

**A guide to basic  
needs, support  
& services**



YWCA ST. THOMAS - ELGIN

# **Community Connections**

**St. Thomas - Elgin**

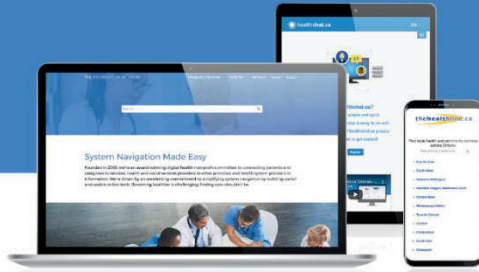
**Seeking housing,  
financial support or  
mental health assistance?**

**In need of food, clothing or transportation?**

**Looking for employment or training?**

**2025/26**

# THL INFORMATION NETWORK



## FIND HEALTH AND SOCIAL SERVICES IN YOUR AREA

Over **48,000** listings  
across Ontario!

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

This guide is for informational purposes only. Information contained in this publication has been gathered through thehealthline.ca database. The information has not been independently verified. For confirmation of the information listed, or any additional information on a program, please contact the organization or program provider directly. The inclusion of a service does not imply endorsement, nor does exclusion indicate a lack of endorsement. The guide is available for download at [www.ywcaste.ca](http://www.ywcaste.ca). To inquire about availability of printed copies, contact the YWCA St. Thomas-Elgin at 519-631-9800.

\*Please note information is subject to change by each organization/provider

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## Childcare

### **Dutton Co-Operative Child Care Centre - 519-762-2399**

3 Lions Rd, Dutton, ON, N0L 1J0; [www.duttonchildcare.ca](http://www.duttonchildcare.ca)

#### **Mon-Fri 7am-6pm**

Licensed child care programs for infants, toddlers, preschools, kindergarten and school age children. Before and After-School Program locations: Dunwich Dutton Public School - 239 Miller Rd, Dutton, Aldborough Public School - 11443 Furnival Rd, RR3, Rodney, Aldborough site adding infant, toddler and preschool spaces.

**Eligibility:** Child Care - Children birth to 5 years, School Age Program Children 6-12 years.

### **EarlyON Child and Family Centre - St. Thomas-Elgin**

#### **519-207-1615**

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

Free drop-in and registered programs for children 6 years and younger, and their families. Information about programs and services that are available for young children. Services include: learning and literacy programs for parents and children, programs to support parents and caregivers in aspects of early child development, support child development, nutrition, positive guidance strategies and more. Links to other early years programs in the community connect with other families with young children find new baby support and parenting workshops engage in activities such as play and exploration, storytelling, and creative expression programs offered on weekdays, evenings and weekends. **Eligibility:** Children 6 years and younger and their families.

### **Milestones Children's Centre - 519-631-0952**

5 Shaw Valley Dr, St. Thomas, ON, N5R 6J9; [www.milestonescc.ca](http://www.milestonescc.ca)

#### **Mon-Fri 6:30am-5:30pm**

Child care program for infants, toddlers and preschool age children. School Age Program - Before and after school and school holiday program. Locations: Forest Park Public School - 295 Forest Ave, St. Thomas. Pierre Elliot Trudeau French Immersion Public School - 112 Churchill Cres, St. Thomas. Locke's Public School - 22 S Edgeware Rd,

St. Thomas. Kettle Creek Public School - 350 Carlow Rd, Port Stanley.  
John Wise Public, School Age Program - 100 Parkside Dr, St. Thomas.  
**Eligibility:** Child Care - Children birth to 4 years, School Age Program  
Children 4-12 years.

### **Next to Mom - 519-644-0201**

231 College St, Belmont, ON, N0L 1B0; [www.nexttomom.ca](http://www.nexttomom.ca)

#### **Mon-Fri 7am-5:30pm**

Licensed child care program for infants, toddlers, and preschool children. Before- and after-school programs for children 4-12 years. Full-day programs for school-aged children on PD days and other school holidays. **Eligibility:** Children 12 years and younger.

### **Robin's Nest Early Childhood Education Centre**

#### **519-631-1658**

8 Hammond St, St. Thomas, ON, N5P 2B5

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

#### **Mon-Fri 6:30am-5:30pm**

Licensed child care program for infants, toddlers, and preschool children. **Eligibility:** Children 5 years and younger.

### **St. Thomas Elgin Social Services - Children's Services**

#### **519-631-9350**

230 Talbot St, St. Thomas, ON, N5P 1B2

[www.stthomas.ca/living\\_here/st\\_thomas\\_elgin\\_social\\_services](http://www.stthomas.ca/living_here/st_thomas_elgin_social_services)

#### **Mon-Fri 8:30am-4:30pm**

Management and delivery of child care and early years services. Administers child care fee subsidy program for children based on income. Maintains service agreements with licensed child care and licensed home care providers. Special needs resourcing program for licensed child care programs. **Eligibility:** Call or visit website for more information about applying for subsidy.

## **St Thomas Co-operative Nursery School - 519-631-7899**

184 Sunset Dr, Unit 4, St. Thomas, ON, N5R 3R8

**Mon-Fri 9:15am-11:45am**

Nursery school and preschool program. **Eligibility:** Children 2 to 5 years.

## **St. Thomas Early Learning Centre - Aspen Ave and Continuous Care Centre - 519-631-7018 ext 126**

**519-633-9002**

1 Aspen Ave, St. Thomas, ON, N5R 5G5

<https://stthomasearlylearningcentre.com/>

**Mon-Fri 6:30am-5:30pm. Extended, weekend, overnight care available**

Child care program for infants, toddlers, preschool age children.

**Eligibility:** Child Care - Children birth to 12 years, Continuous Care Children birth to 12 years. For families that are experiencing a temporary emergency, crisis, or stressful situation.

## **St. Thomas Early Learning Centre - Aylmer Centre**

**519-631-7018 ext 128, 519-773-3505**

344 Talbot St E, Aylmer, ON, N5R 5G5

<https://stthomasearlylearningcentre.com/>

**Mon-Fri 6:30am-5:30pm**

Child care program for infants, toddlers, preschool age children.

**Eligibility:** Children 6 years of age and younger.

## **St. Thomas Early Learning Centre - Elgin Home Child Care - 519-631-7018 ext 110**

575 Burwell Rd, St. Thomas, ON, N5P 0B4

<https://stthomasearlylearningcentre.com/>

**Determined by individual caregivers**

Licensed home-based child care program offering supervised care for children in approved caregivers homes. **Eligibility:** Children 3 months to 12 years.

## **St. Thomas Early Learning Centre - Orchard Park Centre - 519-631-7018 ext 124, 519-633-3742**

200 Peach Tree Blvd, St. Thomas, ON, N5R 4Y8

<https://stthomasearlylearningcentre.com/>

**Mon-Fri 6:30am-5:30pm**

Child care program for infants, toddlers, preschool age children.

**Eligibility:** Children 6 years of age and younger.

## **Tiny Tots Co-operative Nursery School of Aldborough EarlyON West - 519-785-2164**

11443 Furnival Rd, Rodney, ON, N0L 2C0

**Preschool Program: Mon, Wed, Fri 9:30am-12noon EarlyON Play Groups: Tue 9am-12noon Wed 1:30pm-3:30pm Thu 9am-12noon, 3:30-6:30pm**

Half-day nursery school/preschool program licensed by the Ministry of Education. Service provider for St. Thomas Elgin EarlyON Child and Family Centre programs and services for Elgin West.

**Eligibility:** Preschool Program: Children 30 months to 4 years.

EarlyON Playgroups: Children 6 years and younger, and their caregivers.

## **YMCA of Southwestern Ontario - Child Care Services Cornerview YMCA Child Care Centre - 519-633-7900**

11 Park Ave, St. Thomas, ON, N5R 4V4

[www.ymcaswo.ca/child-care/cornerview-child-care](http://www.ymcaswo.ca/child-care/cornerview-child-care)

**Mon-Fri 6:30am-6pm**

Licensed child care program for infants, toddlers, and preschool children. **Eligibility:** Children 6 years and younger.

## **YWCA St. Thomas-Elgin - School Age Childcare Before and After School and Day Camps - 519-631-9800**

16 Mary St W, St Thomas, ON, N5P 2S3

[www.ywcaste.ca/childcare-school-age/](http://www.ywcaste.ca/childcare-school-age/)

**Mon-Fri 7am until start of school, after school until 6pm**

School-based program providing child care in elementary schools. Before and after school. Programs licensed by the Ministry of

Education. Program Highlights - Creative arts and crafts, sports, recreation and outdoor play, dramatic play, centre-based play, promotion of good citizenship and school involvement, nutritious snacks. Care during professional activity days and holiday camps also available. **Eligibility:** Children aged 3.5 to 12 years attending area schools needing childcare before and after school.

## **Clothing & Household Items**

### **Eastwood Baptist Church - Free Clothing -519-633-4131**

400 Wellington St, St. Thomas, ON, N5R 5T3

<https://eastwoodchurch.ca/>

**First and Third Sat of each month 9:30am -11am**

Free clothing for those in need. **Eligibility:** People and families in need.

### **First United Church - 519-631-7570**

7 Curtis St, St. Thomas, ON, N5P 1H3; [www.1stunitedchurch.ca](http://www.1stunitedchurch.ca)

**Administration: Mon-Thu 9am-3pm**

Low-cost clothing and household items sold at rummage sales in April and October.

### **Goodwill Industries, Ontario Great Lakes - Goodwill Community Store – St. Thomas - 519-631-5200**

321 Elm St, St. Thomas, ON, N5R 5X6; [www.goodwillindustries.ca](http://www.goodwillindustries.ca)

**Mon-Fri 9am-8pm Sat 9am-6pm Sun 10am-5pm**

Thrift store. Sells used, low-cost clothing, furniture, housewares, media, electronics and books. Donations may be dropped off at this location.

### **Habitat for Humanity Heartland Ontario – St. Thomas ReStore - 519-631-6868**

280 Edward St, Unit 5, St. Thomas, ON, N5P 4C2

<http://www.habitat4home.ca/habitat-restore>

**Mon-Fri 9am-6pm Sat 9am-5pm**



Sale of new and used building and renovation materials and supplies below retail cost. Proceeds directly support the administration of Habitat for Humanity. **Eligibility:** People and businesses looking to donate or in need of building supplies.

### **Mennonite Community Services - Aylmer Thrift Store 226-544-0379**

300 Talbot St W, Aylmer, ON, N5H 1K2  
[www.mcson.org/programs/thrift-store](http://www.mcson.org/programs/thrift-store)

**Mon-Fri 10am-5pm Sat 10am-4pm**

Sale of gently-used clothing, furniture, small appliances and various household items. Donations welcome.

### **Mission Thrift Store – St. Thomas - 519-633-7300**

7 First Ave, St. Thomas, ON, N5R 4M3; [www.missionthriftstore.com](http://www.missionthriftstore.com)

**Mon, Tue, Wed, Fri 9am-5pm Thu 9am-7pm Sat 9am-3pm**

Sale of gently-used clothing, furniture, kitchen supplies and various household items. Donations welcome.

### **Salvation Army (The) – St. Thomas - Community and Family Services - 519-633-4509**

105 Edward St, St. Thomas, ON, N5P 1Y8  
[www.thesalvationarmystthomas.ca](http://www.thesalvationarmystthomas.ca)

**Mon-Fri 9am-4pm**

Ongoing and emergency community supports to help people meet their basic needs and achieve self-sufficiency. Basic needs supplies, financial assistance, mobile outreach - hot meals and security checks.

**Eligibility:** People and families in need.

### **Salvation Army (The) - St. Thomas - Community and Family Services - Thrift Store - 519-631-3206**

105 Edward St, St. Thomas, ON, N5P 1Y8  
[www.thesalvationarmystthomas.ca/thrift-store.html](http://www.thesalvationarmystthomas.ca/thrift-store.html)

**Mon-Fri 10am-5pm Sat 9am-3pm**

Thrift store. Sale of gently-used clothing, housewares, electronics, linens, and toys. **Eligibility:** People and families in need.

## Community Centres

### **Dutton Dunwich Community Centre - 519-762-2204**

199 Currie Rd, Dutton, ON, N0L 1J0

[www.duttondunwich.on.ca/dutton-dunwich-community-centre-and-pool](http://www.duttondunwich.on.ca/dutton-dunwich-community-centre-and-pool)

**Mon-Fri 8:30am-4:30pm**

Parks and recreation facility for the Municipality of Dutton-Dunwich. Services include fitness classes and sports programs, community events, facility rentals.

### **East Elgin Community Complex - 519-773-5631**

531 Talbot St W, Aylmer, ON, N5H 2T9; [www.eecc.ca](http://www.eecc.ca)

**Administration: Mon-Fri 8:30am-5pm**

Community recreation facility and arenas owned and operated by the Township of Malahide and the Town of Aylmer. Community events, community recreation programs, Seniors' Day Out program, skating and shinny programs, pickleball, facility and ice rentals, Cooling Centre during heat advisories.

### **Youth Unlimited YFC Elgin County - 519-633-6538**

21 Edward St, St. Thomas, ON, N5P 1Y3; [www.yfcelgincounty.com](http://www.yfcelgincounty.com)

**Office: Mon-Fri 9am-5pm, Campus Life: Tue 6:30pm-8:30pm,**

**Junk Journaling: Thu 7pm-8:30pm**

Faith-based drop-in programs for youth. Campus Life- Events and games for youth in grades 6-12. Arts and crafts program for girls in grades 6-12. Runs during the school year.

### **Ignite Youth Centre - 519-631-8820**

745 Talbot St, St. Thomas, ON, N5P 1E3; <https://igniteyouthcentre.ca/>

**Mon-Fri 2:45pm-6:45pm**

Resource and drop-in space for youth. Age-appropriate programming in recreation, leadership, arts and culture, education, prevention and awareness, and volunteering. Daily activities that encourage self esteem, leadership, life and social skills, and job readiness.

**Eligibility:** Youth ages 12-19.

## **Malahide Community Place - Community Services**

**Department: 519-765-4755**

12105 Whittaker Rd, Springfield, ON, N0L 2J0

[www.malahide.ca/en/resident-services/facilities-and-rentals.aspx](http://www.malahide.ca/en/resident-services/facilities-and-rentals.aspx)

**Administration: Mon-Fri 9am-4pm Library: Tue 10am-8pm Thu 10am-8pm Sat 2pm – 8pm**

Multi-purpose community centre offering recreation and banquet service. Available for rentals, catering kitchen, Gary Barat Pavilion, meeting rooms, three baseball diamonds, playground, site of Springfield Public Library. Centre serves as township's emergency shelter and as cooling centre during summertime heat alerts issued by the Southwestern Public Health Unit.

