

## Free Resource

Created by M.G.R. Productions  
in connection with the Ark Aid Street Mission

Printing provided by  
London InterCommunity Health Centre

### Copies available at:

The Ark Aid Street Mission  
Clinic 528 / C.M.H.A. (A.C.T.)  
Crouch Neighbourhood Resource Centre  
Goodwill Employment Centre  
London & Middlesex Housing  
London InterCommunity Health Centre  
Mission Services (The Gathering Place)  
My Sister's Place / Muncey First Nation  
Regional HIV/AIDS / Counterpoint  
Salvation Army (Wellington St Food Bank)  
WAYS (Youth 12-18)/Youth Action Centre (16-24)

20

# Daily in Transition Guide:



## London Homeless Resources

2018

Or visit: [www.londonhomelessresources.com](http://www.londonhomelessresources.com)

### Income Tax Clinics / Helpful Resources

#### Income Tax Clinics (Free - Current/Prior years)

**Lifespun** (Wed 9:30am – 12pm by App't)

866 Dundas St (519)438-8676

**David Bonner** 2-571 Queens Ave (519)204-6899

**Crouch Resource Centre**

550 Hamilton Rd (519)672-7630 (by appointment)

**Canada Revenue Agency** 1-800-959-8281

**G.S.T.** 1-800-959-1953 (Jan/Apr/July/Oct)

**Trillium** 1-877-627-6645 (paid 10<sup>th</sup> monthly)

#### Showers & Laundry

**London InterCommunity Health Centre**

659 Dundas St Mon-Fri 9-12 & 1-4:00

**The Gathering Place** (rear entrance)

457 York St Mon-Fri 8:30-11:30 & 12:30-3:00

#### Telephone Access

**The Gathering Place** 457 York St (rear entrance)

8:30am – 11:30am, 12:30pm – 3pm Monday – Friday

**Unity Project**

717 Dundas St 8am – 11am

16

### Tuesday

8:30am-11:30am

& 12:30pm-3:00pm

8am – 11:30am

& 6pm-8pm

9am – 11am

9am – 9pm

9:30am – 11am

9:30am – 12pm

10am – 12 pm

10am – 3:00 pm

and 5pm - 8pm

12pm – 2pm

12:30pm – 4pm

1:30pm – 3:30pm

3:30pm – 6:30pm

5:30pm – 7:30pm

6:45pm – 8:30pm

**The Gathering Place**

Coffee/Showers/Laundry/Caseworkers

**Unity Project**

Meals/Showers/Phone/Caseworkers

**London Coffee House**

Coffee/Laundry/Computers

**Public Library**

Computers/Resources/Activities/Exhibits

**St Joseph's Hospitality Centre**

Breakfast 50c or pay end of month

**St Paul's Cathedral**

Daily Bread Food Bank

**London InterCommunity Health Centre**

ID Clinic (If Homeless)

