

ABUSE, ASSAULT & DOMESTIC VIOLENCE

Assaulted Women's Helpline 1-866-663-0511
Centre Victoria pour femmes 670-2517
Ligne FEM-AIDE 677-0001
Manitoulin Family Resources Inc. 377-5532
Physical, sexual, spousal 1-800-461-0133
Sexual Assault, Domestic Violence Treatment Program 675-4743
Sudbury Counselling Centre, individual counselling, groups, women, children. 524-9629
Sudbury Sexual Assault Crisis Centre..... 675-8071
24-hour Crisis Line 675-1323
VCARS-Victim Crisis Assistance & Referral Service
Manitoulin Northshore..... 368-9945
Sudbury & Area 522-6970
YWCA Geneva House Abuse Line..... 674-2210

ADDICTIONS

Alcoholics Anonymous, Adult Children of Alcoholics, Al-Anon & Alateen 674-6217
Brunswick House First Nation 864-0174
Center for Addiction & Mental Health 675-1195
McLaughlin Addiction & Info Ctr, recorded info & telephone support: 3-9 pm..... 1-800-463-6273
Co-Dependents Anonymous 693-0021
DART/Drug & Alcohol Registry Treatment, treatment programs in Ontario... 1-800-565-8603
Gambling Helpline 1-888-230-3505
Narcotics Anonymous 688-9929
Toll Free 1-877-343-0133
Outpatient Gambling & Addictions 523-4988 ext. 4231 Toll Free.. 1-800-668-8537
Overeaters Anonymous 897-2079
Sexaholics Anonymous (leave msg for Pat) .. 693-0021
Smokers Helpline 1-877-513-5333
Smokers & Quitters 522-9200
The Point (needle exchange) (SACY) 673-4287

WOMEN

HRSRH Withdrawal Mgt (Pine Street) 671-7167
Iris Addiction Recovery, Intake 674-5090
Iris Treatment Centre 674-4193
Iris Aftercare Centre 673-2413

MEN

HRSRH Withdrawal Mgt (Pine Street) 671-7167
Rockhaven 675-1179
Sal Army Addiction Rehabilitation..... 673-1175

AIDS / HEPATITIS C

Access Aids Network..... 688-0500
Toll-free 1-800-465-2437
HRSRH Haven Program 523-7059
Circle C Support Group 522-5156
Ont. Aboriginal HIV/AIDS Strategy 674-9449
The Point (needle exchange) (SACY) 673-4396
Sudbury District Health Unit..... 522-9200

ANGER MANAGEMENT

Children's Community Network..... 566-3416
Inner City Home of Sudbury..... 675-7550
Family Enrichment Centre 670-0606
John Howard Society 673-9576
First Steps..... 688-0077
Sudbury Counselling Centre 524-9629

BEREAVEMENT

Bereavement Foundation..... 673-3182
Butterfly Wings-Early Preg. Loss .. 675-7252 x 204
Early Pregnancy Loss Support 675-4705
New Beginnings Support Group for Newly Widowed, Separated & Divorced..... 560-7257
Shkagamik-kwe Health Centre 675-1596
Suicide Survivors Support Group, lost loved ones to suicide 675-7252
Widowed Help Each Other 524-9270
Wounded Healers, lost child through death 524-7540

BI-SEXUAL, GAY, LESBIAN

Access Aids 688-0505
Family Enrichment Centre..... 670-0606
Lesbian Gay Bi Youth Line, 1-800-268-9688
Mountaintop Enterprises (men) 524-1928
Sudbury Women's Centre 673-1916

BRAIN INJURY/TUMOUR

Brain Injury Association..... 670-0200
Toll free..... 1-800-263-5404
Brain Tumour Support Grp..... 1-800-265-5106 x 34

CHILDREN/PARENTS/FAMILY

Adoption Support Group, adoptees 673-2423
ADHD Parent Support Group 523-4747
Better Beginnings Better Futures 671-1941
Centre de santé communautaire de Sudbury .. 670-2274
Child and Family Centre..... 525-1008
Child Care Resources 525-0055
Children's Aid Society 566-3113
Children's Community Network 566-3416
Children's Services, City of Gr Sudbury .. 671-2489
Child care subsidies 671-2489 x 4279
Early Years Centre..... 525-0090
Family Enrichment Centre 670-0606
Healthy Babies Healthy Children 522-9200
Human League Association 670-8633
Kids Help Phone..... 1-800-668-6868
Learning Disabilities Association 522-0100
Manitoulin Family Resources Inc. 377-5532
N'Swakamok Native Friendship Centre... 674-2128
New Beginnings Support Group for Newly Widowed, Separated & Divorced 560-7257
Our Children, Our Future 677-0440, 969-4040
Regional Children's Psychiatric Ctr... 675-9192, x 8401
Sudbury & District Health Unit 522-9200
Sudbury Counselling Centre 524-9629
Supervised Access Centre..... 674-7458

