



**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  
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 Genevra House Abuse Line----- 705-674-2210  
Toll Free -----1-800-461-0133

**ADDICTIONS see also MENTAL HEALTH**

**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/ADDITION 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  
Butterflywings Perinatal  
Bereavement Services -----705-562-4955

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

TG Innerselves ----- 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**

Ontario March of Dimes - 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 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  
Hubs/EarlyON----- 705-674-4455 x 4424  
Web site: [sudburyfamilies.ca](http://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 ----- 705-525-5100  
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

**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 Employ'm'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  
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  
Srvcs, 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**

Blue Door Soup Kitchen -----705-675-5300  
*344 Elgin St - Serves lunch daily from 11am - 2:00pm*  
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 10am -1pm (except July & August)*  
Corner Clinic-----705-673-3721  
*344 Elgin St. Open from 8am - 12pm & 1pm - 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.*  
Elgin Street Mission-----705-673-2163  
*Breakfast Mon - Fri from 8am - 9:30am, Supper served nightly from  
6 pm to 7:30 p.m., Saturday & Sunday brunch from 10am -12pm.*  
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  
(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

#### **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----- 705-674-8323  
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  
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  
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 santé 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 Assignack 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**

Société 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 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 (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  
**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  
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

#### **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 - Newcomers  
----- 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 Behavioural 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 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