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HELP IF YOU ARE A KID:

SARNIA- LAMBTON CHILDREN'S AID SOCIETY

Tel: 519-336-0623

161 Kendall Avenue, Point Edward, ON

Sarnia Lambton CAS mission is to ensure that all children are safe and well cared for. If you do not feel safe, or believe you are being abused or neglected, please call us and we can help you. We can talk to you over the phone, or in person.

KIDS HELP PHONE

Tel: 1-800-668-6868

439 University Ave., Suite 300, Toronto, ON M5G 1Y8 Fax: (416) 586-0651

Website: www.kidshelpphone.ca

Office Hours: 24 hours a day

Eligibility: All Canadian children and youth

Fees: No fees

Area Served: Canada

Kids Help Phone is a toll-free national, bilingual help line for children and youth which operates 24 hours a day every day of the year. Kids Help Phone offers anonymous, confidential counselling, information and referral services on such subjects as physical, sexual and emotional abuse; loneliness and depression; school and family problems; peer pressure; sexuality; pregnancy; alcohol and substance abuse; delinquency; separation/divorce issues; problems of latch-key children; and suicide.

Kids Help Phone is staffed by professional counsellors and provides a safe, non-threatening way for children to get help without the pressures of a face-to-face meeting. Kids Help Phone supports young people, listens to their issues, empowers them to help themselves and advocates on their behalf. Kids Help online services include "Ask a Counsellor" which invites them to post a question on the site's bulletin board and a forum called "Express Yourself" where kids post their personal stories and problems.

Kids Help Phone is operated by the Kids Help Foundation which is dedicated to safeguarding the health and welfare of Canadian children and youth. To make a donation to assist the Kids Help Phone services call 1-800-268-3062.

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HELP FOR PARENTS:

CAS PARENTING SUPPORT SERVICES

MAKE THE CONNECTION

Periodically, the Family Support team offers a Parenting group, called Make the Connection. There are two phases of this program: one for parents of children from birth to one year of age, and the second phase is for parents with children ages 1-2. Make the Connection is a nine week program with the specific purpose of strengthening the parent-child relationship. In a fun, interactive group setting, parents learn the skills necessary to establish loving relationships, two-way communication and nurture their child's drive to explore and learn. Children are included for part of every session, and the agency provides transportation and additional child care as needed. Parents receive a CD of songs and rhymes and a DVD of their interaction with their child to take home and keep. When there is not a group running, Family Support workers can deliver this program on an individual basis in the family home.

All of the Family Support Workers have also received intensive training in the Circle of Security. This training enables the workers to assist parents in understanding the behaviors and needs of their young children. Behaviors of infant and pre-verbal toddlers can often be confusing and it can be difficult to decipher what they are seeking. Workers who have had training in the Circle of Security can help parents figure out what their child really needs, based on the child's behaviors, and this understanding enables parents to respond appropriately and effectively. The goal of this work is to develop secure attachments and healthy parent-child relationships. To start in the next session, please call 519-336-0623 and ask to speak with the Intake Screener, or speak directly to your worker.

FAMILY SUPPORT PROGRAM

The Family Support Program offers in-home assistance to parents. Together, the Family Support worker and the parents determine which areas to work on to develop and strengthen skills. Some of the more frequent areas identified have been:

- understanding and responding effectively to children's behaviors;
- improving home safety and maintenance;
- establishing consistent routines, rules and consequences for children;
- helping to promote children's social, school and behavioral skills;

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- improving parent-teen relationships;
- budgeting;
- learning how to provide healthy meals and snacks on a budget;
- building a support system in the community;
- help in accessing services, resources and special funding in the community;
- understanding child development and needs of children at different stages;
- building healthy attachments between parents and children
- supporting mothers-to-be through pregnancy
- supporting families when a child is returning home from care or treatment

To get help from the family support program, please call 519-336-0623 and ask to speak with the Intake Screener, or speak directly to your worker.

COMMUNITY SUPPORT SERVICES:

COUNTY OF LAMBTON CHILDREN'S SERVICES DEPARTMENT

Tel: (519) 383-8331

Main Office

160 Exmouth St.,
Point Edward, ON N7T 7Z6

Tel: 1-800-667-1839

Fax: (519) 383-6078

Website: www.lambtonhealth.on.ca

Email: chsd@county-lambton.on.ca

Forest Office

59 King St. West
Forest, ON N0N 1J0

Tel: (519) 786-2148

Fax: (519) 786-2149

PARENTING PROGRAMS

Tel: (519) 383-8331 Ext. 3557

Parenting can be a tough job because kids do not come with a manual. Classes provide skills to cope with the challenges and celebrate the joys of parenting. As an added bonus participants meet other parents who are dealing with the same issues. Parenting program classes are not intended for families in crisis.

There is no fee for these programs but registration is required. Parents are asked to bring a 3 ring binder for course materials. The program schedule, including dates, times and locations, is available online at www.lambtonhealth.on.ca or call (519) 383-8331 ext. 3557 to have a schedule mailed to you.

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HEALTHY BABIES HEALTHY CHILDREN PROGRAM

A provincially funded program for parents of children aged zero to six years of age. The program is free and is designed to help all babies and new parents get the best possible start in life. It is also a source of education and support for parents and will help families to find the right support services in the community.