CLOTHING DONATIONS

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

COUNSELLING SERVICES

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

DISABILITIES

DEVELOPMENTAL DISABILITY

Community Living Greater Sudbury 671-7181
Jarrett Value Centre 525-5100
Learning Disabilities Assn of Sudbury 522-0100
Sudbury Community Service Centre 560-0430
Sudbury Developmental Services, City 674-1451
YWCA Service Coordination..... 673-4754

PHYSICAL DISABILITY

Canadian Hard of Hearing Society 523-5695
Canadian Hearing Society 522-1020
Cdn National Institute for the Blind 675-2468
Independent Living Resource Centre 675-2121
ICAN-Independence Ctr and Network..... 673-0655
Respite Services Children 566-3416 x 2565
Respite Services Adults 673-4754 x 221

DRUG PLANS

Blue Cross 1-800-873-2583
Trillium Drug Program 1-800-268-1154

EDUCATION

ACCESS/ACE Program, Cambrian Col .. 566-5928
Carrefour francophone de Sudbury 675-6493
Multicultural Folk Arts Association 674-0795
N'Swakamok Native Friendship Ctr 674-2128
New Leaf Literacy..... 677-0432
St. Albert Adult Learning Centre 673-3031
Sud Sec School Continuing Education..... 675-5481

EMERGENCY NUMBERS

Crisis Intervention Program & Children's Mobile at St. Joseph's Health Ctr. 675-4760
Police, Ambulance, Fire 911
Police, Non-Emergency 675-9171
Poison Control..... 674-3636
Victim Services, Police..... 675-9171, Ext 2637

EMPLOYMENT

Canadian Mental Health Association..... 675-7252
Employment Support, Ontario Works 674-4455
Gezthoojig Employment & Training 692-0766
Toll-free..... 1-800-361-9256
Glenn Crombie Ctr, disability 566-8101 x 7420
Independent Living Resource Ctr (disabilities) 675-2121
Northern Vocational Services, ODSP..... 674-4141
N'Swakamok Native Friendship Centre... 674-2128
Ontario March of Dimes, disabilities 674-3377
Sudbury Multicultural and Folk Arts Association (new immigrants)..... 674-0795
Sudbury Vocational Resource Centre 671-2544
Volunteer Sudbury..... 560-6661
YMCA Employment Centre..... 674-2324

FINANCIAL

Canada Pension Plan 1-800-277-9914
City of Greater Sudbury
Child care subsidies 671-2489 x 4279
Easter Seal Soc, physical disabilities 566-8858
GST 1-800-959-1953
Income Tax 1-800-959-8281
Inner City Home 675-7550
Min of Community, Family Children's Services, children severe disabilities 564-8153
Old Age Security 1-800-277-9914
Ontario Disability Support Plan/ODSP 564-4515
1-800-461-1167
Ontario Works 675-2411
Outside of City of Greater Sud... 1-800-667-3145
Public Guardian and Trustee 564-3185
Toll free..... 1-800-891-0503
Red Cross, emergency 674-0737
Social Planning Council (**referrals from front line staff only**)..... 675-3894
Credit Counselling Sudbury 560-0430
Workplace Safety Insurance Board 675-9301

FIRST NATIONS

N'Swakamok Native Friendship Centre... 674-2128
Shkagamik-kwe Native Health Centre..... 675-1596

FOOD, CLOTHING & MEDICAL AID

Sudbury Soup Kitchen 675-5300
Serves lunch from 11 am - 2:30 pm
Beech Street Community Kitchen..... 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)
Children's Aid Society 566-3113
Clothing depot at Rumball Terrace
Corner Clinic..... 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, showers and laundry facilities available. Clothing donations. 8 am - 3 pm
Elgin Street Mission 673-2163
Breakfast Mon - Fri from 7 am to 9 am
Supper served nightly from 6 pm to 7:30 pm
Closed every night at 9 pm
Saturday brunch from 10 am till Noon. Closed from 12 pm to 6 pm
Sunday lunch from 12:30 to 2:00
Sunday service from 3 pm to 4 pm
Emmaus Centre 671-0984
Drop-in centre for homeless, workshops, prayer, arts and crafts
L'association des jeunes de la rue 675-6422
street outreach, Mon - Fri, provide clothing,

blankets, winter clothes, footwear, supplies,
clothing donations.
Meals on Wheels 525-4554
Salvation Army – breakfast, lunch, and supper
every day, \$2.50/meal 673-1175
Primary Care Program, Crisis Intervention
(mental illness, no family doctor) 675-4760
Social Planning Council, emergency 675-3894

