

SUDBURY MANITOULIN COMMUNITY RESOURCE LIST
LISTE DES RESSOURCES COMMUNAUTAIRES DE
SUDBURY/MANITOULIN



Canadian Mental
Health Association
Association canadienne
pour la santé mentale

If you need help finding services call 705-675-7252

Greater Sudbury City Services: 3-1-1 Health Services on the Web: <http://northeasthealthline.ca/>
 Si vous avez besoin d'aide pour trouver des services, appelez le 705-675-7252.

Apr/22

Services municipaux du Grand Sudbury : 3-1-1 Services de santé sur le Web: <http://www.lignesantenord-est.ca/>

ABUSE, ASSAULT & DOMESTIC VIOLENCE

Assaulted Women's Helpline -----1-866-863-0511
 Centre Victoria pour femmes ----- 705-670-2517
 Ligne FEM-AIDE Provincial-----1-877-336-2433
 Manitoulin Family Resources ----- 705-377-5532
 Sudbury Counselling Centre-----705-524-9629 x 218
 Sudbury Women's Ctr (Workshops) ---705-673-1916
 VCARS-Victim Crisis Assistance & Referral Service
 Sudbury & Area----- 705-522-6970
 Manitoulin Northshore ----- 705-370-3378
 Toll Free -----1-866-392-7733
 Violence Intervention Prevention -----705-675-4743
 Voices for Women (Sexual Assault) -- 705-671-5495
 YWCA Geneva House Abuse Line---- 705-674-2210
 Toll Free -----1-800-461-0133

ADDICTIONS

ConnexOntario *Helplines are live, 24/7, confidential and free*

Drug and Alcohol, Mental Health, and Problem
 Gambling Helpline -----1-866-531-2600
 Detox/Withdrawal Mgmt. (Pine St) -----705-671-7366
 Harm Reduction Day Program ----- 705-675-7252
 Outpatient Gambling & Addictions-----705-523-4988
 x 4211

The Point (needle exchange) - Public Health
 Sudbury & Districts-----705-522-9200 x778
 Manitoulin Community Withdrawal ---- 705-368-0058
 Manitoulin Family Resources -----1-705-377-5532
 Smokers Helpline -----1-877-513-5333
 Monarch Recovery Services
 Aftercare Centre Women's Intake, Day Treatment
 Prog, Men's Recovery Ctr, Pregnancy/Parenting
 Prog, Women's Treatment Ctr.-----705-674-4193
 VitaHeal Medical Clinic Addiction-----705-805-6383

INPATIENT TREATMENT FACILITIES

Camillus Centre (Elliot Lake) -----705-848-2129
 Nipissing Detoxification & Substance Abuse
 Programs (North Bay) -----705-476-6240 x6290
 Benbowopka Centre (Blind River) ---- 705 -356-1681
 Toll free number-----1-877-356-1681

RECOVERY/ADDICTION CLINICS

Dr. Dressler - 310 Larch St----- 705-669-1111
 Dr. Shapiro - 135 Applegrove St-----705-673-3111
 Northwood Recovery - 80 Elm St----- 705-806-3737
 OATC - 450 Notre Dame Ave 705-673-1116
 Rapid Access Addiction Medicine Clinic
 RAAM -----705-523-7100 x 1875
 Safe Bed Program-----705-671-7366 x 1876
 VitaHeal 128 Cedar St. -----705-805-6383

SUPPORT / GROUPS

Alcoholics Anonymous, Adult Children of Alcoholics,
 Al-Anon & Alateen ----- 705-674-6217
 Narcotics Anonymous -----1-888-811-3887
 Sexaholics Anonymous (Leave Msg) --- 705-693-0021

AIDS / HEPATITIS C

Réseau Access Network----- 705-688-0500
 Toll-free-----1-800-465-2437
 HSN Haven Program ----- 705-523-7148
 Ont. Aboriginal HIV/AIDS Strategy---- 705-674-9449
 The Point (needle exchange) Public Health Sudbury
 & Districts-----705-522-9200 x778