## **Oneida Nation of the Thames - Community Wellness**

**Community Centre - 519-652-0855**

2210 Elm Ave, Southwold, ON, N0L 2G0

<https://oneida.on.ca/community-centre/>

**Mon-Fri 8:30am-4:30pm**

Meeting place for the community. Full-size gymnasium, kitchen facilities, meeting room rentals. Oneida Youth Programs - Safe space for youth holding cultural-based programs and services. Promotes healthy lifestyles and life-skills. **Eligibility:** Oneida citizens, residents of the Oneida Settlement, and neighbouring communities.

## **Southwold (Township of) - Keystone Complex**

**519-769-2010**

35921 Talbot Line, Shedden, ON, N0L 2E0

[www.southwold.ca/en/recreation-and-culture/keystone-complex.aspx](http://www.southwold.ca/en/recreation-and-culture/keystone-complex.aspx)

Multi-purpose community centre. Available for rentals, indoor amenities include large community room (300-person capacity), catering kitchen, bar area, and meeting room (30-person capacity). Outdoor amenities include pavilion with food booth available for rental, playground equipment, horse barn, outdoor riding ring, and sports fields.

## **St. Thomas (City of) - Parks, Recreation and Property Management Department - 519-633-7112**

PO Box 520, St. Thomas, ON, N5P 3V7

[www.stthomas.ca/living\\_here/parks\\_recreation\\_and\\_property\\_management](http://www.stthomas.ca/living_here/parks_recreation_and_property_management)

### **Mon-Fri 8:30am-4:30pm**

Municipal department responsible for daily operation and maintenance of town parks and facilities. Manages rental reservations of facilities, including arenas and sports fields.

## **West Elgin Recreation Centre - Bookings: 519-785-0560**

135 Queen St, Rodney, ON, N0L 2C0

[www.westelgin.net/en/recreation-and-culture/recreation-centre.aspx](http://www.westelgin.net/en/recreation-and-culture/recreation-centre.aspx)

### **Administration: Mon-Fri 8:30am-4:30pm**

Community recreation facility for the Municipality of West Elgin. Services include community events and facility rentals.

## **YMCA of Southwestern Ontario**

### **Family YMCA of St. Thomas-Elgin - 519-631-2418**

20 High St, St. Thomas, ON, N5R 5V2

[www.ymcaswo.ca/locations/family-ymca-stthomas-elgin](http://www.ymcaswo.ca/locations/family-ymca-stthomas-elgin)

### **Mon-Fri 6am-9pm Sat 8am-4pm Sun 8am-2pm**

Multi-service community and fitness centre. Aquatics, adult fitness and group classes, childcare, day camp.

## **YWCA St. Thomas-Elgin - 519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3; <https://ywcaste.ca/>

### **Mon-Fri 9am-12noon, 1pm-4:30pm**

Non-profit organization advocating for equality and social justice for women and girls. Areas of focus include youth programming, supportive housing, and settlement services. **Eligibility:** Varies per program.

## Domestic Violence & Sexual Assault

### Changing Ways – St. Thomas Site - 519-438-9869

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

Specialized counselling and educational programs and services for men and women who have assaulted their partners. Programs aim to enhance victim safety and hold offenders accountable for their behaviour. **Eligibility:** Men and women who have abused their intimate partners.

### Family and Children's Services of St. Thomas and Elgin County - 519-631-1492

99 Edward St, St. Thomas, ON, N5P 1Y8; [www.caselgin.on.ca](http://www.caselgin.on.ca)

**Services: Daily 24 hours Administration: Mon-Fri 8:30am-4:30pm**

Investigates allegations of child abuse or neglect under the Child, Youth and Family Services Act. Provides supports to children and families to maintain the children with family or in other kin placements. Provides children with temporary and long-term care through alternate placement. Supervision, counselling and group support to parents and families. Handles adoptions and adoption disclosure. Transportation to programs and services available for clients if needed.

**Eligibility:** Children and youth 18 years and younger, and their families.

### Oneida Nation of the Thames - Band Representative Program - 519-652-6705

2212 Elm Ave, Southwold, ON, N0L 2G0

[www.oneida.on.ca/social-services/](http://www.oneida.on.ca/social-services/)

**Hours vary. Call ahead**

Ensures the safety and security of all children who are registered, eligible to be registered and community members of Oneida Nation of the Thames. **Eligibility:** Members of the Oneida Settlement.

## **Ontario. Ministry of the Attorney General - St. Thomas Victim/Witness Assistance Program - 519-633-1920**

4 Wellington St, 2nd Fl, St. Thomas, ON, N5R 2P2

[www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.php#vwap](http://www.attorneygeneral.jus.gov.on.ca/english/ovss/programs.php#vwap)

**Mon-Fri 8:30am-4:30pm**

Provides information and assistance to support participation in the criminal court process. Services begin once police have laid charges and continue until the court case is over. **Eligibility:** Victims and witnesses of intimate partner violence/child physical and sexual abuse/sexual assault (including historical sexual assault and human trafficking)/families of motor vehicle fatalities/families of homicide victims, elderly victims, victims with disabilities, victims of hate crime. Vulnerable Victims and Family Fund – Eligibility determined on case-by-case basis.

## **St. Thomas Police Service - 519-631-1224**

45 Caso Crossing, St. Thomas, ON, N5R 0G7

[www.stps.on.ca](http://www.stps.on.ca) **24 Hours**

Maintains services for crime prevention, detection and apprehension and traffic safety. Services include Trauma Counselling and Victim Assistance Program.

## **Valora Place - 519-633-0155**

45 Princess Ave, St. Thomas, ON, N5R 3V6; <https://valoraplace.ca/>

**Daily 24 hours**

Support services for women (cis and transgender), with or without children, who have experienced abuse and violence .

**Eligibility:** Women (cis and transgender) 16 years and older, with or without children, who have been emotionally, physically, sexually, or financially abused, or have experienced sexual assault.

## **Valora Place - Women's Place Emergency Shelter Sexual Assault Counselling Program - 519-633-0155**

45 Princess Ave, St. Thomas, ON, N5R 3V7; [www.vawsec.on.ca](http://www.vawsec.on.ca)

**Daily 24 hours Administration: Mon-Fri 9am-5pm**

Counselling for women who have been sexually abused either as a child and/or as an adult. Crisis intervention, short term and long term

counselling available. **Eligibility:** Women, 16 years and older, who have experienced abuse and their children, family and friends. Residency in shelter is not required and being an existing client of agency services not required.

## **Victim Services Elgin - Victim Crisis Assistance Ontario 519-631-3182**

45 Caso Crossing, St. Thomas, ON, N5R 0G7

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

**Crisis Assistance: Daily 24 hour Admin: Mon-Fri 8am-5pm**

On-site early intervention and crisis intervention. Needs assessment. Safety planning. Referrals to community services. Provision of cellular telephones for eligible victims. Enhanced support for vulnerable victims. Assistance with applications Victim Quick Response Program+ (VQRP+). Home safety, accommodation, meals, transportation, basic necessities, dependent care costs, counselling, traditional Indigenous health services, cellular phones, vision care, dental care, aids for victims with disabilities, interpretation services, crime scene cleanup, government/medical documents and funeral expenses (no direct reimbursement to victims for support).

Additional assistance for victims of human trafficking - storage locker, tattoo removal, and treatment at recovery facility. Financial support available for victims with serious physical injuries during a crime and parents of child homicide victims and spouses of homicide victims.

**Eligibility:** Victims of crime and tragic circumstances VQRP+ - victims, immediate family members, and witnesses in the direct aftermath of violent crimes.

## **Education**

### **ASPIRE - East Elgin Secondary School - 519-773-3174**

362 Talbot St W, Aylmer, ON, N5H 1K6

<https://sites.google.com/gotvdsb.ca/aspire-east-elgin/home-welcome-to-aspire>

For students in grade 9-12 working towards their Ontario Secondary School Graduation Diploma. Meets the educational needs of Mennonite students with faith, values, culture

and language with flexible and innovative STEM approach.  
Opportunities for co-op. **Eligibility:** Mennonite youth.

## **Contact North - Elgin Middlesex - 1-877-999-9149**

<https://studyonline.ca/> **Mon-Fri 10am-5pm**

Education network that provides access to literacy, secondary education, general training, Ontario college and university programs and courses through online (distance) education. Distance education technologies available, such as audioconferencing, videoconferencing, web conferencing, computer workstations and high-speed Internet. Information on programs and courses, assistance with registration and financial aid options, referrals for academic advising and counselling, referrals to community and employment agencies. **Eligibility:** People wishing to upgrade skills or education.

## **Fanshawe College – St. Thomas/Elgin Regional Campus 519-633-2030**

120 Bill Martyn Pkwy, St. Thomas, ON, N5R 6A7

[www.fanshawec.ca/stthomas/](http://www.fanshawec.ca/stthomas/) **Mon-Fri 8am-4pm**

Community college regional campus. Certificate and diploma programs, accelerated programs, continuing education, apprenticeship training, and corporate training services.

**Eligibility:** Varies by program.

## **Fanshawe College - St. Thomas/Elgin Regional Campus Academic Upgrading/CAEC preparation - 519-637-9876**

120 Bill Martyn Pkwy, St. Thomas, ON, N5R 6A7

[www.fanshawec.ca/about-fanshawe/locations/st-thomas-campus/career-and-employment-services-st-thomas-aylmer/academic](http://www.fanshawec.ca/about-fanshawe/locations/st-thomas-campus/career-and-employment-services-st-thomas-aylmer/academic)

**Mon-Fri 8am-4pm** College, employment, and apprenticeship preparation program. Participants can prepare for the CAEC or complete ACE credits that meet entrance requirements for post-secondary programs. Career exploration, computer and employment skills upgrading is also provided. Register for assessment. **Eligibility:** Ontario residents 19 years and older, with reading, writing and math



skills below Grade 12 of the Ontario Curriculum. Must have facility in English.

## **Fanshawe College – St. Thomas/Elgin Regional Campus Literacy and Basic Skills - 519-637-9876**

417 Wellington St, St. Thomas, ON, N5R 5J5

[www.secondstg.prod.acquia-sites.com/programs-and-courses/academic-upgrading](http://www.secondstg.prod.acquia-sites.com/programs-and-courses/academic-upgrading)

**Tue, Thu 10am-1pm, 5pm-8pm Wed, Fri 10am-1pm**

Literacy and basic skills training, including numeracy, digital, communication and interpersonal skills. Students eligible to continue to Academic and Career Entrance (ACE) certificate after successful completion of program. **Eligibility:** Ontario residents 19 years and older, with reading, writing and math skills below Grade 12 of the Ontario Curriculum. Out of school for at least one year. Must be proficient in English. Some applicants aged 16-18 years of age may be eligible.

## **Oneida Nation of the Thames - Life-Long Learning Oneida Education Centre - 519-652-1580**

2213 Elm Ave, Southwold, ON, N0L 2G0

<https://oneida.on.ca/education/>

**Hours vary. Call ahead**

Education programs for members of the community.

**Eligibility:** Oneida Citizens and residents of the Oneida Settlement.

## **Thames Valley District School Board - First Nations, Métis and Inuit Education (FNMI) - 519-452-2000**

1250 Dundas St, London, ON, ON, N5W 5P2

[http://www.tvdsb.ca/en/parents/indigenous-education.aspx?\\_mid\\_=447](http://www.tvdsb.ca/en/parents/indigenous-education.aspx?_mid_=447)

Culturally-appropriate programs for Indigenous students. Leadership opportunities for Indigenous students . Encourages students to voluntarily self-identify their First Nations, Métis, and Inuit ancestry.

**Eligibility:** First Nations, Métis, and Inuit students.

## **Thames Valley District School Board - GA Wheable Centre - 519-452-2660**

70 Jacqueline St, London, ON, ON, N5Z 3P7

<http://www.tvdsb.ca/en/parents/adult-and-continuing-education.aspx?mid=431>

Adult and continuing education centre, academic upgrading, high school diploma credits, literacy and numeracy courses.

**Eligibility:** Varies per program.

## **Thames Valley District School Board - Gateway Program - Arthur Voaden Secondary School**

**519-452-2000 ext 69697**

41 Flora St, St. Thomas, ON, N5P 2X5

[www.tvdsb.ca/en/parents/literacy-and-basic-skills.aspx](http://www.tvdsb.ca/en/parents/literacy-and-basic-skills.aspx)

Upgrading classes for adults. Literacy, numeracy, and digital technology courses for students to further their education, improve employment situation, or increase independence.

## **YWCA St. Thomas-Elgin - Skills Training and Upgrading Literacy and Basic Skills - 519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

<https://ywcaste.ca/skills-training-upgrading/>

**Mon-Thu 9am-12noon**

Skills training including numeracy, digital, communication, and employment skills. Supports learners to prepare for employment, apprenticeship, secondary-school credit, post-secondary education and greater independence; childcare and transportation.

**Eligibility:** Ontario residents 19 years and older, with reading, writing and math skills below grade 12 of the Ontario curriculum. Must have facility in English.

## Employment & Training

### **Elgin Business Resource Centre - 519-633-7597**

300 South Edgeware Rd, St. Thomas, ON, N5P 4L1

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

**Mon-Thu 8:30am-4:30pm Fri 8:30am-4pm**

Business advising and resources for new and existing small businesses. Community-based, nonprofit organization. Business loans, micro loans, business space for rent and conference room rentals. **Eligibility:** New and existing businesses.

### **Employment and Social Development Canada**

#### **Job Bank**

417 Exeter Rd, London, ON, N6E 2Z3 [www.jobbank.gc.ca](http://www.jobbank.gc.ca)

Website of Canada-wide employment opportunities. Searches can be restricted by regions and keywords. Job descriptions are posted for each vacancy. Job Match feature matches job seekers to opportunities that meet their skills and experience level. Mobile App and Job Alerts available. **Eligibility:** Canadian residents.

### **Employment Services Elgin - Integrated Employment Services - 519-631-5470**

400 Talbot St, St. Thomas, ON, N5P 1B8

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

**Mon-Fri 8:30am-4:30pm**

Comprehensive employment and job search services. Assessment of skills, interests and experience. Job search strategies, including resume preparation. Information about careers and occupations, local labour market, employment and training opportunities. On-the-job training, work experience. Help in maintaining employment. Information and referral to other employment and community services. **Eligibility:** Self-service information and resources - Anyone, including people with jobs, those who are under-employed, people looking for work, students, apprentices, internationally trained individuals, employers.

**Fanshawe College – St. Thomas/Elgin Regional  
Campus Aylmer - 20 Talbot St E - Fanshawe Career and  
Employment Services, Integrated Employment  
Services - 226-210-6800**

20 Talbot St E, Aylmer, ON, N5H 1H4

[www.fanshawec.ca/students/support/employment/community-employment-services/st-thomas-aylmer](http://www.fanshawec.ca/students/support/employment/community-employment-services/st-thomas-aylmer)

**Mon-Wed, Fri 9am-4:30pm Thu 9am-6pm**

Comprehensive employment and job search services . Assessment of skills, interests and experience. Job search strategies, including resume preparation. Information about careers and occupations, local labour market, employment and training opportunities.