FOOD BANKS

Bread & Roses (Capreol residents only) 858-3630
Friendship House (Rayside-Balfour, Onaping,
Dowling, Levack residents only) 855-4666
Good Neighbours Valley East Food Bank
(Valley East residents only) 969-8677
Guiding Light Food Bank 524-0237
Holy Redeemer Food Bank 566-9409
Infant Food Cupboard 677-0931
Inner City Home of Sudbury (also have New
Sudbury location) 675-7550
Massey Food Bank
(Massey residents only) 865-2450
Neighbourhood Action Project, usually only if you
haven't already received food from Inner City or
Salvation Army. 671-9835
Salvation Army Food Bank 566-8151
St. Vincent de Paul Society (Val Caron residents
only) 897-1212
Walden Food Bank (Lively, Walden, Whitefish &
Naughton residents only) 692-9207

FRANCOPHONE

Centre de santé communautaire de Sudbury.. 670-2274
Assn canadienne-francaise de l'Ont 674-5896
Carrefour francophone de Sudbury 675-6493

HOUSING SERVICES/SHELTERS

Canadian Mental Health Association, Housing
Program & Housing Outreach 675-7252
Canadian Red Cross, Housing Pgm 674-0737
Children's Aid Society 566-3113
Elizabeth Fry Society 673-1364
Foyer Notre Dame House, girls 675-6422
Genevra House (abused women) 674-2210
Greater Sudbury Housing Corporation 674-8323
ICAN - physical disability 673-0655
John Howard Society 673-9576
Landlord and Tenant Board 1-888-332-3234
Ombudsman 1-800-263-1830
Sal Army Men, Women & Family Sheltering
Services 673-1175
Social Planning Council, emergency 675-3894
Sudbury Action Centre for Youth 673-4396
YWCA 673-4754

LEGAL ISSUES/ASSISTANCE

Cecil Facer Youth Centre 522-1250
S.A.Y Cedar Youth shelter-males 16-19 . 670-2151
City of Greater Sudbury 671-2489
Correctional Service of Canada 671-0600
Crown Attorney, Courthouse 564-7698
Enforcement Office (Sheriff) 564-7600
Elizabeth Fry Society 673-1364
John Howard Society 673-9576
Justice of the Peace 564-7802
Law Society of Upper Canada 1-800-268-8326
Ontario Legal Aid 673-8182
Legal Clinic 674-3200
Canadian Mental Health Assn, Mental
Health Court Outreach 675-7252
Native Court Outreach, Friendship Ctr 675-1596
Patient Rights Advisor, Sud Algoma 675-9192
Police 675-9171
OPP 1-800-277-9914, 523-7100
Probation and Parole, Adults 564-4311
Public Guardian and Trustee 564-3185
Toll free 1-800-891-0503
Special Investigations Unit 1-800-787-8529

MEDICAL SERVICES/ CLINICS

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) 1-800-461-2919

Telehealth Ontario 1-866-797-0000
Sudbury & District Health Unit 522-9200

AFTER-HOUR & WALK-IN CLINICS

After Hours Medical Clinic (Lasalle) 566-3366
Brady Clinic 688-8833
Four Corners Walk-In Medical Clinic 522-3380
Garson Walk-In Clinic 693-2666
Lasalle All Day Walk-In Clinic 560-9422
Lively After Hours Walk-In Clinic 692-4774
Notre Dame After Hours Walk-In... 671-9797 x 113
Health Care Walk-In Lasalle Blvd, 560-2227
Val Est Walk-In Clinic - Val Caron 897-7464

FAMILY HEALTH TEAMS/NURSE PRACTITIONERS

City of Lakes FHT
Sudbury 560-1018
Val Caron 897-1018
Espanola & Area FHT 862-7991
Municipality of Assinack FHT 859-2170
Northeastern Manitoulin FHT 368-1488
Sudbury District Nurse Practitioner Clinics . 671-1661

HOME CARE / PALLIATIVE CARE

Alzheimer Society, respite care 560-0603
Bayshore Home Health 523-6668
Community Care Access Centre **522-3461**
Toll free 1-800-461-2919
Espanola Home Care Services 869-3790
For Seniors Only 522-0679
HAVEN Program, AIDS 523-7059
Maison Sudbury Hospice, AIDS 674-9252
VON-Victorian Order of Nurses 671-1575
WarmHearts Palliative Caregivers 677-0077
We Care 523-4008

