

# Sudbury and Manitoulin Community Resources

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## Emergency Numbers

Crisis Intervention Program and Mobile Crisis Team: 705 675-4760, toll free: 1-877-841-1101

Suicide Crisis Helpline: 988

Northeastern Regional Warm Line (pre-crisis): 1-866-856-9276

Police, Ambulance, Fire: 911

Police, non-emergency: 705 675-9171

Victim Services, Police: 705 522-6970

Poison Control: 1-800-268-9017

**Abuse, Assault, and  
Domestic Violence**

**First Nations, Metis, Inuit**

**Mental Health**

**Addictions**

**Healthcare & Medical Services**

**Newcomer Services**

**Clothing, Food, &  
Household Items**

**Homelessness**

**Older Adults**

**Community**

**Housing Services**

**Parenting, Pregnancy, and  
Family Supports**

**Disability Services & Supports**

**Legal Issues and Assistance**

**Transportation**

**Education, Employment  
& Training**

**2SLGBTQ+**

**Youth**

Greater Sudbury City Services: 311 / Health services on the Web: [northeasthealthline.ca](http://northeasthealthline.ca)

Help getting connected to social and community supports: 211 / [211ontario.ca](http://211ontario.ca)

All information is compiled directly from the respective agency's website. Please note that information, programs, and services may change at any point. Please contact [info@nisa.on.ca](mailto:info@nisa.on.ca) or call us at 705 222-6472 to report any errors or changes.

**Use CTRL+F to search for services or providers.**



# Abuse, Assault, and Domestic Violence

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## Assaulted Women's Helpline (GTA/Provincial)

The Assaulted Women's Helpline offers support day or night, to support, listen to, and guide women who have faced any form of abuse throughout Ontario.

1-866-863-0511

#SAFE 7233

[www.awhl.org](http://www.awhl.org)

## Centre Victoria pour femmes

Le Centre Victoria pour femmes supports francophone women who fight against all forms of violence. They offer counselling and support groups, personalized support including navigating police, judicial, and medical interactions, as well as a housing search if required.

705-670-2517

[www.centrevictoria.ca](http://www.centrevictoria.ca)

## Lignes FEM-AIDE (Provincial)

Fem'aide provides French-speaking women struggling with gender-based violence with support, information and referrals to appropriate services in their community, 24 hours a day, 7 days a week.

1-877-336-2433 (Phone and SMS)

[www.femaide.ca](http://www.femaide.ca)

## Sudbury Counselling Centre

SCC offers some of the following programs: PAR (Partner Assault Response), VAW (Violence Against Women), Male Survivors of Sexual Abuse.

705-524-9629

[www.counsellingccs.com](http://www.counsellingccs.com)

## Health Sciences North

Health Sciences North offers Violence Intervention and Prevention Program (VIPP), Voices for Women (VFW) - Sudbury Sexual Assault Centre, and a Pediatric Assessment and Referral Evaluation clinic.

705-675-4743 - or have VIPP on-call nurse paged through the switchboard.

[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

## Sudbury Women's Centre

SWC is dedicated to supporting women, girls, and gender diverse individuals experiencing violence and other challenging life situations.

705-673-1916

[www.sudburywc.ca](http://www.sudburywc.ca)

## Sudbury & Area Victim Services

Sudbury & Area Victim Services provides safe and effective crisis intervention to victims of crime and tragic circumstance..

705-522-6970

[www.savs.ca](http://www.savs.ca)

## Shelters

### Haven House Shelter

Haven House Shelter offers safe emergency accommodation to all self-identified women 16 years of age and older, with or without dependents, who experience or are at risk of experiencing violence and/or abuse.

24 hour Crisis Line: 705-377-5160

Toll Free: 1-800-465-6788

Text: 705-968-0499

[www.mfresources.net](http://www.mfresources.net)

### YWCA - Genevra House

YWCA offers safety planning, crisis intervention, and support to women and children affected by intimate partner violence, also providing emergency shelter.

705 674-2210

[www.ywcasudbury.ca](http://www.ywcasudbury.ca)

### Nookomisnaang Shelter for Victims of Family Violence

The shelter provides a safe haven for individuals seeking safety and protection from family violence.

705-859-1543

[www.wikyhealth.ca](http://www.wikyhealth.ca)

# Addictions

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See also: [Healthcare & Medical Services](#) and [Mental Health](#)

## **ConnexOntario (Provincial)**

ConnexOntario is a confidential phone, chat, texting and email service that helps people in Ontario who need support and information about mental health, gambling and addiction services available in their community.

1-866-531-2600

Text CONNEX to 247247

[connexontario.ca](http://connexontario.ca)

## **VitaHeal**

VitaHeal is a medical clinic that is dedicated to helping people battle their addiction. This comprehensive treatment program involves a long-term methadone prescription plan, as well as individualized case-management, counselling and other medical services.

705-805-6383

[www.vitaheal.ca](http://www.vitaheal.ca)

## **Community Addictions Support, Noojmowin Teg Health Centre**

Noojmowin Teg helps to support and promote the overall wholistic and well-being of Anishinabek individuals and families whom are seeking support for mental health and addictions concerns, including ongoing monitoring and support along with planning and advocating for services.

Mental Health and Addictions: 705 368-0083 ext. 327

[www.noojmowing-teg.ca](http://www.noojmowing-teg.ca)

## **Smokers' Helpline (Provincial)**

The Helpline offers free, and personalized tools to help with smoking and vaping cessation while Talk Tobacco also offers Indigenous-focused support.

Smokers Helpline: 1-877-513-5333

Health Connect Ontario: 1-866-797-0000

[www.smokershelpline.ca](http://www.smokershelpline.ca)

Talk Tobacco: 1-833-998-TALK (8255)

Text: CHANGE to 123456

[www.smokershelpline.ca/talktobacco](http://www.smokershelpline.ca/talktobacco)

## **Manitoulin Family Resources**

Manitoulin Family Resources offers Outreach Counselling for free in Manitoulin, Espanola, and the North Shore which can include addictions support services.

705-377-5160

[www.mfresources.net](http://www.mfresources.net)

## **The Point (harm reduction supplies and services)**

The Point is a free and confidential program offered by Public Health Sudbury and Districts that provides harm reduction supplies and services to people who use drugs.

Sudbury: 705-522-9200

Espanola: 705-222-9202

Manitoulin Island: 705-370-9200

## **Northwood Recovery Clinic**

Whether you're seeking support for yourself or a loved one, our experienced counselors are here to listen, understand, and provide personalized assistance on your journey to recovery. Reach out today to take the first step towards a life of health, hope, and healing. Programs offered include Methadone, Suboxone, and Sublocade; counselling services including traditional First Nations support; and Ontario Works, and Child Protective Services support.

Sudbury: 705-806-3737

Wikwemikong: 705-859-3280

Massey: 1-844-864-0523

Little Current: 705-358-2450

[www.northwoodrecovery.ca](http://www.northwoodrecovery.ca)

## **Réseau ACCESS Network**

Offers syringe recovery program, supervised consumption site, and harm reduction services.

705-688-0500

[www.reseauaccessnetwork.com](http://www.reseauaccessnetwork.com)

### **Monarch Recovery Services**

Monarch Recovery Services has addiction recovery services for many steps of recovery. The Men's Recovery Program gives support, empowerment and assistance in learning the 12 steps, finding a sponsor, setting up a home group, learning life skills and daily living while staying in a safe and therapeutic home. The Women and Men's Treatment Programs allow further exploration of recovery, education and empowerment to live a life of sobriety. The Women and Men's Aftercare Programs allows the opportunity to use new found knowledge of recovery based living and practice living life on life's terms.

Administration: 705-674-4193 ext. 2221

[intake@srmonarchrs.com](mailto:intake@srmonarchrs.com)

[www.monarchrecoveryservices.ca](http://www.monarchrecoveryservices.ca)

### **OATC Sudbury**

In addition to providing Methadone and Suboxone assisted therapy, we offer harm reduction services, basic primary care, Hepatitis C and HIV Treatment, and counselling/case management.

705-673-1116

[www.canatc.ca](http://www.canatc.ca)

### **Inpatient Treatment Facilities**

#### **Camillus Centre, Elliot Lake**

Phone: 705-848-2129 ext. 3313

24/7 Line: 705-848-7182 ext. 3310

[www.sjhel.ca](http://www.sjhel.ca)

#### **Nipissing Detoxification & Substance Abuse Program, North Bay**

705-476-6240 ext. 6290

#### **Benbowopka Treatment Centre, Blind River**

Phone: 705-356-1681

[www.benbowopka.com](http://www.benbowopka.com)

### **Health Sciences North**

#### **Outpatient Addictions and Gambling Services**

We offer a wide range of services to help you including assessment, individual and / or group counselling, relapse prevention, treatment for family members and referrals to other agencies as needed. The service is available for youth, adults and family members. Anyone can refer to the program.