**My Sister's Place** / Lunch 12 - 1

Women's Programs & Resources

**St Joseph's Hospitality Centre**

Lunch \$1 or end of month

**The Gathering Place**

Nurse available/Activities

**London InterCommunity Health Centre**

Help make this 'Guide' / various projects

Color Art Program

**London Coffee House**

Coffee/Laundry/Computers

**Ark Aid Street Mission** - Dinner

5

### Shelters Continued / Health Care

#### Zhaawanong Shelter

256 Hill St (Native women & children of abuse)

(519)432-2270

#### Women's Community House

101 Wellington Rd (Abused women/children)

(519)642-3000 / 1(800)265-1576

#### Rotholme Women & Families

42 Stanley St (Women/families of abuse)

(519)673-4114

#### Health Care Services

#### London InterCommunity Health Centre

659 Dundas St (519)660-0874

Doctors/Counselling/Hep C/HIV/Diabetic test/supports

Peer Support/Daily Social Programs

#### London Middlesex Health Unit

50 King St (Dental/Immunization/STD's/Pre natal)

(519)663-5317

Mon – Fri 8:30am – 4:30pm

#### Mental Health & Addictions Crisis Centre

648 Huron St (519)434-9191 Open 24/7

Crisis & Short-Term Intervention Programs

**Crouch Neighbourhood Centre** (519)642-7630

Dental outreach by U.W.O. dental students

12

### Saturday

8am– 11:30am

& 6pm – 8pm

#### **Unity Project**

Meals/ Showers/Phone/Caseworkers

9am – 5pm

#### **Central Public Library**

Computers/Resources/Exhibits

11am – 2pm

#### **My Sister's Place**

Women's Programs & Resources

12pm – 1pm

Lunch

10am – 6pm

#### **Citi Plaza**

Movies/Shop/Relax

11am – 2pm

#### **London Coffee House**

Coffee/Computers/Laundry

6:45–8:30pm

#### **Ark Aid Street Mission**

Dinner

“ Never look down on someone unless  
you are helping them up. “

9

**Regular Service Locations**

**Ark Aid Street Mission**  
698 Dundas St (Lyle) (519)667-0322

**C.M.H.A.** (Canadian Mental Health Association)  
534 Queens Ave 668-0624 648 Huron St 434-9191

**Crouch Neighbourhood Resource Centre**  
550 Hamilton Rd (519)642-7630

**Dundas St United Church**  
482 Dundas St (Maitland) (519)434-9173

**London InterCommunity Health Centre**  
659 Dundas St (Lyle) (519)660-0874

**London Coffee House**  
371 Hamilton Rd (Redan) (519)204-4719

**London Public Library** (Central Location)  
251 Dundas St (Wellington) (519)661-4600

**Metropolitan United Church**  
468 Wellington St (Queens) (519)432-7189

**Income & Employment Supports**

**Ontario Works**  
355 Wellington St (Citi Plaza 2nd Floor)  
(519)661-5432 Applications (519)661-4520 Ext # 3  
Street Allowance available to the non-sheltered  
**O.D.S.P.** (Disability Support Program)  
217 York St 3rd Floor (519)438-5111

**Discretionary Benefits**  
151 Dundas St (Market Tower) (519)661-5910 x1  
Assist Bus passes/Vision/Dental/Funeral expenses

**Labour Ready Inc.** (daily paid labour)  
942 Oxford St E (519)457-7679

**Goodwill Employment Resource Centre**  
255 Horton St (2nd floor) Mon - Fri 8:30-4  
(519) 850-9000

Resume services/Computers/Voicemail/Supports

**Assistance with Forms Completion:**

Contact your area Federal or Provincial M.P.

**Or** London InterCommunity Health Centre

(519)660-0874 to make an appointment 19

**Sunday**

8am – 11:30am **Unity Project**  
& 6pm – 8pm Meals/ Showers/Phone/Caseworkers

11am – 2pm **My Sister’s Place**  
Women’s Programs & Resources

12pm – 1pm Lunch

10am – 5pm **Citi Plaza**  
Movies/Shop/Relax

11am – 2pm **London Coffee House**  
Coffee/Laundry/Computers

1pm – 4pm **Central Public Library** (Sept – April)  
Computers/Resources/Activities/Exhibits

3:30pm – 5pm **Ark Aid Mission**  
Sunday Connection fellowship & social gathering

5:15pm – 6pm **Centre of Hope**  
Dinner

5:30pm – 7pm **Ark Aid Street Mission**  
Dinner (most weeks - check ahead)

**Shelters**

**Nightly and 30/42 Day Stays**

**Centre of Hope (Salvation Army)**  
281 Wellington St (519)661-0343  
Men & Women 16 yrs+  
Intake: 1pm

**Men’s Mission**  
459 York St (519)672-8500  
Men 16 yrs+ only  
Intake: 4pm

**Unity Project** **Unity Crash Beds**  
717 Dundas St (519)433-8700 Intake @ 8:30pm  
Men & Women 12 beds available

**Crash Beds (Mission Services)**  
457 York St (519)439-0239  
Women – Front Entrance / Men – Rear Entrance  
9pm – 7am ( Gathering Place opens @ 7am )

**Wednesday**

8:30am-11:30am **The Gathering Place**  
& 12:30pm-3:00pm Coffee/Showers/Laundry/Caseworkers

8am – 11:30am **Unity Project**  
& 6pm – 8pm Meals/Telephone/Showers/Coffee  
9am - ? **London InterCommunity Health Centre**  
New Doctor Intake - 1st Come 1st Served

9am – 11am **London Coffee House**  
Coffee/Laundry/Computers

9:30am – 11am **St Joseph’s Hospitality Centre**  
Breakfast 50c or pay end of month

