

**ABUSE, ASSAULT & DOMESTIC VIOLENCE**

Assaulted Women's Helpline	1-866-863-0511
Centre Victoria pour femmes	705-670-2517
Ligne FEM-AIDE Provinciale	1-877-336-2433
Manitoulin Family Resources	1-705-377-5532
Violence Intervention Prevention	705-675-4743
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
Voices for Women (Sexual Assault)	705-671-5495
YWCA Geneva House Abuse Line	705-674-2210
Toll Free	1-800-461-0133

**ADDICTIONS see also MENTAL HEALTH**

**Connex Ontario**

Helplines are live, answer 24/7, confidential and free

Drug and Alcohol Helpline	1-800-565-8603
Mental Health Helpline	1-866-531-2600
Ont. Problem Gambling Helpline	1-888-230-3505
Smokers Helpline	1-877-513-5333
Harm Reduction Day Program	705-675-7252
Outpatient Gambling & Addictions	705-523-4988 x 4211
The Point (needle exchange) (SACY)	705-673-4287
Manitoulin Community Withdrawal	705-368-0058
Manitoulin Family Resources	1-705-377-5532
HSN Withdrawal Mgt (Pine St.)	705-671-7366
VitaHeal Medical Clinic Addictions	705-805-6383
Monarch Women's Intake	705-674-4193
Monarch Women's Treatment Ctr	705-674-4193
Monarch Aftercare Centre	705-674-4193
Monarch Pregnancy/Parenting Prog	705-674-4193
Monarch Men's Recovery Centre	705-674-4193
Monarch Day Treatment Program	705-674-4193

**INPATIENT TREATMENT FACILITIES**

Camillus Centre-Elliot Lake	705-848-2129
Nipissing Detoxification & Substance Abuse Programs (North Bay)	705-476-6240 x 6290
Benbowopa Centre - Blind River	705-356-1681
Toll free number	1-877-356-1681

**RECOVERY/ADDICTION CLINICS**

Rapid Access Medicine Clinic	705-523-7100 x 1875
Safe Bed Program	705-671-7366 x 1876
Northwood Recovery 80 Elm St.	705-806-2986
OATC - 450 Notre Dame Ave	705-673-1116
Dr. Dressler, 310 Larch St	705-669-1111
Dr. Shapiro, 135 Aplegrove St	705-673-3111
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) (SACY)	705-673-4287
Sudbury District Health Unit	705-522-9200

**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
Butterflywings Perinatal	
Bereavement Services	705-562-4955

**BI-SEXUAL, GAY, LESBIAN, TRANS**

TG Innerelves	705-673-4396
GLBT 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**

Acquired Brain Injury Association	705-671-3188
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**

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 & Community Resources	705-525-0055
Children's Aid Society	705-566-3113
Children's Community Network	705-566-3416
Children's Services, Greater Sudbury Day Care subsidies/registry	705-674-4455 x 4279
Early Psychosis Intervention Program (HSN)	705-523-4988 x 4242
Early Years/Best Start	705-674-4455 x 4424
Web site: sudburyfamilies.ca	
Healthy Babies Healthy Child	705-522-9200 x 342
Human League Association-Funds Activity Fund for children or children's activities	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 8214
Sudbury & District Health Unit	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
Saint Andrews United Church	705-674-0721
St. Vincent de Paul	705-897-1212
Jarrett Value Centre	705-525-5100
Salvation Army Thrift Store	705-525-2433
Sudbury Women's Centre	705-673-1916

**COUNSELLING SERVICES**

Check the Yellow Pages of the phone book under "Marriage, Family & Individual Counsellors"

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

**DISABILITIES**

**DEVELOPMENTAL**

Autism Ontario Sudbury	705-677-4939
Community Living Greater Sudbury	705-671-7181
Develop.Clinical Svcs (HSN)	705-523-4988 x 4256
Developmental Services Ontario	705-222-6066
Learning Disabilities Assoc of Sudbury	705-522-0100
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	705-566-8101 x 7712
College Boreal	705-560-6673 x 3085
Carrefour francophone de Sudbury	705-675-6493
Carrefour Options+	705-525-0110
Centre de formation et de perfectionnement du grand Sudbury	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
Sud Multicultural & Folk Arts Association (new immigrants)	705-674-0795
Settlement Services/Newcomers	705-5606673x2785

**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 Employm't Sup	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/Emploi	
Sudbury	705-560-1562
Val Caron	705-897-5627
Chelmsford	705-855-1562
Española	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 Day Care subsidies/registry	705-674-4455 x 4279
Credit Counselling Sudbury	705-560-0430 x 0
Easter Seal Soc, physical disabilities	705-566-8858
Income Tax	1-800-959-8281
Min of Community, Family Children and Youth Services, 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
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
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**