**Eligibility:** Self-service information and resources - Anyone, including people with jobs, those who are under-employed, people looking for work, students, apprentices, internationally trained individuals, employers.

**Fanshawe College – St. Thomas/Elgin Regional  
Campus St Thomas - 417 Wellington St - Elgin Centre -  
Fanshawe Career and Employment Services  
519-637-9876**

417 Wellington St, Unit 138, St. Thomas, ON, N5R 5J5

[www.fanshawec.ca/about-fanshawe/locations/st-thomas/ces#](http://www.fanshawec.ca/about-fanshawe/locations/st-thomas/ces#)

**Mon-Fri 8:30am-4:30pm**

Comprehensive employment and job search services, assessment of skills, interests and experience, job search strategies, including resume preparation, information about careers and occupations, local labor market, employment and training opportunities, on-the-job training, work experience, help in maintaining employment, information and referral to other employment and community services. **Eligibility:** Self-service information and resources - Anyone, including people with jobs, those who are under-employed, people looking for work, students, apprentices, internationally trained individuals, employers assisted services.

## **Inclusive Communities Consulting & Life Skills**

**905-379-0084**

55 Talbot St E, Aylmer, ON, N5H 1H3

Support focused on teaching life skills and helping people with their independence. Specializes in supporting people with more complex needs. Group support, one-to-one support, or more complex needs.

**Eligibility:** adults and youth with intellectual disabilities.

## **Leads Employment Services – St. Thomas Office**

**519-495-3927**

300 South Edgeware Rd, Suite 121, St. Thomas, ON, N5P 4L1

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

Employment resources and coaching to find sustainable employment in Ontario. Assessment of skills, interests and abilities, job search strategies and support, including resume development and interview preparation, information about careers and occupations, local labour market, employment opportunities, help in maintaining employment, information and referral to other employment and community services. **Eligibility:** People 15 years and older with disabilities who are unemployed.

## **Mennonite Community Services - Integrated**

**Employment Services - 226-210-6800**

20 Talbot St E, Aylmer, ON, N5H 1H4

[www.mcson.org/programs/employment-services/](http://www.mcson.org/programs/employment-services/)

**Mon, Tue, Wed, Fri 9am-4:30pm Thu 9am-6pm**

Employment resources and coaching to find sustainable employment in Ontario. Assessment of skills, interests and abilities. Job search strategies and support, including resume, development and interview preparation, information about careers and occupations, local labour market, employment opportunities, help in maintaining employment, information and referral to other employment and community services. **Eligibility:** Individuals of legal working age and not attending full time school or training; must be resident of Ontario and eligible to work in Canada. Better Jobs Ontario - People who have been unemployed for six months or longer and are part of a low-income household.

## **Oneida Nation of the Thames - Community Wellness Employment and Training Services - 519-652-9350**

2110 Ballpark Rd, Unit 2, Southwold, ON, N0L 2G0

<https://oneida.on.ca/employment/>

**Mon-Fri 8:30am-4:30pm**

Provides programs for those seeking assistance with employment Services include: professional staff to help with job search strategies, help with resumes, cover letters, interview preparation, job board with full and part-time postings and volunteer opportunities.

**Eligibility:** Oneida Citizens and residents of the Oneida Settlement.

## **Service Canada Centre – St. Thomas 1-800-622-6232**

1010 Talbot St, Unit 34, St. Thomas, ON, N5P 4N2

[www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?rc=3359&lang=eng](http://www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?rc=3359&lang=eng)

**Mon-Fri 8:30am-4pm**

Access to Government of Canada services, benefits and documentation. Employment Services - Assistance with career planning and counselling including resume and interview assistance and student and youth employment services.

## **Service Canada Scheduled Outreach Site - Aylmer**

20 Talbot St E, Aylmer, ON, N5H 1H4

**First and third Tue of the month 9am-3:30pm (closed 12noon-12:30pm)**

## **Service Canada Scheduled Outreach Site - Oneida First Nations**

2212 Elm Ave, Southwold, ON, N0L 2G0

**Service Canada Toll-Free Line: Mon-Fri 8am-5pm**

## **Service Canada Scheduled Outreach Site - West Lorne**

160 Main St, West Lorne, ON, N0L 2P0

**Service Canada Toll-Free Line: Mon-Fri 8am-5pm**

### Canada Revenue Agency - Canada Child Benefit

**1-800-387-1193**

[www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html](http://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html)

**Mon-Fri 8am-8pm Sat 9am-5pm**

Tax-free payment made to eligible families on a monthly basis. Eligibility determined from income tax returns. Benefits paid to help with the cost of raising children. The child disability benefit and provincial and territorial programs may be included in this benefit.

**Eligibility:** People with low or modest incomes.

### Canada Revenue Agency - GST/HST Credit

**1-800-387-1193;** [www.canada.ca/en/revenue-agency.html](http://www.canada.ca/en/revenue-agency.html)

**Mon-Fri 9am-5pm**

GST/HST tax credit is a tax-free quarterly payment that helps individuals and families with low or modest incomes to offset all or some of the GST/HST tax they pay. **Eligibility:** Canadian residents.

### Jumpstart – 1-844-937-7529

2180 Yonge St, PO Box 770, Stn K, Toronto, ON, M4P 2V8

<https://jumpstart.canadiantire.ca/>

National charitable program that makes it possible for children to participate in organized sport and recreation activities by removing financial barriers. **Eligibility:** Children ages 4 to 18.

### Oneida Nation of the Thames - Community Wellness - Ontario Works - 519-652-1055

2110 Ballpark Rd, Southwold, ON, N0L 2G0

<https://oneida.on.ca/social-services/ontario-works/>

**Mon-Fri 8:30am-4:30pm**

Offers basic financial assistance to eligible community residents requiring basic needs and shelter. Monthly allowance based on family size, housing costs and income. Monthly drug benefit card.

**Eligibility:** Oneida Citizens and residents of the Oneida Settlement.

## **Ontario Disability Support Program (ODSP) - London Regional Office - 519-438-5111**

217 York St, Suite 203, London, ON, ON, N6A 5P9

[www.ontario.ca/page/ontario-disability-support-program](http://www.ontario.ca/page/ontario-disability-support-program)

**Mon-Fri 8:30am-5:00pm**

Income supports for people in financial need who have permanent disabilities or disabilities expected to last longer than one year.

Employment supports are available and provided by community service providers. **Eligibility:** Ontario residents 18 years and older who meet financial and other eligibility requirements.

## **Ontario. Ministry of Health - Trillium Drug Program 1-800-575-5386**

<http://www.ontario.ca/page/get-help-high-prescription-drug-costs>

## **Poverty Intervention – YWCA St. Thomas-Elgin**

**519- 631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

<https://ywcaste.ca/poverty-interventions/>

**Mon-Fri 9am-12noon, 1pm-4:30pm**

Group of community volunteers and representatives working to reduce poverty by uniting the strengths and passions of people living in St Thomas and Elgin County.

## **St. Thomas (City of) – St. Thomas Elgin Social Services - Housing Services - Housing Assistance Programs**

**519-631-9350**

230 Talbot St, St. Thomas, ON, N5P 1B2

[www.stthomas.ca/living\\_here/st\\_thomas\\_elgin\\_social\\_services](http://www.stthomas.ca/living_here/st_thomas_elgin_social_services)

**Mon-Fri 8:30am-4:30pm**

Financial assistance programs to help people pay rent or utilities.

Housing Stability Financial Assistance (HSFA) Program - Assistance

with rental arrears, utility arrears, moving costs, and/or last month's rent in order to prevent homelessness. Housing Allowance Program -

Subsidies for tenants with private landlords to reduce tenant rent to affordable levels. Home Repair Program - Financial assistance for



low-income homeowners needing emergency repairs in order to prevent homelessness. Affordable Homeownership Program - Financial assistance with down payment for first-time home buyers. Low Income Energy Assistance Program - Assistance with hydro arrears for low-income Entegrus and Erth Power customers.

## **St. Thomas (City of) – St. Thomas Elgin Social Services Ontario Works - 519-631-9350**

230 Talbot St, St. Thomas, ON, N5P 1B2

[www.stthomas.ca/cms/One.aspx?portalId=12189805&pageId=17793329](http://www.stthomas.ca/cms/One.aspx?portalId=12189805&pageId=17793329)

**Mon-Fri 8:30am-4:30pm**

Administration office for provincial program that provides financial assistance and employment support to people and families in need.

**Eligibility:** Eligibility is based on assessment of financial need and an agreement to participate in employment activities.

## **Veterans Affairs Canada - London District Office**

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

**Mon-Fri 8:30am-4:30pm**

Local office providing access to services and benefits for veterans and their dependents, including financial help for emergencies such as shelter and health care. Programs for disability pensions, veterans allowances, pension advocacy, health care and commemoration. Provides compensation for hardships arising from disabilities and lost economic opportunities, health and social services, professional legal assistance, and recognition of the achievements and sacrifices of Canadians during periods of war and conflict. Assistance Services 24h daily counselling and referral services available through toll-free number. Face-to-face counselling also available after phone call.

**Eligibility:** Armed forces and Merchant Navy veterans (WW1, WW2, Korea War) former and in certain cases, current members of Canadian Forces (including Special Duty areas and peacekeeping). Allied veterans who lived in Canada prior to periods of war. Certain civilians are entitled because of their war time services. Former/serving members of RCMP. Some survivors and dependents are eligible.

### **Caring Cupboard Food Bank - Rodney - 519-495-5206**

221 Stinson St, Box 451, Rodney, ON, N0L 2C0

#### **Call for appointment. Hours vary**

Provides a one week supply of groceries and non-perishable food items to eligible low-income people and families once every calendar month. Does not provide diapers or baby supplies. **Eligibility:** Must reside in Rodney or surrounding area. Proof of income, address and identification required on each visit. Rent receipt and documentation of all income (including government benefits) and expenses may be required.

### **Caring Cupboard – St. Thomas Elgin Food Bank**

#### **519-878-3663 (call or text)**

24 John St, St. Thomas, ON, N5P 2X3

<https://stthomaselginfoodbank.org/>

#### **Mon-Thu 10am-3pm**

Food bank. Clients place order for food hamper for pick up. Clients may access services once every 21 days. **Eligibility:** People and families in need.

### **Destination Church - Food Access Program**

#### **519-207-2676**

668 Talbot St, St. Thomas, ON, N5P 1C8; [www.destinationchurch.ca](http://www.destinationchurch.ca)

#### **Ministry: Mon-Thu 9am-2pm**

Church services offers emergency food access, as needed. Works with local farmers markets to provide food. Available after 11 am. Good Food Box - bulk buying program offering monthly baskets of healthy, affordable fruit and vegetables. Order until the first Fri of each month. Pick up third Mon of the month. Membership and monthly fee. Moore Street Garden Project - container garden project on church grounds providing access to fresh vegetables to the community.

## **East Elgin Community Assistance Program - Corner Cupboard Food Bank - 226-342-7716**

29 John St N, Aylmer, ON, N5H 2A7

**Sep-Jun: Tue 9am-12noon, 3pm-5pm Jul: Tue 9am-12noon**

Food bank clients may access once a month.

## **Family Central Apartments (The) - Community Food Program - 519-765-2444**

62 Talbot St E, Aylmer, ON, N5H 2Z8; [www.thefamilycentral.ca](http://www.thefamilycentral.ca)

**Mon-Fri 9am-1pm** Community food programs for all members of the community. Programs vary based on time of year and community needs. **Eligibility:** Residents Elgin County.

## **Grace Cafe (The) – St. Thomas - Street Mission and Soup Kitchen - 519-860-2513**

323 Talbot St, St. Thomas, ON, N5P 1B5; [www.thegracecafe.ca](http://www.thegracecafe.ca)

**Mon-Sat 7am-11am**

Registered charity street mission and soup kitchen that provides free coffee, soup and lunch meals to anyone in the community. Christmas day - open with full turkey meal and presents. Also supplies free clothing as available. **Eligibility:** People in need.

## **Knox Presbyterian Church – St. Thomas - Community Breakfast - 519-631-2414**

55 Hincks St, St. Thomas, ON, N5R 3N9; [www.knoxstthomas.ca](http://www.knoxstthomas.ca)

**Administration: Mon-Thu 9am-1pm**

Community breakfast held first Saturday of each month, 9am-10am. Anyone in the community is welcome. \$2 per person or \$5 per family.

**Eligibility:** People and families in need.

## **Port Stanley And Area Community Cupboard 519-782-3122**

283 Colborne St, Port Stanley, ON, N5L 1A9

**Third Tue of the month 3:30pm-6pm Following Thu 10am-12noon**

Food bank. Supplies distributed once every 30 days.

**Southwestern Public Health – St. Thomas Site -  
Chronic Disease and Injury Prevention - Food and  
Eating 519-631-9900**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/my-health/food-and-eating.aspx](http://www.swpublichealth.ca/en/my-health/food-and-eating.aspx)

**Administration: Mon-Fri 8:30am-4:30pm**

Website contains information and links to community resources on a variety of topics such as registered dietitians in Elgin, Oxford County, and the City of St. Thomas. Community meals, food banks, and emergency food. **Eligibility:** Varies per program.

**St Paul's United Church - Community Pantry**

**519-773-7152**

5 Queen St N, Aylmer, ON, N5H 2W4; [www.stpaulsunitedchurch.ca](http://www.stpaulsunitedchurch.ca)

**Daily 24 hours**

Food pantry located in church parking lot. Stocked daily with non-perishable items. Accessible at any time.

**St. Thomas Anglican Church - Community Fellowship  
Meal - 519-631-7368**

20 Flora St, St. Thomas, ON, N5P 2X4

[www.stthomasanglican.org/community-outreach/community-outreach-meal-calendar](http://www.stthomasanglican.org/community-outreach/community-outreach-meal-calendar)

**Third Fri of the month 5pm-6pm doors open at 4:30pm**

Monthly community dinner for people in need. Serves hot meals.

**Victorian Order of Nurses - Middlesex-Elgin - Elgin-St.  
Thomas Office - Community Support Services - Meals  
On Wheels - St Thomas: 519-637-6408**

**East Elgin: 519-765-2999**

175 S Edgeware Rd, St. Thomas, ON, N5P 4C4; [www.vonme.ca](http://www.vonme.ca)

**Administration: Mon-Fri 8:30am-4:30pm, Meal Delivery: Mon-Fri  
between 11:30am-12:30pm**

Hot or frozen meals delivered by volunteers on weekdays. Special diet types available. Delivery includes security check and quick visit.

