



wellspring

A Lifeline to Cancer Support

Wellspring Niagara



Community Services & Resources

2017

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Advocacy

Legal Aid Ontario

www.legalaid.on.ca

Provides legal assistance for low income families.

Services include:

Toll-free telephone access

Duty Council

Criminal and Family Law

Mediation

Immigration and Refugee Law

Community and Specialty Clinics

Lawyer Representation

Niagara North Community Legal Services

8 Church Street, P.O. Box 1266, St. Catharines, ON

(905) 682-6635

Toll-free 1-800-668-8258

Justice Niagara located at: 15 Burger Street, Suite 100, Welland, ON

(905) 735-1559

Toll-free 1-877-801-5956 for satellite offices

Pro-Health Navigators

www.prohealthnavigatorscanada.com

info@prohealthnavigatorscanada.com

24/7 service

Health Care professionals helping you to navigate the system

(905) 562-6883

Bereavement

Bereaved Families of Ontario (BFO)

www.BFO-HamiltonBurlington.on.ca

Support for grieving children and parents

293 Wellington Street North, Suite 118, Hamilton, ON

(905) 318-0070

Bereavement Ontario Network

www.bereavementontarionetwork.ca

info@bereavementontarionetwork.ca

A network of individuals, groups, and organizations, which through the exchange of resources and energy, is dedicated to helping the bereaved and dying.

Compassionate Friends (TCF) of Niagara

www.tcfniagara.ca

An international, non-profit, non-denominational, self-help organization offering friendship, understanding, grief education and hope for the future to families who have experienced the death of a child at any age, from any cause. Meetings held on the 2nd Tuesday of every month, at 7:30 pm at

Regional Municipality of Niagara Headquarters

2201 St. Davids Road, Room 300, Thorold, ON

(905) 950-6000

Toll-free (Canada Only) 1-800-263-7215

Grief Network of Niagara

www.griefnetworkniagara@outlook.com

Provides a compilation of Bereavement, Hospice, Palliative and Community Services in the Niagara Region.

Grief Recovery Group

Grief support offered at the following locations:

Fort Erie: Benner Funeral Services/Williams Funeral Home

www.bennerfuneralservices.com

(905) 871-0444

St. Catharines: George Dart Funeral Home

www.dartefuneralhome.com

(905) 937-4444

Welland: St. Kevin's R.C. Church

307 Niagara Street, Welland, ON

(905) 732-3969

Grief Share

www.griefshare.org

13 week bereavement support group sessions are held twice a year (Sept-Dec and Jan-Apr) on Fridays from 7pm-9pm in the Library at Bethany Community Church, 1388 3rd Street, St. Catharines, ON

Director of Support & Recovery Ministries

(905) 937-5300 ext. 10

Hulse & English Funeral Home

www.hulseandenglish.com

75 Church Street, St. Catharines, ON

(905) 684-6346

Hospice Niagara Support Groups (St. Catharines)

www.hospiceniagara.ca

Provides facilitated peer group support for adults, adolescents and children. Also holds a grief walk, every week, year round.

(905) 984-8766 ext. 233

Loving Outreach (St. Catharines)

lovingoutreach@becon.org

A support group for people who are living with the loss of a loved one through suicide.

Meetings: 2nd Monday of each month at 7:30pm at

Silver Spire United Church (Hearth Room)

366 St. Paul Street, St. Catharines, ON

(905) 934-2176

Morgan Funeral Home

www.morganfuneral.com

Offers a variety of support groups free to the community. One on one appointments for clients of the funeral home.

(905) 468-3255

Morse & Son Funeral Home

www.morseandson.com

Offers a variety of support groups free to the community. One on one appointments for clients of the funeral home.

(905) 356-3550

Rose Cottage Visiting Volunteers and Stonehouse Whitcomb Funeral Home – “A Hand Along the Way”

www.rosecottagevolunteers.com

“A Hand Along the Way” is an 8 week self-help program designed to help attendees acknowledge and eventually come to terms with their grief. The program is offered in the spring and the fall.

169 Main Street East, Grimsby, ON

(905) 309-5071

Tallman’s Funeral Home

www.tallmanfuneralhomes.ca

resilient979@gmail.com

An 8 week support group that is held twice a year in spring and fall.

3277 King Street, Vineland, ON

(905) 562-5454

Wellspring Niagara Cancer Support Centre

www.wellspringniagara.ca

Grief Support Group (drop-in) for those who have lost a loved one to cancer. 1st Monday of each month, 7pm-8:30pm.

Bereavement Support Group, 8 week program for those who have lost a loved one to cancer, scheduled when there is sufficient enrollment.

Children’s Bereavement programs, available upon request.

(905) 684-7619

Children & Youth Programs

Camp Erin (via Dr. Bob Kemp Hospice)

<http://kemphospice.org/camp-erin>

Camp Erin is a free weekend bereavement camp for children and teens ages 6 through 17 who are grieving the death of someone close to them. Campers participate in fun, traditional camp activities combined with grief education and emotional support, led by expert bereavement professionals and trained volunteers.

Camp Trillium

Camp Trillium (officially The Trillium Childhood Cancer Support Centre) offers year-round recreational experiences to bring children with cancer and their families together. We work to provide an environment that normalizes relationships and experiences, helping them in the healing process and enhancing their quality of life.

940 Queensdale Ave East, Hamilton, ON

(905) 527-1992

1-888-999-CAMP

Catarino House

www.catarinohouse.com

catarinohouse@gmail.com

Catarino House is a Children's Wellness Centre, for children ages 4 – 18 years old who are currently diagnosed with cancer, brain tumours or those receiving palliative care.

40 Empress Avenue, Hamilton, ON

(289) 309-9106

Childhood Cancer Canada (CCC)

www.childhoodcancer.ca (online)

Develops and leads many support programs, including the TeenConnector website, emPowerPack, Scholarship programs and Benevolent Fund and several programs that provide information and resources to families at critical stages in their cancer journey. National Teen Network, mlye@childhoodcancer.ca, helps teens connect with a teen survivor who has experienced a similar type of cancer.

1-800-363-1062

Darling Home for Kids

www.darlinghomeforkids.ca

The Darling Home for Kids provides high quality respite and palliative care services for children who are medically fragile and technology dependent, many of whom suffer from progressive illness. Our vision is to be an oasis of comfort and joy for the children and families we serve. Comfort in knowing that our special children receive wonderful care in a beautiful, warm environment. Comfort in knowing that their parents are able to take a break from the hard work of being parents of special kids and that there is a continuum of care from respite through to palliation and end of life care, when needed.

5657 15th Side Road, Milton, ON

(905) 878-7673

1-877-406-7673

Elizabeth Christie, M.A.

Playful Solutions

Children's mental health clinician, Behavioural Therapist

Lizchristie85@gmail.com

In-home Child & Family Clinical Therapy

(905) 992-9283

Hospice Niagara Support Groups (St. Catharines)

www.hospiceniagara.ca/programs/child/

The Children, Preteen and Parent/Guardian Support Group is a six-week peer support program for children (6 – 9 years), preteens (10 to 13 years) and their parent/guardian in the Niagara Region whose loved one has died. This group is broken into groups and will include a couple of activities where all groups will come together:

Children (ages 6 to 10)

Pre-teens (ages 11 to 13)

Parents and/or Guardians of the Children. The primary focus of this group will be on how to best help your children to grieve. It is strongly recommended that parents and/or guardians attend.

The program provides an opportunity for children to remember, validate and commemorate the death of their loved one with others their own age. The program is six weeks in length.

(905) 984-8766 ext. 233

Major Progressions Music Therapy

www.majorprogressions.ca

majorprogressions@outlook.com

We provide the Niagara Region with **music therapy services** and music education for individuals of all ages and abilities. Through fostering a therapeutic relationship and implementing our musical interventions we encourage our clients to access and integrate all components of their holistic selves, improving quality of life and meeting healthcare goals. Through the use of singing/vocalization, song-writing, music listening, movement, song discussion, instrument playing and improvisation we seek to improve the mental and physical well-being of our clients. We offer open and closed group therapy sessions, one on one sessions, and co-therapy.

Mallory Warkentin, MMT, MTA©

Music Therapy Coordinator

(905) 932-2233

Pathstone Mental Health (Rotary House is run by Pathstone)

www.pathstonementalhealth.ca

A non-profit charitable agency. The majority of services are offered free of charge to the children, under 18 years of age, and their families. To access services call Contact Niagara at (905) 684-3407 for a referral. Funding is provided by the Ontario Ministry of Children and Youth Services, the Ontario Ministry of the Attorney General and the Regional Municipality of Niagara. Also, fee-for-service programs are offered.

3340 Schmon Parkway, Thorold, ON

(905) 688-6850

1-800-563-0122

Merrittville Site, 1604 Merrittville Highway, RR#2, Welland, ON

(905) 384-9551

Crisis Services 24/7 1-800-263-4944

Powerhouse Project – Young Cares Initiative

www.powerhouseproject.ca

Serving children, youth and young adults in Niagara and Haldimand Norfolk who are caregivers in their home due to a family member experiencing chronic illness, disability, mental health issues, addiction issues and socio-economic factors. Providing a variety of services to empower young carers to give them time where “kids can be kids.” Programs include: workshops to develop practical skills, crafts, homework help, day camps, leisure activities, special events and peer support.

318 Ontario Street, Unit 7A, St. Catharines, ON

(905) 397-4201

Ronald McDonald House Charities

South Central Ontario

www.rmhcscoco.ca

info@rmhcscoco.ca

Ronald McDonald House Charities South Central Ontario (RMHCSCO) is part of a network of 15 Ronald McDonald Houses across Canada. We provide a home away from home for families of children who are seriously ill and being treated at nearby hospitals. RMHCSCO expanded from our original 15 bedroom home to a 41 bedroom house to serve more families in their time of need.

1510 Main Street West, Hamilton, ON

(905) 521-9983 ext. 2200

Therapy Tails Ontario

www.therapytails.ca

info@therapytails.ca

Therapy Tails is a non-profit charity/dog-therapy program that makes a positive contribution to our communities! Services include Tell Tails reading program, Special Needs Visitation and coming soon – Bereavement Recovery.

