

Health Services  
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Topic	Agency/Program	Resource
Abuse & Assault	Assault & Sexual Abuse Program at Cornwall Community Hospital	<p><b>Address:</b> 840 McConnel Ave., Cornwall (Cornwall Community Hospital)  <b>Phone:</b> 613-938-4240 ext. 4202  <b>Emergencies:</b> If assault happened within 72 hours, go to ER (840 McConnell) and ask for ASAP(Assault &amp; Sexual Abuse Program) nurse at triage desk.  <b>Victim Help Phone (health-care related):</b> 613-938-4240 extension 4552  <b>Victim Help Phone (counselling):</b> 613-938-4240 ext. 4658 or 4567  <b>Training, Presentation &amp; General Information Phone:</b> 613-938-4240 extension 4202 or 1-866-263-1560  <b>Email:</b> asap@cornwallhospital.ca  <b>Website:</b> cornwallhospital.ca/asap/  <b>Emergency Cases:</b> Go directly to Cornwall Community Hospital Emergency Room (840 McConnell Ave.) and ask for an ASAP nurse.  <i>“The Assault and Sexual Abuse Program provides around-the-clock services and support for women, men, and children who reside in Cornwall or in the United Counties of SDG.  We offer four types of service: emergency care; counselling; referrals; and outreach &amp; training.”</i></p>
	Assaulted Women’s Helpline	<p><b>Phone:</b> 1-866-863-0511 or #7233 (#SAFE) on all major phone companies (Bell, Rogers, Fido, or Telus)  <b>TTY Phone:</b> 1-866-863-7868  <b>Website:</b> awhl.org  <i>“Free, anonymous and confidential 24-hour telephone and TTY crisis telephone line to all women in Ontario who have experienced any form of abuse. We provide crisis counselling, safety planning, emotional support, information and referrals accessible 7 days a week, 365 days a year. We work in tandem with community partners and sister agencies towards bridging gaps in service and identifying emerging issues or trends relevant to the women we work with.”</i></p>
	Respect Education Courses at Canadian Red Cross	<p><b>RespectED</b> program – Violence and Abuse Prevention  <b>Violence, Bullying and Abuse Prevention Course Information:</b> 1-877-356-3226  <b>Website:</b> redcross.ca/training-and-certification/course-descriptions/respect-education-courses  <i>“Provides education that helps create a safer world for everyone. Whether your goal is to increase your own knowledge or to find education options for your students, clients or personnel, let the Canadian Red Cross – with its decades of experience providing safety and prevention education – give you the knowledge and skills you need now.”</i></p> <p><b>Cornwall Branch</b>  <b>Address:</b> 165 Montreal Rd., Cornwall</p>

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		<p><b>Phone:</b> 613-932-0231</p> <p><b>Ottawa Branch</b> <b>Address:</b> 340 Catherine St., Ottawa <b>Phone:</b> 613-560-7220 or 1-866-356-3645</p> <p><b>Brockville Branch</b> <b>Address:</b> 163 Ormond St., Brockville <b>Phone:</b> 613-342-3523</p>
	<p><b>Catholic Family Service (CFS) Centre</b></p>	<p><b>Address:</b> 310 Olmstead St., Ottawa <b>Phone:</b> 613-233-8478 <b>Website:</b> cfsottawa.ca <i>“CFS Ottawa strives to ensure all programs and services are available and accessible to all with no discrimination based on ethnicity, language, race, age, ability, gender, sexual orientation, income, and political or religious affiliation.”</i></p> <p><b>Children &amp; Youth:</b> <b>Phone:</b> 613-233-8478 <b>Walk-In Counselling Clinic:</b> several offices throughout Ottawa – see website <i>“Preparing children for court; communicating with crown attorneys, defence lawyers, and other justice personnel; accompanying children to court; support for parents and guardians of the youth and children; help with victim impact statements and other applications (Criminal Injuries Compensation Board); service referrals; and post-court follow-ups.”</i></p> <p><b>Parents:</b> <b>Caring Dads Phone:</b> 613-233-8478 extension 229 <b>Caring Dads Email:</b> jbondy@newdirectionsottawa.ca <i>“Caring Dads: develop skills to cope in healthy ways with frustrating situations; understand how different fathering strategies and choices affect children; increase their awareness of controlling, abusive, and neglectful attitudes and behaviours; be provided with strategies to strengthen the father-child relationship.”</i> <b>Walk-In Counselling Clinic:</b> several offices throughout Ottawa – see website <b>Counselling for Parents:</b> intake and assessments; individual counselling session; group counselling; workshops and presentations. Locations include 310 Olmstead, 290 Dupuis St., 40 Cobourg St., 240 Centrum Boulevard.</p>

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		<p><b>Capacity Building/ Resilience Program for parents:</b> includes groups that focus on emotional regulation, anger management and skills for living.</p> <p><b>Advocacy:</b> assists vulnerable and marginalized individuals/groups who face barriers in accessing services related to immigration, refugee status, disabilities, and living on low income.</p> <hr/> <p><b>Women:</b>  <b>Phone:</b> 613-233-8478  <b>New Directions Phone:</b> 613-233-8478 extension 225  <b>New Directions Email:</b> mholmes@newdirectionsottawa.ca  <i>“Violence Against Women Programs – Francophone; Program for Francophone Women who have experienced Sexual Abuse; Transitional Support Program; New Directions (for women); counselling; walk-in counselling; advocacy; capacity building/ resilience program.”</i></p> <hr/> <p><b>Men:</b>  <b>Phone:</b> 613-233-8478  <b>New Directions Phone:</b> 613-233-8478 extension 225  <b>New Directions Email:</b> mholmes@newdirectionsottawa.ca  <b>Caring Dads Phone:</b> 613-233-8478 extension 229  <b>Caring Dads Email:</b> jbondy@newdirectionsottawa.ca  <i>“Services for men for men who have experienced sexual abuse; New Directions; Counselling; Caring Dads; walk-in counselling clinic; advocacy; capacity building/ resilience program.”</i></p>
	<p><b>Children’s Treatment Centre of SDG</b></p>	<p><b>Address:</b> 305A Second St. East, Cornwall  <b>Phone:</b> 613-933-4400  <b>Email:</b> ctc-sdg@cogeco.net  <b>Website:</b> childrenstreatmentcentre.ca  <i>“A community-based, community-supported agency committed to the prevention and treatment of child abuse. We provide free and immediate assessment and treatment to any child in need and that child’s family.</i>  <i>Our programs:</i>  <u>First:</u> For children and adolescents aged 5 to 18 who have been physically and/or sexually abused. They receive assessment and counselling services to recover from the traumatic effects of the abuse they suffered.  <u>Second:</u> Assessment and counselling services to adolescents, 12 to 17 years old, who have committed sexual offences against young children.</p>

