk4healing.com/ Hope for Wellness Help Line Crisis Line: 1-855-242-3310 http://www.hopeforwellness.ca Anishnawbe Health Toronto <i>Mental Health Crisis Line</i> Tel.: 416-891-8606 https://www.aht.ca/ Alliance for Healthier Communities <i>List of Health Access Centres:</i> https://www.allianceon.org/aboriginal-health-access-centres
Black Resources	Black Legal Action Centre Toll-free: 1-877-736-9406 Tel.: 416-597-5831 https://www.blacklegalactioncentre.ca They provide legal help to low-income Black Ontarians.

LGBTQ2S+ Resources	LGBT Youthline Text: 647-694-4275 Email: outreach@youthline.ca https://www.youthline.ca/ Trans Lifeline Crisis Line: 1-877-330-6366 https://translifeline.org/
Youth Resources	Youthspace.ca (NEED2 Suicide Prevention, Education and Resource) Youth Text (6pm-12am PT): 778-783-0177 Youth Chat (6pm-12am PT): www.youthspace.ca Kids Help Phone Crisis Line: 1-800-668-6868 Text: 686868 https://kidshelpphone.ca/ Canadian Families and Corrections Network (CFCN) Toll-free: 1-800-371-2326 https://www.cfcn-rcafd.org/ FEAT for Children of Incarcerated Parents Tel.: 416-505-5333 Tel.: 647-627-1171 Email: info@featforchildren.org https://featforchildren.org/

Gravenhurst Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

Mental Health Resources	Canadian Mental Health Association Muskoka-Parry Sound <i>Mental Health and Addiction Services</i> Toll-free: 1-800-245-5036 <i>Adult Protective Services</i> Toll-free: 1-800-563-1990 <i>Council of Consumer/Survivor and Family Initiatives</i> Tel.: 705-384-5392 ext. 4228 Muskoka North Residential Tel.: 705-687-6199 District of Muskoka Community Services <i>Addictions and Mental Health Support</i> Tel.: 705-645-2412
Healthcare Resource	Cottage Country Family Health Team: Gravenhurst Medical Clinic Tel.: 705-687-2794 http://ccfht.ca/
Harm Reduction Resources: Naloxone Kits, Supervised Consumption Sites, Supplies, Substitution Therapies and Treatment	<p style="text-align: center;"><u>NALOXONE</u></p> Simcoe Muskoka District Health Unit <i>Gravenhurst Office</i> Tel.: 705-684-9090 5 Pineridge Gate <p style="text-align: center;"><u>TREATMENT</u></p> Recovery Muskoka <i>Gravenhurst Addiction Treatment and Medical Walk-in Clinic</i> 705-687-8526 Ontario Addiction Treatment Centres <i>Bracebridge Clinic</i> 705-645-1677

Legal Resources	<p>Lake Country Community Legal Clinic Toll-free: 1-800-263-4819 Tel.: 705-645-6607 https://www.lcclc.ca/</p> <p><u>Practice areas:</u> Housing for tenants, Ontario Works, Ontario Disability Support Program, Canada Pension Plan & Old Age Security, Worker's Compensation, Human Rights, Powers of Attorney and Elder law</p> <p>MacDonald Law Professional Corporation Tel.: 705-646-7750</p> <p>Aiken, Christensen & Heath Tel.: 705-687-2281</p> <p>Legal Aid Ontario: Family Law Tel.: 705-737-3400</p>
Release Planning Resources	<p>John Howard Society of Simcoe & Muskoka Tel.: 705-325-6561 https://johnhoward.on.ca/muskoka/services/</p> <p>St. Leonard's Windsor Tel.: 519-256-1878 https://www.stleonardswindsor.com/services</p>
Immigration and Newcomer Resource	<p>Pilkington Law Firm Tel.: 705-230-0174</p>
Employment Resources	<p>Employment North <i>Gravenhurst</i> Tel.: 705-687-6350</p> <p>Agilec <i>Bracebridge</i> Tel.: 705-646-0475</p>
ODSP Resources	<p>Lake Country Community Legal Clinic Toll-free: 1-800-263-4819 Tel.: 705-645-6607 https://www.lcclc.ca/</p> <p><u>Practice areas:</u> Housing for tenants, Ontario Works, Ontario Disability Support Program, Canada Pension Plan & Old Age Security, Worker's Compensation, Human Rights, Powers of Attorney and Elder law</p>

	ODSP Transitional Resource Program: Community Services Tel.: 705-645-2412 https://www.muskoka.on.ca/en/community-and-social-services/ODSP-Transitional-Support-Program.aspx
Clothing Resources	Growing with Giggles Tel.: 705-684-9061 Salvation Army: Thrift Store <i>Bracebridge</i> Tel.: 705-645-5961
Food Resources	Trinity United Church <i>Gravenhurst</i> Tel.: 705-687-2542 Salvation Army <i>Bracebridge Community Church</i> Tel.: 705-645-2602 ext 1 Bracebridge Out of the Cold Tel.: 705-645-2602
Housing Resources	Bethune Housing Co-operative Tel.: 705-687-7305 Affordable Housing — Muskoka Tel.: 705-645-2412
Women's Resources	Muskoka Women's Shelter and Services: Muskoka Interval House Tel.: 705-645-4461 Gravenhurst Women's Centre Tel.: 705-687-6500
Indigenous Resources	Simcoe Muskoka Family Connexions Tel.: 705-726-6587 Dnaagdawenmag Binnoojiiyag Child And Family Services Toll-free: 1-844-523-2237 Tel.: 705-295-7135 www.binnoojiiyag.ca Parry Sound Friendship Centre Tel.: 705-746-5970

LGBTQ2S+ Resource	Gilbert Centre for Social and Resource Services: Midland — LGBTQI2S Youth Connection Simcoe County Tel.: 705-722-6778
Youth Resources	Mental Health Crisis Line for CY Toll-free: 1-844-287-9072 New Path Youth and Family Services Tel.: 705-725-7656

Halton Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

Mental Health Resources	<p>Canadian Mental Health Association <i>Halton Region</i> 24-Hour Crisis Line: 1-877-825-9011 Toll-Free: 1-877-693-4270 Tel.: 905-693-4270 Email: info@cmhahrb.ca</p> <p>Distress Centre Halton Crisis Line: 905-849-7569 Email: info@dchalton.ca</p> <p>Halton Families for Families Tel.: 905-875-2575 ext. 2232 Email: families@rockonline.ca</p> <p>Oakville Trafalgar Memorial Hospital <i>Mental Health</i> Tel.: 905-845-2571 ext. 4900 Email: djones@haltonhealthcare.on.ca</p> <p>Hope Place Centres Toll-free: 1-877-761-6357 Tel.: 905-878-1120 Email: admissions@hopeplacecentre.org</p>
Healthcare Resources	<p>Halton Region Health Department <i>Sexual Health Clinic</i> Toll-Free: 1-866-442-5866 ext. 8400 Tel.: 905-825-6000 ext. 8400 Email: sexualhealth@halton.ca</p> <p>Bronte Family Medical Clinic Tel.: 905-693-1314 Email: appointments@brontefmc.ca</p> <p>Halton Family Health Centre Tel.: 905-336-3437</p> <p>Abbey Medical Centre Tel.: 905-815-9090 Email: admin@abbeymedical.ca</p>

<p>Harm Reduction Resources: Naloxone Kits, Supervised Consumption Sites, Supplies, Substitution Therapies and Treatment</p>	<p style="text-align: center;"><u>NALOXONE</u></p> <p>Halton Region Health Department <i>Needle Exchange and Naloxone Distribution</i> Toll-Free: 1-866-442-5866 Tel.: 905-825-6000 After Hours Mobile Outreach Services: 905-330-3305</p> <p style="text-align: center;"><u>RAPID ACCESS ADDICTION MEDICINE</u></p> <p>Halton & Mississauga RAAM Clinic Toll-Free: 1-888-388-7226 Email: info@haltonraam.ca</p>
<p>Legal Resources</p>	<p>Halton Community Legal Services Tel.: 905-875-2069 https://www.haltonlegal.ca/</p> <p><u>Practice areas:</u> Income Resource and Public Benefits, Housing Law, Employment Rights, Human Rights, Secondary Legal Consultation, Indigenous Rights and Services and Youth Rights</p> <p>The Women's Centre of Halton Tel.: 289-878-1943 Email: milton@thewomenscentreofhalton.com</p> <p>Family Law Information Centre (FLIC) Tel.: 905-878-7281 ext. 3447</p>
<p>Release Planning Resource</p>	<p>John Howard Society of Peel, Halton and Dufferin Tel.: 905-864-1306 Email: milton@johnhowardhd.ca</p>
<p>Immigration and Newcomer Resources</p>	<p>Centre for Education and Training Toll-Free: 1-800-668-1179 ext 5008 Tel.: 905-875-3851 ext 5008 Email: nic@tcet.com</p> <p>Centre for Skills Development Toll-Free: 1-888-315-5521 Tel.: 905-333-3499 Email: info@centreforskills.ca</p> <p>ESL Conversation Club Tel.: 647-297-0787 Email: lesley.henshaw@sympatico.ca</p>

	<p>Halton Newcomer Strategy Tel.: 905-826-6000 ext. 2777 Email: haltonnewcomerstrategy@halton.ca</p> <p>HMC Connections Tel.: 905-257-1555 Email: language.program@hmcconnections.com</p>
Employment Resources	<p>Adult Learning Centre Tel.: 905-873-2200 Email: info@alnh.ca</p> <p>Centre for Skills Development Toll-free: 1-888-315-5521 ext. 321 Tel.: 905-333-3499 ext. 321 Email: trades@centreforskills.ca</p> <p>Goodwill, The Amity Group Tel.: 905-633-8324 ext. 2221 cdecastillo@goodwillonline.ca</p> <p>HAPPEN Tel.: 905-338-9177 Email: info@happen.ca</p> <p>STRIDE Tel.: 905-693-4252 Email: info@stride.on.ca</p>
ODSP Resources	<p>Ministry of Community and Social Services Toll-free: 1-800-567-6388 Tel.: 905-637-4500 Email: ODSP.Burlington@ontario.ca</p> <p>Halton Social and Community Services <i>Subsidized Passes for Low Income Transit</i> Toll-free: 1-866-442-5866 Tel.: 905-825-6000 Email: accesshalton@halton.ca</p> <p>Oak Park Neighbourhood Centre Tel.: 905-257-6029 Email: support@opnc.ca</p>
Clothing Resources	<p>Safetynet Children and Youth Charities <i>Clothing and Food Bank</i> Tel.: 905-845-7233 Email: safetynetca@hotmail.com</p>

	Southside Community Church Tel.: 905-878-5664 Email: office@southsidemilton.org
Food Resources	Food for Life Tel.: 905-635-1106 ext. 7 Email: goodfood@foodforlife.ca Society of St Vincent De Paul Tel. (Holy Rosary Parish): 905-299-5935 Tel. (St. Benedict Parish): 905-875-7995 Salvation Army, Khi Community Tel.: 905-749-4714 Milton Bible Church Tel.: 905-876-3586
Housing Resources	Resource & Housing — Halton Tel.: 905-845-9212 Email: info@shhalton.org Halton Social and Community Services Toll-free: 1-866-442-5866 Tel.: 905-825-6000 Email: halton@housinghelpcentre.ca Milton Transitional Housing Tel.: 289-971-0060 Email: office@mthmilton.ca
Women's Resources	Halton Women's Place 24 Hour Crisis Line (Milton): 905-878-8555 Tel. (Halton): 905-332-1200 Tel. (Milton): 905-332-1593 Email: info@haltonwomensplace.com Elizabeth Fry Society of Peel-Halton Tel.: 905-459-1315 Email: efry@efrypeelhalton.ca
Indigenous Resources	Arctic Rose Foundation Tel.: 905-849-6880 Email: info@arcticrose.org Sheridan College <i>Centre for Indigenous Learning and Resource</i> Tel.: 905-845-9430 ext. 5444 Email: cils@sheridancollege.ca

	<p>Gary Allan High School <i>International and Indigenous Languages Elementary Program</i> Tel.: 905-632-2944 ext. 148 Email: int-lang@hdsb.ca</p>
Black Resources	<p>Halton Black History Awareness Society Email: hbhas2015@gmail.com</p> <p>The Burlington Caribbean Connection Email: thebcc2000@yahoo.ca</p> <p>Canadian Caribbean Association of Halton Tel.: 905-815-6184 Email: ccah79@hotmail.com</p>
Culturally Specific Resources	<p>Canadian Pakistani Association of Halton Email: info@cpahcanada.org</p> <p>Chinmaya Mission Halton Region Tel.: 905-570-1120 Email: chinmayahalton@sympatico.ca</p> <p>Espace francophone de Halton Tel.: 289-856-8300 Email: francohalton@gmail.com</p> <p>Islamic Community Centre of Milton Tel.: 647-547-2292 Email: contact2iccm@icnamilton.com</p> <p>Milton Chinese Association Tel.: 905-876-2916 Email: mca8302008@gmail.com</p> <p>Halton Islamic Association Tel.: 905-333-9856 Email: info@haltonmosque.ca</p> <p>Halton Sikh Cultural Association Tel.: 905-469-1313 Email: haltongurdwara@gmail.com</p>
LGBTQ2S+ Resources	<p>PFLAG Canada Toll-free: 1-800-530-6777 Email: halton@pflagcanada.ca</p> <p>ROCK, Positive Space Network Tel.: 905-339-3525 ext. 295 Email: psncoordinator@rockonlince.ca</p>

Youth Resources	<p>Radius Child and Youth Services Toll-free: 1-800-663-9888 Tel.: 905-825-3726 Email: info@radiuschild-youthservices.ca</p> <p>Elizabeth Fry Society of Peel-Halton <i>Youth NOW</i> Tel.: 905-459-1315 Email: efry@efrypeelhalton.ca</p> <p>ROCK Crisis Line: 905-878-9785 Tel.: 905-875-2575 Email: intake@rockonline.ca</p>
Shelter Resources	<p>Salvation Army Halton Lighthouse Shelter Tel.: 905-339-2918 Email: tsalighthouse@gmail.com</p> <p>Wesley Housing Services Tel.: 905-528-5629 Email: info@wesley.ca</p>

Hamilton Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

<p>Mental Health Resources</p>	<p>Barrett Centre for Crisis Resource Tel.: 905.528.5877 or 905-529-4343 Email: info@gsch.ca or barrettctr@goodshepherdcentres.ca https://www.goodshepherdcentres.ca/</p> <p>SACHA (Sexual Assault Centre) Tel.: 905-525-4573 https://sacha.ca/</p> <p>Interval House of Hamilton 24/7 Crisis Line: 905-387-8881 Tel.: 905-387-9959 Email: info@intervalhousehamilton.ca</p> <p>Institute for Advancement in Mental Health (IAM) <i>Hamilton Branch</i> Tel.: 905-523-7413 Email: support@iamentalhealth.ca https://www.iamentalhealth.ca/Find-Resource/Resource-Hub/Resource-During-COVID-19</p> <p>De dwa da dehs nye>s Aboriginal Health Centre-Hamilton Tel.: 905 544 4320 ext 215 Email: info@dahac.ca https://aboriginalhealthcentre.com/</p> <p>Canadian Mental Health Association Hamilton Branch Tel.: 905-521-0090 Email: info@cmhahamilton.ca https://cmhahamilton.ca/</p> <p>Good Shepherd Hamilton Tel.: 905-528-3655</p> <p>Shelter Health Network Hamilton Tel.: 905-526-7137 Email: admin@shelterhealthnetwork.ca</p>
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	<p>https://shelterhealthnetwork.ca/</p> <p>North Hamilton Community Health Centre Tel.: 905-523-6611 ext. 2000 https://www.nhchc.ca/</p> <p>St. Joseph's Healthcare Hamilton Tel.: 905-522-1155 https://www.stjoes.ca/contact/mental-health-crisis</p> <p>Institute for Advancement in Mental Health Toll-free: 1-855-449-9949 Email: support@iamentalhealth.ca https://www.iamentalhealth.ca/</p> <p>THE LOST ORGANIZATION Email: info@wearelost.org https://www.wearelost.org/</p> <p>Mental Health Rights Coalition Tel.: 905-545-2525 Email: info@mentalhealthrights.ca; mhrcprograms@bellnet.ca http://mentalhealthrights.ca/</p>
Healthcare Resources	<p>De dwa da dehs nye>s Aboriginal Health Centre-Hamilton Tel.: 905-544-4320 or 905 548 9593 Email: info@dahac.ca https://aboriginalhealthcentre.com/</p> <p>Hamilton Urban Core Community Health Centre Tel.: 905-522-3233 Email: administration@hucchc.com http://www.hucchc.com/</p> <p>North Hamilton Community Health Centre Tel.: 905-523-6611 ext. 2000 https://www.nhchc.ca/</p> <p>Hamilton Family Health Team Tel.: 905-667-4848 or 905-667-4867 https://www.hamiltonfht.ca/</p>

	<p>Compass Community Health: Multicultural Health Services Tel.: 905-523-6611 ext. 2012 https://compassch.org/</p> <p>St. Joseph's Healthcare Hamilton Tel.: 905-522-1155 https://www.stjoes.ca/</p> <p>Hamilton Health Sciences Tel.: 905-521-5005</p> <p>The Hamilton General Hospital/Juravinski/McMaster Medical Centre Tel.: 905-521-2100</p> <p>Street Health Clinic Tel.: 905-777-7852 Email: publichealth@hamilton.ca http://shelterhealthnetwork.ca/</p> <p>Public Health Services (City of Hamilton) Tel.: 905-546-2424</p> <p>Local Health Integrated Network Toll-free: 1-800-810-0000 Tel.: 905-523-8600 http://www.hnhblhin.on.ca/</p> <p>Shelter Health Network Tel.: 905-526-7137 https://shelterhealthnetwork.ca/</p>
<p>Harm Reduction Resources: Naloxone Kits, Supervised Consumption Sites, Supplies, Substitution Therapies and Treatment</p>	<p style="text-align: center;"><u>NALOXONE</u></p> <p>Street Health Clinic — <i>at the Wesley Centre</i> Tel.: 905-777-7852 195 Ferguson Ave. N., 2nd Floor https://www.hamilton.ca/public-health/clinics-services/get-free-naloxone-kits</p> <p>Norte Dame House Tel.: 905-308-8090 14 Cannon St. W. https://www.goodshepherdcentres.ca/services/notre-dame-house/</p>

