

## Family Resource Center

### Topics and Links:

#### Alcohol/Drugs

1. CAMH  
[www.camh.ca/en/health-info/mentalhealth-illness-and-addiction-index](http://www.camh.ca/en/health-info/mentalhealth-illness-and-addiction-index)
2. Drug Wise  
[www.drugwise.org.uk](http://www.drugwise.org.uk)
3. Alcohol and Drug Foundation – ADF  
[www.adf.org](http://www.adf.org)
4. Frank  
[www.talktofrank.com](http://www.talktofrank.com)
5. Addiction Education Society  
<https://addictioneducationsociety.org/>

#### Books

1. Beyond Addiction: How Science and Kindness Help People Change  
By: Jeffery Foote, Carrie Wilkens, and Nicole Kosanke with Stephanie Higgs
2. In the Realm of the Hungry Ghost: Close Encounters with Addiction  
By: Gabor Mate M.D.
3. Loving Someone with Borderline Personality Disorder  
By: Shari Y Manning P.H.D
4. Waking the Tiger: Healing Trauma  
By: Peter A. Levine PhD
5. The Language of Letting Go  
By: Melody Beattie
6. Daring Greatly: How the Courage to be Vulnerable Transforms the way we Live, Love Parent and Lead  
By: Brene Brown

7. When Parents Hurt: Compassionate Strategies when you and your Grown Child don't get Along.  
By: Joshua Coleman
8. Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild your Relationship  
By: Russell A. Barkley
9. How to Talk to your Kids so they will Listen and Listen so Kids will Talk  
By: Adele Faber
10. Setting Boundaries with your Adult Children: Six Steps to Hope and Healing for Struggling Parents  
By Allison Bottle
11. From Darkness of Addiction to the Dawn of Recovery: A practical guide to recovery for the family afflicted with alcohol and drug addiction  
By: Walter Lee
12. Loving an Addict, Loving Yourself: The top 10 survival tips for loving someone with an addiction  
By: Candace Plattor
13. Marriage on the Rocks: Learning to live with yourself and an Alcoholic  
By: Dr. Janet G. Woiltitz
14. Families and addiction: How to stop the Chaos and restore Family Balance  
By: Robert H. Brown
15. Beautiful Boy: A father's journey through his son's addiction  
By: David Sheff

## **Booklets**

1. Addiction: An Information Guide by CAMH  
[www.camh.ca/en/health-info/guidesandpublications/addiction-guide-en.pdf](http://www.camh.ca/en/health-info/guidesandpublications/addiction-guide-en.pdf)
2. When a Family Member chooses not to seek help. By CAMH  
[www.camh.ca/en/health-info/guidesandpublications/when-a0family-member-is-unwilling-to-seek-help](http://www.camh.ca/en/health-info/guidesandpublications/when-a0family-member-is-unwilling-to-seek-help)

3. What Parents need to know about teen Risk-taking: Strategies for reducing the risks of alcohol, tobacco, other drugs and gambling by CAMH  
[www.camh.ca/en/health-info/guidesandpublications/what-parents-teen-risk-taking-en-pdf](http://www.camh.ca/en/health-info/guidesandpublications/what-parents-teen-risk-taking-en-pdf)
4. Cannabis: What Parents/Guardians and Caregivers need to know by CAMH  
[www.camh.ca/en/health-info/guidesandpublications/cannabis-information-document-smha-camh-en.pdf](http://www.camh.ca/en/health-info/guidesandpublications/cannabis-information-document-smha-camh-en.pdf)
5. A Family Guide to Concurrent Disorders by CAMH  
[www.camha.ca/en/health-info/guidesandpublications/partnering-with-families-guide.pdf](http://www.camha.ca/en/health-info/guidesandpublications/partnering-with-families-guide.pdf)
6. Coping Kit by Here to Help  
[www.heretohelp.bc.ca/sites/default/files/fgta-coping-kit.pdf](http://www.heretohelp.bc.ca/sites/default/files/fgta-coping-kit.pdf)

## Caregivers

1. The Ontario Caregivers Organization  
[www.ontariocaregiver.ca](http://www.ontariocaregiver.ca)
2. Ontario Family Caregivers Advisory Network  
[www.ofcan.org](http://www.ofcan.org)

## Children of Addiction

1. NACOA: Voice for the Children  
[www.nacoa.org](http://www.nacoa.org)
2. Journeys when a Parent takes Drugs by Adfam  
[www.adfam.org.uk/files/docs/Adfam\\_Journeys-when-parents-take-drugs.pdf](http://www.adfam.org.uk/files/docs/Adfam_Journeys-when-parents-take-drugs.pdf)

