

# COMMUNITY RESOURCES

Updated December 2018

**EMERGENCY** ..... **911**

## Hospitals/ Medical Services

### **Bluewater Health**

- 89 Norman St., **Sarnia** .....(519) 464-4400
  - Sexual Assault Treatment Centre.....Ext 4522
  - Addiction & Problem Gambling Services..... Ext 5370
  - Withdrawal Management .....(519) 332-4673
- 450 Blanche St., **Petrolia**.....(519) 882-1170

### **Lambton Community Health Services**

- Lambton Public Health  
160 Exmouth St., **Point Edward**.....(519) 383-8331
  - Sexual Health.....Ext 3547
  - Harm Reduction Clinic.....Ext 3547
  - Mental Health & Substance Abuse.....Ext 3643
  - Social Determinants of Health Nurse.....Ext 3616 or 3642
- 59 King St. W., **Forest**.....(519) 786-2148
- 445 Greenfield St., **Petrolia**.....(519) 882-4844
- **Toll Free Number**.....1-800-667-1839

### **Aamjiwnaang First Nation Health Centre**

- 1300 Tashmoo Ave, **Sarnia**.....(519) 332-6770

### **Central Lambton Health Team**

- 4130 Glenview Rd., Unit 3 **Petrolia**.....(519) 882-2500

### **Rapids Family Health Team**

- 1150 Pontiac Dr., **Sarnia** .....(519) 339-8949

### **Twin Bridges Nurse Practitioner Lead Clinic**

- 153 Christina St., **S. Sarnia** .....(226) 776-9030

### **West Lambton Community Health Centre**

- 429 Exmouth St., **Sarnia** .....(519) 344-3017
- 3-51 King St. W., **Forest** .....(519) 786-4545

## Mental Health and Counselling Services

### **Canadian Mental Health Association, Lambton Kent**

- **24 Hour Crisis Line**.....(519) 336-3445 or.....**1-800-307-4319**
- 210 Lochiel St, **Sarnia**.....(519) 337-5411
- 4130 Glenview Rd, Unit 3, **Petrolia**.....(519)-882-2500 Ext 109
- 59 King St, **Forest**.....(519) 786-4545
- 6275 Indian Lane, **Kettle Point**.....(519) 786-6588
- 69 Main Street E, **Grand Bend**.....(519) 238-2362
- 808 Dufferin Avenue, **Wallaceburg**..... (519) 627-9267
- 536 Simcoe St, **Watford**.....(519) 333-2747

### **Family Counselling Centre**

*For families, couples and individuals - ask about subsidized United Way funding*

- 1086 Modeland Road, Building 1030, **Sarnia**.....(519) 336-0120 ext. 244

### **Lambton Mental Wellness Centre**

*Provides peer support for people living with mental illness & support for those supporting someone with mental illness (caregivers, friends, and family) 16 years and older*

- 109 Durand St., **Sarnia**.....(519) 344-5602

### **St. Clair Child and Youth Centre**

*Mental Health Service for Children up to 18 and their families including Youth Walk in Therapy Clinic. Tuesdays Noon -8pm*

- 129 Kendall St, **Point Edward**.....(519) 337-3701

### **Sarnia Lambton Rebound**

*Programs for youth to make positive changes and learn life skills*

- 10 Lorne Cres, **Sarnia**.....(519) 344-2841

### **Sexual Assault Survivors Centre**

- 420 East St., **Sarnia**.....(519) 337-3154

### **Noojmowin Waawiyegamig Healing the Family Circle**

*Family violence outreach, adult counselling, and family healing supports*

- Thunderbird plaza, CKHA, **Walpole Island First Nation, Wallaceburg**

Family & Men's Counselling ..... (519) 627-9291

### **Online Counseling for Ages 16+**

*GreatWhiteWall.ca* .....theteam@greatwhitewall.ca...[www.greatwhitewall.ca](http://www.greatwhitewall.ca)

## Detox Centre & Other Addiction Services

### **Bluewater Methadone Clinic**

- 118 Victoria St., N. **Sarnia**.....(519) 337-5000
- **RAAM (Rapid Access Addiction Medicine Clinic)**.....(519) 337-4357