(905) 735-9157

1-855-TTO-DOGS

(1-855-886-3647)

Wellspring Niagara Cancer Support Centre

Programs for youth affected by cancer.

(905) 684-7619

Community Resources

Accommodations

Haven of Hope

www.havenofhopefarm.ca

info@havenofhopefarm.ca

Haven of Hope Farm is located in the heart of Niagara. We provide accommodations for patients and their families who are receiving treatment for cancer or other medical conditions as well as those with disabilities. We also provide a retreat for those who are seeking respite from the stresses of everyday life.

3315 Ninth Street Louth, St. Catharines, ON

(905) 682-0059

Mark Preece Family House

www.markpreecehouse.ca

info@markpreecehouse.ca

The Mark Preece Family house is a caring place to call home for families of patients in Hamilton area hospitals.

We provide accommodation minutes away from Hamilton General Hospital. We also accommodate families of patients being treated at the Juravinski, St. Joseph's, and St. Peter's hospitals.

Mark Preece Family House

Hospital Family Houses of Ontario

191 Barton Street East, Hamilton, ON

(905) 529-0770

Ronald McDonald House Charities

South Central Ontario

www.rmhcscoco.ca

info@rmhcscoco.ca

Ronald McDonald House Charities South Central Ontario (RMHCSCO) is part of a network of 15 Ronald McDonald Houses across Canada. We provide a home away from home for families of children who are seriously ill and being treated at nearby hospitals. RMHCSCO expanded from our original 15 bedroom home to a 41 bedroom house to serve more families in their time of need.

1510 Main Street West, Hamilton, ON

(905) 521-9983 ext. 2200

Ronald McDonald House Charities

Toronto

www.rmhctoronto.ca

info@rmhctoronto.ca

Ronald McDonald House Charities (RMHC) Toronto provides a “home away from home” for the families of seriously ill children undergoing treatment. We keep families close when they need each other the most.

RMHC Toronto encompasses a House for 81 families in downtown Toronto and seven Family Rooms in hospitals across the Greater Toronto Area and in Sudbury.

240 McCaul Street, Toronto, ON

(416) 977-0458

Aesthetics

Look Good Feel Better

A program of the Canadian cosmetic, toiletry and fragrance association foundation, a 2 hour session held once a month at Wellspring Niagara.

For a list of other aesthetic services offered in region contact Wellspring Niagara.

(905) 684-7619

Assistive Devices

Assistive Devices Program Ontario

www.ontario.ca/page/assistive-devices-program

Through the Assistive Device Program (ADP), we help people with long-term physical disabilities pay for customized equipment such as wheelchairs and hearing aids. The ADP also helps cover the cost of specialized supplies. Refer to the website for detailed information.

Cancer Assistance Program

www.cancerassist.ca

inquiries@cancerassist.ca

The Cancer Assistance Program (CAP) is a community-based, not-for-profit organization offering free services for individuals and families impacted by cancer, living in the greater region of Hamilton and surrounding areas.

569 Concession Street Hamilton, ON

(905) 383-9797

Toll-Free 1-844-588-9797

For The Needy-Not The Greedy

Used sterilized, refurbished medical equipment & supplies at a very low cost.

6934 Kingsmen Court, Niagara Falls, ON

289-296-8079

Hauser's Pharmacy

www.hauserspharmacy.com

Offers mobility support devices

140 Broad Street East, Dunnville, ON

(905) 774-7331

MacQuillens Orthopedic & Surgical Fitting Clinic

3 King Street, St. Catharines, ON

(905) 685-8473

Medigas (a Division of Praxair)

Offers home medical equipment

305 Niagara Street, Unit 4, St. Catharines, ON

(905) 641-5272

Motion Specialties

Offers mobility devices

111 Fourth Avenue – Ridley Square, Unit # 1, St. Catharines, ON

(905) 688-0420

1-866-249-0494

Pharmx Rexall Drug Stores

Dell Lewis & Krall Home Health Care

Offers home health care products

105 Queenston Street, St. Catharines, ON

(905) 938-5138

Pharmx Rexall Drug Stores

Dell Lewis & Krall Home Health Care

Offers home health care products

325 Thorold Road, Welland, ON

(905) 732-4456

Pharma Shield Dispensary

Offers home health care products
5400 Portage Road, Niagara Falls, ON
(905) 356-8482

Shoppers Drug Mart

Shoppers Home Health Care
1465 Carlton Street, St. Catharines, ON
(905) 641-5200

Silver Cross

Offers home health care products
320 Vansickle Road, Unit #2, St. Catharines, ON
(905) 685-4125

Bra Prosthesis and Bras

Breast Reconstruction Awareness Day

www.bra-day.com

Resource for women considering reconstruction

Best Alternatives

2144 Maplewood Drive, Burlington, ON
(905) 333-9626
1-888-394-3333

BodyMed Boutique

www.bodymedboutique.ca

BodyMed Boutique is the founder and ongoing supporter of The Camisole Project – providing a **FREE Post-Surgical Specialty Camisole** and comfort heart pillow to ANY woman facing Breast Cancer Surgery.

Offers compression garments, mastectomy bras and prosthesis.

2033 Mt. Forest Drive, Burlington, ON
(289) 337-1508

Charlotte Boutique

33 Lakeshore Road, St. Catharines, ON
(905) 934-7303

Dell Lewis & Krall Home Health Care & Med Support

105 Queenston Street, St. Catharines, ON

(905) 646-2885

Greta's Flair Mastectomy & Lingerie

www.gretasflair.com

252 Ottawa Street North, Hamilton, ON

(905) 545-9124

Hauser's Pharmacy

www.hauserspharmacy.com

1200 Fourth Avenue, St. Catharines, ON

Located in the St. Catharines General Hospital

Bra & prosthetic measuring & devices, lymphedema sleeves.

(905) 685-3030

1-855-440-8500

Knitted Knockers of Canada

www.knittedknockerscanada.com

Special handmade breast prosthesis for women who have undergone mastectomies. These soft, comfortable lightweight prosthesis are knitted with love by volunteers & available for **FREE**.

Sample sizes are available at Wellspring Niagara. You can feel, try on samples sizes and get information on ordering your own knitted knockers.

MacQuillens Orthopedic & Surgical

105 Queenston Street, St. Catharines, ON

(905) 938-5138

Monica's at 270 Degrees West

224 West Street, Port Colborne, ON

(905) 835-5024

My Top Drawer

7805 Lundy's Lane, Niagara Falls, ON

(905) 371-1272

Ontario Breast Cancer Screening Program

www.cancercare.on.ca

1-800-688-9304

Pharma Shield Dispensary

5400 Portage Road, Niagara Falls, ON

(905) 356-8482

Pharmx Rexall Drug Stores

Dell Lewis & Krall Home Health Care

325 Thorold Road, Welland, ON

(905) 732-4456

Shoppers Home Health Care

145 Carlton Street, St. Catharines, ON

(905) 641-5200

1-800-267-9359

Sweet Dream Studio

www.sweetdreamstudio.ca

stulio@ryerson.ca

Sleepwear, Sandra Tullio-Pow3

The Camisole Project

www.admin@bodymedboutique.com

Provides free post-surgical camisole to every woman who is having breast cancer surgery.

Sizes ranging from xs-3x.

(289) 337-1508

Cancer Support Services

Bladder Cancer Canada

www.bladdercancercanada.org

Bladder Cancer Canada is a national charity organized to help bladder cancer patients and their support teams address day-to-day issues of this disease, increase awareness of bladder cancer among the general public and medical community and fund research, which pursues the diagnoses, treatment and elimination of bladder cancer.

1-866-674-8889

Brain Tumour Foundation of Canada

www.braintumour.ca

The Brain Tumour Foundation's vision is to find the cause and cure for brain tumours while improving the quality of life for those affected by this cancer.

1-800-265-5106

Breast Cancer Support Services

www.breastcancersupport.org

Support to women and families living with breast and gynecologic cancers.

695 Brant Street, Burlington, ON

(905) 634-2333

Canadian Cancer Society

www.cancer.ca

The website www.cancerconnection.ca helps people with cancer share their experience with one another.

1-888-939-3333

Cancer Assistance Program (CAP)

www.cancerassist.ca

Provides free services for individuals living with cancer in and around Hamilton.

569 Concession Street, Hamilton, ON

(905) 383-9797

1-844-588-9797

Canadian Thyroid Cancer Support Group (Thry'vors) Inc.

www.thryvors.org

A non-profit group and federally registered charitable organization led by thyroid cancer survivors. The goal is to connect with patients and their families who want support and information about the disease.

P.O. Box 23007, 5550 Eglinton Avenue West, Toronto, ON

(416) 487-8267

Colon Cancer Canada

www.coloncancercanada.ca

info@coloncancercanada.ca

Colon Cancer Canada is a national organization dedicated to saving lives through increasing public awareness of colorectal cancer, funding research initiatives, and providing colorectal cancer patient support.

5915 Leslie Street, Suite 204, Toronto, ON

(416) 785-0449

1-888-571-8547

Cottage Dreams

www.cottagedreams.ca

Helping families touched by cancer reconnect and rejuvenate at a private, donated cottage.

The Village Barn, 195 Highland Street, Haliburton, ON

(705) 457-9100

Juravinski Cancer Centre Genetic Counselling

www.jcc.hhsc.ca

699 Concession Street, Hamilton, ON

(905) 387-97111 ext. 5920

Leukemia & Lymphoma Society

www.LLS.org/information specialists

Information and resources for blood cancers, treatments, clinical trials, support services, financial assistance and free information booklets, webcasts and other education resources.

Personalized support – contact an Information Specialist

Monday to Friday, 9am to 9pm ET

1-800-955-4572

Lymphedema Association of Ontario

www.lymphontario.ca

Committed to improving the lives of people with lymphedema.

4161 Dundas Street West, Toronto, ON

1-877-723-0033

Lung Cancer Canada

www.lungcancercanada.ca

Provides support to patients living with lung cancer and the individuals who care for them and provides educational resources to lung cancer patients, their family members and health care professionals.