Sudbury: 705-523-4988 ext. 4211

Espanola: 705-869-1564

Manitoulin: 705-368-0756

#### **Rapid Access Addiction Medicine (RAAM) Clinic**

The Rapid Access Addictions Medicine (RAAM) clinic is a low barrier walk-in clinic for people looking for help with their substance use.

705-523-4988

[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

#### **Withdrawal Management Services (WMS) and Mobile Withdrawal Management Services (MWMS)**

Withdrawal Management Services (WMS) offers 24-hour detox for individuals aged 16 and older experiencing alcohol or substance withdrawal, with 19 beds available. Mobile Withdrawal Management Services (MWMS) provides support at a location convenient for the individual, such as their home.

WMS: 705-523-7100 ext. 1870

MWMS: 705-523-7100 ext. 1829

[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

#### **Safe Beds Program**

The Safe Beds Program is a 24 hour, voluntary service that offers short-term residential support to those who are experiencing a mental health and/or addictions crisis.

705-523-7100 ext. 1876

[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

## Clothing, Food, & Household Items

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### **Better Beginnings Better Futures**

The Community Closet is filled with donated items (clothing, household goods), which are available to the community at no charge.

Better Beginnings has a Collective Kitchen which helps develop participants skills to prepare healthy, delicious, and affordable meals.

They also have an Emergency Food Cupboard which offers a nutritional bag of food designed to last an individual or family a minimum of 24 hours.

705-671-1941 ext. 236

[www.betterbeginningssudbury.ca](http://www.betterbeginningssudbury.ca)

### **Sudbury Women's Centre - My Sister's Closet**

My Sister's Closet is a Program offered by the Sudbury Women's Centre (SWC) that provides women, girls, trans and non-binary individuals with clothing, accessories and hygiene items at no cost.

705-673-1916

[info@sudburywc.ca](mailto:info@sudburywc.ca)

[www.sudburywc.ca](http://www.sudburywc.ca)

### **St. Vincent de Paul**

Society of St. Vincent de Paul may offer emergency assistance in the form of food vouchers, clothing, or furniture.

705-521-4627

[www.ssvp.on.ca](http://www.ssvp.on.ca)

### **Pregnancy Care Centre & Infant Food Bank**

The infant food bank provides infant formula, baby food, diapers, and wipe as available by appointment.

They also provide a milk and bread program twice per month, and the care closet with gently used children's items.

705-673-5003

[www.pccidb.ca](http://www.pccidb.ca)

### **Manitoulin Family Resources**

MFR provides great buys on household items, clothing, and provides emergency food assistance.

705-368-340 x242

[www.mfresources.net](http://www.mfresources.net)

### **Sudbury Food Bank**

The Sudbury Food Bank aims to alleviate hunger for those living in the region of the City of Greater Sudbury including Espanola, Serpent River First Nations, and Spanish River. Find your local food bank on their website.

705-671-9663

[www.sudburyfoodbank.ca](http://www.sudburyfoodbank.ca)

### **The Good Food Project**

The Good Food Box is a non-profit, community initiative helping individuals and families in need of assistance to put fresh produce on the table. The program offers a variety of nutritious, delicious fresh fruits and vegetables at wholesale prices.

[The Good Food Project \(Sudbury\)](#)

[Good Food Box \(Manitoulin\)](#)

### **Meals on Wheels**

Meals On Wheels (Sudbury) helps clients maintain independent living, and offers services to those who are unable to shop for food or cook for themselves by delivering well-balanced, delicious, and affordable meals that nourish the body.

705-525-4554

[www.sudburymeals.org](http://www.sudburymeals.org)

### **Blue Door Soup Kitchen**

Serves people experiencing homelessness or food insecurity by providing food and love.

705-675-5300

[www.bluedoorsoup.ca](http://www.bluedoorsoup.ca)

### **Elgin Street Mission**

Providing physical, emotional, and spiritual nourishment to all who enter its doors. Breakfast, 8AM - 11AM, Dinner 5:30PM - 7:30PM; shower facilities, and haircuts; clothing, footwear, coats, blankets; advocacy services; pastoral and chaplaincy services; and a drop-in centre.

705-673-2163

[www.themission.ca](http://www.themission.ca)

See also: [Older Adult](#), [First Nations](#), [Metis](#), [Inuit](#), [Youth](#)

### **Drop-In and Programs**

#### **Northern Initiative for Social Action (NISA)**

NISA is a peer-run organization that provides a range of supports, advocacy, and resources to help participants in their journey towards mental health recovery. They offer a drop-in on Tuesdays and Fridays where people can come and enjoy a coffee and get some peer support. They also offer various programs.

705-222-6472

[www.nisa.on.ca](http://www.nisa.on.ca)

#### **Independent Living Sudbury Manitoulin**

ILSM is about merging persons with disabilities, of all ages, into the community to create an inclusive and accessible society where all are valued equally, and all participate fully. They offer an educational, social, and recreational organization for people with or without disabilities to spend time with each other in a safe and inclusive space.

705-675-2121

[www.ilsm.ca](http://www.ilsm.ca)

#### **ParkSide Older Adult Centre**

The mission of the ParkSide Centre is to enable, provide and advocate opportunities for people over 50 to explore their potential and to maintain a healthy, active and independent lifestyle.

705-673-6227

[www.theparksidecentre.ca](http://www.theparksidecentre.ca)

#### **Youth Wellness Hub**

A safe, welcoming and inclusive space for youth to access free mental health and addiction services, primary care and skills and well-being activities.

705-280-7851

[www.ywhsudbury.ca](http://www.ywhsudbury.ca)

#### **Sudbury Women's Centre**

Come out and enjoy activities such as self-compassion bingo, seasonal card making, button making, and various other fun activities. While at the Centre, you can shop My Sister's Closet and connect with a client support worker. This program runs every other Tuesday.

705-673-1916

[www.sudburywc.ca](http://www.sudburywc.ca)

#### **Recreation Programs**

City of Greater Sudbury: [www.greatersudbury.ca](http://www.greatersudbury.ca)

Town of Espanola: [www.espanola.ca](http://www.espanola.ca)

Central Manitoulin: [www.centralmanitoulin.ca](http://www.centralmanitoulin.ca)

Univi Health Centre (Sudbury East): [www.univi.ca](http://www.univi.ca)

Centre de Sante communautaire du Grand Sudbury: [santesudbury.ca](http://santesudbury.ca)

YMCA Northeastern Ontario: [www.ymcaneo.ca](http://www.ymcaneo.ca)

For other catchment areas: [www.phsd.ca](http://www.phsd.ca)

#### **Spiritual Communities**

List of churches and religious organizations in Sudbury and Area : [www.northernontariolocal.ca](http://www.northernontariolocal.ca)

# Disability Services & Support

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See also: [Healthcare & Medical Services](#)

## Child and Community Resources

Child & Community Resources offers a wide range of services for children, youth, families, and professionals, to support the inclusion, integration, and wellbeing of children and youth throughout the North Region of Ontario including children with autism.

705-525-0055

[www.ccrconnect.ca](http://www.ccrconnect.ca)

## Children's Community Network

CCN provides Coordinated Service Planning for children and youth with multiple and/or complex needs and their families.

Sudbury: 705-566-3416

Espanola, Chapleau, & Manitoulin: 1-877-272-4336

[www.ccnsudbury.on.ca](http://www.ccnsudbury.on.ca)

## Easter Seals Ontario

Easter Seals Ontario is dedicated to helping children, youth, and young adults with physical disabilities carve their own path into the world, with assurance and autonomy.

705-566-8858

[www.easterseals.org](http://www.easterseals.org)

## Community Living Greater Sudbury

CLGS supports individuals living with developmental disabilities through a range of services including twelve residential programs, day programming, and the host family program.

[www.communitylivinggreatersudbury.ca](http://www.communitylivinggreatersudbury.ca)

## Sudbury Developmental Services

SDS provides individualized supports and services that foster community integration, social inclusion, and choices, while guaranteeing individual rights.

705-674-1451

[www.sudburyds.ca](http://www.sudburyds.ca)

## Infant and Child Development Services (HSN)

ICDS workers support families of infants/children from birth to school entry who are at risk of, or have a known developmental delay.

Sudbury (Main): 705-523-7120 ext. 7184

Espanola & Chapleau: 1-800-377-2128

[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

## Adult & Youth Enrichment Center Inc.

Adult Youth and Enrichment Center Inc. provides a range of specialized services under one roof, offering modern life skills programming, employment readiness training, social development opportunities, and recreational activities.

