

ABUSE, ASSAULT & DOMESTIC VIOLENCE

Assaulted Women's Helpline 1-866-863-0511
Centre Victoria pour femmes 705-670-2517
Ligne FEM-AIDE 705-677-0001
Regional 1-877-336-2433
Manitoulin Family Resources Inc..... 705-377-5532
Physical, sexual, spousal 1-800-461-0133
Sexual Assault, Domestic Violence Treatment Program (HRSRH) 705-675-4743
Sudbury Counselling Centre 705-524-9629
VCARS-Victim Crisis Assistance & Referral Service Manitoulin Northshore..... 705-859-3378
Sudbury & Area..... 705-522-6970
YWCA Geneva House Abuse Line.. 705-674-2210
Toll Free 1-800- 461-0133
Voices for Women (Sexual Assault) ... 705-671-5495

ADDICTIONS see also MENTAL HEALTH

Alcoholics Anonymous, Adult Children of Alcoholics, Al-Anon & Alateen 705-674-6217
Camillus Centre-Elliot Lake..... 705-848-2129
Center for Addiction & Mental Health... 705-675-1195
McLaughlin Addiction & Info Ctr, recorded info & telephone support: 3-9 pm..... 1-800-463-6273
Co-Dependents Anonymous..... 705-693-0021
DART/Drug & Alcohol Registry Treatment, Treatment programs in Ontario... 1-800-565-8603
Gambling Helpline 1-888-230-3505
Manitoulin Community Withdrawal ... 705-368-0058
Narcotics Anonymous 1-888-811-3887
Outpatient Gambling & Addictions Svcs... 705-523-4988
Overeaters Anonymous 705-897-2079
Sexaholics Anonymous (leave msg for Pat) 705-693-0021
Smokers Helpline 1-877-513-5333
The Point (needle exchange) (SACY) . 705-673-4287

WOMEN

HRSRH Withdrawal Mgt (Pine St.) ... 705-671-7366
Iris Addiction Recovery, Intake 705-674-5090
Iris Treatment Centre 705-674-4193
Iris Aftercare Centre 705-673-2413

MEN

HRSRH Withdrawal Mgt (Pine St.) ... 705-671-7366
Rockhaven..... 705-675-1179
Salvation Army Alcohol Treatment Clinic 705-673-1175

METHADONE CLINICS

OATC - 450 Notre Dame Ave. 705-673-1116
Dr. Dressler, 310 Larch St. 705-669-1111
Dr. Shapiro, 135 Applegrove St. 705-673-3111

AIDS / HEPATITIS C

Réseau Access Network 705-688-0500
Toll-free..... 1-800-465-2437
HRSRH Haven Program 705-523-7059
Maison VALE Hospice , palliative care.. 705-674-9252
Ont. Aboriginal HIV/AIDS Strategy ... 705-674-9449
The Point (needle exchange) (SACY) . 705-673-4287
Sudbury District Health Unit..... 705-522-9200

ANGER MANAGEMENT

Children's Community Network..... 705-566-3416
Inner City Home of Sudbury..... 705-675-7550
Family Enrichment Centre 705-670-0606
John Howard Society 705-673-9576
First Steps..... 705-805-2780
Sudbury Counselling Centre 705-524-9629

BEREAVEMENT

Bereavement Foundation 705-923-1982
Compassionate Friends sup. grp.-Azilda (lost child through death) 705-848-5864
Grief Recovery Program-Latitude 705-969-0901
Widowed Help Each Other..... 705-566-6138

BI-SEXUAL, GAY, LESBIAN

Réseau Access Network 705-688-0500
Family Enrichment Centre..... 705-670-0606

Lesbian Gay Bi Youth Line 1-800-268-9688
Sudbury Women's Centre 705-673-1916

BRAIN INJURY / TUMOUR

Brain Injury Association..... 705-670-0200
Toll free..... 1-800-263-5404
Brain Tumour Support Grp... 1-800-265-5106 x 234

