



**wellspring**

A Lifeline to Cancer Support

**Wellspring Niagara**



**Community Services & Resources**

**2020**

# TABLE OF CONTENTS

<b>Advocacy .....</b>	<b>3</b>
<b>Bereavement .....</b>	<b>4</b>
<b>Children’s &amp; Youth Programs .....</b>	<b>6</b>
<b>Community Resources .....</b>	<b>9</b>
Accommodations.....	9
Aesthetics .....	10
Assistive Devices .....	10
Breast Prosthesis and Bras .....	13
Cancer Support Services .....	15
Estheticians.....	19
Hair, Hats and Wigs .....	21
Hair Donations .....	22
Health Coaching/ Energy Therapy (Reiki & Therapeutic Touch) .....	22
Home Care and Outreach Nursing .....	23
Naturopathic Doctors .....	25
Personal and Home Support.....	26
Private Counselling .....	27
Reflexologists/ Osteopathic Manual Therapy .....	28
Registered Massage Therapists (including Lymphedema) .....	29
Transportation .....	30
<b>Crisis Services.....</b>	<b>32</b>
<b>Divorce Services &amp; Support Programs.....</b>	<b>34</b>
<b>Employment &amp; Financial .....</b>	<b>35</b>
Government of Canada.....	35
Ontario Government.....	37
<b>Food Banks &amp; Meal Programs .....</b>	<b>39</b>
Food Banks.....	38
Meal Programs .....	39
<b>Hospice &amp; Palliative Care .....</b>	<b>39</b>
<b>Mental Health &amp; Special Needs Services.....</b>	<b>41</b>
<b>Online Support .....</b>	<b>44</b>
<b>Seniors Programs .....</b>	<b>45</b>
<b>Substance Abuse &amp; Problem Gambling Programs and Supports .....</b>	<b>47</b>
<b>Wish Foundations .....</b>	<b>50</b>
<b>Young Adult Services.....</b>	<b>51</b>
<b>Useful Numbers .....</b>	<b>53</b>

# Advocacy

## **Legal Aid Ontario**

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

[info@prohealthnavigatorscanada.com](mailto: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.bfoscr.com/](http://www.bfoscr.com/)

Support for grieving children and parents

Unit 2B – 300 Fennel Avenue East, Hamilton, ON

**(905) 318-0070**

## **Bereavement Ontario Network**

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

[info@bereavementontarionetwork.ca](mailto: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.

**(519) 290-0219**

## **Compassionate Friends of Niagara**

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

[Niagara@TCFCanada.net](mailto:Niagara@TCFCanada.net)

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.

**(905) 937-3844**

**Toll-free (Canada Only) 1-866-823-0141**

## **Grief Network of Niagara**

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

[www.griefnetworkniagara@outlook.com](mailto:www.griefnetworkniagara@outlook.com)

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

## **Grief Share**

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

13 week bereavement support group sessions are held twice a year (Sept-Dec and Jan-Apr) Director of Support & Recovery Ministries. **Please check online for a support group near you.**

## **Hospice Niagara Support Groups (St. Catharines)**

[www.hospiceniagara.ca](http://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)**

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

[lovingoutreach@becon.org](mailto:lovingoutreach@becon.org)

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

Meetings: 2<sup>nd</sup> Monday of each month at 7:30pm at

Silver Spire United Church (Hearth Room)

366 St. Paul Street, St. Catharines, ON

**(905) 934-2176**

## **Morse & Son Funeral Home**

[www.morseandson.com](http://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.rosecottagecolunteers.com](http://www.rosecottagecolunteers.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](http://www.tallmanfuneralhomes.ca)

[resilient979@gmail.com](mailto: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](http://www.wellspringniagara.ca)

Grief Support Group (drop-in) for those who have lost a loved one to cancer. 1<sup>st</sup> 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 and Teen Counseling, 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.