10 Mary Street, Suite 315, Toronto, ON

(416) 785-3439

1-888-445-4403

Ovarian Cancer Canada

www.ovariancanada.org

Ovarian Cancer Canada is the only registered Canadian charity solely dedicated to overcoming ovarian cancer. We provide leadership by supporting women living with the disease and their families, raising awareness among the general public and health care professionals, and funding research to develop early detection techniques, improved treatments and ultimately, a cure.

205-145 Front Street East, Toronto, ON

(416) 962-2700

1-877-413-7970

Pink Pearl Foundation

www.pinkpearlfoundation.org

Pink Pearl Foundation is a community-oriented organization that provides support, facilitates connections and empowers young women (18-40) who are courageously overcoming the social and emotional challenges of being diagnosed with cancer of any type.

Prostate Cancer Canada

www.prostatecancer.ca

info@prostatecancer.ca

Prostate Cancer Canada is the leading national foundation dedicated to the elimination of the most common cancer in men through research, advocacy, education, support and awareness.

2 Lombard Street, 3rd Floor, Toronto, ON

(416) 441-2131

1-888-255-0333

Wellspring Niagara Cancer Support Centre

www.wellspringniagara.ca

Within the warmth of a wellspring centre, cancer patients and their loved ones find people who understand and free programs that address the everyday changes that cancer brings.

(905) 684-7619

Wellwood

www.wellwood.on.ca

A non-profit organization which provides information, programs and peer support to people who have received a diagnosis of cancer, loved ones, caregivers and health care providers. All programs are free of charge and do not require a referral.

Hospital Site: 699 Concession Street, Hamilton, ON

(905) 667-8870

Community Site: 503 Sanitorium Road, Hamilton, ON

(905) 667-8870

Willow

www.willow.org

Willow provides free-of-cost support, insight and information to anyone affected by breast cancer or hereditary cancer, including those at high risk.

1-888-778-3100

Estheticians (recommended by Wellspring members)

All Things Beautiful Day Spa

www.atbdayspa.vpweb.ca

Shannon Wilson

504 Line 2 Road, Virgil ON

(289) 929-0077

Body Buzz Spa

www.bodybuzzspa.com

Uses organic products

Laura Ganchou

55 Summitt Avenue, Welland, ON

(289) 820-7719

Complexions Esthetics

www.complexoinssesthetics.com

258 Merritt Street, # 5, St. Catharines, ON

(905) 362-5795

Decadence Spa

4072 Portage Road, Niagara Falls, ON

(289) 296-0122

Freelance Nails

Mobile Service

We will come to your home and will travel anywhere in Niagara

Katie Roy

(289) 808-9559

Fringe Hair and Skin Group

53 Queen Street, St. Catharines, ON

(905) 687-8478

Lavo Salon

221 Glendale Avenue (Pen Centre), St. Catharines, ON

(905) 984-4247

Nails by Kara

www.nailsbykarapeth.com

Mention Wellspring Niagara when booking and 10% of your total appointment will be donated to Wellspring Niagara Programs.

15 Walsh Avenue, St. Catharines, ON

(289) 696-4204

Niagara Waters Spa (Niagara College)

www.niagarawaters.ca

135 Taylor Road, Niagara-on-the-Lake, ON

(905) 641-2252 ext. 4230

The Petite Retreat Spa

6407 Thorold Stone Road, Niagara Falls, ON

(905) 371-0022

Senses Spa and Boutique (Oncology Esthetics)

www.americananiagara.com

844 Lundy's Lane, Niagara Falls, ON

(905) 356-6068

Storm Hair Group

96 Lake Street, St. Catharines, ON

(905) 685-0797

Transformational Body Work

www.transformationalbodyworkniagara.com

Sandra Edgar, CA, RYT

Esthetics, Holistic Hands, Massage, Reiki, Yoga & Pilates

23 Oarsman Crescent, St. Catharines, ON

(289) 273-2933

White Oaks Resort & Spa

www.whiteoaksresort.com

253 Taylor Road, Niagara-on-the-Lake, ON

(905) 641-2599

Hair, Hats & Wigs

All About You

314 St. Paul Street, St. Catharines, ON

(905) 984-6777

Canadian Cancer Society

Offers previously loved wigs at no charge

#2-432 Niagara Street, St. Catharines, ON

(905) 684-6455

Fringe Hair & Skin Group

Offers previously loved wigs at no charge, and will style existing wigs at no cost.

Purchase a new wig.

53 Queen Street, St. Catharines, ON

(905) 687-8478

His & Hers Wigs & Hair Pieces

1260 Highway 8, Stoney Creek, ON

(905) 643-4839

Nine Zero Five Salon

Located in White Oaks Resort & Spa

253 Taylor Road, Niagara-on-the-Lake, ON

905-704-5687

Nino D'Ambra Hair & Aesthetics

231 Garrison Road, Fort Erie, ON

(905) 871-6886

Paula Young Wigs

www.paulayoung.com

Transitions Studio

Purchase a new wig, cut hair and will style wigs at no cost

244 Grantham Avenue, St. Catharines, ON

(905) 937-1623

Walker Family Cancer Centre (Wig & Hat Resource Room)

1200 Fourth Avenue, Main Floor, St. Catharines, ON

WFCC patient resources only

Hair Donations

A Childs Voice Foundation

www.achildsvoicefoundation.com

Angel Hair for Kids (donate hair for wigs)

12 inches minimum length

3404 Palstan Road, Unit # 301 Mississauga, ON

(905) 275-3434

Pantene Beautiful Lengths campaign

www.pantene.ca/en-ca/brandexperience/make-the-cut

Since the program began in 2006, Pantene Beautiful Lengths has created more than 50,000 wigs from the generous hair donations from people across the United States and Canada, which have been the driving force behind the cause.

8 inches minimum length, donations must be made via Canada Post and not via courier.

Pantene Beautiful Lengths

Archway

2-1055 Middlegate Road

Mississauga, Ontario L4Y 1M3

Transitions Studio (Salon 244)

Contact Carlo if someone would like to donate hair for wigs.

12 inches minimum length

244 Grantham Avenue, St. Catharines, ON

(905) 937-1623

Health Coaching

Gayle Church

Gayle.church@gmail.com

Seated Massage, Therapeutic Reiki, Guided Meditation, Therapeutic Relaxation,
Mindfulness Based Stress Reduction

St. Catharines, ON

(905) 934-7211

Linda Morinello

www.good4me.ca

linda@good4me.ca

Emotion Freedom Technique, Holist Health Coaching, Corporate Wellness Program
Facilitator, Reconnective Healing Practitioner

Niagara Falls, ON

(905) 984-9418

Home Care & Outreach Nursing

Community Care Access Centre (CCAC)

www.healthcareathome.ca

Provides access to government funded health care support or services such as nursing, personal support, physiotherapy, occupational therapy, nutrition and food counselling and placement to long-term care homes.

149 Hartzel Road, St. Catharines, ON

1-800-810-0000

Health Bus

www.niagararegion.ca

For vulnerable populations in Niagara who can't access traditional health care. Outreach nurses provide a suitable, free alternative.

For specific services offered at each location:

(905) 688-8248 ext. 7512

1-888-505-6074

Impact Niagara (Niagara Health System)

www.niagarahealth.on.ca

A regional mobile health team of professionals who will assess and treat individuals in their own home or an agreed-upon location. The target population are those individuals who are in an acute phase of mental illness, age 16 or older.

(905) 378-4647 ext. 46400

Home Instead Senior Care

Enhancing the lives of aging adults and their families.

6293 Thorold Stone Road, Niagara Falls, ON

(289) 296-0288

Right at Home Canada

Home Health Care and Assistance

careniagara@rightathomecanada.com

(289) 969-5099

Naturopathic Doctors

Dr. Jordan Wiggins, ND

www.jordanwiggins.com

Motion Unlimited

178 Highway 20 West, Fonthill, ON

(905) 892-1239

Dr. Mike Um, ND

www.Naturomedic.com

296 Welland Avenue, St. Catharines, ON

(905) 684-4934

Dr. Michael Prytula, ND

www.Naturomedic.com

info@naturomedic.com

296 Welland Avenue, St. Catharines, ON

(905) 684-4934

Dr. Stephen Tripodi, ND

www.optimalwellnessniagara.com

stephen@optimalwellnessniagara.com

Optimal Wellness Niagara

26 Hiscott Street, St. Catharines, ON

(905) 988-9009

Dr. Tara Clapp, ND

www.integratedhealthcare.ca

integratedhealthcare@bell.net

Integrated Health Care and Fitness Studio

577 Ontario Street, St. Catharines, ON

(905) 988-9147

Personal and Home Support

Across Niagara Housekeeping & Yard Maintenance

www.acrossniagara.com

(289) 362-2086

Babysitting Angels Inc.

www.babysittingangels.com

Provides hotel child care, emergency childcare, wedding, conferences and group childcare

(905) 938-1234

1-888-983-0123

Cleaning for a Reason

www.cleaningforareason.org

A non-profit organization that services the United States and Canada. Our mission is to give the gift of free house cleaning for women undergoing treatment for any type of cancer.

1-877-337-3348

Fresh Start Green Cleaning (FSGG)

Partnered with Cleaning for a Reason

Emily

(289) 228-8007

Community Support Services of Niagara

www.cssn.on.ca

A volunteer based not-for-profit agency providing comprehensive client-driven community support services to help seniors and adults with disabilities live independently in their own homes.

320 Vansickle Road, # 3, St. Catharines, ON

(905) 682-3800

Go2Girl for Seniors

www.go2girl.ca

Provides home organization and personal-assistant services.

(289) 668-1619

Helping Hands Maid & Home Care Services

www.helpinghandsmaidservice.com

Non-medical Home Care Service is designed to help Seniors, the Disabled or Out-Patients, that are recovering from illness, surgery, accident or just need a little assistance in their daily lives.

(905) 646-5175

Misses Clean

www.missesclean.ca

Working in partnership with Cleaning for a Reason which is an organization that offers free cleaning services to women battling cancer. Currently Misses Clean provides two complimentary services per month to Cleaning for a Reason.

(905) 380-0347

Revera Health Care

www.reveraliving.com

Provides personal & home support, nursing, therapy & rehabilitation, pediatric & child services.

