

Community Resources

National & Provincial Support & Crisis Lines

Service	Description	Contact
211 Ontario	<p>Helpline that connects people to social services, programs & community supports they need;</p> <p>Phone & online chatbot: 24/7 Text & online chat: Monday-Friday 7am-9pm Services available in 150 languages</p>	<p>Call/Text: 211</p> <p>Email: gethelp@211ontario.ca</p> <p>Live Chat: 211ontario.ca</p>
988 Suicide Crisis Helpline	<p>24/7 support line</p> <p>If you or someone you know is thinking or talking about suicide, 988 offers support that is bilingual, trauma-informed, and culturally appropriate</p>	<p>Call/Text: 988</p>
Black Youth Helpline	<p>Culturally appropriate services for youth, families and schools</p> <p>Daily: 9am-10pm</p>	<p>Call: 416-285-9944 Toll Free: 1-833-294-8650 Email: info@blackyouth.ca www.blackyouth.ca</p>
Canada's National Human Trafficking Hotline	<p>24/7 support line</p> <p>Confidential, multilingual service that connects victims and survivors with social services, law enforcement, and emergency services</p> <p>Receives tips from the public</p>	<p>Call: 1-833-900-1010</p> <p>Online Chat: www.canadianhumantraffickinghotline.ca</p>
Connex	<p>Up-to-date, community-based details about alcohol, drugs, mental illness and gambling within the province</p> <p>Able to provide service in over 170 languages, just call and state your language</p>	<p>Call: 1-866-531-2600</p> <p>Text: "CONNEX" to 247247</p> <p>Online Chat: www.connexontario.ca</p>

Seeking Safety

Service	Description	Contact
<p>Hope for Wellness Helpline: Indigenous People Across Canada</p>	<p>24/7 telephone support & online chat Available upon request in: Cree, Ojibway (Anishinaabemowin), Inuktitut</p> <p>Note: each language is not available 24/7, so you may need to call in to find out the next time that a language speaker will be available</p>	<p>Call: 1-855-242-3310</p> <p>Text: "WELLNESS" to 741741</p> <p>Chat: www.hopeforwellness.ca</p>
<p>Kids Help Phone</p>	<p>24/7 crisis support</p> <p>Also offers self-guided tools & a community resource database</p> <p>Indigenous identifying folks can speak with a First Nations, Inuk or Metis crisis responder (if one is available) by messaging FIRST NATIONS, INUIT or METIS to 686868 or through Facebook Messenger</p>	<p>Call: 1-800-668-6868</p> <p>Text: "CONNECT" to 686868</p> <p>Chat: www.kidshelpphone.ca</p>
<p>National Domestic Violence Hotline</p>	<p>24/7 support line</p> <p>Provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse</p>	<p>Call: 1-800-799-7233</p> <p>Text: "START" to 88788</p>
<p>Native Youth Crisis Line</p>	<p>24/7 crisis support</p>	<p>Call: 1-877-209-1266</p>
<p>National Overdose Response Service (NORS)</p>	<p>24/7 Hotline</p> <p>NORS is an anonymous, peer-run, peer-led overdose prevention hotline. Call the hotline from anywhere in Canada before using for affirming, confidential, respectful support</p> <p>Volunteers are trained in Mental Health First Aid and Psychosis de-escalation</p>	<p>Call: 1-800-688-6677</p> <p>App: The Brave App</p> <p>www.nors.ca</p>
<p>Fem Aide</p>	<p>24/7 support line for French speaking women experiencing violence, and those around them</p>	<p>Call/Text: 1-877-336-2433</p> <p>Online Chat: www.femaide.ca</p>

<p>Ontario Caregiver Support Line</p>	<p>24/7 helpline (not for crisis) For all ages of families, loved ones, and anyone else who supports someone</p>	<p>Call: 1-833-416-2273 www.ontariocaregiver.ca</p>
<p>Trans Lifeline-Suicide Hotline</p>	<p>24/7 support Peer support phone services run by trans folks for trans and questioning individuals</p>	<p>Call: 1-877-330-6366 www.translifeline.org</p>
<p>Nisa Helpline</p>	<p>Confidential, anonymous helpline for Muslim women and girls across North America 7 days a week 8am – midnight (ET) free, confidential peer-counselling support and culturally-sensitive guidance Support available in French, Urdu, Arabic and Somali</p>	<p>Website: https://www.nisafoundation.ca/programs/nisa-helpline Call: 1-888-315-6472</p>
<p>Naseeha Mental Health</p>	<p>This helpline is specifically designed to address the unique mental health challenges faced by Muslims, and it offers confidential and non-judgmental support to those in need. However, those of different faiths or no faith are welcome to use this helpline as well as our counselors are trained in various therapeutic modalities and knowledgeable of the spectrum of mental health issues. Services offered in English, Arabic, Farsi, Urdu, French, Somali, Turkish *Please check website for information on counsellor availability for specific languages*</p>	<p>Website: https://www.naseeha.org/help-line-textline Website also offers chat Call: 1-866-627-3342</p>
<p>National Indian Residential School Crisis Line</p>	<p>24/7 support for former residential school students and those affected.</p>	<p>Call: 1-866-925-4419</p>