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		<i>Third: For children aged 5 to 11 who are sexually reactive or sexually aggressive towards same age peers."</i>
	<b>Fem'aide</b>	<b>Phone:</b> 1-877-336-2433 <b>Website:</b> femaide.ca <i>"Crisis line for French-speaking Ontario women who are or have faced violence."</i>
	<b>Maison Baldwin House</b>	<b>Address:</b> 40 Fourth St. West, Cornwall <b>Residential Shelter:</b> 613-938-2958 <b>Toll Free:</b> 1-800-267-1744 <b>Email:</b> mbh@baldwinhouse.ca <b>Website:</b> baldwinhouse.ca Open 24 hours per day, seven days per week. <i>"Mission is to assist women and their children in the transition from violent and abusive circumstances to a safe and secure environment and a renewed family by providing safe shelter and services, and encouraging them to realize their full human potential."</i>
	<b>Maison Interlude House</b>	<b>Residential Shelter/Crisis Line Phone:</b> (24/7; Hawkesbury): 613-632-1131 or 1-800-267-4101 <b>Outreach Program Phone:</b> (Alexandria): 613-525-5338 or 1-800-461-1842 <b>Administration Phone:</b> 613-632-1591 <b>Email:</b> info@maisoninterludehouse.ca <b>Website:</b> maisoninterludehouse.ca <i>"Offers services to women victims of domestic violence, their children and youth across the five counties of Prescott-Russell, Stormont, Dundas, and Glengarry. Services include: shelter; crisis line; outreach for women; outreach for children and youth; transitional housing and support; hand in hand project; prevention and education activities; teen zone."</i>
	<b>Men and Healing (*fees involved)</b>	<b>Address:</b> 35 Beechwood Ave., Ottawa <b>Phone:</b> 613-482-9363 <b>Email:</b> info@menandhealing.ca <b>Website:</b> menandhealing.ca <i>"A counselling resource for men in Ottawa and the rest of Canada. Services are specifically designed for men and are facilitated by accredited psychotherapists. We tailor our individual programs to meet men's needs in a way that speaks to men."</i>
	<b>Naomi's Family Resource Centre</b>	<b>Address:</b> 607 St. Lawrence St., Winchester <b>Crisis Line:</b> 613-774-2838 or 1-800-267-0395

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		<p>Email: <a href="mailto:info@naomiscentre.com">info@naomiscentre.com</a> (only for use by professionals)  <b>Website:</b> <a href="http://naomiscentre.ca">naomiscentre.ca</a>            Available 24 hours per day, seven days per week.  <i>“Provides safe, secure, confidential emergency shelter and support services to women 16 years and older with or without children who are victims of family violence in any form.”</i></p>
	<p><b>Nelson House of Ottawa-Carleton</b></p>	<p><b>Mailing Address:</b> LCD Merivale, Nepean  <b>Business Phone:</b> 613-225-0533  <b>Crisis Line:</b> 613-225-3129  <b>Email:</b> <a href="mailto:info@nelsonhouse.on.ca">info@nelsonhouse.on.ca</a>  <b>Website:</b> <a href="http://nelsonhouse.on.ca">nelsonhouse.on.ca</a>  <i>“Exists to provide safety for women and children who are being abused and to work with other groups and individuals toward ending violence against all women.”</i></p>
	<p><b>The Ottawa Hospital Sexual Assault &amp; Partner Abuse Care Program</b></p>	<p><b>Address:</b> Ottawa Hospital – Civic Campus, 1053 Carling Ave., E-Main, Ottawa  <b>Phone:</b> 613-798-5555 extension 13770  <b>Website:</b> <a href="http://ottawahospital.on.ca/en/clinical-services/deptpgrmcs/programs/sexual-assault-and-partner-abuse-care-program/">ottawahospital.on.ca/en/clinical-services/deptpgrmcs/programs/sexual-assault-and-partner-abuse-care-program/</a>            Available 24 hours per day, seven days per week.  <i>“Together with our community partners, we work to meet the medical, emotional, social, forensic and legal needs of individuals who have suffered the consequences of sexual and/or intimate partner violence.            Services: injury assessment, documentation and treatment of injuries; STD testing; emergency contraception; pregnancy testing; post exposure prophylaxis for HIV; immunization for Hepatitis B, Hepatitis A, Gardasil; photo documentation of injuries; crisis counselling; safety planning; risk/threat assessment; referral for trauma counselling; collection and storage of the Sexual Assault Evidence Kit; anonymous reporting to police.”</i></p>
	<p><b>Sexual Assault Support Services for Women of SDG&amp;A (SASS)</b></p>	<p><b>Crisis Line:</b> 1-877-544-6424            Email: <a href="mailto:counselling@sassforwomen.ca">counselling@sassforwomen.ca</a> or <a href="mailto:outreach@sassforwomen.ca">outreach@sassforwomen.ca</a>  <b>Website:</b> <a href="http://sassforwomen.ca">sassforwomen.ca</a>  <i>“SASS is a non-profit organization dedicated to helping women (cis and trans) victims of sexual abuse in the Cornwall, Stormont, Dundas, Glengarry, and Akwesasne areas.”</i></p>
	<p><b>Victim Services of Stormont,</b></p>	<p><b>Address:</b> 707A Rosemont Ave., Cornwall  <b>Phone:</b> 613-938-8900 or</p>

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	<b>Dundas, Glengarry &amp; Akwesasne</b>	1-866-264-8900 <b>Email:</b> info@vsv-sdga.ca <b>Website:</b> vsv-sdga.ca <i>“Victim Services of SDG&amp;A is a non-profit organization dedicated to providing assistance to individuals who have been victimized as a result of crime or tragic circumstance.”</i>
	<b>Victim Support Line (VSL) with Ontario Government</b>	<b>Phone:</b> 1-888-579-2888 <i>“VSL is a multi-lingual telephone service that provides information for victims of crime about services available throughout Ontario. The support line is open 24 hours a day, 7 days a week.”</i>
<b>Addiction</b>	<b>Addiction Services at Cornwall Community Hospital</b>	<b>Address:</b> 840 McConnell Ave., Cornwall <b>Phone:</b> 613-361-6363 (to book confidential assessment) <b>Website:</b> cornwallhospital.ca/default.aspx?lang=1&seo=addictionservices& <i>Addiction Services is a community-based program offering a comprehensive range of specialized therapeutic services to address problems associated with substance use, addiction, and problem gambling for individuals ages 12 and over. Our services are geared towards providing services to all those experiencing problematic issues with addiction, including family members and friends of someone who is dealing with alcohol, drug, or gambling abuse.”</i>
	<b>Al-Anon and Alateen</b>	<b>Ontario South</b> <b>Ontario South Literature Distribution Phone:</b> 613-283-1249 <b>Email (literature):</b> os.literature.distribution@gmail.com <b>Email:</b> ontariosouthwebsitecoordinator@outlook.com <b>Website:</b> al-anon.alateen.on.ca <i>“Al-Anon Family Groups is a community resource providing support to anyone affected by a relative or friend’s drinking. Alateen is designed for the younger relatives and friends of alcoholics through age 19.”</i>
		<b>Ottawa Al-Anon/Alateen Family Groups</b> <b>Address:</b> 163 Bell St. North, Ottawa <b>Phone:</b> 613-860-3431 <b>Email:</b> Ottawaais@yahoo.ca <b>Website:</b> al-anon-ottawa.ca
<b>Alcoholics Anonymous</b>	<b>Website:</b> aa.org <b>Website (eastern Ontario):</b> area83aa.org	