3550 Schmon Parkway, Suite 4, Thorold, ON

1-877-929-9222 (24 hour)

Visiting Angels

www.visitingangels.ca

Provides medical and home care services

1-877-239-4397

282 Geneva Street, Lower level, St. Catharines, ON

(905) 685-4242

Private Counselling

Cheryl Bailey

RSW, Certified Grief Recovery Counsellor

Cbailey_28@yahoo.ca

(905) 933-5435

Sandra Kesselman-Hardy

www.niagaracounselling.com

sandra@niagaracounselling.com

MSW, RSW, Professional Counsellor & Affective Therapy Services. Specializing in cancer, grief & loss.

(905) 468-4632

Dr. Christine Davis

Niagara Psychological Wellness, Psychologist

320 Vansickle Road, St. Catharines, ON,

(905) 327-0689

Elizabeth Christie, M.A.

Playful Solutions

Children's mental health clinician, Behavioural Therapist

lizchristie85@gmail.com

In-home Child & Family Clinical Therapy

(905) 992-9283

Reflexologists

Scott Brettell

www.healingyoursole.ca

reflex@vaxxine.com

Healing Your Sole

St. Catharines, ON

(289) 687-0260

Susan Ryczko

Herbally Ever After

Certified Massage Therapist, Colon Therapist and Reflexologist, Chartered Herbalist

6 Jill Court, St. Catharines, ON

(905) 704-1744

Osteopathic Manual Therapy

Michael Fittante

Integrated Osteopathy

282 Geneva Street, St. Catharines, ON

Located inside Reclaim Counseling and Wellness Centre

(905) 380-1741

Optimal Wellness

26 Hiscott Street, St. Catharines, ON L2R 1C6

(905) 988-9009

Registered Massage Therapists (including Lymphedema Therapy)

Cindy Schultz, RMT, CDT, EGF

clcschultz@gmail.com

Port Health Clinic

600 Ontario Street, St. Catharines, ON

Registered Massage Therapist, Manual Lymphatic Drainage

(905) 684-6066

Vivian Dim OT Reg (Ont) LLCC

vivian@armmoretherapy.com

4413 Ontario Street, Suite 202

Beamsville, ON

(289) 897-8707

Sandra Jean Edgar

www.transformationalbodyworkniagara.com

transformyourlife23@gmail.com

Transformational Bodywork, Aesthetics, Massage, Reiki, Yoga & Pilates

23 Oarsman Crescent, St. Catharines, ON

(289) 273-2933

John Mulligan, RMT/CDT

www.lymphedematherapist.com

John@LymphedemaTherpaist.com

Registered Massage Therapist, Certified Lymphedema Therapist

600 Ontario Street, St. Catharines, ON

(905) 687-1828

Milka V. Santoro (Oncology Massage)

Mvs.rmt@gmail.com

Registered Massage Therapist

1428 Pelham Street, Fonthill, ON

(905) 931-9363

Sarah Verdurmen, RMT, CDT, Yoga Instructor

Sarah.verdurmen@gmail.com

Registered Massage Therapy (specializations in manual lymphatic drainage, complex decongestive therapy and oncology massage), Acupuncture, and Yoga

Practice Location: Buddha Bellies Yoga and Massage

4948 King Street, Beamsville, ON

(289) 566-8466

Transportation

Canadian Cancer Society

www.cancer.ca/en/support-and-services/support-services/transportation-on-niagara@ontario.cancer.ca

If you can't afford the cost of travel, or if you are not physically well enough to use public transportation, we can work with you to help find a solution.

Our Wheels of Hope Transportation Service covers 2 programs: Volunteer Driver Provided Program and Family Provided Program. These programs are intended to assist an eligible client and escort (if required) with their short-term travel to attend cancer-specific medical appointments or supportive care services delivered by a professional recognized by Ontario's Health Care System. Patients must declare a financial, physical or emotional need for service.

Niagara Community Office

#2-432 Niagara Street, St. Catharines, ON

(905) 684-6455

Canadian Red Cross

www.redcross.ca/volunteer/who-is-needed/volunteer-drivers

The Canadian Red Cross provides transportation service for those in need, such as elderly or disabled in the community, who are unable to use public transportation or private means. Our service keeps people connected in their community by providing affordable transportation to medical appointments.

Canadian Red Cross – Niagara Office

11 Export Avenue, St. Catharines, ON

(905) 680-4099

Cancer Assistance Program (CAP)

www.cancerassist.ca

Provides free transportation services for individuals living with cancer in and around Hamilton.

569 Concession Street, Hamilton, ON

(905) 383-9797

1-844-588-9797

Central Taxi – Transportation for People with Disabilities

www.centralniagara.com

A commercial, private service providing door-to-door transportation service for individuals with a disability. Specially equipped vehicles are available for wheelchairs etc. Fees vary based on location.

St. Catharines/Grimsby/Thorold/NOTL: **(905) 685-7343**

Fort Erie: **(905) 994-8294**

Niagara Falls: **(905) 358-3232**

Community Support Services of Niagara

www.cssn.ca

Caring volunteer drivers provide rides to medical appointments. Fees are billed monthly.

Grimsby, West Lincoln & Lincoln:

Beamsville office at **905-563-9501 ext. 24**

St. Catharines, Thorold, Niagara Falls, NOTL & Fort Erie area:

St. Catharines office at **905-682-3800 ext. 29**

Welland, Pelham, Wainfleet & Port Colborne:

Welland office at **905-788-3181 ext. 21**

Niagara Specialized Transit

www.niagararegion.ca/transit/nst

NST@niagararegion.ca

A pre-booked, door-to-door service for passengers with special needs, who meet the "Eligibility Criteria", have applied for the service and been approved for the service by the Eligibility Committee. The service is intended for persons who are unable to use conventional transit due to a disability. Niagara Specialized Transit is only for those customers who are travelling from one municipality to another for a medical appointment, education or employment purposes. Trips for other purposes may be permitted based on the capacity of the service. A Customer may be accompanied by a Companion, Personal Care Attendant and/or Service Animal, if the need is identified on the application form and approved by the Eligibility Committee.

(905) 680-2052

1-888-447-5202

After Hours: 1-877-284-7433

Right at Home Canada

Harmony Transportation Services

www.drivewithharmony.com

info@drivewithharmony.com

Our hourly rates include mileage, a licensed insured company vehicle, and a trained staff member to accompany and assist during your outing. We offer door-to-door one way and return trips from the **Niagara Region** to any location in Ontario 24 hours per day, 7 days per week.

(905) 988-3439

Seniors for Seniors

Our driver companions will cheerfully chauffeur you or your loved one to and from medical appointments. Unlike a taxi or local transportation, our companions can accompany your loved one for the full duration of their errand. Our driver companions use their own personal automobiles and can accommodate seniors with cognitive impairments, walkers and collapsible wheelchairs.

Hamilton: 905-572-6162

Niagara: 905-937-3677

Crisis Services

Centre De Sante Communautaire Hamilton/Niagara

www.cschn.ca

A multi-service agency providing health and social services to the French speaking people of Hamilton and Niagara. For a 24 hour French speaking crisis line for victims and survivors of abuse.

1-877-336-2433

Connex Ontario

www.conncontario.ca

A 24/7 help line providing help for people experiencing problems with drugs, alcohol, mental health, or gambling.

Mental Health **1-800-531-2600**

Drugs and Alcohol **1-800-565-8603**

Gambling **1-800-230-3505**

Design for a New Tomorrow

www.dfnt.ca

Provides support for individuals who have experienced abuse in intimate adult relationships, in their journey towards healthy self-directed lives and respectful relationships.

60 James Street, St. Catharines, ON

(905) 684-1223

Distress Centre

www.distresscentreniagara.com

Provides free 24/7 confidential help lines for people who are depressed, in distress, or in a crisis.

Fort Erie and Area **(905) 382-0689**

St. Catharines, Niagara Falls and Area **(905) 688-3711**

Port Colborne, Wainfleet and Area **(905) 734-1212**

Grimsby, West Lincoln **(905) 563-6674**

Gillian's Place

www.gilliansplace.com

Helps women escape from abuse and create a new, abuse free life. All services are free and completely confidential. Provides a free 24 hour help line.

(905) 684-8331

Women`s Place of Niagara South Inc.

www.womensplacen.org

Providing help to women and children experiencing abuse at Nova House in Niagara Falls, and Serenity Place in Welland. Provides 24 hour crisis lines.

Niagara Falls, Fort Erie and surrounding area

(905) 356-5800

Welland, Port Colborne, Wainfleet, Pelham and surrounding area

(905) 788-0113

Victim Services Niagara

www.victimservicesniagara.on.ca

VSN is a community-based, non-profit organization made up of over 100 volunteer crisis responders. A small team of full time employees has been graciously provided space within the Niagara Regional Police Services main building at 110 James Street, St. Catharines, ON

24/7 Crisis Line **(905) 682-2626**

YWCA

www.ywcaniagararegion.ca

Temporary housing for women and their children who are homeless.

183 King Street, St. Catharines, ON

(905) 988-3528

6135 Culp Street, Niagara Falls, ON

(905) 357-9191

Divorce Services and Support Programs

Divorce Canada

www.divorce-canada.ca

Free reliable, understandable information about separation and divorce in Canada.
List of local divorce lawyers.

Family Counselling Centre Niagara

www.fccniagara.on.ca

The centre provides professional counselling and support programs for individuals, couples, families or groups who are experiencing personal, social or work problems which are contributing to marital or family difficulties.

82 Hanover Drive, St. Catharines, ON

(905) 937-7731 ext. 3345

1-888-937-7731 ext. 3345

Free single session available at the Community Resource Centre at
5017 Victoria Avenue, Niagara Falls, ON.

This service is offered Tuesday and Thursday from 1:15pm-4:30pm.

Niagara Region Divorce and Separation Support Meetup

www.divorcesupportmeetup.com

Meet people in your local community who share your interests.

Service Canada

www.servicecanada.gc.ca

Information regarding the legal issues and process of divorce in Canada.

