

**Free Resource**  
(100% volunteer made & distributed)

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

Printing provided by  
London InterCommunity Health Centre

**Copies available at:**

Ark Aid Street Mission  
Central Library (Downtown)  
Crouch Neighbourhood Resource Centre  
Clinic 528 / Goodwill Employment Centre  
London InterCommunity Health Centre  
London Housing / My Sister's Place  
Mission Services (The Resource Centre)  
Muncey First Nation / Regional HIV/AIDS  
Salvation Army (Wellington St Food Bank)  
Unity Project / University Hospital  
Y.O.U. / Youth Action Centre (Youth services)

**Celebrating our 5<sup>th</sup> year !!**

# Daily in Transition Guide



## London Homeless Resources

**2019**

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

**Income Tax Clinics / Showers / Laundry / Phone**

**Income Tax Clinics** (Free - Current/Prior years)  
**Lifespın** (Wed 9:30am – 12pm by App't)  
866 Dundas St (519) 438-8676  
**Ark Aid** 696 Dundas St – Tue/Wed/Thur 1:30 - 3:30  
**David Bonner** 2-571 Queens Ave (519) 204-6899  
**Crouch Neighbourhood Resource Centre**  
550 Hamilton Rd (519) 672-7630 (by appointment)  
**Canada Revenue Agency** 1-800-959-8281  
**G.S.T.** 1-800-959-1953 (paid 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 Resource Centre** (rear entrance)  
457 York St Mon-Fri 8:30-11:30 & 12:30-3:00  
**Youth Action Centre** 332 Richmond St 8am – 8pm  
**Telephone / Bathrooms**  
**The Resource Centre** 457 York St (rear entrance)  
8:30am – 11:30am & 12:30pm – 3pm Monday –Friday  
**Unity Project**  
717 Dundas St - 8:00am – 11:30am & 1pm – 3pm  
**ODSP** building - 217 York St (3<sup>rd</sup> floor) – phone only

**Tuesday**

7am – 2:30pm  
and 3pm – 7pm  
8am – 8pm  
8am – 11:30am  
and 1pm - 3pm  
8:30am-11:30am  
and 12:30pm-3pm  
9am – 11am  
9am – 9pm  
9:30am – 11am  
9:30am – 12pm  
10am – 12 pm  
10am – 3 pm  
and 5pm - 8pm  
12pm – 2pm  
1:30pm – 3:30pm  
3:30pm – 6:30pm  
5:30pm – 7:30pm  
5:30pm – 6:30pm  
6:10pm  
6:45pm  
7:15pm  
6:45pm – 8:30pm

**Youmadeitcafe** – youth training programs  
**Youth Action Centre** – Drop in/skills training  
**Youth Action Centre** – Showers/Laundry  
**Unity Project**  
Phone/Bathroom/Showers/Staff Support  
**The Resource Centre**  
Coffee/Showers/Laundry/Caseworkers  
**London Coffee House** - Coffee/Laundry  
**Public Library** (Downtown)  
Computers/Resources/Activities/Exhibits  
**St Joseph's Hospitality Centre**  
Breakfast 50c or pay end of month  
**St Paul's Cathedral** – Daily Food Bank  
**London InterCommunity Health Centre**  
ID Clinic (If Homeless)  
**My Sister's Place** / Lunch 12 - 1  
Women's Programs/Resources/Laundry  
**St Joseph's Hospitality Centre** - Lunch  
**London InterCommunity Health Centre**  
Alternate Tuesdays - Help make this 'Guide'  
**Ark Aid Street Mission** Color Art Program  
**London Coffee House** - Coffee/Laundry  
**Youth Action Centre** – YouTalk – info session  
**Sally Truck** – My Sister's Place (free meal)  
**Sally Truck** – Coffee House (free meal)  
**Sally Truck** –Covent Garden Market (free meal)  
**Ark Aid Street Mission** - Dinner