**(905) 387-2448**

### **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**

### **Childhood Cancer Canada (CCC)**

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

Develops and leads many support programs, including the emPowerPack, Amazing Adventures, Scholarship programs, Sibling Support and Benevolent Fund and several programs that provide information and resources to families at critical stages in their cancer journey.

**1-800-363-1062**

### **Darling Home for Kids**

[www.darlinghomeforkids.ca](http://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 15<sup>th</sup> 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](mailto:Lizchristie85@gmail.com)

In-home Child & Family Clinical Therapy

**(905) 992-9283**

## **Hospice Niagara Support Groups (St. Catharines)**

[www.hospiceniagara.ca/programs/child/](http://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](http://www.majorprogressions.ca)

[majorprogressions@outlook.com](mailto: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**

[www.pathstonementalhealth.ca](http://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.

**Hear & Now Walk-In Clinic** –No Fee – No Appointment – No OHIP

[www.pathstonementalhealth.ca/walk-in-clinic/](http://www.pathstonementalhealth.ca/walk-in-clinic/)

Branscombe Mental Health Centre

1338 Fourth Avenue, St. Catharines, ON

**(905) 688-6850**

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

**(905) 384-9551**

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

## **Young Caregivers Association - Powerhouse Project**

[www.youngcaregivers.ca](http://www.youngcaregivers.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**

## **Therapy Tails Ontario**

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

[info@therapytails.ca](mailto: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](http://www.havenofhopefarm.ca)

[info@havenofhopefarm.ca](mailto: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](http://www.markpreecehouse.ca)

[info@markpreecehouse.ca](mailto: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](http://www.rmhcscoco.ca)

[info@rmhcscoco.ca](mailto: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](http://www.rmhctoronto.ca)

[info@rmhctoronto.ca](mailto: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**

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

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**

### **Elan Vital**

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

Offers micropigmentation and permanent makeup for filling eye brows, lining eyes, and post mastectomy scars. Free consultation and low cost when you mention Wellspring Niagara.

**(905) 732-4127**

## **Assistive Devices**

### **Assistive Devices Program Ontario**

[www.ontario.ca/page/assistive-devices-program](http://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.

## **Aya Picc Line Covers**

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

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

Safely cover and protect your picc line with these comfortable and fashionable sleeves. A variety of sizes, colour and patterns can be coordinated with your wardrobe.

**(416) 275-9200**

## **Cancer Assistance Program**

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

[inquiries@cancerassist.ca](mailto: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**

[www.fortheneedy-notthegreedy.com](http://www.fortheneedy-notthegreedy.com)

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](http://www.hauserspharmacy.com)

Offers mobility support devices

140 Broad Street East, Dunnville, ON

**(905) 774-7331**

## **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**

## **Performance Mobility & Home Healthcare Solutions - Niagara Falls**

Rental, Repairs, Retail for mobility equipment. Call for a FREE consultation. ADP Authorized.

2-5743 Thorold Stone Road Niagara Falls

**(289) 296-2822**

## **Pharmx Rexall Drug Stores**

Dell Lewis & Krall Home Health Care

Offers home health care products

105 Queenston Street, St. Catharines, ON

**(905) 938-5138**

## **Pharma Shield Dispensary**

Offers home health care products

5400 Portage Road, Niagara Falls, ON

**(905) 356-8482**

## **PBO Niagara – Prosthetics Bracing Orthotics**

Prosthesis by American Breast Care

547 Glenridge Avenue St. Catharines, ON

**(905) 905-688-2553**

## **Rexall Home Health**

Offers home health care products

325 Thorold Road, Welland, ON

**(905) 732-4456**

## **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**

## **VOXX Life – Powered by VOXX HPT**

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

VOXXSTASIS Socks and VOXX Insoles

Improves balance, stability, power, stamina, reaction time, pain relief, energy, recovery time and posture.

**(905) 932-3272**

## **Hernia Helper**

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

Ostomy garments are made to order. Please visit the website for more information.