ANGER MANAGEMENT

Inner City Home of Sudbury ----- 705-675-7550
 John Howard Society ----- 705-673-9576
 Shkagamik-Kwe Health Centre ----- 705-675-1596

BEREAVEMENT

Bereavement Foundation----- 705-923-1982
 Maison Vale Hospice ----- 705 674-9252 x 227
 Compassionate Friends of Canada - Sudbury
 Chapter Support Group. - Azilda (Lost Child through
 Death) ----- 705-848-5864
 Widowed We Help Each Other----- 705-566-6138
 Perinatal Bereavement Services -----705-562-4955

BI-SEXUAL, GAY, LESBIAN, TRANS

TG Innerselves -----705-673-4396 ext 201
 LGBT National Hotline----- 1-888 843-4564
 Trans Youth Line----- 1-800-268-9688
 Trans Lifeline----- 1-877-330-6366
 Réseau Access Network -----705-688-0500

BRAIN INJURY / TUMOUR

Ontario March of Dimes - Acquired Brain Injury
 Association----- 705-671-3188
 Brain Injury Association ----- 705-670-0200
 Toll Free -----1-800-263-5404
 Brain Tumor Support Grp ---- 1-800-265-5106

CHILDREN / PARENTS / FAMILY

ADHD Parent Support Group -----705-523-4747
 Better Beginnings Better Futures ----- 705-671-1941
 Centre de santé Communautaire 705-670-2274
 Compass (Child/Family Centre) -----705-525-1008
 Child & Community Resources----- 705-525-0055
 Children's Aid Society----- 705-566-3113
 Children's Community Network ----- 705-566-3416
 Children's Psychiatric Ctr ----- 705-675-9192 x 8214
 Children's Services, Greater Sudbury Child Care
 Subsidies/Registry----- 705-674-4455 x 4279
 Early Psychosis Intervention Program (HSN) -----
 ----- 705-523-4988 x 4242

Healthy Babies Healthy Child----705-522-9200 x 342
 EarlyON----- 705-674-4455 x 4424
 Web site: sudburyfamilies.ca

Human League Association - P.L.A.Y Fund for
 Children's Activities ----- 705-670-8633
 Kids Help Phone ----- 1-800-668-6868
 Kina Gbezhgomi
 Child & Family Services-----705-859-2100
 Learning Disabilities Association----- 705-522-0100
 Manitoulin Family Resources Inc ----- 705-377-5532
 N'Swakamok Native Friendship Ctr ---- 705-674-2128
 Nogdawindamin

Family & Community Services-----705-946-3700
 Our Children, Our Future----- 705-677-0440
 Public Health Sudbury & Districts----- 705-522-9200
 Sudbury Counselling Centre-----705-524-9629 x 0
 Supervised Access - Sudbury- 705-525-1008 x 2565
 Supervised Access - Manitoulin ----- 705-377-6080

CLOTHING DONATIONS

Community Closet (Better Beginnings) 705-671-1941
 John Howard Clothing Bank----- 705-673-9576
 L'association des jeunes de la rue ---- 705-675-6422
 St. Andrews United Church-----705-674-0721
 St. Vincent de Paul ----- 705-897-1212
 Jarrett Value Centre----- 705-674-1451
 Salvation Army Thrift Store----- 705-586-3293
 Sudbury Women's Centre ----- 705-673-1916

COUNSELLING SERVICES

Inner City Home (have limited income) 705-675-7550
 Sudbury Counselling Centre ----- 705-524-9629 x 0

DEVELOPMENTAL DISABILITIES

Autism Ontario Sudbury -----705-586-3663
 Community Living Greater Sudbury---- 705-671-7181
 Develop. Clinical Svcs(HSN) --- 705-523-4988 x 4256
 Developmental Services Sudbury----- 705-674-1451
 Learning Disabilities Assoc of Sudbury705-522-0100
 Toll-Free ----- 1-855-522-0100
 Sudbury Community Service Centre--- 705-560-0430
 Sudbury Developmental Services ----- 705-674-1451
 Adult Enrichment Centre -----705-470-7474