HOSPITALS

Espanola General Hospital 869-1420
HRSRH Kirkwood Site (psychiatric) 675-5900
Manitoulin Health Centre
Little Current Site 368-2300
Mindemoya Site 377-5317
North Bay Psychiatric Hospital 474-1200
Hôpital régional de Sudbury Hospital 523-7100
House of Kin (low cost accommodation for
families of hospitalized patients) 522-3600

MENTAL HEALTH

Canadian Mental Health Association 675-7252
Toll free 1-866-285-2642
Mental Health Service Information Ontario (24/7)
Toll Free 1-866-531-2600

Sudbury Regional Hospital's-Community Mental Health and Addictions Services 127 Cedar Street, Sudbury P3E 1B1

523-4988

Centralized Intake & Referral Coordination

ACTT-Assertive Community Treatment Teams
Community Treatment Order
Concurrent Disorders Program
Counselling and Treatment Team
Early Psychosis Intervention
Families & Friends Education Group
Kirkwood site (HRSRH-psychiatric) 675-5900
Outpatient Addictions & Problem Gambling
Positive Steps
Rural Outreach-Community Mental Health
East Algoma (Elliot Lake) 848-9131
Espanola 869-1564
Manitoulin 368-0756
Sudbury East (St-Charles) 867-5233
Senior's Mental Health Outreach
TOPs-Transitional Outpatient Services

CUTTING/SELF HARM

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

DEPRESSION/MOOD DISORDERS

Peer Support of Sudbury 675-1319
HOPES Postpartum Support Group 675-7252
Mood Disorders Association 1-888-486-8236

EATING DISORDERS

Reg Eating Disorders Program 523-4988
National Eating Disorder Info Ctr ... 1-866-633-4220
Overeaters Anonymous 897-2079

PEER SUPPORT & SUPPORT FOR FAMILIES

Families & Friends Education Group 523-4988
NEON/North East Ontario Consumer/Survivor
Network (North Bay) 494-4774
NISA 675-9193 x 8206
Peer Support of Sudbury 675-1319
Warm Line 671-9276 or 1-866-856-9276

SCHIZOPHRENIA

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

STRESS MANAGEMENT

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

SUICIDE

ASIST-Applied Suicide Intervention Skills Training
Carmell Bartman 869-1564 x 222
Canadian Mental Health Assoc. 675-7252
Crisis Intervention Program 675-4760
NOSPN-Northern Ontario Suicide Prevention
Network – Barb Makela 675-9171 x 2637
Suicide Survivors Support Group, lost loved ones
to suicide 675-7252

OLDER ADULTS

Arthritis Society 673-4641
Alzheimer Society 560-0603
Centre de santé communautaire de Sudbury . 670-2274
Community Care Access Centre 522-3461
Toll free 1-800-461-2919
Meals On Wheels 525-4554
ParkSide (Older Adult Centre) 673-6227
ParkSide Seniors, Information Line 673-3636
One Eleven Senior Citizens Centre 675-5001
Seniors Mental Health Outreach Prg 523-4988
Red Cross (transportation) 674-0737
Social Planning Council 675-3894
Sudbury Elder Abuse Committee 524-5738

PREGNANCY

Birthright 673-7200
Hotline 1-800-550-4900
Free diapers 673-5003
Butterfly Wings-Early Preg. Loss .. 675-7252 x 204
Our Children, Our Future
..... 677-0440, 969-4040, 867-2111
Pregnancy Care of Sudbury 673-5003
Sudbury & District Health Unit 522-9200, x 202
Social Planning Council, Cybermoms 675-3894
Sudbury Regional Hosp Options Clinic 671-5265
Centre de santé communautaire de Sudbury . 670-2274

SEASONAL AFFECTIVE DISORDER/SAD LIGHT THERAPY

Canadian Mental Health Association 675-7252
Guardian Drugs Homecare Dept 566-5551
Shoppers Home Health Care 560-5190
Sudbury Public Library, South Branch 522-9932
Mackenzie Branch 673-1155
Medichair 525-7442
Westburne Ruddy Electric 560-2111

SELF-ESTEEM

Inner City Home of Sudbury 675-7550
Sudbury Women's Centre 673-1916

SELF-HELP/SUPPORT GROUP INFO

Canadian Mental Health Association 675-7252

TRANSPORTATION

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

YOUTH

Foyer Notre Dame House, females 675-6422
Rayside-Balfour Youth Action Network 855-5230
S.A.Y Cedar Youth shelter-males 16-19 . 670-2151
Sudbury Action Centre for Youth 673-4396
Valley East Youth Centre 969-5188
Walden Youth for Youth 692-1777

WOMEN

Le Centre Victoria pour femmes 670-2517
Sudbury Women's Centre 673-1916
Women's Health Well Clinic 522-9200, Ext 226