

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



**ABUSE, ASSAULT & DOMESTIC VIOLENCE**

- Assaulted Women's Helpline -----1-866-863-0511
- Centre Victoria pour femmes ----- 705-670-2517
- Ligne FEM-AIDE Provinciale-----1-877-336-2433
- Manitoulin Family Resources -----1-705-377-5532
- Violence Intervention Prevention -----705-675-4743
- Sudbury Counselling Centre -----705-524-9629 x 218
- Sudbury Women's Ctr (workshops) --- 705-673-1916
- VCARS-Victim Crisis Assistance & Referral Service  
Sudbury & Area ----- 705-522-6970
- Manitoulin Northshore ----- 705-370-3378
- Toll Free -----1-866-392-7733
- Voices for Women (Sexual Assault) --- 705-671-5495
- YWCA Geneva House Abuse Line ----- 705-674-2210
- Toll Free -----1-800-461-0133

**ADDICTIONS see also MENTAL HEALTH**

- Connex Ontario**  
Helplines are live, answer 24/7, confidential and free  
Drug and Alcohol Helpline -----1-800-565-8603  
Mental Health Helpline -----1-866-531-2600  
Ont. Problem Gambling Helpline-----1-888-230-3505  
Smokers Helpline -----1-877-513-5333  
Harm Reduction Day Program ----- 705-675-7252  
Outpatient Gambling & Addictions --- 705-523-4988 x 4211
- The Point (needle exchange) (SACY)- 705-673-4287  
Manitoulin Community Withdrawal --- 705-368-0058  
Manitoulin Family Resources -----1-705-377-5532  
HSN Withdrawal Mgt (Pine St.) ----- 705-671-7366  
VitaHeal Medical Clinic Addictions.....705-805-6383  
Monarch Women's Intake ----- 705-674-4193  
Monarch Women's Treatment Ctr ----- 705-674-4193  
Monarch Aftercare Centre ----- 705-674-4193  
Monarch Pregnancy/Parenting Prog----- 705-674-4193  
Monarch Men's Recovery Centre ----- 705-674-4193  
Monarch Day Treatment Program ----- 705-674-4193

**INPATIENT TREATMENT FACILITIES**

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

**RECOVERY/ADDICTION CLINICS**

- Rapid Access Medicine Clinic. 705-523-7100 x 1875
- Safe Bed Program.....705-671-7366 x 1876
- Northwood Recovery 80 Elm St.....705-806-2986
- OATC - 450 Notre Dame Ave ----- 705-673-1116
- Dr. Dressler, 310 Larch St ----- 705-669-1111
- Dr. Shapiro, 135 Applegate St ----- 705-673-3111
- Vita-Heal 128 Cedar St. ----- 705-805-6383

**SUPPORT / GROUPS**

- Alcoholics Anonymous, Adult Children of Alcoholics, Al-Anon & Alateen ----- 705-674-6217
- Narcotics Anonymous -----1-888-811-3887
- Sexaholics Anonymous (leave msg)--- 705-693-0021

**AIDS/HEPATITIS C**

- Réseau Access Network ----- 705-688-0500
- Toll-free -----1-800-465-2437
- HSN Haven Program ----- 705-523-7148
- Ont. Aboriginal HIV/AIDS Strategy ----- 705-674-9449
- The Point (needle exchange) (SACY)- 705-673-4287
- Sudbury District Health Unit ----- 705-522-9200

**ANGER MANAGEMENT**

- Inner City Home of Sudbury ----- 705-675-7550
- John Howard Society ----- 705-673-9576
- Shkagamik-Kwe Health Centre ----- 705-675-1596

**BEREAVEMENT**

- Bereavement Foundation ----- 705-923-1982
- Maison Vale Hospice ----- 705 674-9252 x 227
- Compassionate Friends of Canada - Sudbury Chapter Support Group.- Azilda (lost child through death) ----- 705-848-5864
- Widowed We Help Each Other ----- 705-566-6138
- Butterflywings Perinatal Bereavement Services -----705-562-4955

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

- TG Innerselves ----- 705-673-4396
- GLBT National Hotline ----- 1-888 843-4564
- Trans Youth Line -----1-800-268-9688
- Trans Lifeline -----1-877-330-6366
- Réseau Access Network ----- 705-688-0500

**BRAIN INJURY / TUMOUR**

- Acquired Brain Injury Association ----- 705-671-3188
- Brain Injury Association ----- 705-670-0200
- Toll Free ----- 1-800-263-5404
- Brain Tumour Support Grp --- 1-800-265-5106 x 234

