

RENFREW COUNTY COMMUNITY RESOURCES

Please go to: www.algonquincollege.com/pembroke/counselling
for hyperlinks to all the services websites

INFORMATION AND REFERRAL SERVICES	
<u>211 Ontario</u>	Connection to social services and community programs
<u>EMentalHealth</u>	Connection to social services and community programs
<u>ConnexOntario</u> 1-866-531-2600	Mental health, addictions, and problem gambling information line and referral services (24/7)
<u>AccessMHA</u>	Assessment and service navigation for Ontario mental health and addiction supports
<u>1call1click</u> Book online	Mental health and service navigation for children and youth (up to age 21)

MENTAL HEALTH AND ADDICTIONS SERVICES	
Mental Health Crisis Line 1-866-996-0991	Phone support (24/7) Can connect to the mobile crisis team
<u>Mental Health Services of Renfrew County</u> 613-732-8770 ex. 8006	Mental health programs and services
<u>WES (Wellness and Emotional Support) for Youth Online</u>	Free, secure, confidential online counselling for Ontario youth (ages 13-24)
<u>Renfrew County Youth Wellness Hub</u> 613-570-8953	Mental health and substance use services integrated with a range of other youth services, including primary care, peer and family support, housing and employment services (for youth ages 12-25) Tuesdays and Thursdays 10am-6pm
<u>Renfrew County E-Walk-In Clinic</u> 1-844-441-0981	Free same-day phone or virtual single-session counselling with a professional counsellor Thursdays 11am-6pm
<u>The Robbie Dean Counselling Centre</u> 613-629-4243	Counselling and support programs
<u>Phoenix Centre</u> 613-735-2374	Mental health programs and services for children, youth, and families

<u>North Renfrew Family Services</u> 613-584-3358	Counselling, advocacy, and referral services for individuals and families in North Renfrew county
<u>Petawawa Military Family Resource Centre</u> 613-687-7587	Programs and supports for the military community
<u>Renfrew County Alcohol and Drug Assessment and Referral Service</u> 613-432-9855	Assessment and referral service
<u>Renfrew County Addiction Treatment Services</u>	Addictions Treatment Services, Mackay Manor, Pathways Counselling Services, Community Withdrawal Management Services, Supportive Housing Program
<u>Renfrew Victoria Hospital Addictions Treatment Service</u> 613-432-9855	Includes gambling and smoking cessation support
Support Groups	<u>Alcoholics Anonymous</u> 1-877-746-7360 <u>Narcotics Anonymous</u> 1-888-811-3887 <u>Al-Anon/Alateen</u> <u>Smart Recovery</u> <u>All People, All Pathways</u>

CRISIS, SAME-DAY, OR SAME-WEEK SUPPORT	
Crisis Lines	Mental Health Crisis Line (24/7) Can connect to the mobile crisis team 1-866-996-0991 Talk Suicide Canada (24/7) T: 1-833-456-4566 TEXT: 45645 (4:00pm-midnight) Hope for Wellness Helpline (24/7) For all Indigenous peoples across Canada 1-866-585-0445 Women's Sexual Assault Centre of Renfrew County Crisis and Support Line 1-800-663-3060 Assaulted Women's Helpline 1-866-863-0511

	Lesbian Gay Bi Trans Youth Line 1-800-268-9688 Trans Lifeline 1-877-330-6366 After-Hours Homelessness Line 1-888-888-2491 Monday-Friday 4pm-10pm
<u>Wellness Together Canada</u> 1-866-585-0445	Phone counselling (24/7)
<u>Member and Family Assistance Services</u> 1-800-268-7708	Phone counselling (24/7) For Canadian Armed Forces members and their families
<u>Counselling Connect</u> Booked online	Free phone or virtual single-session counselling with a professional counsellor Weekdays, evenings, and weekends
<u>The Walk-In Counselling Clinic</u> 613-755-2277	Free same-day phone or virtual single-session counselling with a professional counsellor
<u>Renfrew County E-Walk-In Clinic</u> 1-844-441-0981	Free same-day phone or virtual single-session counselling with a professional counsellor Thursdays 11:30am-6:00pm

MEDICAL AND HEALTH SERVICES	
<u>Renfrew County Virtual Triage and Assessment Centre</u> 1-844-727-6404	For residents of Renfrew County who do not have a family physician or nurse practitioner or cannot access their family physician or nurse practitioner
<u>Health Connect Ontario</u> 1-866-797-0007	Connection with a Registered Nurse for free, secure, and confidential health advice (24/7)
<u>Renfrew County Youth Wellness Hub</u> 613-570-8953	Primary care services available Tuesdays and Thursdays 10am-6pm
<u>Pembroke Regional Hospital</u> 613-732-2811	705 Mackay St., Pembroke ON
<u>Renfrew Victoria Hospital</u> 613-432-4851	499 Raglan St N, Renfrew, ON
<u>Deep River and District Hospital</u> 613-584-3333	117 Banting Dr., RR 1, Deep River, ON
<u>West Champlain Family Health Team</u> 613-735-8051	

<u>Petawawa Centennial Family Health Centre</u> 613-687-7641	
<u>Renfrew County and District Health Unit</u> 613-732-3629	
<u>Planned Parenthood</u> 613-226-3234	Information, resources, and options counselling
<u>Tulip Health</u>	OHIP-covered Telemedicine
<u>Health Care Connect</u>	Refers Ontarians who don't have a physician to a family health care provider who may be accepting new patients