Grocery delivery also available. Frozen Meal Service . Frozen meal packages are delivered twice a month. **Eligibility:** Older adults and adults with disabilities.

### **West Elgin Community Health Centre - Community Food Programs - 519-768-1715**

153 Main St, West Lorne, ON, N0L 2P0

<https://wehc.on.ca/programs-and-services/dietitian-services>

**Mon, Tue, Fri. 8:30am-12noon, 1pm-4:30pm. Tue, Thu. 8:30am-1pm, 1pm-8:30pm**

Community food programs for all members of the community. Programs vary based on time of year and community needs.

**Eligibility:** Varies per program.

### **West Elgin Community Health Centre - Community Support Services for Seniors - Meals on Wheels**

**519-768-1715 ext 2319**

153 Main St, West Lorne, ON, N0L 2P0

<https://wehc.on.ca/programs-and-services/seniors-and-adults-with-disabilities>

**Mon, Wed, Fri 12noon-2pm**

Hot meals delivered, three days per week on Mon, Wed and Fri at lunch time. Special diets types are available, including diabetic, low salt, or denture soft. Frozen meal diets, including regular, vegetarian, and gluten-free are available for sale and can be delivered.

**Eligibility:** Older adults and adults with disabilities.

### **West Elgin Daffodil Auxiliary - Welfare - 519-762-5757**

185 C Currie Rd, Dutton, ON, N0L 1J0

**No regular hours (volunteer run) Phone messages checked on regular basis**

Food items available once a month. Arrangements for pick-up made on a case-per-case basis.

**Eligibility:** Residents of Dutton, West Lorne and Wallacetown and surrounding areas. Bring proof of residency and income.

## Health Care

### **Central Community Health Centre - 519-633-7989**

359 Talbot St, St. Thomas, ON, N5P 1B7; [www.centralchc.com](http://www.centralchc.com)

**Mon, Tue, Thu 8:30am-7:30pm Wed 1pm-4:30pm Fri 8:30am-4:30pm closed daily 12noon-1pm**

Health centre focused on family and community health. Health professionals assess and treat non-life-threatening injuries or illnesses. Referrals to other local health services and personal development groups. **Eligibility:** Varies per program.

### **Closing the Gap Healthcare Group - Elgin**

**Clinic: 519-631-9866 ext 1505**

**Admin: 519-631-9866 - 24/7 Help: 1-877-560-0202**

10 Mondamin St, Unit 116, St. Thomas, ON, N5P 2V1

[www.closingthegap.ca/locations/elgin-st-thomas/](http://www.closingthegap.ca/locations/elgin-st-thomas/)

**Mon-Fri 8:30am-4:30pm**

Community rehabilitative, personal support and homemaking services. Services offered at home, at school, in the community, in a clinic, hospital or at work. Services include:

physiotherapy/occupational therapy/motor vehimotor vehicle accident therapy,speech and language therapy, dietetics, social work,personal support, home support and homemaking services.

**Eligibility:** People requiring homecare and therapy services.

### **Community Living Elgin - 519-631-9222**

7 Morrison Dr, St. Thomas, ON, N5R 4S5

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

Community-based services for people with developmental disabilities, caregiver respite, day programs, family supports, residential supports, social and recreational activities.

**Eligibility:** People with developmental disabilities, and their families.

## **Oneida Nation of the Thames - Community Wellness 519-652-3244**

2212 Elm Ave, Southwold, ON, N0L 2G0

<https://oneida.on.ca/health-wellness/community-wellness/>

**Mon-Fri 8:30am-4:30pm** Promotes healthy healing and wellness programs and community development. **Eligibility:** Oneida Citizens and residents of the Oneida Settlement.

## **Oneida Nation of the Thames - Health and Wellness Services - Community Health - 519-652-0500**

2213 Elm Ave, Southwold, ON, N0L 2G0

<https://oneida.on.ca/health-wellness/>

**Mon-Fri 8:30am-4:30pm** Public health programs and services that involves health promotion, illness and injury prevention, and health maintenance. Programs are delivered by Registered Nurses with certification in Community Health Nursing, and Community Health Representatives who hold a diploma in Native Community Care with Counselling and Program Development. Community Health Nurses and Community Health. **Eligibility:** Residents of the Oneida Settlement.

## **Ontario. Ministry of Health - Health Connect Ontario Health Care Connect - 1-866-797-0007**

[www.ontario.ca/page/find-family-doctor-or-nurse-practitioner](http://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner)

**Daily 24 hours** Ontarians can receive assistance finding a family physician or nurse practitioner accepting new patients through the phone service (not available over chat). Register for Health Care Connect and a nurse will search for a doctor or nurse practitioner who is accepting new patients in the local community. To sign up: Name, health card number and some basic health information will be needed that will help determine health needs. Priority is given to people with greater health needs as decided based on an established clinical process. Health Care Connect does not guarantee a match with a doctor or nurse practitioner. **Eligibility:** Ontario residents who do not have a family health care provider. Ontario health insurance plan number (OHIP) is required.

## **Regional HIV/AIDS Connection - 519-434-1601**

602 Queens Ave, Unit 201, London, ON, N6B 1Y8

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

### **Mon-Fri 9am-5pm**

Practical support, counselling services and programming for people living with and affected by issues related to HIV/AIDS and Hepatitis. Education about safer sex and ways to prevent getting or giving HIV. Stigma and discrimination with respect to living with HIV as well as homosexuality. Testing for HIV and Hepatitis C. Issues related to telling (disclosing) HIV status. **Eligibility:** People living with or affected by HIV and/or AIDS. Gay, lesbian, bisexual, transgender, 2 spirit youth. General public.

## **Southwestern Public Health – St. Thomas Site**

### **519-631-9900**

1230 Talbot St, St. Thomas, ON, N5P 1G9; [www.swpublichealth.ca](http://www.swpublichealth.ca)

### **Administration: Mon-Fri 8:30am-4:30pm**

Health agency that addresses public health issues and promotes healthy living. Services include but are not limited to: immunization and screening for communicable diseases/family and child health/breastfeeding and infant. **Eligibility:** Varies depending on service.

## **Southwestern Public Health – St. Thomas Site - Dental Health - 519-631-9900 ext 1337**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/my-health/dental-health.aspx](http://www.swpublichealth.ca/en/my-health/dental-health.aspx)

### **Mon-Fri 9am-4pm**

Preventative oral health services. Services for children and youth 17 years old and under. Screen for cavities and signs of tooth decay, screen for healthy tooth development, provide tips on how to keep your child's mouth clean. **Eligibility:** Children and youth 17 years and under. Children and youth are automatically eligible if they or their family receive Ontario Works, Temporary Care Assistance, Ontario Disability Support Program, or Assistance for Children with Severe Disabilities. Eligibility may also be given depending on income. Visit website or phone for more details.



## **Southwestern Public Health – St. Thomas Site - Sexual Health Services - 519-631-9900 ext 1278**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/my-health/sexual-health.aspx](http://www.swpublichealth.ca/en/my-health/sexual-health.aspx)

**Mon 9am-12:30pm Wed by appointment only Fri 9am-2:30pm  
Physician clinic dates vary, call for available dates and times**

Sexual health clinic. Health professionals test for and treat sexually transmitted infections. Family planning services. Confidential services. No health card required for many services, sexual health information. **Eligibility:** People who need sexual health services

## **West Elgin Community Health Centre - 519-768-1715**

153 Main St, West Lorne, ON, N0L 2P0; <https://wechc.on.ca/>

**Mon, Wed, Fri 8:30am-12noon, 1pm-4:30pm Tue and Thu 8:30am-12noon, 1pm-8:30pm**

Health centre focused on family and community health, illness prevention and health promotion. Health professionals assess and treat non-life-threatening injuries or illnesses. Health professionals provide primary care services and referrals to other health and community services and personal development groups. Community-led health teams develop programs to improve the social supports and conditions that affect long-term health. Transportation to Vaccine Clinics - Volunteer drivers take West Elgin residents to vaccine clinics. Accessible shuttle for those who need it. Funded through Gift-A-Ride program. Working to get everyone who needs a vaccine access to a vaccine. **Eligibility:** Varies per program.

## **West Elgin Community Health Centre - Health Promotion and System Navigation Services**

**519-768-1715**

153 Main St, West Lorne, ON, N0L 2P0

<https://wechc.on.ca/programs-and-services/health-promotion>

**Mon, Tue, Fri. 8:30am-12noon, 1pm-4:30pm. Tue, Thu. 8:30am-1pm, 1pm-8:30pm**

One-on-one and group sessions to promote health and to assist people in navigating the health system connecting with community

programs and linking to available social services. Services and programs: Smoking cessation counselling, Forms Assistance Day, education on health-related topics, harm reduction needle exchange.

**Eligibility:** Varies per program.

## Housing & Shelter

### Central Elgin Municipal Non-Profit Housing

#### Corporation - Kettle Creek Villa - 519-631-4860 ext 271

450 Sunset Dr, St. Thomas, ON, N5R 5V1

[www.centralelgin.org/en/index.aspx](http://www.centralelgin.org/en/index.aspx)

**Mon-Fri 8:30am-4:30pm**

Two-story, 30-unit, non-profit seniors housing complex .18 one-bedroom units, 12 two-bedroom units. Market units and rent-g geared-to-income units. Facility also includes an elevator, coin laundry, a common room, a gazebo and parking. **Eligibility:** Adults 60 years and older or adults 55 years or older with a disability.

### CMHA Thames Valley Addiction and Mental Health

#### Services - Housing - St Thomas Supportive

#### Housing 519-633-1781

<https://cmhatv.ca/programs-services/housing-services/>

**Mon-Fri 8:30am-4:30pm**

Safe, secure, supportive, affordable, permanent independent living accommodations for people with a serious mental illness: individual/and or shared living with low to moderate support, shared living with higher support. **Eligibility:** Individuals (age 16+) in Elgin County who are experiencing challenges to their wellbeing because of a decline in mental health symptoms, addictions, and or sustaining daily living routines which are or have impacted their ability to retain and remain living within affordable, safe, housing.

## **CMHA Thames Valley Addiction and Mental Health Services -Supportive Housing Community Homes for Opportunity (CHO) 519-633-1781**

<https://cmhatv.ca/programs-services/housing-services/>  
Permanent Supportive Housing, rent geared to income, in large group home settings provided in partnership with private home staff, intended to assist moderate to high support individuals in recovery-based services offering opportunities for participants to enhance the quality of their daily living, their personal growth and development and improve life skills through participation in a variety of activities and community outings. CHO provides housing, meals, laundry and medication support, wellness plans, with CMHA clinical oversight. Some rooms are shared, and the homes are not accessible, participants must be able to climb stairs, and independently toilet.  
**Eligibility:** Adults with serious mental health and addictions who require 24/7 support needing support with meals, medications, laundry, community appointments and they are motivated to complete a wellness plan and work on independence goals.

## **Dutton and District Lions Non-Profit Housing Caledonia Gardens - 519-762-0089**

1 Lions Rd, Dutton, ON, N0L 1J0

**Administration: Mon, Tue, Thu 1pm-3pm**

25 non-profit seniors only apartments. 2 modified units. Building is joined to Bobier Villa by a hallway . Tenants can make arrangements for services, activities, and visiting loved ones through Bobier Villa.

**Eligibility:** Adults 65 years and older.

## **Dutton and District Lions Non-Profit Housing Caledonia Two - 519-762-0200**

29475 Pioneer Line, Dutton, ON, N0L 1J0

**Call ahead. Hours vary**

30 nonprofit seniors only apartments. 20 one-bedroom and 10 two-bedroom units. 2 modified units available. **Eligibility:** Seniors 65 years and older who meet income criteria.

## **Eastwood Housing Corporation - Eastwood**

### **Apartments for Seniors - 519-633-5375**

200 Burwell Rd, Unit 1, St. Thomas, ON, N5P 4G6

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

**Administration: Mon-Fri 9am-4:30pm**

26 non-profit, independent living apartments for older adults. Non-smoking property. **Eligibility:** Adults 55 years and older.

## **Eastwood Housing Corporation - Festival Gardens**

### **Senior Apartments - 519-633-5375**

200 Burwell Rd Unit 1, St. Thomas, ON, N5P 4G6

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

**Administration: Mon-Fri 9am-4:30pm**

40-unit seniors' apartment complex. Some modified accessible units available. **Eligibility:** Adults 55 years and older.

## **Eastwood Housing Corporation - Pinetree Gardens for**

### **Seniors - 519-633-5375**

200 Burwell Rd, Unit 1, St. Thomas, ON, N5P 4G6

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

**Administration: Mon-Fri 9am-4:30pm**

13 non-profit, independent living apartments for older adults.

**Eligibility:** Adults 55 years and older.

## **Fresh Start Support Services - 519-637-7775**

797 Talbot Street St. Thomas, ON, N5P 3T5

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

**Administration: Mon-Thu 9am-3:30pm Fri 9am-12:30pm or by appointment**

Supporting families in a safe housing community by providing early parenting interventions and skill development while putting Christ's love into action. **Eligibility:** Varies by program.

## **Indwell - Railway City Lofts - 519-286-1390**

614 Talbot St, St. Thomas, ON, N5P 1C8

<https://indwell.ca/>

Provides affordable housing that supports people seeking health, wellness and belonging.

Furnished apartments including meal plan and support with medications. **Eligibility:** Adults (15 units).

## **Indwell - The Station**

16 Queens St, St. Thomas, ON, N5R 3H8

<https://indwell.ca/programs/the-station/>

Provides affordable housing that supports people seeking health, wellness and belonging. **Eligibility:** Adults (45 units).

## **Kiwanis Non-Profit Homes of Rodney - Kiwanis**

### **Seniors' Apartments - 519-785-2328**

229 - 4th St, Rodney, ON, N0L 2C0

**Administration: Tue 10am-12noon**

24-unit seniors' apartment complex. 2 accessible units.

**Eligibility:** Adults 65 years and older.

## **Landlord and Tenant Board - Southwestern Regional Office - 1-888-332-3234**

150 Dufferin Ave, Suite 400, London, ON, ON, N6A 5N6

<https://tribunalsontario.ca/lrb/>

**Mon-Fri 8:30am-5pm**

Independent body established to resolve disputes between residential landlords and tenants through mediation or adjudication.

Provides information about its practices and procedures and the rights and responsibilities of landlords and tenants under the Residential Tenancies Act (RTA).

**Eligibility:** Residential landlords and tenants.

## **Meadan Mansion - 519-631-4937**

38 Chester St, St. Thomas, ON, N5R 1V2

**Office: Mon-Fri 9am-5pm** 30-bed assisted living residence for adults living with mental illness, addictions, physical or developmental disabilities. Services include meals and daily laundry. **Eligibility:** Adults with mental illness who are relatively stable or in remission. Acquired brain injury needing assistance with daily living. Dual diagnosis or mild developmental delay. Recovering from addictions. Suffering from personal or family breakdown in a court diversion program. Needing assistance with daily living skills or unable to care for themselves. Physical limitations. Needing temporary emergency housing when shelter space is not available.