- Prenatal Screening – will link expecting parents to services in the prenatal period
- Universal Screening of Newborns – a brief assessment of children in the post-partum period
- Follow up after hospital discharge
- Home visiting by public health nurses and family home visitors, who provide child development information, parenting skills and support Partnerships and service coordination for families

SARNIA-LAMBTON REBOUND- A PROGRAM FOR YOUTH

Tel: (519)-344-2841

Main Office

180 N. College Ave.
Sarnia, ON N7T 7X2
Tel: (519) 344-2841
Fax: (519)-344-8024

Website: www.reboundonline.com
Email: office@reboundonline.com

Petrolia Office

396 Station St. Unit 1
PO Box 1903
Petrolia, ON N0N 1R0
Tel: 1-866-468-6545 or
Fax: (519) 882-4900

Forest Office

59 King St. W.,
PO Box 1213,
Forest, ON N0N 1J0
Tel: (519) 786-5538
Fax: (519) 786-6378

Sarnia-Lambton Rebound is a volunteer based, non-profit organization committed to supporting young people and their parents. Our social skills programs focus on the development of skills necessary to meet the challenges of living in today's world. Sarnia-Lambton Rebound provides prevention and early intervention social-skills programs for "at-risk" youth. Since our founding in 1984, we have been committed to supporting young people between the ages of ten and seventeen who are experiencing difficulties within their families, their schools and/or with the law. In a unique program design, Rebound uses community volunteers to act as mentors and positive role models to support young people as they begin to undertake the hard work of examining their own behavior, actions and lives.

ST. CLAIR CHILD & YOUTH SERVICES (Ages 0-16)

Tel: (519) 337-3701

Main office
129 Kendall St.
Point Edward, ON N7V 4G6
Tel: 519-337-3701
Fax: 519-337-7750
Website: www.stclairchild.ca

St. Clair Child and Youth Services is an accredited community-based children's mental health centre which provides a broad range of services to Lambton County residents. The agency is dedicated to

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promoting the well-being of children, youth and families experiencing mental health difficulties, or those regarded to be at risk of having mental health problems, such that each youngster and their family can effectively approach their developmental potential and achieve effective integration with peers, school, work and the community.

FAMILY COUNSELLING CENTRE

Tel: (519) 336-0120

1086 Modeland Road
Second Floor, Building 1030
Sarnia, ON N7S 6L2
Tel: 1-800-831-3031
Fax: (519) 336-8517

Distress Line: (519)336-3000; 1-888-347-8737
Forest: (519) 786-2334

Website: www.familycounsellingctr.com
Email: fcc@familycounsellingctr.com

The Family Counselling Centre is a not-for-profit, community based agency providing a variety of professional counselling, support, prevention and coordination services to Sarnia-Lambton residents. The Centre seeks to assist clients in resolving psychosocial problems, in learning strategies to deal with life stresses and disabilities, and in developing more satisfying interpersonal relationships. Many clients are not charged a fee for the service provided. Among the “no fee” services are: Bridge the Gap; Violence Against Women Program; Sexual Assault

Outreach Program; Advocacy, Planning and Support Services; Special Services at Home Program; Connecting Point; STARRting Point; Families and Schools Together Program; Baby Families and Schools Together Program; Tel-Check Program; Distress Line Services; Kids on the Block Program; and Passport Help if you are having Financial Problems.

STARRTING POINT

Tel: (519) 336-0120 Ext. 257

Simplify the Access to Children’s Residences and Resources

Tel: 1-800-831-3031
Fax: (519) 336-8517
Office Hours: Mon-Fri 9:00 a.m. – 5:00 p.m.
Fees: No fees

Family Counselling Centre

1086 Modeland Rd., Second Floor, Building 1030
Sarnia, ON N7S 6L2
Website: www.familycounsellingctr.com

STARRting Point provides information and referrals for families trying to find help in Lambton County. STARRting Point assists anyone wanting to know about available services for children and youth who are experiencing difficulties, and links families to helping programs, services and organizations in Lambton County. STARRting Point provides a single point of access to the children’s residential placements funded by the Ministry of Children and Youth Services (Huron House Boys’ Home, Community Girls’ Home and CPRI) and also to the Family Solutions Program at St. Clair Child and Youth Services.

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HELP WITH FINANCES, HOUSEHOLD & FOOD:

SERVICE CANADA

Tel: 1-800-622-6232

150 Christina St. N., Sarnia, ON N7T 7W5
Fax: (519) 464-5040

Bayside Centre: TTY: 1-800-926-9105
Service Canada Centre Sarnia: (519) 464-5025

- **Canada Child Tax Benefit**
The Canada Child Tax Benefit (CCTB) is a tax-free monthly payment made to eligible families to help them with the cost of raising children under age 18.
Delivered by: Canada Revenue Agency (CRA)
- **Child Disability Benefit**
The Child Disability Benefit (CDB) is a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in mental or physical functions.
Delivered by: Canada Revenue Agency (CRA)
- **Employment Insurance Maternity and Parental Benefits**
Employment Insurance (EI) provides Maternity and Parental Benefits to individuals, who are pregnant, have recently given birth, are adopting a child, or are caring for a newborn.
Current application processing time: 28 days
Delivered by: Service Canada
- **Universal Child Care Benefit**
Canada's Universal Child Care Plan provides parents with the Universal Child Care Benefit, which is a \$100 monthly payment made on the 20th of each month for each child less than six years of age.
Delivered by: Human Resources and Social Development Canada (HRSDC)

COUNTY OF LAMBTON HOUSING SERVICES DEPARTMENT

Tel: (519) 344-2057

Lambton Shared Services Centre - Second Floor
150 N. Christina St., Bayside Mall
Sarnia, ON N7T 8H3
Tel: 1-800-387-2882
Fax: (519) 344-2066

Website: www.lambtononline.com/housing_services

Office Hours: Mon-Fri 8:30 a.m. - 4:30 p.m.