Ontario Works Family Support Program

www.niagararegion.ca

Obtain information you are legally entitled to under the Family Law Act. Free legal aid to low income families.

Family Law information Centre

59 Church Street, 4th Floor, St. Catharines, ON

(905) 988-6200 ext. 472

102 East Main Street, Welland, ON

(905) 735-0010

Employment & Financial

Business Education Council of Niagara

www.becniagara.ca

A non-profit corporation serving the Niagara Region by helping individuals overcome the challenges of an ever-changing job market by connecting them with the right employer.

3440 Schmon Parkway, Unit # 2, Thorold, ON

St. Catharines Resource Centre

102, 43 Church Street, St. Catharines, ON

(905) 684-7200 ext. 1200

Niagara Falls Resource Centre

2nd Floor, 5852 Peer Street, Niagara Falls, ON

(905) 684-7200 ext. 1612

Job Gym

www.jobgym.com

Job Gym funded by the Ministry of Training Colleges and Universities. Provides one on one employment counselling and referrals, presenting information to local high school, conducting Job Fairs, providing a variety of workshops and much more. The employment division of the John Howard Association.

Fort Erie: 469 Central Avenue, Fort Erie, ON

(905) 871-3932

St. Catharines: 210 King Street, St. Catharines, ON

(905) 682-8372

Welland: 225 East Main Street, Welland ON

(905) 732-7655

Money Matters

<https://wellspring.ca/online-resources/money-matters/>

At Wellspring, we understand how difficult it is to focus on getting well when you are worrying about finances. Wellspring is available to help Ontario residents with cancer, understand and navigate the complex maze of income replacement options when too sick to work, as well as to help clarify and provide access to drug reimbursement programs.

Money Matters Online offers cancer patients free professional case management with a **Money Matters Case Worker**. All appointments are individual, private and confidential, and take place in real time via video software.

Government of Canada

www.canada.ca

www.servicecanada.gc.ca for services and benefits

Assistive Devices Program Ontario

www.ontario.ca/page/assistive-devices-program

Through the Assistive Device Program (ADP), we help people with long-term physical disabilities pay for customized equipment such as wheelchairs and hearing aids. The ADP also helps cover the cost of specialized supplies. Refer to the website for detailed information.

Canada Pension Plan (CPP)

1-800-277-9914 (English)

1-800-277-9915 (French)

Canada Pension Plan Disability (CPP-D)

To apply you must have a severe and prolonged disability that is likely to last greater than one year or result in death and that impedes doing any occupation including your previous occupations. If you are terminally ill when filling our application just note terminally on the top of the application so it can be flagged and reviewed quickly.

Canada Pension Plan Survivor Benefits

Claimants must provide proof of age for themselves and their eligible children and any certificates or other information that they think would help clarify their entitlement to a survivor benefit.

Employment Insurance Benefits (EI)

Sickness Benefits-Compassionate Care Benefits

A medical completed by a physician must indicate you have an illness/disability that prevents you from working, to apply for sickness benefits. To apply for compassionate care you must be away from work temporarily to provide care or support to a family member who is gravely ill and who has a significant risk of death within 26 weeks (6 months). A maximum of six weeks will be paid to eligible people.

1-800-206-7218

Old Age Security (OAS) Guarantee Income Supplement (GIS)

1-800-277-9914 (English)

1-800-277-9915 (French)

Niagara Region Service Canada Offices:

Fort Erie: 469 Central Avenue, Fort Erie, ON

Thursday from 10am – 3pm. Closed 12pm - 12:30pm

Grimsby: 63 Main Street West, Grimsby, ON

Wednesday from 10am – 3pm. Closed 12pm – 12:30pm

Niagara Falls: 5853 Peer Street, Niagara Falls, ON

Monday to Friday from 8:30am – 4:00pm

Port Colborne: 92 Charlotte Street, Port Colborne, ON

Tuesday from 10am – 3pm. Closed 12pm – 12:30pm

St. Catharines: 395 Ontario Street, St. Catharines, ON

Monday to Friday from 8:30am – 4:00pm

Welland: 250 Thorold Road West, Welland, ON

Monday to Friday from 8:30am – 4:00pm, Closed 12pm – 12:30pm

Niagara Folk Arts Multicultural Centre

www.folk-arts.ca

A non-profit organization that supports and assists the ethno-cultural and newcomer community in Niagara through a broad range of programs and services.

Settlement Services and Community Connections Programs are offered at:

5853 Peer Street, Niagara Falls, ON

(905) 358-3452

85 Church Street, St. Catharines, ON

(905) 685-6589

Community Connection program runs programming at Grimsby Public Art Gallery, 25 Adelaide Street, Grimsby, ON

JSW and Settlement services are available in Grimsby upon request.

(905) 685-6589 ext. 241 or 225 to make an appointment.

Ontario Government

Employment Ontario – Employment Help Centres

www.ehc.on.ca

This program helps individuals that are unemployed or working less than 20 per week meet with counsellors who help with resumes, job interviewing techniques and job searches.

Beamsville: 4520 Ontario Street, Unit # 11, Beamsville, ON

(905) 563-9675, info@employmenthelp.org

Grimsby: 63 Main Street West, Unit # 6, Grimsby, ON

(905) 309-9675, grimsby@employmenthelp.org

Niagara Falls: 6100 Thorold Stone Road, Unit # 7, Niagara Falls, ON

(905) 350-0021

Ontario Ministry of Community and Social Services

www.mcass.gov.on.ca

1-800-263-5413

Ontario Disability Support Program (ODSP)

To be eligible you must have a substantial disability expected to last greater than one year and has an impact on daily living (ability to care for self, ability to function in the community or the ability to work)

301 St. Paul Street, Mezzanine Floor, St. Catharines, ON

(905) 688-3022

Ontario Ministry of Health and Long Term Care

www.health.gov.on.ca

Service Ontario

1-866-532-3161

Ontario Drug Benefits (ODB)

This program currently covers most of the cost of more than 3,800 prescription drug products, including some nutrition products and some diabetic testing agents.

Ontario Trillium Drug Program (TDP)

www.health.gov.on.ca

trillium@resolve.com

Available for seniors over the age of 65, residents of long term care for home for special care and someone who received home care services not covered by the Ontario Drug Benefits, and persons receiving financial help through Ontario Works or the Ontario Disability Program. Get your form from your pharmacy or download from the site.

1-800-575-5386

Ontario Works

Provides financial assistance and a range of employment support and activities in partnership with community agencies to achieve independent living through sustainable employment.

Fort Erie: 469 Central Avenue, Fort Erie, ON

(905) 354-3561

Niagara Falls: 5853 Peer Street, Niagara Falls, ON

(905) 354-3561

Port Colborne: 92 Charlotte Street, Port Colborne, ON

(905) 734-7975

St. Catharines: 234 Bunting Road, St. Catharines, ON

(905) 641-9960

Welland: 250 Thorold Road West, Welland, ON

(905) 634-7975

Food Banks and Meal Programs

Food Banks

Fort Erie

Community Outreach Program (COPE)

32 Dufferin Street

Monday to Thursday 8:30am-4:00pm

Friday 8:30am-3:00pm

(905) 871-2526

St. George Catholic Church

56 Ridgeway Road

Monday, Wednesday, and Friday: 10:00am – 12:00 noon

(905) 894-2853

The Salvation Army-Community and Family Services

255 Gilmore Road

Monday, Wednesday, Friday: 12:00 noon – 4:00pm

(905) 871-1592

Grimsby

Grimsby Benevolent Fund:

40 Elm Street

Monday – Friday 10:00am – 2:00pm

(905) 309-5664

Lincoln

Community Care West

4309 Central Avenue

Tuesday & Wednesday 9:30am – 3:00pm

Thursday 1:00pm???

Friday 9:00am – 12:00 noon

(905) 563-5822

Niagara Falls

Niagara Worship Centre

Offers a Food Pantry at all worship services

6846 Frederica Street (at Dorchester Road)

(905) 356-0635

Project Share

4129 Stanley Avenue, Unit # 2 (Across from Palmer Park)

Monday – Thursday 8:30am – 4:30pm

Friday 8:30am – 1:30pm

(905) 357-5121

The Salvation Army

5720 Dorchester Road

Tuesday & Thursday 9:30am – 3:00pm

(905) 358-8394

Niagara-on-the-lake

Newark Neighbours

310 John St. East

Monday, Tuesday, Thursday, Friday, Sunday 9:30am – 2:00pm

Sundays from April to Thanksgiving only

(905) 468-3519

Pelham

Pelham Cares Inc.

191 Highway 20 East

Monday – Friday 8:30am – 12:00 noon (afternoons by appointment)

(905) 892-5300

Port Colborne

Port Cares Reach Out Food Centre – Food Bank

61 Nickel Street

Monday 12:30pm- 3:30pm

Wednesday-Friday 12:30pm – 3:30pm

(905) 835-1914

St. Catharines

Community Care

12 North Street

Monday – Thursday 9:00am – 3:00pm

Friday 9:00am – 12:00 noon

(905) 685-1349

Salvation Army-Community and Family Services

406 Niagara Street

Tuesday – Thursday 9:30 am – 12:00 noon

(905) 935-4311

Student Justice Centre Foodbank

(Open to Brock Students only)

Brock University, Thistle 252-500 Glenridge Avenue

Open school year hours Monday – Thursday 10:00am – 8:00pm

Friday 10:00am- 5:00pm

Summer hours Monday – Friday 9:00am – 5:00pm

(905) 688-5550 ext. 63

Westview Centre4Women

124 Queenston Street – for women only

Free clothing, coffee, snacks and hot lunches are offered. The plentiful Pantry is available where women can access food and household items for a minimal cost.

Tuesday, Wednesday and Thursday 10:00am – 4:00pm

(905) 687 – 4848

Thorold

Community Care

19 Albert Street West

Monday – Friday 9:00am – 11:00am, 1:00pm – 3:00pm

(905) 227-9240

Welland

Open Arms Mission Welland Inc.