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		<i>“Support for individuals who suffer from alcoholism.”</i>
		<b>Ottawa Area Intergroup</b> <b>Phone:</b> 613-237-6000 <b>Website:</b> ottawaaa.org
		<b>District 48 – Seaway Valley North</b> <b>Website:</b> seawayvalleynorthdistrict48aa.org <i>“On website, under meetings tab, there is an up-to-date listing of all meetings (daily) in the following places: Prescott, Kemptville, Winchester, Morrisburg, Iroquois, Manotick, Osgoode, Russell, and South Mountain.”</i>
		<b>District 50 – Cornwall and Area</b> <b>Phone:</b> 613-938-1984 <b>Website:</b> cornwallaa.com
		<b>District 66 – Golden Triangle</b> <b>Phone:</b> 613-284-2696 or 1-855-267-2696 <b>Website:</b> lanarkleedsaa.org
		<b>Centre for Addiction and Mental Health (CAMH)</b> <b>Main Switchboard Phone (24/7):</b> 1-800-463-2338 <b>Access Services Phone (Mon. to Fri. 8:30 am to 5 pm):</b> 416-535-8501 extension 2 <b>Information Officer Phone (Mon. to Fri. 8:30 am to 5 pm):</b> 1-800-463-6273 <b>Email:</b> info@camh.ca <b>Client/Patient Relations Phone:</b> 416-535-8501 extension 32028 <b>Family Resource Centre Phone:</b> 416-535-8501 extension 33202 <b>Website:</b> camh.net <i>“Canada’s largest mental health and addiction teaching hospital, as well as one of the world’s leading research centres in the area of addiction and mental health. CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues.”</i>
<b>Change Health Centre Inc.</b> <b>Clinics in the following areas:</b> Cornwall, Carleton Place, Brockville, Smiths Falls, Picton, Cobourg, Kingston <b>Phone:</b> 1-877-937-2282 <b>Email:</b> info@canatc.ca <b>Website:</b> changehealthcare.ca		

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		<p><i>"A group of health clinics providing opioid substitution therapy to individuals suffering from the effects of opioid dependence. It is proven that replacement therapies, such as methadone and suboxone aid in reducing the risks and harmful effects associated with drug use benefiting our clients and our communities. Our staff also strive to empower clients to address their social needs by way of making referrals to appropriate adjunct community services and offering harm reduction services such as onsite needle exchange programs. Addressing concurrent disorders including co-dependencies to other substances may also be included in our clients' treatment plans."</i></p> <p><b>Cornwall Clinic</b>  <b>Address:</b> 41 Second St. West, Cornwall  <b>Phone:</b> 613-932-9777  Monday to Friday from 7 am to 5 pm  Saturday – CLOSED  Sunday – 8 am to 12 pm</p>
	<b>ConnexOntario with Government of Ontario</b>	<p><b>Administration Information</b>  <b>Address:</b> London, Ontario  <b>Phone (Mon. to Fri., from 8:30 am to 4:30 pm):</b> 519-439-0174  <b>Email:</b> administration@connexontario.ca  <b>Website:</b> connexontario.ca  <i>"Provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling."</i></p> <p><b>Helpline Numbers (24/7)</b>  <b>Mental Health Phone:</b> 1-866-531-2600  <b>Addictions Phone:</b> 1-800-565-8603  <b>Gambling Problem Phone:</b> 1-888-230-3505  <b>Online chat also available!</b></p>
	<b>Withdrawal Management Services with CCH</b>	<p><b>Address:</b> 850 McConnell Ave., Cornwall (Cornwall Community Hospital)  <b>Direct Line:</b> 613-938-8506  <b>Phone:</b> 613-361-6363 extension 4540  <b>Email:</b> angel.quesnel@cornwallhospital.ca  <b>Website:</b> <a href="https://cornwallhospital.ca/en/WithdrawalManagement">https://cornwallhospital.ca/en/WithdrawalManagement</a>  <i>"This program provides safe and supportive client-centred community withdrawal management services that are readily accessible, culturally sensitive and provided in both English and French."</i></p>



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Clinics & Physicians	Health Care Connect with Ontario Government	<p><b>Phone:</b> 1-800-445-1822</p> <p><b>Website:</b> <a href="http://ontario.ca/page/find-family-doctor-or-nurse-practitioner#section-1">ontario.ca/page/find-family-doctor-or-nurse-practitioner#section-1</a></p> <p><i>“Register for Health Care Connect and a nurse will search for a doctor or nurse practitioner who is accepting new patients in your community.”</i></p>
	College of Physicians and Surgeons of Ontario (the)	<p><b>Website:</b> <a href="http://cpso.on.ca/public-register/all-doctors-search">cpso.on.ca/public-register/all-doctors-search</a></p> <p><i>“The role of the College of Physicians and Surgeons of Ontario is to regulate the practice of medicine to protect and serve the public interest. All doctors in Ontario must be members of the College in order to practise medicine. This system of medical regulation is based on the premise that the College must act first and foremost in the interest of the public.”</i></p>
Crisis Support	Community Food Share	<p><b>Address:</b> 28 Ottawa St., Morrisburg</p> <p><b>Phone:</b> 613-543-0065</p> <p><b>Website:</b> <a href="http://communityfoodshare.ca">communityfoodshare.ca</a></p> <p><i>*By appointment</i></p> <p><i>Mondays from 10 a.m. to 12 p.m.</i></p> <p><i>Wednesdays from 7 to 9 p.m.</i></p> <p><i>Thursdays from 1 to 3 p.m.</i></p>
		<p><b>Address:</b> 497 May St., Winchester</p> <p><b>Phone:</b> 613-774-0188</p> <p><b>Website:</b> <a href="http://communityfoodshare.ca">communityfoodshare.ca</a></p> <p><i>*By appointment</i></p> <p><i>Mondays from 10 a.m. to 12 p.m.</i></p> <p><i>Wednesdays from 7 to 9 p.m.</i></p> <p><i>Thursdays from 1 to 3 p.m.</i></p>
		<p><b>Address:</b> 2 Church St., Finch</p> <p><b>Phone:</b> 613-774-0188</p> <p><b>Website:</b> <a href="http://communityfoodshare.ca">communityfoodshare.ca</a></p> <p><i>*Food Cupboard – By appointment only.</i></p> <p><i>Every Thursday 1 to 3:30 p.m.</i></p>
	Connect Youth	<p><b>Phone:</b> 613-918-0173</p> <p><b>Email:</b> <a href="mailto:connectyouth@cogeco.net">connectyouth@cogeco.net</a></p> <p><b>Website:</b> <a href="http://connectyouth.ca">connectyouth.ca</a></p>