Clinic services available for street involved youth 16 to 21 years of age

The AIDS Network

140 King St. E., Suite 101

Harm Reduction Room — at the Hamilton Urban Core Community Health Centre

Tel.: 905-522-3233

Email: administration@hucchc.com

71 Rebecca St., Hamilton, ON, L89 1B6

The Van needle syringe program

Tel. or text: 905-317-9966

www.hamilton.ca/VAN

SUPERVISED CONSUMPTION SITE

Hamilton Urban Core Community Health Centre

Tel.: 905-522-3233

Email: administration@hucchc.com

71 Rebecca St., Hamilton, ON, L89 1B6

<http://www.hucchc.com/ops-cts.html>

TREATMENT

Keeping Six/Hamsmart

Tel.: 905-966-0242

Email: info@hamsmart.com

De dwa da dehs nye>s Aboriginal Health Centre-Hamilton

Tel.: 905-544-4320 ext. 215

Email: info@dahac.ca

<https://aboriginalhealthcentre.com/>

City of Hamilton: ADGS (Alcohol, Drug, & Gambling Services)

Tel.: 905-546-3606

<https://www.hamilton.ca/public-health/clinics-services/alcohol-drug-gambling-services>

Alternatives for Youth

Tel.: 905-527-4469

Email: admin@ay.on.ca

<https://ay.on.ca/>

	<p>St. Joseph's Healthcare Hamilton</p> <p><i>Men's Addiction Service</i> Tel.: 905-522-1155 ext. 35219/35220 https://www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/men's-addiction-service-hamilton-mash</p> <p><i>Womankind Addiction Service</i> Tel.: 905-545-9100 https://www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/womankind-addiction-service</p> <p>Wayside House Tel.: 905-528-8969 Email: waysidehouse.info@gmail.com http://www.waysidehouse.ca/</p> <p>Suntrac Addiction Treatment Centre Tel.: 905-528-0389 Email: suntrac@mission-services.com</p>
Legal Resources	<p>Jeff Rybak, Lawyer Legal Aid Certificate accepted Toll-free: 1-888-511-2586 Tel.: 416-830-8558 Email: jeff@parolelawyer.ca</p> <p>John Sopinka Courthouse Tel.: 905- 645-5252 ext. 316</p> <p>Criminal Law Information Centre Tel.: 905-645-5252 ext. 3616</p> <p>Family Law Information Centre (FLIC) Tel.: 905-645-5252 ext. 2554</p> <p>Interval House of Hamilton: Women's Centre of Hamilton Tel.: 905-522-0127 http://www.intervalhousehamilton.org/</p> <p>(Elizabeth) Porter Legal Law Six Nations: Tel.: 519-445-4502 http://porterlaw.ca/</p> <p>Hamilton Community Legal Clinic Tel.: 905-527-4572</p>

	<p>100 Main St E., Suite 203 https://hamiltonjustice.ca/en/</p> <p><u>Practice areas:</u> Housing Rights, Ontario Disability Support Program, Ontario Works, Workplace Safety & Insurance Board (WSIB), Affidavits and Notary Services, Canada Pension Plan, Employment Insurance, Will, Employment Law, Immigration, School Advocacy</p>
Release Planning Resources	<p>John Howard Society Hamilton Tel.: 905-522-4446 Email: reception@jhshamilton.on.ca https://johnhoward.on.ca/hamilton/</p> <p>Elizabeth Fry Society Hamilton Tel.: 905-527-3097 www.efrysouthernontarioregion.org</p> <p>Bridge House Tel.: 905-522-0283 Email: info@hamilton-bridge.ca</p>
Immigration and Newcomer Resources	<p>Refuge Hamilton Centre for Newcomer Health Tel.: 905-526-0000 Email: info@newcomerhealth.ca https://www.newcomerhealth.ca/</p> <p>Immigrant Working Centre Tel.: 905-529-5209 https://iwchamilton.ca/</p> <p>YMCA of Hamilton, Burlington, and Brantford Tel.: 905-529-7102 https://www.ymcahbb.ca/Home</p> <p>Wesley Urban Ministries Tel.: 905-528-5629 or 289-396-5864 Email: employment.services@wesley.ca https://wesley.ca/services/newcomer-community/employment-services/</p> <p><i>Resettlement Assistance Program</i> Tel.: 905-528-5629 ext. 301 https://wesley.ca/services/newcomer-community/resettlement-assistance-program/</p> <p>Emergency Resource Committee for Refugees Tel.: 905-523-6611 ext. 2012</p>

	<p>Email: escr1987@gmail.com https://www.escr1987.com/</p> <p>Circle of Friends for Newcomers (Hamilton) Tel.: 905-529-1840 https://www.circleoffriends.ca/</p> <p>Micah House Refugee Reception Services Tel.: 905.296.4387 Email: info@micahhouse.ca https://notabenestories.wixsite.com/micah-house</p> <p>INCommunities <i>Language Services Interpreters</i> Tel.: 905-682-1900 ext. 218</p> <p>Hamilton Urban Core Community Health Centre: Health in Settlement Initiative Tel.: 905-522-3233 Email.: administration@hucchc.com http://www.hucchc.com/programs.html</p>
Employment Resources	<p>College Boreal: Hamilton Office Tel.: 905-777-1562 Email: optionsemploi.hamilton@collegeboreal.ca https://employmentoptions.ca/</p> <p>Employment Hamilton Tel.: 905-522-4902 Email: info@employmenthamilton.com https://employmenthamilton.com/</p> <p>Goodwill Career Centre <i>Hamilton Downtown</i> Tel.: 905-526-8482 ext. 2307</p> <p><i>Hamilton Mountain</i> Tel.: 905-526-8488 ext. 1307 http://www.goodwillcareercentres.ca/</p> <p>Mohawk College Tel.: 905-575-2489 https://www.mohawkcollege.ca/community-employment-services</p> <p>Mohawk College City School Course Tel.: 905-575-2489</p>

	<p>Email: cityschool@mohawkcollege.ca https://www.mohawkcollege.ca/programs/get-prepared-for-college/city-school-by-mohawk</p> <p>Ontario Works City of Hamilton (Central, East and Mountain) Tel.: 905-546-4800 Email: OntarioWorks@hamilton.ca https://www.hamilton.ca/social-services/ontario-works/apply-ontario-works</p> <p>PATH Employment Services Tel.: 905-528-6611 ext. 0 Email: reception@pathemployment.com https://www.pathemployment.com/</p> <p>VPI Inc. Tel.: 905-387-2220 https://www.vpi-inc.com/</p> <p>Wesley Urban Ministries Tel.: 905-528-5629 or 289-396-5864 Email: employment.services@wesley.ca https://wesley.ca/services/newcomer-community/employment-services/</p> <p>YMCA Employment, Education & Immigration Services Tel.: 905-540-9679 Email: yesjobs@ymcahbb.ca https://www.ymcahbb.ca/Locations/Hamilton/Downtown/YMCA-Employment-Services</p> <p>Immigrant Working Centre Tel.: 905-529-5209 https://iwchamilton.ca/</p>
ODSP Resources	<p>Ministry of Community and Social Services: ODSP & Income and Employment Resources Toll-Free: 1-800-561-0369 Tel.: 905-521-7280 Email: ODSP.Hamilton@ontario.ca</p> <p>Catholic Family Services Hamilton <i>Financial Health Walk-in Credit Counselling</i> Tel.: 905-527-3823</p>

	<p>Email: intake@cfshw.com https://www.cfshw.com/walk-in-credit-counselling</p> <p><i>St. Martin's Manor</i> Tel.: 905-527-3823 ext. 279 Email: intake@cfshw.com https://www.cfshw.com/st-martin-s-manor</p> <p>Christians Against Poverty Toll-free: 1-855-214-9191 Email: info@capcanada.org https://www.capcanada.org/</p> <p>Credit Counselling Society Toll-free: 1-888-527-8999 Tel.: 905-538-5035</p>
Clothing Resources	<p>Good Shepherd Men's Centre Tel.: 905-528-5877 Email: info@gsch.ca https://www.goodshepherdcentres.ca/</p> <p>The King's Way Outreach Centre Tel.: 905-296-9473 Email: info@alifeatatime.com</p> <p>Helping Hands Street Mission Tel.: 905-522-4263 Email: info@hhsfmhamilton.com</p>
Food Resources	<p>Mission Services Tel.: 905-528-4211 https://mission-services.com/</p> <p>Good Shepherd Men's Centre Tel.: 905.528.5877 Email: info@gsch.ca https://www.goodshepherdcentres.ca/</p> <p>Salvation Army Family Service Tel.: 905-540-1888 www.salvationarmy.ca/ontariogreatlakes</p> <p>Kosher Food Bank: Hamilton Jewish Family Services Tel.: 905-627-9922 Email: info@hamiltonjfs.ca https://www.hamiltonjfs.ca/</p>

	<p>Welcome Inn Community Centre Tel.: 905-525-5824 https://welcomeinn.ca/food-bank/</p> <p>Stoney Creek Community Food Bank Tel.: 905-643-2090</p> <p>St. Matthew's House Tel.: 905-523-5546 Ext. 250 https://www.stmatthewshouse.ca/</p> <p>Seventh Day Adventist Church Tel.: 905-575-8764 or 905-545-6180 or 905-577-7543 https://www.hamiltonmountain.org/</p> <p>King's Way Outreach Centre: Groceries/Food Pantry Tel.: 905-296-9473 https://alifeatathetime.com/programs-and-services/</p>
Housing Resources	<p>Interval House of Hamilton <i>For Women</i> 24/7 Crisis Line: 905-387-8881 Tel.: 905-387-9959 Email: info@intervalhousehamilton.ca</p> <p>Good Shepherd Men's Centre Tel.: 905.528.5877 Email: info@gsch.ca https://www.goodshepherdcentres.ca/</p> <p>YWCA Hamilton</p> <p><i>Transitional Living Program</i> Tel.: 905-522-9922 ext. 114</p> <p><i>Phoenix Place</i> Tel.: 905-527-2238</p> <p><i>Carole Anne's Place</i> Tel.: 905-522-9922 ext. 100</p> <p><i>Shelter Health Network</i> Email: eroebbelen@gmail.com</p>

	<p>Hamilton Housing Help Centre Tel.: 905-526-8100 Email: FSP@housinghelpcentre.ca http://www.housinghelpcentre.ca/</p> <p>Notre Dame House Tel.: 905-308-8090 https://www.goodshepherdcentres.ca/notre-dame-house</p> <p>Salvation Army Tel.: 905-527-1444</p>
Women's Resources	<p>Interval House of Hamilton 24/7 Crisis Line: 905-387-8881 Tel.: 905-387-9959 Email: info@intervalhousehamilton.ca</p> <p>SACHA (Sexual Assault Centre) Tel.: 905-525-4573 https://sacha.ca/</p> <p>Elizabeth Fry Society Hamilton (Women) Tel.: 905-527-3097 Email: ed@efrysouthernontarioregion.org www.efrysouthernontarioregion.org</p> <p>Mission Services</p> <p><i>Willow's Place</i> Tel.: 905-528-5100 ext. 1200</p> <p><i>Inasmuch House</i> Tel.: 905-529-8600</p> <p>Native Women's Centre Toll-free: 1-888-308-6559 Tel.: 905-522-1155 http://www.nativewomenscentre.com/</p> <p>Good Shepherd</p> <p><i>Mary's Place</i> Tel.: 905-540-8000 https://www.goodshepherdcentres.ca/marys-place</p> <p><i>Martha House</i> Tel.: 905-523-8895 https://www.goodshepherdcentres.ca/martha-house</p>

	<p>St. Joseph's Healthcare Womankind Tel.: 905-522-1155 https://www.stjoes.ca/hospital-services/mental-health-addiction-services/addiction-services/womankind-addiction-service</p> <p>Métis Women's Circle Tel.: 905-628-5813 Email: info@metiswomenscircle.ca https://metiswomenscircle.ca/</p> <p>Francophone Women Dealing with Violence Toll-free: 1-877-860-7082 http://femaide.ca/</p>
<p>Indigenous Resources</p>	<p>Hamilton Regional Indian Centre Tel.: 905-548-9593 Email: adavis@hric.ca</p> <p>Native Women's Centre Toll-free: 1-888-306-6559 Tel.: 905-664-1114 http://www.nativewomenscentre.com/</p> <p>Niwasa Aboriginal Education Programs Tel.: 905-549-4884 Email: office@niwasa.ca https://niwasa.ca/</p> <p>(Elizabeth) Porter Legal Law Six Nations Tel.: 519-445-4502 http://porterlaw.ca/</p> <p>De dwa da dehs nye>s Aboriginal Health Centre-Hamilton Tel.: 905-544-4320 or 905-548-9593 Email: info@dahac.ca https://aboriginalhealthcentre.com/</p> <p>The Friendship Centre (HRIC) Tel.: 905-548-9593 Email: davis@hric.ca https://www.hric.ca/</p> <p>Métis Women's Circle Tel.: 905-628-5813 Email: info@metiswomenscircle.ca https://metiswomenscircle.ca/</p>

	<p>Niwasa Aboriginal Education Programs Tel.: 905-549-4884 Email: office@niwasa.ca https://niwasa.ca/</p>
Black Resources	<p>Hamilton Centre for Civic Inclusion Tel.: 905-297-4694 Email: info@hcci.ca Hcci.ca</p> <p>Afro Canadian Caribbean Association Hamilton Email: acca1@cogeco.net Accahamilton.com</p> <p>Rafiki Hamilton Tel.: 289-698 3310 Email: rafikihamilton@outlook.com https://www.rafikihamilton.com/</p> <p>Disability Justice Network of Ontario Tel.: 905-297-4694 ext. 201 Email: info@djno.ca www.djno.ca</p> <p>Empowerment Squared Tel.: 905-393-5370 www.empowermentsquared.org</p> <p>Refuge Hamilton Centre for Newcomer Health Tel.: 905-526-0000 Email: info@newcomerhealth.ca https://www.newcomerhealth.ca/</p>
Culturally Specific Resources	<p>Afro Canadian Caribbean Association Hamilton Email: acca1@cogeco.net Accahamilton.com</p> <p>Hamilton Centre for Civic Inclusion Tel.: 905-297-4694 Email: info@hcci.ca Hcci.ca</p> <p>Refuge Hamilton Centre for Newcomer Health Tel.: 905-526-0000 Email: info@newcomerhealth.ca https://www.newcomerhealth.ca/</p> <p>Niwasa Aboriginal Education Programs Tel.: 905-549-4884 Email: office@niwasa.ca</p>

	<p>https://niwasa.ca/</p> <p>Immigrant Working Centre Tel.: 905-5295209 https://iwchamilton.ca/</p> <p>Afghan Association of Hamilton Tel.: 905-516-3050 Email: afghan.association.hamilton@gmail.com</p> <p>Compass Community Health <i>Multicultural Health Services</i> Tel.: 905-523-6611 ext. 2012 https://compassch.org/</p> <p>Wesley Urban Ministries Tel.: 905-528-5629 Email: info@wesley.ca http://wesley.ca/</p> <p>Kosher Food Bank <i>Hamilton Jewish Family Services</i> Tel.: 905-627-9922 Email: info@hamiltonjfs.ca https://www.hamiltonjfs.ca/</p>
LGBTQ2S+ Resources	<p>Speqtrum Hamilton Email: info@speqtrum.ca https://www.speqtrum.ca/</p> <p>Mission Services <i>Willow's Place</i> LGBTQ2S+ friendly women's shelter Tel.: 905-528-5100 x1200 https://mission-services.com/wp-content/uploads/Willows-Place-pamphlet_FINAL.pdf</p> <p>The SPACE Youth Centre <i>Kaleidoscope and OQRA</i> Tel.: 905-524-2222 www.spaceyouth.ca</p> <p>Hamilton Family Health Team Tel.: 905-667-4848 or 905-667-4867 https://www.hamiltonfht.ca/en/managing-my-health/LGBTQ.aspx</p>
Youth Resources	<p>Living Rock Youth Resources Tel.: 905-528-ROCK (7625) https://www.livingrock.ca/</p>

Thrive Child and Youth Trauma Services

Tel.: 905-523-1020

Email: info@thrivechildand youth.ca

<https://www.thrivechildand youth.ca/>

Niwasa Aboriginal Education Programs

Tel.: 905-549-4884

Email: office@niwasa.ca

<https://niwasa.ca/>

John Howard Society Hamilton

Tel.: 905-522-4446

Email: reception@jhshamilton.on.ca

<https://johnhoward.on.ca/hamilton/>

Mohawk College

Tel.: 905-575-2489

<https://www.mohawkcollege.ca/community-employment-services>

Mohawk College City School Course

Tel.: 905-575-2489

Email: cityschool@mohawkcollege.ca

<https://www.mohawkcollege.ca/programs/get-prepared-for-college/city-school-by-mohawk>

Hamilton Mad Students Collective

Tel.: 289-768-4001

Email: hamilton.mad.students@gmail.com

<https://www.facebook.com/HamiltonMadStudents/>

SPACE Youth Centre

Tel.: 905-524-2222

<https://www.spaceyouth.ca/>

The King's Way Outreach Centre

Tel.: 905-296-9473

Email: info@alifeatatime.com

<http://alifeatatime.com/>

Notre Dame House

Tel.: 905-308-8090

<https://www.goodshepherdcentres.ca/notre-dame-house>

Liberty for Youth

Tel.: 905-297-7929

Email info@libertyforyouth.org
<https://www.libertyforyouth.org/>

Employment Hamilton

Tel.: 905-522-4902

Email info@employmenthamilton.com
<https://employmenthamilton.com/>

Banyan

Tel.: 905-545-0133

<https://banyancommunityservices.org/>

Alternatives for Youth

Tel.: 905-527-4469

Email: admin@ay.on.ca
<https://ay.on.ca/>

Circle of Friends for Newcomers

Tel.: 905-529-1840

<https://www.circleoffriends.ca/>

YMCA of Hamilton, Burlington, and Brantford

Tel.: 905-529-7102

<https://www.ymcahbb.ca/Home>

Wesley Urban Ministries

Tel.: 905-528-5629 or 289-396-5864

Email: info@wesley.ca
<https://wesley.ca/services/newcomer-community/>

Dawn Patrol Child & Youth Services

Tel.: 905-526-9529

Good Shepherd: Youth Services

Tel.: 905-528-5877

Kingston Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

Mental Health Resource	Addictions and Mental Health Services <i>Kingston, Frontenac Lennox & Addington</i> Toll-Free 24-Hour Crisis Line: 1-866-616-6005 Tel.: 613-544-1356 Email: info@amhs-kfla.ca
Healthcare Resources	Kingston, Frontenac, Lennox and Addington Public Health Toll-Free: 1-800-267-7875 Tel.: 613-549-7896 My Kingston Health Benefits <i>Subsidized Medication</i> https://www.cityofkingston.ca/residents/community-services/municipal-fee-assistance/extended-health-benefits
Harm Reduction Resources: Naloxone Kits, Supervised Consumption Sites, Supplies, Substitution Therapies and Treatment	<p style="text-align: center;"><u>NALOXONE</u></p> Street Health Kingston <i>Kingston Community Health Centres</i> Tel.: 613-549-1440 Email: info@kchc.ca 115 Barrack St., Kingston, ON, K7K 1G2 https://www.kflaph.ca/en/healthy-living/naloxone.aspx One Roof Kingston Youth Services Hub Tel.: 613-776-9996 426 Barrie, St., Kingston, ON, K7K 3T9 HIV/AIDS Regional Services (HARS) Tel.: 613-545-3689 844a Princess St., Kingston, ON, K7L 1G5 Martha's Table Tel.: 613-436-0320 629 Princess St., Kingston, ON St. Vincent de Paul Society of Kingston Tel.: 613-766-8432 Email: Kelli@svdpkingston.com 85 Stephen St., Kingston, ON, K7K 2C5