**CHILDREN / PARENTS / FAMILY**

- ADHD Parent Support Group ----- 705-523-4747
- Better Beginnings Better Futures ----- 705-671-1941
- Centre de santé communautaire Sudbury 705-670-2274
- Child and Family Centre ----- 705-525-1008
- Child & Community Resources ----- 705-525-0055
- Children's Aid Society ----- 705-566-3113
- Children's Community Network ----- 705-566-3416
- Children's Services, Greater Sudbury Day Care subsidies/registry ----- 705-674-4455 x 4279
- Early Psychosis Intervention Program (HSN) ----- 705-523-4988 x 4242
- Early Years/Best Start ----- 705-674-4455 x 4424
- Web site: [sudburyfamilies.ca](http://sudburyfamilies.ca)
- Healthy Babies Healthy Child-----705-522-9200 x 342
- Human League Association-Funds Activity Fund for children or children's activities ----- 705-670-8633
- Kids Help Phone ----- 1-800-668-6868
- Learning Disabilities Association ----- 705-522-0100
- Manitoulin Family Resources Inc ----- 705-377-5532
- N'Swakamok Native Friendship Ctr ----- 705-674-2128
- Our Children, Our Future ----- 705-677-0440
- Reg Children's Psychiatric Ctr- 705-675-9192 x 8214
- Sudbury & District Health Unit ----- 705-522-9200
- Sudbury Counselling Centre -----705-524-9629 x 0
- Supervised Access - Sudbury- 705-525-1008 x 2565
- Supervised Access - Manitoulin ----- 705-377-6080

**CLOTHING DONATIONS**

- Community Closet (Better Beginnings) 705-671-1941
- John Howard Clothing Bank ----- 705-673-9576
- L'association des jeunes de la rue ----- 705-675-6422
- Saint Andrews United Church ----- 705-674-0721
- St. Vincent de Paul ----- 705-897-1212
- Jarrett Value Centre ----- 705-525-5100
- Salvation Army Thrift Store ----- 705-525-2433
- Sudbury Women's Centre ----- 705-673-1916

**COUNSELLING SERVICES**

- Check the Yellow Pages of the phone book under "Marriage, Family & Individual Counsellors"
- Inner City Home (have limited income) 705-675-7550
- Sudbury Counselling Centre ----- 705-524-9629 x 0

**DISABILITIES**

**DEVELOPMENTAL**

- Autism Ontario Sudbury ----- 705-677-4939
- Community Living Greater Sudbury ----- 705-671-7181
- Develop.Clinical Svcs (HSN) --- 705-523-4988 x 4256
- Developmental Services Ontario ----- 705-222-6066
- Learning Disabilities Assoc of Sudbury 705-522-0100
- Toll-Free ----- 1-855-522-0100
- Sudbury Community Service Centre ----- 705-560-0430
- Sudbury Developmental Services ----- 705-674-1451
- Adult Enrichment Centre ----- 705-470-7474

**PHYSICAL**

- Canadian Hard of Hearing Society ----- 705-523-5695
- Canadian Hearing Society ----- 705-522-1020
- CNIB ----- 705-675-2458
- Spinal Cord Injury Ontario ----- 705-671-2444
- Sudbury's Fibromyalgia Support Grp ----- 705-525-5121
- Independent Living Resource Centre----- 705-675-2121
- ICAN - Independence Ctr & Network ----- 705-673-0655

**EDUCATION**

- Cambrian College Upgrading -----705-566-8101 x 7712
- College Boreal.....705-560-6673 x 3085
- Carrefour francophone de Sudbury-----705-675-6493
- Carrefour Options+ -----705-525-0110
- Centre de formation et de perfectionnement du grand Sudbury ----- 705 688-0005
- Collège Boréal-----705-560-6673 x 3085
- Education & Workplace Training 705-677-0432 x 244
- Glenn Crombie Ctr, disability ---705-566-8101 x 7420
- N'Swakamok Native Friendship Ctr -----705-674-2128
- St. Albert Adult Learning Centre -----705-673-3031
- Sud Sec. School Continuing Education-705-675-5481
- Sud Multicultural & Folk Arts Association (new immigrants) ----- 705-674-0795
- Settlement Services/Newcomers.705-5606673x2785