CHILDREN / PARENTS / FAMILY

Adoption Support Group, adoptees .. 705-969-7152
ADHD Parent Support Group 705-523-4747
Better Beginnings Better Futures 705-671-1941
Centre de santé communautaire Sudbury... 705-670-2274
Child and Family Centre..... 705-525-1008
Child Care Resources 705-525-0055
Children's Aid Society 705-566-3113
Children's Community Network 705-566-3416
Children's Services, Greater Sudbury ... 705-674-4455
Child care subsidies/registry ... 705-674-4455 x 4279
Early Years/Best Start... 311 or sudburybeststart.ca
Family Enrichment Centre 705-670-0606
Healthy Babies Healthy Children 705-522-9200
Human League Association..... 705-670-8633
Kids Help Phone..... 1-800-668-6868
Learning Disabilities Association 705-522-0100
Manitoulin Family Resources Inc..... 705-377-5532
N'Swakamok Native Friendship Ctr 705-674-2128
Our Children, Our Future 705-677-0440
Reg Children's Psychiatric Ctr..... 705-675-9192 x 8401
Sudbury & District Health Unit 705-522-9200
Sudbury Counselling Centre 705-524-9629
Supervised Access - Sudbury..... 705-566-5866
Supervised Access - Manitoulin..... 705-377-6080

CLOTHING DONATIONS

Community Closet (Better Beginnings) . 705-671-1941
Elizabeth Fry Society 705-673-1364
John Howard Clothing Bank, after jail.... 705-673-9576
L'association des jeunes de la rue ... 705-675-6422
Saint Andrews United Church..... 705-674-0721
St. Vincent de Paul..... 705-897-1212
Salvation Army Thrift Store 705-566-8151
Sudbury Women's Centre..... 705-673-1916

COUNSELLING SERVICES

***Check the Yellow Pages of the phone book under "Marriage, Family & Individual Counsellors"
Centre de santé communautaire Sudbury.. 705-670-2274
Employee Assistance Program/EAP through your employer. These counselling services are free.
Family Enrichment Centre 705-670-0606
Inner City Home (have limited income).. 705-675-7550
Sudbury Counselling Centre 705-524-9629

DISABILITIES

DEVELOPMENTAL DISABILITY

Community Living Greater Sudbury . 705-671-7181
Developmental Clinical Srv (HSN).... 705-523-4988
Developmental Services Ont. 705-222-6066
Jarrett Value Centre 705-525-5100
Learning Disabilities Assn of Sudbury... 705-522-0100
Sudbury Community Service Centre ... 705-560-0430
Sudbury Developmental Services ... 705-674-1451
YWCA Service Coordination..... 705-673-4754

PHYSICAL DISABILITY

Canadian Hard of Hearing Society ... 705-523-5695
Canadian Hearing Society 705-522-1020
Cdn National Institute for the Blind... 705-675-2468
Canadian Paraplegic Association 705-671-2444
Independent Living Resource Centre... 705-675-2121
ICAN-Independence Ctr and Network .. 705-673-0655
Respite Services-Children 705-566-3416 x 2590

EDUCATION

ACCESS/ACE Prog, Cambrian Col . 705-566-8101 x 7712
Carrefour francophone de Sudbury .. 705-675-6493
Carrefour Options+..... 705-525-0110
Multicultural Folk Arts Association.... 705-674-0795
N'Swakamok Native Friendship Ctr.. 705-674-2128

Educational & Workplace Training ... 705-677-0432
St. Albert Adult Learning Centre..... 705-673-3031
Sud Sec School Continuing Education . 705-675-5481

EMERGENCY NUMBERS

Crisis Intervention Program & Children's Mobile at St. Joseph's Health Ctr. 705-675-4760
Police, Ambulance, Fire 911
Police, Non-Emergency 705-675-9171
Poison Control..... 1-800-268-9017
Victim Services, Police..... 705-671-1941 x 228