	<p>Kingston Youth Shelter Tel.: 613-766-3200 234 Brock St., Kingston, ON, K7L 1S4</p> <p><u>SUPERVISED CONSUMPTION SITE</u></p> <p>Street Health <i>Consumption and Treatment Services</i> Tel.: 613-549-1440 Email: info@kchc.ca 115 Barrack St., Kingston, ON, K7K 1G2</p> <p><u>TREATMENT</u></p> <p>ACT</p> <p><i>162 Division Street</i> Tel.: 613-544-0228 https://acttoronto.com/act-kingston-166-division-street/</p> <p><i>3079 Princess Street</i> Tel.: 613-766-0798 https://acttoronto.com/act-kingston-3079-princess-street/</p>
Legal Resources	<p>Queen's University Law Clinics</p> <p><i>Prison Law Clinic</i> Tel.: 613-546-1171 303 Bagot St., Suite 500, Kingston, ON, K7K 3W7 https://queenslawclinics.ca/prison-law</p> <p><i>Queen's Legal Aid</i> Tel.: 613-533-6890 https://queenslawclinics.ca/queens-legal-aid</p> <p>Morley Law Office Tel.: 613-542-2192 info@lesmorley.com 211 Division St., Kingston, ON, K7K 3Z2 https://www.lesmorley.com/practice-areas/prison-law</p> <p>Borys Law Toll-free: 1-888-402-8282 https://www.boryslaw.ca/</p>

	Family Law Information Centre (FLIC) Tel.: 613-354-3845, ext. 342
Release Planning Resource	John Howard Society of Kingston Toll-free: 1-888-325-7930 Tel.: 613-542-7373 Email: ed@johnhowardkingston.ca https://johnhoward.on.ca/kingston/
Transportation Resource	Kingston Transit Tel.: 613-546-0000 https://www.cityofkingston.ca/residents/transit Cash fare for ages 15-65+ is \$3.25
Financial Resources	Government of Canada <i>Free Tax Clinics</i> https://apps.cra-arc.gc.ca/ebci/oecv/external/prot/cli_srch_01_ld.action Can search via province, city and what years the returns need to be prepared The Salvation Army <i>Kingston Citadel Community & Family Services</i> Tel.: 613-507-4151 (Feb – May) Tel.: 613-548-4411 (May – Oct) https://sacfs.ca/index.php/programs/income-tax-clinic The Salvation Army Community and Family Services operates the Volunteer Income Tax Clinic for low-income families and individuals.
Immigration & Newcomer Resources	Kingston Community Health Centres <i>Kingston Immigration Partnership</i> Tel.: 613-542-2949 ACFOMI Toll-free: 1-800-561-4695 Tel.: 613-546-7863 Email: info@acfomi.org
Employment Resource	ReStart Tel.: 613-542-7373 Email: reception@restartnow.ca
Education Resource	Kingston Literacy & Skills Tel.: 613-547-2012 Email: MRUDDEN@KLANDSKILLS.CA https://www.quillnetwork.com/wp-content/uploads/2018/01/KLS-Online-Guide_Sept-2017.pdf

	Online guide that provides information on education options in the area, including upgrading & post-secondary credits
ODSP Resource	Ministry of Community and Social Services <i>ODSP & Income and Employment Resources</i> Toll-Free: 1-800-267-0236 Tel.: 613-545-4553 Email: ODSP.Kingston@ontario.ca
Clothing Resource	Kingston Street Mission Tel.: 613-449-0916 Email: kingston.street.mission@gmail.com https://kingstonstreetmission.webs.com/
Food Resource	Partners in Mission Foodbank Tel.: 613-544-4534 Email: info@kingstonfoodbank.ca
Housing Resources	Kingston Home Base Tel.: 613-542-6672 Email: info@kingstonhomebase.ca City of Kingston <i>Social Housing</i> <i>Information on social housing:</i> https://www.cityofkingston.ca/residents/community-services/housing/social/access <i>Rent-Geared-to-Income eligibility:</i> https://www.cityofkingston.ca/residents/community-services/housing/social/rqi-eligibility <i>Application forms:</i> https://www.cityofkingston.ca/residents/community-services/housing/social/forms
Women's Resource	Dawn House Services and Housing for Women Tel.: 613-545-1379 Email: dhouse@kingston.net
Indigenous Resources	A comprehensive guide with a list of Kingston-specific Indigenous resources prepared by Kingston, Frontenac, Lennox & Addington Children and Youth Services Planning Committee Email: cyspc@baingroup.ca <i>Guide: AbResourceGuide – 4th edition January 2019</i>

Culturally Specific Resources	Islamic Society of Kingston Tel.: 613-531-8340 Email: iskadmin@kingstonmuslims.ca 1477 Sydenham Road, Kingston, ON, K7L 4V4 https://kingstonmuslims.ca
LGBTQ2S+ Resources	HIV/AIDS Regional Services <i>Kingston</i> Tel.: 613-545-3698 Kingston Community Health Centres <i>Transgender Health Clinic</i> Tel.: 613-542-2949 ext. 1166 263 Weller Ave., Unit 4
Youth Resource	ONE Roof Kingston Youth Hub Tel.: 613-776-9996 Email: oneroof@kingstonhomebase.ca

Kitchener Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

Mental Health Resources	KW Counselling Services Tel.: 519-884-0000 www.kwcounselling.com Grand River Hospital Tel.: 519-749-4300 ext. 2109 Here 24/7 Tel.: 519-821-3582 https://here247.ca
Healthcare Resource	Kitchener Downtown Community Health Centre Tel.: 519-745-4404 Phoenix Healthcare Centre Tel.: 519-748-6933 Waterloo Region Emergency Dental Tel.: 519-575-4400 ext. 3086 (Emergency #) https://www.regionofwaterloo.ca/en/health-and-wellness/dental-health.aspx# Six Nations Health Services Tel.: 519-445-2418 1745 Chiefswood Rd., Ohsweken, ON, N0A 1M0 http://www.snhs.ca
Harm Reduction Resources: Supervised Consumption, Supplies, Substitution Therapies, and Treatment	<p style="text-align: center;"><u>NALOXONE</u></p> <p>https://www.waterlooregiondrugstrategy.ca/en/prevention-and-safer-drug-use/naloxone.aspx#Where-can-I-get-Naloxone</p> <p>ACCKWA</p> <p><i>Safepoint Needle Exchange Program</i> Tel.: 519-570-3687 5-1770 King St. E.</p> <p><i>At St. John's Kitchen</i> Tel.: 519-745-8928 97 Victoria St., 2nd Floor</p> <p>Sanguen Community Health Van Tel. or text: 519-591-4824</p>

	<p>oneROOF Youth Services Tel.: 519-742-2788 ext. 207 242 Queen St., S.</p> <p>Towards Recovery Clinic Kitchener Tel.: 519-579-9647 1145 King St., E.</p> <p>OATC Kitchener Tel.: 519-279-6078 1253 King St., E., Unit 4</p> <p><u>SUPERVISED CONSUMPTION SITE</u></p> <p>Public Health and Sanguen Health Centre <i>Consumption and Treatment Services</i> Tel.: 519-575-4400 ext. 5613 Email: cts@regionofwaterloo.ca 150 Duke St. W. https://www.regionofwaterloo.ca/en/health-and-wellness/consumption-and-treatment-services.aspx</p> <p><u>TREATMENT</u></p> <p>House of Friendship <i>Addiction Services</i> Tel.: 519-742-8327</p> <p>Ontario Addiction Treatment Centre Tel.: 519-746-1919</p> <p>Ray of Hope Tel.: 519-578-8018</p>
Legal Resources	<p>Elizabeth Fry Society Tel.: 519-579-6732</p> <p>Darwin R Witmer Tel.: 519-804-9846</p> <p>Smordin Law Toll-free: 1-844-525-0005</p> <p>Morrison Reist Krauss Tel.: 519-576-5351</p> <p>Sherman Law Tel.: 519-884-0034</p>

	<p>Tania Harper Tel.: 1-226-336-7733</p> <p>Waterloo Region Community Legal Services Tel.: 519-743-0254 450 Frederick Street, Unit 101 http://wrcls.ca/ Walk-ins accepted until 3:00pm</p> <p><u>Practice areas:</u> Tenant Issues, OW, ODSP, Canada Pension Plan, Criminal Injuries, Employment and EI, Consumer Protection, Immigration & Citizenship and Commissioning and Notarization</p> <p><i>Ahwenehaode Indigenous Justice Program</i> Tel.: 519-743-0254 Email: robertsl@lao.on.ca http://wrcls.ca/ahwenehaode-indigenous-justice/</p>
Release Planning Resources	<p>Elizabeth Fry Society Tel.: 519-579-6732</p> <p>John Howard Society: Waterloo — Wellington Tel.: 519-743-6071 Email: inquires@waterloo.johnhoward.on.ca https://johnhoward.on.ca/waterloo/</p>
Immigration and Newcomer Resources	<p>Kitchener-Waterloo Multicultural Centre Tel.: 519-745-2531</p> <p>YMCA Immigrant & Employment Services Tel.: 519-579-9622</p>
Employment Resources	<p>The Working Centre Tel.: 519-576-2681</p> <p>Lutherwood Employment Services Tel.: 519-743-2460</p> <p>Ogwehowesh Skills and Trades Training Centre (OSTTC) Tel.: 519-445-1515 16 Sunrise Ct., Oshweken, ON, N0A 1M0 https://osttc.com</p>
ODSP Resource	<p>Ministry of Community and Social Services <i>ODSP</i> Toll-free: 1-800-441-9820 Tel.: 519-886-4700 Email: ODSP.Kitchener@ontario.ca</p>

	715 Fischer Hallman Road, Unit 301
Clothing Resources	<p>Salvation Army Tel.: 519-745-4215</p> <p>St. Vincent de Paul Tel.: 519-629-0103</p> <p>Talize Tel.: 519-744-4300</p>
Food Resources	<p>The Bridges (Cambridge Shelter — Galt) Tel.: 519-624-9305</p> <p>Cambridge Self-Help Food Bank Tel.: 519-622-6550</p> <p>Cambridge Vineyard (Galt) Tel.: 519-740-8463</p> <p>Community Fridge KW https://www.instagram.com/communityfridgekw/</p> <p>Community Ministry — Trillium Lutheran Church Tel.: 519-886-1880</p> <p>Family Outreach Program Tel.: 519-742-8327</p> <p>Glencairn Church Bridges Centre Tel.: 519-579-8741</p> <p>House of Friendship Tel.: 519-742-8327 ext. 2</p> <p>Kitchener Church of God Tel.: 519-745-8561</p> <p>Queen Street Commons Tel.: 519-749-9177 ext. 1</p> <p>Ray of Hope Tel.: 519-578-8018</p> <p>Salvation Army (Galt) Tel.: 519-623-1221</p> <p>Salvation Army (Hespeler) Tel.: 519-658-9850</p>

	<p>St. Aloysius Tel.: 519-893-1220</p> <p>St. John's Community Kitchen Tel.: 519-745-8928</p> <p>St. Vincent de Paul Tel.: 519-629-0103</p> <p>Trinity Community Table (Galt) Tel.: 519-621-8860</p> <p>Six Nations Community Food Bank Tel.: 519-771-0025 20 Cao Ln., Oshweken, ON, N0A 1M0 sixnationsfoodbank.com</p>
Housing Resources	<p>Asgard Green Cooperative Homes Tel.: 519-742-8273</p> <p>Bread and Roses Cooperative Homes Tel.: 519-742-4886</p> <p>Bridges Shelter Tel.: 519-624-9305</p> <p>House of Friendship Tel.: 519-624-9133 (General inquiries) Tel.: 519-742-8327 (Men's Shelter)</p> <p>Lutherwood Housing Services Tel.: 519-749-2450</p> <p>YW Emergency Shelter Tel.: 519-624-9133 (Prevention & Diversion, Emergency #) Tel.: 519-744-0120 https://ywkwa.ca/emergency-shelter/</p>
Women's Resource Services	<p>Sexual Assault Support Centre of Waterloo Region Tel.: 519-741-8633</p> <p>Women's Crisis Services of Waterloo Region <i>Anselma House</i> Tel.: 519-741-9184</p> <p>YW Kitchener-Waterloo Tel.: 519-744-0120</p>

Indigenous Resources	<p>White Owl Tel.: 519-772-4399 x2798</p> <p>Ahwenehaode Indigenous Justice Program Tel.: 519-743-0254 Email: robertsl@lao.on.ca http://wrcls.ca/ahwenehaode-indigenous-justice/</p> <p>Healing of Seven Generations Tel.: 519-570-9118</p> <p>Six Nations Health Services Tel.: 519-445-2418 1745 Chiefswood Rd., Oshweken, ON, N0A 1M0 http://www.snhs.ca</p> <p>Six Nations Community Food Bank Tel.: 519-771-0025 20 Cao Ln., Oshweken, ON, N0A 1M0 sixnationsfoodbank.com</p> <p>Six Nations Child & Family Services Tel.: 519-445-0230 15 Sunrise Ct., Oshweken, ON, N0A 1M0</p> <p>Ogwehowesh Skills and Trades Training Centre (OSTTC) Tel.: 519-445-1515 16 Sunrise Ct., Oshweken, ON, N0A 1M0 https://osttc.com</p> <p>Ganhohkwasra Family Assault Support Services Tel.: 519-445-4324 1781 Chiefswood Rd., Oshweken, ON, N0A 1M0 https://ganohkwasra.com</p> <p>Ontario Native Literacy Coalition (ONLC) Tel.: 519-445-1539 Email: onlcmd@gmail.com 16 Sunrise Ct., Suite 407, Oshweken, ON, N0A 1M0 https://onlc.ca</p>
Black Resource	<p>CCAWR – Caribbean Canadian Association of Waterloo Region Tel.: 519-997-2780</p>
LGBTQ2S+ Resources	<p>SPECTRUM <i>Waterloo Region's Rainbow Community Space</i> Tel.: 226-779-9695</p>

	PFLAG <i>Waterloo, Wellington, Perth Region Chapter</i> Toll-free: 1-888-530-6777
Youth Resources	Front Door Tel.: 519-749-2932 https://www.frontdoormentalhealth.com/contact-us/ OK2BME Tel.: 519-884-0000 oneROOF Youth Services Tel.: 519-742-2788 Carizon Family and Community Services Tel.: 519-743-6333

Lindsay Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

Mental Health Resources	<p>Community Counselling and Mental Health Outpatient Program Tel.: 705-328-6064 https://rmh.org/programs-and-services/community-counselling-mental-health-outpatient-program</p> <p>Kawartha Lakes Community Clinic Tel.: 705-878-1013 https://www.ontarioshores.ca/about_us/a-z/kawartha_lakes_community_clinic</p> <p>Chimo Youth and Family Services Tel.: 705-324-3300 http://chimoyouth.ca/</p>
Healthcare Resources	<p>Haliburton, Kawartha, Pine Ridge District Health Unit Toll-free: 1-866-888-4577 https://www.hkpr.on.ca/</p> <p>Community Health Centre Tel.: 705-324-7323 https://www.ccckl.ca/about/organization/community-health-care/</p> <p>Trillium Drug Program Toll-free: 1-800-575-5386 https://www.kawarthalakes.ca/en/living-here/support-services.aspx</p> <p>Community Care City of Kawartha Lakes Dental Clinic Tel.: 705-879-4100 ext. 2 https://www.ccckl.ca/services/health-dental/dental-clinic/</p>
Harm Reduction Resources: Supervised Consumption, Supplies, Substitution Therapies, and Treatment	<p style="text-align: center;"><u>NALOXONE</u></p> <p>Lindsay Clinic Tel.: 705-324-7184 40 Lindsay St. S., Lindsay, ON, K9V 2L8</p> <p>Lindsay Pharmacy Shoppers Drug Mart Tel.: 705-878-8981</p>

	<p>341-342 Kent St. W., Haliburton, Kawartha, Pine Ridge District K9V 2Z7</p> <p>Tel.: 705-324-7400 74 Kent St. W., Haliburton, Kawartha, Pine Ridge District, K9V 2Y4</p> <p>Lindsay Pharmacy Victoria Drug Mart Tel.: 705-328-1999 189 Kent St. W., Haliburton, Kawartha, Pine Ridge District K9V 5G6</p> <p>Lindsay Pharmacy Queen's Square Pharmacy Tel.: 705-320-8008 1-86 Russell St. W., Haliburton, Kawartha, Pine Ridge District, K9V 6A5</p> <p style="text-align: center;">TREATMENT</p> <p>Ontario Addiction Treatment Centres Tel.: 705-324-5553 https://www.oatc.ca/clinic-locations/lindsay-clinic/</p> <p>Fourcast Toll-free: 1-800-461-1909 Tel. 705-876-1292 http://www.fourcast.ca/</p> <p>Four Counties Addiction Services Team Toll-free: 1-800-461-1909 Tel.: 705-878-5547</p>
Legal Resources	<p>Jeff Rybak, Lawyer Legal Aid Certificate accepted Toll-free: 1-888-511-2586 Tel.: 416-830-8558 Email: jeff@parolelawyer.ca</p> <p>Aitken Robertson Professional Corporation Toll-free: 1-800-668-1657 https://fightthecharges.com/lindsay-criminal-lawyers/</p> <p>Russell Alexander Collaborative Lawyers Tel.: 705-702-4694 russellalexander.com</p> <p>Community Legal Clinic <i>Simcoe, Haliburton, Kawartha Lakes</i></p>

	<p>Toll-free: 1-800-461-8953 Tel.: 705-326-6444 https://www.communitylegalclinic.ca/</p> <p><u>Practice areas:</u> OW, ODSP, CPP, Housing law, WSIB claims, EI Claims, Employment law, Criminal Injuries Compensation Board claims, Human rights, Consumer law, Debtor/Creditor issues, Small Claims Court and Commission documents</p>
Release Planning Resource	<p>John Howard Society of Kawartha Lakes and Haliburton Tel.: 705-328-0472 ext. 931 https://johnhoward.on.ca/kawartha/</p>
Immigration and Newcomer Resources	<p>Lisa Rodd Immigration Consulting Inc Tel.: 705-328-2434</p> <p>New Canadians Centre Tel.: 705-743-0882 https://nccpeterborough.ca/</p>
Employment Resources	<p>Job Quest Tel.: 705-878-5627 https://www.job-quest.ca/</p> <p>Lindsay Employment Resource Centre Tel.: 705-878-7092</p> <p>VCCS Employment Services Tel.: 705-328-0180 https://vccs.work/</p> <p>John Howard Society <i>Skills Development Program</i> Tel.: 705-340-2886 http://outreachliteracy.com/</p>
ODSP Resources	<p>Ministry of Community and Social Services ODSP Toll-free: 1-800-565-3554 Tel.: 705-324-6128 Email: ODSP.lomdsay@ontario.ca 322 Kent Street, 2nd Floor</p> <p>Kawartha Lakes Social Services Toll-free: 1-877-324-9870 https://www.kawarthalakes.ca/en/living-here/social-services.aspx</p>