PHYSICAL

Canadian Hard of Hearing Society ---- 705-523-5695
 Canadian Hearing Society----- 705-522-1020
 CNIB----- 705-675-2468
 Spinal Cord Injury Ontario ----- 705-671-2444
 Sudbury's Fibromyalgia Support Grp -- 705-525-5121
 Independent Living Resource Centre-- 705-675-2121
 ICAN - Independence Ctr & Network---705-673-0655

EDUCATION

Cambrian College Upgrading --705-566-8101x7712
 College Boreal-----705-560-6673 x 3085
 Carrefour francophone de Sudbury---705-675-6493
 Carrefour Options+-----705 675-6493
 Centre de formation et de perfectionnement du grand
 Sudbury-----705- 705-688-0005
 Collège Boréal-----705-560-6673 x 3085
 Education & Workplace Training 705-677-0432 x 244
 Glenn Crombie Ctr, disability---705-566-8101 x 7420
 N'Swakamok Native Friendship Ctr ----705-674-2128
 St. Albert Adult Learning Centre-----705-673-3031
 Sud Sec. School Continuing Education-705-675-5481

EMERGENCY NUMBERS

Crisis Intervention Program & Mobile Crisis Team -----
 705-675-4760
 Toll Free----- 1-877-841-1101
 Police, Ambulance, Fire ----- 911
 Police, Non-Emergency-----705-675-9171
 Poison Control----- 1-800-268-9017
 Victim Services, Police-----705-522-6970
 Toll Free ----- 1-888-579-2888

EMPLOYMENT

Ontario Works Employment -705-674-4455 x 4181
 Gezhtoojig Employment & Training----705-524-6772
 Northern Vocational Services, ODSP--705-674-4141
 N'Swakamok Native Friendship Ctr ----705-674-2128
 Ontario March of Dimes, disabilities---705-674-3377
 Sudbury Vocational Resource Centre 705-671-2544
 YMCA Employment Centre -----705-674-2324
 Employment Options
 Sudbury ----- 705-560-1562
 Val Caron ----- 705-897-5627
 Chelmsford ----- 705-855-1562
 Espanola ----- 705-869-4113
 Manitoulin----- 705-368-3194
 Volunteer Sudbury -----705-560-6661

FINANCIAL

Canada Pension Plan ----- 1-800-277-9914
 Children's Services, Greater Sudbury Child Care
 Subsidies/Registry-----705-674-4455 x 4279
 Credit Counselling Sudbury-----705-560-0430 x 0
 Easter Seal Soc, physical disabilities --705-566-8858
 Canada Revenue - Income Tax ----- 1-800-959-8281
 Min of Community, Family, Children and Youth
 Svcs, Children Severe Disabilities-- 705-564-8153
 Old Age Security----- 1-800-277-9914
 Ontario Disability Support Plan/ODSP-705-564-4515
 Toll Free ----- 1-800-461-1167
 Ontario Works -----705-675-2411
 Public Guardian and Trustee----- 705-564-3185
 Toll free----- 1-800-891-0503
 Red Cross, Emergency -----705-674-0737
 Workplace Safety Insurance Board-- 1-800-387-0750

FIRST NATIONS

Gezhtoojig Employment & Training----705-524-6772
 N'Swakamok Native Friendship Ctr ----705-674-2128
 Shkagamik-Kwe Health Centre -----705-675-1596
see also Housing Services/Shelters

FOOD, CLOTHING & MEDICAL AID

Blue Door Soup Kitchen -----705-675-5300
 344 Elgin St - Serves lunch daily from 11am - 2:30pm
 Beech Street Community Kitchen-----705-674-6447
*Open to low income or lone parent families-help for planning,
 purchasing & preparing nutritious meals - Open Tue to Sat
 from 11 am to 3:00pm. Take out is available for pick up.*
 Corner Clinic-----705-673-3721
 344 Elgin St. Open from Mon-Fri 8:30 am - 3:00 pm. Drop-
 in Centre for homeless. Clothing donations, Nurse and
 family practitioner 1/week, dental hygiene, coffee, free
 personal care products, outreach at night.
 Elgin Street Mission-----705-673-2163
*Breakfast Mon - Fri from 8am - 11:00 am, Supper served
 nightly from 5 pm to 7:30 p.m., Saturday & Sunday brunch from
 10am -11:30 am and supper from 5 pm until 7:30.*
 L'association des jeunes de la rue ----705-675-6422
 Street outreach, Mon - Fri, provide clothing, blankets, etc.