### **House of Sophrosyne**

- [www.sophrosyne.ca](http://www.sophrosyne.ca), **1717 Chappell Ave. Windsor ON**..... (519) 252-2711

### **Westover**

- 2 Victoria Rd. S., **Thamesville**.....(519) 692-5110

## Shelters

### **Women's Interval Home**

*Provides immediate safe shelter services for women and children experiencing abuse as well as legal and financial assistance*

- 681 Oxford St. **Sarnia**.....(519) 336-5200 or.....1-800-265-1412

### **Three Fires Women's Shelter**

*Emergency women's shelter, crisis line, and help team for women from Walpole Island First Nation and neighboring First Nations and off reserve communities*

- 186 Tecumseh Rd. **Walpole Island First Nation, Wallaceburg**.....(519) 627-3635

### **The Haven Youth Shelter**

*Emergency shelter for all genders ages 16-21*

- 444 Kathleen St., **Sarnia**.....(519) 336-5941

### **The Good Shepherd Lodge**

*Emergency shelter for single men, women and families*

- 950 Confederation St., **Sarnia**.....(519) 344-1679

### **River City Vineyard**

*Emergency Shelter for men*

- 260 Mitton St. N., **Sarnia**.....(519) 383-8463

## **24/7 Telephone Crisis Services**

**Addictions Assistance Line –Westover (24/7)** ..... 1-800-721-3232

**Lambton Mental Health Crisis Centre** (professional counsellors)..... (519) 336-3445

**Distress Line**..... (519) 336-3000 or .....1-888-347-8737

**Sexual Assault Survivors Centre**..... (519)-337-3320 or .....1-888-231-0536

**Kids Help Phone**.....1-800-668-6868

**Good 2 Talk (age 17-25)**..... 1-866-925-5454

**Male Survivors’ Resource** (1 in 6 online resource)..... <https://1in6.org/>

### **Victim Services of Sarnia Lambton**

- 555 N. Christina St.....(519) 344-8861 ext. 5238 or.....1-888-281-3665 ext. 5238

**Sarnia Police Services (non-emergency)**.....519-344-8861

**Information source – 211.ca**..... or dial 211

### **Ontario Online & Text Crisis & Distress Service**

- Text 741-741 or access computer chat at [dcontario.org](http://dcontario.org), 2pm – 2am daily

### **Telecheck**

*(daily telephone support for seniors & individuals with disabilities that live alone).*

- *Operated by family Counselling Centre*.....519-336-0120 ext. 251

## Other Community Agencies and Services

### **Inn of the Good Shepherd** (Food bank & hot meals)

- 115 John St., **Sarnia**.....(519) 344-1746

### **Salvation Army Food Bank**

- 970 Confederation St., **Sarnia**..... (519) 344-1142

### **St. Vincent DePaul Food Bank**

- 228 Davis St., **Sarnia** .....(519) 337-1058

### **Ontario Disability Support Program (ODSP)**

- 150 Christina St. N. **Sarnia**.....(519) 337-3735

### **Ontario Works Intake**

- 150 Christina St., N. **Sarnia** .....(519) 332-4906

## Support Groups

### **Al-a-teen/Al-Anon**

- Several meetings in the area ....www.al-anon.alateen.on.ca.....(519) 337-5211

### **Alcoholic Anonymous**

- Several meetings in the area....www.aasarnialambton.com.....(519) 337-5211

### **Narcotics Anonymous**

- Several meetings in the area...www.orscna.org.....1-888-811-3887

## Connex Ontario

*Mental health, gambling, drug & alcohol addictions*.....1-866-531-2600

### **OLG Self-Exclusion Program**

- Responsible Gambling Resource Centre **Point Edward Casino**.....(519) 344-5967
- Offsite registry **Financial Fitness**, 420 East St., N. **Sarnia**.....(519) 542-1130

## LGBTQ+ Resources

**Sarnia Pride** .....sarniapride@gmail.com.....(519) 807-7978

PFLAG (parent& friends of Lesbians & Gay Children),,normgalliford@hotmail.com.....(519) 336-1892

### **SPECTRUM** (Rebound)

*Drop in space for LGBTQ+ youth aged 14-24*

- 101 Lorne Cres, **Sarnia**.....(519) 344-2841

**NOTES**