## ***Crisis and Urgent Care Support Niagara:***

1. *Crisis Outreach and Support Team (COAST)* CMHA of Niagara  
1-866-550-5205 24 hr support [www.cmhaniagra.ca/coast-niagara/](http://www.cmhaniagra.ca/coast-niagara/)
2. *Safe Beds (CMHA)* 1-866-550-5205 24 hr support
3. *Distress Centre Niagara*  
Niagara Falls/St. Catharines line: 905-688-3711  
Welland/Port Colborne/Wainfleet line: 905-734-1212  
Fort Erie line: 905-382-0689  
Grimbsy/West Lincoln: 905-563-6674
4. *Pathstones Crisisline:* 1-800-263-4944

## Provincial/National Help Lines

1. *Crisis Services Canada* 1-833-456-4566 ext. 45645 24/7
2. *Kids Help Phone* 1-800-668-6868 24/7
3. *Talk4Healing* (call or text) 1-855-554-HEAL (4325) Culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario. Available 24/7
4. *First Nations and Inuit Hope for Helpline* 1-855-242-3310 24/7
5. *Native Youth Crisis Hotline* 1-877-209-1266

## Finances

1. Credit Canada Niagara Region – 905-684-9401  
[www.creditcanada.com](http://www.creditcanada.com)

## Cultural Resources

1. Multicultural Mental Health Resource Centre  
[www.multiculturalmentalhealth.ca](http://www.multiculturalmentalhealth.ca)
2. Connex Ontario – Help in Other Languages  
[www.connexontario.ca/otherlanguages](http://www.connexontario.ca/otherlanguages)
3. Hong Fook Mental Health Association  
[www.hongfook.ca](http://www.hongfook.ca)
4. Across Boundaries  
[www.acrossboundaries.ca](http://www.acrossboundaries.ca)

## Family Support Websites

1. Families for Addiction Recovery  
[www.farcanada.org](http://www.farcanada.org)
2. Adfam

[www.adfam.org.uk](http://www.adfam.org.uk)

3. Sober Families  
[www.soberfamilies.com](http://www.soberfamilies.com)
4. Smart Recovery  
[www.smartrecovery.org/family](http://www.smartrecovery.org/family)
5. Here to Help  
[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

### **French Language Resources**

1. Ligue Parents  
[www.ligueparents.com/LigneParents](http://www.ligueparents.com/LigneParents)
2. CAMH (Centre de toxicomania et sante mentale)  
[www.camh.ca/fr](http://www.camh.ca/fr)
3. Jeu Problematique (CAMH)  
[www.problemgambling.ca/gambling-help/fr/HomePage.aspx](http://www.problemgambling.ca/gambling-help/fr/HomePage.aspx)

### **Gambling/Gaming**

1. How the Brain gets Addicted to Gambling  
[www.scientificamerican.com/article/how-the-brain-gets-addicted-to-gambling](http://www.scientificamerican.com/article/how-the-brain-gets-addicted-to-gambling)
2. Problem Gambling  
[www.problemgambling.ca](http://www.problemgambling.ca)
3. Responsible Gambling Council  
[www.responsiblegambling.org](http://www.responsiblegambling.org)
4. Play Smart  
[www.playsmart.ca](http://www.playsmart.ca)

### **Grief and Loss**

1. Healing Hearts  
[www.healingheartscanada.org](http://www.healingheartscanada.org)

2. Gone to Soon – Grief Booklet  
[www.bccsu.ca/wp-content/uploads/2019/07/Gone-Too-Soon-Canada-English.pdf](http://www.bccsu.ca/wp-content/uploads/2019/07/Gone-Too-Soon-Canada-English.pdf)
3. Journeys Living with Drug or Alcohol Bereavement by Adfam  
[www.adfam.org.uk/files/docs/Adfam\\_Journeys-living-with-drugs-or-alcohol-bereavement.pdf](http://www.adfam.org.uk/files/docs/Adfam_Journeys-living-with-drugs-or-alcohol-bereavement.pdf)

## **Harm Reduction**

1. National Harm Reduction Coalition  
[www.harmreduction.org](http://www.harmreduction.org)
2. Harm Reduction International  
[www.hri.global](http://www.hri.global)
3. National Overdose Response Service (NORS)  
[www.nors.ca](http://www.nors.ca)
4. Positive Living Niagara  
[www.positivelivingniagara.ca](http://www.positivelivingniagara.ca)

