

**SUPPORT SERVICES FOR SENIORS**

Greater Sudbury Police Senior Liaison Officer 675-9171  
 Red Cross 674-0737  
*(transportation, home maintenance)*  
 Alzheimer's Society 560-0603  
 Canada's Association for the Fifty Plus 669-0045  
 Centre de santé communautaire de Sudbury 670-2158  
 CCAC (Sudbury – Manitoulin Community Care Access Centre) 522-3461  
 CCAC Senior's Information Line 673-3636  
 Elder Abuse Ontario 1-866-299-1011  
 Older Adult Centre 673-6227  
 Onaping Falls Golden Age 966-2502  
 One Eleven Senior Citizens Centre 675-5001  
 Senior's Advisory Council 671-1647  
 St-Joseph's Centre Psycho geriatric Clinic 671-3186  
 Sudbury Elder Abuse Committee 524-5738  
 Sudbury Senior Centre 675-6443  
 Valley Golden Age Club 969-8649  
 Victoria Order of Nurses (VON) 671-1575  
 Advocacy Centre for the Elderly, Toronto 1-416-598-2656  
 Senior Information Line 310-2222

**NATIVE / MULTICULTURAL**

Aboriginal Affairs & Northern Development Canada 522-5100  
 First Nations Health 671-0608  
*(medical travel re-imburement, dental hotline)*  
 Native People of Sudbury Development Corporation 674-9996 / 1-800-300-6713  
 N'Swakamok Native Friendship Centre 674-2128  
 Shkagamik-Kwe Health Centre 675-1596  
 Sudbury Multicultural/Folks Arts Association 674-0795  
 Talk for Healing 1-855-554-4325  
*(A free & culturally safe helpline for Aboriginal Women living in Northern Ontario)*  
 Whitefish Lake First Nation Family Resource Centre 692-1515  
 Whitefish Lake Men Health Clinic 692-3674

**HEALTH CARE SERVICES**

Reseau AIDS Network 688-0500  
 Sudbury & District Health Unit 522-9200  
 March of Dimes Acquired Brain Injury Services 669-4327  
 Occupational Health & Safety 1-877-202-0008  
 Poison Control 674-3636  
 Poison Information Centre (24 hrs) 1-800-268-9017

**ADDICTIONS & MENTAL HEALTH**

Central Intake and Referrals Coordination 523-4988  
*(Coordination program for addictions & mental health services, programs & groups)*  
**Addictions:**  
 Pinegate Withdrawal Management Services 671-7167  
 Addiction Treatment Centre 673-1175  
 Alcoholics Anonymous Sudbury/ACOA/  
 Al-Anon/Alateen 674-6217  
 IRIS Treatment Centre for Women 674-4193  
 Narcotics Anonymous (24 hr answering service) 688-9929  
 Rockhaven Recovery Home for Men with Addictions 675-1179  
 The Point Needle Exchange 673-4287  
**Mental Health:**  
 Canadian Mental Health Association 675-7252  
*(Mental health services, groups, housing, court support, case management, etc)*  
 Interact 523-4988  
 Network North 675-9192  
 Warm Line (CMHA) (Mon-Fri 6pm-12am) 1-866-856-9276

**BEREAVEMENT**

Bereavement Foundation of Sudbury 923-1982  
 Chaplain at Sudbury Regional Hospital 673-9591  
 Warm Hearts Palliative Care Association 677-0077  
*(grief support during & after the loss of a loved one)*  
 Sudbury Regional Palliative Care Association 677-0077  
 Suicide Survivors Support Group 675-7252  
 Widowed Help Each Other 524-9270  
 Wounded Healers 524-7540  
*(Support group for those who have lost a child)*  
 Perinatal Bereavement of Ontario 1-888-301-7276  
 Canadian Foundation for the Study of Infant Deaths 1-800-363-7437  
 Maison Vale Hospice 674-9252

**VICTIM SERVICES**

Sudbury & Area Victim Services 522-6970  
 Victim Youth Referral Coordinator (GSPS) 671-1941 ext.228  
 Office of Victims of Crime 1-877-435-7661  
*(Provides advice to the Attorney General: ensure that the principles are respected; development, implementation & maintenance of provincial standards for services for victims of crime; use of the Victims' Justice; & legislation & policy, etc. NO direct services for victims)*

**COUNSELING**

Sudbury Counseling Centre 524-9629  
*(No charge for domestic violence victims)*  
 Family Enrichment Centre (Sliding fee scale) 670-0606  
**Some services that have fees but may be covered by EAP/benefits/ insurance/MSW/RSW:**  
 Cross Roads Counseling 564-9698  
 Caufield Counseling & Consulting 674-7806  
 Dan Keaney & Associates 522-4679  
 Human Development Counseling & Consulting 523-9882  
 White Pine Counseling Centre 521-0881  
 Bird's Nest Counseling 969-4083  
*(Metis & Native funding available)*  
 Survivors of Sexual Exploitation on the Internet (ICE) 1-855-424-1100 ext. 338  
*(ICE - Self referrals or referrals from Victims Services can be made by calling the number &/or referral forms are available at the Victim Services office)*  
*\*For additional counseling/ psychology /psychiatry services view listings in phone book.*

**YOUTH SERVICES**

Lesbian, Gay, Bi Trans Youth Line 1-800-268-YOUTH  
 Sudbury Action Centre for Youth 673-4396  
*(Employment, vocational, housing, various social skills programs, etc.)*  
 Operation Come Home 1-800-668-4663  
*(Returns runaway youth home)*

**EMPLOYEMENT & VOCATIONAL SERVICES**

Sudbury Vocational Resource Centre 671-2544  
 YES (Youth Employment Centre) 674-2324  
 Ontario Labor & Employment Standards 1-800-531-5551  
 Learning Disabilities Association of Sudbury 522-0100  
 Learning to 18, an alternative school 566-8101 ext. 771

**OTHER SERVICES**

Canadian Hearing Society 522-1020  
*(In an emergency an afterhours interpreter can be reached at Voice: 1-866-256-5142 or TTY: 522-1090 or 1-866-831-4657 – must be called from a Hospital or Mental Health Service) (TTY Relay Service 1-800-855-0511 for those using a TTY phone contacting someone with a regular phone)*  
 Canadian National Institute for the Blind (CNIB) 675-2468  
 Canadian Red Cross 674-0737  
*(Emergency services, financial assistance, housing, transportation)*  
 Forest Fire & Flood Reporting 1-888-863-3473  
 Meals on Wheels 525-4554  
*(Fees apply –delivered lunches, meals for new moms & children, frozen meals)*  
 Ontario Human Rights (Support Centre) 1-866-625-5179  
 National Trafficking Hotline (12pm-6am) 1-866-528-7109