## **Menno Lodge Aylmer - Menno Lodge Apartments**

### **519-765-1083**

215 South St W, Aylmer, ON, N5H 3C7

25 nonprofit seniors only apartments 3 accessible units.

**Eligibility:** Adults 65 years and older.

## **Oneida Nation of the Thames - Onyota'a:ka Family Healing Lodge - 519-652-0657**

2212 Elm Ave, Southwold, ON, N0L 2G0

<https://oneida.on.ca/social-services/>

**Shelter: Daily 24 hours Administration Mon-Fri 8:30am-4:30pm**

Offers emergency shelter for up to 6 weeks for people and families who are at risk of or in a violent family situation. Offers supports, outreach, referrals and advocacy. Activities for children. Assistance with goal planning and safety planning. **Eligibility:** Oneida Citizens and residents of the Oneida Settlement.

## **St Thomas (City of) – St. Thomas Elgin Social Services Housing Services - 519-631-9350**

230 Talbot St, St. Thomas, ON, N5P 1B2

[www.stthomas.ca/living\\_here/st\\_thomas\\_elgin\\_social\\_services](http://www.stthomas.ca/living_here/st_thomas_elgin_social_services)

**Mon-Fri 8:30am-4:30pm**

Administrative office for municipal housing services.

## **St Thomas-Elgin Second Stage Housing - 519-637-2288**

15 Golding Place, St. Thomas, ON, N5R 6B6

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

**Administration: Mon-Fri 8:30am-4:30pm**

12-unit apartment complex with furnished units that provide transitional, secure, and affordable housing and support services to women and their children who have left an abusive relationship. Average length of stay is one year. Assistance is provided in seeking housing when moving on from the program. On-site programs include one-on-one counselling, advocacy, referrals, safety planning, recreation and social development groups and liaison with schools. **Eligibility:** Women who have been or are being abused and their children.

## **Taking Action on Youth Homelessness St. Thomas Elgin - 519-631-9800 ext 237**

[www.ywcaste.ca/youth-homelessness-protocol](http://www.ywcaste.ca/youth-homelessness-protocol)

**Mon-Fri 9am – 12noon / 1pm - 4:30pm**

Community strategy and action plan to deal with Youth Homelessness in Elgin. Youth who become homeless are encouraged to call 211 for assistance. Based on assessment the youth is provided supports and services to ensure they are housed in a safe location.

**Eligibility:** Youth 16-24 years who are homeless or at risk of becoming homeless.

## **The Inn St. Thomas-Elgin - Daily 24 hour Shelter line: 519-637-9898**

10 Princess Ave, St. Thomas, ON, N5R 2Z7; [www.innelgin.ca](http://www.innelgin.ca)

**Daily 24 hours**

40-bed, 15 overflow spaces low barrier housing focused emergency shelter offers an overnight accommodations. On site services include: shower access, laundry facilities, meals, transportation, medication and computer access, clean, gently-used and clothing and winter apparel. **Eligibility:** Adults 16 years and older.

## **Valora Place - Women's Place Emergency Shelter**

**519-633-0155**

45 Princess Ave, St. Thomas, ON, N5R 3V6; [www.vawsec.on.ca](http://www.vawsec.on.ca)

**Daily 24 hours Administration: Mon-Fri 9am-5pm**

Safe secure shelter for women who have been abused and their children. Temporary accommodation with basic necessities. Crisis support provided by professional counsellors. Drop-in counselling available anytime. Legal consult available with lawyers by appointment. Emergency transportation to safety available from anywhere in St Thomas and Elgin County. **Eligibility:** Women, 16 years and older, who have experienced abuse and their children, family, friends, and professionals. Family Court Support Worker Program - victims of domestic violence involved in the family court process.

## **YWCA St Thomas-Elgin - Supportive Housing Fairwinds**

**Transitional Home for Young Men 519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

[www.ywcaste.ca/supportive-housing-for-youth/](http://www.ywcaste.ca/supportive-housing-for-youth/)

**Intake Interviews: Mon-Fri 9am – 12pm / 1pm - 4:30pm**

Home for male youth ages 16-24 who are in need of affordable and supportive housing. Suited for youth who are enrolled in school and/or employed and working towards independence housing-based case management to actively develop a youth-centred support plan. System navigation and service referrals. Independent life skills development space. Opportunities for one-on-one counselling/family reunification supports. Cooperative living skills. Private room, communal kitchen, bathroom, living room, and outdoor space. on-site Resident Advisor. **Eligibility:** Male youth 16-24 years.



**YWCA St Thomas-Elgin - Supportive Housing -  
Harmony House Transitional Home for Young Women  
519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

[www.ywcaste.ca/supportive-housing-for-youth/](http://www.ywcaste.ca/supportive-housing-for-youth/)

**Intake Interviews: Mon-Fri 9am – 12pm / 1pm - 4:30pm**

Home for female youth ages 16-24 who are in need of affordable and supportive housing. Suited for youth who are enrolled in school and/or employed and working towards independence housing-based case management to actively develop a youth-centred support plan, system navigation and service referrals, independent life skills development space, opportunities for one-on-one counselling/family reunification supports, cooperative living skills, private room, communal kitchen, bathroom, living room, and outdoor space, on-site Resident Advisor. **Eligibility:** Female youth 16-24 years.

**YWCA St Thomas-Elgin - Supportive Housing - Horizon  
House Transitional Home for Young Women  
519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

[www.ywcaste.ca/supportive-housing-for-youth/](http://www.ywcaste.ca/supportive-housing-for-youth/)

**Intake Interview: Mon-Fri 9am – 12pm / 1pm - 4:30pm**

Home for female youth ages 18-24 who are in need of affordable and supportive housing. Suited for youth who are enrolled in school and/or employed and working towards independence housing-based case management to actively develop a youth-centred support plan, system navigation and service referrals, independent life skills development space, opportunities for one-on-one counselling/family reunification supports, cooperative living skills, private room and communal kitchen, bathroom, living room, and outdoor space. **Eligibility:** Female youth 18-24 years.

## **YWCA St. Thomas-Elgin - Supportive Housing - Unity House Transitional Home for Young Men 519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

[www.ywcaste.ca/supportive-housing-for-youth/](http://www.ywcaste.ca/supportive-housing-for-youth/)

**Intake Interviews: Mon-Fri 9am – 12pm / 1pm - 4:30pm**

Home for male youth who are in need of affordable and supportive housing . Suited for youth who are enrolled in school and/or employed, working towards independence and striving to move forward in their lives. Housing-based case management to actively develop a youth-centred support plan, system navigation and service referrals, independent life skills development space, opportunities for one-on-one counselling/family reunification supports, cooperative living skills, private room and communal kitchen, bathroom, living room, and outdoor space. **Eligibility:** Male youth 18-24 years.

## **YWCA St. Thomas-Elgin – Supportive Housing Women-Led Family Home, Serenity House - 519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

[www.ywcaste.ca/supportive-housing-for-adults/](http://www.ywcaste.ca/supportive-housing-for-adults/)

**Intake Interviews: Mon-Fri 9am – 12pm / 1pm - 4:30pm**

Housing for women-led families. Program includes: housing-based case management, system navigation and service referrals, and independent life skills development space. **Eligibility:** Women-led families 16 years and older in need of short-term housing.

## **YWCA St. Thomas-Elgin - Supportive Housing Women's Residence - 519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

[www.ywcaste.ca/supportive-housing-for-adults/](http://www.ywcaste.ca/supportive-housing-for-adults/)

**Intake Interviews: Mon-Fri 9am – 12pm / 1pm - 4:30pm**

Housing for women ages 16 years and older within a 21-bed facility. Program includes: housing-based case management, system navigation and service referrals, independent life skills development space, cooperative living skills, private room and communal kitchen, bathroom, living room, and outdoor space, on-site Resident Advisor. **Eligibility:** Women 16 and older in need of short-term or long-term housing.

## **YWCA St. Thomas-Elgin - Youth in Transition Program**

**519-631-9800 ext 245**

16 Mary St W, St. Thomas, ON, N5P 2S3

[www.ywcaste.ca/youth-in-transition](http://www.ywcaste.ca/youth-in-transition)

**Mon-Fri 9am – 12pm / 1pm - 4:30pm**

Supports for youth who are transitioning out of child protection services. Individual and group sessions on: housing, education, employment, life skills and healthy relationships, money management, physical and mental health services, legal services, goal setting, system navigation and referrals. **Eligibility:** Youth 16-24 years who are current or former Crown Wards, or were in a formal customary care agreement immediately before 18th birthday. Youth who were eligible to receive Renewed Youth Supports (RYS) at ages 16 or 17, or have a Voluntary Youth Services Agreement (VYSA) with Family and Children's Services St. Thomas-Elgin.

### **Identification**

#### **Service Ontario - Aylmer**

615 John St N, Aylmer, ON, N5H 2S8

[www.ontario.ca/locations/serviceontario/john-and-progress-aylmer](http://www.ontario.ca/locations/serviceontario/john-and-progress-aylmer)

**Mon-Fri 8:30am-5pm**

Access to Government of Ontario services and documentation. Services at this location: health card registration, Ontario photo card, driver and vehicle licensing, accessible parking permits, driver and vehicle records, organ and tissue donor registration.

#### **Service Ontario - Dutton**

156 Currie Rd, Dutton, ON, N0L 1J0

[www.ontario.ca/locations/serviceontario/currie-and-mary-dutton](http://www.ontario.ca/locations/serviceontario/currie-and-mary-dutton)

**Tue-Thu 8:30am-4:30pm. Closed daily 12:30pm-1pm**

#### **Service Ontario - Rodney**

216 Furnival Rd, Rodney, ON, N0L 2C0

[www.ontario.ca/locations/serviceontario/furnival-and-victoria-rodney](http://www.ontario.ca/locations/serviceontario/furnival-and-victoria-rodney)

**Tue, Wed, Fri 9:30am-12:30pm, 1pm-4:30pm**

## **Service Ontario - St Thomas**

417 Wellington St, St. Thomas, ON, N5R 5J5

[www.ontario.ca/locations/serviceontario/wellington-and-highview-st-thomas](http://www.ontario.ca/locations/serviceontario/wellington-and-highview-st-thomas)

**Mon-Fri 9am-5pm**

## **Immigrant, Newcomer & Refugee Services**

### **Mennonite Community Services - 226-544-0380**

16 Talbot St E, Aylmer, ON, N5H 1H4; [www.mcson.org](http://www.mcson.org)

**Mon, Tue, Wed, Fri 10am-5pm; Thu 10am-7pm**

Services to newcomers, particularly Low German speaking people.

Newcomers, Settlement Services and Outreach- Assessment, information, and referral services to newcomers. Assists newcomers to settle in Elgin County. Interpretation services.

**Eligibility:** Newcomers to Canada.

### **Mennonite Community Services - Settlement Services 226-544-0380**

16 Talbot St E, Aylmer, ON, N5H 1H4; [www.mcson.org/](http://www.mcson.org/)

**Mon, Tue, Wed, Fri 10am-5pm; Thu 10am-7pm**

Services to newcomers, particularly Low German speaking people.

Newcomers, Settlement Services and Outreach - Assessment, information, and referral services to newcomers. Assists newcomers to settle in Elgin County. Interpretation services to help newcomers understand and access community services. Orientation to life in Canada. Volunteer Driver Program - Recruits volunteer drivers and coordinates interpreters and drivers for health-related appointments. DE BRIGJ 105.9 FM CHPD - Low German radio programs for the whole family. "Integration and Inclusion through Information and Education." News and weather. Bus delays. Health education programs. Contact De Brigj at 226-544-0122 or [radio@mcson.org](mailto:radio@mcson.org).

**Eligibility:** Newcomers to Canada.

## **Settlement.Org**

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

Website provides newcomers with information and resources to settle in Ontario. Topics include health, employment, immigration and citizenship, housing, education, community, daily life, and legal services. Searchable regional directory of settlement agencies and services. Forum for answering questions and sharing experiences.

## **St. Thomas-Elgin Local Immigration Partnership**

**519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3; [www.stelip.ca/](http://www.stelip.ca/)

**Mon-Fri 9am – 12pm / 1pm - 4:30pm**

STELIP works with the community to develop and implement initiatives to increase the integration of immigrants. The priorities are: Community Readiness, Workforce Development and Employer Supports, Equitable Services, Education, and Civic and Social Inclusion.

## **Thames Valley District School Board - FESPA (Family and Education Support Project) - English as a Second Language Program - 519-452-2000 ext 69670**

6700 Springfield Rd, Mount Salem, ON, N5H 2R5; [www.tvdsb.ca](http://www.tvdsb.ca)

**Tue-Fri 9am-2:30pm**

Classes for adults who need to develop their English language skills.

**Eligibility:** Adults 18 years and older.

## **YWCA St Thomas-Elgin - English Language Classes (LINC) - 519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

[www.ywcaste.ca/services-for-newcomers-to-canada/](http://www.ywcaste.ca/services-for-newcomers-to-canada/)

**St Thomas: Mon-Thu 9:30am-2:30pm; Mon & Wed 6pm-9pm**

**Aylmer: Mon & Wed 6pm-9pm**

English as a Second Language Classes. Provides basic to advanced listening, speaking, reading and writing skills. Prepares newcomers with language skills for citizenship. Full-time and part-time classes. Small class sizes. **Eligibility:** Adults 18 years or older who are one of

the following: landed immigrant, permanent resident, convention refugee, newcomer under the Canada-Ukraine Authorization for Emergency Travel (CUAET), or other person permitted to remain in Canada. Must be able to show original, valid immigration documents.

## **YWCA St Thomas-Elgin - Settlement Services for Newcomers to Canada - 519-631-9800**

16 Mary St W, St. Thomas, ON, N5P 2S3

[www.ywcaste.ca/services-for-newcomers-to-canada/](http://www.ywcaste.ca/services-for-newcomers-to-canada/)

**Mon-Fri 9am – 12pm / 1pm - 4:30pm**

Settlement services for newcomers to Canada information about immigration, Canadian citizenship, government programs and community services. English as a Second Language Training for adults, 18 years of age or older who are Permanent Residents of Canada, Convention Refugees or persons in Canada whose application for Permanent Resident status is being processed in Canada and who have an approval in principle. Orientation to the local area and to Canadian customs and traditions. Referrals to education, employment, health, legal, recreational and other services in the community. Youth club activities for newcomer youth ages 10-17. School-based settlement services in some schools. Interpretation services upon request. **Eligibility:** Newcomers to Canada or those looking for information about settlement services or English language classes.