**EMERGENCY NUMBERS**

- Crisis Intervention Program & Mobile Crisis Team ----- 705-675-4760
- Toll Free ----- 1-877-841-1101
- Police, Ambulance, Fire ----- 911
- Police, Non-Emergency ----- 705-675-9171
- Poison Control ----- 1-800-268-9017
- Victim Services, Police ----- 705-522-6970
- Toll Free ----- 1-888-579-2888

**EMPLOYMENT**

- Ontario Works Employ'm't Sup-705-674-4455 x 4181
- Gezhtoojig Employment & Training -----705-524-6772
- Northern Vocational Services, ODSP -----705-674-4141
- N'Swakamok Native Friendship Ctr -----705-674-2128
- Ontario March of Dimes, disabilities -----705-674-3377
- Sudbury Vocational Resource Centre 705-671-2544
- YMCA Employment Centre ----- 705-674-2324
- Employment Options/Emploi  
Sudbury ----- 705-560-1562
- Val Caron -----705-897-5627
- Chelmsford -----705-855-1562
- Espanola -----705-869-4113
- Manitoulin ----- 705-368-3194
- Volunteer Sudbury ----- 705-560-6661

**FINANCIAL**

- Canada Pension Plan ----- 1-800-277-9914
- Children's Services, Greater Sudbury Day Care subsidies/registry ----- 705-674-4455 x 4279
- Credit Counselling Sudbury -----705-560-0430 x 0
- Easter Seal Soc, physical disabilities -----705-566-8858
- Income Tax ----- 1-800-959-8281
- Min of Community, Family Children and Youth Services, children severe disabilities -----705-564-8153
- Old Age Security ----- 1-800-277-9914
- Ontario Disability Support Plan/ODSP -----705-564-4515
- Toll Free ----- 1-800-461-1167
- Ontario Works -----705-675-2411
- Outside of City of Greater Sud ----- 1-800-667-3145
- Public Guardian and Trustee ----- 705-564-3185
- Toll free ----- 1-800-891-0503
- Red Cross, emergency -----705-674-0737
- Workplace Safety Insurance Board-----1-800-387-0750

**FIRST NATIONS**

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

**FOOD, CLOTHING & MEDICAL AID**

- Sudbury Soup Kitchen ----- 705-675-5300
- Serves lunch from 11 am - 2:00 pm
- 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 10 am - 1 pm (except July & August)
- Corner Clinic -----705-673-3721
- Open from 8 am - 12 pm & 1 pm - 2:30 pm. Drop-in Centre for homeless. Clothing donations, Nurse and family practitioner 1/week, dental hygiene, coffee, free personal care products, outreach at night.
- Elgin Street Mission ----- 705-673-2163
- Breakfast Mon - Fri from 8 am to 9:30 am, Supper served nightly

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

L'Association des jeunes de la rue ----- 705-675-6422  
Street outreach, Mon - Fri, provide clothing, blankets, winter clothes, footwear, supplies  
Meals on Wheels ----- 705-525-4554

### FOOD BANKS

Sudbury Food Bank provides funds to help area food banks ----- 705-671-9663  
Bread and Roses, Capreol residents -- 705-222-9664  
Friendship House (Rayside-Balfour, Onaping, Dowling, Levack residents only) -- 705-855-4848  
Good Neighbours Valley East Food Bank (Valley East residents only) ----- 705-969-1674  
Holy Redeemer Food Bank ----- 705-566-9409  
Infant Food Bank ----- 705-673-5003  
Infant Food Cupboard ----- 705-677-0931  
Inner City Home of Sudbury ----- 705-675-7550  
Massey Food Bank (Massey residents) 705-865-2450  
Salvation Army Food Bank ----- 705-566-8151  
St. Vincent de Paul Society (Val Caron residents only) ----- 705-897-1212  
Walden Food Bank (Lively, Walden, Whitefish & Naughton residents) ----- 705-692-4061

### HOUSING SERVICES/SHELTERS

#### SHELTERS

Off the Street Emergency Shelter ----- 705-675-7252  
Foyer Notre Dame House, youth ----- 705-675-6422  
Salvation Army sheltering services ----- 705-673-1175  
Genevra House (abused women) ----- 705-674-2210  
Cedar Place/Women and families ----- 705-586-3293

#### FIRST NATIONS HOUSING SERVICES

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

#### HOUSING SERVICES

Corner Clinic - Housing Outreach ----- 705-673-3721  
CMHA - Provides Apartment Listings - 705-675-7252  
Canadian Red Cross, Housing List ----- 705-674-0737  
Elizabeth Fry Society-Resources ----- 705-673-1364  
Greater Sudbury Housing Corp ----- 705-674-8323  
Addiction Supportive Housing (ASH) -- 705-674-0123  
ICAN - physical disability ----- 705-673-0655  
John Howard Society Resources ----- 705-673-9576  
Landlord and Tenant Board ----- 1-888-332-3234  
Ombudsman ----- 1-800-263-1830  
Social Planning Council, emergency -- 705-675-3894