The Housing Services Department provides rent geared-to-income assistance to over 2,000 residents of the County of Lambton. In addition to administering the non-profit, cooperative and rent supplement programs at twenty-eight locations, the Housing Services Department provides property management for 771 owned units on twenty sites throughout the county.

COUNTY OF LAMBTON SOCIAL SERVICES DEPARTMENT

Tel: (519) 344-2057

150 N. Christina St., Sarnia, ON N7T 8H3
Fax: (519) 344-2023

Ontario Works 1-800-387-2882

Cheque/DBD Information: 1-800-808-2268

Website: www.lambtononline.com/ontario_works

Office Hours: 8:30 a.m. - 4:30 p.m.

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Lambton County Social Services Department is committed to enhancing the quality of life of residents through the provision of financial and social services directed towards the promotion of independence and self-sufficiency.

CREDIT COUNSELLING SERVICES OF SOUTHWESTERN ONTARIO

Tel:(519) 542-1130

1433 London Road, Suite 302, Sarnia, ON N7S 1P6

Fax: (519) 542-0935

Website: www.ccs windsor.com

Email: ccswo@mnsi.net

Office Hours: 8:30 a.m. – 4:15 p.m., Mon-Fri

Closed for lunch 11:45 a.m. – 1:00 p.m.

Fees: Yes, however, initial assessment is free

The Credit Counselling Service of Sarnia-Lambton is a charitable, non-profit organization that provides confidential credit counselling services to individuals and families. A counsellor assists clients with analyzing their financial situation, developing and managing a personal budget and arranging debt management programs with creditors. Free money management seminars and workshops covering topics such as debt and credit, developing a budget, couples communicating about money, raising financially responsible children and saving money are also available.

INN OF THE GOOD SHEPHERD

TEL: (519) 344-1746

115 John St., Sarnia, ON N7T 2Z1 Fax: (519) 344-1346

Website: www.theinn.sarnia.net

The Inn of the Good Shepherd runs a variety of programs, diverse in serving those in our community who are in need of food, shelter, and other assistance. We are a non-profit registered charitable organization that is supported by a broad based group of volunteers drawn from the Sarnia/Lambton community. The inn offers a foodbank, Soup Kitchen, as well as a shelter for 16 plus.

NEIGHBOURLINK SARNIA-LAMBTON

TEL:(519) 336-5465

PO Box 7, Sarnia, ON N7T 7H8

Fax: (519) 336-8009

Website: www.sarnia.com/groups

Email: neighbourlink@ebtech.net

Office Hours: Mon, Wed, Thurs, Fri mornings 9:00 a.m. to noon. Answering machine is on to receive messages 24 hours a day.

Ages Served: All ages

Eligibility: NeighbourLink services are as a last resort in instances where service agencies cannot respond to particular community need shopping assistance

- assistance filling out (government) forms
- driving to appointments
- temporary child care
- baby care skills assistance
- parenting skills assistance
- visiting/reading to shut-ins, disabled, or elderly
- yard work for disabled, elderly

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- provide meals with adequate notice
- deliver food from foodbanks to shut-ins
- counselling
- mending/sewing assistance
- money management/budgeting assistance
- donations of furniture/dishes/beds/bedding
- music/art lessons and tutoring
- everyday household/appliance repairs
- translation assistance: American Sign Language, Dutch, French, German, Ukrainian
- trade skills assistance: auto mechanics, plumbing, carpentry, electrical, painting, drywall, roofing,
- welding
- Other services may be requested and will be made available if volunteers can be obtained from member churches.
- Additional Community Outreach Programs
- Cooking workshops hosted by NeighbourLink churches

ONTARIO MINISTRY OF COMMUNITY & SOCIAL SERVICES

Tel: (519) 337-3735

150 Christina St. N.
Sarnia, ON N7T 8H4

Ontario Disability Support Program: TTY: (519) 337-4804
Lambton Shared Services Centre: 1-800-663-7633

The Ontario Disability Support Program provides financial assistance and other benefits to people with disabilities and their families. A disability is a substantial physical or mental impairment that is continuous or recurrent. The amount of money you receive from the ODSP will vary depending upon your rent costs and family size. As well as accommodation and basic living expenses, you may also be entitled to benefits such as drug and dental coverage and other supports.

PETROLIA FOOD BANK

TEL:(519) 882-3950

4156 Petrolia Line
Petrolia, ON N0N 1R0

The Petrolia Food Bank helps people in need including the working poor. The Food Bank is open Mondays from 9:00 a.m. to 11:30 a.m. year round. Individuals/families are required to provide some form of identification. As well as providing non-perishable food items throughout the year the Food Bank, through the annual Christmas for Everyone campaign, provides Christmas hampers containing turkey, ham, food and toys to families in need. The assistance available from the Food Bank is made possible by community donations and volunteer support from many individuals, groups and organizations.

ST. VINCENT DE PAUL SOCIETY

TEL:(519) 337-7089

c/o 106 East St. S., Sarnia, ON N7T 7H9
Email: stvincent@xcelco.on.ca

Sarnia-Lambton Deanery Fax: (519) 337-2827

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The mandate of the St. Vincent de Paul Society is to provide emergency food, shelter, clothing and spiritual relief to anyone in need. One or two Vincentian volunteers usually make a visit to the client's home and assess their needs. We only provide the client with enough assistance to carry the client or family through the current emergency situation

SALVATION ARMY COMMUNITY & FAMILY SERVICES

Tel: (519) 344-1142

970 Confederation St., (back door)

Sarnia, ON N7S 1A1

Fax: (519) 337-3528

Office Hours: Mon-Fri 9:00 a.m. - 12 noon and 1:00 p.m. – 4:00 p.m.