## **Indigenous Resources**

1. De dwa da dehs nye – Aboriginal Health Centre  
[www.aboriginalhealthcentre.com](http://www.aboriginalhealthcentre.com)
2. Fort Erie Native Friendship Centre  
[www.fenfc.org](http://www.fenfc.org)
3. Niagara Regional Native Centre  
[www.nrnc.ca](http://www.nrnc.ca)
4. Talk4Healing  
[www.talk4healing.com](http://www.talk4healing.com)
5. Hope for Wellness Helpline – 1-855-242-3310  
[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

## LGBT2SQ

1. Rainbow Health Ontario  
[www.rainbowhealthontario.ca](http://www.rainbowhealthontario.ca)
2. It Gets Better  
[www.itgetsbetter.org](http://www.itgetsbetter.org)
3. Parents, Friends of Lesbians and Gays (Pflag)  
[www.pflagcanada.ca](http://www.pflagcanada.ca)
4. Positive Living Niagara  
[www.positivelivingniagara.com](http://www.positivelivingniagara.com)
5. Niagara Falls Community Health Centre  
Celeste Turner  
905-356-4222 ext. 311  
[cturner@nfchc.ca](mailto:cturner@nfchc.ca)
6. Quest Community Health Centre  
Rainbow Niagara LGBTQ+ Services  
Stephanie Vail  
[svail@questchc.ca](mailto:svail@questchc.ca)

## Mental Health

1. Centre for Addiction and Mental Health (CAMH)  
[www.camh.ca](http://www.camh.ca)
2. Rethink Mental Illness  
[www.rethink.org](http://www.rethink.org)
3. eMental Health  
[www.ementalhealth.ca](http://www.ementalhealth.ca)
4. National Alliance on Mental Illness (NAMI)  
[www.nami.org](http://www.nami.org)
5. Mental Health for Everyone  
[www.mentalhealthforeveryone.ca](http://www.mentalhealthforeveryone.ca)

## Pain

1. Chronic Pain Association of Canada  
[www.chronicpainassociationofcanada.com](http://www.chronicpainassociationofcanada.com)
2. Chronic Pain – Health Canada  
[www.canada.ca/en/public-health/services/diseases/chronic-pain.html](http://www.canada.ca/en/public-health/services/diseases/chronic-pain.html)

## Partner Addiction

1. Journeys Living with a Partner – Adfam  
[www.adfam.org.uk/files/docs/Journey\\_Living\\_with\\_a\\_partner.pdf](http://www.adfam.org.uk/files/docs/Journey_Living_with_a_partner.pdf)
2. The Gottman Institute  
[www.gottman.com](http://www.gottman.com)
3. Esther Perel  
[www.estherperel.com](http://www.estherperel.com)

## Self-Care

1. Self-Compassion – Dr. Kristin Neff  
[www.self-compassion.org](http://www.self-compassion.org)
2. Tara Brach  
[www.tarabrach.com](http://www.tarabrach.com)
3. The Practical Science of Lasting Happiness – Dr. Rick Hanson  
[www.rickhanson.net](http://www.rickhanson.net)
4. The Happiness Lab – Dr. Laurie Santos  
[www.happineslab.fm](http://www.happineslab.fm)
5. Journaling. Com  
[www.journaling.com](http://www.journaling.com)



## Seniors

1. Seniors Mental Health and Addictions  
[www.ryerson.ca/content/dam/crncc/knowledge/infocus/factsheets/InFocus-SeniorsMentalHealthandAddictions.pdf](http://www.ryerson.ca/content/dam/crncc/knowledge/infocus/factsheets/InFocus-SeniorsMentalHealthandAddictions.pdf)
2. Mental Health First Aid for Seniors  
[www.mhfa.ca/en/course-type/seniors](http://www.mhfa.ca/en/course-type/seniors)

## Trauma

1. Somatic Experiencing International  
[www.traumahealing.org](http://www.traumahealing.org)
2. Rhythm of Regulation  
[www.rhythmofregulation.com](http://www.rhythmofregulation.com)
3. Bessel van der Kolk  
[www.besselvandorkolk.com](http://www.besselvandorkolk.com)
4. Polyvagal Theory – Home of Stephen Porges  
[www.stephenporges.com](http://www.stephenporges.com)

## Youth

1. Drug Free Kids Canada  
[www.drugfreekidscanada.org](http://www.drugfreekidscanada.org)
2. National Institute on Drug Abuse  
<https://teens.drugabuse.gov/>
3. Addiction Education Society  
<https://addictioneducationsociety.org/>
4. Adfam – Living with a drug user for Parents  
[https://adfam.org.uk/files/Family\\_Publications/Living\\_with\\_a\\_drug\\_user\\_for\\_parents.pdf](https://adfam.org.uk/files/Family_Publications/Living_with_a_drug_user_for_parents.pdf)