249-651-9787

[info@adultenrichment.ca](mailto:info@adultenrichment.ca)

[www.adultenrichment.ca](http://www.adultenrichment.ca)

## Sudbury Community Service Centre

The organization provides a variety of specialized services to support individuals who have a developmental disability. These programs include the Adult Protective Service Worker Program, the Clinical Service Program, the MCCSS Passport Program Administration and Coordination Service, the Complex Support Coordination Program, the Specialized Case Management Program, the Justice Support Program, and our Life Skills Development Program.

705-560-0430

[scsc@scscsudbury.ca](mailto:scsc@scscsudbury.ca)

[www.sudburycommunityservicecentre.ca](http://www.sudburycommunityservicecentre.ca)

## Independent Living Sudbury Manitoulin

A non-profit that offers programs and activities that are available to the members, essentially to provide them with information, awareness, and education. ILSM is a place for members to spend time together and learn new skills.

705-675-2121

[info@ilsm.ca](mailto:info@ilsm.ca)

[www.ilsm.ca](http://www.ilsm.ca)

## Disability Services & Support, continued

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### **March of Dimes**

March of Dimes serves, connects, and empowers people with disabilities to participate fully in life — on their own terms. Some supports include accessible modifications, and technology; aphasia services; children’s programs; attendant care; brain injury services; developmental disability & life skills; employment services; Polio Canada; After Stroke Program.

705-671-3188

[www.marchofdimes.ca](http://www.marchofdimes.ca)

### **Brain Injury Association of Sudbury & District**

Brain Injury Association strives to enhance the lives of individuals of Sudbury and District living with the effects of acquired brain injury through education, awareness and support offering Survivor/Caregiver Support Group; community education; and peer support program.

[info@biasd.ca](mailto:info@biasd.ca)

[www.biasd.ca](http://www.biasd.ca)

### **Canadian Hearing Services**

Canadian Hearing Services aims to be the leading organization delivering professional services and products that empower Deaf and hard of hearing Canadians to overcome barriers to participation. Some programs include counselling; general support; hearing care counselling; education; employment; and accessibility services.

705-522-1020

[www.chs.ca](http://www.chs.ca)

### **Alzheimer Society, Sudbury-Manitoulin North Bay & Districts**

The Alzheimer Society provides programs and educational resources to people experiencing dementia and their loved ones.

705-560-0603

[www.alzheimer.ca](http://www.alzheimer.ca)

### **Vision Loss Rehabilitation**

Vision Loss Rehabilitation Canada (VLRC) is a not-for-profit national healthcare organization and the leading provider of rehabilitation therapy and healthcare services for individuals with vision loss.

1-844-887-8572

[www.visionlossrehab.ca](http://www.visionlossrehab.ca)

### **CNIB**

CNIB’s mission is to change what it is to be blind through innovative programs and powerful advocacy that enable Canadians impacted by blindness to live the lives they choose. Some programs include peer support; employment; skills training, and education; assistive technology; and more.

705-675-2468

[www.cnib.ca](http://www.cnib.ca)

### **Crohn’s and Colitis**

Crohn’s and Colitis Sudbury offers support to those living with inflammatory bowel disease.

705-890-9782

[www.crohnsandcolitis.ca](http://www.crohnsandcolitis.ca)

### **ICAN - Independence Centre and Network**

ICAN provides assistance to individuals to live independently and inclusively in the community through individualized support and rehabilitation services. They offer services for persons living with a physical disability, post stroke support, and support services for older adults and seniors.

705-673-0655

[www.ican-cerd.com](http://www.ican-cerd.com)

## **Adult Education**

### **Rainbow District School Board**

705-674-3171

[www.rainbowschools.ca](http://www.rainbowschools.ca)

### **Sudbury Catholic District School Board**

705-673-5620

[www.sudburycatholicschools.ca](http://www.sudburycatholicschools.ca)

### **St. Albert Learning Centre**

705-673-3031

[www.grandnord.ca](http://www.grandnord.ca)

### **Cambrian College**

[www.cambriancollege.ca](http://www.cambriancollege.ca)

### **College Boreal**

[www.collegeboreal.ca](http://www.collegeboreal.ca)

### **N'Swakamok Native Friendship Centre**

#### **Native Alternative School**

705-674-2128

[www.nfcsudbury.org](http://www.nfcsudbury.org)

## **Elementary and Secondary Schools**

### **Rainbow District School Board**

705-674-3171

[www.rainbowschools.ca](http://www.rainbowschools.ca)

### **Sudbury Catholic District School Board**

705-673-5620

[www.sudburycatholicschools.ca](http://www.sudburycatholicschools.ca)

### **Carrefour francophone de Sudbury**

705-671-1533

[www.grandnord.ca](http://www.grandnord.ca)

### **Conseil scolaire Catholique nouvelon**

705-673-5626

[www.nouvelon.ca](http://www.nouvelon.ca)

## **Certificate Trainings**

### **Canadian Mental Health Association**

- safeTALK
- Mental Health First Aid
- ASIST - Applied Suicide Intervention Skills Training

705-675-7252

[www.sm.cmha.ca](http://www.sm.cmha.ca)

### **Lifesaver 101**

- First Aid and CPR

[www.lifesaver101.com](http://www.lifesaver101.com)

### **Canadian Red Cross**

- First Aid and CPR
- Opioid Harm Reduction

[www.redcross.ca](http://www.redcross.ca)

## **Employment Services**

### **March of Dimes**

March of Dimes offers assessments, and rehabilitation to job placement and coaching for people with disabilities, and employers.

705-674-3377

[www.marchofdimes.ca](http://www.marchofdimes.ca)

### **YMCA of Northeastern Ontario**

The YMCA of Northeastern Ontario Employment Services is committed to providing access to meaningful job opportunities and helping employers find ideal job candidates

705-674-2324

[employment-info@ymcaneo.ca](mailto:employment-info@ymcaneo.ca)

[www.ymcaneo.ca](http://www.ymcaneo.ca)

### **Gezhtoojig Employment & Training**

Gezhtoojig helps to foster and direct Aboriginal employment, training, and business development initiatives.

705-524-6772

[getinfo@gezhtoojig.ca](mailto:getinfo@gezhtoojig.ca)

[www.gezhtoojig.ca](http://www.gezhtoojig.ca)

### **Spark Employment Services**

Spark Employment services aims to provide quality accessible services responsive to the needs of job seekers & employers through individualized solutions & mutually beneficial partnerships.

705-671-2544

[spark@sudburyemployment.ca](mailto:spark@sudburyemployment.ca)

[www.sudburyemployment.ca](http://www.sudburyemployment.ca)

### **Employment Options**

Connecting employers and employees and offering employment services like career counselling, resume-writing, and interview skills.

Sudbury: 705-560-1562

Val Caron: 705-897-5627

Chelmsford: 705-855-1562

Espanola: 705-869-4113

Manitoulin: 705-368-3194

[www.employmentoptions.ca](http://www.employmentoptions.ca)

### **Employment Ontario**

Chapleau & surrounding area only.

Connecting people looking for work with employers looking for workers. Free access to computers for job search, faxing services, photocopying, workshops, and more.

705-864-7850 ext. 133

### **Ontario Works**

Ontario Works is intended to temporarily help persons or families with basic financial assistance while providing support with finding employment.

705-675-2411 (Sudbury)

[www.ontario.ca](http://www.ontario.ca)

### **Ontario Disability Support Program**

ODSP offers money to help you and your eligible family members with living expenses, health benefits, and employment support to help you find and keep a job or advance in your career.

705-564-4515

[www.ontario.ca](http://www.ontario.ca)

### **APANO - Aboriginal People's Alliance Northern Ontario**

Striving to develop and implement services, programs and activities to assist in social, cultural, health, and economic matters concerning Off-Reserve Status, Non-Status, Inuit and Métis peoples of Ontario. Programs include Aboriginal Head Start; Community Action Program for Children; Healthy Babies, Healthy Children; EarlyON; Community Wellness; Long Term Care; Aboriginal Diabetes Prevention Program; Blazing Trails for Indigenous Youth Justice.

705-272-2562

[www.apano.ca](http://www.apano.ca)

### **Shkagamik-Kwe Health Centre**

The Shkagamik-Kwe Health Centre is an Aboriginal Health Access Centre that;

- Is dedicated to balanced and healthy lifestyles through quality, holistic, culturally-relevant health services to the First Nations, Métis and Inuit individuals and their families in the Greater City of Sudbury and partnering First Nation Communities.
- Engages in clinical, social, economic and cultural initiatives that will promote the health of all Aboriginal people.
- Promotes community building through partnerships, education and advocacy.