## **Legal & Advocacy**

### **Canada. Members of Parliament – Elgin Middlesex London Federal District - 519-637-2255**

750 Talbot St, Suite 203, St. Thomas, ON, N5P 1E2

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

Representative elected to the Government of Canada. Handles questions about federal government programs. Addresses concerns about government services and public policy. May be able to help with a petition to the Legislature concerning a problem or issue in their riding.

## **CMHA Thames Valley Addiction and Mental Health Services – Court and Justice Services**

10 Mondamin St, St Thomas, ON, N5P 2V1

<https://cmhatv.ca/programs-services/court-justice-services/>

**By appointment.** Case Management services to people with serious mental illness and are actively involved in the criminal justice system. Services are provided based on need and are client directed. Court system navigation services. Assessment and treatment planning for mental health diversion, and Elgin therapeutic court program.

**Eligibility:** Actively involved in the criminal justice system. 16+ years.

## **Elder Abuse Elgin - 1-833-916-6728**

**Hours Vary** -Addresses elder abuse through education, advocacy and liaisons with community resources. Multidisciplinary case consultation. Training and resources for professionals and the general public available upon request. **Eligibility:** Older adults.

## **Elgin-Oxford Legal Clinic – Elgin - 519-633-2638**

98 Centre St, St. Thomas, ON, N5R 2Z7; [www.eolc.ca](http://www.eolc.ca)

**Mon-Fri 8:30am-4:30pm**

Legal advice and representation in several areas of law including: Ontario Works, Ontario Disability Support Program, Landlord and Tenant Matters, Canada Pension Plan disability, Employment Law (excluding WSIB). **Eligibility:** People who cannot afford a lawyer regarding income or shelter issues and cannot obtain Legal Aid.

## **Legal Aid Ontario – St. Thomas Criminal Duty Counsel 519-631-4810 Ext. 1158**

4 Wellington St, St. Thomas, ON, N5R 2P2; [www.legalaid.on.ca](http://www.legalaid.on.ca)

**Client Services Centre: Mon-Fri 8am-5pm**

Private bar or Legal Aid Ontario staff lawyers who offer immediate, legal assistance to low-income people who appear in court without a lawyer. **Eligibility:** People who cannot afford their own solicitor. Based on income and area of law.

## **Legal Aid Ontario – St. Thomas Family Duty Counsel 519-631-4810 ext 1158**

4 Wellington St, St. Thomas, ON, N5R 2P2

[www.legalaid.on.ca/duty-counsel-offices/st-thomas-duty-counsel-family](http://www.legalaid.on.ca/duty-counsel-offices/st-thomas-duty-counsel-family)

### **Mon-Fri 8:30am-4:30pm**

Private bar or Legal Aid Ontario staff lawyers who offer immediate, legal assistance to low-income people who appear in court without a lawyer. **Eligibility:** People who cannot afford their own solicitor.

## **Oneida Nation of the Thames - 519-652-3244**

2212 Elm Ave, Southwold, ON, N0L 2G0

<https://oneida.on.ca/>

### **Hours vary. Call ahead**

First Nations community of the Oneida peoples. Operates independently according to long standing spiritual and cultural traditions. Administers own community development, health, learning, safety and public works programs. **Eligibility:** Oneida Citizens and residents of the Oneida Settlement.

## **Salvation Army (The) - London - Correctional and Justice Services London - Community Alternatives for Youth – St. Thomas and Elgin - 519-282-0788**

PO Box 22044, St. Thomas, ON, N5R 6A1; <https://www.cjsslondon.ca/>

### **Mon-Fri 8:30am-4:30pm**

Practical services designed to help clients with the criminal justice system and community integration with a view to prevent similar problems from reoccurring. Accountability and Opportunity for Youth. **Eligibility:** Youth and adults involved or at risk of becoming involved in the criminal justice system.



## Libraries

### **Elgin County Library - 519-631-1460 ext 148**

450 Sunset Dr, First Fl, St. Thomas, ON, N5R 5V1

[www.elgincounty.ca/library](http://www.elgincounty.ca/library)

**Administration: Mon-Fri 8:30am-4:30pm**

Administrative office for county library system. Operates 10 public library branches. Public library branch features may include: public use computers, free WiFi, printers (black-and-white and coloured ink) mobile printing, photocopier, scanner, and fax service.

### **Aylmer Old Town Hall Library - 519-773-2439**

38 John St S, Aylmer, ON, N5H 2C2

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Mon, Tue, Thu 9:30am-8:30pm, Fri, Sat 9:30am-5pm**

### **Belmont Library - 519-644-1560**

14134 Belmont Rd, Belmont, ON, N0L 1B0

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Mon 10am-8pm, Tue & Thu 1pm-8pm, Fri 10am-2pm,  
Sat 10am-1pm**

### **Fred Bodsworth Public Library of Port Burwell**

**519-874-4754**

21 Pitt St, Port Burwell, ON, N0J 1T0

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Mon 2pm-5pm, Tue 2pm-7pm, Thu 10am-5pm,  
Sat 10am-12noon**

### **John Kenneth Galbraith Library - 519-762-2780**

236 Shackleton St, Dutton, ON, N0L 1J0

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Mon, Tue, Thu 9am-7pm, Fri 9am-5pm, Sat 10am-2pm**

### **Port Stanley Library - 519-782-4241**

302 Bridge St, Port Stanley, ON, N5L 1C3

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Mon, Tue, Thu 9:30am-7pm, Fri 9:30am-5pm, Sat 9am-1pm**

### **Rodney Library - 519-785-2100**

207 Furnival Rd, Rodney, ON, N0L 2C0

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Tue 10am-4pm, Thu 2pm-7pm, Fri 10am-5pm,  
Sat 2pm-5pm**

### **Southwold Township Library - 519-764-2081**

35921 Talbot Line, Shedden, ON, N0L 2E0

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Tue 1pm-7pm, Thu 10am-3pm, Fri 10am-5pm,  
Sat 2pm-5pm**

### **Springfield Library - 519-765-4515**

12105 Whittaker Rd, Springfield, ON, N0L 2J0

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Tue & Thu 10am-8pm, Sat 2pm-5pm**

### **Straffordville Library - 519-866-3584**

9366 Plank Rd, Straffordville, ON, N0J 1Y0

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Mon, Tue, Thu 10am-8pm, Fri 10am-5pm, Sat 1pm-4pm**

### **West Lorne Library - 519-768-1150**

160A Main St, West Lorne, ON, N0L 2P0

[www.elgincounty.ca/library/locations](http://www.elgincounty.ca/library/locations)

**Tue 10am-6pm, Thu 3pm-7pm, Fri 10am-4pm,  
Sat 10am-1pm**

### **St. Thomas Public Library - 519-631-6050**

153 Curtis St, St. Thomas, ON, N5P 3Z7

<https://stthomaspubliclibrary.ca/>

### **Mon-Fri 9am-8:30pm, Sat 9am-5pm**

Public library, computers with access to the internet, wifi. Maker Lab with 3D printers, vinyl cutter, poster printer, Cricut, photo and video digitization station, laser cutter, meeting facilities, study spaces, computer and technology training and assistance, fun and educational programming for all ages, free access to online courses, virtual library cards which give users access to online resources, computer information databases, print resources offered in many languages, downloadable audio and ebooks, large print and books on CD, books, magazines, DVD's.

## **Mental Health & Addictions**

### **9-8-8 - Suicide Crisis Helpline**

<https://988.ca/>

#### **Daily 24 hours**

Free daily 24-hour service connecting with one of 40 local community responders to provide a safe, confidential space. Responders specialized and trained in all crisis situations with suicide prevention.

**Eligibility:** All ages. Anyone in crisis or distress.

### **Al-Anon Family Group - Elgin Region**

#### **Answering Service 519-457-9393**

<https://al-anon.alateen.on.ca/>

#### **Irregular. Call for details**

Support meetings for family and friends of problem drinkers.

**Eligibility:** Family and friends of problem drinkers.

### **Alcoholics Anonymous – St. Thomas and Area AA - Helpline: 519-633-0430**

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

**Helpline: Daily 24 hours. Meeting locations and hours vary. Visit website for information**

Community-based mutual group support for people with issues of alcohol use, who have a desire to stop. Meetings follow 12 steps to (principles of) recovery. **Eligibility:** People who wish to stop drinking.

**Behavioural Supports Ontario - South West  
Operational Team - Elgin County Behavioural  
Supports Ontario Mobile Team - General Inquiries and  
Community Referrals: 519-631-2020 ext 5025**

189 Elm St, St. Thomas, ON, N5R 5C4

[www.stegh.on.ca/hospital-services/mental-health/elgin-geriatric-services/behavioural-supports-ontario](http://www.stegh.on.ca/hospital-services/mental-health/elgin-geriatric-services/behavioural-supports-ontario)

**Mon-Fri 8am-4pm**

Interdisciplinary team that provides services and supports for older adults, their families and caregivers, who are coping with or at risk for developing responsive behaviours associated with dementia, mental illness, addictions and other neurological conditions. **Eligibility:** Older adults with responsive behaviours related to mental health, addictions, dementia, and/or related neurological conditions, living in long-term care homes or in community settings, and their caregivers.

**Central Community Health Centre - Needle Exchange  
Program - 519-633-7989**

359 Talbot St, St. Thomas, ON, N5P 1B7

<https://centralchc.com/programs-services/>

**Mon, Tue, Thu 8:30am-7:30pm Wed 1pm-4:30pm Fri 8:30am-4:30pm . Closed daily 12noon-1pm**

Distribution of clean needles and other injection drug supplies.  
Disposal of used supplies.

**Clinic 217 / St. Thomas RAAM Clinic - 519-631-9040**

475 Talbot St, St. Thomas, ON, N5P 1C1

**Mon 8:30am-7pm Tue 8:30am-11:30am Fri 8:30am-3:30pm**

Substance use disorder treatments. Alcohol, opioid and other substance use issues.

**CMHA Thames Valley Addiction and Mental Health  
Services - Hub - Aylmer - Back On Track Program**

**519-673-3130, 519-673-4242 ext 1268**

113 Sydenham St E, Aylmer, ON, N5H 1L4

<https://cmhatv.ca/programs-services/back-on-track/>

**By appointment**

Provincially mandated program for convicted impaired drivers and drivers who receive two or more provincial alcohol or drug related driving offences. Program can include an assessment, education/treatment program (8 or 16 hours) and follow-up interview. **Eligibility:** Convicted impaired drivers and drivers who receive two or more provincial alcohol or drug related driving offences.

**CMHA Thames Valley Addiction and Mental Health Services - Hub - Aylmer - Community Mental Health Clinic - 519-673-3242 Substance Abuse: 519-673-3242 ext 1222**

113 Sydenham St E, Aylmer, ON, N5H 1L4

[www.cmhaelgin.ca/services/community-mental-health-clinic/](http://www.cmhaelgin.ca/services/community-mental-health-clinic/)

**Wed 12:30pm-3:30pm**

Prevention, stabilization, and treatment of mental disorders. Consultation with psychiatrist available through Community Mental Health Clinic for people who do not have access to specialized service in the community. **Eligibility:** Adults and youth 16 years and older with a serious mental illness

**CMHA Thames Valley Addiction and Mental Health Services - Hub - Aylmer - Community Treatment Order Case Management - 519-673-3242**

113 Sydenham St E, Aylmer, ON, N5H 1L4

**Irregular. Call for details**

Intensive case management services to people with a serious mental illness who are subject to a Community Treatment Order (CTO) issued by a psychiatrist. One-on-one support services based on need and in consultation with a community support team. **Eligibility:** Adults and youth 16 years and older with a serious mental illness.

**CMHA Thames Valley Addiction and Mental Health  
Services - Hub - Aylmer - Intensive Case Management  
519-673-3242, Substance Abuse: 519-673-3242 ext 1222**

113 Sydenham St E, Aylmer, ON, N5H 1L4

<https://cmhatv.ca/programs-services/>

**Irregular hours. Call for details.**

Intensive case management services to people with a serious mental illness to assist with skills to live independently. Case managers provide advocacy and one-to-one support to people learning to live with and manage their mental well-being. Case managers can assist with improving interpersonal relationships, budgeting, finding housing, and accessing other community supports and services.

**Eligibility:** Adults and youth 16 years of age and older who are affected by substance use and dependence. Clients with minor mental illness are accepted.

**CMHA Thames Valley Addiction and Mental Health  
Services - Hub - West Lorne - 519-673-3242 ext 252**

<https://cmhatv.ca/programs-services/>

**By appointment only**

Assess people with substance use, internet, gaming and gambling concerns using standardized assessment tools. Develop treatment plans, including referrals to other organizations where appropriate. Phone consultations are available by contacting the Internet, Gaming Disorders and Problem Gambling Services intake line.

**Eligibility:** Adults and youth 12 years of age and older who are affected by substance use and dependence or internet, gaming and gambling concerns. Clients with minor mental illness are accepted.

**CMHA Thames Valley Addiction and Mental Health  
Services - Hub - West Lorne - Back On Track Program  
519-673-3130, 519-673-4242 ext 1268**

<https://cmhatv.ca/programs-services/back-on-track/>

**By appointment**

Provincially mandated program for convicted impaired drivers and drivers who receive two or more provincial alcohol or drug related driving offences. Program can include an assessment, education/treatment program (8 or 16 hours) and follow-up interview. **Eligibility:** Convicted impaired drivers and drivers who receive two or more provincial alcohol or drug related driving offences.

## **CMHA Thames Valley Addiction and Mental Health Services - Hub - West Lorne - Intensive Case Management - 519-673-3242 ext 252**

<https://cmhatv.ca/programs-services/transitional-case-management/>

### **By appointment only**

Intensive case management services to people with a serious mental illness. Services are provided based on need and client directed. Flexible support and treatment are provided using relationship building as the model of service. **Eligibility:** Adults and youth 16 years of age and older who are affected by substance use and dependence or internet, gaming and gambling concerns. Clients with minor mental illness are accepted.

## **CMHA Thames Valley Addiction and Mental Health Services - Hub - West Lorne - Prevention and Early Intervention Program for Psychoses (PEPP)**

**519-673-3242 ext 3110**

<https://cmhatv.ca/programs-services/pepp/>

### **By appointment only Mon - Fri 8:30am – 4:30pm**

Program provides screening, assessment, treatment and follow-up to clients with first episode psychosis. Treatment planning is based on a thorough assessment of the biological and psychosocial aspects of the client's presentation and whenever possible it is provided without admission to hospital. Program is committed to working in partnership with clients' families. **Eligibility:** Young people (Men 16-25 and women 16-35) who display signs of psychosis, such as hallucinations, delusions, or disorganized thought, and who have either had no treatment or have been treated for six months or less.