Meals on Wheels ----- 705-525-4554

FOOD BANKS

Sudbury Food Bank *provides funds to help area food banks* -----
705-671-9663
Bread and Roses, Capreol residents-- 705-222-9664
Friendship House (*Rayside-Balfour, Onaping, Dowling,
Levack residents only*) ----- 705-855-4848
Good Neighbours Valley East Food Bank (*Valley East
residents only*) ----- 705-969-1674
Holy Redeemer Food Bank ----- 705-566-9409
Infant Food Bank----- 705-673-5003
Infant Food Cupboard ----- 705-677-0931
Inner City Home of Sudbury ----- 705-675-7550
Grace Family Food Bank ----- 705-673-1512
(Open Wed – 10am to 3pm – Please call first)
Salvation Army Food Bank----- 705-566-8151
St. Vincent de Paul Society (*Val Caron residents only*)
705-674-7551 ext. 6865
Walden Food Bank (Lively, Walden, Whitefish &
Naughton residents)-----705-692-4061

HOUSING SERVICES/SHELTERS

SHELTERS

Off the Street Emergency Shelter ----- 705-675-7252
Foyer Notre Dame House, youth ----- 705-675-6422
Salvation Army sheltering services --- 705-673-1175
Genevra House (*Domestic Violence -Women*)705-674-2210
Cedar Place-Women and Families---- 705-586-3293

FIRST NATIONS HOUSING SERVICES

Native People of Sudbury Development Corporation
Geared to Income Housing----- 705-674-9996
Ontario Aboriginal Housing Services -705-256-1876
Toll free ----- 1-800-492-1605 Ext. 305

HOUSING SERVICES

CMHA - Provides Apartment Listings - 705-675-7252
Centre de Santé Communautaire du Grand Sudbury
Housing List-----705-670-2274
Community Homelessness Prevention Initiative
CHPI-----705-618-8812 or 705-618-8811
Corner Clinic - Housing Outreach ----- 705-673-3721
Elizabeth Fry Society-Resources----- 705-673-1364
Greater Sudbury Housing Corp----- 705-671-2489
Addiction Supportive Housing (ASH)-- 705-674-0123
ICAN - physical disability ----- 705-673-0123
John Howard Society Resources----- 705-673-9576
Landlord and Tenant Board-----1-888-332-3234
Ombudsman -----1-800-263-1830
Social Planning Council, emergency -- 705-675-3894

RETIREMENT HOMES

Amberwood Suites-----705-522-5289
Chartwell Southwind-----705-521-1443
Chartwell Westmount-----705-566-6221
Lasalle Residence-----705-560-8787
Regent Manor-----705-523-5295
Red Oak Villa ----- 705-673-0050
Walford-----705-523-2686

LONG-TERM CARE HOMES

Extendicare Falconbridge-----705-566-7980
Extendicare York-----705-674-4221
Finlandia ----- 705-524-3137
Pioneer Manor-----705-566-4282
St. Joseph's Villa-----705-674-4447

LEGAL ISSUES/ASSISTANCE

CMHA Mental Health Court Outreach- 705-675-7252
Cecil Facer Youth Centre----- 705-522-1250
Correctional Service of Canada----- 705-671-0600
Crown Attorney, Courthouse ----- 705-564-7698
Elizabeth Fry Society ----- 705-673-1364
Enforcement Office (*Sheriff*) ----- 705-564-7600
John Howard Society ----- 705-673-9576
Justice of the Peace ----- 705-671-5950
Law Society Lawyer referral service-1-800-268-8326
Legal Clinic ----- 705-674-3200
Manitoulin Legal Clinic-----705-368-3333
Native Court Outreach, Friendship Ctr 705-674-2128
Northern Youth Services----- 705-524-3354
Sudbury Ontario Legal Aid-----705-673-8182
Eviction Prevention Restorative----- 705-674-1825
OPP ----- 705-564-6900
Kirkwood Patient Rights Advisor----- 705-675-5900
Police-----705-675-9171