Eligibility: Emergency assistance (fire, crime or other disasters). Family Services and spiritual supports are provided regardless of religion, race or ethnic background.

HELP IF YOU ARE IN AN ABUSIVE RELATIONSHIP:

SARNIA POLICE SERVICE

Tel: (519) 344-8861

555 Christina St. N.

Sarnia, ON N7T 7X6

Fax: (519) 344-3612

Website: www.police.sarnia.on.ca

COMMUNITY POLICING BRANCH Emergencies 911

ONTARIO PROVINCIAL POLICE (OPP)

Tel: 1-888-310-1122

Website: <http://www.opp.ca/>

Forest: (519)786-2349

Petrolia:(519) 882-1011

Pt. Edward: (519) 336-8691

WOMEN'S INTERVAL HOME OF SARNIA-LAMBTON INC.

Tel: (519) 336-5200

PO Box 652

Sarnia, ON N7T 7J7

Tel: 1-800-265-1412

Fax: (519) 336-0862

Website: www.womensintervalhome.com

The Women's Interval Home of Sarnia and Lambton Inc. is a non-profit, charitable organization providing 24 hour short term emergency shelter, supportive counselling, advocacy and referral services to women and children who are living with abuse. The Women's Interval Home offers various programs for residential and non-residential women and children in Lambton County.

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SEXUAL ASSAULT SURVIVORS' CENTRE SARNIA-LAMBTON

Tel: (519) 337-3154

118 Victoria St. N.

Sarnia, ON N7T 5W9

TTY: (519) 337-1117

24 Hour Crisis Line: (519) 337-3320

Fax: (519) 337-0819

Websites: www.sexualassaultsarnia.on.ca
www.bridgingtheservicegap.com

Email: sascs@ebtech.net

Office Hours: Mon to Thurs 9:00 a.m. – 5:00 p.m. Fri 9:00 a.m. – 4:00 p.m.

Ages Served: 16 years and older

Forest: (519) 786-2334

Eligibility: Victims of sexual assault and sexual abuse

The Sexual Assault Survivors' Centre is a non-profit charitable organization providing a comprehensive range of crisis support, counselling, information and advocacy services to those who have been sexually assaulted and sexually abused.

VICTIM SERVICES OF SARNIA-LAMBTON

TEL: (519) 344-8861 Ext. 5238

555 N. Christina St.

Sarnia, ON N7T 7X6

Tel: 1-888-281-3665 Ext. 5238

Fax: (519) 344-3612

Website: www.victimservices.on.ca

Email: victim@ebtech.net

Victim Services of Sarnia-Lambton is a non-profit charitable agency that provides immediate emotional and practical support to victims of crime or tragic circumstance and their families 24 hours a day, 7 days a week. Victim Services provides assistance in crisis situations such as property crime, fraud, robbery, harassment, murder, sexual assault, physical assault, missing persons, suicide, personal crisis, domestic violence and tragic circumstances such as sudden death.

HELP IF YOU ARE PREGNANT:

MIDWIFERY SERVICES OF LAMBTON-KENT

TEL: (519) 337-2229

12-420 East St. N.

Sarnia, ON N7T 6Y5

Fax: (519) 337-4850

Email: midwife@bellnet.ca

Referrals: Self-referral

Fees: No fees. Midwifery services are covered by OHIP.

A midwife is a primary caregiver, which means that she can provide all the care necessary for a healthy woman and her baby throughout pregnancy, birth and for six weeks afterward. Midwives refer women and babies to family doctors or specialist doctors like obstetricians and pediatricians if the care becomes complicated. Even if care is transferred to a doctor at the birth, midwives will remain involved in the care as a support to the mother and baby.

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PREGNANCY CENTRE OFFICE

Tel: (519) 383-7115

551 Exmouth St, Suite 204

LAMBTON CRISIS PREGNANCY CENTRE Crisis Hotline: (519) 383-7115

Sarnia, ON N7T 5P6

Fax: (519) 383-7115

Website: www.pregnancycentre.org

Office Hours: Mon, Wed, Fri 11:00 a.m. – 4:00 p.m.

Ages Served: All ages

Eligibility: Women who think they may be pregnant or who know they are pregnant.

Referrals: Self-referral or referral by families or community professionals

Fees: No fees

Area Served: Lambton County

The Centre is organized to provide pregnant women of any age with emotional and practical/material support in a secure, confidential, informal and relaxed setting. We are an independent, non-political volunteer organization. Our purpose is to empower women to make an informed decision in regard to their unplanned pregnancy and lifestyle choices. Clients can receive a free pregnancy test, information on pregnancy options, pregnancy care, parenting and healthy relationship counsel. We also offer support for post abortion recovery and healing. We refer to other Crisis Pregnancy Centers across North America. Some of our other services include support groups listed below.

SUPPORT GROUPS

- **Moms' Support Group:** Meetings take place on Wednesday mornings 9:30-11:30 a.m. Guest speakers and video presentations focus on topics such as building healthy relationships, parenting skills, budgeting etc. Crafts and cooking sessions are taught to build skills and self-confidence. Nursery and toddler childcare is provided and is staffed by trained LCPC volunteers. Transportation is provided if needed (approved car seat is necessary).
- **Prenatal Classes:** Taught on Wednesday mornings 9:30-11:30 a.m. during our Moms' Support Group in an adjoining room.
- **4 U Dads:** A class taught by Brad Sayers for young men who desire parenting skills. This group meets at the Centre once a week for 4 to 6 weeks. The role of fathers in the life of their children is vitally important to a child's well-being. Our goal is to help fathers prepare for some of the challenges of parenthood. Call the Centre for starting dates for the next group. No child care provided.
- **Post Abortion Healing and Recovery Support Group:** At present the Centre is conducting one-on-one peer counselling for those who are seeking healing and recovery. There will be a support group offered in the near future.