## **CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas**

**519-673-3242 ext 1222**

10 Mondamin St, St Thomas, ON, N5P 2V1

<https://cmhatv.ca/>

**Administration: Mon-Fri 8:30am-4:30pm**

Assessment, treatment and referrals of people with substance use, internet, gaming and problem gambling issues. Services include crisis intervention, virtual supports, mobile crisis teams, police partnerships, case management, counselling, community well programs, housing supports and addiction medicine supports. Treatment and service plans are developed based on standardized screening and assessment. **Eligibility:** People 12 years and older who are affected by substance use and dependence or internet, gaming and gambling concerns. Clients with minor mental illness are accepted.

## **CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas - Addiction Transitional Case Management Service - Assessment and Referral - 519-631-2020 ext 2667**

189 Elm St, St Thomas, ON, N5R 5C4

<https://cmhatv.ca/programs-services/atcm/>

**Administration: Mon-Fri 8:30am-4:30pm**

Program facilitates discharge process from St. Thomas Elgin General hospital. Ensures patients have linkages to appropriate addiction and mental health services and supports upon discharge. Patient works with Addiction Transitional Case Manager to create and implement plan for care. **Eligibility:** 12 years and older. Admitted patient or recently discharged from St. Thomas Elgin General Hospital. Willing to be screened and assessed. Deemed medically stable, experiencing concerns related to substance use and/or withdrawal, gambling or gaming.



**CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas - Community Opioid Addiction Program - 519-673-3242 ext 1222**

10 Mondamin St, St Thomas, ON, N5P 2V1

<https://cmhatv.ca/programs-services/coap/>

**By appointment**

Offers direct client services and community education for people with opioid addictions. Assessment and screening required for entry into the treatment program. Treatment planning and community-based outpatient treatment for people with an opioid use problem. Offers treatment model based on cognitive-behavioural, stages of change, harm reduction, multidisciplinary and solution-focused. Case management, outpatient counselling and aftercare to facilitate recovery. **Eligibility:** Adults and youth 12 years of age and older who are affected by opioid concerns, use and dependence. Clients with minor mental illness are accepted. Must be willing to enter program.

**CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas - Crisis Intervention - 519-673-3242 ext 1222**

10 Mondamin St, St Thomas, ON, N5P 2V1

<https://cmhatv.ca/find-help/crisis-access-services/>

**Daily 24 Hours**

Walk-in and mobile assistance to people who are experiencing a mental health crisis. Community service referrals and crisis follow-ups are provided as well as overnight safe bed accommodations for short term stays. See Safebed Program. **Eligibility:** People 16 years and older who are in crisis.

**CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas - Hospital Walk In Crisis Support - 519-673-3242 ext 1222**

10 Mondamin St, St Thomas, ON, N5P 2V1

<https://cmhatv.ca/find-help/in-person-walk-in-options/>

**Daily 9am-7pm**

Walk-in days, evening and weekend service at St Thomas Elgin General Hospital to people who are experiencing a mental health crisis. Community service referrals and crisis follow-ups are provided as well as overnight safe bed accommodations for short term stays.

**Eligibility:** People 12 years and older who are affected by substance use and dependence or internet, gaming and gambling concerns. Clients with minor mental illness are accepted.

## **CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas - Intensive Case Management – 519-663-4075**

10 Mondamin St, St Thomas, ON, N5P 2V1

<https://cmhatv.ca/programs-services/>

**Administration: Mon-Fri 8:30am-4:30pm**

Intensive case management services to people with a serious mental illness. Services are provided based on need and are client directed. Flexible support and treatment provided using relationship building as the model of service. **Eligibility:** People 12 years and older who are affected by substance use and dependence or internet, gaming and gambling concerns. Clients with minor mental illness are accepted.

## **CMHA Thames Valley Addiction and Mental Health Services - Perinatal Mental Health Case Management 519-673-3242 ext 1222**

10 Mondamin St, St Thomas, ON, N5P 2V1

The Perinatal Mental Health (PMH) Case Manager works within a multidisciplinary team through Oxford County, providing rapid response and support to mothers presenting with Post Partum Mood and Anxiety Disorders, with children up to the age of 24 months. This program works towards ensuring the wellbeing of mother and child are paramount and working alongside to improve symptoms of mental health, quality of life, education, skill development, recovery plans and connection to ongoing supports through individual sessions as well as group supports where appropriate.

**CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas - Prevention and Early Intervention Program for Psychoses (PEPP)  
519-673-3424 ext 3110**

10 Mondamin St, St Thomas, ON, N5P 2V1

<https://cmhatv.ca/programs-services/pepp/>

**Administration: Mon-Fri 8:30am-4:30pm**

Program provides screening, assessment, treatment and follow-up to clients with first episode psychosis. Treatment planning is based on a thorough assessment of the biological and psychosocial aspects of the client's presentation and whenever possible is provided without admission to hospital. Program is committed to working in partnership with clients' families. **Eligibility:** Young people (Men 16-25 and women 16-35) who display signs of psychosis, such as hallucinations, delusions, or disorganized thought, and who have either had no treatment or have been treated for six months or less.

**CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas - Social Rehabilitation - 519-673-3242 ext 1222**

10 Mondamin St, St Thomas, ON, N5P 2V1

<https://cmhatv.ca/programs-services/cw-sr-ps/>

**Administration: Mon-Fri 8:30am-4:30pm**

Therapeutic recreation programs for people with serious mental illness. Promotes participation through comprehensive psychosocial programming. Provides opportunities for members to be involved in planning and operation of programs. **Eligibility:** Adults and youth 16 years and older with a serious mental illness.

**CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas - Substance Use Services - 519-673-3242 ext 1222**

10 Mondamin St, St Thomas, ON, N5P 2V1

<https://cmhatv.ca/programs-services/substance-use/>

**By appointment**

Assesses people with substance use concerns using standardized assessment tools. Develop treatment plans, including referrals to other organizations where appropriate. Offers treatment models based on cognitive-behavioural, stages of change, harm reduction, multidisciplinary, and solution-focused. Case management, outpatient counselling and aftercare to facilitate recovery.

**Eligibility:** People 12 years and older who are affected by substance use and dependence or internet, gaming and gambling concerns. Clients with minor mental illness are accepted.

## **CMHA Thames Valley Addiction and Mental Health Services - Regional Centre - St Thomas - Talbot House Community Wellness - 519-633-1781 ext 1141**

655 Talbot St, St.Thomas, ON, N5P 1C9

<https://cmhatv.ca/>

**Mon & Fri 9am-2pm; Tues – Thurs 9am-12pm**

Community wellness programming supports meaningful activity and connections with other people as well as the community.

Groups offered by the Community Wellness Teams fall into one of four categories: Social & leisure, Groups and events to help build social skills and find meaningful activities to promote recovery.

Physical wellness & health, Activities, education and support to improve physical health. Personal awareness & growth, Groups to promote awareness and skill development aimed at enhancing various aspects of one's life. Creative self-expression, Groups and learning opportunities to encourage creativity and self-expression

**Eligibility:** Adults and youth 16 years and older who require support related to a mental health and/or an addiction-related challenge.

## **Community Services Coordination Network 519-438-4783**

171 Queens Ave, Suite 750, London, ON, ON, N6A 5J7

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

**Sep-Jun: Mon-Fri 8:30am-4:30pm Jul-Aug: Mon-Fri 8:30am-4pm**

Access agency for community services and programs for adults with a developmental disability, and for children with special needs.

Developmental Services Ontario - South West Region - Access agency

for adult developmental services and supports funded by the Ministry of Children, Community and Social Services.

**Eligibility:** Children and youth with emotional, behavioural or developmental concerns. Adults with a developmental disability.

## **ConnexOntario - Helpline - Administration:**

**519-439-0174**

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

### **Daily 24 hours**

Telephone service providing confidential information about addiction, mental health and problem gambling resources in Ontario, including how to access them. Web chat with information and referral specialist available. Email form available on website.

Operated by ConnexOntario Health Services Information. Text CONNEX to 247247. Standard message rates may apply.

**Eligibility:** General public and service providers.

## **ConnexOntario - mindyourmind**

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

### **Website available daily 24 hours**

Youth mental health and engagement program that works in partnership with youth, emerging adults and the professionals who serve them to co-develop innovative tools and resources. Resources are designed to promote wellness, reduce stigma, and increase access to community supports, both professional and peer-based.

Through active engagement, best practices and technology, youth are encouraged to reach out, get help and give help. **Eligibility:** Youth 14-24 years.

## **Hope for Wellness Helpline - 1-855-242-3310**

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

### **24 hours**

Crisis intervention telephone support for Indigenous people.

Culturally competent. Available daily 24 hours, seven days a week.

Recommendations to follow-up services. **Eligibility:** Indigenous people.

## **Narateen - Nar-Anon Family Groups**

151 Second St, Port Stanley, ON, N5L 1E4; [www.naranonontario.com](http://www.naranonontario.com)

**Mon 6pm-7pm. Meetings are being held virtually**

12-step program for young people who are affected by an addiction of a loved one or friend. Teens hold their own meeting with two adult certified Nar-Anon members present who have received a vulnerable persons police check. **Eligibility:** 12-19yrs old.

## **Narcotics Anonymous - Greater London Area**

PO Box 1735, London, ON, N6A 5H9; [www.glana.ca](http://www.glana.ca)

**Automated Information Line: Daily 24 hours**

Mutual support groups to avoid the use of addictive substances or any other mood-altering substances. **Eligibility:** People who have problems with any mind altering, mood changing substances.

## **Oneida Nation of the Thames - Health and Wellness Services - Mental Health - 519-652-0500 ext 818**

2213 Elm Ave, Southwold, ON, N0L 2G0

<https://oneida.on.ca/health-wellness/community-wellness/mental-health/>

**Mon-Fri 8:30am-4:30pm**

Community-based program, providing mental health programs and services. **Eligibility:** All people registered, eligible to be registered and community members of Oneida Nation of the Thames.

## **Reach Out - 519-433-2023 Toll-Free: 1-866-933-2023**

[www.reachout247.ca/](http://www.reachout247.ca/)

**Daily 24 hours**

Mental health and addictions support line. Staff provide support by phone, text, or web chat. Transportation available for rural Middlesex youth to and from the Mental Health and Addictions Crisis Centre in London.

**Southwestern Public Health – St. Thomas Site -  
Chronic Disease and Injury Prevention - Alcohol and  
Drug Prevention - 519-631-9900**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/my-health/alcohol-drugs-and-tobacco.aspx](http://www.swpublichealth.ca/en/my-health/alcohol-drugs-and-tobacco.aspx)

Website with information on alcohol and other drugs, including local rates of use and local reports. Link to guidelines on alcohol and cannabis use.

**Southwestern Public Health – St. Thomas Site -  
Chronic Disease and Injury Prevention - Quit Smoking  
519-631-9900**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/quitsmoking](http://www.swpublichealth.ca/quitsmoking)

**Mon-Fri 8:30am-4:30pm**

Resources to help quit smoking. Participating local pharmacies partner with Southwestern Public Health to provide free Nicotine Replacement Therapy and counselling to people who are eligible for Ontario Disability Benefits (ODB). **Eligibility:** Varies depending on service.

**Southwestern Public Health – St. Thomas Site - Needle  
Exchange and Harm Reduction Program**

**519-631-9900, Mobile NEP Outreach: 226-377-7968 call  
or text for confidential and anonymous services**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/my-health/needle-exchange-program.aspx](http://www.swpublichealth.ca/en/my-health/needle-exchange-program.aspx)

**St Thomas Site: Mon-Fri 8:30am-4:30pm Mobile NEP Outreach:  
Wed 10am-1pm Hours vary by needle exchange location**

Safe and anonymous place to get free new needles and other injection supplies (tourniquets, sterile water, cookers, etc), safer inhalation kits, snorting kits, sharps containers and free disposal of used equipment.

## **St. Thomas Elgin General Hospital - Mental Health Care 519-631-2030**

189 Elm St, St Thomas, ON, N5R 5C4

[www.stegh.on.ca/hospital-services/mental-health/](http://www.stegh.on.ca/hospital-services/mental-health/)

**Service: Daily 24 hours. Administration: Mon-Fri 8am-4pm**

15-bed unit for inpatients requiring hospitalization up to two weeks, and space for related outpatient programs and services. Space includes single patient rooms with washrooms and common areas, such as an outdoor courtyard, dining area and group therapy spaces.

**Eligibility:** Adults 18 years and older.

## **Valora Place - Women's Place Emergency Shelter - Mental Health Crisis Response for Abused Women 519-633-0155**

45 Princess Ave, St. Thomas, ON, N5R 3V7

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

**Daily 24 hours Administration: Mon-Fri 9am-5pm**

Specialized crisis intervention for women who have been abused and are experiencing a mental health crisis. Available 24 hours a day over the phone or in-person, with in-person counselling available by appointment during business hours. Emergency transportation to safety provided. **Eligibility:** Women, 16 years and older, who have experienced abuse and their children, family and friends. Residency in shelter is not required and being an existing client of agency services not required.

## **Wellkin Child and Youth Mental Wellness Elgin Office**

800 Talbot St, Suite 3, St. Thomas, ON, N5P 1E2; <https://wellkin.ca/>

**Office: Mon-Fri 8:30am-4:30pm Phone: Daily 24 hours**

Community-based services and supports for children and youth with mental health concerns. Treatment, groups and workshops, intensive family service, urgent access therapy service.

**Eligibility:** Children 17 years and younger.



## **West Elgin Community Health Centre - Harm Reduction Services - 519-768-1715**

153 Main St, West Lorne, ON, N0L 2P0

<https://wechc.on.ca/programs-and-services/harm-reduction-services>

**Mon-Fri 8:30am-12noon, 1pm-4pm**

Harm reduction program and counselling to help ensure that people who use drugs have access to sterile injection equipment to prevent transmission of HIV, hepatitis B, hepatitis C and other blood-borne infections and diseases. Dispenses free Naloxone take-home kits (lifesaving medication that can restore breathing of a person who has overdosed on heroin or opioid medication). Collection and safe disposal of used sharps, syringes and other drug use equipment.

## **West Elgin Community Health Centre - Mental Health Counselling Services - 519-768-1715**

153 Main St, West Lorne, ON, N0L 2P0

<https://wechc.on.ca/programs-and-services/mental-health-services>

**Mon, Tue, Fri. 8:30am-12noon, 1pm-4:30pm Tue, Thu 8:30am-1pm, 1pm-8:30pm**

Confidential counselling for all ages.

## **Parenting**

### **Big Brothers Big Sisters of St. Thomas-Elgin**

**519-633-3830**

146 Centre St, St. Thomas, ON, N5R 3A3

<https://st-thomas-elgin.bigbrothersbigsisters.ca/>

**Mon-Thu 9am-5pm, Fri 9am-4:30pm**

Big Brother/Little Brother, Big Sister/Little Sister/ (6-16 years) - A mentoring program for boys and girls to enhance development and confidence. Big and Little matches meet regularly and are made according to mutual interests. **Eligibility:** Little Brothers and Sisters - Children 6-16 years. Big Brothers and Sisters - 18 years and older with police clearance, medical clearance and character references. Must go through a screening and training process.