Talk4healing (for Indigenous women)		Call: 1-855-554-4325
Ontario Caregiver Helpline	Available in English or French Interpretation services available for up to 150 languages upon request	Website: https://ontariocaregiver.ca/ *online chat available mon-fri 7am-9pm EST Call: 1-833-416-2273 (24/7)

Crisis & Urgent Support Services

Service	Description	Contact
COAST – Crisis Outreach & Support Team CMHA Niagara	24/7 immediate telephone counselling, on-site crisis & outreach intervention as needed For ages 16+	Call: 1-866-550-5205 www.niagara.cmha.ca
Distress Centre	24/7 Support line You may get an answering machine but they will call you back	Call: 905-688-3711 (Niagara Falls, St. Catharines) 905-734-1212 (Welland, Port Colborne, Wainfleet) 905-382-0689 (Fort Erie, surrounding area) 905-563-6674 (Grimsby, West Lincoln) www.distresscentreniagara.com
Gillian’s Place	24/7 crisis line for individuals experiencing gender-based violence and intimate partner violence	Call/Text: 905-684-8331
Birchway	24/7 crisis line for individuals experiencing gender-based violence and intimate partner violence	Call/Text: 905-356-5800
Safe Beds CMHA Niagara/ St. Catharines	24/7 services Offers short-term residential services; an alternative to hospitalization for individuals with a mental illness experiencing a crisis and unable to stay in the current living situation Ages 16+	Call: 1-866-550-5205 ext 2 www.niagara.cmha.ca

<p>Pathstone Mental Health Niagara</p>	<p>24/7 crisis line available for youth 18 and under or their family members</p> <p>10 walk-in clinics throughout Niagara (Monday-Friday)</p> <p>Video counselling by appointment only (Monday-Friday)</p>	<p>Call: 1-800-263-4944 For crisis lines and/or appointments</p>

Emergency Shelters

Service	Description	Contact
<p>Booth Centre – Salvation Army St. Catharines</p>	<p>24/7 shelter for men 18+</p>	<p>Call: 905-684-7813</p>
<p>Hope Centre Welland</p>	<p>24/7 shelter for individuals & families</p> <p>Also offers housing help, food security programs and counselling</p>	<p>Call: 905-788-0744 weekdays, 8:30am-4:30pm</p> <p>211 after hours</p> <p>Email: info@thehopecentre.net</p>
<p>Niagara Assertive Street Outreach – NASO</p>	<p>Engages individuals experiencing unsheltered homelessness to promote, connect and coordinate access to supports</p> <p>Monday-Friday 7am-11pm Saturday-Sunday 9am-11pm</p>	<p>Call: 211 to connect with NASO</p>
<p>Nightlight Niagara Falls</p>	<p>24/7 shelter for youth age 16-30</p> <p>Open to all genders (men, women, non-binary)</p> <p>Short term residence for homeless youth</p> <p>Other programs include; youth transitional housing for men, outreach services</p>	<p>Call: 905-358-3678</p>
<p>Southridge St. Catharines</p>	<p>24/7 shelter for adults</p>	<p>Call: 905-682-2477</p>

<p>YWCA Multiple locations</p>	<p>24/7 shelter</p> <p>Provides shelter, food and assistance to women, men and gender diverse people and families living in poverty</p> <p>Other programs include transitional housing</p>	<p>St. Catharines Women's Call: 289-273-4308 Family Call: 289-686-0927</p> <p>Niagara Falls Women's Call: 289-267-0411 Men & Family Call: 289-686-0927</p>
<p>The Raft St. Catharines</p>	<p>24/7 hostel shelter for youth ages 16-24</p> <p>Other programs include; shelter diversion, outreach, transition support</p>	<p>Call: 905-984-4365</p> <p>Email: info@theraft.ca</p>

Housing Services

Service	Description	Contact
<p>Abbey House Niagara-on-the-Lake Niagara Regional Native Centre</p>	<p>Transitional residence for Indigenous women (with or without children) who are experiencing a crisis</p>	<p>Call: 905-688-6484</p>
<p>Housing Help Center Community Care St. Catharines</p>	<p>Can assist with: Those at risk of homelessness due to eviction or housing loss & finding safe alternatives to shelter</p> <p>Referrals to legal support, income supports and other programs</p> <p>Solutions to tenancy issues</p> <p>Money management – Trusteeship Service (including youth 16-24)</p> <p>ID clinic for vulnerable people without a permanent address</p> <p>Assistance with discharge from institutions</p> <p>Receiving mail for people without a permanent address</p> <p>RentSmart training</p> <p>Assistance with OESP</p>	<p>Call: 905-984-8955</p> <p>Email: housing@communitycaresca.ca</p>