9:30am – 12pm **St Paul’s Cathedral**  
Daily Bread Food Bank / Lunch 11 – 1:30

10am – 3:00pm **My Sister’s Place** / Lunch 12 - 1  
and 5 pm - 8pm Women’s Programs & Resources

12pm – 2pm **St Joseph’s Hospitality Centre**  
Lunch \$1 or end of month

12:30pm – 4pm **The Gathering Place** – Art Program

1:30pm – 3:30pm **London InterCommunity Health Centre**  
Social Programs & snacks / Daily Food Bank

1:30pm – 3:30pm **Ark Aid Street Mission**  
Coffee/Crafts/Fellowship/Arkware Store

3:30pm – 6:30pm **Ark Aid Street Mission** – Colour Art Program

5:15pm – 6pm **Centre of Hope** - Dinner

5:30pm-6:30pm **Dundas St United Church** – Dinner (Oct-May)

5:30pm – 7:30pm **London Coffee House** – Coffee/Laundry

5:45pm – 7:30pm **Salvation Army Food Truck**  
5:45 My Sister’s Place / 6:15 Coffee House / 7:00 King&York Impark

6:45pm – 8:30pm **Ark Aid Street Mission**  
Dinner/Arkware Store

**Furniture / Clothing / Housewares**

**St. Vincent De Paul**  
585 York St (519)438-7071  
**Free** furniture & housewares  
11am – 4pm with voucher (any Catholic Church)

**The Mission Store**  
797 York St. (Rectory) (519)438-3056  
**Free** clothing & housewares  
9am – 3pm Monday - Friday  
Vouchers @ London InterCommunity Health  
LifeSpin / Men’s Mission / Centre of Hope

**ArkWare**  
696 Dundas St  
1:30pm – 3:30pm Tuesday/Wednesday/Thursday  
Clothing and housewares

**Impact Junk Solutions** (The Furniture Bank)  
**Free** furniture (will pick up gently used)  
38 Adelaide St N Unit 6B (519)808-5237

**LifeSpin**  
872 Dundas St  
Mon & Wed 10am – 2pm Tues 3pm – 7pm  
**Free** housewares for low income individuals 15

### Addiction Resources

#### **Centre of Hope (Salvation Army)**

281 Wellington St (519)432-7241  
Withdrawal management centre; 16 yrs+

#### **Addiction Services Of Thames Valley**

260 - 200 Queens Ave (519)673-3242

#### **Quinton Warner House**

477 Queens Ave (519)434-8041  
4 month residential program - Men 18 yrs+

#### **Clinic 528 Methadone Treatment**

528 Dundas St (519)645-1533  
Daily maintenance programs  
**1-800-755-9603 for nearest clinic/counsellor**  
**Regional HIV/AIDS Centre & Counterpoint**  
30-186 King St (866)920-1601  
HIV/AIDS advocacy/prevention/education  
Needle & Syringe Program; Mon – Fri 9am – 5pm

**A.A. Help Line** 519-438-1122

**N.A. Help Line** 1-888-811-3887

**Gambling Help Line** 1-888-230-3505

**London Distress Line** 519-667-6711

**Crisis Phone Line** 1-866-933-2023

14

8:30am-11:30am  
& 12:30pm-3:00pm  
8am – 11:30am  
& 6pm – 8pm  
9am – 11am

9am – 9pm

9:30am – 11am

9:30am – 12pm

10am – 3pm  
and 5pm - 8pm  
12pm – 2pm

12:30pm – 4pm

1pm – 3pm

1:30pm-3:30pm

1:30pm – 3:30pm

5:30pm – 7:30pm

6:30pm-7:00pm  
6:45pm – 8:30pm

### **Thursday**

#### **The Gathering Place**

Coffee/Showers/Laundry/Caseworkers

#### **Unity Project**

Meals/Telephone/Showers/Coffee

#### **London Coffee House**

Coffee/Laundry/Computers

#### **Public Library**

Computers/Resources/Activities/Exhibit

#### **St Joseph's Hospitality**

Breakfast 50c or pay end of month

#### **St Paul's Cathedral**

Daily Bread Food Bank

#### **My Sister's Place / Lunch 12 - 1**

Women's Programs & Resources

#### **St Joseph's Hospitality Centre**

Lunch \$1 or end of month

#### **The Gathering Place**

Resume/Tax Service/Movies

#### **My Sister's Place**

Belong to Song - Music Program

#### **London InterCommunity Health Centre**

ID Clinic - ( If Homeless )

