

For inquiries or to report errors/changes, call CMHA-S/M at 705-675-7252 or email [info@cmha-sm.on.ca](mailto:info@cmha-sm.on.ca). Check for updated versions of this list at: <http://sm.cmha.ca/>

Pour demander des renseignements ou pour signaler des erreurs ou des changements, appelez l'ACSM-S/M au 705-675-7252 ou envoyez un courriel à [info@cmha-sm.on.ca](mailto:info@cmha-sm.on.ca). Vérifiez les versions mises à jour de cette liste à <http://sm.cmha.ca/>.

## SUDBURY/MANITOULIN COMMUNITY RESOURCE LIST

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/>

### LISTE DES RESSOURCES COMMUNAUTAIRES DE SUDBURY/MANITOULIN

Si vous avez besoin d'aide pour trouver des services, appelez le 705-675-7252.

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

May/19



#### ABUSE, ASSAULT & DOMESTIC VIOLENCE Mauvais traitements, agressions et violence domestique

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 Toxicomanie, voir aussi santé mentale

**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 SIDA / Hépatite 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 Gestion de la colère

Inner City Home of Sudbury ----- 705-675-7550

John Howard Society ----- 705-673-9576  
Shkagamik-Kwe Health Centre ----- 705-675-1596

#### BEREAVEMENT

**Deuil**  
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 Bisexuels, homosexuels, transgenres

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 Lésions cérébrales / Tumeurs

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  
Outpatient Brain Injury Rehabilitation Services (HSN,  
OBIRS) ----- 705-523-7100 x 7298 |  
Toll free: 1.866.469.0822 x 7298

#### CHILDREN / PARENTS / FAMILY Enfants / Parents / Familles

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  
Greater Sudbury Multiple Births Association -----  
705-626-8866

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  
NEO Kids-Infant and Child Development Services ---  
----- 705.523.7184 x 4805  
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

#### Dons de vêtements

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

**Services de counseling**  
*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 Incapacités

**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 Éducation

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 Boreál ----- 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 Numéros d'urgence

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 Emploi

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 of Northeastern Ontario ----- 705-674-2324  
 Sudbury Workers Education & Advocacy Centre---  
 705-470-2173  
 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**

**Finances**

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  
 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**

**Autochtones**

Gezhtoojig Employment & Training---- 705-524-6772  
 Noojmojin Teg Health Centre, -----705-368-2182  
 N'Swakamok Native Friendship Ctr---- 705-674-2128  
 Shkagamik-Kwe Health Centre ----- 705-675-1596  
*see also Housing Services/Shelters*

**FOOD, CLOTHING & MEDICAL AID**

**Nourriture, vêtements et aide médicale**

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**

**Banques alimentaires**

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**

**Services de logement / Abris**

**SHELTERS**

Off the Street Emergency Shelter ----- 705-675-7252  
 Foyer Notre Dame House, youth ----- 705-675-6422  
 Salvation Army sheltering services ---- 705-673-1175  
 Geneva 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**

**Questions et aide juridiques**

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**

**Soins médicaux**

**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 Assinack 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**

**Santé mentale, voir aussi toxicomanie**

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 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  
 Living Healthy Northeast -----705. 523-7155 |  
 Toll free: 1.866.991.7155

**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****Services aux nouveaux arrivants**

Sud Multicultural & Folk Arts Association  
 (New Immigrants) ----- 705-674-0795  
 Settlement Services - Newcomers  
 -----705-560-6673 x2785  
 YMCA of Northeastern Ontario-----705-674-2324

**OLDER ADULTS****Personnes âgées**

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****Grossesse**

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****Transport**

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

**YOUTH****Jeunes**

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  
 Neo Kids - Infant and Child Development Services  
 ----RLHC main site (705)523-7100.  
 Northern Youth Services  
 Youth Attendance Center ----- 705-673-4879  
 Youth Justice Family Worker ----- 705-524-3354