<p>Niagara Regional Housing</p>	<p>Provides and supports low-income housing throughout the Niagara Region</p>	<p>Call: 905-980-6000 or 1-800-263-7215 (toll free)</p> <p>Email: through website https://nrh.ca/</p> <p>Open Monday-Friday 8:30-4:30</p>
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Gender Based & Domestic Violence Shelters and Supports

Service	Description	Contact
<p>Gillian's Place St. Catharines</p>	<p>24/7 safe refuge for women, children, non-binary, transgender and two-spirit folks experiencing/fleeing violence</p> <p>Programs include; outreach counselling, housing support, crisis line, legal services</p> <p>Services North Niagara (St. Catharines, Grimsby, Beamsville, Lincoln and surrounding areas)</p>	<p>Call/text: 905-356-5800</p>
<p>Niagara Sexual Assault Centre Also known as CARSA</p>	<p>24/7 crisis line</p> <p>Support and emergency services to sexual assault survivors and their families. Also offer ongoing individual and group counselling</p> <p>French services available</p>	<p>Call: 905-682-4584</p>
<p>Safer House</p>	<p>24/7 service</p> <p>Immediate crisis housing for individuals who have been involved in a sexually exploitative situation</p>	<p>Call: 905-988-3528 Or 905-682-2626 ext 5000</p>

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<p>Victim Services of Niagara</p>	<p>24/7 Emergency referral line</p> <p>Victim Crisis Assistance Ontario (VCAO): on-scene crisis intervention and bridge to other community resources</p> <p>Victim Quick Response Program (VQRP): timely financial assistance to victims of violent crimes</p> <p>Mobile Tracking Emergency Response System (MTERS): GPS enabled intervention strategy to enhance safety of high-risk individuals</p>	<p>Crisis Response Line: 905-682-2626</p>
<p>Birchway Niagara Niagara Falls</p> <p>Previously known as Nova House & Women's Place of South Niagara</p>	<p>24/7 safe refuge for women and children experiencing/fleeing violence</p> <p>Programs include; outreach counselling, housing support, emergency shelter</p> <p>Services South Niagara (Niagara Falls, Fort Erie, Welland, Pelham, Port Colborne and surrounding areas)</p> <p>*Also may be able to assist non-female identifying folks with off-site services</p>	<p>Call/text: 905-684-8331</p>

Community Health Centers

Service	Description	Contact
<p>Bridges Community Health Centre</p>	<p>Provides the community with primary health care, health promotion, illness</p>	<p>Email: info@bridgeschc.ca</p> <p>Port Colborne:</p>

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<p>Fort Erie, Port Colborne, Wainfleet</p>	<p>prevention and community development Particular focus on needs of seniors, children and youth, newcomers to Canada and families or individuals with low income</p>	<p>380 Elm St 289-479-5017 Fort Erie: 1485 Garrison Rd 905-871-7621</p>
<p>Niagara Falls Community Health Centre (NFCHC) Niagara Falls</p>	<p>Non-profit, community governed, multi-service health centre that provides primary health care, health promotion, and community development services all under one roof at no cost Some services include mental health counselling, general practitioners, 2SLGBTQ+ worker & supports, dental, nutrition, groups & more</p>	<p>Call: 905-356-4222</p>
<p>Quest Community Health Centre St. Catharines</p>	<p>Provides primary health care services to individuals experiencing social, economic and cultural barriers Also engages in health promotion initiatives and community capacity building Includes health care services for trans folks</p>	<p>Call: 905-688-7558</p>
<p>Positive Living Niagara</p>	<p>An adaptive community that accepts and supports those affected by HIV, HCV, STBBIs and substance use Harm Reduction: provides safer injection and inhalation supplies, system navigation services, workshops and a Consumption and Treatment Services (CTS) site (also offers mobile delivery van for supplies) HIV Supports: case management, counselling,</p>	<p>Call: 905-984-8684 Email: info@positivelivingniagara.com Main Office: 120 Queenston St, St. Catharines CTS: 105 Queenston St (rear entrance) HIV supports: Jackie jackie@positivelivingniagara.com at 905-984-8684 ext 119</p>

	in-home supports, self-test kits, PrEP clinic	
Sex Trade on My Terms (STOMT) Program	Confidential meetings and supports for women who are engaged in sex work in Niagara Falls, St. Catharines, Fort Erie, Port Colborne and Welland	Contact: Kendra 905-246-4483 kcooper@ywcaniagararegion.ca