Clothing Resources	<p>Vicky's Values Tel.: 705-878-5938 https://womensresources.ca/vickys-values/</p> <p>Christian Community Concern Centre: Lily Ann Thrift Store Tel.: 705-457-3331</p> <p>National Recycling Thrift Store Tel.: 705-887-1490</p>
Food Resources	<p>Christian Community Concern Centre 4Cs- Food Bank Tel.: 705-457-3010 https://www.centraleasthealthline.ca/displayService.aspx?id=188927</p> <p>Kawartha Lakes Centre of Hope Tel.: 705-324-7613 https://www.centraleasthealthline.ca/displayService.aspx?id=50823</p> <p>Minden Community Food Centre Crisis Line: 705-306-9020 Tel.: 705-286-6838 www.mindenfoodbank.org</p> <p>Kawartha Lakes Food Source Tel.: 705-324-0707 https://kawarthalakesfoodsource.com/</p> <p>Good Food Box Program Tel.: 705-879-4100 ext. 100 https://www.ccckl.ca/services/nutrition/good-food-box/</p> <p>Meals on Wheels Tel.: 705-324-7323 https://www.ccckl.ca/services/nutrition/hot-meal-delivery/</p>
Housing Resources	<p>Kawartha Lakes Community Housing Tel.: 705-324-9870</p> <p>Housing Help Centre Toll-free: 1-844-878-9367 Tel.: 705-878-9367</p>
Women's Resources	<p>Women's Resources <i>Support line</i></p>

	<p>Toll free: 1-800-565-5350 Tel.: 705-878-3662 https://womensresources.ca/</p> <p>Victoria's Women's Shelter Tel.: 705-878-4285/ or 705-878-3662</p> <p>Lindsay Women's Health Clinic Tel.: 705-320-9977</p> <p>Elizabeth Fry Society of Peterborough Tel.: 705-749-6809 Email: info@efryptbo.org</p>
Indigenous Resources	<p>Dnaagdawenmag Binnoojiiyag Child and Family Services Toll-free: 1-844-523-2237 Tel.: 705-295-7135 www.binnoojiiyag.ca</p> <p>Niijkiwendidaa Anishnaabekwewag Toll-free: 1-800-663-2696 Tel.: 705-741-0900 www.niijki.com</p> <p>Nogojiwanong Friendship Centre Tel.: 705-775-0387 https://www.nogofc.ca/</p> <p>First Nations and Inuit Hope for Wellness Toll-free: 1-855-242-3310 http://hopeforwellness.ca</p>
Black Resource	<p>Black Lives Matter Lindsay https://www.facebook.com/groups/1369457973443638/</p>
LGBTQ2S+ Resources	<p>Rainbow Service Organization Email: rso@rainbowservice.org. http://www.rainbowservice.org/</p> <p>Trans Lifeline Toll-free: 1-877-330-6366 https://www.mykawartha.com/news-story/9539969-resource-guide-for-lgbtq-community/</p> <p>PFLAG Canada Toll-free: 1-888-530-6777 ext. 588</p>

<p>Youth Resource Services</p>	<p>Youthspace Tel.: 778-783-0177 http://youthspace.ca</p> <p>Rainbow Youth Program Tel.: 705-749-9110 http://parn.ca/community-building/rainbow-youth/</p>
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London Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

Mental Health Resources	CMHA Middlesex Mental Health & Addictions Crisis Centre Tel.: 519-434-9191 https://cmhamiddlesex.ca London Middlesex Counselling & Addiction Services Toll-free: 1-855-339-1666 https://www.lmcaas.com
Healthcare Resource	London Intercommunity Health Centre Tel.: 519-660-0874 https://lihc.on.ca
Harm Reduction Resources: Naloxone Kits, Supervised Consumption Sites, Supplies, Substitution Therapies and Treatment	<p style="text-align: center;"><u>NALOXONE</u></p> <p>London Intercommunity Health Centre Tel.: 519-660-0874 659 Dundas St. E. https://www.healthunit.com/naloxone</p> <p>Regional HIV-AIDS Connection Tel.: 519-434-1601 186 King St., Unit 30</p> <p>Middlesex-London Health Unit</p> <p><i>The Clinic</i> Tel.: 519-663-5317</p> <p><i>Strathroy Clinic</i> Tel.: 519-663-5317 51 Front St. E.</p> <p style="text-align: center;"><u>SUPERVISED CONSUMPTION SITE</u></p> <p>Carepoint Consumption and Treatment Service Toll-free: 1-866-920-1601 Tel.: 519-434-1601 30-186 King St. https://www.hivaidconnection.ca/carepoint 9:30AM-9PM (last injection is 8PM, providing aftercare until 9PM) Open 7 days a week, including Statutory holidays.</p>

Legal Resources	<p>Jeff Rybak, Lawyer Legal Aid Certificate accepted Toll-free: 1-888-511-2586 Tel.: 416-830-8558 Email: jeff@parolelawyer.ca</p> <p>Community Legal Services <i>Western University</i> Tel.: 519-661-3352 https://law.uwo.ca/legal_clinics/community_legal_services/i_need_legal_help.html</p> <p><u>Practice Areas:</u> Criminal law, Housing/Landlord and Tenant, Small Claims Court, Family law, Mediation, Intellectual Property, Student Appeals</p> <p>Family Law Information Centre <i>London and Middlesex County</i> Tel.: 519-660-3001</p> <p>London Family Court Clinic Tel.: 519-679-7250</p>
Release Planning Resource	<p>John Howard Society Tel.: 519-438-4168 https://johnhoward.on.ca/london/</p>
Immigration and Newcomer Resources	<p>Ed Corrigan Law Tel.: 519-439-4015 http://www.edcorrigan.ca</p> <p>London and Middlesex Local Immigration Partnership (LMLIP) Tel.: 519-661-2500 ext. 7377 http://www.immigration.london.ca/LMLIP</p> <p>Settlement Services for Newcomers to Canada <i>YMCA of Southwestern Ontario</i> Tel.: 519-645-7553 ext. 1008 or 1022 www.ymcaswo.ca</p>
Employment Resource	<p>London Employment Help Centre Tel.: 519-439-0501 Email: info@lehc.ca 100-150 Dufferin Avenue https://www.lehc.ca/</p>
ODSP Resource	<p>Ministry of Community and Social Services ODSP Toll-free: 1-800-265-4197</p>

	<p>Tel.: 519-438-5111 Email: adminlondonodsp@ontario.ca 217 York Street, 3rd Floor</p>
Clothing Resource	<p>ClothingWorks Tel.: 519-850-9000 255 Horton Street, 2nd Floor https://clothingworks.ca/</p> <p><i>Note:</i> Temporarily closed due to COVID</p>
Food Resources	<p>London Food Bank Tel.: 519-659-4045 http://www.londonfoodbank.ca</p> <p>St. Paul's Social Services and Food Bank Tel.: 519-434-8979 http://stpaulssocialservices.ca</p>
Housing Resource	<p>Addictions Supportive Housing (ASH) Tel.: 519-661-2489 http://adstv.on.ca</p>
Women's Resource	<p>London Abused Women's Centre Tel: 519-432-2204 https://www.lawc.on.ca</p>
Indigenous Resources	<p>First Nations Housing Co-op Tel.: 519-645-2549 Email: firstnationscoop@rogers.com</p> <p>London Middlesex Counselling and Addiction Services <i>First Nations Counselling</i> Toll-free: 1-855-339-1666 www.firstnationscounselling.com</p> <p>Association of Iroquois and Allied Indians Tel.: 519-434-2761 http://www.ai.ai.on.ca/</p>
Black Resources	<p>Black London Network http://blacklondonnetwork.ca</p> <p>Congress of Black Women of Canada <i>London Chapter</i> Tel.: 519-433-7029</p>
Culturally Specific Resources	<p>Islamic Centre of Southwest Ontario Tel.: 519-668-2269</p>

	<p>Afghan Socio-Cultural Association Tel.: 519-670-3872</p> <p>Azerbaijani Turkish Canadian Association Tel.: 519-694-7282</p> <p>London Jewish Federation Tel.: 519-673-3310</p> <p>Korean Society of London (KSL) Tel.: 519-630-0054</p> <p>Hindu Cultural Centre Tel.: 519-451-6884</p> <p>Curinga Italian Canadian Sport and Multicultural Club Tel.: 519-451-0221</p>
LGBTQ2S+ Resource	<p>PFLAG Tel.: 519-686-7691 http://www.pflaglondon.ca/</p>
Youth Resource	<p>Community Youth Resource Program Tel.: 519-433-0334 https://www.informationlondon.ca/Services/groups/Display/15015/Community_Youth_Resource_Program</p>

North Bay Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

Mental Health Resources	<p>Nipissing Mental Health Housing & Resource Services West Tel.: 705-474-1299</p> <p>Nipissing Mental Health Housing & Resource Service East Tel.: 705-476-4088</p> <p>North Bay Regional Health Centre <i>Mental Health Programs and Services: Nipissing Crisis Intervention Services</i> Toll-free: 1-800-352-1141 www.nbrhc.on.ca</p>
Healthcare Resources	<p>North Bay Regional Health Centre Tel.: 705-474-8600 http://www.nbrhc.on.ca/</p> <p>North Bay Parry Sound District Health Unit Main Office Toll-free: 1-800-563-2808</p> <p>Good Doctors North Bay Tel.: 705-980-0121</p> <p>Phil's Lakeshore Pharmacy IDA Walk In Clinic Tel.: 705-476-4016</p> <p>Near North Medical Clinic Tel.: 705-495-2685</p> <p>Blue Sky Medical Walk In Clinic Tel.: 705-476-1413</p> <p>Head to Toe Clinic Tel.: 705-495-0300 www.walkinclinicnorthbay.com</p>

Harm Reduction Resources: Naloxone Kits, Supervised Consumption Sites, Supplies, Substitution Therapies and Treatment

NALOXONE

North Bay Parry Sound District Health Unit

Oak St.

Toll-free: 1-800-563-2808

Tel.: 705-474-1400

345 Oak St. W., North Bay

<https://www.myhealthunit.ca/en/public-health-services/naloxone.asp>

Joseph St.

Tel.: 705-746-5801

70 Joseph St., Unit 302, Parry Sound

SUPPORTS

Crisis Centre North Bay

Tel.: 705-472-6204

Email: info@crisiscentre-nb.on.ca

www.crisiscentre-nb.on.ca

North Bay Recovery Home: Addictions Supportive Housing (ASH) Program

Tel.: 705-472-2873 ext. 206

Email: lstpierre@nbrh.org

www.nmhhss.ca

Nipissing Mental Health Housing & Resource Services

West

Tel.: 705-474-1299

Mental health crisis and/or substance use housing support

East

Tel.: 705-476-4088

Mental health crisis and/or substance use housing support

RAPID ACCESS ADDICTION MEDICINE

Community Counselling Centre of Nipissing

North Bay and Area Rapid Access Addictions Medicine (RAAM) Clinic

Tel.: 705-472-6515 ext. 231

www.cccnip.com

	<p style="text-align: center;"><u>TREATMENT</u></p> <p>Community Counselling Centre of Nipissing <i>Opioid Community Treatment Program</i> Tel.: 705-472-6515 Email: info@cccnip.com www.cccnip.com</p> <p>Main Street Clinic <i>North Bay</i> Tel.: 705-223-8225 www.northbayclinic.com</p> <p>Nurture North MAR Clinic <i>North Bay</i> Tel.: 705-478-7197</p>
Legal Resources	<p>Nipissing Community Legal Clinic: North Bay Tel.: 705-476-6603 www.nipissingcommunitylegalclinic.ca</p> <p><u>Practice areas:</u> Canada Pension Plan (CPP):Old Age Security, Housing law, Ontario Works (OW), Employment and Work and Ontario Disability Resource Program (ODSP)</p> <p>North Bay Legal Aid Duty Counsel</p> <p><i>Criminal Law</i> Tel.: 705-497-1184</p> <p><i>Family Law</i> Tel.: 705-840-5900</p> <p>Nipissing Transition House: Family Court Resource Worker Program Tel.: 705-476-0549 Email: fcswh@vianet.ca www.nipissingtransitionhouse.com</p> <p style="text-align: center;"><u>VICTIM SERVICES</u></p> <p>Ontario Ministry of Attorney General- Ontario Victim Services <i>Northern Region</i> Toll-free: 1-866-482-9542</p> <p>Victim Services of Nipissing District: North Bay Tel.: 705-472-2649 Email: info@vsnd.ca</p>

	www.vsnd.ca
Release Planning Resource	John Howard Society of Sudbury Tel.: 705-478-6675 Email: johnr@johnhowardsudbury.com www.johnhoward.on.ca/sudbury
Immigration and Newcomer Resources	North Bay & District Multicultural Centre Immigrant Settlement Services/North Bay Local Immigration Partnership Tel.: 705-495-8931 Email: info@nbdmc.ca https://www.nbdmc.ca/about-lip North Bay Immigration Toll-free: 1-800-465-1882 https://www.northbayimmigration.ca/ Northern Ontario Francophone Immigration Resource Network: Sudbury Tel.: 705-675-7113 Email: info@reseaudunord.ca www.reseaudunord.ca Conseil scolaire public du Nord-Est de l'Ontario French Language Training Tel.: 705-472-3443 Email: information@cspne.ca www.cspne.ca/
Employment Resources	YES! Employment Services Inc. Tel.: 705-476-3234 Email: ask@yesnorthbay.com https://yesnorthbay.com/ Service Canada: North Bay Centre: Employment Insurance Toll-free 1-800-206-7218
ODSP Resources	Ontario Ministry of Community and Social Services: Ontario Disability Resource Program (ODSP) Toll-free: 1-800-461-6977 Tel.: 705-474-3540 Service Canada — North Bay Centre <i>Canada Pension Plan/Old Age Security/Disability Benefits</i> Toll-free: 1-800-277-9914

	<p><i>Employment Insurance</i> Toll-free: 1-800-206-7218</p> <p>Low Income People Involvement of Nipissing: Community Volunteer Income Tax Program Tel. 705-472-1337 Email: lipi@lipinipissing.com lipinipissing.com</p>
Clothing Resources	<p>Pro-Cathedral Catholic Charities Food Bank: North Bay Tel.: 705-472-3970 Email: cathedral@bellnet.ca</p> <p>Amelia Rising — Sexual Assault Centre of Nipissing <i>Clothing Bank</i> Tel.: 705-840-2403 Email: info@ameliarising.ca www.ameliarising.ca</p> <p>Canadian Red Cross <i>North Bay</i> Toll-free :1-800-418-1111 Email: northbay@redcross.ca www.redcross.ca</p> <p>Mattawa and Area Food Bank Tel.: 705-744-6706 Email: mattawafoodbank@gmail.com waynereid116@gmail.com</p> <p>Salvation Army <i>North Bay</i> Tel.: 705-474-7859</p>
Food Resources	<p>Canadian Red Cross <i>North Bay</i> Toll-free: 1-800-418-1111 Email: northbay@redcross.ca www.redcross.ca</p> <p>Canadore College: Food Bank Tel.: 705-474-7600 ext. 5301 Email: lise.paxton@canadorecollege.ca www.canadorecollege.ca</p> <p>Community Living North Bay EarlyON Child and Family Centre: Infant Food Cupboard</p>

Tel.: 705-474-8910 ext. 222
Email: eyc@communitylivingnorthbay.org
www.communitylivingnorthbay.org

The Gathering Place

Tel.: 705-474-7687 (705-474-SOUP)
Email: info@thegatheringplacenorthbay.ca
Thegatheringplacenorthbay.ca

Food Bank - Redeemer Lutheran Church

North Bay
Tel.: 705-472-9169

Mattawa and Area Food Bank

Tel.: 705-744-6706
Email: mattawafoodbank@gmail.com or
waynereid116@gmail.com

**Nipissing University Student Union (NUSU):
Food Bank**

Tel.: 705-474-3450 ext. 4801
Email: info@nusu.com
www.nusu.com

North Bay Food Bank

Tel.: 705-495-3290
Email: nbayfoodbank@gmail.com
northbayfoodbank.ca

Pro-Cathedral Catholic Charities Food Bank

North Bay
Tel.: 705-472-3970
Email: cathedral@bellnet.ca

Salvation Army

North Bay
Tel.: 705-474-7859

St Andrew's United Church: Food Bank

Tel.: 705-472-7680
Email: standrewschurch@cogeco.net
www.standrews-northbay.ca

St Brice's Anglican Church: Food Bank

Tel.: 705-474-4005
Email: stbrices.northbay@yahoo.ca
www.stbriceschurch.com

**St John's Anglican Church: Food Bank and
Hospitality Meal**

	<p>Tel.: 705-472-6070 or 705-472-2667 Email: sjdparish@gmail.com www.stjohndivine.ca</p> <p>Trinity United Church: Food Bank Tel.: 705-474-3310 Email: trinitynorthbay@gmail.com www.trinitynorthbay.ca</p>
Housing Resources	<p>LIPI: Low Income People Involvement https://lipinipissing.com/</p> <p>Crisis Centre North Bay</p> <p><i>Four Elms Residence</i> Tel.: 705-474-1031 Email: info@crisiscentre-nb.on.ca www.crisiscentre-nb.on.ca</p> <p><i>Futures Residence</i> Tel.: 705-476-4502 Email: info@crisiscentre-nb.on.ca www.crisiscentre-nb.on.ca Youth Housing</p> <p>Hope Awaits Ministries: Homeless Shelter for Men Tel.: 705-494-5465 https://www.sngnipissing.ca/2/Housing_Services/#mediate temporary shelter</p> <p>Nipissing Mental Health Housing & Resource Services</p> <p><i>West</i> Tel.: 705-474-1299 For mental health crisis and/or substance use housing support</p> <p><i>East</i> Tel.: 705-476-4088 For mental health crisis and/or substance use housing support</p> <p>Native People of Nipissing Housing: North Bay Tel.: 705-497-1773 Email: natpeopnip@cogeco.net https://www.sngnipissing.ca/Services/Display/146248/</p>

