

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)

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Daily in Transition Guide:



London Homeless Resources

2018

Or visit: www.londonhomelessresources.com

Income Tax Clinics / Helpful Resources

Income Tax Clinics (Free - Current/Prior years)

Lifespin (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 10th 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

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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

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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

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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. “

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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

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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

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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

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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

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Monday

8:30am-11:30am & 12:30pm-3:00pm	The Gathering Place Haircuts @ 10am/Coffee/Showers/Laundry
8am – 11:30am & 6pm – 8pm 9am – 11am	Unity Project Meals/Telephone/Showers/Coffee London Coffee House Coffee/Laundry/Computers
9am – 9pm	Public Library Computers/Resources/Activities/Exhibits
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
10am – 3pm and 5pm - 8pm 11am – 1:30pm	My Sister’s Place Lunch 12-1 Women’s Programs & Resources St Paul’s Cathedral Lunch (20 yrs+)
12pm – 2pm	St Joseph’s Hospitality Centre Lunch \$1 or end of month
12:30pm – 4pm	The Gathering Place Resume/Tax Service/Movies
1:30pm – 3:30pm	London InterCommunity Health Centre Cards/Coffee/Socializing/Daily Food Bank
1:30pm – 3:30pm	Ark Aid Street Mission Coffee/Crafts/Fellowship
5:30pm – 7:30pm	London Coffee House Coffee/Laundry/Computers
6:45pm – 8:30pm	Ark Aid Street Mission 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 & 12:30pm-3:00pm	The Gathering Place Coffee/Showers/Laundry/Caseworkers
8am – 11:30am & 6pm – 8pm 9am – 11am	Unity Project Meals/ Telephone/Showers/Coffee London Coffee House Coffee/Laundry/Computers Public Library
9am – 9pm 9:30am – 11am 10am – 3pm and 5pm - 8pm 11am – 1:30pm	St Joseph’s Hospitality Centre – Breakfast .50c My Sister’s Place / Lunch 12 - 1 Women’s Programs & Resources St Paul’s Cathedral Daily Bread Food Bank/Lunch St Joseph’s Hospitality Centre Lunch \$1 or end of month
12pm – 2pm	The Gathering Place Social time/Games/Movies
12:30pm – 4pm	Centre of Hope – Chiropractor Clinic (Free)
1:00pm – 3:00pm 1:30pm – 3:30pm	London InterCommunity Health Centre Cards/Coffee/Socializing/Daily Food bank
1:30pm – 3:30pm	Ark Aid Street Mission Coffee/Crafts/Fellowship
2:00pm - 3:30pm	London InterCommunity Health Centre Smart Recovery Program Addiction Support Group
2:00pm – 4:00pm	Centre of Hope (Salvation Army) Legal Referral & ID Clinic Project (If Housed)
5:30pm – 7:30pm 5:30pm – 7:30pm 6:45pm – 8:30pm	London Coffee House – Coffee/Laundry Metropolitan United Church - Dinner Ark Aid Street Mission - 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