Weekly ongoing one-to-one counselling is available to help equip our clients with parenting and life skill needs. The programs "Nobody's Perfect" and "How to Talk So Kids Will Listen" are also offered at various times during the year. As appointments are met and as support groups are attended our clients are able to participate in our popular Baby Bucks Incentive Program.

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HELP WITH ADDICTIONS:

ADDICTION ASSISTANCE SERVICE

24 hour helpline: 1-800-721-3232

Fax: (519) 692-3138

Website: www.westover-fdn.org

The Addiction Assistance Service, operated in association with Westover Treatment Centre of Thamesville, provides a toll free line to help those who are in need of assistance with their own alcohol, drug or gambling problems, or those who have been affected by the alcohol, drug or gambling problems of others. Qualified addictions counsellors provide support and/or refer callers to other agencies or self-help groups. If immediate withdrawal management (detox) is needed, the counsellor will arrange for a bed in London or Windsor, with emergency transportation available from a trained volunteer driver. One of the goals of this service is to alleviate some of the barriers to treatment for youth, single mothers, the elderly and rural residents unable to access treatment on their own.

AL-ANON FAMILY GROUPS

TEL: (519) 337-5211

Websites: www.al-anon.alateen.on.ca
www.london-al-anon.org

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems. We believe that alcoholism is a family illness and that changed attitudes can aid recovery. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions. Al-Anon has but one purpose; to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics and by giving understanding and encouragement to the alcoholic. For a schedule of Family Group meetings in Lambton County (currently in Forest, Petrolia, Sarnia and Bright's Grove) and information about Alateen youth meetings, please visit our website or telephone the answering service at (519) 337-5211.

Additional website of interest: www.adultchildren.org, the website of Adult Children of Alcoholics

ALCOHOLICS ANONYMOUS (A.A.)

TEL: (519) 337-5211

Websites: www.aa.org
www.aasarnialambton.com
Email: aa@ebtech.net

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 recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership. A.A. is not allied with any sect, denomination, political group, organization or institution. Our primary purpose is to stay sober and help other alcoholics

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achieve sobriety. A.A. is a program of total abstinence. Sobriety is maintained through sharing experience, strength and hope at group meetings and through the suggested Twelve Steps for recovery from alcoholism. A.A. meetings in Lambton County are currently held in Bright's Grove, Corunna, Forest, Kettle Point, Mooretown, Petrolia, Point Edward, Sarnia, Thedford and Watford. The schedule of district meetings is available online or from the answering service.

BLUEWATER HEALTH ADDICTION SERVICES

TEL:(519) 464-4400 Ext. 5370/5462

Fax: (519) 464-4516

Office Hours: Mon-Fri 8:00 a.m. – 5:30 p.m.

Ages Served: Adolescents and adults

Eligibility: Anyone who may have problems with alcohol and/or other drugs or gambling

Problems Referrals: Referrals are accepted from any source – employers, physicians, social, legal and health agencies, families, friends and self-referrals.

This department provides services in three core aspects: Assessment/Referral: Assessment interviews enable us to determine how much the use of alcohol or other drugs has affected various areas of lives and to assess detoxification needs. Problem gambling concerns are also addressed.

BLUEWATER METHADONE CLINIC

TEL: (519) 337-5000

144 Christina St., South

Sarnia, ON N7T 2N1

Fax: (519) 337-4406

Website: www.bluewatermethadoneclinic.ca

Office Hours: Mon & Thurs 10:00 a.m. – 6:00 p.m. Tues & Fri 10:00 a.m. – 5:00 p.m. Closed for lunch 12:30 – 1:00 p.m. daily

Referrals: We are a self-referral clinic. Anyone can contact us and pick up an enrollment package.

Fees: Methadone treatment is covered by OHIP

The Bluewater Methadone Clinic provides medical treatment for addiction to all opiate medications including morphine, heroin, dilaudid, oxycontin, codeine and percocet. Opiate addiction is a common problem in our community, affecting people of all ages and from all walks of life. Bluewater Methadone Clinic has been helping people with opiate addictions to lead a life free of opiate drugs since October of 2004.

HOUSE OF SOPHROSYNE

Intake Tel: (519) 258-2557

1771 Chappell Ave.,

Windsor, ON N9C 3E8

Tel: (519) 252-2711 or 1-877-533-9503

Fax: (519) 258-7565

Website: www.houseofsophrosyne.com

Email: intake@houseofsophrosyne.com

Office Hours: Mon-Fri 8:00 a.m. – 4:00 p.m.

Ages Served: Women 16 years of age and older

Referrals: Self-referral, social agencies or by family/friends

Fees: The residential treatment program is funded through the Ministry of Health and Long Term Care. There are three fees for service beds that can be accessed immediately by women who have extended health care plans that provide coverage.

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The House of Sophrosyne provides a twenty one day residential treatment program for women with substance abuse issues. Shared accommodation is provided in rooms of two or four beds. An atmosphere of communal living helps women in residence bond together and strengthens them through their mutual support in the struggle to recover. The residential program is offered in a safe non-judgmental live-in setting.

HELP IF YOU NEED MEDICAL ASSISTANCE:

BLUEWATER HEALTH

Tel: (519) 464-4400

89 Norman St.
Sarnia, ON N7T 6S3
Fax: (519) 464-4501

Bluewater Health – Mitton Site
220 N. Mitton St.
Sarnia, ON N7T 6H6

Bluewater Health - CEE Site
450 Blanche St.
Petrolia, ON N0N 1R0
Tel: (519) 882-4325

Website: www.bluewaterhealth.ca

Fees: The Ministry of Health funds most services. If fees are applied to any of the programs, they will be indicated in the program description.