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		<p><i>“Services Include: ongoing support; referral services; youth advocacy; crisis intervention; life skills workshops; recreation; employment; rural outreach; professional network; LGBTQ support and services; transportation; safe, non-judgemental space for youth to hang out, do homework, and be social; recreation and volunteer opportunities; clothing exchange program; food cupboard providing snacks and hot/cold lunches; support accessing services in the community; and transitional housing support through our 1-person emergency shelter unit.</i></p> <p><i>South Grenville District High School Drop- In Centre, Room 217 and 218”</i></p>
	<p><b>ConnexOntario with Government of Ontario</b></p>	<p><b>Administration Information</b>  <b>Address:</b> London, Ontario  <b>Phone (Mon. to Fri., from 8:30 am to 4:30 pm):</b> 519-439-0174  <b>Email:</b> administration@connexontario.ca  <b>Website:</b> connexontario.ca  <i>“Provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling.”</i></p>
	<p><b>Distress and Crisis Ontario</b></p>	<p><b>Helpline Numbers (24/7)</b>  <b>Mental Health Phone:</b> 1-866-531-2600  <b>Addictions Phone:</b> 1-800-565-8603  <b>Gambling Problem Phone:</b> 1-888-230-3505  <b>Online chat also available!</b></p> <p><b>Address:</b> Kitchener, Ontario  <b>Phone:</b> 416-486-2242  <b>Email:</b> info@dcontario.org  <b>Website:</b> dcontario.org  <i>“If you are in distress or crisis and need support please call one of the Distress Centres or Crisis Lines listed in the GET HELP section of the website OR look at the LINKS section of the website for other mental health service providers. <b>Distress and Crisis Ontario does not provide telephone listening support or referrals.</b>”</i></p> <p><b>Ottawa &amp; Region</b>  <b>Ottawa Distress Line:</b> 613-238-3311  <b>Outaouais Distress Line:</b> 1-866-676-1080  <b>Champlain Mental Health Crisis Line:</b> 1-866-996-0991  <b>Website:</b> dcottawa.on.ca</p>

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		<p><i>"Help people in crisis and provide professional development courses to the community."</i></p> <p><b>Lanark, Leeds and Grenville Counties</b>  <b>Phone:</b> 1-800-465-4442  <b>Website:</b> developmentalservices.com</p>
	<b>Distress Centre Lanark, Leeds and Grenville</b>	<p><b>Phone:</b> 1-800-465-4442  <b>Website:</b> developmentalservices.com/services-distress</p> <p><i>"This confidential and anonymous service is available to individuals within Lanark, Leeds, and Grenville and operated from 5 pm to midnight 365 days of the year. The service is provided by nonjudgemental and empathetic volunteers, and is based on an active listening model, which encourages individuals to help themselves through exploring their feelings and their options."</i></p>
	<b>Distress Centre Ottawa</b>	<p><b>Phone:</b> 613-238-3311  Available 24 hours per day, 7 days per week.</p> <p><i>"At any given time of day or night, people in our community require our support and assistance. Whether they're depressed, lonely, overwhelmed or so distraught that they are contemplating suicide, they will always find a supportive and caring person at the end of our line. Our phone lines operate 24 hours a day, 7 days a week. If you call at 3 am, we'll answer. If you call Christmas Day, we'll be here. Regardless of the day or time, we're here. People of all ages, races, gender, and social-economic groups call our confidential services, trusting that we'll always be here."</i></p> <p><i>24/7 Distress Line; 24/7 Crisis Line; and Wellness Check Services</i></p>
	<b>House of Lazarus</b>	<p><b>Address:</b> 2245 Simms St., Mountain  <b>Phone:</b> 613-989-3830  <b>Website:</b> houseoflazarus.com  <b>Email:</b> hol@houseoflazarus.com</p> <p><i>Community Hub, including a food bank, social enterprise (thrift and household goods stores), and outreach programming.</i></p>
	<b>Kids Help Phone</b>	<p><b>Phone:</b> 1-800-668-6868  <b>Website:</b> kidshelpphone.ca</p> <p><i>"24 hours per day, 7 days per week counselling. Online or on the phone. We're private, safe, and non-judgemental."</i></p>
	<b>Mental Health Crisis Line</b>	<p><b>Phone:</b> 1-866-996-0991 (outside Ottawa) or 613-722-6914 (in Ottawa)  <b>Website:</b> crisisline.ca</p> <p>Available 24 hours per day, seven days per week.</p>

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		<p><i>“the first point of public access to mental health crisis response system. Serves people 16 years of age and over. Provides toll-free telephone access in both French and English, 24 hours/7 days a week. Is staffed by trained volunteer Crisis Line Responders, supported by professional staff. Provides screening, assessment, referrals, support in a crisis, suicide intervention and transfer to the Local Crisis Team or to emergency services when advisable.”</i></p>
	<b>Ottawa Mission (the)</b>	<p><b>Address:</b> 35 Waller St., Ottawa  <b>Phone:</b> 613-234-1144  <b>Email:</b> mission@ottawamission.com  <b>Website:</b> ottawamission.com            Available 24 hours per day, seven days per week.  <i>Services Include: food, clothing, shelter; health services; client services; education support; job training; housing support; spiritual support.</i></p>
	<b>Ottawa YMCA – YWCA</b>	<p><b>Address:</b> 180 Argyle Ave., Ottawa  <b>Health, Fitness, &amp; Aquatics:</b> 613-237-1320  <b>Housing Services:</b> 613-788-5063  <b>Employment &amp; Newcomer Services:</b> 613-788-5001  <b>Website:</b> ymcaywca.ca            Available 24 hours per day, seven days per week.  <i>“Ottawa’s leading resource for health, fitness and recreation, child care, camping and outdoor education, and social services.            There are programs and services for everyone in the family regardless of age.            The Y currently offers family focused emergency shelter, youth transitional housing, gender specific monthly supportive housing and a supportive housing program for women who are homeless or at risk of homelessness.”</i></p>
<b>Disease</b>	<b>Canadian Cancer Society</b>	<p><b>National Office – Toronto</b>  <b>Phone:</b> 416-961-7223 OR            1-888-939-3333  <b>Email:</b> connect@cancer.ca  <b>Website:</b> cancer.ca  <i>“Offers support and information for people with cancer and their family, friends, and caregivers. Services are free and confidential, and many are available in multiple languages.”</i></p> <p><b>SDG &amp; Prescott-Russell Community Office</b></p>

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		<p><b>Address:</b> 113 Second St. East, Unit 1, Cornwall  <b>Phone:</b> 613-932-1283 or  1-800-669-4181  <b>Email:</b> sdgprescott@ontario.cancer.ca  <b>Website:</b> cancer.ca/en/about-us/contact-us/sdg-and-prescott-russell-on/?region=on  Tuesday and Wednesday from 10 am to 4 pm</p>
<p><b>General Support</b></p>	<p><b>Bayshore Home Health</b></p>	<p><b>Phone:</b> 1-877-289-3997  <b>Also available:</b> online chat and email via online  <b>Website:</b> bayshore.ca  <i>“Dedicated to enhancing the quality of life, dignity and independence of all Canadians. Our commitment is to provide customized care plans and solutions that allow our clients to remain in the comfort of their own home and a familiar environment.  Our services range from personal care, home support, companionship, nursing, physio and occupational therapy, serious injury home care, hospital bedside care, palliative/end of life care, funding investigations and more.”</i></p>
		<p><b>Brockville Location</b>  <b>Address:</b> 6-555 California Ave.  <b>Phone:</b> 613-345-3371 or  1-866-227-3133  <b>Email:</b> area director Kim Martin at kdmartin@bayshore.ca  <i>“Core Health Care Services include: 24-7 Service; companionship; free care assessments; funding investigations; home support; nursing; personal care; and respite care.”</i></p>
		<p><b>Cornwall Location</b>  <b>Address:</b> 112 Second St. West  <b>Phone:</b> 613-938-1691 or  1-866-227-3121  <b>Email:</b> area director Diane Pederson at dpederson@bayshore.ca  <i>“Core Health Care Services include: 24-7 Service; companionship; free care assessments; funding investigations; home support; nursing; occupational health and safety solutions; personal care; and respite care.”</i></p>