	<p>Nipissing Community Legal Clinic: North Bay Tel.: 705-476-6603 www.nipissingcommunitylegalclinic.ca</p> <p><u>Practice areas:</u> Canada Pension Plan (CPP), Old Age Security, Housing law, Ontario Works (OW), Employment and Work and Ontario Disability Resource Program (ODSP)</p> <p>District of Nipissing Social Services Administration Board — North Bay <i>Community Homelessness Prevention Initiative</i> Tel.: 705-474-2151 ext. 3167 Email: info@dnssab.ca www.dnssab.ca</p>
Women's Resources	<p>Amelia Rising Tel: 705-840-2403 Email: info@ameliarising.ca http://www.ameliarising.ca/</p> <p>Mattawa Women's Resource Centre Tel: 705-744-5567 Email: women@mwrc.ca https://mwrc.ca/</p> <p>Nipissing Transition House Outreach Tel.: 705-494-9589 Shelter and Crisis Line: 705-476-9503 https://nipissingtransitionhouse.com/</p> <p>Nipissing First Nation: Garden Village Social Services: Ojibway Women's Lodge — North Bay Toll-free: 1-800-387-2465 Email: ofrc@nfn.ca www.ojibwaywomenslodge.ca</p> <p>Horizon Women's Centre: Sturgeon Falls Tel: 705-753-1154 www.horizoncentre.ca</p> <p>Elizabeth Fry Society of Northeastern Ontario Tel.: 705-673-1364 Email: croslyn@efryneo.com http://www.efrysudbury.com</p>
Indigenous Resources	<p>Anishinabek Nation: Union of Ontario Indians Tel: 705-497-9127 Email: info@anishinabek.ca</p>

	<p>www.anishinabek.ca</p> <p>True Self Debwewendiziwin Program Tel: 705-474-4058 Email: info@trueself.ca http://www.trueself.ca/</p> <p>Ojibway Women's Lodge: North Bay Tel: 705-472-3321 (24 hours) Email: ofrc@nfn.ca www.ojibwaywomenslodge.ca</p> <p>North Bay Indigenous Friendship Centre Tel: 705-472-2811 Email: reception@nbifc.org www.nbifc.org</p> <p>Native People of Nipissing Housing: North Bay Tel: 705-497-1773 https://www.sngnipissing.ca/Services/Display/146248/ natpeopnip@cogeco.net</p> <p>Metis Nation of Ontario Tel: 705-474-2767 http://www.metisnation.org/</p> <p>True Self Debwewendiziwin Program Tel: 705-474-4058 www.trueself.ca</p> <p>Community Counselling Centre Of Nipissing: Indigenous Community Treatment Program Tel: 705-472-6515 Email: info@cccnip.com www.cccnip.com</p> <p>Nipissing First Nation: Garden Village Social Services: Ojibway Women's Lodge — North Bay Toll-free: 1-800-387-2465 Email: ofrc@nfn.ca www.ojibwaywomenslodge.ca</p>
Black Resource	<p>North Bay & District Multicultural Centre Immigrant Settlement Services/North Bay Local Immigration Partnership</p> <p>Tel: 705-495-8931 Email: info@nbdmc.ca</p>

	https://www.nbdmc.ca/about-lip
Culturally Specific Resources	<p>North Bay & District Multicultural Centre Immigrant Settlement Services/North Bay Local Immigration Partnership</p> <p>Tel: 705-495-8931 Email: info@nbdmc.ca https://www.nbdmc.ca/about-lip</p> <p>Centre culturel Les Compagnons des francs loisirs: North Bay Tel: 705-472-5547 Email: lecentre@cogeco.net http://www.centrecompagnons.ca/</p> <p>Davedi (The): North Bay (Italian Club) Tel: 705-474-4190 Email: manager@davedi.com www.davedi.com</p>
LGBTQ2S+ Resources	<p>North Bay Parry Sound District Health Unit Tel: 705-474-1400 Email: contact@healthunit.ca https://www.myhealthunit.ca/en/index.asp</p> <p>North Bay & District Multicultural Centre Immigrant Settlement Services/North Bay Local Immigration Partnership</p> <p><i>LGBTQ2S+: Friendly Space and Resource</i> Tel: 705-495-8931 Email: info@nbdmc.ca https://www.nbdmc.ca/about-lip</p> <p>AIDS Committee of North Bay & Area Tel: 705-497-3560 Email: oaacnba@gmail.com https://aidsnorthbay.com/</p> <p>Amelia Rising Tel: 705-840-2403 Email: info@ameliarising.ca http://www.ameliarising.ca/</p> <p>TG Innerselves <i>Sudbury</i> Email: info@tginnerseives.com http://www.tginnerseives.com/</p>

	<p>North Bay Regional Health Centre Tel: 705-474-8600 http://www.nbrhc.on.ca/</p> <p>Canadore College On-Campus Health Centre Tel: 705-474-7600 ext. 5261 https://www.canadorecollege.ca/experience/wellness/health-centre</p> <p>Community Counselling Centre of Nipissing Tel: 705-472-6515 https://cccnip.com/</p> <p>HANDS-TheFamilyHelpNetwork.ca Tel: 705-476-2293 Email: info@handstfhn.ca https://thefamilyhelpnetwork.ca/</p>
Youth Resources	<p>One Kids Place Toll-free: 1-866-626-9100 https://www.onekidsplace.ca/</p> <p>Nipissing & Parry Sound Children's Aid Society Toll-free: 1-877-303-0910 Tel.: 705-472-0910</p> <p><i>YicSource</i> https://www.parnipcas.org/youth-in-care/yic-source</p> <p><i>Preparation for Independence Program/Continued Care and Resource for Youth</i> https://www.parnipcas.org/youth-in-care/preparationfor-independence-program</p> <p><i>Post-Secondary Education</i> https://www.parnipcas.org/youth-in-care/post-secondary-education</p> <p><i>GOALS Program</i> https://www.parnipcas.org/youth-in-care/goals-program</p> <p><i>Housing Resource</i> https://www.parnipcas.org/youth-in-care/housing-support</p> <p><i>School of Success & Learning for Life</i> https://www.parnipcas.org/youth-in-care/school-of-success-learning-for-life</p>

	<p>Crisis Centre North Bay — Futures: Youth Program Tel.: 705-476-4502 http://www.crisiscentre-nb.on.ca/services-and-programs/futures-youth-program/</p> <p>Hands: The Family Help Network Tel.: 705-476-2293 Email: info@handstfhn.ca https://thefamilyhelpnetwork.ca/</p> <p>Community Living North Bay EarlyON Child and Family Centre: Infant Food Cupboard Tel.: 705-474-8910 ext. 222 Email: eyc@communitylivingnorthbay.org www.communitylivingnorthbay.org</p>
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Ottawa Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

<p>Mental Health Resources</p>	<p>Ottawa Salus Tel.: 613-729-0123 https://www.salusottawa.org/</p> <p>Distress Centre of Ottawa and Region Tel.: 613-238-1089 https://www.dcottawa.on.ca/</p> <p>Royal Ottawa Mental Health Centre Tel.: 613-722-6521 1141 Carling Avenue</p> <p>Canadian Mental Health Association (CMHA) – Ottawa</p> <p><i>1355 Bank Street</i> Tel.: 613-737-7791</p> <p><i>151 Slater Street</i> Tel.: 613-745-7750</p> <p>Somerset West Community Health Centre <i>Mental Health and Counselling Supports</i> Tel.: 613-402-2499 (call to book an appointment) Mon – Fri from 9:00am – 4:00pm https://www.swchc.on.ca/programs/mental-health-and-counselling-supports We are offering single-session counselling sessions by phone.</p> <p><u>Note:</u> Services are offered virtually</p> <p>Centre for Addictions and Mental Health (CAMH) <i>Ottawa-Carleton Area</i> Tel.: 613-569-6024</p>
<p>Healthcare Resource</p>	<p>Ottawa Public Health Tel.: 613-580-6744 healthsante@ottawa.ca https://www.ottawapublichealth.ca/en/index.aspx</p> <p>Ottawa Street Medics Tel.: 343-297-4430 Email: ottawastreetmedics@outlook.com</p>

Ottawa Street Medics: is a 'do no harm' mobile collective, bringing power back to the people through warm food, clothing, and human connection. OSM aims to return a sense of dignity to community members on the streets. OSM believes in harm reduction, anti-racism work, police abolition, and a people powered future.

Elgin Dental Centre

Tel.: 613-566-3333
160 MacLaren Street

Somerset West Community Health Centre

Anonymous HIV Testing

Tel.: 613-295-9574 (call to book an appointment)

Mon – Wed & Fri from 9:00am – 5:00pm

Thurs from 1:00pm – 4:00pm

55 Eccles St.

<https://www.swchc.on.ca/programs/anonymous-hiv-testing>

HIV testing for anyone 14 years of age or older at risk of contracting, or believes they may have contracted, HIV/AIDS. Results are available the same day.

Breastfeeding Support

613-688-1177 ext. 1 (call to book an appointment)

Mon – Wed & Fri from 9:00am – 5:00pm

Thurs from 1:00pm – 4:00pm

55 Eccles St.

<https://www.swchc.on.ca/programs/breastfeeding-support>

Breastfeeding support is available from our lactation consultant.

Lactation consultants are breastfeeding specialists who teach mothers how to feed their baby. They also:

- Help with painful nursing, latching difficulties and low milk production
- Provide access to breast pumps and teach mothers how to store breast milk
- Help mothers who wish to continue breastfeeding after returning to work or school

Our lactation consultant is available by appointment and also provides individual breastfeeding classes. They also attend our weekly Well-Baby Drop-In alongside an early childhood educator.

Note: Due to COVID, services are offered virtually

Buns in the Oven

Tel.: 613-238-8210 ext. 2248 (English) or,

613-238-8214 ext. 2507 (English/Chinese)

Tues from 1:30pm – 2:30pm

55 Eccles St.

<https://www.swchc.on.ca/programs/buns-in-the-oven>

We want to help you prepare for your baby's arrival!

Join our online session for fun activities, yummy snacks, and pregnancy tips and tricks. We'll talk about:

- Healthy eating and safe exercises for mom
- Communicating with baby
- Car seat safety, child-proofing and more

Note: Due to COVID, services are offered virtually

COVID-19 Testing Clinic

Tel.: 613-327-8145 (call to book a test)

Mon – Wed from 9:00am – 4:00pm

Thurs from 1:00pm – 4:00pm

Fri from 9:00am – 2:30 pm

55 Eccles St.

<https://www.swchc.on.ca/programs/covid-19-testing-clinic>

Complex Respiratory Care Program

Tel.: 613-288-0163

Mon – Fri from 8:30am – 4:30pm

2249 Carling Ave., Suite 200

<https://www.swchc.on.ca/programs/complex-respiratory-care-program>

The Complex Respiratory Care Program is a community-based respiratory therapy outreach program that helps clients currently living in the community with complex respiratory needs or those clients in the acute or sub-acute care setting with high respiratory needs integrate back into the community. Service is provided by a Registered Respiratory Therapist.

Counselling

Tel.: 613-402-2499 (call to book an appointment)

Mon – Fri from 9:00am – 5:00pm

55 Eccles St.

<https://www.swchc.on.ca/programs/counselling->

Individual, appointment-based short and medium-term counselling support for adults (offered in English only). Help with a wide range of issues including mental health, relationships, abuse, and

coping with grief and loss.

Counselling Connect

<https://www.swchc.on.ca/programs/counselling-connect>

We want to make sure that everyone who needs counselling can get it. Quickly. 14 counselling services, including Somerset West Community Health Centre, have joined forces to give all ages same-day or next-day access to a free counselling session through Counselling Connect

Note: Services are offered via phone and video counselling

Counselling for the Chinese Community

Tel.: 613-402-2159 (call to book an appointment)

Mon – Fri from 9:00am – 5:00pm

55 Eccles St.

<https://www.swchc.on.ca/programs/counselling-for-the-chinese-community->

Individuals and families, appointment-based counselling for the Chinese community.

Feeding Your Baby Workshop

Tel.: 613-238-1220 ext. 2248 (English) or

613-238-1220 ext. 2345 (English/Mandarin)

Email: atdsmith@swchc.on.ca (English) or

mayip@swchc.on.ca (English/Mandarin)

<https://www.swchc.on.ca/programs/feeding-your-baby-workshop>

Learn everything you need to know about feeding your baby from 4 to 12 months. Our Community Dietitian will cover a variety of topics including:

- When and how to first introduce foods to your baby
- Key nutrients for growing babies
- Tips for healthy eating habits for life and avoiding 'picky eating'
- Learn how to make your own baby food
- Updated allergy guidelines
- Take home recipes, handouts and more!

Note: Service is offered every 2-3 months virtually

Foot Care and Chiropody

Tel.: 613-238-1220 ext. 1

Mon and Thurs from 1:00pm – 4:00pm

55 Eccles St.

<https://www.swchc.on.ca/programs/foot-care-and->

[chiropractic](#)

Our footcare team offers foot and nail care, orthotics and education about proper foot care. A chiropractor is also available to provide more complex care, if required.

Lung Health

Tel.: 613-288-0163

Mon – Fri from 8:30am – 4:30pm

2249 Carling Ave., Suite 200

<https://www.swchc.on.ca/programs/lung-health>

Somerset West Community Health Centre offers a range of services for those with chronic lung disease. Ongoing support is available for those with chronic obstructive pulmonary disease (COPD), asthma, and those with complex respiratory care needs. Smoking cessation support is available for those interested in quitting or reducing their tobacco use.

Multicultural Health Navigator Program

Tel.: 613-691-0192 ext. 6001

Mon – Fri

219 Argyle St.

<https://www.swchc.on.ca/programs/multicultural-health-navigator-program>

We help refugees and immigrants navigate the Canadian health system. This includes helping people apply for the Ontario Health Insurance Plan (OHIP) and connecting them with local health care providers who are sensitive to their cultural needs.

Our navigators provide services in many languages, including:

- Arabic
- Dari
- Farsi
- French
- Nepali
- Pashto
- Spanish
- Somali; and
- Swahili

Obstetrical Care

Tel.: 613-688-1177

<https://www.swchc.on.ca/programs/obstetrical-care>

Expecting a baby? Our physicians, physician assistant, and lactation consultant offer friendly, personal care to women with low-risk pregnancies

who will deliver at the Civic Campus of The Ottawa Hospital. We accept referrals from local providers and pregnant women can also self-refer.

Ottawa Community Lung Health Program

Tel.: 613-288-0163

Mon – Fri from 8:30am – 4:30 pm

2249 Carling Ave., Suite 200

<https://www.swchc.on.ca/programs/ottawa-community-lung-health-program>

The Ottawa Community Lung Health Program (OCLHP) provides an evidence-based approach that improves the health and quality of life of people living with chronic obstructive pulmonary disease (COPD). The OCLHP consists of assessment, spirometry (breathing test), education, the development of an action plan, and follow-up care for clients with COPD. When someone is referred to the lung health program, they will be seen by a Registered Respiratory Therapist or Certified Respiratory Educator (CRE). The CRE will help you understand and manage your symptoms.

Ottawa Newcomer Clinic

Tel.: 613-691-0192 ext. 6002

Mon – Fri from 9:00am – 5:00pm

219 Argyle St.

<https://www.swchc.on.ca/programs/ottawa-newcomer-clinic>

Services include medical screening and treatment of urgent medical needs (including short-term follow-up), a tuberculosis clinic, women's health checkups, immunizations and more. We also connect clients to more permanent primary healthcare providers in their community.

Prenatal Breastfeeding Sessions

Tel.: 613-688-1177 ext. 2352

Mon – Wed & Fri from 9:00am – 5:00pm

Thurs from 1:00pm – 4:00pm

<https://www.swchc.on.ca/programs/prenatal-breastfeeding-sessions>

Our prenatal breastfeeding session offers pregnant women and their partner's education about breastfeeding and information on how to prepare to breastfeed.

Prenatal Care

Tel.: 613-688-117 and ask to leave a message for Bonnie Baxter, the Prenatal Point Person

<https://www.swchc.on.ca/programs/prenatal-care>

Expecting a baby? Our physicians, physician assistant, and lactation consultant offer friendly, personal care to women with low-risk pregnancies who will deliver at the Civic Campus of The Ottawa Hospital. We accept referrals from local providers and pregnant women can also self-refer.

Primary Care Asthma Program

Tel.: 613-288-0163

Mon – Fri from 8:30am – 4:30pm

<https://www.swchc.on.ca/programs/primary-care-asthma-program>

A Certified Respiratory Educator (CRE) teaches clients how to identify symptoms, manage medications, and master breathing and medical device techniques. In addition, we offer spirometry (breathing test) to rostered clients of any community health centre (CHC) physician or nurse practitioner in Ottawa.

Primary Care Outreach

Toll-free: 1-844-726-5115

Mon – Fri from 9:00am – 5:00pm

<https://www.swchc.on.ca/programs/primary-care-outreach>

Our Primary Care Outreach team comprises a nurse and community health workers. Together they provide health assessments, counselling, and referrals for seniors. For seniors 65 years and older.

Primary Care Walk-In Clinics

Tel.: 613-238-1220 ext. 1

Mon – Wed & Fri from 9:00am – 4:00pm

<https://www.swchc.on.ca/programs/primary-care-walk-in-clinics>

Somerset West Community Health Centre now has a virtual walk-in clinic. Nurse practitioners provide assessment, treatment, and referrals for people with immediate health issues. This service is available through virtual care available by phone and video appointment.

If you do not have reliable access to a phone, in-person same day appointments are available at our 55 Eccles St location from 3 - 4 p.m.

Note: Services are offered virtually

	<p><i>Rooming House Outreach</i> Tel.: 613-238-8210 ext. 4201 Tues from 9:00am – 5:00pm https://www.swchc.on.ca/programs/rooming-house-outreach A nurse practitioner and a community health worker are out in the community every Tuesday. Together they provide health care, mental health support, and practical help to those living in local rooming houses.</p> <p><i>Smoking Cessation</i> 613-288-1063 (call to register) Mon, Thurs & Fri from 9:00am – 4:30m https://www.swchc.on.ca/programs/smoking-cessation Time to quit smoking? Get up to 26 weeks of free nicotine replacement therapy coupled with individualized smoking cessation counselling. This program is part of the Smoking Treatment for Ontario Patients (STOP) program through the Centre of Addiction and Mental Health (CAMH).</p> <p>No referral required.</p> <p><i>Social Services Walk-In</i> Tel.: 613-402-2499 or 613-238-8210 Mon – Fri from 1:00pm – 4:00pm https://www.swchc.on.ca/programs/social-services-walk-in Need help with a personal crisis? Our counsellors offer practical assistance, crisis support, and information and referrals (in English) Monday to Friday on a call-in or drop-in basis. No appointment required.</p> <p><i>The Walk-In Counselling Clinic</i> Tel.: 613-755-2277 or 613-238-8210 Tues from 12:00 pm – 6:30pm (last walk-in session at 5:00pm) https://www.swchc.on.ca/programs/the-walk-in-counselling-clinic Counselling for individuals, couples, and families in Cantonese, Mandarin and English. No appointment necessary!</p> <p><i>Well Bay Drop-In</i> Tel.: 613-791-5112 Mon from 1:00pm – 2:30pm https://www.swchc.on.ca/programs/well-baby-drop-in</p>
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Need tips and tricks for breastfeeding? Have questions about your baby's development? Our lactation consultant, dietitian and early childhood educator is here to support you at this weekly online workshop.