**(519) 755-9011**

## **Breast Prosthesis and Bras**

### **Breast Reconstruction Awareness Day**

[www.bra-day.com](http://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 - Fitter: Barb or Anne**

[www.bodymedboutique.ca](http://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 - Fitter: Tamar**

33 Lakeshore Road, St. Catharines, ON

**(905) 934-7303**

### **Greta's Flair Mastectomy & Lingerie**

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

252 Ottawa Street North, Hamilton, ON

**(905) 545-9124**

## **Hauser's Pharmacy - Fitter: Katherine**

[www.hauserspharmacy.com](http://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](http://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.

## **Monica's at 270 Degrees West - Fitter: Monica**

224 West Street, Port Colborne, ON

**(905) 835-5024**

## **My Top Drawer - Fitter: Mary**

7805 Lundy's Lane, Niagara Falls, ON

**(905) 371-1272**

## **Ontario Breast Cancer Screening Program**

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

**1-800-688-9304**

## **Pharma Shield Dispensary - Fitter: Shawn**

5400 Portage Road, Niagara Falls, ON

**(905) 356-8482**

## **Rexall Home Health - Fitter: Shelley**

325 Thorold Road, Welland, ON

**(905) 732-1663**

## **Rexall Home Health - Fitter: Sue**

4486 Ontario Street, Beamsville, ON

**(905) 563-3572**

## Cancer Support Services

### **Bladder Cancer Canada**

[www.bladdercancercanada.org](http://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 and medical community and fund research, which pursues the diagnoses, treatment and elimination of bladder cancer. Patient to Patient Support

**1-866-674-8889**

### **Brain Tumour Foundation of Canada**

[www.braintumour.ca](http://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**

### **Canadian Cancer Society**

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

The website [www.cancerconnection.ca](http://www.cancerconnection.ca) helps people with cancer share their experience with one another.

**1-888-939-3333**

### **Cancer Assistance Program (CAP)**

[www.cancerassist.ca](http://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.thyroidcancercanada.org](http://www.thyroidcancercanada.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](http://www.coloncancercanada.ca)

[info@coloncancercanada.ca](mailto: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](http://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**

## **Dreams to Memories**

[www.dreams2memories.org](http://www.dreams2memories.org)

Assists terminally ill parents with children under the age of 15 years (and living in the same home), with the opportunity to have a family last wish experience. Although the primary recipient is an adult, these dreams directly involve children through a parent's last wish to create a memory for their loved one(s).

**(905) 994-9777**

## **Juravinski Cancer Centre Genetic Counselling**

[www.jcc.hhsc.ca](http://www.jcc.hhsc.ca)

699 Concession Street, Hamilton, ON

**(905) 387-97111 ext. 5920**

## **Kidney Cancer Canada**

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

[info@kidneycancercanada.org](mailto:info@kidneycancercanada.org)

Patient support and advocacy group

## **Leukemia & Lymphoma Society**

[www.LLS.org/information specialists](http://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**



## **Lung Cancer Canada**

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

Information and resources for lung cancer patients, clinical trials, resources, patient stories, community activities, and Peer to Peer Network.

**1-888-445-4403**

## **Lymphedema Association of Ontario**

[www.lymphontario.ca](http://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](http://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**

## **Melanoma Network of Canada**

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

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

This network was created to respond to the need for patients in Canada to have a nationally-based organization to coordinate educational and prevention efforts. Provides Peer to Peer support, support groups and resources.

**1-877-560-8035**

## **MPN Ontario Patient Support Group**

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

A patient run support group for those diagnosed with Polycythemia Vera, Primary Myelofibrosis or Essential Thrombocythemia. The group is based in Hamilton and patients, their families and caregivers are welcome.

**(905) 788-6828 - John**

## **Niagara Ostomy Association**

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

Our group's Mission is to be of service and assistance to all people with ostomies in Niagara.