Probation and Parole, Adults ----- 705-564-4311
Public Guardian and Trustee ----- 705-564-3185
Toll free ----- 1-800-891-0503
Special Investigations Unit----- 1-800-787-8529
Supervised Access – Manitoulin ----- 705-377-6080
Supervised Access – Sudbury- 705-525-1008 x 2565

MEDICAL

HOSPITALS/MEDICAL CLINICS

Health Sciences North (HSN)----- 705-523-7100
Kirkwood ----- 705-675-5900
Shkagamik-Kwe Health Centre----- 705-675-1596
Chapleau Health Services ----- 705-864-1520
Espanola General Hospital ----- 705-869-1420
Manitoulin Health Centre
Little Current Site----- 705-368-2300
Mindemoya Site----- 705-377-5311
North Bay Psychiatric Hospital ----- 705-474-8600
North Bay Regional Health Centre ---- 705-474-8600
Centre de santé Communautaire Sudbury 705-670-
2274
Sudbury & District Health Unit ----- 705-522-9200
ext. 342
Marijuana Medical Clinic ----- 705-805-0092
BodyStream Sudbury----- 705-419-1234

AFTER-HOURS / WALK-IN CLINICS

Brady Clinic----- 705-688-8833
Northwood Medical Clinics ----- 705-522-3380
Elm St. ----- 705-806-7915
South End..... 705-522-3380
Lasalle..... 705-522-3380
Azilda..... 705-522-3380
Garson Walk-In Clinic----- 705-693-4200
Superstore Walk-In Lasalle Blvd----- 705-222-7451
Lasalle All Day Walk-In Clinic----- 705-222-9038
Lively After-Hours Walk-In Clinic----- 705-692-4774

NURSE PRACTITIONERS

Sudbury District Nurse Practitioner Clinics
359 Riverside Dr. Sudbury-----705-671-1661
623 Main St. Lively ----- 705-692-1667
Capreol Nurse Practitioner Led Clinic
49 Young St., Capreol -----705-858-8787

FAMILY HEALTH TEAMS

City of Lakes Family Health Team
Sudbury ----- 705-560-1018
Val Caron ----- 705-897-1018
Walden ----- 705-692-1018
Espanola & Area FHT----- 705-862-7991
Municipality of Assiginack FHT----- 705-859-2170
Northeastern Manitoulin FHT ----- 705-368-1488

DRUG PLANS

Ontario Blue Cross -----1-800-873-2583
Trillium Drug Program ----- 1-800-575-5386

HOME CARE/PALLIATIVE CARE

Société Alzheimer Society ----- 705-560-0603
Bayshore Sudbury & Espanola----- 705-523-6668
Canadian Shield Health Care----- 1-888-840-1188
Community Care Access Centre--(No Area Code)310-2222
Home Instead Senior Care ----- 705-805-1001
Retire-At-Home Services-----705-866-6231
The HAVEN Program, AIDS -----705-523-7148
Victoria Order of Nurses/VON ----- 705-671-1575
We Care ----- 705-523-4008
Maison McCulloch Hospice Palliative Care
-----705-674-9252

MEDICAL ADVICE OR INFORMATION

College of Physicians ----- 1-800-268-7096
www.cpso.on.ca (*new doctors*)
Health Care Connect ----- 1-800-445-1822
(*If you don't have a family physician*)
Telehealth Ontario ----- 1-866-797-0000
*House of Kin (low-cost accommodation for families of
hospitalized patients) -----705-522-3600*

MENTAL HEALTH see also ADDICTIONS

Canadian Mental Health Association -- 705-675-7252
Toll Free ----- 1-866-285-2642
Centre for Addiction & Mental Health-- 705-675-1195