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	<b>Centre de sante communautaire de l’Estrie</b>	<b>Cornwall Health Care Centre</b> <b>Address:</b> 841 Sydney St., Unit 6, Cornwall <b>Phone:</b> 613-937-2683 <b>Website:</b> cscestrie.on.ca Monday, Tuesday, Wednesday from 8:30 am to 8 pm Thursday and Friday from 8:30 am to 4:30 pm <i>“Accepting new clients. Services include: nutrition; diabetes education program; community health; mental health; physical health; aging at home; low back pain pilot.”</i>
	<b>Carefor Home Health Centre – Eastern Counties Office</b>	<b>Address:</b> 205 Amelia St., Suite 100, Cornwall <b>Phone:</b> 613-932-3451 or 1-800-267-1741 <b>Email:</b> info@carefor.ca <b>Website:</b> carefor.ca <i>“Palliative Services: Carefor Hospice Cornwall; Palliative Care Volunteer Visiting Program; and Palliative Day Program.</i> <b>Community Support Services:</b> Adult Day Program; Befriending Program; Cancer Support Network; Caregiver Support (information & education); Client Intervention & Assistance; Congregate Diners’ Club; Elder Abuse Prevention Program; Going Home Program; Health & Wellness Clinics; Homemaking Program; in-Home Exercise Program; Meals on Wheels Program; Personal Support Services; Respite Program; Senior Group Exercise Program; Service Arrangements for Home Assistance/Home Maintenance; Social Recreational Activities; and Transportation Program. <b>Other Programs and Services:</b> Camp Erin (Grief support camp for children); Foot Care; Pennies for Puppies Breast Cancer Program; Women’s Clinic; and Workplace Immunization.”
	<b>Children’s Treatment Centre of SDG</b>	<b>Address:</b> 305A Second St. East, Cornwall <b>Phone:</b> 613-933-4400 <b>Email:</b> ctc-sdg@cogeco.net <b>Website:</b> childrenstreatmentcentre.ca <i>“A community-based, community-supported agency committed to the prevention and treatment of child abuse. We provide free and immediate assessment and treatment to any child in need and that child’s family.</i> <i>Our programs:</i>

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		<p><i>First: For children and adolescents aged 5 to 18 who have been physically and/or sexually abused. They receive assessment and counselling services to recover from the traumatic effects of the abuse they suffered.</i></p> <p><i>Second: Assessment and counselling services to adolescents, 12 to 17 years old, who have committed sexual offences against young children.</i></p> <p><i>Third: For children aged 5 to 11 who are sexually reactive or sexually aggressive towards same age peers.”</i></p>
	<p><b>Community Living Dundas County</b></p>	<p><b>Address:</b> 55 Allison Ave., Morrisburg  <b>Phone:</b> 613-543-3737  <b>Email:</b> cldc@cldc.ca  <b>Website:</b> cldc.ca</p> <p><i>“CLDC supports the inclusion of people with an intellectual disability to the same extent that all people are included. All people with an intellectual disability are entitled to be a part of Dundas County – to live, work, be educated, and enjoy all that this community offers its citizens.</i></p> <p><i>Services include: Community Options (Day Supports; Employment Supports; Transitional Supports; and Videoconferencing); Accommodations (Community Homes; Homeshare; Semi-Independent Living; and Respite); Volunteers/Friendships (Building Friendships and Sharing Lives); and Access to Services.”</i></p>
	<p><b>Developmental Services of Leeds and Grenville</b></p>	<p><b>Phone:</b> 613-345-1290 or 1-866-544-5614  <b>Email:</b> lostler@dslg.ca  <b>Website:</b> developmentalservices.com</p> <p><i>“Committed to providing a variety of clinical and support services which will enable persons with developmental disabilities to develop their potential within their communities.</i></p> <p><i>Services Include: Child and Family Supports; Youth and Adult Supports; Specialized Services; Community Participation Supports; Foundations/Transitions; Respite Services; Family Home; Teaching Respite; Teaching Training Apartment; Snoezelen; Inclusive Child Care; Adult and Children Groups; Crisis Intervention/ Short-Term Treatment; Distress Centre; and Student Awards.”</i></p>
	<p><b>Eastern Ontario Health Unit</b></p>	<p><b>Phone:</b> 613-933-1375 or 1-800-267-7120  <b>Email:</b> info@eohu.ca  <b>Website:</b> eohu.ca</p> <p>Monday to Friday from 8:30 am to 4:30 pm</p> <p><i>“EOHU is responsible for the delivery of local public health programs and services.</i></p> <p><i>Programs and Services include: health education and promotion; chronic disease prevention; prevention of injuries and substance misuse; prevention and control of infectious diseases; immunization; sexual and</i></p>

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		<p><i>reproductive health; child health, including dental health programs; school and workplace health programs; monitoring and surveillance programs; public health inspections; food and water safety; health hazard prevention; and, emergency preparedness.”</i></p> <p><b>Address:</b> 530 Fred St., Suite #A, Winchester  <b>Phone:</b> 613-774-2739 or 1-844-744-2739  <b>Website:</b> eohu.ca            Monday to Friday from 8:30 am to 12 pm and 1 to 4:30 pm  <i>This is an EOHU satellite site.</i></p>
	<p><b>Home &amp; Community Care (Champlain, Local Health Integration Network)</b></p>	<p><b>Winchester Address:</b> 530 Fred St., Suite D, P.O. Box 209  <b>Cornwall Address:</b> 709 Cotton Mill St.  <b>Ottawa Address:</b> 4200 Labelle St., Suite 100  <b>Phone:</b> 310-2222 (no area code required OR 1-800-538-0520  <b>Website:</b> healthcareathome.ca/champlain/en  <b>Website:</b> Champlainhealthline.ca  <i>“If you, or someone you care about, needs health care services at home, at school or in the community, or if you are considering supported living programs or long-term care options, home and community care at Champlain LHIN can help. We work with people of all ages to ensure they can make informed choices about their care, when and where they need it. We also have useful information about local community support service agencies and can link people to these provides to arrange services.”</i></p>
	<p><b>March of Dimes – Ontario</b></p>	<p><b>Website:</b> marchofdimes.ca  <i>“A community-based rehabilitation and advocacy charity for people with physical disabilities. Our goal is to enhance the independence and community participation of people with physical disabilities every day through a wide range of programs and services.”</i></p> <p><b>Brockville Offices</b>  <b>Address:</b> 6 Glenn Wood Place, Unit 6  <b>Phone:</b> 613-342-1935            OR  <b>Address:</b> 55 Reynolds Drive  <b>Phone:</b> 613-345-1393</p> <p><b>Ottawa Office</b>  <b>Address:</b> 117 Centrepointe Drive, Suite 250</p>