Note: Services are offered virtually

What to Expect at SWCHC When You're Expecting!

Tel.: 613-688-117 and ask to leave a message for Bonnie Baxter, the Prenatal Point Person

<https://www.swchc.on.ca/programs/what-to-expect-at-swchc-when-you're-expecting>!

Congratulations on your pregnancy! The Somerset West Community Health Centre pregnancy team is privileged that you have chosen us to be part of this most exciting time for you and your family. Once registered with us all pregnant patients are assigned to one of our Pregnancy Team physicians. Prenatal appointments are offered weekdays as well as Monday, Tuesday, Wednesday and Thursday evenings.

You will see a physician or physician assistant at each prenatal check-up, and possibly other members of the team. At each visit we will assess the health of both you and your baby. We take time to address any concerns you may have and provide education about pregnancy. Information is also available on prenatal classes, labour support, birth planning and staying healthy during pregnancy.

Please note that all our physicians on the Pregnancy Team are female, however, you may be seen and examined in our clinic or hospital by other team members who are male.

Chair Fitness Exercise Class

Tel.: 613-796-4729

Email: gkowalczyk@familyphysio.com

Wed from 1:30pm – 2:15pm

<https://www.swchc.on.ca/programs/chair-fitness-exercise-class>

Improve your range of motion, coordination, strength and balance at this free weekly exercise class. All ages welcome, drop-in!

Note: Services are offered virtually

Chinese Seniors Physical Fitness Program

Tel.: 613-238-8214 ext. 2318

	<p>Email: cliang@swchc.on.ca Wed from 2:00pm – 3:00pm https://www.swchc.on.ca/programs/chinese-seniors-physical-fitness-program Trainer Gary Campbell leads a weekly exercise class for Chinese seniors. This program is free. All Chinese seniors are welcome. Please wear light and comfortable clothes. Running shoes or walking shoes are a good choice.</p> <p><u>Note:</u> Services are offered virtually</p> <p>Pinecrest-Queensway Community Health Centre Tel.: 613-859-8232 https://www.pgchc.com</p>
<p>Harm Reduction Resources: Naloxone Kits, Supervised Consumption Sites, Supplies, Substitution Therapies and Treatment</p>	<p style="text-align: center;"><u>NALOXONE</u></p> <p>Ottawa Public Health Tel.: 613-580-6744 Email: healthsante@ottawa.ca https://www.ottawapublichealth.ca/en/public-health-topics/naloxone.aspx 179 Clarence St.</p> <p>Ottawa Public Health <i>Mobile Site Van</i> Tel.: 613-272-3232</p> <p>Somerset Community Health Centre</p> <p><i>Drug Overdose Prevention and Education (DOPE) Response Team</i> Email: athhaines@swchc.on.ca Mon – Sun from 5:00pm – 11:00pm https://www.swchc.on.ca/programs/drug-overdose-prevention-and-education-response-team The Drug Overdose Prevention and Education (DOPE) Response team project provides evening outreach to isolated people who use drugs in the Centretown, Carlington, and Somerset West Community Health Centre neighbourhoods. This team connects directly with people in the community that are at risk of overdose, providing provide resources, peer support, overdose prevention, and more.</p> <p>This team is primarily staffed by Community Workers, who are staff with lived or living experience of substance use and provide peer-based harm</p>

reduction supports and services.

Needle Exchange and Safer Inhalation (Gear, Van and Outreach)

Tel.: 613-238-8210

Daytime services: Mon – Fri from 9:00am to noon & 1:00pm – 4:00pm

Evening services: Mon – Sat from 5:00pm – 10:30pm

[https://www.swchc.on.ca/programs/needle-exchange-and-safer-inhalation-\(gear%2C-van-and-outreach\)](https://www.swchc.on.ca/programs/needle-exchange-and-safer-inhalation-(gear%2C-van-and-outreach))

The Needle Exchange & Safer Inhalation (NESI) Program offers harm reduction services for people who use drugs, including safer inhalation and injection supplies, collection and disposal of used equipment, and peer support in a non-judgmental environment. Harm Reduction Outreach workers provide harm reduction health education and support, including informal case management according to the needs of each client in collaboration with existing supports, meeting clients where they are at and providing accessible, point-of-contact supports. Community Workers are staff with lived or living experience of substance use who provide peer support and services within the program.

Note: During COVID-19, onsite gear distribution is available by window service in the parking lot of 55 Eccles (off of Booth Street), Daily from 9 a.m. - 4 p.m. Gear can also be accessed in the evening Monday to Saturday from 5pm - 10:30pm by contacting the NESI van at 613-761-0003.

SUPERVISED CONSUMPTION SITES

Ottawa Public Health

Supervised Consumption Services

Tel.: 613-580-6744 ext. 29047

<https://www.ottawapublichealth.ca/en/public-health-topics/harm-reduction-services-in-ottawa.aspx#Supervised-consumption-services-SCS-Site-office-Mobile-van-hours-and-other-Supervised-Injection-Services-SIS>

Sandy Hill Community Health Centre

Tel.: 613-569-3488 ext. 2101

221 Nelson St.

	<p>Somerset West CHC Overdose Prevention Services Tel.: 613-238-8210 ext. 2246 55 Eccles St.</p> <p>Ottawa Inner City Health Shepherds of Good Hope (SIS) Tel.: 613-241-6494 230 Murray St. (Trailer)</p> <p style="text-align: center;"><u>TREATMENT</u></p> <p>Recovery Care Tel.: 613-454-0321 https://recovery.care/</p> <p>Ottawa Addictions Access and Referral Services (OAARS) Tel.: 613-241-5202 1777 Montreal Road</p> <p>The House of Hope and Healing Tel.: 613-722-4847 Email: hhh@ncf.ca https://houseofhopeandhealing.ca</p> <p>Bruce Johnston Counselling Services Tel.: 613-723-1900</p>
<p>Legal Resources</p>	<p>John Howard Society Ottawa <i>Community Reintegration Reporting Center</i> Tel.: 613-565-2415 Email: cmurphy@jhsottawa.ca https://johnhoward.on.ca/ottawa/ Offers case management and other services for parole clients on statutory release</p> <p>University of Ottawa Community Legal Clinic Tel.: 613-562-5600 17 Copernicus St. https://commonlaw.uottawa.ca/community-legal-clinic/</p> <p><u>Practice areas:</u> Criminal law, Family law, Tenant law, and Criminal Injuries Compensation</p> <p>Family Law Information Centre Tel.: 613-239-1406</p>

	<p>Drop-In Hours: Mon – Fri from 9:00am – 4:00pm Ottawa Court House 161 Elgin St, 2nd Floor</p> <p>Community Legal Services of Ottawa https://www.clsottawa.ca/</p> <p><i>South</i> Tel.: 613-241-7008 1355 Bank St., Suite 406</p> <p><i>Downtown</i> Tel.: 613-596-1641 1 Nicolas St., Suite 422</p> <p><i>West</i> Tel.: 613-596-1641 1301 Richmond Rd.</p> <p><u>Practice areas:</u> Employment and Work, Housing Law, Income Assistance, Health and Disability, Immigration Law, and Refugee Law</p>
Release Planning Resources	<p>Elizabeth Fry Society Ottawa Tel.: 613-237-7427 https://efryottawa.com</p> <p>John Howard Society Ottawa Tel.: 613-789-7418 ext. 238 Email: mgillis@jhsottawa.ca</p>
Financial Resources	<p>Somerset West Community Health Centre <i>Income Tax Clinics</i> Tel.: 613-324-4920 Email: cvolunteer@swchc.on.ca Yearly from February – April https://www.swchc.on.ca/programs/income-tax-clinics Once a year, we engage volunteers through the Community Volunteer Income Tax Program (CVITP) to file simple tax returns for people who meet the eligibility requirements for the program.</p> <p>Sandy Hill Community Health Centre <i>Practical Assistance Worker (PAW) ID Clinic</i> Tel.: 613-787-1500 (appointments are booked each Mon for that week only, call to book) https://www.shchc.ca/programs/practical-assistance-worker-paw-id-clinic This program assists homeless clients and clients on ODSP in applying for:</p>

	<ul style="list-style-type: none"> - OHIP cards - Birth Certificates - S.I.N. cards - Replacement Citizenship cards <p>This program also provides an ID safekeeping service where clients can store their ID in a secure area and access it as needed.</p>
Immigration & Newcomer Resources	<p>Ottawa Community Immigrant Services Organization Tel.: 613-725-0202 https://ociso.org/ociso/</p> <p>Catholic Centre for Immigrants Tel.: 613-232-9634 http://cciottawa.ca/ Mon – Fri 9:00am – 5:00pm</p> <p>Somerset West Community Health Centre Ottawa Newcomer Clinic Tel.: 613-691-0192 ext. 6002 Mon – Fri from 9:00am – 5:00pm 219 Argyle St. https://www.swchc.on.ca/programs/ottawa-newcomer-clinic Services include medical screening and treatment of urgent medical needs (including short-term follow-up), a tuberculosis clinic, women's health checkups, immunizations and more. We also connect clients to more permanent primary healthcare providers in their community.</p>
Language Resources	<p>Somerset West Community Health Centre Social Services Tel.: 613-238-8210 (English) or 613-298-0478/613-447-9820 (Vietnamese) or 613-238-8214 ext. 2294 (Chinese) or 613-558-2939 (Cambodian) Mon – Fri from 9:00am – 5:00pm https://www.swchc.on.ca/programs/social-services Somerset West Community Health Center's language assistance services include counseling on financial and mental health problems, application forms, social services benefits, updates community information, senior support and help for people with mental illness.</p>
Employment Resource	<p>Community Employment Resource Centre Tel.: 613-828-2123 info@cercottawa.ca</p>

	<p>The Labour World Tel.: 613-745-5720 Email: domenica@labourworld.ca http://labourworld.ca</p>
ODSP Resources	<p>Ministry of Community and Social Services ODSP Toll-free: 1-800-267-5111 Tel.: 613-234-1188 ODSP.Ottawa@ontario.ca</p> <p>ODSP Application Resource Program Centre 454 Tel.: 613-235-4351 Email: info@centre454.ca 454 King Edward Ave http://www.centre454.ca/index.php/en/our-services#odsp</p>
Clothing Resources	<p>Dress for Success Ottawa <i>Women's Clothing</i> Tel.: 613-277-0111 https://ottawa.dressforsuccess.org/</p> <p>The Ottawa Mission Clothing Room Tel.: 613-234-1155 foundation@ottawamission.com</p> <p>Saint-Vincent-De-Paul Tel.: 613-722-7166 1273 Wellington Street West</p> <p>Suits His Style Tel.: 613-241-5937 Email: info@suithisstyle.ca http://suitshisstyle.ca Suits his Style helps reduce poverty in our community by providing interview clothing and/or industry appropriate clothing to low income, unemployed men in need of employment.</p>
Food Resources	<p>Ottawa Food Bank Tel.: 613-745-7001 foodbank@ottawafoodbank.ca Look up foodbank by address: https://www.ottawafoodbank.ca/get-help/</p> <p>Centretown Emergency Food Centre Tel.: 613-232-3059</p>

	<p>Email: cefc@bellnet.ca</p> <p>The Agape Centre (Cornwall, Ontario) Tel.: 613-938-9297 Email: reception@agapecentre.ca</p> <p>Somerset West Community Health Centre</p> <p><i>Good Food Market</i> Tel.: 613-238-8210 ext. 2452 First Thurs of the month from 4:00 pm – 6:00pm https://www.swchc.on.ca/programs/good-food-market Good Food Markets are community, non-profit markets in Ottawa that sell a variety of high-quality fruits, vegetables, and dried goods at a great value.</p> <p><i>Seniors' Community Kitchen</i> Tel.: 613-238-1220 ext. 2248 Last Fri of the month from 10:00am – 11:30am https://www.swchc.on.ca/programs/seniors-community-kitchen Have fun trying new recipes and adapting old favourites to help manage diabetes, high cholesterol, high blood pressure and other health issues! This group meets once every month to socialize, cook and eat together.</p>
Housing Resources	<p>Action Housing</p> <p><i>Main Office</i> Tel.: 613-562-8219 150 Montreal Rd., Unit 305 https://www.action-logement.ca/en/action-housing/</p> <p><i>Lowertown Community Resource Centre</i> Tel.: 613-789-3930 40 Cobourg Street</p> <p><i>Rideau-Rockcliffe Community Resource Centre</i> Tel.: 613-745-0073</p> <p><i>Orleans-Cumberland Community Resource Centre</i> Tel.: 613-830-4357 240 Centrum Boulevard, Orleans</p> <p><i>Eastern Ottawa Resource Centre</i> Tel.: 613-741-6025 1980 Ogilvie Road</p>

Pinecrest-Queensway Community Health Centre
Tel.: 613-820-4922
1365 Richmond Road

Carlington Community Health Centre
Tel.: 613-722-4000
900 Merivale Road

Housing Help

South-East Ottawa CHC
Tel.: 613-563-4532
1355 Bank St, Suite 600
<https://www.action-logement.ca/en/housing-help/>
Call to make an appointment

Napean, Rideau and Osgoode CRC
Tel.: 613-563-4532
1547 Merivale Rd, Unit 240
Call to make an appointment

Western Ottawa CRC
Tel.: 613-563-4532
2 MacNeil Court
Call to make an appointment

Somerset West CHC: Eccles Branch
55 Eccles St
Accepts walk-ins

Somerset West CHC: Rosemount Branch
30 Rosemount St
Accepts walk-ins

OCISO
Tel.: 613-725-0202
959 Wellington St W
Call to make an appointment

Centre 507
507 Bank St
Accepts drop-ins

Centre 454
454 King Edward Ave.
Accepts drop-ins

Somerset West Community Health Centre
Building Community Together

	<p>Tel.: 613-238-8210 https://www.swchc.on.ca/programs/building-community-together</p> <p>The last five years have seen significant shifts in Ottawa's West Centretown community. Many new, large construction projects are geared to upper-income homeowners and condo owners. As a result of rising home and rental prices, long-time residents have been forced to move, rooming houses have been shut down and resold.</p> <p>The Building Community Together (BCT) project was initiated to respond to these troubling trends. During consultations with more than 500 people, we learned that community members are concerned that these changes are placing the community's affordability and diversity at risk.</p> <p>Homeless Crisis Outreach Project Tel.: 613-447-0029 Email: homelessoutreach@swchc.on.ca Daily from 1:00pm – 9:00pm https://www.swchc.on.ca/programs/homeless-crisis-outreach-project</p> <p>Homeless Crisis Outreach Workers work 1pm - 9pm daily to provide outreach supports to street involved persons experiencing crisis due to the impacts of COVID-19</p> <p>Staff can respond to: persons in distress; improperly discarded drug use gear; and abandoned sleeping rough supplies.</p> <p>Dedicated support provided around COVID-19 navigation, including supporting distress, crisis, decreased service access, symptom screening and monitoring, testing access and isolation supports.</p> <p>Staff also provide informal case management supporting clients to navigate the homeless/housing sector in collaboration with sector partners.</p> <p>Shepherds of Good Hope Tel.: 613-789-8210 https://www.sghottawa.com/programs-services/</p> <p>Matthew House Ottawa Tel.: 613-591-6681 Email: finfo@matthewhouseottawa.org Through our Furniture Bank, Matthew House helps</p>
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newcomers and low-income families in Ottawa make their house a home.

Helping With Furniture

Email: info/@hwfottawa.org
<https://www.hwfottawa.org>

Helping With Furniture provides gently-used furniture and household goods, refurbished bicycles and laptops to people in need in Ottawa.

Highjinx

Tel.: 613-864-4289
Email: highjinx@live.ca
<https://www.highjinxottawa.com>

We take donations of things for our Community Furniture Bank that neighbours can freely access to get the housewares they need to make their house a home.

Daybreak

Tel.: 613-236-8070
Email: richard@daybreakhousing.org
<https://www.daybreakhousing.org>

Emily Murphy Non-Profit Housing Corp.

Tel.: 613-834-9489
Email: info@emilymurphynphc.ca
<http://emilymurphynphc.ca>

The Emily Murphy Non-Profit Housing Corporation provides affordable housing and housing support services in a community setting for single parents (including youth who are parenting) who choose to live alone with their children.

Options Bytown

Tel.: 613-241-6363
<https://optionsbytown.com>

The Social Housing Registry

Tel.: 613-526-2088
<https://www.housingregistry.ca>

The Social Housing Registry of Ottawa (The Registry) is a non-profit organization that maintains the central waiting list for people applying for rent-geared-to-income (RGI) housing.

Housing Help

Tel.: 613-563-4532
<https://www.action-logement.ca/en/housing-help/>

Women's Resources	<p>Elizabeth Fry Society Ottawa Tel.: 613-237-7427 Email: sarah.davis@efryottawa.com https://efryottawa.com</p> <p>St. Joe's Women's Centre Tel.: 613-231-6722 https://stjoeswomenscentre.org/</p>
Indigenous Resources	<p>Odawa Native Friendship Centre Tel.: 613-722-3811 http://www.odawa.on.ca/ 815 St. Laurent Blvd, Ottawa</p> <p>Tungasuvvingat Inuit (TI) Centre Tel.: 613-565-5885 https://www.tungasuvvingatinuit.ca/ 1071 Richmond Road, Ottawa</p> <p>Minwaashin Lodge Toll-free: 1-855-789-9433 Email: info@minlodge.com</p> <p>Tewegan Housing for Aboriginal Youth Tel.: 613-233-0672 Email: abyhadmin@bellnet.ca https://www.teweganhousing.ca/</p> <p>Minwaashin Lodge Tel.: 613-741-5590 https://www.minlodge.com An Indigenous Women's Support Centre Minwaashin Lodge provides a range of programs and services to First Nations, Inuit and Métis women and children (regardless of status) who are survivors of domestic and other forms of violence, and who may also be suffering the effects of the residential school system. All programs and services are provided in the context of cultural beliefs and values to ensure a holistic approach is used as part of the healing journey.</p> <p>Wabano Centre for Aboriginal Health Tel.: 613-748-0657 Email: info@wabano.com https://wabano.com</p>
Black Resource	<p>Somerset West Community Health Centre</p> <p><i>African, Caribbean and Black (ACB) COVID-19 Wellness Webinars</i></p>

	<p>Email: mnduati@swchc.on.ca https://www.swchc.on.ca/programs/african%2C-caribbean-and-black-(acb)-covid-19-wellness-webinars</p> <p>Please join us to talk about the health impacts of COVID-19 within the ACB community. Every other week, we'll meet online to discuss mental health, wellbeing, coping, resilience and more.</p> <p><u>Note:</u> Webinars held virtually every other Thursday</p> <p><i>African, Caribbean and Black HIV Prevention</i> Tel.: 613-238-8210 ext. 2291 Mon – Fri from 9:00am – 5:00pm https://www.swchc.on.ca/programs/african%2C-caribbean-and-black-(acb)-hiv-prevention</p> <p>Outreach and capacity building around HIV prevention in African, Caribbean and Black (ACB) communities in Ottawa. Community developers provide prevention resources and educational materials and lead workshops, seminars, and advocacy initiatives to increase HIV awareness in the community.</p> <p><i>Support Line for African, Caribbean, and Black (ACB) Communities</i> Tel: 343-571-0097 https://www.swchc.on.ca/programs/support-line-for-african%2C-caribbean%2C-and-black-(acb)-communities</p> <p>Let's be in charge of our wellness! Are you feeling sad, anxious, confused or overwhelmed by life's struggles and dealing with COVID-19 impacts? We are offering phone support for ACB residents of Ottawa.</p> <p>Support for the community, by the community. We are here to help you regain your wellbeing. We offer practical and emotional support including resource navigation, health coaching and advocacy.</p> <p>Jaku Konbit Ottawa Tel.: 613-567-0600 http://www.jakukonbit.com/</p>
<p>Culturally Specific Resources</p>	<p>Somerset West Community Health Centre</p> <p><i>Multicultural Health Navigator Program</i> Tel.: 613-691-0192 ext. 6001 Mon – Fri</p>

219 Argyle St.

<https://www.swchc.on.ca/programs/multicultural-health-navigator-program>

We help refugees and immigrants navigate the Canadian health system. This includes helping people apply for the Ontario Health Insurance Plan (OHIP) and connecting them with local health care providers who are sensitive to their cultural needs.