Start Me Up Niagara St. Catharines	Resource Centre, Employment Services, From Our Garden program, Bike Me Up Niagara, Mobile Closet, Drop-In Services (health services on set days, daily refreshments, access to phone/computer/restrooms/mail services, *full list on website*	Resource Centre 203 Church St, St. Catharines phone: 905-984-5310 Work Action Centre 211 Church St, St. Catharines phone: 289-438-3939 Website: https://www.startmeupniagara.ca/
Westview Centre 4 Women St. Catharines	Westview Centre4Women is a weekly drop-in providing women of all walks of life with a safe, welcoming, and dignified environment where we are accepted and encouraged. While at WC4W, every woman is seen as an equal as everyone has something to offer to the community. We encourage every woman to be herself and we strive to treat everyone with dignity and respect.	Email: westviewcentre4women@yahoo.com Phone: 905-351-2822 Website: https://www.westviewcentre4women.ca/
Hepatitis C Care Clinic Many locations throughout Niagara Region	Registered nurses, outreach worker and social worker will meet with you at one of their clinics or community partner locations. They can conduct Hepatitis C testing at this visit and get results in 5 – 20 minutes. Also offers treatment, case management, counselling	Phone: 905.378.4647 ext. 32554 Email: HCCC@niagarahealth.on.ca

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	and support, education and workshops Self-referrals welcome	
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<p>RAAM (Rapid Access Addiction Medicine Clinics) Multiple locations throughout Niagara Region</p>	<p>St. Catharines hospital – Outpatient Walk-in Clinic: Thursdays 9 to 11 a.m</p> <p>Niagara Falls Hospital – Outpatient Mental Health Unit Walk-in Clinic: Wednesdays 9 to 11 a.m</p> <p>Welland Hospital – MacLean Building Walk-in Clinic: Fridays 9 to 11 a.m</p> <p>Mental Health and Addictions Services Site, Partnership with Canadian Mental Health Association</p> <p>264 Welland Avenue, St. Catharines (next to Goldencare Pharmacy) Walk-in Clinic: Mondays 9 to 11 a.m and Wednesdays from 1 to 3 p.m.</p>	<p>Phone: 905-378-4647 ext. 49463 between 9 a.m. and 1 p.m</p>
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Parenting Resources

<p>Strive Niagara Welland</p>	<p>non-profit, social service organization dedicated to assisting and fostering the independence of young families pursuing an education through the provision of quality child care and other necessary supports.</p> <ul style="list-style-type: none"> • Counselling and emotional support • Parenting and life skills training 	<p>Phone: 905-735-2566 285 East Main St, Welland</p>
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	<ul style="list-style-type: none"> • Goal setting • Career counselling • Niagara College recruitment • Budgeting guidance • Crisis intervention • Academic credits • Home visits • 1-on-1 and group counselling • Pre-employment and employability skills <p>Outreach programs available in the community as well</p>	
ABC (A Better Choice) St. Catharines	<p>Provides intensive case management to pregnant and/or parenting women with substance use issues and their family units (ages 0 to 6 years).</p> <p>Parenting skills training and health teaching, advocacy and referrals are also provided</p>	<p>264 Welland Ave, St. Catharines Phone: 905-378-1075 Email: ABC@niagarahealth.on.ca</p>
Niagara Regional Native Centre	<p>Many different groups available, check out their events page. Do not have to be Indigenous to attend. E.g., - Baby & Me with EarlyOn, Mindful Monday with EarlyOn, Shennen:Kowa "Great Peace of Mind" with EarlyOn, Youth Night...etc</p>	<p>Website: https://nrnc.ca/event-directory/</p>

Eating Disorders/Disordered Eating Resources

Service	Description	Contact
NEDOP (in person)	The National Eating Disorder Information Centre (NEDIC) provides information, referrals and support to people in	<p>Phone: (905) 378-4647 ext. 32532 Fax: (905) 834-7761 Email: nedop@niagarahealth.on.ca</p>

	<p>Canada affected by eating disorders.</p> <p>Services include; group therapy, individual therapy, outpatient management</p> <p>Referral form must be completed by a primary care provider</p>	
Sheena's Place (in person and virtual)	<p>Offers group-based support to people aged 17+ affected by an eating disorder or disordered eating. Our professionally-facilitated groups are completely free of charge and participants do not require an eating disorder diagnosis or referral to register. Physically located in Toronto, however, a large amount of groups are held online and you can self refer!</p>	<p>Website: www.sheenasplace.org Phone: 416-927-8900 Email: info@sheenasplace.org</p>
Body Brave (virtual)	<p>Virtual support services available for ages 14+ Virtual treatment services available for ages 17+ All services are free OR covered by OHIP, no diagnosis or referral is required.</p>	<p>Website: www.bodybrave.ca Email: info@bodybrave.ca Phone: (905) 312-9628</p>

Financial Support Resources

Service	Description	Contact
LEAP – Low Income Energy Assistance Program	Emergency Assistance with paying energy bills	<p>Website: https://www.oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program</p>
OESP Ontario Electricity Support Program	Ongoing monthly support on qualified customers electricity bills	<p>Website: https://www.oeb.ca/consumer-information-and-protection/bill-assistance-</p>




		programs/ontario-electricity-support-program
Trillium Drug Program (Health Benefits)	The Trillium Drug Program (TDP) helps Ontarians (between 25 to 64 years of age, or 24 years of age and under with private insurance) pay for their high prescription-drug costs	Website: https://forms.ontariodrugbenefit.ca/
Credit Counselling Society	Provides free debt and credit help to Niagara Falls Financial Education Budgeting/Money Management	Website: https://nomoredebts.org/ Phone: 1-888-527-8999