Area Served: Lambton County

Bluewater Health is a patient-centered hospital system that meets the needs of all Lambton County communities and is dedicated to providing excellence in health care, with respect, compassion and dignity for the whole person. Highly qualified and skilled staff are the backbone of our organizational strength

COMMUNITY CONCERNS FOR THE MEDICALLY FRAGILE (CCMF)

Tel: (519) 344-2719

560 Exmouth St., Suite 102
Sarnia, ON N7T 5P5

P.O. Box 612
Sarnia, ON N7T 7J4

Website: www.ccmfonline.com

Email: info@ccmfonline.com

Community Concerns for the Medically Fragile is a parent-driven community group striving to meet the needs of medically-fragile/technologically dependent individuals and their families in Lambton County. Throughout the years CCMF has advocated for the needs of medically fragile children, adolescents and young adults and worked to establish a specialized group home for the medically fragile.

NORTH LAMBTON COMMUNITY HEALTH CENTRE

Tel: (519) 786-4545

59 King St. West, Box 1120
Forest, ON N0N 1J0
Fax: (519) 786-6318

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1240 Murphy Rd.
Sarnia, ON N7S 2Y6
Fax: (519) 542-4115
Website: www.pathwayscentre.org

Pathways Health Centre for Children leads in the provision of a continuum of coordinated family-centered services for children and young adults in Lambton County who have physical, developmental and communication needs.

SERVICES PROVIDED:

- Audiology
- Augmentative Communication Services (ACS)
- Behavior Therapy
- Family Services
- Feeding
- Home Support
- Medical Services
- Occupational Therapy
- Physiotherapy
- Respite Services
- Seating and Mobility
- Speech-Language Pathology (through SoundStart)
- Therapeutic Recreation

****A SATELLITE OF NORTH LAMBTON COMMUNITY HEALTH CENTRE****
429 Exmouth St., Suite 100
Sarnia, ON
Fax: (519) 344-7535

The mission of the West Lambton Community Health Centre is to provide quality primary health care, health promotion and disease prevention programs and services to the West Lambton community. The Centre is funded by the Ministry of Health and Long-Term Care and LHINs to provide primary health care to people that may have barriers accessing health care: seniors over 65, low-income families, people living with moderate mental illness (depression/anxiety) and youth at risk (ages 16 to 24).

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HELP FOR MENTAL HEALTH:

CONSUMER/ SURVIVOR ASSOCIATION OF LAMBTON

Tel: (519) 344-5602

Open Doors Drop-In Centre
183 Christina St. S.
Sarnia, ON N7T 2M9
Fax: (519) 344-6497
Website: <http://opendoorscsal.webs.com/>

Mental health survivors. A consumer/survivor is anyone who is using, or has used, the mental health system. All staff and Board members of our Centre are consumers/survivors.

CANADIAN MENTAL HEALTH ASSOCIATION

Tel: (519) 337-5411

Lambton County Branch
210 Lochiel Street
Sarnia, ON N7T 4C7
Fax: (519) 337-2325
Website: www.cmhalambton.org
Email: general@cmha.sarnia.net
Ages 16+

Crisis Line: (519) 336-3445
Toll Free Crisis Line: 1-800-307-4319

The Canadian Mental Health Association, Lambton County Branch is a not-for-profit, community based health and health related social service agency with a primary focus on adults with serious and persistent mental illness (SPMI). Our mission is: to advocate and provide supports and services with and for individuals with mental illness, and to enhance, maintain and promote the mental health of all individuals in Lambton County.

HELP SPECIFIC FOR FIRST NATIONS PEOPLE:

AAMJIWNAANG FIRST NATION

Tel: (519) 336-8410

978 Tashmoo Ave.
Sarnia, ON N7T 7H5
Fax: (519) 336-0382
Website: www.aamjiwnaang.ca
Office hours: Mon–Fri 8:30 a.m. – 4:30 p.m.

Eligibility: All programs and services are designed to serve residents of the Aamjiwnaang

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KETTLE AND STONY POINT FIRST NATION

Tel: (519) 786-2125

Chippewas of Kettle and Stony Point Administration Office

6247 Indian Lane, RR. 2

Forest, ON NON 1J0

Website: www.kettlepoint.org

Fax: (519) 786-2108

Office Hours: Mon- Fri 8:30 a.m. – 4:30 p.m.

KETTLE AND STONY POINT HEALTH CENTRE

Tel: (519) 786-5647

6275 Indian Lane, PO Box 670

Forest, ON NON 1J0

Fax: (519) 786-4541

Website: www.kspchs.on.ca

MNAASGED CHILD AND FAMILY SERVICES

Tel: (519) 692-5603

c/o Southern First Nations Secretariat

22361 Austin Line

Bothwell, ON N0P 1C0

Fax: (519) 692-5984

Kettle Point Satellite Office

9156 Tecumseh Lane, RR. 2

Forest, ON NON 1J0

Tel: (519)-786-6680

Fax: (519) 786-6668

Email: kspcafs@xcelco.on.ca

Mnaasged Child and Family Services Offices

- Aamjiwnaang Program Manager Janice Rising (519) 336-8410
- Kettle Point Program Manager Sharon Henry (519) 786-6680
- Delaware Nation Program Manager Mary Whiteye (519) 692-9300
- Munsee-Delaware Program Manager Leo Nicholas (519) 289-5396
- Oneida Nation Program Manager Elfreda Ireland (519) 652-0500
- Chippewas of the Thames Program Manager Sharilyn Johnston (519) 289-5555

Mnaasged Child and Family Services is a non-profit organization whose mandate states “we have been entrusted with the responsibility for protecting our children based on our culture, customs, values and beliefs”. Our Child and Family Service Offices aspire to meet this responsibility and to enhance the social harmony in our communities by implementing best practices and shared responsibility to support and improve the quality of life for our families. Mnaasged, which means “Shining Bright Star”, has a responsibility to focus on addressing issues necessary to keep First Nations families healthy and strong, and to keep their children out of protective custody.