705-675-1596

[www.skhc.ca](http://www.skhc.ca)

### **N'Swakamok Indigenous Friendship Centre**

N'Swakamok Native Friendship Centre is committed to preserving language and culture, enhancing quality of life and empowering family and community by providing supports, services and partnerships for the Aboriginal community in urban setting.

705-674-2128

[www.nfcsudbury.org](http://www.nfcsudbury.org)

### **OAHAS - Ontario Aboriginal HIV/AIDS Strategy**

Oahas provides information and culturally sage programs and services to urban and rural (off-reserve) Indigenous people a risk of, living with, and affected by HIV/AIDS and hepatitis C (HCV).

[www.oahas.org](http://www.oahas.org)

### **Better Beginnings Better Futures**

The Aboriginal Early On Centre is a program for all families with children ages 0 to 12 years. We offer cultural based programming, workshops and services that all families may enjoy

705-586-0818

[www.betterbeginningssudbury.ca](http://www.betterbeginningssudbury.ca)

### **Waubetek Business Development Corporation**

Waubetek delivers business financing and economic support services to Aboriginal entrepreneurs and First Nation communities.

705-285-4275

[www.waubetek.com](http://www.waubetek.com)

### **Native People of Sudbury Development Corporation**

Native People of Sudbury Development Corporation (NPSDC) rents safe, well kept, comfortable, and affordable accommodations in both Sudbury and Espanola specifically for members of the Native community. Unit sizes, types, locations and availability vary. Rent is geared to income.

705-674-9996

[www.nativehousing.org](http://www.nativehousing.org)

### **Gezhtoojig Employment & Training**

Gezhtoojig helps to foster and direct Aboriginal employment, training, and business development initiatives.

705-524-6772

[getinfo@gezhtoojig.ca](mailto:getinfo@gezhtoojig.ca)

[www.gezhtoojig.ca](http://www.gezhtoojig.ca)

## First Nations, Metis, Inuit, continued

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### **Mnaamodzawin Health Services**

The practice of community health nursing promotes the health of individuals, families, communities/populations, and an environment that supports health. It combines nursing theory and knowledge, social sciences, and public health science with primary health care.

705-368-2182 (Little Current)

[www.mnaamodzawin.com](http://www.mnaamodzawin.com)

### **Wabnode Centre for Indigenous Services, Cambrian College**

From advisors and cultural programs to a comfortable space, Wabnode Centre is here to help students succeed and stay connected to their roots. Their Elders provide personal support, while community partnerships make sure you are fine financially and thriving academically.

705-566-8101 ext. 7242

[www.cambriancollege.ca](http://www.cambriancollege.ca)

### **Indigenous Student Affairs, Laurentian University**

The Indigenous Student Affairs team strives to ensure a positive learning environment in a manner consistent with the Indigenous worldview. It is our intention to increase accessibility and retention, as well as enhance the academic experience of students of First Nations, Métis, and Inuit ancestry at Laurentian University.

705-675-1151 ext. 4052

[www.laurentian.ca](http://www.laurentian.ca)

### **First Nations, Métis and Inuit Educational Centre, College Boréal**

The First Nations, Métis and Inuit Educational Centre is a welcoming, safe space for Indigenous students at Collège Boréal, including those from First Nations, Métis and Inuit communities.

1-800-361-6673 ext. 2023

[www.collegeboreal.ca](http://www.collegeboreal.ca)

### **Nogdawindamin Family and Community Services**

Nogdawindamin Family and Community Services assists the communities in their responsibility to strengthen families and communities for the safety and well-being of children by providing community based services grounded in Anishnawbek values.

1-800-465-0999

[www.nog.ca](http://www.nog.ca)

### **Anishnabek Nation**

The Anishinabek Nation is a political advocate for 39 member First Nations across Ontario.

[www.anishinabek.ca](http://www.anishinabek.ca)

### **Atikameksheng Anishnawbek**

Administration Office, 25 Reserve Rd, Naughton, ON

705-692-3651

[www.atikamekshenganishnawbek.ca](http://www.atikamekshenganishnawbek.ca)

### **Aundeck Omni Kaning First Nation**

13 Hill Street, R.R. #1, Little Current, ON

705-368-2228

[www.aokfn.com](http://www.aokfn.com)

### **Dokis First Nation**

940-A Main St., Dokis First Nation, ON

705-763-2200

[www.dokis.ca](http://www.dokis.ca)

### **Henvey Inlet First Nation**

295 Pickerel River Road, Pickerel, ON

705-857-2331

[www.hifn.ca](http://www.hifn.ca)

### **Magnetawan First Nation**

10 Hwy 529, Britt, ON

705-383-2477

[www.magfn.com](http://www.magfn.com)

### **Sagamok Anishnawbek**

4007 Espaniel Road

1-800-567-2896

[www.sagamokanishnawbek.com](http://www.sagamokanishnawbek.com)

## First Nations, Metis, Inuit, continued

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### **Sheguiindah First Nation**

142 Ogemahmiikan Rd, Sheguiandah, ON

705-368-2781

[www.sheguiandahfn.ca](http://www.sheguiandahfn.ca)

### **Wahnapiatae First Nation**

259 Taighwenini Trail Road, Capreol, ON

705-858-0610

[www.wahnapiataefn.ca](http://www.wahnapiataefn.ca)

### **Wiikwemkoong First Nation**

19 A Complex Drive, Wikwemikong, ON

705-859-3122

[www.wiikwemkoong.ca](http://www.wiikwemkoong.ca)

### **Whitefish River First Nation**

17-A Rainbow Ridge Road, Birch Island, ON

705-285-4335

[www.whitefishriver.ca](http://www.whitefishriver.ca)

## Healthcare and Medical Services

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See also: [Disability Services and Support](#), [Addictions](#), and [Mental Health](#)

### **Medial Advice or Information**

#### **Health Care Connect**

Find a family doctor or nurse practitioner

1-888-579-6707

[www.ontario.ca](http://www.ontario.ca)

#### **Telehealth Ontario**

Call for health advice from a registered nurse or find health services information

Call 811

[www.health811.ontario.ca](http://www.health811.ontario.ca)

### **Hospitals & Medical Clinics**

#### **Health Sciences North**

Sudbury: 705-523-7100

[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

#### **Manitoulin Health Centre**

Little Current: 705-368-2300

Mindemoya: 705-377-5311

[www.mhc.on.ca](http://www.mhc.on.ca)

#### **Espanola Regional Hospital and Health Centre**

705-869-1420

[www.espanolaregionalhospital.ca](http://www.espanolaregionalhospital.ca)

#### **Wikwemikong Health Centre**

705-859-3164

[www.wikyhealth.ca](http://www.wikyhealth.ca)

#### **Public Health Sudbury & Districts**

705-522-9200

[www.phsd.ca](http://www.phsd.ca)

#### **Shkagamik-Kwe Health Centre**

705-675-1596

[www.skhc.ca](http://www.skhc.ca)

#### **Chapleau Health Services**

705-864-1520

[www.sschs.ca](http://www.sschs.ca)

#### **Centre de sante communautaire du Grand Sudbury**

Sudbury: 705-670-2274

Valley East: 705-969-5560

Chelmsford: 705-855-1513

[www.santesudbury.ca](http://www.santesudbury.ca)

#### **Univi Health Centre**

Alban: 705-857-3767

Noelville: 705-898-2594

St.-Charles: 705-867-0095

Warren: 705-599-3004

[www.univi.ca](http://www.univi.ca)

### **After-Hours / Walk-In Clinics**

#### **Brady Clinic**

705-688-8833

#### **Northwood Medical Clinics**

705-522-3380

[www.northwoodmedical.ca](http://www.northwoodmedical.ca)

#### **Primacy Walk-In Clinic (Superstore)**

705-222-1115

#### **Lasalle All Day Walk-In Clinic**

705-222-9041

### **AIDS Information and Testing**

#### **Réseau ACCESS Network**

Réseau ACCESS Network provides inclusive and respectful services and supports to anyone seeking testing and treatment for HIV, Hepatitis C, and STBBIs.

705-688-0500

[www.reseauaccessnetwork.com](http://www.reseauaccessnetwork.com)

### **HAVEN Program**

The HAVEN Program is an outpatient program that provides care to people living with HIV in northeastern Ontario. Services include medical care, nutrition and diet counselling, supportive counselling, information on HIV medications, and education, and more.