22 Fifth Street

Tuesday – Friday: 9:30am – 12:00 noon

(905) 788-3800

The Hope Centre

179-181 East Main Street

(Offers emergency shelter at 116 Division Street – 905-734-8492)

Monday – Friday: 9:30am – 12:00 noon, 12:30pm – 3:00pm

(905) 788-0744

The Salvation Army

Seaway Mall, 800 Niagara Street, Unit JJ

Tuesday – Thursday: 9:30am – 1:00pm

Friday: 9:30am – 12:00noon

(905) 735-5700

West Lincoln

West Lincoln Community Centre

2660 Industrial Park Road, Unit 5

Tuesday: 9:30am – 3:00pm

Wednesday: 3:00pm – 7:00pm

Thursday: 9:30am – 5:00pm

(905) 957-5882

Meal Programs

Fort Erie

Crystal Ridge Community Church

241 Elmwood Avenue

(No meals July – August)

Offers free clothing from 10:00am – 12:00noon

Thursday: 12:00noon – 1:00pm

(905) 894-6922

Niagara Mobile Outreach

Trucks provide food, counselling, assistance items and referrals for those in need.

For schedule visit www.niagararegion.ca/social-services/food-for-all.aspx

(905) 935-4311 ext. 26

Meals on Wheels

32 Idylewylde Street

Serves residents of Fort Erie, Ridgeway, Crystal Beach, Stevensville and Black Creek

(905) 871-9366

St. Michaels Roman Catholic Church

310 Central Avenue (no meals June – August)

Third Saturday of each month: 11:30am – 1:00pm

(905) 871-0692

St. Paul's Anglican Church

32 Idylewylde Street (no meals July – August)

Fourth Saturday of the month: 11:30am – 1:00pm

(905) 871-6704

Victory International Church

255 Gilmore Road (no meals June – August)

Held at The Salvation Army

Lunch meal served on the second Saturday of the month

11:30am – 1:00pm

(905) 871-1592

Grimsby

Niagara Mobile Outreach

Trucks provide food, counselling, assistance items and referrals for those in need.

For schedule visit www.niagararegion.ca/social-services/food-for-all.aspx

(905) 935-4311 ext. 26

Lincoln

Niagara Mobile Outreach

Trucks provide food, counselling, assistance items and referrals for those in need.

For schedule visit www.niagararegion.ca/social-services/food-for-all.aspx

(905) 935-4311 ext. 26

Meals on Wheels/Community Support Services of Niagara

Beamsville office serves resident of Grimsby, Beamsville, Vineland, Jordan, Smithville and West Lincoln

5045 Valleyview Road

(905) 563-9501

Niagara Falls

Community Outreach

4865 St. Lawrence Avenue

Monday – Friday 12:00noon – 1:00pm (served year round)

Monday – Sunday 5:00pm – 6:00pm (served November – March)

(905) 354-1640

Niagara Mobile Outreach

Trucks provide food, counselling, assistance items and referrals for those in need.

For schedule visit www.niagararegion.ca/social-services/food-for-all.aspx

(905) 935-4311 ext. 26

Meals on Wheels

Greater Niagara General Hospital (GNGH)

5546 Portage Road

Serves residents of Niagara Falls, Chippawa, Niagara-on-the-Lake, St. Davids, Queenston and Virgil

(905) 356-7548

Port Colborne

Guild Hall, St. James and St. Brendan Anglican Church

72 Charlotte Street

Tuesday Supper Meal: 5:30pm – 7:30pm

Niagara Mobile Outreach

Trucks provide food, counselling, assistance items and referrals for those in need.

For schedule visit www.niagararegion.ca/social-services/food-for-all.aspx

(905) 935-4311 ext. 26

Meals on Wheels

Port Colborne General Hospital

260 Sugarloaf Street, Main Floor East, Room 11

Serves residents of Port Colborne, Gasline/Sherkston and Wainfleet

(905) 835-1581

Port Cares Reach Out Food Centre

61 Nickel Street

Sunday Breakfast 9:00am – 10:00am

Monday & Wednesday Lunch at 12:00noon

Thursday Supper at 5:00pm

(905) 835-1914

St. Catharines

Niagara Mobile Outreach

Trucks provide food, counselling, assistance items and referrals for those in need.

For schedule visit www.niagararegion.ca/social-services/food-for-all.aspx

(905) 935-4311 ext. 26

Meals on Wheels Thorold/St. Catharines

227 Bunting Road, Unit L

Serves residents of St. Catharines, Thorold, Port Robinson, Allanburg

(905) 682-0333

Out of the Cold Program

Different locations in St. Catharines

Monday – Sunday hot meal served at 6:00pm

For schedule visit www.niagararegion.ca/social-services/food-for-all.aspx

Ozanam Centre

235 Church Street, Held at Knights of Columbus Hall

(\$1.00 per meal)

Monday – Friday 11:00am – 12:30pm

(905) 687 – 8089

St. George's Anglican Church

83 Church Street

Breakfast provided Monday – Sunday 7:30am – 8:30am

(905) 682-9232

Salvation Army Booth Centre

184 Church Street

Meals are served to residents of the emergency shelter

Monday – Friday for breakfast, lunch and dinner

(905) 684-7813

Start Me Up Niagara/Resource Centre

17 Gale Crescent

Lunch provided Saturday, Sunday and Stat holidays: 11:15am – 1:00pm

Monday – Friday: Light refreshments

(905) 984-5310

The RAFT (Resource Association for Teens)

17 Centre Street

Monday – Sunday: 6:00pm (dinner meal provided)

Ages 16-24

Hostel open 24/7

(905) 984-4365

Westview Centre4Women

124 Queenston Street – for women only

Free clothing, coffee, snacks and hot lunches are offered. The plentiful Pantry is available where women can access food and household items for a minimal cost.

Tuesday, Wednesday and Thursday 10:00am – 4:00pm

(905) 687 – 4848

Thorold

Niagara Mobile Outreach

Trucks provide food, counselling, assistance items and referrals for those in need.

For schedule visit www.niagararegion.ca/social-services/food-for-all.aspx

(905) 935-4311 ext. 26

Welland

Niagara Mobile Outreach

Trucks provide food, counselling, assistance items and referrals for those in need.

For schedule visit www.niagararegion.ca/social-services/food-for-all.aspx

(905) 935-4311 ext. 26

Open Arms Mission

22 Fifth Street

Lunch served Saturdays at 12:00noon

(905) 788-3800

The Hope Centre

179-181 East Main Street

Lunch served Monday – Friday at 12:00noon

Dinner served Tuesday at 6:00pm,

Thursday (1st, 2nd, & 3rd Thursday of the month) 6:00pm

(905) 788-0744

Welland Harvest Kitchen

November – March

Community dinners held at the following locations:

Central United Church

12 Young Street

Sunday at 5:00pm

Eglise du Sacre-Coeur

72 Rue Empire

Monday at 5:30pm

St. Kevin's Roman Catholic Church

307 Niagara Street North

Wednesday at 5:00pm

Hospice & Palliative Care

Dr. Bob Kemp Centre for Hospice Palliative Care

www.kemphospice.org

At the Dr. Bob Kemp Hospice, our goal is to provide individuals and families living with a life-threatening illness excellence in care, whether that be at home, in hospital, a long-term care facility or our very own residential hospice. Hospice is about celebrating life and quality of living. All services, including our residential program, are provided at no cost to our clients or their families.

277 Stone Church Road East, Hamilton, ON

(905) 387-2448

Carpenter Hospice

www.thecarpenterhospice.com

admin@thecarpenterhospice.com

Carpenter Hospice is a home in the heart of Burlington that offers both residential-based care to people in the last stages of their lives, and community-based programs for people dealing with grief or a life-limiting illness. It lets residents spend their final days together with loved ones in an environment that is peaceful, comfortable and meaningful. It is staffed by a dedicated team of professionals and volunteer who provide compassionate palliative care to meet residents' every need and ensure that each moment matters.

2250 Parkway Drive, Burlington, ON

(905) 631-9994

Hospice Niagara

www.hospiceniagara.ca

Provides caring compassionate and volunteer support, hope and encouragement to terminally ill individuals and their caregivers. Day hospice, visiting volunteer, and residential hospice. For more information on the referral process and office locations of each team, visit www.hospiceniagara.ca/progra.s/sharecareteams

(905) 984-8766

Hotel Dieu Shaver Health and Rehab Centre

Compassionate care and counselling of patients and their families at the end of life.

5 dedicated beds for end of life

Chaplain (905) 685-1381 ext. 84201

Manager, RN (905) 685-1381 ext. 84288

McNally House Hospice

www.mcnallyhousehospice.com

Offering psycho-social-spiritual support pre death and bereavement support post death including one on one support, grief groups, education events, social events, wellness programs.

148 Central Avenue, Grimsby, ON

(905) 309-4013

Niagara-on-the-Lake Community Palliative Care Service

Canadian Hospice Palliative Care Association

www.chpca.net

notlpc@bellnet.ca

Offers seriously ill resident and their families/caregivers in Niagara-on-the-Lake a variety of services in the hospital, long-term care facilities and private homes. They have trained visiting volunteers, a large variety of equipment to borrow, a lending library of books, CDs, DVDs, a phone bereavement program, bereavement support group and a family studio apartment that out-of-town family member of clients can use.

(905) 468-4433

Rose Cottage Visiting Volunteers

www.rosecottagevolunteers.com

Provides supportive palliative care services to residents of Grimsby, Beamsville, Smithville, Vineland and Jordan.

265 Main Street East, Grimsby, ON

(905) 309-5071

Virtual Hospice

www.virtualhospice.ca

Information and support on palliative and end-of-life care, loss, and grief. An online team of experts can answer questions regarding life threatening illness and loss. There are also discussion forums, online videos and a chance for patients to share their own stories.

Mental Health and Special Needs Services

Bethesda

www.bethesdaservices.com

A non-profit, charitable organization owned by the Ontario Conference of Mennonite Brethren Churches, dedicated to serving children and adults with special needs.

3280 Schmon Parkway, Thorold, ON

3950 Fly Road, Vineland, ON

(905) 684-6918

Canadian Mental Health Association (CMHA)

Niagara Branch

www.cmhaniagara.ca

A non-profit, provincially funded charity with community resource centers where people can obtain information and resources about mental illness and its effects. Providing a full range of services which include: brief counselling, case management, employment, crisis, court support, peer support, information and referral, intake and assessment, public education.