Services Offered Programs Offered

- home visiting program ▪ Children and Youth programs
- court support and transportation ▪ “Helping Families” program
- counselling services ▪ “Welcome Baby” program

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- food bank ▪ Coats for Kids
- NeighbourLink access
- Probation satellite office for you

WALPOLE ISLAND FIRST NATION

TEL:(519) 627-1481

RR.# 3 Walpole Island
Wallaceburg, ON N8A 4K9
Fax: (519) 627-0440
Website: www.bkejwanong.com

ENODMAAGEJIG SOCIAL SERVICES

Tel: (519) 627-3907

Fax: (519) 627-3909

To coordinate and manage the delivery of Social Services for Walpole Island First Nation, while maintaining high quality standards of service and ensuring the implementation of effective community programming.”

Services Available

- Home visiting
- Foster parent support
- Individual and family counselling
- Adoption information
- Parenting education (group and individual)
- Referrals to Legal Aid
- Referrals to professional services
- Group and individual support
- Current and traditional child rearing methods
- Advocacy
- Accompaniment to police services/court
- Accompaniment on Children’s Aid Society
- Good Food Box program investigations/home visits
- Drug and alcohol prevention services
- Emergency food distribution
- Social club for children
- Drug and alcohol awareness in classrooms
- Summer groups for children
- March Break group
- Coordination of court-ordered community
- Supervision and enforcement of probation service hours orders
- Monitoring of Deferred Custody Coordination of Extra Judicial Measures
- Supervision orders ▪ Monitoring of Custody and Supervision orders
- Facilitation of re-integration into community

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- Clothing giveaways
- Miijim Box (Christmas Hampers for families)
- Customary Care support

NEW DIRECTIONS

TEL:(519) 627-6072 Ext 258

Fax: (519) 627-6074

A Diversion Program For Youth At Risk In Our Community

New Directions is a program of the Walpole Island Child and Youth Services Unit whose purpose is to provide culturally specific programming in a variety of appropriate, behaviour-changing education activities and support services that engage youth ages 11 to 17 who are at-risk of criminal activity of reoffending. This program strives to empower youth to plan and direct their lives away from criminal activities by building on their strengths and skills. By identifying their individual needs and providing them with ways to positively address those needs, we hope to aid in the development of positive behaviour changes.

COMMUNITY DEVELOPMENT UNIT

Tel: (519) 627-6072 Ext 224

Fax: (519) 627-6074

Office Hours: 8:30 a.m. – 4:30 p.m. Monday to Friday

** Occasional evening and weekend programs*

In 2001, the Community Development Unit became a new addition to the Social Services Department of Walpole Island First Nation and is funded by the Better Beginnings/Better Futures Project. “To facilitate the effective delivery of cultural and community healing initiatives for Walpole Island First Nation and develop proposals for Enodmaagejig that will address gaps in services.

THREE FIRES EZHIGNOWENMINDWAA WOMEN’S SHELTER

Tel: (519) 627-3635

Fax: (519) 627-4840

Established in 1999, the Women’s Shelter provides emergency shelter and advocacy services to women and children fleeing violence. Their mandate is to prevent family violence through community education, counselling, advocacy and shelter while assisting clients to develop options for a violence-free life.

Services are available 24 hours a day, seven days a week.

WALPOLE ISLAND HEALTH CENTRE

Tel: (519) 627-0765

Fax: (519) 627-0017

The Health Centre promotes and preserves health within the Walpole Island First Nation community by providing a broad range of health education programs and screening services.

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WALPOLE ISLAND HELP TEAM 24 HOUR CRISIS LINE

Tel: (519) 627-3635

The Trauma Response Team for Walpole Island First Nation, accessible 24 hours a day, through the shelter's 24 hour crisis line. In the event of a traumatic event, the HELP Team is available to provide trauma debriefing for community members, classroom presentations for students at the Walpole Island Elementary School and Wallaceburg District Secondary School. All members are certified in Trauma Debriefing and we have Grief Specialists on staff. Referrals can be made for other supportive services as necessary.

HELP IF YOU ARE LGBTQ:

LESBIAN GAY BI TRANS YOUTH LINE

Tel: 1-800-268-9688

PO Box 62, Station F, Toronto, ON M4Y 2L4 (TTY available on this line)

Fax: (416) 962-7967

Website: www.youthline.ca

Email: info@youthline.ca (general email) or askus@youthline.ca (support email)

Office Hours: Free phone line operates from Sun-Fri from 4:00 p.m. - 9:30 p.m.

Ages Served: Youth under 26

This province-wide, toll free phone line for lesbian, gay, bisexual, transgender, and questioning youth is staffed by trained youth volunteers. The phone line provides anonymous peer support to youth who feel isolated because of their sexual orientation. Volunteers provide peer support, not formal therapy.

PFLAG SARNIA-BLUEWATER AREA

TEL:(519) 344-8246

Email: bwon@pflagcanada.ca

Area Served: Sarnia-Lambton and Port Huron

PFLAG Sarnia-Bluewater Area is a non-profit volunteer organization which provides education and support to gays, lesbians, bisexuals and transgender and their families.