Food Support Resources

Service	Description	Contact
Community Care		<p><u>St. Catharines/Thorold</u> 12 North Street St. Catharines Website: https://www.communitycarestca.ca/ Phone: 905-685-1349 Hours: Monday- Friday:10 – noon & 1-3 pm</p> <p><u>West Niagara</u> 4309 Central Avenue PO Box 171 Beamsville Website: http://www.communitycarewn.ca/ Phone: 905-563-5822 Hours: Mon-Fri: 8:30am-4:30pm</p> <p>Vineland location: 3831 Victoria Avenue Vineland Hours: Tues-Thurs 1:00pm-4:30pm</p>
GBF Community Services		<p>40 Elm Street, P.O. Box 231 Grimsby Website: https://gbfgrimsby.com/ Phone: 905-309-5664 ext. 33</p>

Seeking Safety

		<p>Hours: Tue-Fri: 10:00am – 2:00pm After hour arrangements can be made if required</p>
Newark Neighbours		<p>310 John Street East Niagara-on-the-Lake Website: https://www.newarkneighbours.ca/ Phone: 905-468-35191 Hours: Monday – Friday: 9:30 a.m.to 2:00 p.m. Saturdays: Closed Sundays: Closed during winter</p>
Pelham Cares		<p>191 Hwy 20 E Fonthill Website: http://www.pelhamcares.org/ Phone: 905-892-5300 Hours: Mon-Fri: 8:30am – 12:00pm Other: Nov-Dec Thursdays 8:30am – 4:00pm</p>
Port Cares		<p>61 Nickel Street Port Colborne Website: https://www.portcares.ca/ Phone: 905-835-1914 Hours: Monday, Wednesday, Thursday: 12:30pm – 2:30pm</p>
Project Share		<p>#2-4129 Stanley Avenue Niagara Falls Website: http://projectshare.ca/ Phone: 905-357-5121 Hours: Mon-Fri: 10:00am – 3:00pm</p>
The Hope Centre		<p>570 King Street Welland Website: http://www.thehopecentre.net/ Phone: 905-788-0744 Hours: Mon-Fri: 9:30am – 12:00pm & 1:00pm – 3:00pm</p>
The Salvation Army – Fort Erie		<p>255 Gilmore Rd Fort Erie</p>

		<p>Website: http://salvationarmyforterie.org/ Phone: 905-871-1592 Hours: Mon, Wed, Friday: 12:00pm – 3:30pm</p>
West Lincoln Community Care		<p>2660 Industrial Park Rd. Smithville Website: https://www.westlincolncc.com/ Phone: 905-957-5882 Hours: Tue: 9:30am – 4:00pm Wed: 2:00pm – 6:00pm Thu: 9:30am – 4:00pm</p>
Village of Hope Niagara		<p>2540 South Service Road Lincoln Phone: 905 562 3113 Email: mail@villageofhopeniagara.org Hours: Mon-Fri 10am-3pm Website: https://villageofhopeniagara.org/foodbank</p>
Small Scale Farms	<p>Provides affordable produce, meat, eggs, dairy and more!</p> <p>Follow their social media to see flash sales of excess items</p>	<p>https://smallscalefarms.ca/</p>
Too Good To Go – phone app	<p>Unsold food from local restaurants, cafes, and stores at reduced prices *required a credit card or debit/visa</p>	
Flash Food – phone app	<p>Fresh produce, meat and more and local grocery stores with reduced pricing *required a credit card or debit/visa</p>	
Flipp – phone app for coupons/flyers	<p>Search by item, area, or store to find flyers and coupons *required a credit card or debit/visa</p>	
GROW Home Community Food Literacy Centre	Niagara falls	<p>https://www.growcflc.com/growmarket</p>

Education/Employment Resources

Service	Description	Contact
Academic Upgrading – Niagara College	If you do not have your high school diploma or you previously completed high school and need to refresh your skills, Niagara College's tuition-free Academic Upgrading program can help you achieve your career goals.	https://www.niagaracollege.ca/liberal/program/literacy/ Also offered in French at Collège Boréal http://www.collegeboreal.ca/programmes-cours/ace-upgrading/
High School Diploma		Ontario Government - https://www.ontario.ca/page/adult-learning-ontario-high-school-diploma District School Board of Niagara (DSBN) – https://www.dsbni.org/programs-services/adult-and-community-education/home CAEC – replaced GED program https://www.ilc.org/pages/caec?lang=en
Transition to Employment	The Transition To Employment program is a free employment service for individuals who identify as having a disability. If you are 16+ and need a job, we will help you find employment and keep it!	https://www.dsbni.org/programs-services/adult-and-community-education/FindACareer/TransitionToEmployment
Adult Literacy and Basic Skills	The Literacy & Basic Skills program is a free service to help adults 18+ gain skills for employment, education, and independence. It is for learners of all abilities with specialized support for people with learning disabilities, developmental disabilities, autism. All services are also offered in American Sign Language (ASL) for the Deaf, Deafened, and Hard of Hearing	https://www.dsbni.org/programs-services/adult-and-community-education/FindACareer/GainASkill/AdultLiteracyAndBasicSkills Email: LBS@dsbn.org Phone/Text: 905-327-7642