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		<p><b>Phone:</b> 613-596-3463 or 1-877-695-7999</p>
	<p><b>Ministry of Community and Social Services</b></p>	<p><b>Website:</b> <a href="http://mcss.gov.on.ca/en/mcss/">mcss.gov.on.ca/en/mcss/</a>  “Helps adults with a developmental disability live, work, and participate in a range of community activities; enforces support orders issued by the courts so that families get the money to which they are entitled; and helps Ontarians recover from hardship and regain control of their lives.”</p>
		<p><b>Eastern Region</b>  <b>Address:</b> 347 Preston St., 3<sup>rd</sup> floor, Ottawa  <b>Phone:</b> 613-234-1188 or 1-800-267-5111</p>
	<p><b>Ontario Disability Support Program (ODSP)</b></p>	<p><b>Address:</b> 4 Montreal Rd., 3<sup>rd</sup> Floor, Cornwall (Ministry of Community and Social Services)  <b>Phone:</b> 613-932-3381 or 1-800-565-5374  <b>Website:</b> <a href="http://mcss.gov.on.ca/en/mcss/programs/social/odsp/">mcss.gov.on.ca/en/mcss/programs/social/odsp/</a>  <i>“If you have a disability and need help with your living expenses, you may be eligible for the Ontario Disability Support Program (ODSP). ODSP offers: financial assistance to help you and your family with essential living expenses; benefits, for you and your family, including prescription drugs and vision care; help finding and keeping a job, and advancing your career. ODSP offers two types of support:</i>  <b>Income Support</b> – financial assistance provided each month to help with the costs of basic needs, like food, clothing, and shelter. Income support also includes benefits, like drug coverage and vision care, for clients with eligible family members.  <b>Employment Supports</b> – Services and supports to help clients with disabilities find and keep a job and advance their careers.”</p>
<p><b>ODSP Action Coalition</b></p>	<p><b>Website:</b> <a href="http://odspaction.ca">odspaction.ca</a>  <i>“The ODSP Action Coalition is a province-wide network of people with lived experience in ODSP, disability organizations, community agencies, anti-poverty groups and community legal clinics. We push for improvements to the ODSP so that people with disabilities can live with justice and dignity. What we do: lobby members of Provincial Parliament (MPPs), including key government ministers; consult with government staff; bring media attention to disability and poverty; organize public events, local demonstrations and actions; build networks between other groups and organizations to push for disability rights; gather statistics and document the experiences of people on ODSP to push for improvements to ODSP; provide information and materials on disability rights and the ODSP program;</i></p>	

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		<i>Provide referrals for low-income people who want to appeal ODSP decisions or make a complaint regarding ODSP to the provincial Ombudsman; encourage ODSP recipients and agencies to form ODSP support groups in their communities to provide practical support to people with disabilities on ODSP.”</i>
	<b>Ontario Drug Benefit Program (ODB)</b>	<p><b>Phone:</b> 1-800-268-1154 (information line)  <b>Phone:</b> 1-800-575-5386 (Trillium Program)  <b>Website:</b> health.gov.on.ca            Weekdays from 8:30 am to 5 pm.  <i>“Ministry of Health and Long-Term Care covers most of the cost of prescription drug products listed in the Ontario Drug Benefit Formulary. If you belong to one of the following groups of Ontario residents and you have valid Ontario Health Insurance (OHIP), you are eligible for drug coverage under the ODB Program: people 65 years of age and older; residents of long-term care facilities; residents of Homes for Special Care; people receiving professional services under the Home Care program; and, Trillium Drug Program recipients.</i>  <i>Trillium Drug Program: Intended for Ontario residents who have a valid Ontario Health Card and who have high prescription drug costs in relation to their net household income. The annual deductible is approximately 4% of the net household income from the previous taxation year as reported to the Canada Revenue Agency and is paid for in eligible prescription drug expenditures. The Program provides coverage for prescription drug products listed in the Ontario Drug Benefit Formulary/ Comparative Drug Index.”</i></p>
	<b>Ottawa Children’s Treatment Centre</b>	<p><b>Ottawa Address Main#1:</b> 395 Smyth Rd.  <b>Ottawa Phone:</b> 737-0871 OR            1-800-565-4839  <b>Cornwall Address:</b> 600 Campbell St., Suite 100 (Eastern Counties location)  <b>Cornwall Phone:</b> 613-932-2327 or            1-866-558-2327  <b>Website:</b> octc.ca  <i>“OCTC is a leader in providing specialized care for those with multiple physical, developmental, and associated behavioural needs, focusing on our region’s children and youth. Programs include: Early Childhood Program; Lifespan Program; Assistive Technology Program; OCTC School; Special Activities &amp; Playgroups; and Respite Services.”</i></p>
	<b>Para-Med Home Health Services</b>	<p><b>Website:</b> paramed.ca  <i>“Customized In-Home Care Services: ParaMed brings the comfort and support you need at home with the right customized plan to preserve your loved ones independence and safety to help them live better.”</i></p>

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		<p><b>ParaMed Cornwall</b>  <b>Address:</b> 1302 Second St. West  <b>Phone:</b> 613-932-8851 or 1-800-267-1743  <b>Website:</b> paramed.com/cornwal/  <i>“Help at Home: Alzheimers Dementia Home Care; Palliative Care; Personal Home Care; and Senior Companion.</i>  <i>Nursing at Home: Care at Home Post-Hospitalization; Chronic Disease Management; Senior Wellness Checks.</i>  <i>Respite Care and Caregiver Relief: Respite Care.</i>  <i>Live-In Care: Live-In Care.</i>  <i>Specialized Care: Alzheimer’s and Dementia Care; Dietitian; Foot Care; Occupational Therapy; Pediatric Home Health Care; Physiotherapy; and Social Work.”</i></p>
		<p><b>ParaMed Ottawa</b>  <b>Address:</b> 1145 Hunt Club Rd., Suite 400  <b>Phone:</b> 613-728-7080 or 1-800-565-3393  <b>Website:</b> paramed.com/ottawa/  <i>“Services are the same as Cornwall.”</i></p>
	<p><b>Saint Elizabeth</b></p>	<p><b>Website:</b> saintelizabeth.com  <i>“Provides a full range of integrated care solutions that creatively respond to client, community and health system needs across Canada. Services include: Home Care &amp; Other Services; Saint Elizabeth Career College; Services for Hospitals; Seniors Living; Rehabilitation Services; Saint Elizabeth Research Centre; First Nations, Inuit and Metis Program; Saint Elizabeth Shared Services; and Elizz Services.”</i></p> <p><b>Eastern Counties Saint Elizabeth Office</b>  <b>Address:</b> 1916 Pitt St., Suite 5, Cornwall  <b>Phone:</b> 613-936-8668  <b>Email:</b> info@saintelizabeth.com</p> <p><b>Ottawa/Champlain Saint Elizabeth Office</b>  <b>Address:</b> 1505 Laperriere Ave, Suite 400, Ottawa  <b>Phone:</b> 613-738-9661  <b>Email:</b> info@saintelizabeth.com</p>