EMPLOYMENT

Employmt Support, Ont. Works ... 705-674-4455 x 8141
Gezhtoojig Employment & Training .. 705-524-6772
Glenn Crombie Ctr, disability ... 705-566-8101 x 7420
Independent Living Resource Ctr disability.. 705-675-2121
Northern Vocational Services, ODSP ... 705-674-4141
N'Swakamok Native Friendship Ctr..... 705-674-2128
Ontario March of Dimes, disabilities 705-674-3377
Sudbury Multicultural and Folk Arts Association (new immigrants)..... 705-674-0795
Sudbury Vocational Resource Centre . 705-671-2544
Volunteer Sudbury..... 705-560-6661
YMCA Employment Centre..... 705-674-2324

FINANCIAL

Canada Pension Plan 1-800-277-9914
Children's Services, Greater Sudbury ... 705-674-4455
Child care subsidies/registry ... 705-674-4455 x 4279
Easter Seal Soc, physical disabilities.... 705-566-8858
Income Tax 1-800-959-8281
Min of Community, Family Children's Services, children severe disabilities 705-564-8153
Old Age Security 1-800-277-9914
Ontario Disability Support Plan/ODSP .. 705-564-4515
1-800-461-1167
Ontario Works..... 705-675-2411
Outside of City of Greater Sud.... 1-800-667-3145
Public Guardian and Trustee 705-564-3185
Toll free..... 1-800-891-0503
Red Cross, emergency 705-674-0737
Social Planning Council (referrals from front line staff only) 705-675-3894
Credit Counselling Sudbury 705-560-0430
Workplace Safety Insurance Board.. 705-675-9301

FIRST NATIONS

Gezhtoojig Employment & Training .. 705-524-6772
N'Swakamok Native Friendship Ctr..... 705-674-2128
Shkagamik-Kwe Health Centre..... 705-675-1596

FOOD, CLOTHING & MEDICAL AID

Sudbury Soup Kitchen 705-675-5300
Serves lunch from 11 am – 2:30 pm
Beech Street Community Kitchen..... 705-674-6447
Open to low income or lone parent families-help for planning, purchasing & preparing nutritious meals - 1st & 3rd Thursday each month 10 am – 1 pm, (except July & August)
Corner Clinic 8 am – 3 pm 705-673-3721
Drop-in centre for homeless. Nurse and family practitioner 1/week, dental hygiene and footcare services, coffee, free personal care products, outreach at night. Clothing donations.
Elgin Street Mission 705-673-2163
Breakfast Mon – Fri from 7 am to 9 am
Supper served nightly from 6 pm to 7:30 pm
Saturday & Sunday brunch from 10 am till 11:30 am. Closed from 1 pm to 5 pm
Open overnight 5 p.m. to 11 a.m. from November 4/1 to March 31/13
Accepts and donates food & clothing. showers and laundry facilities available.
L'Association des jeunes de la rue ... 705-675-6422
street outreach, Mon – Fri, provide clothing, blankets, winter clothes, footwear, supplies,
Meals on Wheels 705-525-4554

Salvation Army – breakfast, lunch, and supper every day, \$3.00/meal..... 705-673-1175
Primary Care Program, Crisis Intervention (mental illness, no family doctor) ..705-523-7100 x 4758

FOOD BANKS

Sudbury Food Bank, provides funds to help area food banks..... 705-671-9663/www.sudburyfoodbank.ca
Bread & Roses (Capreol residents only) 705-858-3630
Friendship House (Rayside-Balfour, Onaping, Dowling, Levack residents only) ... 705-855-4848
Good Neighbours Valley East Food Bank (Valley East residents only) 705-969-8677
Guiding Light Food Bank..... 705-524-0237
Holy Redeemer Food Bank..... 705-566-9409
Infant Food Cupboard 705-677-0931
Inner City Home of Sudbury (also have New Sudbury location)..... 705-675-7550
Massey Food Bank (Massey residents only) 705-865-2450
Salvation Army Food Bank 705-566-8151
St. Vincent de Paul Society (Val Caron residents only) 705-897-1212
Walden Food Bank (Lively, Walden, Whitefish & Naughton residents only) 705-692-9207