705-523-7148

[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

### **Ontario Aboriginal HIV/AIDS Strategy**

OAHAS provides culturally respectful and sensitive programs and strategies to respond to the growing HIV/AIDS epidemic among Aboriginal people in Ontario through promotion, prevention, long-term care, treatment and support initiatives consistent with harm reduction.

647 490-6339

[www.oahas.org](http://www.oahas.org)

### **Sexual Health Clinic**

The Sexual Health Clinic promotes healthy sexuality and provides confidential services that reduce sexually transmitted infections (STIs). The clinic offers pregnancy testing and options counselling, low-cost birth control, free condoms, emergency contraception, and free testing and treatment of sexually transmitted infections.

Sudbury & Chapleau: 705-522-9200

Espanola: 705-222-9202

Manitoulin Island: 705-370-9200

[www.phsd.ca](http://www.phsd.ca)

### **Home Care/Palliative Care**

#### **Alzheimer Society**

Alzheimer Society offers several programs and support groups to help support those living with and those caring for someone with dementia in order to remain in their homes.

705-560-0603

[www.alzheimer.ca](http://www.alzheimer.ca)

#### **Bayshore Home Health**

Bayshore offers a wide range of Home Care Services including personal care, companionship, meal prep, medication reminders, housekeeping, dementia care, and fall prevention. They also offer home care solutions including nursing, serious injury care, wound care, palliative care, medical assistance in dying, and physiotherapy and occupational therapy.

705-419-1745

[www.bayshore.ca](http://www.bayshore.ca)

### **Canadian Shield Health Care**

Canadian Shield offers personal care, respite, nursing services, Alzheimer's and dementia care, private home care, mental health and wellness services.

705-618-7233

[www.canadianshieldhealth.com](http://www.canadianshieldhealth.com)

### **Ontario Health atHome**

Get connected to a case manager or care coordinator who will make an initial assessment of your needs and your eligibility for the services that Ontario Health atHome provides including, but not limited to healthcare services, personal support, homemaking, family-managed home care or self-directed care, and end-of-life care at home.

310-2222 (no area code required)

[www.ontario.ca](http://www.ontario.ca)

### **Home Instead Senior Care**

Personalized care with Home Instead can look like personal care, Alzheimer's and dementia support, end-of-life care, mobility assistance, meal prep, transportation, housekeeping, and medical reminders.

705-805-0007

[www.homeinstead.ca](http://www.homeinstead.ca)

### **Victoria Order of Nurses (VON)**

VON offers home care, public health nursing, home, and community support services.

705-671-1575

[www.von.ca](http://www.von.ca)

### **Maison McCulloch Hospice**

Maison McCulloch Hospice offers hospice palliative care for patients and supportive care for their loved ones

705-674-9252

[www.maisonsudburyhospice.org](http://www.maisonsudburyhospice.org)

# Homelessness

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See also: [Abuse, Assault and Domestic Violence](#), [Clothing, Food, and Household Items](#), and [Housing Services](#)

## **Shelters**

### **Off the Street Emergency Shelter**

OTS operates year-round and offers 35 cots, a warm place to sleep with light snacks, outreach, and referral services to individuals 16+ of all genders who are homeless and unable to access other shelter services.

705-675-7252

[www.sm.cmha.ca](http://www.sm.cmha.ca)

### **Cedar Place**

Cedar Place is an emergency women and family shelter for single women 20+ years of age, mothers or fathers with full custody, those who are able to live independently and in a congregate setting with shared accommodations, and in need of temporary emergency shelter. They also provide advocacy services, case management, referrals to community-based resources, recovery support for substance use, clothing and hygiene items, and more.

705-586-3293

[www.sudburycedarplace.ca](http://www.sudburycedarplace.ca)

### **Safe Harbor House**

The Elizabeth Fry Society of Northeastern Ontario operates the Safe Harbor house for women and gender diverse people aged 19 and up. The shelter has 10 beds as well as access to showers, laundry, and light meals.

705-885-1060

[www.efryneo.com](http://www.efryneo.com)

## **Case Management**

### **Elizabeth Fry Society of Northeastern Ontario**

Elizabeth Fry provides assistance in obtaining housing, and provides case management and outreach support.

705-673-1364

[www.efryneo.com](http://www.efryneo.com)

### **N'Swakamok Indigenous Friendship Centre**

N'Swakamok Indigenous Friendship Centre offers housing support to indigenous men, women, youth, and families who are chronically homeless or at risk of homelessness.

705-674-2128

[www.nfcsudbury.org](http://www.nfcsudbury.org)

### **Centre de sante communautaire du Grand Sudbury**

CSCGS offers the following assistance:

- Housing Support Services: 705-618-8810
- Housing Case Management for People Living with Chronic Homelessness: 705-280-7888
- Community Outreach Services: 705-207-8285
- Case Manager Services - Veterans 705-562-2968

[www.santesudbury.ca](http://www.santesudbury.ca)

### **John Howard Society of Sudbury**

John Howard Society provides Central Intake and intensive case management.

705-207-7621 or 705-673-9576

[www.johnhoward.on.ca](http://www.johnhoward.on.ca)

### **L'association des jeunes de la rue**

L'association des jeunes de la rue provides street and shelter outreach.

705-669-1502

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## **Homelessness Network**

For additional resources:

[www.homelessnessnetwork.ca](http://www.homelessnessnetwork.ca)

## **City of Sudbury Homelessness Resources**

Support for people experiencing homelessness.

[www.greatersudbury.ca](http://www.greatersudbury.ca)

## **Manitoulin District Housing Resource Guide**

Resource Guide created as a housing navigation resource by the Developmental Services Ontario North Region (DSO NR) Housing Navigators.

[www.lccare.ca](http://www.lccare.ca)

## Housing Services

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See also: [Homelessness](#), [Disability Services & Support](#)

### **Greater Sudbury Community Housing**

The City of Greater Sudbury Housing Registry processes all new applications for rent-geared-to-income housing assistance.

705-674-4455 ext. 4678

[www.greatersudbury.ca](http://www.greatersudbury.ca)

### **Manitoulin-Sudbury District Services Board**

Families, seniors, single adults, couples or those with special needs who are seeking information with respect to Rent Geared to Income Housing can learn more about MSDSB programs by contacting them.

Espanola: 705-862-7080

Chapleau: 705-864-0430

Little Current: 705-368-0238

Noelville: 705-967-0639

### **Native People of Sudbury Development Corporation**

Native People of Sudbury Development Corporation (NPSDC) rents safe, well kept, comfortable, and affordable accommodations in both Sudbury and Espanola specifically for members of the Native community. Unit sizes, types, locations and availability vary. Rent is geared to income.

705-674-9996

[www.nativehousing.org](http://www.nativehousing.org)

### **Ontario Aboriginal Housing Services**

Ontario Aboriginal Housing Services is a leader in the design, development, and delivery of a sustainable and culturally appropriate continuum of housing for Indigenous people in Ontario with the vision that Urban and rural Indigenous communities throughout Ontario have culturally safe and affordable housing.

1-866-391-1061

[www.ontarioaboriginalhousing.ca](http://www.ontarioaboriginalhousing.ca)

### **Community Homelessness Prevention Initiative**

The CHPI Program aids people who are homeless obtain and retain housing and people who are at risk of homelessness remain housed.

[www.homelessnessnetwork.ca](http://www.homelessnessnetwork.ca)

### **Low-income Energy Assistance Program (LEAP)**

The LEAP offers emergency financial help for electricity or natural gas bills.

705-618-8810

[www.oeb.ca](http://www.oeb.ca)

### **Ontario Electricity Support Program (OESP)**

The OESP may reduce the cost of your household electricity by applying a monthly credit directly to your bill for those who qualify.

1-855-831-8151

[www.ontarioelectricitysupport.ca](http://www.ontarioelectricitysupport.ca)

### **Affordable Housing List (Homelessness Network)**

See a list of affordable housing in Sudbury.

[www.homelessnessnetwork.ca](http://www.homelessnessnetwork.ca)

### **Homelessness Network**

For additional resources:

[www.homelessnessnetwork.ca](http://www.homelessnessnetwork.ca)

### **City of Sudbury Homelessness Resources**

Support for people experiencing homelessness.

[www.greatersudbury.ca](http://www.greatersudbury.ca)

### **Manitoulin District Housing Resource Guide**

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[www.lccare.ca](http://www.lccare.ca)

## Legal Issues and Assistance

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See also: [Abuse, Assault and Domestic Violence](#)

### **Legal Aid Ontario**

Legal Aid Ontario (LAO) provides legal help in English and French for financially eligible low-income Ontarians.

1-800-668-8258

[www.legalaid.on.ca](http://www.legalaid.on.ca)

### **Sudbury Community Legal Clinic**

Free legal services for low income residents of the District of Sudbury.