ConnexOntario

Helplines are live, 24/7, confidential and free
Drug and Alcohol, Mental Health, and Problem
Gambling Helpline -----1-866-531-2600

HSN Mental Health & Addictions, 127 Cedar St

Crisis Intervention – 24 Hour Crisis Line
-----705-675-4760
Toll Free -----1-877-841-1101
HSN Mental Health & Addictions -----705-523-4988
Central Intake & Referral-----x 0
ACTT 1 Team --- x 4282; ACTT 2 Team --- x 4283
Positive Steps ----- x 4377; TOPS ----- x 0
Mood and Anxiety Program ----- x 4242
HSN - Kirkwood site -----705-675-5900
Rural Outreach-Community Mental Health:
East Algoma (Elliot Lake) -----705-848-9131
Espanola-----705-869-1564 x4221
Manitoulin -----705-368-0756
Sudbury East -----705-867-5233
Mood Disorders Association----- 1-888-486-8236

CUTTING/SELF-HARM

S.A.F.E. (Info Line)----- 1-800-366-8288

EATING DISORDERS

Eating Disorders Program-----705-523-4988 x 4207
Northern Eating Disorder Info Centre--1-866-633-4220
Overeaters Anonymous ----- 705-207-0877

PEER SUPPORT & SUPPORT FOR FAMILIES

Family & Friends Education Group705-523-4988 x 0
Lived Experience & Recovery Network (LERN)
North Bay -----705-840-1818
NISA -----705-222-6472
Warm Line (pre-crisis support) ----- 1-866-856-9276

SCHIZOPHRENIA

Schizophrenia Society of Ontario --- 1-800-449-6367
SSO Sudbury Chapter ----- 705-693-3067

TRAINING

CMHA-Canadian Mental Health Association

Applied Suicide Intervention Skills
Training (ASIST), Living Life to the Full, Mental
Health First Aid, Mental Health Works, safeTALK,
Talking About Mental Illness (TAMI)-705-675-7252
Sue Tasse Consulting Services (ASIST) 705-566-0791
Elizabeth Fry Society ----- 705-673-1364

NEWCOMER SERVICES

Sud Multicultural & Folk Arts Association
(New Immigrants) -----705-674-0795
Settlement Services- 705-560-6673 x2785

OLDER ADULTS

Arthritis Society -----705-673-4641
Elder Abuse Ontario -----705-525-0077
Toll Free ----- 1-866-299-1011
For Seniors Only-----705-522-0679
HSN Behavioral Support Outreach & Seniors
Mental Health Outreach---705-523-4988 x 4291
Home Instead Senior Care-----705-523-1600
Meals on Wheels -----705-525-4554
ParkSide (Older Adult Centre) -----705-673-6227
Red Cross (Transportation)-----705-674-0737
Société Alzheimer Society -----705-560-0603
Toll Free----- 1-800-407-6369

PREGNANCY

Baby's Breath-----705-671-1941 x 229 or x 219
Birthright -----705-673-7200
Hotline ----- 1-800-550-4900
Our Children, Our Future-----705-677-0440
Pregnancy Care of Sudbury -----705-673-5003
Public Health Sudbury & District -----705-522-9200
HSN - Options Clinic-----705-671-5265
Perinatal Mental Health Prog---705-523-4988 x 4242

TRANSPORTATION

Handi-Transit -----705-670-2300
Red Cross, seniors (60 +) -----705-674-0737
Sudbury Transit -----705-675-3333

YOUTH

Foyer Notre Dame House, youth-----705-675-6422
Northern Youth Services -----705-524-3354
Rayside-Balfour Youth Action Network-705-855-5230
Sudbury Action Centre for Youth-----705-673-4396
Walden Youth for Youth -----705-692-1777
Neo Kids - Infant and Child Development Services
----RLHC main site (705)523-7100
Northern Youth Services
Youth Attendance Centre-----705-673-4879
Youth Justice Family Worker -----705-524-3354