#### **Ark Aid Street Mission**

Computers/Crafts/Fellowship/Arkware Store

#### **London Coffee House**

Coffee/Cards/Fellowship

**Hot dog bbq** – bridge behind Museum London

**Ark Aid Street Mission** – Dinner

7

### Immigrant / Aboriginal Services

#### **Luso Centre**

Help for immigrants and newcomers  
1193 Oxford St E Unit 2 (519)452-1466  
9am – 5pm Monday – Thursday,  
9am – 4:30pm Friday, closed 12pm – 1

#### **London Cross Cultural Learner Centre**

Resettlement assistance, medical/social supports  
505 Dundas St (519)432-1133  
8:30am – 4:30pm Monday – Friday

### Urban Native people – Programs & Services

#### **At^lohsa Native Services**

Aboriginal Family Services  
343 Richmond St (519)438-0068  
**N'Amerind Friendship Centre**  
Various Programs & Services  
260 Colborne St (519)672-0131

#### **Southwest Ontario Aboriginal Health Centre**

Traditional healing/Primary Health Care/Programs  
425 – 427 William St (519)672-4079

18

### Regular Services Locations Continued

#### **My Sister's Place**

(Women's Resource 16yrs+)  
566 Dundas St (William)  
(519)679-9570

#### **Salvation Army / Centre of Hope**

281 Wellington St (Horton)  
(519)661-0343

#### **St. Joseph's Hospitality Centre**

707 Dundas St (Lyle)  
(519)432-0660

#### **St. Paul's Cathedral**

472 Richmond St (Queens)  
(519)434-3225

#### **The Gathering Place (Mission Services)**

457 York St (rear entrance) (519)672-8500

#### **Unity Project**

717 Dundas St (Lyle) (519)433-8700

3

## Monday

|                                              |                                                                                                                      |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 8:30am-11:30am<br>& 12:30pm-3:00pm           | <b>The Gathering Place</b><br>Haircuts @ 10am/Coffee/Showers/Laundry                                                 |
| 8am – 11:30am<br>& 6pm – 8pm<br>9am – 11am   | <b>Unity Project</b><br>Meals/Telephone/Showers/Coffee<br><b>London Coffee House</b><br>Coffee/Laundry/Computers     |
| 9am – 9pm                                    | <b>Public Library</b><br>Computers/Resources/Activities/Exhibits                                                     |
| 9:30am – 11am                                | <b>St Joseph’s Hospitality Centre</b><br>Breakfast 50c or pay end of month                                           |
| 9:30am – 12pm                                | <b>St Paul’s Cathedral</b><br>Daily Bread Food Bank                                                                  |
| 10am – 3pm<br>and 5pm - 8pm<br>11am – 1:30pm | <b>My Sister’s Place</b> Lunch 12-1<br>Women’s Programs & Resources<br><b>St Paul’s Cathedral</b><br>Lunch (20 yrs+) |
| 12pm – 2pm                                   | <b>St Joseph’s Hospitality Centre</b><br>Lunch \$1 or end of month                                                   |
| 12:30pm – 4pm                                | <b>The Gathering Place</b><br>Resume/Tax Service/Movies                                                              |
| 1:30pm – 3:30pm                              | <b>London InterCommunity Health Centre</b><br>Cards/Coffee/Socializing/Daily Food Bank                               |
| 1:30pm – 3:30pm                              | <b>Ark Aid Street Mission</b><br>Coffee/Crafts/Fellowship                                                            |
| 5:30pm – 7:30pm                              | <b>London Coffee House</b><br>Coffee/Laundry/Computers                                                               |
| 6:45pm – 8:30pm                              | <b>Ark Aid Street Mission</b><br>Dinner                                                                              |