HOUSING SERVICES/SHELTERS

Corner Clinic - Housing Outreach..... 705-673-3721
CMHA-Provides Apartment Listings . 705-675-7252
Canadian Red Cross, Housing Listings .. 705-674-0737
Children's Aid Society 705-566-3113
Elizabeth Fry Society..... 705-673-1364
Foyer Notre Dame House, youth 705-675-6422
Genevra House (abused women)..... 705-674-2210
Greater Sudbury Housing Corp. 705-674-8323
ICAN - physical disability..... 705-673-0655
John Howard Society 705-673-9576
Landlord and Tenant Board 1-888-332-3234
Ombudsman 1-800-263-1830
Salvation Army sheltering services... 705-673-1175
Social Planning Council, emergency 705-675-3894
Sudbury Action Centre for Youth..... 705-673-4396
YWCA..... 705-673-4754

LEGAL ISSUES/ASSISTANCE

CMHA Mental Health Court Outreach . 705-675-7252
Cecil Facer Youth Centre..... 705-522-1250
City of Greater Sudbury 705-671-2489
Correctional Service of Canada 705-671-0600
Crown Attorney, Courthouse..... 705-564-7698
Enforcement Office (Sheriff) 705-564-7600
Elizabeth Fry Society..... 705-673-1364
John Howard Society 705-673-9576
Justice of the Peace..... 705-564-7100
Law Soc. Upper Canada-Lawyer referral... 1-800-268-8326
Ontario Legal Aid..... 705-673-8182
Legal Clinic 705-674-3200
Native Court Outreach, Friendship Ctr ... 705-674-2128
Patient Rights Advisor, Sud Algoma.... 705-675-5900
Police 705-675-9171
OPP..... 1-888-230-3505, 705-564-6900
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 - Sudbury..... 705-674-7458
Supervised Access - Manitoulin..... 705-377-6080

MEDICAL

ADVICE OR INFORMATION

College of Physicians 1-800-268-7096
www.cpso.on.ca (new doctors)
Health Care Connect (if you don't have a family physician) 1-800-445-1822
Telehealth Ontario 1-866-797-0000
Sudbury & District Health Unit 705-522-9200

AFTER-HOURS / WALK-IN CLINICS

Brady Clinic..... 705-688-8833
Four Corners Walk-In Medical Clinic.. 705-522-3380
Garson Walk-In Clinic..... 705-693-2666
Health Care Walk-In Lasalle Blvd 705-560-2227

Lasalle All Day Walk-In Clinic 705-222-9038
Lively After Hours Walk-In Clinic 705-692-4774
Notre Dame After Hours Walk-In..... 705-671-9188
Val Est Walk-In Clinic - Val Caron.... 705-897-2345

DRUG PLANS

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

FAMILY HEALTH TEAMS

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

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

HOME CARE/PALLIATIVE CARE

Alzheimer Society (respite care)..... 705-560-0603
Espanola/Manitoulin..... 705-377-4505
Toll Free 1-800-407-6369
Bayshore Home Health 705-523-6668
Community Care Access Ctr 705-522-3461
Toll free..... 1-800-461-2919
Espanola Home Care Services..... 705-869-1790
For Seniors Only 705-522-0679
Home Instead Senior Care 705-523-1600
Maison VALE Hospice , palliative care.. 705-674-9252
The HAVEN Program, AIDS 705-523-7059
Victoria Order of Nurses/VON 705-671-1575
Warmhearts Palliative Care 705-677-0077
We Care..... 705-523-4008

HOSPITALS/MEDICAL CLINICS

Centre de santé communautaire Sudbury.. 705-670-2274
Chapleau Health Services 705-864-1520
Espanola General Hospital 705-869-1420
Health Sciences North 1-866-469-0822
Kirkwood..... 705-675-5900
Ramsey Lake Health Centre 705-523-7100
House of Kin (low cost accommodation for families of hospitalized patients) ... 705-522-3600
Manitoulin Health Centre
Little Current Site 705-368-2300
Mindemoya Site 705-377-5311
North Bay Psychiatric Hospital 705-474-1200
Shkagamik-Kwe Health Centre..... 705-675-1596
Telehealth Ontario..... 1-866-797-0000