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	<b>SD&amp;G Developmental Services Centre</b>	<b>Address:</b> 775 Campbell St., Cornwall <b>Phone:</b> 613-937-3072 <b>Email:</b> info@developmentalservices.ca <b>Website:</b> developmentalservices.ca <i>"The Centre is committed to maximizing the individual potential and quality of life of persons with a developmental and/or physical challenge in the United Counties of Stormont Dundas and Glengarry. Programs/Services: Infant Development Program; Child and Adolescent Services Program; Occupational Therapy Services; Clinical Services; Family Home Program; Family Relief Program for Developmentally Challenged Children and Adults; Family Relief Program for Physically Handicapped Children; Out-of-Home Respite Initiative for Medically Fragile and Technologically Dependent Children; Independent Respite Initiative."</i>
	<b>Seaway Valley Community Health Centre</b>	<b>Address:</b> 353 Pitt St., Cornwall <b>Phone:</b> 613-936-0306 <b>Email:</b> info@seawayvalleychc.ca <b>Website:</b> seawayvalleychc.ca <i>"SVCHS is a charitable, not-for-profit, community-led organization created to provide primary health care, health promotion and community development services to residents of Cornwall and Stormont, Dundas, Glengarry counties... We provide a wide range of health and wellness services and programs to families and individuals who live in the communities we serve. We deliver care in many ways: one-on-one, personal development groups and community initiatives. Programs/Services: Creating Safer Spaces; Get W.I.T.H. it! (walking in the halls) Heart Wise Walking Program; Cardiac Exercise Program; Nutrition Counselling; Men in the Kitchen: Senior Men's Cooking Group; Eating for One: Senior's Nutrition Program; Parenting Without Partners: Free Workgroup Series for Single Parents; Volunteer Opportunities; Heart Institute Education Workshops via Telehealth; GLBTQ Community Work; Green Food Box; Stress Management Course; Diabetes Education Program; Smoking is a Drag: Countdown to Quit Day; and Livin' It Up: Seniors Wellness Program."</i>
	<b>Single Point Access/ Cornwall Community Hospital</b>	<b>Address:</b> 850 McConnell Ave., Cornwall <b>Phone:</b> 613-361-6363 or 1-844-361-6363 <b>Website:</b> cornwallhospital.ca <i>"Information and referral for services: maintains an electronic database of services for children and youth in Champlain District; and, coordinates Children's Access &amp; Service Resolution Team."</i> <b>Address:</b> 132 Second St. East, Suite 305, Cornwall <b>Phone:</b> 613-938-9909 or

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		1-888-286-5437 <i>"Free and confidential. Provides services to children from 0 to 18 years of age, including their parents or caregivers residing in SDG &amp; A. Referrals can be made by professionals, agencies, or by the individual."</i>
	<b>St. Mary's Home</b>	<b>Address:</b> 780 rue l'Eglise St., Ottawa <b>Phone:</b> 613-749-2491 extension 706 Programs: extension 706 Residence: extension 1 <b>Email:</b> info@stmaryshome.com <b>Website:</b> stmaryshome.com <i>"An Ottawa-based social service agency that provides a full range of programs and services for young pregnant women, young moms and dads, and their infants and young children."</i>
	<b>Teen Health and Wellness (helplines for various issues)</b>	<b>Suicide Hotline:</b> 1-800-784-2433 <b>Crisis Call Centre:</b> 1-800-273-8255 or text ANSWER to 839863 <b>Website:</b> teenhealthandwellness.com/static/hotlines <i>"Teen Health &amp; Wellness: Real Life, Real Answers is for educational purposes only. If you have a question"</i>
	<b>Telehealth Ontario</b>	<b>Phone:</b> 1-866-797-0000 Available 24 hours per day, seven days per week. <i>"Free, confidential telephone service you can call to get health advice or general health information from a Registered Nurse."</i>
	<b>Veteran's Affairs Canada</b>	<b>Phone:</b> 1-866-522-2122 <b>Website:</b> vac-acc.gc.ca <i>"Programs/Services: Veteran's Affairs Canada works in partnership with other government health care authorities, health care providers and research professionals to ensure that eligible clients receive appropriate health care benefits and services."</i>
<b>Hospitals and Emergency</b>	<b>Cornwall &amp; SDG Emergency Medical Services</b>	<b>Phone:</b> 911 Or 1-800-267-9540 (SDG EMS Direct)
	<b>Kemptville District Hospital</b>	<b>Address:</b> 2675 Concession Rd., Kemptville <b>Phone:</b> 613-258-6133 <b>Website:</b> kdh.on.ca

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		<i>"We are an integrated health services organization serving the health needs of North Grenville and South Ottawa in partnership with the Champlain Local Health Integration Network (LHIN)... Our services include: 24-hour emergency; convalescent care; diagnostic imaging; and, education and wellness."</i>
	<b>Poison Control Centre (Ontario)</b>	<b>Phone:</b> 1-800-267-9017 <b>Website:</b> ontariopoisoncentre.com Available 24 hours per day, seven days per week. <i>"Programs/Services: The primary role of the Poison Control Centre is to provide telephone information and advice about potential or real exposures to poisonous substances."</i>
	<b>Winchester District Memorial Hospital</b>	<b>Address:</b> 566 Louise St., Winchester <b>Phone:</b> 613-774-2422 <b>Website:</b> wdmh.on.ca <i>This hospital provides a host of services, many of which require doctor referrals, from childbirth to seniors' care.</i>
<b>Mental Health</b>	<b>Canadian Mental Health Association of SDG/Prescott-Russell</b>	<b>Address:</b> 329 Pitt St., Cornwall <b>Phone:</b> 613-933-5845 or 1-800-493-8271 <b>Website:</b> cmha-east.on.ca <i>"CMHA promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness. CMHA branches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness, and their families. Programs &amp; services include: intensive case management; community support program; court support program; mental health promotion; court diversion program; supportive housing program; supportive employment program; family support program; and Peer Resource Centre."</i>
	<b>Child and Youth Counselling Services</b>	<b>Address:</b> 132 Second St. East, Suite 305, Cornwall <b>Phone:</b> 613-932-1558 <i>Weekdays: 8:30 am to 4:30 pm (hours can be flexible)</i> <i>"A community-based program sponsored by the Cornwall Community Hospital. Programs/Services: The program is for children and youth, between the ages of 0 and 18 who are experiencing psychological, behavioural or emotional problems (depression, anxiety, abuse, self-harming, separation/divorce, loss and trauma). Provides outpatient services for children. Provides assessment, therapy, support, counselling and consultation. No cost to clients."</i>