<p>Employment Services</p>		<p>Start Me Up Niagara https://www.startmeupniagara.ca/site/employment-services YMCA https://ymcaofniagara.org/programs/employment-services/employment-services-in-niagara/ St.Catharines - (905) 684-3500 Niagara Falls – (289) 296-7369 Thorold - (905) 397-8390</p> <p>Niagara Employment Help Centre (also offers; things like Interview Skills, Safety & WHMIS) Website: https://ehc.on.ca/ Phone: 905-358-0021</p> <p>Niagara College Community Employment Services Call or text 905-932-1849 Email ces@niagaracollege.ca Website: https://www.niagaracollege.ca/ces/</p>
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Self-Help Group Resources

Service	Description	Contact
<p>Niagara Regional Native Centre</p>	<p>Many different groups available, check out their events page. Do not have to be Indigenous to attend.</p> <p>E.g., - Men’s healing circle, mixed healing circle, men’s sweat lodge, community drum night...etc</p>	<p>Website: https://nrnc.ca/event-directory/</p>
<p>AA Alcoholics Anonymous</p>	<p>Full list of in person and online meetings</p>	<p>Website: https://aaniagara.org/meetings.html</p>

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	for folks living in the Niagara Region	
CA Cocaine Anonymous	Full list of in person and online meetings for folks living in Southern Ontario	Website: https://ca-on.org/meetings/
NA Narcotics anonymous	Full list of in person and online meetings for folks living in the Niagara Region	Website: https://www.niagarana.com/meetings
CODA Codependents Anonymous	Full list of in person and online meetings for folks living in Canada	Website: https://codacanada.ca/#
SLA Sex and Love Addicts Anonymous	Full list of in person and online meetings for folks living in Ontario	Website: https://slaa-ontario.org/
MA Marijuana Addicts Anonymous	List of in person and online meetings	Only Canadian Website: https://www.matoronto.org/meetings-html/ Global Website: https://marijuana-anonymous.org/find-a-meeting/
Recovery Dharma	A non 12 step based program. They offer a trauma-informed, empowered approach to recovery based on Buddhist principles. Their program is peer-led and non-theistic (no religious involvement)	https://recoverydharma.org/ Information on online meetings
Recovery Yoga	Y12SR – Yoga of 12 Step Recovery	Bridgewater Yoga Mondays 7:30 PM – 9:00 PM 3770 Bridgewater St, Niagara Falls https://www.bridgewateryoga.ca/book-online

Group Activity/Leisure Resources

Service	Description	Contact
<p>Niagara Regional Native Centre</p>	<p>Many different groups available, check out their events page. Do not have to be Indigenous to attend.</p> <p>E.g., - Men's healing circle, mixed healing circle, men's sweat lodge, community drum night...etc</p>	<p>Website: https://nrnc.ca/event-directory/</p>
<p>St. Catharines Recreation and Leisure (All ages)</p>	<p>Drop-in and Registration options</p> <p>Reasonably affordable options with financial assistance available to those who are eligible</p>	<p>Website: https://www.stcatharines.ca/en/recreation-and-leisure/recreation-programs.aspx</p>
<p>Niagara Falls McBain Community Centre (All ages)</p>	<p>Drop-in and Registration options</p> <p>Reasonably affordable options</p> <p>Indoor Walking Track is free to use</p>	<p>Website: https://niagarafalls.ca/living/community-facilities/macbain-centre/default.aspx</p>
<p>Niagara Rec Sports</p>	<p>Fees vary</p> <p>Sports include; soccer, dodgeball, volleyball, softball, ultimate frisbee, basketball, pickleball...etc</p>	<p>Website: https://niagararecsports.com/</p>
<p>Social Board Game Night</p>	<p>No cost to attend</p> <p>Food available at venue at own cost *This is not an alcohol-free space*</p> <p>Most people start showing up between 5 & 6:00.</p> <p>Everyone is welcome to come anytime between 5 & 9!</p> <p>Click link to find upcoming dates – they are typically Wednesday evenings</p>	<p>Website: https://www.meetup.com/niagara-escapement-gaming-group/events/306313107/?recId=92314255-6e3b-4391-a2bc-2257bfef7df3&recSource=ml-popular-events-nearby-offline&searchId=be735d9f-dbed-4f50-af31-5b1b6a032ac7&eventOrigin=find_page\$all&ql=1*fmX8ku*_up*MQ..*gs*MQ..&qclid=Cj0KCQjw4cS-BhDGARIsABg4_J3xSAdl0vo dYIZJkP_kv61efK8MrlNFSW</p>