Our navigators provide services in many languages, including:

- Arabic
- Dari
- Farsi
- French
- Nepali
- Pashto
- Spanish
- Somali; and
- Swahili

Anti-Racism Community Initiative

Tel.: 613-295-0343

Email: mosman@swchc.on.ca

<https://www.swchc.on.ca/programs/anti-racism-community-initiative>

Our anti-racism community initiative works to improve social cohesion and inclusion by working with residents of our neighborhood and participants of our programs to create community-based solutions to fight racism and discrimination.

Chinese Seniors Physical Fitness Program

Tel.: 613-238-8214 ext. 2318

Email: cliang@swchc.on.ca

Wed from 2:00pm – 3:00pm

<https://www.swchc.on.ca/programs/chinese-seniors-physical-fitness-program>

Trainer Gary Campbell leads a weekly exercise class for Chinese seniors. This program is free. All Chinese seniors are welcome. Please wear light and comfortable clothes. Running shoes or walking shoes are a good choice.

Note: Services are offered virtually

Jewish Family Services Ottawa

Tel.: 613-722-2225

Email: info@jfsottawa.com

<https://www.jfsottawa.com/>

	<p>Immigrant Women Services Ottawa Tel.: 613-729-3145 https://www.immigrantwomenservices.com/</p> <p>Muslim Family Services of Ottawa Tel.: 613-562-2273 Email: info@mfso.ca</p> <p>Somali Centre for Family Services Tel.: 613-526-2075 Email: info@scfsottawa.org</p>
LGBTQ2S+ Resource	<p>LGBTQ+ Around the Rainbow Counselling services: 613-725-3601</p>
Youth Resources	<p>Somerset West Community Health Centre</p> <p><i>After-School Program</i> Tel.: 613-297-0214 Mon – Fri from September to June 89 Stonehurst Ave. https://www.swchc.on.ca/programs/after-school-program Physical activity, homework help, and health and wellness for kids in grade school! Free for children 6-12.</p> <p><i>Headstart Programs</i> Tel.: 613-235-7561 Mon – Fri from 8:15 am – 4:45pm (Queensway) Mon – Fri from 8:00am – 4:30pm (Nanny Goat Hill) https://www.swchc.on.ca/programs/headstart-programs Nanny Goat Hill Nursery School and the Queensway Preschool offer full-day spaces for children aged 15 months to 5 years. Programs include enriched early childhood education, parenting support, and developmental assessments.</p> <p>Free transportation is available within our service area!</p> <p><i>Playgroups and Parenting Support</i> Tel.: 613-238-8210 ext. 2503 (English) or 613-238-8210 ext. 2504 (French) or 613-238-8210 ext. 2507 (Mandarin) Various times https://www.swchc.on.ca/programs/playgroups-and-parenting-support Interactive, age-appropriate activities including</p>

	<p>songs, crafts, stories, and games for children from birth to age 6 and their parents and/or caregivers to learn through play. Playgroups run at several locations in our service area in English, French, and Mandarin.</p> <p>Other services include parenting support, workshops, and referrals to community resources.</p> <p>Operation Come Home Toll-free: 1-800-668-4663 https://operationcomehome.ca/ 150 Gloucester Street Mon – Fri from 8:00am – 4:00pm</p> <p>Youth Services Ottawa Toll-free: 1-877-377-7775 24/7 Crisis line (Ottawa): 613-260-2360 Mental Health Services: 613-562-3004 https://www.ysb.ca/</p> <p>Carlington Community Health Centre Youth Services Tel.: 613-722-4000 http://www.carlington.ochc.org/youth-teen/</p>
<p>Mutual Aid Resources</p>	<p>Hit the Streets Ottawa Tel.: 613-501-9404 Email: hitthestreets.ca@gmail.com https://www.instagram.com/hitthestreets.ca/ We believe in meeting people where they are at — unhoused or housed — and pair them up with what they need such as toiletries, seasonal wear, and bill subsidy for neighbours in need. We also provide respite services such as laundry and appointment liaison.</p> <p>We primarily support neighbours in Centretown, Somerset West, Carlington, Westboro, Alta Vista, Vanier, Overbrook and Beechwood.</p> <p>Ottawa Street Medics Tel.: 343-297-4430 (Call or Text) Email: ottawastreetmedics@outlook.com https://www.instagram.com/ottawastreetmedics/ OSM is a mutual aid project aimed to conduct outreach to our community members who need various types of support. They distribute meals, cigarettes and other essential items to community members seeking support.</p>

	<p>Food Not Bombs Ottawa Email: foodnotbombsottawacanada@gmail.com https://www.instagram.com/ottawafoodnotbombs/ We're a mutual aid collective who divert food away from landfills and turn it into vegan and vegetarian meals to share with the community as a form of direct action. In addition, we assist in providing meals and basic necessities to those who are unhoused, face precarious housing, and are street involved.</p>
Jail Hotline	<p>Jail Accountability and Information Line (JAIL) Tel.: 613-567-5245 https://cp-ep.org/jailhotline/ The Jail Accountability & Information Line (JAIL) takes calls from people imprisoned at the Ottawa-Carleton Detention Centre and their loved ones on weekdays from 1:00pm to 4:00pm. This hotline works with callers to address the human rights issues and re-entry barriers they face by providing access to information and connecting them to community supports.</p>
Multi-Program Resources	<p>The Salvation Army – Booth Centre Tel.: 613-241-1573 Email: info@ottawaboothcentre.org 171 George St., Ottawa, ON, K1N 5W5 http://www.ottawaboothcentre.org</p> <p><u>Services Offered:</u> Addiction Services, Community and Family Services, Correction & Justice Services, Toy Mountain, Emergency Disaster Services, Housing First, Men's Hostel, Street Outreach, Spiritual Care, Residential Life Skills Program, and Transitional Housing</p>
Reintegration Resources	<p>Mentorship Aftercare Presence (MAP) Tel.: 613-710-2415 Email: mapreintegration@gmail.com https://www.mapreintegration.ca</p>

Penetanguishene Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have a great website: <https://211ontario.ca/>

Mental Health Resources	Waypoint Centre for Mental Health Care Tel.: 705-549-3181 Wendat Community Programs Tel.: 705-526-1305
Healthcare Resources	Community Health Centre — Midland Tel.: 705-527-4154 Simcoe Muskoka District Health Unit — Midland Branch: 925 A Hugel Ave Tel.: 705-526-9324
Harm Reduction Resources: Supervised Consumption, Supplies, Substitution Therapies, and Treatment	<p style="text-align: center;"><u>NALOXONE</u></p> Waypoint Centre for Mental Health Care Tel.: 705-549-3181 ext. 2145 500 Church St. Village Square Pharmacy Tel.: 705-549-3141 101-2 Poyntz St. Shoppers Drug Mart Tel.: Shoppers Drug Mart 122 Main St. Simcoe Muskoka District Health Unit — Midland Office Tel.: 705-526-1513 865 Hugel Ave., Midland, ON http://preventod.ca/harm-reduction Centre de sante Communautaire CHIGAMIK Community Health Centre — Midland Tel.: 705-527-4154 845 King St., Unit 10, Midland, ON Canadian Mental Health Association — Simcoe County Branch, Midland Tel.: 705-726-5033 337 Midland Ave.

	<p style="text-align: center;"><u>TREATMENT</u></p> <p>Beausoleil Family Health Centre <i>Christian Island Addiction and Mental Health Program</i> Tel.: 705-247-2391</p>
Legal Resources	<p>Jeff Rybak, Lawyer Legal Aid Certificate accepted Toll-free: 1-888-511-2586 Tel.: 416-830-8558 Email: jeff@parolelawyer.ca</p> <p>W. Gary Eadie Legal Aid Certificate accepted Tel.: 705-527-4646 https://www.garyeadielawoffice.com/</p> <p>Derek Friend Tel.: 705-526-0123 http://www.dflf.ca/</p> <p>Community Legal Clinic <i>Simcoe, Haliburton, Kawartha Lakes</i> Toll-free: 1-800-461-8953 Tel.: 705-326-6444 https://www.communitylegalclinic.ca/</p> <p><u>Practice areas:</u> OW, ODSP, CPP, Housing law, WSIB claims, EI Claims, Employment law, Criminal Injuries Compensation Board claims, Human rights, Consumer law, Debtor/Creditor issues, Small Claims Court and Commission documents</p>
Release Planning Resources	<p>John Howard Society Tel.: 705-325-6561 https://johnhoward.on.ca/kawartha/services/adult-programs/</p> <p>Elizabeth Fry Society Simcoe Muskoka Tel.: 705-725-0613 ext. 222</p>
Immigration and Newcomer Resources	<p>YMCA of Simcoe/Muskoka Newcomer Service Tel.: 705-797-2020 https://ymcaofsimcoemuskoka.ca/immigrant-services/#lm1</p> <p>Simcoe County Local Immigration Partnership Tel.: 705-726-9300 Email: sclip@simcoe.ca</p>

	https://immigration.simcoe.ca/
Employment Resources	<p>La Cle Employment Centre Tel.: 705-549-5227 https://lacle.ca/emploi-formation/cre/</p> <p>YMCA of Simcoe/Muskoka — Midland Tel.: 705-528-0845</p>
ODSP Resource	<p>Social and Community Services, Simcoe Bount Tel.: 705-722-3132</p>
Clothing Resource	<p>Midland Salvation Army <i>Community Church Thrift Store</i> Tel: 705-526-7312 649 Balm Beach Rd. http://salvationarmymidland.ca/</p>
Food Resources	<p>Wendat Community Program — Good Food Box Program Tel.: 705-526-1305</p> <p>Midland Salvation Army Community Food Bank Tel.: 705-526-2751</p> <p>Society of St Vincent de Paul Food Pantry Tel.: 705-526-7585</p> <p>Guesthouse Shelter and Community Hub Tel.: 705-527-4111</p>
Housing Resources	<p>Empower Simcoe <i>Regional Housing Resource Services</i> Tel.: 705-739-0485</p> <p>Huron Family Housing Co-Operative Tel.: 705-527-0984</p> <p>Javelin Co-operative Homes Incorporated Tel.: 705-528-0423</p> <p>Midland Mountainview Family Co-operative Inc Tel.: 705-526-0213</p>
Women's Resources	<p>Huron Transition Homes Tel.: 705-526-3221</p> <p>Elizabeth Fry Society of Simcoe County Tel.: 705-725-0613 Email: joy@elizabethfrysociety.com</p>

	http://www.elizabethfrysociety.com Simcoe Women's Wellness Centre Tel.: 705-721-5875
Indigenous Resource	Georgian Bay Native Women's Association Tel.: 705-527-7043
LGBTQ2S+ Resource	Gilbert Centre for Social and Resource Services — Midland <i>LGBTQ/2S Youth Connection Simcoe County</i> Tel.: 705-722-6778
Youth Resources	Youth Haven Tel.: 705-739-7616 New Path Youth and Family Services Tel.: 705-725-7656

Toronto Specific Resource List

The phone number '211' can help you find almost any kind of community or social service you are looking for. They also have great website: <https://www.211toronto.ca/>

Mental Health Resources	<p>Canadian Mental Health Association Tel.: 416-789-7957 Email: info@cmhato.org</p> <p>The Access Point Toll-free: 1-888-640-1934 Tel.: 416-640-1934 Email: info@theaccesspoint.ca 661 Yonge St., 4th Floor 'One stop shopping' for mental health supports and services in Toronto</p> <p>Across Boundaries Toll-free: 1-888-640-1934 Offers a range of mental health support and services to racialized communities https://www.acrossboundaries.ca/</p> <p>Naseeha Toll-free: 1-866-627-3342 https://naseeha.org/how-we-help/ Naseeha provides our community with the tools needed to address mental health. With our confidential helpline, our youth receives immediate, anonymous, and confidential support over the phone from 12 – 9 pm, 7 days a week. With our educational programs, we raise awareness within the community of the stigma around mental health.</p> <p>Sinai Health System: Assertive Community Treatment Team (ACTT) Tel.: 416-586-9900 https://www.mountsinai.on.ca/care/psych/patient-programs/assertive-community-treatment-team-actt Assertive Community Treatment Team (ACTT) serves adults experiencing severe, persistent, and complex mental health problems, including: those with marked impairment in social, occupational, and daily functioning; and those with special needs such as high demand for services, substance abuse, homelessness, or involvement with the legal system. The program is committed to providing culturally sensitive mental health services for severely mentally ill people with various ethno-specific</p>
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backgrounds. Model of service is family assisted.

Sinai Health System: *Mental Health Court Resource Program*

Tel.: 416-586-9900

<https://www.mountsinai.on.ca/care/psych/patient-programs/court-support/overview>

The Mental Health Court Resource Program is committed to providing culturally sensitive rehabilitative services to mentally challenged individuals of ethno-specific backgrounds who are in conflict with the criminal justice system for minor offences. Through these services, the program aims to reduce or eliminate future recidivism of this population. Services include: assessment, consultation, case management support, court diversion, and education.

Toronto Distress Centre

Tel.: 416-408-4357

Text: 45645

<https://www.dcoqt.com/408-help-line>

Our 408-HELP (4357) line provides telephone support to individuals in the community who are at risk and their most vulnerable. Highly-trained volunteer responders (with the support of professional staff) connect with callers 24 hours a day, 7 days a week, 365 days a year.

Sound Times

Tel.: 416-979-1700

Collect call: 416-979-8853

<https://soundtimes.com>

Sound Times is a member-driven consumer/survivor initiative providing mental health and addiction services in downtown Toronto, Ontario and is operated by people who have experiential knowledge of the mental health, addiction and criminal justice systems.

John Howard Society of York Region

Mental Health and Addictions Peer Support (MAPS)

Tel.: 905-470-0003 ext. 204

Email: tsamaroo@johnhowardregion.on.ca

Mon-Fri from 9:00am – 8:00pm

Sat from 9:00am – 4:00pm

<https://johnhoward.on.ca/yorkregion/>

	<p>The Mental Health and Addictions Peer Support (MAPS) Program at the John Howard Society is staffed by Peer Support Workers, who are individuals with lived experience, and will work with you one-on-one to explore recovery goals and help connect you with community supports and services.</p> <p>MAPS provides connections to mental health services, addiction services, housing supports, cultural resources, accessing OW & ODSP, and more.</p> <p>Peer Support Workers will support you by attending probation, court, and counselling appointments, and developing harm reduction plans.</p> <p><u>Note:</u> Due to COVID, most services are operated virtually, however accommodations can be made as well as some items can be picked up at their offices. Appointments are coordinated through the Reintegration Program.</p>
<p>Healthcare Resources</p>	<p>Street Health Tel.: 416-921-8668 338 Dundas Street East https://www.streethealth.ca/</p> <p>Black Creek Community Health Centre Tel.: 416-249-8000 https://www.bcchc.com/ A non-profit community-based organization that provides health care services and programs geared to vulnerable populations living in Toronto's Northwest Communities</p> <p>Flemingdon Heights Community Health Centre Tel.: 416-640-5298 or 416-429-4991 https://www.fhc-chc.com/ They provide a range of health-related services based on the social determinants of health and community engagement models.</p> <p>Regent Park Community Health Centre Tel.: 416-364-2261 http://www.regentparkchc.org/ They offer a wide range of services and programs – some of them accessible by everybody, some of them more focused, some of them about specific health issues, some of them about building on people's capacity to take action on common issues</p>

	<p>impacting health.</p> <p>Sherbourne Health Tel.: 416-324-4180 https://sherbourne.on.ca/primary-family-health-care/newcomer-health/ Sherbourne provides family health care, counselling, health education and supportive services to New Canadians (resident for 10 years or less), within Sherbourne's neighbourhood; a diverse community of South East Toronto. Sherbourne New Canadians drop in clinic strives to promote primary care, counselling, education and skills on nutrition and healthy lifestyle choices.</p> <p>Scarborough Centre for Healthy Communities Tel.: 416-642-9445 https://www.schcontario.ca SCHC provides inclusive health and wellness services to treat illness, support people who are managing chronic disease, enduring crisis, or facing end of life.</p> <p>Brain Injury Society of Toronto (BIST) Tel.: 416-830-1485 Email: info@bist.ca 40 St. Clair Ave. E., Suite 205 www.bist.ca Provides programs and services to individuals who have sustained a brain injury.</p> <p><i>Note:</i> Due to COVID, the office is closed, but virtual programming and services are offered.</p>
<p>Harm Reduction Resources: Naloxone Kits, Supervised Consumption Sites, Supplies, Substitution Therapies and Treatment</p>	<p>For a comprehensive list of harm reduction supplies and locations: https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/harm-reduction-supplies-and-locations/</p> <p>Canadian Addiction Treatment Centres Toll-Free: 1-877-937-2282</p> <p style="text-align: center;"><u>NALOXONE</u></p> <p>The Works <i>Toronto Public Health Now Van</i> Tel.: 416-392-0521</p> <p>South Riverdale Community Health Centre</p>

Tel.: 416-451-1951
Can text phone number as well
955 Queen Street East
<https://www.srchc.ca/>

SUPERVISED CONSUMPTION SITES

Fred Victor

Tel.: 416-644-3081
139 Jarvis St.