(905) 641-5222 (general inquiries)

Consumer Survivor Initiative

Advocates for the health and personal fulfillment of people who have used the mental health system. A network of self-help groups has been established throughout the Niagara Region to provide consumer/survivors with opportunities for friendship, social support, education and recreation.

Monday – Friday 8:30am – 4:30pm

60 King Street, Unit 108, Welland, ON

(905) 732-4498

E Mental Health

www.ementalhealth.ca

Find mental health help, services and organizations in your area.

Gateway Residential and Community Support Services of Niagara Inc.

www.gatewayofniagara.ca

A community based organization that is a registered charity funded by the Ontario Ministry of Health and Long Term Care. Helping individuals to achieve greater independence through innovative, consume centered housing and support services.

Dr. Peter Grant Haven of Hope, 178 King Street, Welland, ON

(905) 735-4445

1-877-735-4445

Niagara Eating Disorder Outpatient Program

www.niagarahealth.on.ca

Port Colborne Site, Niagara Health System

260 Sugarloaf Street, Port Colborne, ON

(905) 378-4647 ext. 32532

Niagara Region Mental Health

www.niagararegion.ca

Provides community based treatment, case management and counselling for adult 16 years and older who are experiencing a serious & persistent mental illness. Services are provided in the home or a community setting of the clients choice. Office visits are also available.

3550 Schmon Parkway, 2nd Floor, Unit # 2, Thorold, ON

(905) 688-2854 ext. 7262

Niagara Network for Freedom from Weight Preoccupation and Eating Disorders (NNFED)

www.cwhn.ca

NNFED is an inter-agency coalition formed to raise awareness of body image issues and weight/eating problems. NNFED focuses on improving prevention strategies, treatment, and local support options in the Niagara area by networking with other resources in the region. Support groups are offered for people recovering from an eating disorder, anorexia or bulimia, and for parents and partners.

375 Glenridge Avenue, St. Catharines, ON

(905) 938-1291

1-800-263-7248 ext. 556

Mood Disorders Association of Ontario

www.mooddisorders.ca

mooddisordersniagara@gmail.com

The Mood Disorders Association of Ontario offers free support programs to people and their families who are living with depression, anxiety or bipolar disorder.

54 Church Street, St. Catharines, ON

Monday – Friday 9:30am – 5:00pm

Telephone Support Line: 1-866-363-MOOD (6663)

Oak Centre

www.oakcentre.ca

Serving people in the Niagara Region who have mental health problems. Helping people to go back to work and school, provides assistance with legal/family/transportation/housing issues and helps to navigate through mental health services such as ODSP, OW and CPP. Also organizes and attends various social and educational events.

24 Dorothy Street, Welland, ON

(905) 788-3010

Pathstone Mental Health (Rotary House is run by Pathstone)

www.pathstonementalhealth.ca

A non-profit charitable agency. The majority of services are offered free of charge to the children, under 18 years of age, and their families. To access services call Contact Niagara at (905) 684-3407 for a referral. Funding is provided by the Ontario Ministry of Children and Youth Services, the Ontario Ministry of the Attorney General and the Regional Municipality of Niagara. Also fee-for-service programs are offered.

3340 Schmon Parkway, Thorold, ON

(905) 688-6850

1-800-563-0122

Merrittville Site, 1604 Merrittville Highway, RR#2, Welland, ON

(905) 384-9551

Crisis Services 24/7 1-800-263-4944

Schizophrenia Society of Ontario

www.schizophrenia.on.ca

Social Services Organization providing education and information on this disease.

15 Kingsway Crescent, St. Catharines, ON

1-800-449-6367

St. Joseph`s Healthcare for Mountain Health Services

www.stjoes.ca

100 West 5th Street, Hamilton, ON

(905) 388-2511 and ask for the mood disorders clinic in your area.

Online Support

Facing Cancer

www.facingcancer.ca

A welcoming online community where women with cancer and those who support them can share, confide and connect. Site contains blogs, forums, polls and information about work, financial concerns, family and relationship issues, changing appearance, exercise and nutrition.

Inspire

www.inspire.com

Inspire partners with the most respected national patient advocacy organizations to provide safe, online health and wellness communities in which patients, families, friends and caregivers connect with one another for support and information. Extensive privacy features allow member to control exactly how their personal information is shared with others.

My Life Line

www.mylifeline.org

Cancer patients and caregivers can create a free, customized website to build an online support community of family and friends to foster connection, inspiration and healing.

Survive & Thrive Cancer Programs

www.survivethrive.org

Healthy living blog

Seniors Programs

Alzheimer's Society of Niagara Region

www.alzheimerniagara.ca

A non-profit organization, where individuals with dementia and their care partners are fully supported, using a variety of services that use a holistic, client-centered approach that is inclusive of all care partners involved and take into account all aspects of wellbeing for those being served.

1-403 Ontario Street, St. Catharines, ON

(905) 687-3914

Brock/Niagara Health & Wellbeing

www.brocku.ca/health-well-being

Bridging academic and community health innovations, the Brock-Niagara Centre for Health and Well-Being is dedicated to enhancing the quality of life among individuals with chronic disease by focusing on disease management and the related social and health complications.

Cardiac Rehab and Senior Fit Program,

Monday – Friday 8:00am – 11:00am, 2:00pm – 7:00pm

Saturdays 8:00am – 12:00noon

Brock Research and Innovation Centre, Room 122E

130 Lockhart Drive, St. Catharines, ON

(905) 688-5550 ext. 5585

Centric Health & Wellness Centre for Seniors

Centric Health has a unique services offering to address some of the most pressing issues for Seniors in Ontario with convenient access to multiple health and wellness services, and easy navigation of the health care system.

413 Linwell Road, Building B, St. Catharines, ON

(905) 938-3533

Community Programs for Seniors

Niagara Region, Ontario

www.niagararegion.ca/living/seniors/programs

Niagara Region provides a range of services for seniors who want to keep active and stay in their home as long as possible. Providing information and access to specialized programs, services and resources that help seniors live active, healthy and independent lives. The Gatekeeper line is open 8:30am – 8:30pm.

(905) 684-0968

Coronation Centre – Niagara Falls

www.niagarafalls.ca/living/community.../coronation-centre

The Centre strives to contribute to the social, educational and recreational needs by offering programs and services in a safe and comfortable environment.

5925 Summer Street, Niagara Falls, ON

(905) 356-6493

Geriatric Assessment Program – Niagara Health System

www.niagarahealth.on.ca/en/geriatric-assessment/program

The NHS Geriatric Assessment Program provides a comprehensive physical, psychosocial and environmental needs assessment for Niagara's senior populations. Referrals are accepted from physicians and the services is offered from Greater Niagara General Site in Niagara Falls, as well as off-site clinics at Welland and other locations in St. Catharines and Fort Erie. Outreach services is provided to the Niagara Region retirement homes, as well as for patients unable to attend the clinic. Inpatient and Outpatient programs.

(905) 378-4647 ext. 53013

Niagara Geriatric Mental Health Outreach Program

www.stjoes.ca

Provides direct consultation by a home visit team to improve care of persons with late onset mental health problems or behavioural disturbances. The team (geriatric psychiatrist and case manager) assesses the older person in their place of residence. Recommendations are provided to the family physician and follow-up is provided as required by the team. In addition, education and support for health care professional and caregivers is provided.

26 Hiscott Street, 2nd Floor, St. Catharines, ON

Monday – Friday 8:30am – 4:30pm

(905) 704-4068

Niagara Regional Lifeline

Helping you live independently and safely at home.

(905) 935-4304

1-800-543-3546

Welland Community Wellness Complex

www.recreation@welland.ca

The Welland Community Wellness Complex has transformed the Rose City Seniors Activity Centre into not only a place for seniors, but also a place for all ages in our community.

145 Lincoln Street, Welland, ON

Monday – Friday 8:00am – 9:00pm

Saturday 8:00am – 3:00pm

Sunday 11:00am – 3:00pm

(905) 735-1700 ext. 4000

Substance Abuse and Problem Gambling Programs and Supports

Alcoholics Anonymous (AA)

www.aaniagara.org

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

Fort Erie, Niagara Falls, Pelham, Port Colborne, Port Robinson, St. Catharines, Welland

(905) 682-2140

Dunnville, Stevensville, Ridgeway, Smithville, Beamsville, Grimsby

1-866-311-9042

Community Addiction Services of Niagara (CASON)

www.cason.ca

Established to provide access to relevant resources for individuals and their families living in the Niagara Region with alcohol, drug and gambling concerns. Making the addiction treatment network accessible to the general population. Facilitating a match between client needs and available treatment resources through assessment and an individualized treatment plan. Making referrals to the continuum of addiction services (agency-provided and external) as well as to other community programs and services. Providing on-going support and guidance through case management and follow-up services.

60 James Street, Suite 401, St. Catharines, ON

(905) 684-1183

Niagara Health System

www.niagarahealth.on.ca/en/mental-health-addictions

A Better Choice

ABC@niagarahelath.on.ca

A Better Choice Program provides intensive case management to pregnant/parenting women with substance use issues and their family units (ages 0 – 6 years). Parenting skills training and health teaching, advocacy and referrals are also provided.

4 Adams Street, St. Catharines, ON

(905) 378-1075

Niagara Regional Men's and Women's Withdrawal Management Service (Detox)

One program for males, one for females. Both open 24 hours a day, 7 days a week. The centres provide crisis intervention, withdrawal management, rest, nutrition, and hygiene restarts, assessments, supportive counselling and self-help groups, consultation, treatment referrals and discharge planning in a supportive, supervised setting for alcohol and other drug issues. No referral is necessary. Inpatient and outpatient support is available.