Sudbury: 705-674-3200

Espanola, Sagamok First Nation, Noelville, St. Charles, and other districts: 1-800-697-8719

French Legal Advice (Manitoulin, Rainy River, Kenora, Parry Sound, Muskoka, Algoma): 1-877-687-2847

[www.sudburylegalclinic.com](http://www.sudburylegalclinic.com)

### **Manitoulin Community Legal Clinic**

Provides free legal services and referrals to people living on low income and residing in the District of Manitoulin.

705-368-3333

[www.manitoulinlegalclinic.ca](http://www.manitoulinlegalclinic.ca)

### **Ontario Legal Information Centre**

The Ontario Legal Information Centre (our Centre) provides bilingual legal information and referral services to anyone in Ontario with a legal problem.

1-844-343-7462

[www.centreinfojuridique.ca](http://www.centreinfojuridique.ca)

### **CLEO Connect**

Legal information, training, tools, and resources for Ontario.

[www.cleoconnect.ca](http://www.cleoconnect.ca)

### **Law Society Referral Service**

Law Society Referral Service will provide you with the name of a lawyer or licensed paralegal who will provide a free consultation of up to 30 minutes to help you determine your rights and options.

1-800-268-8326

[www.lsuc.on.ca](http://www.lsuc.on.ca)

### **N'Swakamok Indigenous Friendship Centre**

N'Swakamok has programs to support assistance to self-identified Aboriginal people going through the court system.

705-674-2128

[www.nfcsudbury.org](http://www.nfcsudbury.org)

### **John Howard Society of Sudbury**

John Howard Society of Sudbury aims to help create a truly effective criminal justice system that serves all, that confronts crime and its causes that foster safer communities. They offer a variety of programs to those involved within the justice system.

705-673-9576

[www.johnhoward.on.ca](http://www.johnhoward.on.ca)

### **Elizabeth Fry Society Northeastern Ontario**

The Elizabeth Fry Society of Northeastern Ontario offers programming that contributes to improving the knowledge, life skills, coping strategies, and stability of criminalized people, with a particular focus on women and young women.

705-673-1364

[www.efryneo.com](http://www.efryneo.com)

### **Canadian Mental Health Association**

Justice Program supports individuals with mental health and/or addiction concerns involved in the criminal justice system.

705-675-7252

[www.sm.cmha.ca](http://www.sm.cmha.ca)

## 2SLGBTQ+

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See also: [Community, Healthcare & Medical Services](#), [Mental Health](#)

### **Lesbian Gay Bi Trans Youth Line**

Text: 647-694-4275

Online Chat: [www.youthline.ca](http://www.youthline.ca)

### **Trans Lifeline**

1-877-330-6366

[www.translifeline.org](http://www.translifeline.org)

### **LGBT National Help Centre**

1-888-843-4564

[www.lgbthotline.org](http://www.lgbthotline.org)

### **Sudbury Pride**

Sudbury Pride is dedicated to supporting, educating, and celebrating the 2SLGBTQ+ population of Sudbury by showcasing 2SLGBTQ+ culture at events such as art shows, festivals, and concerts.

[info@sudburypride.com](mailto:info@sudburypride.com)

[www.sudburypride.com](http://www.sudburypride.com)

### **Pflag Canada**

Pflag Canada helps 2SLGBTQ+ people & loved ones connect with resources and find a supportive community. The Pflag Canada network provides peer support, education, and advocacy for a Canada that affirms, respects, and values all sexualities, genders, and gender expressions.

[sudburyon@pflagcanada.ca](mailto:sudburyon@pflagcanada.ca)

[www.pflagcanada.ca](http://www.pflagcanada.ca)

### **PRIDE Manitoulin**

PRIDE Manitoulin showcases LGBTQ+ culture by putting on events.

[www.pridemanitoulin.ca](http://www.pridemanitoulin.ca)

### **SQUAD**

SQUAD is a grassroots organization that strives to bring the 2SLGBTQ+ community together and provide resources. SQUAD's events offer safer spaces where all Queer identified persons and allies can be their true selves.

[SQUAD.Sudbury@gmail.com](mailto:SQUAD.Sudbury@gmail.com)

[www.squadinc.ca](http://www.squadinc.ca)

### **Northern Initiative for Social Action (NISA)**

NISA offers peer support, and programs to help people with their mental health journey. They offer a Pride Support and 2SLGBTQ+ Older Adult Support group. 705-222-6472

[www.nisa.on.ca](http://www.nisa.on.ca)

# Mental Health

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See also: [Abuse, Assault, and Domestic Violence](#), [Addictions](#), [Healthcare & Medical Services](#), [2SLGBTQ+](#), [Pregnancy](#), [Parenting](#), & [Family](#).

## **Northeastern Regional Warm Line**

*When you need to chat, we're here to listen, we've been there too.* Pre-crisis line, 7 days a week, 6PM to 12AM except statutory holidays.

1-866-856-9276

## **Hope for Wellness Helpline**

Open to all Indigenous people across Canada 24/7.

1-855-242-3310

[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

## **Crisis Intervention Program and Mobile Crisis Team**

Call 24 hours a day, 7 days a week to speak to someone, or meet virtually. Mobile services may also be an option, or visit in person at 127 Cedar St. 8:30AM to 10PM, 7 days a week.

705 675-4760, toll free: 1-877-841-1101

## **Suicide Crisis Helpline**

A safe space to talk, 24 hours a day, every day of the year.

Call or text 988

## **Support Groups**

### **Alcoholics Anonymous**

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other, that they may solve their common problem and help others to recover from alcoholism.

[www.area84aa.org](http://www.area84aa.org)

### **Al-Anon**

For family and friends of problem drinkers.

[www.ontarionorthal-anon.com](http://www.ontarionorthal-anon.com)

### **Narcotics Anonymous**

For family and friends of problem drinkers.

1-888-811-3887

[www.ontarionorthal-anon.com](http://www.ontarionorthal-anon.com)

## **Peer Support and Counselling Services**

### **Northern Initiative for Social Action (NISA)**

NISA is an organization run by and for people with lived experience of mental health challenges/illness and consumers of mental health services offering peer support and other programming to aid people in their mental health recovery. They offer an Older Adult Program, 2SLGBTQ+ resources, and do outreach within the community.

705-222-6472

[www.nisa.on.ca](http://www.nisa.on.ca)

### **Sudbury Counselling Centre**

The Sudbury Counselling Centre offers a variety of different programs in order to improve mental health including general counselling, group treatment program for children, Back on Track, VAW (Violence Against Women), Male Survivors of Sexual Abuse, Employee Assistance Program, PAR (Partner Assault Response), and Child Witness programs.

705-524-9629

[www.counsellingccs.com](http://www.counsellingccs.com)

### **Compass Boussole Akii-izhnoogan**

Compass offers free mental health, developmental and community services for children and youth, under the age of 18, and their families in the Districts of Sudbury and Manitoulin. Offices are located in Sudbury, Espanola, Little Current, and Chapleau.

1-800-815-7126

[www.compassne.ca](http://www.compassne.ca)

### **Affordable Therapy Network**

Find local or online therapists offering low cost and sliding scale counselling.

[www.affordabletherapynetwork.com](http://www.affordabletherapynetwork.com)

### **Psychology Today**

Find local or online therapists.

[www.psychologytoday.com](http://www.psychologytoday.com)

## Mental Health, continued

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### **Health Sciences North**

The Mental Health and Addictions Program of Health Sciences North, delivers community and hospital-based mental health and addictions services across the Sudbury, Manitoulin and East Algoma districts.  
[www.hsnsudbury.com](http://www.hsnsudbury.com)

### **Assertive Community Treatment Team (ACTT)**

ACT Teams provide intensive treatment, rehabilitation and support services for individuals with serious mental illness and complex needs who find it difficult to engage in other mental health services.  
705-523-4988 ext. 4282  
[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

### **Early Psychosis Intervention (EPI) Program**

This program serves adolescents and young adults (ages 15 to 35 years) experiencing their first episode of psychosis, to better understand and manage the diverse symptoms of this medical condition.  
705-523-4988 ext. 4377  
[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

### **Lotus Program**

Emphasizing harm reduction and the housing-first philosophy, the Transitional Housing Program offers individuals 18 months of support from our dedicated team of healthcare professionals. The interdisciplinary team comprised of nurses, social workers, psychiatrists, primary care doctors, and mental health and addictions workers offers individualized and group support with the goal of achieving safe and stable housing.  
lotus@hsnsudbury.ca  
[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

### **Regional Eating Disorders Program**

The Regional Eating Disorders Program is a community-based outpatient assessment and treatment program that serves individuals between the ages of 8 to 64 years of age.  
705-523-4988 ext. 4907  
[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