**(905) 321-2799**

## Ovarian Cancer Canada

[www.ovariancanada.org](http://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](http://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](http://www.prostatecancer.ca)

[info@prostatecancer.ca](mailto: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](http://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](http://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**

## **Young Adult Cancer Canada (YACC)**

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

[connect@youngadultcancer.ca](mailto:connect@youngadultcancer.ca)

Cancer is different for young adults. This simple truth is the driving force behind everything we do.

## **Estheticians** (recommended by Wellspring members)

### **All Things Beautiful Day Spa**

[www.atbdayspa.vpweb.ca](http://www.atbdayspa.vpweb.ca)

Shannon Wilson

504 Line 2 Road, Virgil ON

**(289) 929-0077**

### **Body Buzz Spa**

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

Uses organic products

Laura Ganchou

55 Summitt Avenue, Welland, ON

**(289) 820-7719**

### **Complexions Esthetics**

[www.complexionsesthetics.com](http://www.complexionsesthetics.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](http://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](http://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](http://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](http://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](http://www.whiteoaksresort.com)

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

**(905) 641-2599**

## Hair, Hats & Wigs

### **Canadian Cancer Society**

Offers previously loved wigs at no charge  
#2-432 Niagara Street, St. Catharines, ON  
**(905) 684-6455**

### **Great Clips – Clips of Kindness Program**

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

If you're facing hair loss due to cancer treatment, they are offering a complimentary clipper cut. \*You need to bring their promotional card with you. It can be found on our bulletin board.

53 Queen Street, St. Catharines, ON  
**(905) 687-8478**

### **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**

### **MONAT for Hair & Scalp**

Dry damaged, frizzy unmanageable, oily itchy scalp, dandruff/ psoriasis, thinning/ balding. Natural and botanically based professional hair products.

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

**(905) 964-3150**

### **Nino D'Ambra Hair & Aesthetics**

231 Garrison Road, Fort Erie, ON  
**(905) 871-6886**

### **Paula Young Wigs**

[www.paulayoung.com](http://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

## **Wellspring Niagara Cancer Support Centre (Wig & Hat Room)**

50 Wellspring Way, Fonthill, ON

**(905) 684-7619**

## **Hair Donations**

### **A Childs Voice Foundation**

[www.achildsvoicefoundation.com](http://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**

### **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/ Energy Therapy**

### **Linda Morinello**

[www.good4me.ca](http://www.good4me.ca)

[linda@good4me.ca](mailto:linda@good4me.ca)

Emotion Freedom Technique, Holist Health Coaching, Corporate Wellness Program

Facilitator, Reconnective Healing Practitioner

Niagara Falls, ON

**(905) 984-9418**

## **Maria (Mia) Ferrara - Cognitive Balance**

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

[miaferrara01@gmail.com](mailto:miaferrara01@gmail.com)

Offering NeurOptimal® Brain Training. Reduce, Restore, Revitalize

Many people have experienced improved self-esteem, focus, healthy sleep habits, and enhancement in learning and are able to cope better with life.

**(905) 964-3301**

## **School of Energy Medicine**

[tuckerjudy67@gmail.com](mailto:tuckerjudy67@gmail.com)

Reiki, Therapeutic Touch, Reflexology, Emotional Freedom Technique (EFT) Cancer Support Coaching

**(905) 650-5132**

## **Therapeutic Touch Ontario**

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

Holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being.

**(416) 231-6824 –Office & Referral Service**

## **Home Care & Outreach Nursing**

### **Community Support Services of Niagara (CSSN)**

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

We assist seniors and adults with disabilities to live independently in their homes.

Services include Homemaking, Home Maintenance & Repair, Lunch-out, Meals on Wheels, Safety at Home, Transportation and Friendly Visiting or Phone calls.

**Beamsville: (905) 563-9501**

**St. Catharines: (905) 682-3800**

**Welland: (905) 788-3181**

### **Guiding Hands**

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

Seniors help at home. Professional compassionate services.