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		<p><i>Referrals are accepted from parents, teenagers, physicians, schools, professionals, hospitals and other agencies providing services to children and their families.”</i></p> <p><b>Satellite Site: Every second Wednesday</b> <b>Address:</b> 457 Main St. East Winchester</p>
	<p><b>Child, Youth and Family Crisis Line for Eastern Ontario</b></p>	<p><b>Phone:</b> 1-877-377-7775 <b>Website:</b> icrs.ca <i>Operates 24 hours per day, 7 days per week.</i> <i>“The purpose of the Crisis Line is to help children and youth in crisis. The Crisis Line also helps parents and guardians who are concerned about a child or teenager. Your call will be answered by a caring professional who has the specialized expertise to help young people in crisis and who is connected to child and youth service providers in your community. Help may include supportive listening, immediate crisis counselling over the phone, information on resources and service providers in your community, direct referrals to child and youth service provided in your community, short-term follow-up contact and stabilization program for a short period (up to 5 days).</i> <i>The Crisis Line is designed to serve clients in Ottawa, Stormont, Dundas, Glengarry, Prescott-Russell, Renfrew, and Akwesasne. Children aged 12 and older do not require parental consent to receive confidential counselling services. Children under 12 will require the consent of a parent/guardian in order to access confidential counselling.”</i></p>
	<p><b>Counselling and Support Services of Stormont, Dundas, and Glengarry</b></p>	<p><b>Address:</b> 26 Montreal Rd., Cornwall <b>Family/Individual/Couple Counselling:</b> 613-932-4610 <b>Community Integration Services:</b> 613-938-1972 <b>Centre York Centre:</b> 613-933-1253 or 1-888-426-9177 <b>Website:</b> css-sdg.ca <i>“CSS-SDG is a multi-service, non-profit, accredited organization providing a range of support and services to children, youth, adults, and families in the city of Cornwall and the counties of Stormont, Dundas, and Glengarry. Programs/Services include: community integration services; counselling services; changing directions program; creative coping for kids; and Centre York Centre which offers separated and divorced families experiencing difficulties with a safe setting where visits and exchanges can take place without the children witnessing conflicts between the parties.”</i></p> <p><b>Satellite Site (CIS program only):</b> <b>Address:</b> 457 Main St., Winchester <b>Phone:</b> 613-774-3531</p>

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	<b>Children and Youth Mental Health Services</b>	<p><b>Address:</b> 850 McConnell Ave., Cornwall  <b>Phone:</b> 613-361-6363  <b>Website:</b> <a href="http://cornwallhospital.ca/en/ChildrenMentalHealth">cornwallhospital.ca/en/ChildrenMentalHealth</a>  <i>“Cornwall Community Hospital Child and Youth Mental Health Services are community-based services which provide assessment, therapy, support, counselling, group therapy and consultation for children and youth and parent education groups.”</i></p>
	<b>Equipe psycho-sociale</b>	<p><b>Address:</b> 610A McConnell Ave., Cornwall  <b>Phone:</b> 613-938-7112  <i>“Programs/Services: psychological &amp; psychiatric consultation; outpatient clinical services; telepsychiatry in partnership with Children’s Hospital of Eastern Ontario (CHEO); outreach services in partnership with CHEO; early years home-based mental health program; intensive home-based services program; school support services; program for concurrent mental health and substance use disorders; my life, my choice program; section 23 day treatment program; and TAPP-C.”</i></p>
	<b>Men’s Project (The)</b>	<p><b>Address:</b> 180 Argyle Ave., Suite 321, Ottawa  <b>Phone:</b> 613-230-6179 or 1-877-677-6532  <b>Website:</b> <a href="http://themensproject.ca">themensproject.ca</a>  Telephone support weekdays from 9 am to 5 pm.  <i>“Programs/Services: Provides mental health services to men and their families in the areas of childhood trauma recovery, recent sexual assault, emotional intelligence, anger management, and fathering of childhood sexual and/or physical abuse.  Men &amp; Healing Program for Male Survivors: MAG sponsored Individual, couple, and family therapy.”</i></p>
	<b>Mental Health Crisis Line</b>	<p><b>Phone:</b> 1-866-996-0991  <b>Website:</b> <a href="http://crisisline.ca">crisisline.ca</a>  Available 24 hours per day, seven days per week.  <i>“Programs/Services: Free. Bilingual. The first point of public access to the mental health crisis response system. It serves people 16 years of age and over. Staffed by trained volunteers supported by professional staff. Provides screening, assessments, referrals, support in crisis, suicide intervention and transfer to the Local Crisis Team or to emergency services when advisable.”</i></p>
	<b>Mental Health Services</b>	<p><b>Phone:</b> 1-866-531-2600  <b>Website:</b> <a href="http://mentalhealthhelpline.ca">mentalhealthhelpline.ca</a></p>



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		<p><i>“The Mental Health Helpline provides information about mental health services in Ontario. We can: provide information and counselling services and supports in your community; listen, offer support and provide strategies to help you meet your goals; and, provide basic education about mental illness.”</i></p>
	<p><b>Outreach Program (the Tri-County Mental Health Services (SDG)</b></p>	<p><b>Address:</b> 235 Third St. West, Cornwall  <b>Phone:</b> 613-936-9861  <i>“Programs/Services: The Outreach Program is an in-school and in-home-based treatment program for children between the ages of 4 to 17 years who reside in Stormont, Dundas, and Glengarry. Services are provided in English to public and Catholic schools.            To be accepted into the program, children and youth must be experiencing difficulties coping with peers, within the school or home environment. These children and youth are beginning to show indicators of mental health difficulties whereby early intervention is warranted. The exclusion criteria is for developmentally challenge children and children/youth who are currently receiving services from other mental health providers.            Referrals are accepted from school board representatives only.”</i></p>
	<p><b>Address:</b> 32 Second St. East, Suite 104, Cornwall  <b>Phone:</b> 613-932-9940 or            1-800-465-8061            Weekdays from 8:30 am to 4:30 pm  <i>“Programs/Services: People seeking help in dealing with mental health issues can present themselves in person at the main office in Cornwall or can telephone and speak to the mental health worker for a preliminary screening. Referrals may be made either by telephone or in person. Referrals from agencies and other health care professionals must be made in writing with a copy of the Tri-County Mental Health referral form completed and other relevant information documented and forwarded to us as requested.            Also: Psychogeriatric services; general services.”</i></p>	
<p><b>Organizations</b></p>	<p><b>Canadian Red Cross</b></p>	<p><b>Address:</b> 165 Montreal Rd., Cornwall  <b>Phone:</b> 613-932-0231 or            1-888-404-0464  <b>Website:</b> redcross.ca</p>

Health Services  
Updated: March 2018

Topic	Agency/Program	Resource
		<i>"Help for people affected by emergencies and disasters. Provides home services to elderly individuals, children at risk, people with disabilities or palliative patients (transportation, etc.)."</i>
<b>Palliative Care</b>	<b>Dundas County Hospice</b>	<b>Address:</b> 4353 County Road 31, Williamsburg <b>Phone:</b> 613-535-2215 <b>Website:</b> dundascountyhospice.ca <b>Email:</b> info@dundascountyhospice.ca <i>Services include: hospice care; caregiver support; palliative care course; equipment loan program; and, community education.</i>
<b>Sexual Health</b>	<b>Aids and Sexual Health Information</b>	<b>Phone:</b> 1-800-668-2437 Monday to Friday: 10 am to 10:30 pm Saturday & Sunday: 11 am to 3 pm Closed on statutory holidays. <i>"Anonymous and non-judgemental counseling. Current, accurate and detailed information and support on: HIV/AIDS, pre-test and post-test options, safer sex activities, risk assessment, STIs, birth control options, emergency contraception, sexuality, relationship concerns, pregnancy and options, sexual orientation, issues related to harm reduction, including injection drug use and needle exchange programs. Referral to appropriate clinics and community agencies. Crisis intervention. Assistance in problem solving and decision making. Individualized time to address each client's needs."</i>
<b>Sexual Orientation</b>		