### **Mood and Anxiety Program (MAP)**

The Mood and Anxiety Program (MAP) provides group based therapy services for individuals 16 years of age and older who are experiencing depression, bi-polar disorder, social anxiety, anxiety disorders and post-traumatic stress disorder.  
Sudbury: 705-523- ext. 4242  
Elliot Lake: 705-848-9131  
Espanola: 705-869-1564 ext. 4236  
Little Current: 705-368-0756  
St. Charles: 705-867-5233  
[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

### **Ontario Structured Psychotherapy Program**

The Ontario Structured Psychotherapy Program (OSP) is a new service for individuals 18 years of age and over who have depression, anxiety or anxiety-related conditions. The OSP Program provides access to free, short-term, cognitive-behavioural therapy (CBT) and related services. 705-523-4988 ext. 4272  
[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

### **Perinatal Mental Health Program**

The Perinatal Mental Health Program serves women who are 16 years of age or older, who are experiencing depression and/or anxiety, and who are at least 28-weeks pregnant or have a child who is less than a year old and is living with the mother.  
705-523-4988 ext. 4242  
[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

### **Positive Steps**

The Positive Steps program supports those who have been diagnosed with a serious mental illness such as schizophrenia, schizoaffective or bipolar disorder. Our team helps individuals to live, learn and work independently at home and in the community.  
705-523-4988 ext. 4377  
[www.counsellingccs.com](http://www.counsellingccs.com)

## Mental Health, continued

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### **Geriatric Mental Health Outreach Service**

Specialized team members provide comprehensive assessment, treatment planning, counselling, therapeutic intervention, health teaching, education, advocacy, consultation and collaboration in order to support older adults with complex mental health needs.

705-688-7720

[www.nnesgc.ca](http://www.nnesgc.ca)

### **Bereavement**

#### **Maison McCulloch Hospice**

Maison McCulloch Hospice offers “I’m Not Alone,” a hospice Zoom online grief discussion.

705-674-9252 ext. 227

[www.maisonsudburyhospice.org](http://www.maisonsudburyhospice.org)

#### **Perinatal Bereavement Services**

Perinatal Bereavement Services is an organization dedicated to providing grief support services to families whose lives have been touched by the death of a baby through early pregnancy loss, stillbirth, and newborn death.

705-562-4955

[www.butterflywings.ca](http://www.butterflywings.ca)

#### **The Compassionate of Friends of Canada**

The Compassionate Friends (TCF) provides a safe environment, supporting bereaved parents grieving the loss of a child; no matter the age or cause.

705-562-4347

705-562-3876

[www.tcfcanada.net](http://www.tcfcanada.net)

### **Additional Resources**

#### **Canadian Mental Health Association**

Canadian Mental Health Association

Sudbury/Manitoulin provide services to individuals with mental health issues or a diagnosis of a mental illness (though it is not required) within the Sudbury and Manitoulin districts.

705-675-7252

[www.sm.cmha.ca](http://www.sm.cmha.ca)

#### **Mood Disorders Society of Canada (MDSC)**

MDSC aims to improve the quality of life of Canadians impacted by mental illness so they can live the most fulfilling life possible.

[www.mdsc.ca](http://www.mdsc.ca)

#### **Afro Women and Youth Foundation (AWYF)**

AWYF offers a Women’s Wellness and Vocational Circle which is an 8-week program is designed to improve Black women’s mental health, wellness and economic situation through arts-based activities, vocational skills training and empowerment workshops.

905-955-8667

[www.afrowyf.org](http://www.afrowyf.org)

#### **Sudbury Women’s Centre**

Sudbury Women’s Centre offers various programs and workshops designed to help women feel empowered and confident from networking with and healthy relationships and boundaries workshops to SOS Nights for nights of fun and socializing.

705-673-1916

[www.sudburywc.ca](http://www.sudburywc.ca)

## Newcomer Services

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### **YMCA of Northeastern Ontario**

YMCA's Immigrant Services helps Newcomers settle into the Greater Sudbury region with their Settlement Planning program helping people build a personalized settlement plan.

705-674-2324

[newcomer-info@ymcaneo.ca](mailto:newcomer-info@ymcaneo.ca)

[www.ymcaneo.ca](http://www.ymcaneo.ca)

### **Sudbury Multicultural & Folk Art Association**

Sudbury Multicultural & Folk Art Association works toward building bridges between Newcomers and existing services, identifying problems and solving them and providing multicultural & cross cultural services to the communities.

705-674-4455 3

[smfaa@greatersudbury.ca](mailto:smfaa@greatersudbury.ca)

[www.sudburymulticultural.org](http://www.sudburymulticultural.org)

### **Contact Interculturel Francophone de Sudbury**

Contact Interculturel Francophone de Sudbury is a French-language organization that promotes the welcome, meetings, and exchanges between members of different Francophone cultures from here and elsewhere, as well as those who share Francophone values.

705-626-6299

[www.cifs.ca](http://www.cifs.ca)

### **Afro Women and Youth Foundation**

AWYF offers empowerment and settlement support programs and services that will enhance wellness, self-advocacy, leadership, and entrepreneurial skills through training, strategic partnerships and collaborations with community and corporate organizations with an emphasis on empowering Black immigrant women and youth to resist racism and position themselves for a successful integration and economic advancement in Canada.

905-955-8667

[www.afroyf.org](http://www.afroyf.org)

## Older Adults

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See also: [Disability Services & Support](#), [Clothing, Food, and Household Items](#), [Community](#), [Healthcare & Medical Services](#), [Mental Health](#), [Transportation](#)

### **Reporting Elder Abuse**

#### **Reporting Elder Abuse in Retirement Homes**

1-855-275-7472

#### **Long-Term Care Family Support and Action Line**

1-866-434-0144

#### **Crime Stoppers**

1-800-222-8477

#### **Seniors Safety Line**

1-866-299-1011

### **Mental Health**

#### **Geriatric Mental Health Outreach Service**

Specialized team members provide comprehensive assessment, treatment planning, counselling, therapeutic intervention, health teaching, education, advocacy, consultation and collaboration in order to support older adults with complex mental health needs.

705-688-7720

[www.nnesgc.ca](http://www.nnesgc.ca)

#### **Northern Initiative for Social Action (NISA)**

NISA provides peer support through their older adult program on-site, or they can come to you.

705-222-6472

[www.nisa.on.ca](http://www.nisa.on.ca)

### **Home Care and Community**

#### **Alzheimer Society**

Alzheimer Society offers several programs and support groups to help support those living with and those caring for someone with dementia in order to remain in their homes.

705-560-0603

[www.alzheimer.ca](http://www.alzheimer.ca)

### **Canadian Shield Health Care**

Canadian Shield offers personal care, respite, nursing services, Alzheimer's and dementia care, private home care, mental health and wellness services.

705-618-7233

[www.canadianshieldhealth.com](http://www.canadianshieldhealth.com)

### **Bayshore Home Health**

Bayshore offers a wide range of Home Care Services including personal care, companionship, meal prep, medication reminders, housekeeping, dementia care, and fall prevention. They also offer home care solutions including nursing, serious injury care, wound care, palliative care, medical assistance in dying, and physiotherapy and occupational therapy.

705-419-1745

[www.bayshore.ca](http://www.bayshore.ca)

### **Ontario Health atHome**

Get connected to a case manager or care coordinator who will make an initial assessment of your needs and your eligibility for the services that Ontario Health atHome provides including, but not limited to healthcare services, personal support, homemaking, family-managed home care or self-directed care, and end-of-life care at home.

310-2222 (no area code required)

[www.ontario.ca](http://www.ontario.ca)

### **Home Instead Senior Care**

Personalized care with Home Instead can look like personal care, Alzheimer's and dementia support, end-of-life care, mobility assistance, meal prep, transportation, housekeeping, and medical reminders.

705-805-0007

[www.homeinstead.ca](http://www.homeinstead.ca)

## Older Adults

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### **Aboriginal People's Alliance Northern Ontario (APANO)**

The Long Term Care program is a community based service with a congregate dining program, friendly visiting and security checks provided by the Long-Term Care (LTC) Workers.

705-272-2562

[www.apano.ca](http://www.apano.ca)

### **City of Greater Sudbury**

A list of Older Adult Clubs and Associations within the City of Greater Sudbury.

[www.greatersudbury.ca](http://www.greatersudbury.ca)

The Greater Sudbury Seniors Community Network (GSSCN) is a network of multiple organizations and agencies that gather quarterly to communicate and respond to the needs and issues of seniors in Greater Sudbury.