Sudbury Soup Kitchen	705-675-5300
<i>Serves lunch from 11 am - 2:00 pm</i>	
Beech Street Community Kitchen	705-674-6447
<i>Open to low income or lone parent families-help for planning, purchasing &amp; preparing nutritious meals - 1st &amp; 3rd Thursday each month 10 am -1 pm (except July &amp; August)</i>	
Corner Clinic	705-673-3721
<i>Open from 8 am - 12 pm &amp; 1 pm - 2:30 pm. Drop-in Centre for homeless. Clothing donations, Nurse and family practitioner 1/week, dental hygiene, coffee, free personal care products, outreach at night.</i>	
Elgin Street Mission	705-673-2163
<i>Breakfast Mon - Fri from 8 am to 9:30 am, Supper served nightly</i>	

from 6 pm to 7:30 p.m., Saturday & Sunday brunch from 10 am - 12:00 pm.

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

**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  
Massey Food Bank (Massey residents) 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)-----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 (abused women) ----- 705-674-2210  
Cedar Place-Women and families----- 705-586-3293

**FIRST NATIONS HOUSING SERVICES**

Native People of Sudbury Dev. Corp. - geared to Income Housing for Natives----- 705-674-9996  
Ontario Aboriginal Housing Services -- 705-256-1876  
Toll free -----1-800-492-1605

**HOUSING SERVICES**

Corner Clinic - Housing Outreach ----- 705-673-3721  
CMHA - Provides Apartment Listings - 705-675-7252  
Canadian Red Cross, Housing List ---- 705-674-0737  
Elizabeth Fry Society-Resources----- 705-673-1364  
Greater Sudbury Housing Corp----- 705-674-8323  
Addiction Supportive Housing (ASH)-- 705-674-0123  
ICAN - physical disability ----- 705-673-0655  
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  
Palambro Retirement Home -----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 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  
Toll-Free ----- 1-866-469-0822  
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 sant e communautaire Sudbury 705-670-2274  
Sudbury & District Health Unit ----- 705-522-9200  
Marijuana Medical Clinic ----- 705-805-0092  
Bodystream Sudbury----- 1-800-730-8210

**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, Val Caron, 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**

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

**HOME CARE/PALLIATIVE CARE**

Soci t  Alzheimer Society ----- 705-560-0603  
Toll Free ----- 1-800-407-6369  
Bayshore Sudbury & Espanola----- 705-523-6668  
Canadian Shield Health Care----- 1-888-840-1188  
Community Care Access Centre----- 705-522-3461  
Toll Free ----- 1-800-461-2919  
Home Instead Senior Care ----- 705-523-1600  
Retire-At-Home Services----- 705-866-6231  
The HAVEN Program, AIDS ----- 705-523-7059  
Victoria Order of Nurses/VON ----- 705-671-1575  
We Care ----- 705-523-4008  
Maison VALE 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 (if you don't have a family physician) ----- 1-800-445-1822  
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  
**Connex Ontario**  
Helplines are live, answer 24/7, confidential and free  
Drug and Alcohol Helpline ----- 1-800-565-8603  
Mental Health Helpline----- 1-866-531-2600  
Ont. Problem Gambling Helpline-- 1-888-230-3505

**HSN-Mental Health & Addictions Centre, 127 Cedar St**

Crisis Intervention -----705-675-4760  
Central Intake & Referral -----705-523-4988 x 0  
Positive Steps -----705-523-4988 x 4377  
TOPS ----- 705-523-4988 x 0  
ACTT 1 Team-----705-523-4988 x 4282  
ACTT 2 Team-----705-523-4988 x 4283  
Mood and Anxiety Program --705-523-4988 x 4242  
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  
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 4211  
National Eating Disorder Info Centre 1-866-633-4220  
Overeaters Anonymous ----- 705-207-0877  
705-222-6141

**PEER SUPPORT & SUPPORT FOR FAMILIES**

Family & Friends  
Education Group -----705-523-4988 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**

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

**OLDER ADULTS**

Soci t  Alzheimer Society -----705-560-0603  
Toll Free ----- 1-800-407-6369  
Arthritis Society ----- 705-673-4641  
For Seniors Only-----705-522-0679  
Home Instead Senior Care----- 705-523-1600  
Meals on Wheels ----- 705-525-4554  
Elder Abuse Ontario ----- 705-525-0077  
Toll Free----- 1-866-299-1011  
ParkSide (Older Adult Centre) ----- 705-673-6227  
Red Cross (transportation)----- 705-674-0737  
Seniors Mental Health Outreach Prog (HSN)  
----- 705-523-4988 x 4130

**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  
and Infant Food Bank----- 705-673-5003  
Sudbury & District Health Unit ----- 705-522-9200  
Health Sciences North - 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 Netwrk-- 705-855-5230  
Sudbury Action Centre for Youth----- 705-673-4396  
Walden Youth for Youth ----- 705-692-1777  
Northern Youth Services  
Youth Attendance Center----- 705-673-4879  
Youth Justice Family Worker ----- 705-524-3354