#### RETIREMENT HOMES

Amberwood Suites ----- 705-522-5289  
Chartwell Southwind ----- 705-521-1443  
Chartwell Westmount ----- 705-566-6221  
Lasalle Residence ----- 705-560-8787  
Palambro Retirement Home ----- 705-523-5295  
Red Oak Villa ----- 705-673-0050  
Walford ----- 705-523-2686

#### LONG-TERM CARE HOMES

Extendicare Falconbridge ----- 705-566-7980  
Extendicare York ----- 705-674-4221  
Finlandia ----- 705-524-3137  
Pioneer Manor ----- 705-566-4282  
St. Joseph Villa ----- 705-674-4447

#### LEGAL ISSUES/ASSISTANCE

CMHA Mental Health Court Outreach- 705-675-7252  
Cecil Facer Youth Centre ----- 705-522-1250  
Correctional Service of Canada ----- 705-671-0600  
Crown Attorney, Courthouse ----- 705-564-7698  
Elizabeth Fry Society ----- 705-673-1364  
Enforcement Office (Sheriff) ----- 705-564-7600  
John Howard Society ----- 705-673-9576  
Justice of the Peace ----- 705-671-5950  
Law Society Lawyer referral service-1-800-268-8326  
Legal Clinic ----- 705-674-3200  
Manitoulin Legal Clinic ----- 705-368-3333  
Native Court Outreach, Friendship Ctr 705-674-2128  
Northern Youth Services ----- 705-524-3354  
Sudbury Ontario Legal Aid ----- 705-673-8182  
Eviction Prevention Restorative ----- 705-674-1825  
OPP ----- 705-564-6900  
Kirkwood Patient Rights Advisor ----- 705-675-5900

Police ----- 705-675-9171  
Probation and Parole, Adults ----- 705-564-4311  
Public Guardian and Trustee ----- 705-564-3185  
Toll free ----- 1-800-891-0503  
Special Investigations Unit ----- 1-800-787-8529  
Supervised Access - Manitoulin ----- 705-377-6080  
Supervised Access - Sudbury- 705-525-1008 x 2565

### MEDICAL

#### HOSPITALS/MEDICAL CLINICS

Health Sciences North (HSN) ----- 705-523-7100  
Kirkwood ----- 705-675-5900  
Shkagamik-Kwe Health Centre ----- 705-675-1596  
Chapleau Health Services ----- 705-864-1520  
Espanola General Hospital ----- 705-869-1420  
Toll-Free ----- 1-866-469-0822  
Manitoulin Health Centre  
Little Current Site ----- 705-368-2300  
Mindemoya Site ----- 705-377-5311  
North Bay Psychiatric Hospital ----- 705-474-8600  
North Bay Regional Health Centre ----- 705-474-8600  
Centre de sant  communautaire Sudbury 705-670-2274  
Sudbury & District Health Unit ----- 705-522-9200  
Marijuana Medical Clinic ----- 705-805-0092  
Bodystream Sudbury ----- 1-800-730-8210

#### AFTER-HOURS / WALK-IN CLINICS

Brady Clinic ----- 705-688-8833  
Northwood Medical Clinics ----- 705-522-3380  
Elm St. ----- 705-806-7915  
South End ----- 705-522-3380  
Lasalle ----- 705-522-3380  
Azilda ----- 705-522-3380  
Garson Walk-In Clinic ----- 705-693-4200  
Superstore Walk-In Lasalle Blvd ----- 705-222-7451  
Lasalle All Day Walk-In Clinic ----- 705-222-9038  
Lively After Hours Walk-In Clinic ----- 705-692-4774

#### NURSE PRACTITIONERS

Sudbury District Nurse Practitioner Clinics  
359 Riverside Dr. Sudbury ----- 705-671-1661  
623 Main St. Lively ----- 705-692-1667  
Capreol Nurse Practitioner Led Clinic  
49 Young St., Capreol ----- 705-858-8787

#### FAMILY HEALTH TEAMS

City of Lakes Family Health Team  
Sudbury, Val Caron, Walden ----- 705-692-1018  
Espanola & Area FHT ----- 705-862-7991  
Municipality of Assiginack FHT ----- 705-859-2170  
Northeastern Manitoulin FHT ----- 705-368-1488