**(289) 228-8736**

## **Health Bus**

[www.niagararegion.ca](http://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](http://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**

## **LHIN Home and Community Care (formerly CCAC)**

[www.healthcareathome.ca](http://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**

## **Right at Home Canada**

Home Health Care and Assistance

[careniagara@rightathomecanada.com](mailto:careniagara@rightathomecanada.com)

**(289) 969-5099**

## **Seniors for Seniors – Spectrum Health Care**

Drop in Companion, Personal Support Caregivers, Driver Companions, Live-In Companions, Overnight, House Cleaning, Handyperson, Grass Cutting, Pet/ House Sitting

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

**(905) 937-3677**



## Naturopathic Doctors

### **Dr. Jordan Wiggins, ND**

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

Motion Unlimited

178 Highway 20 West, Fonthill, ON

**(905) 892-1239**

### **Dr. Mike Um, ND**

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

296 Welland Avenue, St. Catharines, ON

**(905) 684-4934**

### **Dr. Michael Prytula, ND**

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

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

296 Welland Avenue, St. Catharines, ON

**(905) 684-4934**

### **Dr. Stephen Tripodi, ND**

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

[stephen@optimalwellnessniagara.com](mailto:stephen@optimalwellnessniagara.com)

Optimal Wellness Niagara

26 Hiscott Street, St. Catharines, ON

**(905) 988-9009**

### **Dr. Tara Clapp, ND**

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

[integratedhealthcare@bell.net](mailto:integratedhealthcare@bell.net)

Integrated Health Care and Fitness Studio

577 Ontario Street, St. Catharines, ON

**(905) 988-9147**

## Personal and Home Support

### **Babysitting Angels Inc.**

[www.babysittingangels.com](http://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](http://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)**

[freshstartgreencleaning@live.com](mailto:freshstartgreencleaning@live.com)

Partnered with Cleaning for a Reason - Emily

**(289) 228-8007**

### **Community Support Services of Niagara**

[www.cssn.on.ca](http://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**

### **Misses Clean**

[www.missesclean.ca](http://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](http://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](http://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](mailto:Cbailey_28@yahoo.ca)

**(905) 933-5435**

### **Sandra Kesselman-Hardy**

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

[sandra@niagaracounselling.com](mailto:sandra@niagaracounselling.com)

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

**(905) 468-4632**

### **Susan Lymburner**

Psychotherapist. Specializing in depression, anxiety, stress, grief, loss, parenting, anger, divorce/separation, impact of trauma.

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

**(905) 401-8807**

### **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](mailto:lizchristie85@gmail.com)

In-home Child & Family Clinical Therapy

**(905) 992-9283**

## Reflexologists

### **Scott Brettell**

[www.healingyoursole.ca](http://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**

### **Cheryl Kidd**

One Step Forward Reflexology

Certified Reflexologist

8734 Champlain Drive, Chippawa ON L2G 6Y6

**(905) 328-6030**

## 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)

### **Beth Elliott RMT, CLT-LANA**

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

Registered Massage Therapist, Certified Lymphedema Therapist

1-503 Niagara Street, Welland, ON

**(905) 788-3214**

### **Jimmy Hong, RMT, CLT-LANA, Fascial Stretch Therapist**

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

Registered Massage Therapist, Certified Lymphedema Therapist

1-503 Niagara Street, Welland, ON

**(905) 788-3214**

### **Cindy Schultz, RMT, CDT, EGF**

[clcschultz@gmail.com](mailto: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**

Certified Lymphedema Therapist

[vivian@armmoretherapy.com](mailto:vivian@armmoretherapy.com)

4413 Ontario Street, Suite 202 Beamsville, ON

**(289) 897-8707**

### **Milka V. Santoro (Oncology Massage), RMT**

[Mvs.rmt@gmail.com](mailto:Mvs.rmt@gmail.com)

155 Hwy 20 W, Fonthill, ON

**(905) 931-9363**

### **Sarah Verdurmen, RMT, CDT, Yoga Instructor**

[Sarah.verdurmen@gmail.com](mailto: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](http://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

**1-800-263-6750**

### Canadian Red Cross

[www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/transportation/niagara-region-branch-transportation](http://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/transportation/niagara-region-branch-transportation)

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](http://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](http://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](http://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](http://www.niagararegion.ca/transit/nst)

[NST@niagararegion.ca](mailto: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.