MENTAL HEALTH see also ADDICTIONS

Canadian Mental Health Association... 705-675-7252
Toll free..... 1-866-285-2642
Center for Addiction & Mental Health .. 705-675-1195
eMentalHealth.ca online resources
Health Sciences North – Mental Health & Addict.
Crisis Intervention Program 705-675-4760
Central Intake & Referral. 705-523-4988
Services 127 Cedar St. Site..... 705-523-4988
ACTT-Assertive Community Treatment Teams
Community Treatment Order
Counselling and Treatment Teams
Developmental Clinical Services
Early Psychosis Intervention
Family Education & Support Services
Outpatient Addictions & Problem Gambling
Perinatal Mental Health Program
Positive Steps
Senior's Mental Health Outreach Program
TOPs-Transitional Outpatient Services
HSN - Kirkwood site 705-675-5900
Rural Outreach-Community Mental Health
East Algoma (Elliot Lake) 705-848-9131
Espanola 705-869-1564
Manitoulin 705-368-0756
Sudbury East (St-Charles)..... 705-867-5233

Mental Health Service Information Ontario (24/7)
Toll Free 1-866-531-2600
Mood Disorders Association 1-888-486-8237
Shkagamik-Kwe Health Centre..... 705-675-1596

CUTTING/SELF-HARM

S.A.F.E. (info line) 1-800-366-8288

EATING DISORDERS

Eating Disorders Program..... 705-523-4988
National Eating Disorder Info Ctr ... 1-866-633-4220
Overeaters Anonymous (Marina)..... 705-586-5384
Julie 705-897-2079

PEER SUPPORT & SUPPORT FOR FAMILIES

Family Education & Support Services ..705-523-4988
Lived Experience & Recovery Network (LERN)
(North Bay) 705-840-1818
NISA.....705-675-9193 x 8206 or 705-222-5375
Warm Line (pre-crisis support) ... 1-866-856-9276

SCHIZOPHRENIA

Schizophrenia Society of Ontario 705-566-6851
..705-688-1848, 705-693-3067, 1-800-449-6367

SEASONAL AFFECTIVE DISORDER/SAD

Canadian Mental Health Association... 705-675-7252
SAD Lamps/bulbs
Cosco 705-524-8255
Lighting Showcase 705-566-3947
Mood Disorders Association 1-888-486-8237

STRESS

All Nations Counselling Centre 705-673-6110
Inner City Home of Sudbury..... 705-675-7550

TRAINING

ASIST (suicide intervention) 705-507-9825
Mental Health First Aid (CMHA) 705-675-7252

OLDER ADULTS

Arthritis Society 705-673-4641
Alzheimer Society (respite care)..... 705-560-0603
Centre de santé communautaire Sudbury.. 705-670-2274
Community Care Access Ctr 705-522-3461
Toll free..... 1-800-461-2919
For Seniors Only 705-522-0679
Home Instead Senior Care 705-523-1600
Meals On Wheels 705-525-4554
ParkSide (Older Adult Centre) 705-673-6227
ParkSide Seniors, Information Line . 705-673-6227
One Eleven Senior Citizens Centre .. 705-675-5001
Seniors Mental Health Outreach Prg...705-523-4988
Red Cross (transportation)..... 705-674-0737
Social Planning Council 705-675-3894
Sudbury Elder Abuse.....705-525-0077

PREGNANCY

Baby's Breath 705-671-1941 x 229
Birthright 705-673-7200
Hotline..... 1-800-550-4900
Free diapers 705-673-5003
Our Children, Our Future 705-677-0440
Pregnancy Care of Sudbury..... 705-673-5003
Sudbury & District Health Unit 705-522-9200
Social Planning Council, Cybermoms ... 705-675-3894
Sudbury Regional Hosp Options Clinic . 705-671-5265
Centre de santé communautaire Sudbury.. 705-670-2274

SELF-HELP/SUPPORT GROUP INFO

Canadian Mental Health Association... 705-675-7252
Self-Help Resource Centre 1-888-283-8806
on the web: www.selfhelp.on.ca

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
Rayside-Balfour Youth Action Network... 705-855-5230
Sudbury Action Centre for Youth..... 705-673-4396
Valley East Youth Centre 705-969-5188
Walden Youth for Youth..... 705-692-1777