		<p>L7iRk7wluOht2Ftqa4zYQaAhNJEALw_wcB</p> <p>Email: info@niagaraescapement.ca</p>
<p>Shut up & Write A free Writing Community</p>	<p>Shut Up & Write! is a global community that empowers writers to overcome procrastination, silence their inner critic, and make consistent progress on their projects. Our events provide a structured and focused environment where writers can come together, set aside distractions, and achieve their writing goals.</p>	<p>Website: https://shutupwrite.com/</p> <p>Niagara Group: https://www.meetup.com/shutupandwriteniagararegioncanada/?eventOrigin=find_page&recSource=chapter-search&reclId=07bd05e0-eb6f-4c4c-b973-51e341256fd5&searchId=97868eb2-50d4-45d7-85c3-0a5b440f8fec&gl=1*1ylao8x*up*MQ..*gs*MQ..&gclid=Cj0KCQjw4cS-BhDGARIsABq4_J3xSAdl0vodYIZJkP_kv61efK8MrINFSW_L7iRk7wluOht2Ftqa4zYQaAhNJEALw_wcB</p>
<p>St. Catharines Silent Meditation Group</p>	<p>Free</p> <p>Whether you are a beginner or experienced meditator, this group provides a supportive and nurturing environment for you to deepen your practice and connect with like-minded individuals. Join us to enhance your spiritual journey and cultivate inner peace and balance in your life.</p>	<p>Website: https://www.meetup.com/st-catharines-meditation-meetup-group/?eventOrigin=find_page&recSource=chapter-search&reclId=07a1b40f-3e57-498e-8f67-18127276e815&searchId=1953ab3d-2935-4f14-8d47-548e88e1ee04&gl=1*12j4omo*up*MQ..*gs*MQ..&gclid=Cj0KCQjw4cS-BhDGARIsABq4_J3xSAdl0vodYIZJkP_kv61efK8MrINFSW_L7iRk7wluOht2Ftqa4zYQaAhNJEALw_wcB</p>
<p>Everyone is an Artist Virtual Group</p>	<p>Free/ Register to receive the link</p> <p>This group is for anyone who would like to find inspiration, try your hand at creating your own masterpieces, explore ideas for your art, and basically just dive right in and paint, draw, sculpt and</p>	<p>Website: https://www.meetup.com/youareanartist/?eventOrigin=find_page&recSource=chapter-search&reclId=07068a1b-ff8c-49eb-b123-caf12a9bc930&searchId=2ce1c997-1e70-4ba2-94bf-650461bb15bc&gl=1*1ju9zlg*up*MQ..*gs*MQ..&gclid=</p>

	<p>create! If you find you are getting "stuck" when creativity is a must, this group is for you! Be prepared to view popular works of art in order to analyze, enjoy and pontificate to your heart's content. The purpose is to make art fulfilling, relatable and fun. Since we will be playing music, requests are welcome!</p>	<p>Cj0KCQjw4cS-BhDGARIsABq4_J3xSAdl0vo dYIZJkP_kv61efK8MrINFSW_L7iRk7wluOht2Ftqa4zYQaAhNJEALw_wcB</p>
<p>Niagara Escapement – Dungeons & Dragons</p> <p>Niagara Falls</p>	<p>\$15, up to 6 players per group \$5 of ticket purchase goes to a snack purchase at venue</p> <p>Must register ahead of time</p> <p>If you're interested in learning to play Dungeons & Dragons, or if you're an experienced player that's looking for a group - we have what you need.</p> <p>Niagara Escapement Escape Rooms & Board Games hosts D&D sessions every other Sunday at 1:00PM and 5:00PM.</p> <p>You will be assigned a character sheet when you arrive, and we will explain what you are able to do during each action throughout the game. Our experienced and professional dungeon master will guide you through a 3 hour narrative.</p>	<p>Website: https://www.meetup.com/niagara-falls-board-games-meetup-group/?eventOrigin=find_page&recSource=chapter-search&recId=25da1176-bc6a-4da2-8233-55ffc931f9a5&searchId=f9e1166e-b0a6-4181-85e9-409d2bc7dbe3&gl=1*8na7w3*up*MQ..*gs*MQ..&gclid=Cj0KCQjw4cS-BhDGARIsABq4_J3xSAdl0vo dYIZJkP_kv61efK8MrINFSW_L7iRk7wluOht2Ftqa4zYQaAhNJEALw_wcB</p>
<p>St. Catharines Library</p>	<p>Variety of activities for all ages either free or at minimal cost (a few dollars)</p>	<p>Website: https://events.myscpl.ca/calendar/programs?cid=8204&t=m&d=0000-00-00&cal=8204&inc=0</p>
<p>Niagara Falls Library</p>	<p>Variety of activities for all ages either free or at minimal cost (a few dollars)</p>	<p>Website: https://nflibrary.ca/programs/calendar?location=&term=</p>