**(905) 680-2052**

**1-888-447-5202**

**After Hours: 1-877-284-7433**

## Right at Home Canada

*Harmony Transportation Services*

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

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

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 hrs 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](http://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.connexontario.ca](http://www.connexontario.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](http://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](http://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](http://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.womensplacesn.org](http://www.womensplacesn.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](http://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](http://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](http://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](http://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**

## **Service Canada**

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

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

## **Ontario Works Family Support Program**

[www.niagararegion.ca/social-services/family-support-program.aspx](http://www.niagararegion.ca/social-services/family-support-program.aspx)

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, 4<sup>th</sup> Floor, St. Catharines, ON

**(905) 988-6200 ext. 472**

102 East Main Street, Welland, ON

**(905) 735-0010**

# Employment & Financial

## **Job Gym**

[www.jobgym.com](http://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**

[www.wellspring.ca/online-resources/money-matters/](http://www.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](http://www.canada.ca)

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) for services and benefits

## **Assistive Devices Program Ontario**

[www.ontario.ca/page/assistive-devices-program](http://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:**

[www1.canada.ca/en/esdc/service-canada.html](http://www1.canada.ca/en/esdc/service-canada.html)

*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](http://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](http://www.ehc.on.ca)

This program helps individuals that are unemployed or working less than 20 hrs per week, to 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](mailto:info@employmenthelp.org)

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

**(905) 309-9675**, [grimsby@employmenthelp.org](mailto: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](http://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 have 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](http://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](http://www.health.gov.on.ca)

[trillium@resolve.com](mailto:trillium@resolve.com)

Available for seniors over the age of 65, residents of long term care homes, for special care and/ or 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**

#### **Food Banks, Meal Programs and Emergency Food**

[www.niagararegion.ca/social-services/food-for-all.aspx](http://www.niagararegion.ca/social-services/food-for-all.aspx)

This website lists organizations throughout Niagara who provide access to foods and essential help in your community.

Dial 2-1-1 or visit inCommunities [www.niagara.cioc.ca/](http://www.niagara.cioc.ca/) for more information and a list of all programs in Niagara.

## Meal Programs

### **Chef Chez You**

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

Chef Tim will design a customized menu for you. He will shop, prep, cook in your home and clean up before he leaves. Daily meals for 1 or 2 week rotation and in-home catering.  
**(905) 357-8847**

### **Meals on Wheels – Community Support Services of Niagara**

Grimsby, West Lincoln & Lincoln: Beamsville Office **905-563-9501 ext. 2**

Welland & Pelham: Welland Office **905-788-3181 ext. 25**

\*Meals on Wheels in other areas are delivered by other agencies:

St. Catharines & Thorold: **905-682-0333**

Niagara Falls & Niagara on the Lake: **905-356-9194**

Fort Erie & area: **905-871-9366**

Port Colborne: **905-835-1581**

## Hospice & Palliative Care

### **Dr. Bob Kemp Centre for Hospice Palliative Care**

[www.kemphospice.org](http://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](http://www.thecarpenterhospice.com)

[admin@thecarpenterhospice.com](mailto: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 volunteers 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](http://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](http://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](http://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](http://www.chpca.net)

[notlpc@bellnet.ca](mailto: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](http://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](http://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](http://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](http://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 103, Welland, ON

**(905) 732-4498**

### **E Mental Health**

[www.ementalhealth.ca](http://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](http://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](http://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/living/health\\_wellness/mentalhealth/default.aspx](http://www.niagararegion.ca/living/health_wellness/mentalhealth/default.aspx)

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, 2<sup>nd</sup> Floor, Unit # 2, Thorold, ON

**(905) 688-2854 ext. 7262**

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

[www.cwhn.ca](http://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 preventions strategies, treatment, and local support options in the Niagara area by networking with other resources in the region. Support group 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](http://www.mooddisorders.ca)

[mooddisordersniagara@gmail.com](mailto: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](http://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**

[www.pathstonementalhealth.ca](http://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.