SARNIA-LAMBTON REBOUND – A PROGRAM FOR YOUTH

Main Office

180 N. College Ave.

Sarnia, ON N7T 7X2

Tel: (519) 344-2841

Fax: (519) 344-8024

Petrolia Office

396 Station St. Unit 1

PO Box 1903

Petrolia, ON N0N 1R0

Tel:1-866-468-6545

Fax: (519) 882-4900

Forest Office

59 King St. W.,

PO Box 1213,

Forest, ON N0N 1J0

Tel: (519) 786-5538

Fax: (519) 786-6378

Website: www.reboundonline.com

Email: office@reboundonline.com

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Rebound offers a safe positive space for lesbian, gay, bisexual, 2 spirited, transsexual and questioning for ages 12-24 years. Group Runs every other Monday from 4:00 p.m. to 5:30 p.m. Open discussions, speakers, support, and friendship and information about sexual health is provided. Everyone is welcome.

HELP FOR RECREATION:

HARMONY

TEL: (519) 336-0344

251 Campbell St.

Sarnia, ON N7T 8A8

Fax: (519) 336-8035

Website: www.harmonyforyouth.org

Eligibility: Children and youth ages 2 to 18

Fees: No fees. Youth are required to commit to one hour of community service for each hour of programming that they receive.

Area Served: Sarnia and Lambton County.

Harmony is a not-for-profit charitable organization that promotes children's self-esteem by means of involvement in the arts. Programs provided to students include: vocal and orchestral music instruction, dance lessons, art, musical theatre, set design and construction, arts and crafts, tutoring, mentoring and clubs such as homework club, reading club, cooking club and social club.

SARNIA MINOR ATHLETIC ASSOCIATION

TEL: (519) 332-1896

Chaytor Building – Germain Park

900 Germain St., PO Box 524

Sarnia, ON N7T 7J4

Fax: (519) 332-1569

Website: www.sarniaminorathletic.com

Email: smaa@ebtech.net

Sarnia Minor Athletic Association (S.M.A.A.) is a non-profit organization run entirely by volunteers, offering sports activities to the youth of Sarnia and District. It is the aim of the S.M.A.A. to foster the advancement of education in athletics and sports, and promote good sportsmanship. S.M.A.A. offers thousands of youths annually an opportunity to take part in baseball, ten pin bowling, football, girls' fastball, golf, box lacrosse, field lacrosse and inline hockey. The focus of the S.M.A.A. is on fair play, good citizenship, friendly competition, enjoyment and full participation for all team members. No child is turned away regardless of race, creed, level of ability or financial status.

YMCA OF SARNIA LAMBTON

TEL: (519) 336-9622

Jerry McCaw Family Centre

1015 Finch Dr., Sarnia, ON N7S 6G5

Fax: (519) 336-7818

Website: www.ymcasar.org

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YMCA Strong Kids Program

This program ensures that all kids in our community have the opportunity to participate in all our membership programs and services: Summer Day Camp, Creative and Physical Programs, Aquatics, Child Care and Leadership opportunities. With the generous financial support of our members, staff and friends our YMCA Strong Kids annual campaign increases the number of kids we can assist and increases our programming and services to address the changing needs of our community.

Youth Recreation and Sports Program (YRASP)

The County of Lambton in cooperation with the YMCA of Sarnia Lambton provide the YRASP program which coordinates sport and recreation opportunities for children from low income families. Funded in part through the County of Lambton's National Child Benefit Reinvestment Strategy, this program has been supported by the following organizations that have waived or reduced fees: Bluewater Gymnastics, Sarnia Boys and Girls Hockey Associations, Canadian Martial Arts, Mooretown Hockey Association, Bluewater Olympic Training Centre, Sarnia Boys and Girls Club, Point Edward Figure Skating, Sarnia Minor Athletic Association and the YMCA.

YMCA RESOURCE HOUSES – COMMUNITY OUTREACH, RESOURCE AND EDUCATION (CORE)

Friendship House

681 Roger St.
Sarnia, ON N7S 2S8
Tel: (519) 344-9418
Fees: No fees

House By The Side Of The Road

454 Kathleen Ave.
Sarnia, ON N7T 1G1
Tel: (519) 332-0216

Our House

914 Confederation St.
Sarnia, ON N7S 1A1
Tel: (519) 383-0672

The YMCA Resource Houses provide free programs and services to all interested families. All three Resource Houses are open on weekdays during the school year and also during the summer. The Houses may have additional weekend and evening hours depending on scheduled activities. For days and times of scheduled programs/activities please contact the individual Resource Houses.

Activities in the Houses include the following:

- breakfast club
- household item exchange
- pre-school play groups
- clothing exchange
- arts and crafts
- emergency food bank
- after school programs
- Good Food Box sites
- homework assistance and snack
- hair cuts
- youth group activities
- computer and internet support
- family nights
- book and resource lending library
- adult leisure activities groups
- cooking programs

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- parenting workshops
- employment workshops
- socials and excursions
- summer day camp

ONTARIO EARLY YEARS CENTRES

Info-line: 1-866-821-7770

Website: www.ontarioearlyyears.ca

Eligibility: Children ages 0 to 6 and their parents/caregivers

Fees: No fees

Because the first six years of a child's life are the most influential to a child's development and set the stage for lifelong learning, behavior and health, the Ontario Government funds Ontario Early Years Centers in communities throughout the province. Centers are designed to be accessible to all families with young children.

Each Ontario Early Years Centre is a place for children up to the age of six and their parents and caregivers to take part in programs and activities together. Parents and caregivers can also get information about their children's development and about services to support that development.

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