SEXUAL AND DOMESTIC VIOLENCE AND VICTIM SERVICES

<u>Women's Sexual Assault Centre of Renfrew County</u> 613-735-5551	1-800-663-3060 crisis and support line (24/7)
<u>Regional Assault Care Program</u> 1-800-363-7222	Offering emergency care and follow-up support to adults and children who have experienced domestic violence and/or sexual assault
The Assaulted Women's Helpline 1-866-863-0511	24/7
<u>Bernadette McCann House</u> 613-732-3131	1-800-267-4930 crisis and support line (24/7)
<u>Victims Services Renfrew County</u> 1-877-568-5730	Emotional and practical assistance to people who have experienced a crime, tragic life event or community disaster

FAMILY SERVICES

<u>Family and Children Services of Renfrew County</u> 613-735-6866	Programs and services
<u>Phoenix Centre</u> 613-735-2374	Mental health programs and services for children, youth, and families
<u>North Renfrew Family Services</u> 613-584-3358	Counselling, advocacy, and referral services for individuals and families in North Renfrew county
<u>Columbus House</u> 613-732-1767	Residential and young parent support programs

Petawawa Military Family Resource Centre 613-687-7587	Programs and supports for the military community
1call1click Book online	Mental health and service navigation for children and youth (up to age 21)
Child, Youth & Family Crisis Line 1-877-377-7775	For children and youth ages 17 and under who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis (24/7)
Parent's Lifelines of Eastern Ontario	Programs and services
PLEO Parent Helpline 1-855-755-7005	Monday-Friday 9am-7pm
Parent Resource Centre	Programs and resources
Family Care Centre	A resource hub for parents and caregivers of children and youth with mental illness

INDIGENOUS SERVICES	
Health Services and Programs for Indigenous Peoples	Overview of Renfrew County services
Indigenous Health Care Services	Links to services
Indigenous Mental Health Services	Links to services
Hope for Wellness Helpline 1-866-585-0445	Counselling and crisis intervention for all Indigenous peoples across Canada (24/7)
Algonquins of Pikwakangan First Nation	Health, social, legal, child and family, and other services
Indigenous Counselling Services	Partnership between the Robbie Dean Counselling Centre and the Circle of Turtle Lodge
Circle of Turtle Lodge	Ceremonies, events, seminars, and workshops
Wabano Centre 613-748-9364	Health and wellness programs, advocacy, and events

HOUSING, SHELTER, AND FOOD SERVICES	
Landlord and Tenant Board 1-888-332-3234	The tribunal with the authority to resolve disagreements between landlords and tenants and can provide you with information about your rights and responsibilities under the <i>Residential Tenancies Act, 2006</i> .

<u>Renfrew County Housing Corporation</u> 613-735-0782	Provides rent-geared-to-income (RGI) and affordable rental options to low-income households in Renfrew County
<u>Homelessness Prevention Program</u> 613-732-2601	
After-Hours Homelessness Line 1-888-888-2491	For emergency shelter services Monday-Friday 4pm-10pm
<u>Renfrew County Safe Shelter for Youth</u> 1-800-267-5878 ex. 0	For youth ages 16-21
<u>Columbus House</u> 613-732-1767	Residential program
<u>Shelter Safe</u>	Online resource for locating shelters
<u>St. Joseph's Community Food Bank</u> 613-732-3807	Holy Name Annex, 295 First St., Pembroke Mondays 9:30am-1:30pm
<u>Petawawa Pantry Food Bank</u> 613-687-1616	3468-B Petawawa Blvd. Petawawa, ON, K8H 1X3 Tuesdays 1-4pm Thursdays 6-8pm

LEGAL AND FINANCIAL SERVICES

Ontario Provincial Police 1-888-310-1122	Non-emergency services (24/7)
<u>Legal Assistance and Information</u>	Links to information about lawyers, paralegals, and general information about the court system and legal issues
<u>Family Law Education for Women</u> 416-392-3135	Information for women on their rights and options under Ontario family law
<u>Legal Line</u> 1-877-929-0054	Free legal information and referrals Monday-Friday 9am-5pm
<u>Law Society Referral Service</u>	Free 30-minute consultation and referral service
<u>Renfrew County Legal Clinic</u> 613-432-8146	Free legal services to low-income residents of Renfrew County and surrounding area

<u>Legal Aid Ontario</u> 1-800-668-8258	Legal assistance for low-income residents of Ontario
<u>Ontario Ombudsman</u> 1-800-263-1830	Investigation of public complaints and systemic issues within certain jurisdictions
<u>Psychiatric Patient Advocate Office</u> 1-800-578-2343	Advice about rights, advocacy and educational services for mental health patients and families
<u>Ontario Works</u>	Financial assistance
<u>Ontario Disability Support Program</u>	Income supports and benefits for health costs and other disability supports
<u>Financial Assistance for Children and Families</u>	Links to Renfrew County resources

EMPLOYMENT AND CAREER SERVICES

<u>Pembroke Community Employment Services</u> 613-735-4308	Provides employment assistance to individuals who are looking for work or re-training opportunities
<u>The Labour Market Group of Renfrew and Lanark</u>	
<u>Employment Ontario</u>	
<u>Enterprise Renfrew County</u>	Assistance to entrepreneurs
<u>Algonquin College Academic Upgrading</u> 613-735-4700 ex. 2764	For individuals who are pursuing college training or for new employment prospects to improve their educational skills
<u>Career and Program Exploration and Planning</u>	Online modules