**Hear & Now Walk-In Clinic** –No Fee – No Appointment – No OHIP

[www.pathstonementalhealth.ca/walk-in-clinic/](http://www.pathstonementalhealth.ca/walk-in-clinic/)

Branscombe Mental Health Centre

1338 Fourth Avenue, St. Catharines, ON

**(905) 688-6850**

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](http://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](http://www.stjoes.ca)

100 West 5<sup>th</sup> Street, Hamilton, ON

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

## **Online Support**

### **ELLICSR Kitchen**

<http://ellicsrkitchen.ca/>

This program is designed to support people touched by cancer by giving you the skills and information you need to manage your diet.

The ELLICSR Kitchen hosts a series of dynamic healthy cooking demonstrations led by Wellness Chef Jeremy Capone and Registered Dietitian Stephanie Gladman.

### **Inspire**

[www.inspire.com](http://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](http://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](http://www.survivethrive.org)

Healthy living blog

### **Wellspring**

[www.wellspring.ca/online-programs](http://www.wellspring.ca/online-programs)

Through this site, you will have access to a wide, and ever-changing line-up of online programs, educational webinars and downloadable resources that you can participate in all from the comfort and convenience of your own home and your own schedule.

# Seniors Programs

## **Alzheimer's Society of Niagara Region**

[www.alzheimerniagara.ca](http://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](http://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](http://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**

## **Geriatric Assessment Program – Niagara Health System**

[www.niagarahealth.on.ca/en/geriatric-assessment/program](http://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](http://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, 2<sup>nd</sup> 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.welland.ca/RecCulture/WCWC.asp](http://www.welland.ca/RecCulture/WCWC.asp)

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](http://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](http://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](http://www.niagarahealth.on.ca/en/mental-health-addictions)

## **A Better Choice**

[ABC@niagarahelath.on.ca](mailto: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](mailto: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](http://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](http://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](http://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](http://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**

## Wish Foundations

### **Children's Wish Foundation of Canada (Ontario Chapter)**

[www.childrenswish.ca](http://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](http://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](http://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](http://www.makeawishtco.ca)

Grants wishes of children with life threatening medical conditions.

**1-888-822-9474**

### **Tender Wishes**

[www.tenderwishes.org](http://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](http://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 life to live with cancer when you are young.

### **Darling Home for Kids**

[www.darlinghomeforkids.ca](http://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 15<sup>th</sup> Side Road, Milton, ON

**(905) 878-7673**

**1-877-406-7673**

### **Fertile Future**

[www.fertilefuture.ca](http://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](http://www.hamiltonhealth.ca)

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

**(905) 387-9495 ext. 63415**

## **Pink Pearl Foundation**

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

[programs@pinkpearlfoundation.org](mailto: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](http://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](http://www.rmhcscoco.ca)

[info@rmhcscoco.ca](mailto: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](http://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.

## **Wrong Way to Hope**

[www.wrongwaytohope.com](http://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](http://www.youngadultcancer.ca)

[connect@youngadultcancer.ca](mailto: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**

## Useful Numbers

Canadian Cancer Society (Transportation) ..... 1-800-263-6750  
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 .....905-735-9922

### **Hospitals:**

Juravinski Cancer Centre.....905-389-4411  
McMaster Children’s Hospital .....905-521-2100  
Niagara Health Systems .....905-378-4647  
Information Niagara ..... 211  
Addiction Services .....905-685-0075

### **Niagara Region Public Health:**

Fort Erie.....905-871-6513  
Niagara Falls.....905-356-1538  
Thorold/St. Catharines.....905-688-3762  
Welland .....905-735-5697  
Niagara Region Sexual Assault Centre .....905-682-4584  
Niagara Region Mental Health.....905-688-2854 ext. 7262  
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