Men's Detox Centre: 10 Adams Street, St. Catharines, ON

(905) 685-7211

Women's Detox Centre: 6 Adams Street, St. Catharines, ON

(905) 687-9621

New Port Centre

NewPortAdmin@niagarahealth.on.ca

The New Port Centre at Port Colborne General Site offers residential and community treatment options to help people overcome substance use. The New Port Centre treatment culture is flexible, respectful and compassionate and a range of services is available for men and women at this 35-bed residential facility. The 18-day program for addiction recovery offers a menu of treatment choices to serve clients' needs. Problem Gambling Prevention Education for multi-lingual communities, located at New Port Centre at Port Colborne Site, provides education, product development and information about problem gambling. Presentations are available to multiple ethno-cultural communities, settlement workers, and other relevant groups. The web site gamb-ling.com provides 24 hour access to prevention education information and resources. Information is culturally appropriate and available in 12 different languages.

New Port Centre: (905) 378-4647 ext. 32500

Gambling: (905) 682-6411 ext. 63849

Methadone Clinics

260 Sugarloaf Street, Port Colborne, ON

(905) 378-4647 ext. 32542

239 Bertie Street, Fort Erie, ON

(905) 378-4647 ext. 50102

4 Adams Street, St. Catharines, ON

(289) 479-5090

Smokers Helpline

www.smokershelpline.ca

Provided by the Canadian Cancer Society

1-877-513-5333

The Out & About Clinic

Provides care to clients who have an opiate addiction with methadone or Suboxone replacement therapy. Multidisciplinary treatment is offered by a therapeutic team including a physician, nurse practitioner, and general and addiction-specific counselling staff. The nurse practitioner is available to provide primary medical care to those clients who do not have a family doctor. Access and referrals are available to all services of the NHS, including hepatitis care.

4 Adams Street, St. Catharines, ON

(289) 479-5090

Ontario Addiction Treatment Centre (OATC)

www.oatc.ca/about/about-oatc-clincs

In addition to treating opioid addiction (painkillers such as codeine, morphine, oxycodone, heroin, fentanyl, etc.) we have taken steps to further our reach by treating other addictive substances at some of our locations (nicotine, cocaine, alcohol, marijuana) as well as offering therapy to some of the unfortunate medical consequences of addiction, such as Hepatitis C and HIV care. For local clinics, please visit the website.

Ontario Regional Service Committee of Narcotics Anonymous

www.orscna.org

Visit site for a list of local meetings

1-888-811-3887

Wayside House of St. Catharines

Provides a safe, clean (substance free) environment that offers people with substance abuse problems the opportunity to regain their health, confidence, and self-respect. Furthers their knowledge of the problems they are facing by associating with peers facing the same problems, supported by a staff knowledgeable in addictions so that in so doing they may return to society in an honest, admirable way, with renewed hopes and aspirations. Wayside utilizes various community resources such as the Alcohol and Drug Treatment Centre, Niagara Alcohol and Drug Assessment Centre, and the John Howard Society. It is with the help of such organizations that Wayside enables its residents to examine their own lives. On-site alcohol and drug testing to ensure an alcohol and drug free environment.

50 Queenston Street, St. Catharines, ON

(905) 684-9248

Women`s Addiction Recovery Mediation (WARM)

www.warmniagara.org

WARM Niagara is a non-profit charitable organization that provides Personal Support Recovery Programs designed for women experiencing addiction and families affected by addiction. WARM promotes overall wellness, focusing on physical, mental and social well-being with counselling, education and support services.

6017 Valley Way, Unit A, Niagara Falls, ON

(905) 871-9195

Wish Foundations

Children's Wish Foundation of Canada (Ontario Chapter)

www.childrenswish.ca

Grants wishes of children, between the ages of 3 – 17, suffering life threatening illnesses.

1-800-267-9474

Dreams to Memories

www.dreams2memories.org

A non-profit, charitable foundation serving residents of Ontario. Assisting terminally ill parents with children under the age of 15 years (and living in the same home) with an opportunity to have a family last wish experience.

(905) 994-9777

Help a Child Smile

www.helpachildsmile.com

Helps families whose child is being treated for cancer at McMaster Children's Hospital. Providing opportunities for these children to smile and have fun, even if only for a couple of hours, a day or a week.

1-844-770-4227

Make A Wish

Toronto & Central Ontario

www.makeawishtco.ca

Grants wishes of children with life threatening medical conditions.

1-888-822-9474

Tender Wishes

www.tenderwishes.org

A non-profit, no government grant foundation granting wishes to children who suffer from potential life-threatening illness, in the Niagara Region.

(905) 371-0300

Young Adult Services

Camp Erin (via Dr. Bob Kemp Hospice)

<http://kemphospice.org/camp-erin>

Camp Erin is a free weekend bereavement camp for children and teens ages 6 through 17 who are grieving the death of someone close to them. Campers participate in fun, traditional camp activities combined with grief education and emotional support, led by expert bereavement professionals and trained volunteers.

Chasing Rainbows: Young Adults Living with Cancer (Movie)

www.chasingrainbowsproduction.com

An intimate portrait of six young people who are “living life while fighting for it.” With passion and infectious laughter, the six participants provide a unique and refreshing perspective about what it is like to live with cancer when you are young.

Darling Home for Kids

www.darlinghomeforkids.ca

The Darling Home for Kids provides high quality respite and palliative care services for children who are medically fragile and technology dependent, many of whom suffer from progressive illness. Our vision is to be an oasis of comfort and joy for the children and families we serve. Comfort in knowing that our special children receive wonderful care in a beautiful, warm environment. Comfort in knowing that their parents are able to take a break from the hard work of being parents of special kids and that there is a continuum of care from respite through to palliation and end of life care, when needed.

5657 15th Side Road, Milton, ON

(905) 878-7673

1-877-406-7673

Fertile Future

www.fertilefuture.ca

A Canadian non-profit organization that provides fertility preservation information and support services to cancer patients and oncology professionals. Telephone support line available. A power of hope cost reduction program is available to help offset the cost of fertility preservation in cancer patients.

1-800-467-3066

Juravinski Cancer Centre

www.hamiltonhealth.ca

Books and audiovisuals available at the patient and family resource centre, for more information.

(905) 387-9495 ext. 63415

Planet Cancer

www.myplanet.planetcancer.org

An online forum, with a chance to share insights, explore fears and communicate with others who are affected by cancer. Enable users to create an online profile, provides forum and videos.

Pink Pearl Foundation

www.pinkpearlfoundation.org

programs@pinkpearlfoundation.org

Pink Pearl Foundation is a community-oriented organization that provides support, facilitates connections and empowers young women (18-40) who are courageously overcoming the social and emotional challenges of being diagnosed with cancer of any type.

Rethink Breast Cancer

www.rethinkbreastcancer.com

Rethink Breast Cancer is the first-ever, Canadian breast cancer charity to bring bold, relevant awareness to the 40s and under crowd; foster a new generation of young and influential breast cancer supporters and respond to the unique women going through it.

215 Spadina Avenue, Studio 570, Toronto, ON

(416) 920-0980

Ronald McDonald House Charities

South Central Ontario

www.rmhcscoco.ca

info@rmhcscoco.ca

Ronald McDonald House Charities South Central Ontario (RMHCSCO) is part of a network of 15 Ronald McDonald Houses across Canada. We provide a home away from home for families of children who are seriously ill and being treated at nearby hospitals. RMHCSCO expanded from our original 15 bedroom home to a 41 bedroom house to serve more families in their time of need.

1510 Main Street West, Hamilton, ON

(905) 521-9983 ext. 2200

Stupid Cancer

www.stupidcancer.com

Ensures that no young adult goes unaware of the age appropriate resources they are entitled to so they can get busy living. This site offers newsletters, videos, conferences, and events.

Teen Connector (online)

www.teenconnector.ca

Childhood Cancer Canada has created a safe & confidential social network for teens to connect with other teens with cancer and with mentors who are young childhood cancer survivors. Find a mentor, make a friend.

21 St. Clair Street East, Suite 801, Toronto, ON

1-800-363-1062

Wrong Way to Hope

www.wrongwaytohope.com

A Story of Young Adults with Cancer, blogs via Facebook and Twitter (online video)

Young Adult Cancer Canada (YACC)

www.youngadultcancer.ca

connect@youngadultcancer.ca

YACC's mission is to support young adults as they move through and beyond cancer. To be the connection to peers, bridge out of isolation, and source of inspiration. Any cancer, any stage. YACC's got your back.

1-877-571-7325

Goaltender Program (through YACC)

Cancer in your 20s & 30s

Goaltender provides online support to young adults diagnosed with cancer to help them keep their lives on track.

www.cancergoaltender.ca

Useful Numbers

Alcoholics Anonymous	1-866-311-9042
Canadian Cancer Society (Transportation)	905-684-6455
Canadian Red Cross Society (Transportation)	905-680-4099 ext. 7249

Distress Centre Niagara:

Fort Erie & Area	905-382-0689
Grimsby/West Lincoln	905-563-6674
Port Colborne, Wainfleet & Area	905-734-1212
St. Catharines, Niagara Falls & Area	905-688-3711
Drug & Alcohol Treatment Line	1-800-565-8603
Emergency	911

Fire Departments Niagara Region:

Fort Erie	905-971-1600
Grimsby	905-945-2113
Lincoln	905-563-8205
Niagara Falls	905-356-1321
Niagara-on-the-Lake	905-468-3266
Pelham (Fonthill)	905-892-3943
Port Colborne	905-834-4512
St. Catharines	905-688-5601
Thorold	905-227-6613
Welland	905-892-9922

Hospitals:

Juravinski Cancer Centre	905-387-9495
McMaster Children's Hospital	905-521-2100
Niagara Health Systems	905-378-4647
Information Niagara	211
Narcotics Anonymous	905-685-0075

Niagara Region Public Health:

Fort Erie	905-871-6513
Niagara Falls	905-356-1538
Thorold/St. Catharines	905-688-3901
Niagara Region Sexual Assault Centre	905-682-4584
Niagara Region Transit	1-800-263-7215 ext. 3350
Niagara Region Specialty Transit	905-680-2052
Poison Control	1-800-268-9017
Police	905-688-4111
Public Health Department	1-800-263-7246
Telehealth Ontario	1-866-797-0000
Wellspring Niagara	905-684-7619
Women's Place of South Niagara Inc:	
Niagara Falls, Fort Erie & Surrounding area	905-356-5800
Welland, Port Colborne, Wainfleet, Pelham, & Surrounding Area	905-788-0113