#### DRUG PLANS

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

#### HOME CARE/PALLIATIVE CARE

Soci t  Alzheimer Society ----- 705-560-0603  
Toll Free ----- 1-800-407-6369  
Bayshore Sudbury & Espanola ----- 705-523-6668  
Canadian Shield Health Care ----- 1-888-840-1188  
Community Care Access Centre ----- 705-522-3461  
Toll Free ----- 1-800-461-2919  
Home Instead Senior Care ----- 705-523-1600  
Retire-At-Home Services ----- 705-866-6231  
The HAVEN Program, AIDS ----- 705-523-7059  
Victoria Order of Nurses/VON ----- 705-671-1575  
We Care ----- 705-523-4008  
Maison VALE Hospice, palliative care- 705-674-9252

#### MEDICAL ADVICE OR INFORMATION

College of Physicians ----- 1-800-268-7096  
www.cpso.on.ca (new doctors)  
Health Care Connect (if you don't have a family physician) ----- 1-800-445-1822  
Telehealth Ontario ----- 1-866-797-0000  
House of Kin (low cost accommodation for families of hospitalized patients) ----- 705-522-3600

#### MENTAL HEALTH see also ADDICTIONS

Canadian Mental Health Association -- 705-675-7252  
Toll Free ----- 1-866-285-2642  
Centre for Addiction & Mental Health -- 705-675-1195  
Connex Ontario  
Helplines are live, answer 24/7, confidential and free  
Drug and Alcohol Helpline ----- 1-800-565-8803  
Mental Health Helpline ----- 1-866-531-2600  
Ont. Problem Gambling Helpline -- 1-888-230-3505

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

Crisis Intervention ----- 705-675-4760  
Central Intake & Referral ----- 705-523-4988 x 0  
Positive Steps ----- 705-523-4988 x 4377  
TOPS ----- 705-523-4988 x 0  
ACTT 1 Team ----- 705-523-4988 x 4282  
ACTT 2 Team ----- 705-523-4988 x 4283  
Mood and Anxiety Program -- 705-523-4988 x 4242  
HSN - Kirkwood site ----- 705-675-5900  
Rural Outreach-Community Mental Health:  
East Algoma (Elliot Lake) ----- 705-848-9131  
Espanola ----- 705-869-1564  
Manitoulin ----- 705-368-0756  
Sudbury East (St-Charles) ----- 705-867-5233

Mood Disorders Association ----- 1-888-486-8236

#### CUTTING/SELF-HARM

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

#### EATING DISORDERS

Eating Disorders Program ----- 705-523-4988 x 4211  
National Eating Disorder Info Centre 1-866-633-4220  
Overeaters Anonymous ----- 705-207-0877  
----- 705-222-6141

#### PEER SUPPORT & SUPPORT FOR FAMILIES

Family & Friends  
Education Group ----- 705-523-4988 x 0  
Lived Experience & Recovery Network (LERN)  
North Bay ----- 705-840-1818  
NISA ----- 705-222-6472  
Warm Line (pre-crisis support) ----- 1-866-856-9276

#### SCHIZOPHRENIA

Schizophrenia Society of Ontario -- 1-800-449-6367  
SSO Sudbury Chapter ----- 705-693-3067

#### TRAINING

#### CMHA-Canadian Mental Health Association

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

#### OLDER ADULTS

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

#### PREGNANCY

Baby's Breath ----- 705-671-1941 x 229 or x 219  
Birthright ----- 705-673-7200  
Hotline ----- 1-800-550-4900  
Our Children, Our Future ----- 705-677-0440  
Pregnancy Care of Sudbury  
and Infant Food Bank ----- 705-673-5003  
Sudbury & District Health Unit ----- 705-522-9200  
Health Sciences North - Options Clinic 705-671-5265  
Perinatal Mental Health Prog -- 705-523-4988 x 4242

#### TRANSPORTATION

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

#### YOUTH

Foyer Notre Dame House, youth ----- 705-675-6422  
Northern Youth Services ----- 705-524-3354  
Rayside-Balfour Youth Action Netwrk -- 705-855-5230  
Sudbury Action Centre for Youth ----- 705-673-4396  
Walden Youth for Youth ----- 705-692-1777  
Northern Youth Services  
Youth Attendance Center ----- 705-673-4879  
Youth Justice Family Worker ----- 705-524-3354