Lincoln Pelham Library	Variety of activities for all ages either free or at minimal cost (a few dollars)	Website: https://lppl.ca/calendar/
Welland Library	Variety of activities for all ages either free or at minimal cost (a few dollars)	Website: https://www.wellandlibrary.ca/events-calendar
Thorold Library	Variety of activities for all ages either free or at minimal cost (a few dollars)	Website: https://www.thoroldpubliclibrary.ca/programs/
Grimsby Library	Variety of activities for all ages either free or at minimal cost (a few dollars)	Website: https://calendar.grimsby.ca/library
Port Colborne Library	Variety of activities for all ages either free or at minimal cost (a few dollars)	Website: https://calendar.portcolborne.ca/?Events%20Calendar=Library

Publicly Funded Therapy Resources

Service	Description	Contact
CMHA (Canadian Mental Health Association)	<p>Same day counselling</p> <p>Fort Erie: Thursdays Niagara Falls: Monday-Friday St. Catharines: Monday-Friday</p> <p>Other services include; Group and Individual counselling Court support/release from custody Intensive Case Managers Youth supports Employment Services Transitional Housing Independent Subsidized-housing Bounceback Ontario – phone counselling ages 15+</p>	<p>264 Welland Avenue Suite 103 St. Catharines, L2R 2P8 Ontario, Canada</p> <p>Phone: 905-641-5222 Website: https://cmhaniagara.ca/ Email: info@cmhaniagara.ca</p>

<p>CAMH (Centre for Addiction Mental Health)</p>	<p>Variety of programs for; Addiction, Anxiety & Depression, Mood & Personality Disorders, Schizophrenia & Psychosis, Aggression & Behavioural Issues, Concurrent Disorders, Trauma & Stress Disorders, Alzheimer's & Dementia, Developmental Disabilities, Problem Gambling, Virtual Mental Health & Outreach</p> <p>Programs will vary by area All programs are no cost</p>	<p>Website: https://www.camh.ca/en/patients-and-families/programs-and-services?facets=filter_tags:A5A7EB5C2A942AE908394D1AF3156DC</p>
<p>Ontario Structured Psychotherapy – West Region</p>	<p>Free CBT programs for ages 18+</p> <p>*As the staff is trained on Depression and Anxiety only -not recommended for folks in active addiction, actively engaging in self-harm, mania or psychosis (in last 12 months), suicide attempts within 6 months</p> <p>Depression and low mood Generalized anxiety and worry Social anxiety and performance fears Unexpected panic attacks and agoraphobic fears Health anxiety Obsessive compulsive concerns PTSD Specific fears Other anxiety and stress related problems</p>	

Alternative Treatment Resources

Service	Description	Contact
NeuroOptimal Neurofeedback Brain Training – through The Play Clinic	<p>Financial assistance is a possibility-contact them for more information</p> <p>Helps with; physical, cognitive and emotional issues (brain fitness, resilience, and improved academic performance)</p>	<p>Website: https://www.theplayclinic.com/neurofeedback</p> <p>Phone: 905-964-2470</p>
Willpower Institute – Weekly Meditation	<p>FREE</p> <p>Thursdays 1pm-2pm 4694 Morrison St Niagara Falls</p>	<p>Website: https://meditation.willpowerinstitute.com/</p>
Zen House Yoga Studio	<p>Pay by donation on Sundays 7pm Suite 101, 6150 Valley Wy, Niagara Falls</p>	<p>Website: https://www.thezencollective.ca/</p>
Facebook Group – Spiritual Niagara	<p>Assist Seekers with finding the spiritual/holistic services they are looking for</p>	<p>Website: https://www.facebook.com/SpiritualNiagara/</p>
Honeybee Harmonix Grimsby	<p>Holistic wellness community delivering alternative self-care</p> <p>Different monthly membership prices starting at \$99– visit website for more info</p> <ul style="list-style-type: none"> • Salt-mine • Resonance chambers • Harmonix chambers (sound therapy) • Pulse Electro-magnetic field forest • Red light therapy • Specialized programs 	<p>Website: https://honeybeeharmonix.ca/</p>
Joy Sole Vitality Niagara	<p>Holistic services; Reiki, Yoga, Meditation, Aromaflex, Champissage,</p>	<p>Website: https://joysolevitality.ca/yo ga/</p>

Seeking Safety

	<p>Reflexology, Crystals and Sound Therapy, as well as, Astrology and dōTERRA Essential Oils</p> <p>Prices vary – see website for booking details</p>	
Soulful Energy	<p>Reiki Master Yoga Teacher, expertise in; Hatha, Chair, Restorative, and Yin Yoga, as well as Yoga Nidra</p> <p>Prices vary – see website for booking details</p>	<p>Website: https://soulfulenergy.weebly.com/#/</p>
Quest Community Health (St. Catharines)	<p>Auricular Acupuncture drop-ins, every 2nd and 4th Thursday at 2pm *For Quest clients only</p>	<p>Phone: 905-688-2558</p>