## Youth Services & ID Clinics

### Youth Action Centre

Drop in Centre & Training Programs ( 16-24 yrs )  
332 Richmond St (226)777-0116 Mon-Fri 8am – 9pm  
7am – 2:30pm **Youmadeitcafe** (coffee/breakfast/jams)  
**WAYS** (12-18 yrs) Crisis Line (519)433-0334 **24/7**  
714 York St (519)432-2209  
Housing/Legal/Family/Mental health supports  
**Y.O.U. (Youth Opportunities Unlimited)**  
Employment Resource Centre (16 – 30 yrs of age)  
141 Dundas St (second floor) (519)432-1112  
8:30am – 5:00pm Monday – Friday  
**CMHA (Canadian Mental Health Association)**  
Life skills, groups, social activities  
534 Queens Ave (519)434-9191 Ext 301  
**Replace Lost & Stolen ID**  
**London InterCommunity Health Centre**  
659 Dundas St (519)660-0874  
Tues 10-12 & Thurs 1:30-3:30 ( **If Homeless** )  
**Centre of Hope (Salvation Army)**  
273 Wellington St (Rear) (519)964-3663 Ext 300  
Fridays 2pm-4pm ID Clinic ( **If Housed** )  
**Service Ontario** 100 Dundas St 1-800-267-8097

## Friday

|                                                                            |                                                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:30am-11:30am<br>& 12:30pm-3:00pm                                         | <b>The Gathering Place</b><br>Coffee/Showers/Laundry/Caseworkers                                                                                                                                                                                                     |
| 8am – 11:30am<br>& 6pm – 8pm<br>9am – 11am                                 | <b>Unity Project</b><br>Meals/ Telephone/Showers/Coffee<br><b>London Coffee House</b><br>Coffee/Laundry/Computers<br><b>Public Library</b>                                                                                                                           |
| 9am – 9pm<br>9:30am – 11am<br>10am – 3pm<br>and 5pm - 8pm<br>11am – 1:30pm | <b>St Joseph’s Hospitality Centre</b> – Breakfast .50c<br><b>My Sister’s Place</b> / Lunch 12 - 1<br>Women’s Programs & Resources<br><b>St Paul’s Cathedral</b><br>Daily Bread Food Bank/Lunch<br><b>St Joseph’s Hospitality Centre</b><br>Lunch \$1 or end of month |
| 12pm – 2pm                                                                 | <b>The Gathering Place</b><br>Social time/Games/Movies                                                                                                                                                                                                               |
| 12:30pm – 4pm                                                              | <b>Centre of Hope</b> – Chiropractor Clinic ( <b>Free</b> )                                                                                                                                                                                                          |
| 1:00pm – 3:00pm<br>1:30pm – 3:30pm                                         | <b>London InterCommunity Health Centre</b><br>Cards/Coffee/Socializing/Daily Food bank                                                                                                                                                                               |
| 1:30pm – 3:30pm                                                            | <b>Ark Aid Street Mission</b><br>Coffee/Crafts/Fellowship                                                                                                                                                                                                            |
| 2:00pm - 3:30pm                                                            | <b>London InterCommunity Health Centre</b><br><b>Smart Recovery Program</b><br>Addiction Support Group                                                                                                                                                               |
| 2:00pm – 4:00pm                                                            | <b>Centre of Hope (Salvation Army)</b><br>Legal Referral & ID Clinic Project ( <b>If Housed</b> )                                                                                                                                                                    |
| 5:30pm – 7:30pm<br>5:30pm – 7:30pm<br>6:45pm – 8:30pm                      | <b>London Coffee House</b> – Coffee/Laundry<br><b>Metropolitan United Church</b> - Dinner<br><b>Ark Aid Street Mission</b> - Dinner                                                                                                                                  |

## Housing Sources / Support

### London & Middlesex Housing

1299 Oxford St E. (519)434-2765  
8:30 - 4:30 Monday - Friday  
**Housing Access Center** (Housing Applications)  
Citi Plaza (second floor)  
355 Wellington St Suite 248 (519)661-0861  
8:30am – 4:00pm Monday – Friday  
**London Housing Registry** (Private Landlord)  
379 Dundas St Suite 203 (519)434-3344  
8am-3pm Monday-Friday

### LIFESPIN (Community Housing Initiative)

10 Apartments – Geared to income (Dundas/Ontario)  
(519)438-8676 to Apply  
**Centre of Hope – Housing Stability Bank**  
281 Wellington St (519)964-3663  
Loans & Grants for arrears/last month’s rent/utilities  
**Ontario Electricity Support Program**  
Assistance for low income earners  
1-855-831-8151

**For local apartment rentals:**  
[www.kijiji.ca/apartments](http://www.kijiji.ca/apartments)