[www.greatersudbury.ca](http://www.greatersudbury.ca)

All Older Adult Services: [www.greatersudbury.ca](http://www.greatersudbury.ca)

### **Town of Espanola**

A list of Town Services for Seniors.

705-869-1540

[www.espanola.ca](http://www.espanola.ca)

### **Transportation**

#### **Red Cross Canada**

The Canadian Red Cross provides services that allow Canadians to remain living in their homes safely and with dignity through innovative programs that provide healthy meals and dining and transportation support.

#### **Care Van**

The Care Van provides public transportation for residents aged 55 and over and/or residents living with disabilities.

Espanola: 705-862-0244

[www.espanola.ca](http://www.espanola.ca)

### **Goshenite Senior Services**

Goshenite Seniors Services Inc. Driving Seniors Companionship program helps seniors with transportation to and from appointments across the Greater City of Sudbury. If you are a senior living independently in your own home within the Greater City of Sudbury area including (Val Caron, Val Therese, Hanmer, Skead, Garson, Coniston, Wahnapitea, Azilda, Chelmsford and Onaping, we will provide personalized door-to-door transportation.

705-698-5318

## Pregnancy, Parenting, & Family Support

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See also: [Disability Services & Support](#) , [Clothing, Food, and Household Items](#), [Community, Healthcare & Medical Services](#), [Mental Health](#)

### **Pregnancy and Postpartum**

#### **Better Beginnings Better Futures**

Baby's Breath Child and Teen Family Centre is an EarlyON centre geared towards young parents who are either pregnant or already have young children. The program offers nutritional support, and provides prenatal and parenting education in a supportive social environment for those 25 years old or younger.

#### **Public Health Sudbury & Districts**

PHSD offers a Breastfeeding clinic where you will receive one-on-one support from a certified breastfeeding consultant or specially trained nurse. Consultants will lead you through common breastfeeding challenges and help you reach your breastfeeding goals.

705-522-9200 ext. 342

[www.phsd.ca](http://www.phsd.ca)

Healthy Babies Healthy Children is a program for pregnant women and parents of children under 6 who need more support.

705-522-9200

[www.phsd.ca](http://www.phsd.ca)

#### **Online Prenatal eClass**

[www.phsd.ca](http://www.phsd.ca)

#### **Sudbury Community Midwives**

Sudbury Community Midwives provide pregnancy care, resources and classes.

[www.sudburymidwives.com](http://www.sudburymidwives.com)

#### **Meals on Wheels**

Meals for Moms provides meal delivery for new mothers 6-8 weeks post natal and ensures nutritional well-being of new mothers and children in their care.

705-525-4554

[www.sudburymeals.org](http://www.sudburymeals.org)

#### **Health Sciences North**

The Perinatal Mental Health Program serves women who are 16 years of age or older, who are experiencing depression and/or anxiety, and who are at least 28-weeks pregnant or have a child who is less than a year old and is living with the mother.

[www.hsnsudbury.ca](http://www.hsnsudbury.ca)

#### **N'Swakamok Indigenous Friendship Centre**

The Aboriginal Prenatal Nutrition Program's goal is to support the health of Aboriginal women and their infants and families through community based prenatal and postnatal Aboriginal programs.

705-674-3539

[www.nfcsudbury.org](http://www.nfcsudbury.org)

#### **Pregnancy Care Centre and Infant Food Bank**

The Infant Food Bank provides relief to families who may access infant formula, baby food, diapers and wipes, as available.

The Earn While You Learn program provides pregnancy and parenting education in a private, one-on-one setting with a trained educator. Most classes are video-based and chosen at the request of the client. Clients taking classes earn gift cards to local grocery stores as well as new clothing while they invest in parenting skills.

705-673-5003

[www.pccifb.ca](http://www.pccifb.ca)

#### **Our Children, Our Future**

The Infant Food Cupboard Program provides assistance to families with infants under the age of 42 months who need infant formula, milk, or diapers. Emergencies only.

705-677-0931

#### **Nogdawindamin Family and Community Services**

The program strives to reduce the number of First Nation infants put into out of home placements at birth and preservation of the family unit.

[www.nog.ca](http://www.nog.ca)

## Pregnancy, Parenting, & Family Support

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### **Parenting and Family Support**

#### **EarlyON**

EarlyON Child and Family Centres are free family programs located in schools and community centres throughout Greater Sudbury. They offer a range of high-quality programs open to all parents, caregivers and their children aged 0 to 6.

[www.occms.greatersudbury.ca](http://www.occms.greatersudbury.ca)

#### **Aboriginal EarlyON**

Wingaash Gamig Indigenous EarlyON at Victory Park, Sudbury

[www.occms.greatersudbury.ca](http://www.occms.greatersudbury.ca)

#### **Manitoulin EarlyON**

[www.facebook.com/manitoulinfamilyresources](https://www.facebook.com/manitoulinfamilyresources)

### **Sudbury Manitoulin Children's Foundation**

SMFC operates the Send-A-Kid-To-Camp, and PLAY programs to help children access organized sports and summer camps. They also offer a bursary program.

705-673-2227

[www.smcf.com](http://www.smcf.com)

### **Manitoulin Family Resources**

From home-settings to centre-based care to access to child development programs and resources, we help parents find the connections that are the right “fit” for their families’ and their children’s needs.

705-368-3400

[www.mfresources.net](http://www.mfresources.net)

### **Sudbury Community Midwives**

Sudbury Community Midwives provide pregnancy care, resources and classes.

[www.sudburymidwives.com](http://www.sudburymidwives.com)

### **N'Swakamok Indigenous Friendship Centre**

N'Swakamok offers many culturally relevant services to promote the health and well-being of Indigenous children under 18.

705-674-2128

[www.nfcsudbury.org](http://www.nfcsudbury.org)

### **Nogdawindamin Family and Community Services**

Nogdawindamin offers various culturally relevant programs for family's and youth including Jordan's Principle, Family Well-Being, Family Treatment, Youth Prevention Services, and Children's Mental Health.

[www.nog.ca](http://www.nog.ca)

# Transportation

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## **GOVA Transit, City of Greater Sudbury**

[www.greatersudbury.ca](http://www.greatersudbury.ca)

### **GOVA Plus**

Unlike the conventional GOVA transit system, GOVA Plus works on a pre-booked shared-ride schedule.

Apply: [www.greatersudbury.ca](http://www.greatersudbury.ca)

Information: [www.greatersudbury.ca](http://www.greatersudbury.ca)

### **Older Adults**

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705-698-5318

[www.gosheniteservices.com](http://www.gosheniteservices.com)

#### **Care Van (Espanola)**

The Care Van provides public transportation for residents aged 55 and over and/or residents living with disabilities.

705-862-0244

[www.espanola.ca](http://www.espanola.ca)

### **City of Greater Sudbury**

[www.greatersudbury.ca](http://www.greatersudbury.ca)

### **Capreol Youth Centre**

705-858-8888

[Schedule](#)

### **Dowling Youth Centre**

705-674-4455 ext. 4740

[Schedule](#)

### **Levack/Onaping Youth Centre**

705-855-5230

[Schedule](#)

### **Rayside-Balfour Youth Action Network**

705-855-5230

[Schedule](#)

[www.raysidebalfouryouthcentre.com](http://www.raysidebalfouryouthcentre.com)

### **Ryan Heights Youth Centre**

705-525-2078

[Schedule](#)

### **Claude Charbonneau Park Youth Centre**

[Schedule](#)

### **Walden Youth Centre**

705-692-1777

[Schedule](#)

### **Myths and Mirrors Community Arts**

705-222-1305

[mythsandmirrors@gmail.com](mailto:mythsandmirrors@gmail.com)

[www.mythsandmirrors.org](http://www.mythsandmirrors.org)

### **YMCA Northeastern Ontario**

The YMCA offers various programs to keep youth engaged in a safe space while making new friends, learning new skills and stay active.

705-674-8315

[www.ymcaneo.ca](http://www.ymcaneo.ca)

### **Youth Wellness Hub Sudbury**

A safe, welcoming and inclusive space for youth to access free mental health and addiction services, primary care and skills and well-being activities.

705-280-7581

[www.ywhsudbury.ca](http://www.ywhsudbury.ca)

### **N'Swakamok Indigenous Friendship Centre**

N'Swakamok offers various children and youth programs including Akwe:Go, Wasa-Nabin for urban at-risk Aboriginal children and youth, Healthy Kids promotes physical, emotional, mental, and spiritual wellbeing. There is also the Apatisiwin Employment and Training Program to assist those 15+ years old in securing employment opportunities.

705-674-2128

[www.nfcsudbury.org](http://www.nfcsudbury.org)