Moss Park Overdose Prevention Site

Email: odpreventionsite@gmail.com
134 Sherbourne St.

Parkdale Queen West Prevention Site

Tel.: 416-703-8482
168 Bathurst St.

Regent Park Community Health Centre

Tel.: 416-203-4506
465 Dundas St. E.

South Riverdale Community Health Centre

KeepSIX

Tel.: 416-461-1925
955 Queen St. E.

Street Health

Tel.: 416-921-8668
388 Dundas St. E.

St. Stephen's Community House Corner Drop In Centre

Tel.: 416-925-2103
60 Augusta St.

Toronto Public Health

The Works

Tel.: 416-338-7600
277 Victoria St.

RAPID ACCESS ADDICTION MEDICINE CLINICS

Anishnawbe Health Toronto

Tel.: 416-657-0379 ext. 234
www.aht.ca

	<p>Humber River Hospital www.asyr.ca/programs/rapid-access-addiction-medicine-raam</p> <p>St. Joseph's Health Centre Tel.: 416-530-6486 ext. 3969 www.stjoestoronto.ca/areas-of-care/addiction</p> <p>St. Michael's Hospital <i>Rapid Access Clinic (RAC)</i> Tel.: 416-864-3082 www.stmichaelshospital.com/programs/mentalhealth/rapid-access-clinic.php</p> <p>Women's College Hospital Tel.: 416-603-5490 www.womenscollegehospital.ca/programs-and-services/substance-use-service</p> <p>Scarborough Health Network Tel.: 416-431-8269 https://www.connexontario.ca/drug-alcohol-addictions-service-scarborough-30248</p>
<p>Legal Resources</p>	<p>Jeff Rybak, Lawyer Legal Aid Certificate accepted Toll-free: 1-888-511-2586 Tel.: 416-830-8558 Email: jeff@parolelawyer.ca</p> <p>Legal Aid <i>Toronto Central Family Law Service Centre</i> Toll-free: 1-800-331-9618 Tel.: 416-348-0001</p> <p>Downtown Legal Services Tel.: 416-934-4535 Email: law.dis@utoronto.ca http://downtownlegalservices.ca/</p> <p><u>Free legal services in:</u> Criminal law, Employment law, Family law, Refugee and Immigration law, Housing law and University Affairs</p> <p>Community Legal Clinics Toll-free: 1-800-668-8258 Tel.: 416-979-1446 https://www.legalaid.on.ca/legal-clinics/</p> <p><u>Free legal services to low-income people on matters</u></p>

	<p><u>such as:</u> Income Resource Programs, Tenant law, Immigration and Employment law</p> <p>Hartman Law Tel.: 416-316-2234 https://www.hartmanlaw.ca/</p> <p><u>Practice areas:</u> Prison and Police law</p>
Release Planning Resources	<p>John Howard Society Toronto Toll-free: 1-866-265-4434 https://johnhoward.on.ca/toronto/</p> <p><i>Etobicoke Lakeshore</i> Tel.: 416-792-7808</p> <p><i>Reintegration Service Trailer at TSDC</i> Tel.: 647-456-3200</p> <p><i>North York</i> Tel.: 416-925-9112</p> <p>Elizabeth Fry Society Toll-free: 1-855-924-3708 Tel.: 416-924-3708 215 Wellesley Street East</p> <p>Toronto Housing Co. Tel.: 416-338-8888 Email: a sk@housingconnections.ca 176 Elm Street https://www.housingconnections.ca/</p> <p>Housing Help Centres: Ontario Coalition Against Poverty https://ocap.ca/looking-for-housing</p> <p>Ontario Community Services Helpline Dial 211</p>

Immigration and Newcomer Resources	<p>Scadding Court Community Centre Tel.: 416-392-0335 Email: sccinfo@scaddingcourt.org</p> <p>COSTI Immigration Services Tel.: 416-659-1600 Email: info@costi.or http://www.costi.org/</p> <p>Access Alliance Multicultural and Community Services Tel.: 416-324-8627 https://accessalliance.ca/</p>
Employment Resource	<p>JVS Toronto Tel.: 416-787-1151</p> <p>ACCES TORONTO https://acesemployment.ca/</p> <p>Toronto Employment and Social Services https://www.toronto.ca/community-people/employment-social-support/employment-support/torontoemployment-and-social-services-locations/</p> <p>Toronto Community Employment Services https://toronto-jobs.org/</p> <p>JobStart https://www.jobstart.org/</p>
ODSP Resources	<p>Ministry of Children, Community and Social Services Directory of services by location: https://www.mcscs.gov.on.ca/en/mcscs/programs/social/odsp/contacts/index.aspx</p> <p>Community Legal Clinics Toll-free: 1-800-668-8258 Tel.: 416-979-1446 https://www.legalaid.on.ca/legal-clinics/</p> <p><u>Free legal services to low-income people on matters such as:</u> Income Resource Programs, Tenant law, Immigration and Employment law</p>
Clothing Resources	<p>Suitable Impressions <i>Brands for Canada</i> Tel.: 416-703-8435</p>

	<p>https://www.brandsforcanada.com/about/programs/suitable-impressions/ No cost professional attire and employment coaching available through Ontario Works.</p> <p>Ontario Community Services Helpline Dial 211</p>
Food Resources	<p>Daily Bread Food Bank Tel.: 416-203-0050 Email: info@dailybread.ca They can tell you where to find a food bank in your area</p> <p>Toronto Meal Programs Directory http://torontomealprograms.blogspot.com/p/meal-programs-calendar-agenda.html</p> <p>Ontario Community Services Helpline Dial 211</p>
Housing Resources	<p>The Access Point http://theaccesspoint.ca/ Toll-free: 1-888-640-1934 Tel.: 416-640-1934 661 Yonge Street, 4th Floor info@theaccesspoint.ca Central place to apply for subsidized supportive housing (for people with mental health and/or addictions issues)</p> <p>Housing Connections Tel.: 416-338-8888 Email: ask@housingconnections.ca 176 Elm Street https://www.housingconnections.ca/ Central place to apply for subsidized Housing</p> <p>Housing Help Centres: Ontario Coalition Against Poverty https://ocap.ca/looking-for-housing/ List of local housing assistance agencies.</p> <p>Matthew House Toronto Tel.: 416-203-7848 Email: settlement@matthewhouse.ca https://www.matthewhouse.ca</p>

Women's Resources

Rexdale Women's Centre

Tel.: 416-745-0062

Email: info@rexdalewomen.org

Barbra Schlifer Commemorative Clinic

Tel.: 416-323-9149

Intake Form: <https://schliferclinic.com/intake/>

Women's Health in Women's Hands

Tel.: 416-593-7655

<https://www.whiwh.com/>

Women's Health in Women's Hands counselling services employs a feminist, woman-centred approach to provide short-term counselling, group sessions and workshops to women from our priority populations. Counselling takes place from the perspective that, throughout history, women have possessed the strengths that have enabled them to cope with adverse situations. Therefore, the approach to counselling focuses on women's strengths, capabilities, and resources rather than on weaknesses and limitations.

Elizabeth Fry Society of Toronto

Toll-free: 1-855-924-3708

Tel.: 416-924-3708

Email: info@efrytoronto.org

<https://www.efrytoronto.org/>

John Howard Society of York Region

Women's Reintegration Support

Tel.: 905-895-9943 ext. 210

Email: babdulkhalig@johnhoward.yorkregion.on.ca

Mon-Fri from 9:00am – 8:00pm

Sat from 9:00am – 4:00pm

<https://johnhoward.on.ca/yorkregion/>

We have grown our Reintegration Program to better support advocate and assist adult women who have been involved with the criminal justice system.

We are now able to offer gender-specific supports such as:

- Needs assessments
- Case management
- Solution-based counselling
- Referrals to community resources and services

Note: Due to COVID, most services are operated

	<p>virtually, however accommodations can be made as well as some items can be picked up at their offices. Appointments are coordinated through the Reintegration Program.</p>
<p>Indigenous Resources</p>	<p>Native Child and Family Services of Toronto Tel.: 416-969-8510 Email: info@nativechild.org</p> <p>Anishnawbe Health Toronto http://www.aht.ca/</p> <p><i>225 Queen St E, Toronto, ON</i> Tel.:416-360-0486</p> <p><i>179 Gerrard Street East</i> Tel.: 416-920-2605</p> <p><i>4 Charles Street East</i> Tel.: 416-657-0379</p> <p>Toronto Council Fire Native Cultural Centre Tel.: 416-360-4350 439 Dundas Street East</p>

	<p>http://www.councilfire.ca/</p> <p>Native Sexual Health Network Email: info@nativeyouthsexualhealth.com http://www.nativeyouthsexualhealth.com/index.html</p>
Black Resources	<p>The Black Coalition for AIDS Prevention Tel.: 416-977-9955 Email: info@black-cap.com</p> <p>Black Inmates and Friends Association – Toronto Chapter Email: harrisc@lao.on.ca https://www.facebook.com/blackinmatesandfriendsassociationtoronto/ A city-wide community-based organization with a diverse membership representing the different neighborhoods and ethno-racial groups.</p>
Culturally Specific Resources	<p>Across Boundaries Tel.: 416-787-3007 Email: info@acrossboundaries.ca https://www.acrossboundaries.ca/ Offers a range of mental health support and services to racialized communities</p> <p>Caribbean African Canadian Social Services Tel.: 416-740—1056 https://cafcan.org/ CAFCAN provides culturally appropriate social services that enrich the lives of the African, Caribbean and Diaspora (ACD) communities in the Greater Toronto Area.</p> <p>CAMH SAPACCY (Substance Use Program for African-Canadian- Caribbean Youth) https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth SAPACCY provides services to African and Caribbean Canadian youth and their families who are dealing with problem substance use and mental health concerns. The SAPACCY team works from a cultural competence lens to help Black youth work through mental health and addiction concerns. Their programs offer mental health and addictions counselling and support in accessing resources to assist youth and their families/caregivers in reducing harm, moving toward recovery, and making the best choices for themselves and their family.</p>

	<p>rites for Black and African-Canadian Youth Tel.: 416-924-2100 https://ctys.org/program/groups/rites-for-african-canadian-youth/ The RITES program at Central Toronto Youth Services (CTYS) is a culturally specific, identity development initiative that supports the empowerment of Black and African-Canadian youth between the ages of 13 and 18. RITES employs an integrated, full spectrum model of support and care so participants have access to range of coordinated mental health clinical and program supports and resources.</p> <p>Tropicana Tel.: 416-439-9009 http://tropicanacommunity.org/ Tropicana Community Services, a Toronto-based multi-service organization, provides all youth, newcomers, people of Black and Caribbean heritage and others in need with opportunities and alternatives that lead to success and positive life choices. Achieved through culturally appropriate programs such as counselling, childcare, educational and employment services and youth development.</p>
LGBTQ2S+ Resources	<p>The 519 Tel.: 416-392-6874 Email: info@the519.org 519 Church Street https://www.the519.org/</p> <p>LGBTQ Health Clinic: Sherbourne Health Tel.: 416-324-4100 Email: info@sherbourne.on.ca https://sherbourne.on.ca/primary-family-health-care/lgbt-health/ Primary healthcare clinic for LGBTQ2S+ people</p> <p>LGBT Youthline Text: 647-694-4275 Email: askus@youthline.ca https://www.youthline.ca/ Has a searchable map to find youth LGBT resources https://resources.youthline.ca/resources</p>
Youth Resources	<p>Covenant House Toll-Free: 1-800-435-7308 Tel.: 416-598-4898</p>

<https://covenanthousetoronto.ca/>

East Metro Youth Services

Tel.: 416-438-3697

<http://emys.on.ca/>

East Metro Youth Services works to identify and develop solutions to important issues affecting the child and youth mental health sector. They work with a diverse range of partners and funders across the City of Toronto to ensure access to community-based services is timely, barrier-free, and efficient.

Stella's Place

Tel. 416-461-2345

<https://stellasplace.ca/>

Place for young adults in Toronto, aged 16 to 29, who are experiencing mental health challenges to get the support they need. The Stella's Place 'menu' includes peer supports, clinical, online, employment, wellness, and recovery services as well as opportunities to explore your creative self through studio programs.

FYou Project (Forgiveness Project)

Tel.: 416-729-6102

Email: tara@thefyouproject.com

<https://www.thefyouproject.com>

Addressing the mental health and well-being of gang identified youth in custody through ground-breaking programming; creating a platform to amplify the stories of assault victims, in order to change the narrative on how we address themes of justice within the criminal justice system and mental health.

Keep6ix

Toll-free: 1-800-640-3075

Email: info@keep6ix.org

<https://www.keep6ix.org>

Providing holistic and integrated capacity-building programs for justice system involved youth.

Preventing first time young offenders from going down a disempowering path by providing one-on-one mentoring, career counseling and employment skills training.

Promoting healthy self-esteem by providing counseling for youths with core life skills such as communication, interpersonal and leadership skills to make healthy life decisions.

	<p><u>Note:</u> Due to COVID, appointments are required for all individuals. Not currently using a physical location, but services are offered virtually.</p> <p>Amadeusz Tel.: 416-251-0685 (accepts collect calls) Cell: 647-701-8900 Email: info@amadeusz.ca 208 Evans Avenue Office 117, Etobicoke ON, M8Z1J7 www.amadeusz.ca</p> <p>Amadeusz is a not for profit in Ontario that supports young people who are incarcerated to create positive change in their lives through access to education, community supports, mentorship, and exceptional care. Amadeusz facilitates an education program for youth aged 18-35 who are incarcerated at the Toronto South Detention Centre, Toronto East Detention Centre, and Vanier Centre for Women. Amadeusz education program facilitators can continue to support participants after their release to community. Amadeusz also facilitates a program called Prosper, which works with young people aged 18-29 with firearm-related charges throughout incarceration and coordinates existing systems to support their transition to community. Amadeusz also hosts a podcast called Off The Record which “brings voices from the inside out” and holds real discussions and shares views on personal, social, and systemic issues. Amadeusz also partakes in advocacy work and research.</p>
Encampment Resource	<p>Encampment Support Network Toronto Email: report.on.toronto@gmail.com https://linktr.ee/ESN_TO</p>
Shelter Resources	<p>Toronto Drop-In Network https://www.tdin.ca/search_dropins3.php A Google Map that allows you to search for specific drop-in services</p> <p>Toronto Shelter Network Toll-free: 1-877-338-3398 Central Intake: 416-338-4766 http://www.torontoshelternetwork.com/emergency-shelters</p>

City of Toronto

Homeless Help

<https://www.toronto.ca/community-people/housing-shelter/homeless-help/>

24-Hour Respite Sites

Due to COVID, need to call the Central Intake Line at 416-338-4766 or 1-877-338-3398

<https://www.toronto.ca/community-people/housing-shelter/homeless-help/#respitesites>

Shelters

Due to COVID, need to call the Central Intake Line at 416-338-4766 or 1-877-338-3398

<https://www.toronto.ca/community-people/housing-shelter/homeless-help/#shelters>

Housing Help

<https://www.toronto.ca/community-people/housing-shelter/homeless-help/#housing>

The Housing Help Centres listed are non-profit agencies that help people find and keep housing and avoid eviction. Housing help services are available in most shelters and many drop-ins as well.

Cooling Centres

Cooling Centres are activated when an Heat Alert is issued. Emergency Cooling Centres provide air-conditioned resting spaces. Centres open at 11 a.m. – 7 p.m. on the day an alert is issued, except for Metro Hall, which will be open 24 hours and will remain open until noon on the day an alert is terminated.

Locations for the 2020/2021 summer season:

East York Civic Centre – 850 Coxwell Ave.

Etobicoke Civic Centre – 339 The West Mall

Metro Hall – 55 John St.

North York Civic Centre – 5100 Yonge St.

Scarborough Civic Centre – 1500 Borough Dr.

Domenico Di Luca Community Centre – 25 Stanley Rd.

Don Montgomery Community Centre – 2467 Eglinton Ave.

COVID-19 Resource List

Updated Nov 8, 2020 (Prepared by JHS)

<https://drive.google.com/file/d/125dS0YFWYNOFeJ>

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Multi-Program Resources	<p>Family Services Toronto Tel.: 416-595-9618 https://familyservicetoronto.org/ Family Service Toronto works with individuals and families in Toronto, destabilized by precarious socio-economic circumstances and/or mental health, to achieve greater resilience and stability in more just and supportive communities.</p> <p>UNISON http://unisonhcs.org/ Unison Health and Community Services provides programs and services to people of all ages, cultures and backgrounds. Services are free, confidential and non-judgemental. Multiple locations:</p> <p><i>Bathurst-Finch</i> Tel.: 647-436-0385</p> <p><i>Jane-Trethway</i> Tel.: 416-645-7575</p> <p><i>Keele-Rogers</i> Tel.: 416-653-5400</p> <p><i>Lawrence Heights</i> Tel.: 416-787-1661</p> <p>Think2wice Tel.: 416-906-4566 Email: zbrownthink2wice@gmail.com https://think2.org Our mission is to support individuals through the healing process and empower them to turn their pain into purpose while building positive leaders within the community. We envision the empowerment of racialized people by eliminating the impact of inequality and social injustice.</p>
Jail Hotline	<p>Toronto South Detention Centre (TSDC) Jail Hotline Tel.: 416-775-9239</p>
Reintegration Resources	<p>Circle of Support and Accountability (CoSA) Tel.: 437-221-7303 Email: caroloneil@mcco.ca Mon – Fri from 8:30am – 4:30pm 2 Bloor St. W. Toronto, Suite 1911, M4W 3E2</p>

<https://www.cosacanada.com/>

Grounded in restorative justice principles, Circles of Support and Accountability (CoSA) reduces sexual victimization by assisting people who have committed sexual offences to lead responsible, constructive, and accountable lives in their communities.

Note: Due to COVID, services are only offered by phone or via Zoom until restrictions are lifted.

John Howard Society of York Region

General Reintegration Program

Tel.: 905-470-0003 ext. 408

Email: nhanson@johnhoward.yorkregion.on.ca

Mon-Fri from 9:00am – 8:00pm

Sat from 9:00am – 4:00pm

<https://johnhoward.on.ca/yorkregion/>

The Reintegration Program follows the APIC Model to provide case management, brief support, referrals to community resources and client advocacy to individuals and families who may have experienced contact with the law or are at risk. Individuals are supported in goal planning for their own personal objectives and assisted in navigating and accessing community resources. Through this program, we can also help determine your eligibility for a record suspension, formerly known as a Pardon, and can assist you with the application process.

Note: Due to COVID, most services are operated virtually, however accommodations can be made as well as some items can be picked up at their offices. Appointments are coordinated through the Reintegration Program.



TORONTO PRISONERS' RIGHTS PROJECT



CRIMINALIZATION
AND
PUNISHMENT
EDUCATION PROJECT