## **CMHA Thames Valley Addiction and Mental Health Services - Perinatal Mental Health Case Management** **519-673-3242 ext 1222**

10 Mondamin St, St Thomas, ON, N5P 2V1

The Perinatal Mental Health (PMH) Case Manager works within a multidisciplinary team through Oxford County, providing rapid response and support to mothers presenting with Post Partum Mood and Anxiety Disorders, with children up to the age of 24 months. This program works towards ensuring the wellbeing of mother and child are paramount and working alongside to improve symptoms of mental health, quality of life, education, skill development, recovery plans and connection to ongoing supports through individual sessions as well as group supports where appropriate.

## **Elgin County Midwives - 519-637-2224**

66 West Ave, St. Thomas, ON, N5R 5H7

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

**Mon-Thu 9am-4pm, Fri 9am-12noon**

Provides care throughout pregnancy, labour, delivery and postpartum. Attends births at St Thomas Elgin General Hospital, and offers the choice to have a home birth. **Eligibility:** Women with low risk pregnancies.

## **Every Kid Rox**

Aylmer, ON <https://everykidrox.com/> Email: [hello@everykidrox.com](mailto:hello@everykidrox.com)

Every Kid Rox is an organization dedicated to supporting caregivers of children with complex needs. Providing tools to connect caregivers with the resources and information needed to make the journey easier.

## **Fresh Start Support Services - 519-637-7775**

797 Talbot Street St. Thomas, ON, N5P 3T5; [www.fsms.ca](http://www.fsms.ca)

**Administration: Mon-Thu 9am-3:30pm, Fri 9am-12:30pm**

Provide a safe and supportive environment for families.

Programming will aid parents and their children in developing the skills required to end the cycle of hurt and poverty. Supporting

women during their pregnancy and following birth, through encouragement, system navigation, and practical support.

**Eligibility:** Varies by program.

## **Mennonite Community Services - Family Education and Support Project Aylmer - 226-545-1050**

16 Talbot St E, Aylmer, ON, N5H 1H4; [www.mcson.org](http://www.mcson.org)

**Call ahead. Hours vary.**

Assists families in adapting to Canada by offering health classes, nutrition program, parenting classes, healthy relationship classes, preschool programs, ESL classes for women, transportation and interpretation and making appointments.

## **Oneida Nation of the Thames - Health and Wellness Services - Maternal Child Health Program**

**519-652-0500**

2213 Elm Ave, Southwold, ON, N0L 2G0

[www.oneida.on.ca/maternal-child-health-program/](http://www.oneida.on.ca/maternal-child-health-program/)

**Mon-Fri 8:30am-4:30pm**

Community-based service to support women during pregnancy and families with infants and young children 0 - 6 years to reach their fullest development potential. **Eligibility:** Residents of the Oneida Settlement.

## **Southwestern Public Health – St. Thomas Site - Healthy Growth and Development - Breastfeeding Support 519-631-9900 ext 1400**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/my-health/breastfeeding.aspx](http://www.swpublichealth.ca/en/my-health/breastfeeding.aspx)

**Administration: Mon-Fri 8:30am-4:30pm**

Breastfeeding support and assistance from a Public Health Nurse. Phone support, office visit, or home visit available.

**Eligibility:** Persons who are pregnant or with a baby and their families.

**Southwestern Public Health – St. Thomas Site -  
Healthy Growth and Development - Healthy Babies  
Healthy Children - 519-631-9900 ext 1400**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/my-health/healthy-babies-healthy-children.aspx?\\_mid\\_=28162](http://www.swpublichealth.ca/en/my-health/healthy-babies-healthy-children.aspx?_mid_=28162)

**Administration: Mon-Fri 8:30am-4:30pm**

Home visits and information for expectant and new parents who may want extra support. Voluntary participation. A public health nurse and parent resource worker support families with information on topics such as pregnancy, breastfeeding, postpartum mood disorder, healthy eating, baby care, growth and development, immunizations and positive parenting. **Eligibility:** Expectant parents and families with young children from birth to school age.

**Southwestern Public Health – St. Thomas Site -  
Healthy Growth and Development - Know and Grow  
Line 519-631-9900 ext 1400**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/classes-clinics-and-services/pregnancy-and-baby-supports.aspx](http://www.swpublichealth.ca/en/classes-clinics-and-services/pregnancy-and-baby-supports.aspx)

**Administration: Mon-Fri 8:30am-4:30pm**

Public health nurse available in person or by phone to discuss and provide resources. Health questions about yourself and/or your children. Post-partum mood disorders (such as depression, anxiety) parenting support information, links and referrals to other community resources and agencies, infant feeding, immunizations. **Eligibility:** For parents and children from infancy up to 6 years old.

**Southwestern Public Health – St. Thomas Site -  
Healthy Growth and Development - Prenatal Classes  
519-631-9900 ext 1400**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/classes-clinics-and-services/online-prenatal-classes.aspx](http://www.swpublichealth.ca/en/classes-clinics-and-services/online-prenatal-classes.aspx)

**Administration: Mon-Fri 8:30am-4:30pm**

Free online prenatal classes for residents of Oxford, Elgin and St Thomas. Information on breastfeeding, physical and emotional changes during pregnancy and after birth, parenting and baby care, labour and birth. **Eligibility:** Individuals who are pregnant. Support people welcome.

## **tykeTALK (Thames Valley Preschool Speech and Language Program) - TVCC Elgin Satellite Site**

**519-633-6388, For new referrals: 519-663-0273**

34 Churchill Cres, Suite 201, St. Thomas, ON, N5R 1N9

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

**Administration: Mon-Fri 8am-4:30pm**

**TykeTalk sessions by appointment**

Early childhood speech, language and feeding/swallowing assessment and therapy services. **Eligibility:** Children from birth to school entry.

## **West Elgin Community Health Centre - Parenting Support - 519-768-1715**

153 Main St, West Lorne, ON, N0L 2P0

<https://wechc.on.ca/programs-and-services/lets-connect-child-and-youth>

**Mon, Tues, Fri 8:30am-12noon & 1pm-4:30pm; Tues & Thurs 8:30am-12noon & 1pm-8:30pm**

Parenting education and support including prenatal classes, breastfeeding support, and a Well Baby Clinic. Healthy Beginnings, Healthy Life- Fitness program for children 3-6 years of age. Play-based fitness activities teach basic fundamental movement skills while being fun and interactive. Program is available in Dutton and Rodney. Call for scheduling details. Registration required.

**Eligibility:** Varies per program.

## **Senior Services**

### **Dutton Dunwich Seniors' Centre**

185-B Currie Rd, Dutton, ON, N0L 1J0

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

**Administration: Mon-Fri 9am-12noon. Programs: Hours vary**  
Recreational, social, cultural and educational activities and programs. Activities include cards including pepper and bridge, quilting group, and special dinners and pot luck meals. **Eligibility:** Older adults.

## **Elgin Community Support Services Network**

**1-888-866-7527**

175 S Edgeware Rd, St. Thomas, ON, N5P 4C4

**Mon-Fri 8:30am-4:30pm**

Central Intake service offered by Community Support Providers in Elgin County. Service includes information about existing services, accessing new services, changing or cancelling current service.

**Eligibility:** Older adults and people with disabilities, brain injury, or dementia.

## **Southwestern Public Health – St. Thomas Site - Dental Health - Ontario Seniors Dental Care Program -**

**Ontario Seniors Dental Care Program: 416-916-0204**

**Health Unit Dental Services: 519-421-9901 ext 3510**

1230 Talbot St, St. Thomas, ON, N5P 1G9

[www.swpublichealth.ca/en/classes-clinics-and-services/seniors-65.aspx](http://www.swpublichealth.ca/en/classes-clinics-and-services/seniors-65.aspx)

**Mon-Fri 8:30am-4:30pm**

Free, routine dental services for low-income seniors who qualify, check-ups (scaling, fluoride, polishing) repair of broken teeth and cavities, x-rays, removal of teeth or abnormal tissue (oral surgery) anesthesia. **Eligibility:** Ontario residents 65 years and older. Must meet the following income requirements: annual net income of \$25,200 or less for a single senior, or combined annual net income of \$41,500 or less for a couple. Must not have other form of dental benefits, including private insurance or other government dental coverage.

## **St. Thomas Seniors Recreation Centre - 519-633-2850**

225 Chestnut St, St. Thomas, ON, N5R 2B5

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

**Administration: Mon-Fri 8am-4pm**

Community centre for older adults, card games (bridge, euchre) crafts, fitness classes - yoga, tai chi, cardio, drum fit, drum alive, dance classes, shuffleboard, carpet bowling, pickleball, day trips, daily lunches, Meals on Wheels served out of the Centre.

**Eligibility:** Adults 50 years and older.

## **Victorian Order of Nurses - Middlesex-Elgin - Elgin-St.**

### **Thomas Office - Community Support Services**

**St Thomas: 519-637-6408 East Elgin: 519-765-2999**

175 S Edgeware Rd, St. Thomas, ON, N5P 4C4

[www.vonme.ca](http://www.vonme.ca) **Administration: Mon-Fri 8:30am-4:30pm**

Supports for older adults, and adults with disabilities. Helps people remain independent in their own homes and community for as long as possible. **Eligibility:** Older adults and people with disabilities, who need physical, social, or emotional supports.

## **West Elgin Community Health Centre - Community**

### **Support Services for Seniors - 519-768-1715**

153 Main St, West Lorne, ON, N0L 2P0

<https://wechc.on.ca/programs-and-services/seniors-and-adults-with-disabilities>

**Mon, Wed, Fri 8:30am-12noon, 1pm-4:30pm Tue and Thu 8:30am-12noon, 1pm-8:30pm**

Various programs provide supports to help older adults maintain independence while remaining in their home and community. Programs and services include: Friendly Visiting, Telephone Checks, Meals on Wheels, Luncheons. Transportation (including accessible van). **Eligibility:** Older adults and adults with disabilities.

## **West Elgin Community Health Centre - Community**

### **Support Services for Seniors - Caregiver Support**

**519-768-1715 ext 2319**

153 Main St, West Lorne, ON, N0L 2P0

<https://wechc.on.ca/programs-and-services/seniors-and-adults-with-disabilities>

**Mon-Fri on an as-needed basis**

One-on-one counselling, education and support services for formal and informal caregivers. Information related to specific diseases and conditions. Information and referral services.

**Eligibility:** People who regularly provide physical, social, or emotional supports.

## Transportation

### West Elgin Community Health Centre - Community Support Services for Seniors - West Elgin

#### Transportation Network - 519-318-9171

160 Main St, West Lorne, ON, N0L 2P0

<https://wehc.on.ca/programs-and-services/transportation-services>

**Administration: Mon-Fri 9am-4pm Trips by appointment only.**

**Must book 24-48 hours in advance**

Non-emergency transportation to local medical appointments and regular activities such as shopping or visiting friends and family. Volunteer drivers use their own vehicles. All rides are dependent on volunteer availability. **Eligibility:** Older adults and adults with disabilities.

### St Thomas Transit - 519-631-0001, Transit Services

#### Representative: 519-631-0368 ext 5133

545 Talbot St, Box 520, St Thomas, ON, N5P 3V7

**Bus Service: Mon-Fri 7:15am-5:45pm Sat 9:15am-5:45pm**

**Administration: Mon-Fri 8:30am-4:30pm, Sat 9am-5pm**

Five route public transportation system, Half-hour service.

**Eligibility:** People requiring transportation.

### St Thomas Transit - Parallel Transit

#### Reservations: 519-631-0001

#### Administration: 519-631-1680

545 Talbot St, Box 520, St. Thomas, ON, N5P 3V7

**Paratransit: Mon-Fri 7:15am-9:45pm, Sat 9:15am-9:45pm,**

**Sun 9:15am-5:45pm, Booking Office: Mon-Fri 6:45am-6:45pm,**

**Sat 8:45am-6:45pm**



City-wide curb-to-curb transportation services for those unable to board the public transit system. May be used for any purpose including employment, medical, personal business or leisure. Demand and standing order bookings available.

**Eligibility:** People requiring transportation.

**Victorian Order of Nurses - Middlesex-Elgin - Elgin-St. Thomas Office - Community Support Services - Transportation – St. Thomas: 519-637-6408**

**East Elgin: 519-765-2999**

175 S Edgeware Rd, St. Thomas, ON, N5P 4C4

<https://von.ca/en/von-care/transportation>

**Administration: Mon-Fri 8:30am-4:30pm**

Non-emergency transportation to local medical and non-medical appointments and regular activities such as shopping, errands and social outings. Volunteer drivers use their own vehicles and also provide a friendly visit along the way. Wheelchair accessible van and ambulatory transportation is available in Aylmer, East Elgin, St Thomas and Central Elgin. Provides transportation to St Thomas vaccine site for adults age 55 and over or adults with disabilities at a cost (VON intake process must be completed, call 519-637-6408).

**Eligibility:** Older adults and adults with disabilities.

**Oneida Nation of the Thames - Health and Wellness Services - Medical Transportation - 519-652-0500**

2213 Elm Ave, Southwold, ON, N0L 2G0

<https://oneida.on.ca/health-wellness/public-services/medical-transportation/>

**Mon-Fri 8:30am-4:30pm**

Assists and coordinates transportation to appointments and other health care services outside of the community.

**Eligibility:** Residents of the Oneida Settlement.



**Struggling?  
Help Starts Here.**



211 connects people to the right information and services, strengthen Canada's health and human services, and helps Canadians become more engaged with their communities. When you don't know where to turn call

2-1-1 or [visit 2-1-1 Ontario website.](#)

**You're not alone.**



**9-8-8**

toll free, 24/7



**9-8-8**

**Suicide Crisis Helpline**

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada

# Special thanks to our community partners



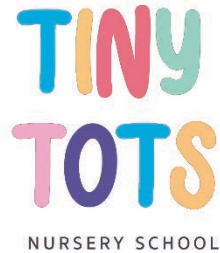
Canadian Mental Health Association  
Thames Valley  
Addiction and Mental Health Services

Association canadienne  
pour la santé mentale  
Thames Valley

Services de santé mentale et de traitement des dépendances



Central Community Health Centre





YWCA ST. THOMAS - ELGIN

For more information about this directory please contact:

YWCA St. Thomas-Elgin

519-631-9800

info@ywcaste.ca

<https://www.ywcaste.ca/>



View online under [Community Resources page](#)



**United Way**  
**Elgin Middlesex**

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United Way Elgin Middlesex*