**Shelters Continued / Health Care / Dental**

**Women's Community House**  
101 Wellington Rd (Abused women & children)  
(519) 642-3000 / 1(800)265-1576  
**Rotholme Women & Families** (519) 673-4114  
42 Stanley St (Women & families of abuse)  
**Zhaawanong Shelter** (519) 432-2270  
256 Hill St (Native women & children of abuse)

**Health Care Services**  
**Family Doctors** – Register at 1-800-445-1822  
**London InterCommunity Health Centre**  
659 Dundas St (519) 660-0874  
Doctors/Counselling/Hep C/HIV/Diabetic test/supports  
**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  
**Dental Services**  
**Dental - Crouch Neighbourhood** (519) 642-7630  
Dental outreach by U.W.O. dental students  
**Dental – Glen Cairn Resource** – 244 Adelaide St S.  
Call (519) 668-2785 for appointment

**Saturday**

8am– 11:30am and 1pm – 3pm **Unity Project**  
Phone/Bathroom/Showers/Staff Support

9am – 5pm **Public Library** (Downtown)  
Computers/Resources/Exhibits

11am – 2pm **My Sister's Place**  
Women's Programs/Resources/Laundry  
Lunch

12pm – 1pm

10am – 6pm **Citi Plaza**  
Movies/Shop/Relax

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

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

“ Love is the only place big enough  
for all the pain in the world ”

Laura A. W. (client)

## 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

### **Goodwill Employment Centre**

255 Horton St (519) 850-9000

### **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 / ID Clinics

(Homeless - Street Allowance \$390 available)

### **Ontario Works**

355 Wellington St (Citi Plaza 2nd Floor)

(519) 661-5432 Applications (519) 661-4520 Ext 3

### **O.D.S.P. (Disability Support Program)**

217 York St 3rd Floor (519) 438-5111

### **Discretionary Benefits**

355 Wellington St (2<sup>nd</sup> Floor) (519) 661-5910 Ext 1

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 Mon - Fri 8:30-4:00 (519) 850-9000

Resume services/Computers/Voicemail/Job search

**C.P.P. (Disability)** 1-800-277-9914

## Replace Lost & Stolen ID

### **London InterCommunity Health Centre**

**Clinics:** Tues 10-12 & Thurs 1:30-3:30 (If Homeless)

**OHIP cards** - 100 Dundas St 1-800-267-8097

**SIN cards** – Dominion Building 457 Richmond St

**Birth Certificate** inquiries 1-800-461-2156

## Sunday

8am – 11:30am **Unity Project**  
Phone/Bathrooms/Showers/Staff Support  
and 1pm – 3pm  
11am – 2pm **My Sister's Place**  
Women's Programs/Resources/Laundry  
12pm – 1pm Lunch  
10am – 5pm **Citi Plaza (Downtown)**  
Movies/Shop/Relax  
11am – 2pm **London Coffee House**  
Coffee/Laundry/Computers  
1pm – 4pm **Public Library (Open: Sept – April)**  
Computers/Resources/Activities/Exhibits  
3:30pm – 5pm **Ark Aid Mission**  
Sunday Connection fellowship  
5:15pm – 6pm **Centre of Hope**  
Dinner  
5:30pm – 7pm **Ark Aid Street Mission**  
Dinner (most weeks - check ahead)

## Food Banks - Local Area

Centre of Hope (rear) Mon-Fri 9-4:30pm  
London InterCommunity Health Mon-Fri 1-4pm  
(see an Outreach worker for details)

See website for the 'Meal Calendar / Food Banks'

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

10

## Shelters

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

281 Wellington St (519) 661-0343

Men (122 beds) & Women (26 beds)

**Youth 16 yrs+** stay separate from adults

Private dorms available (must apply)

**Intake @ 1:00pm**

### **Men's Mission**

459 York St (519) 672-8500

Men (111 beds & 35 long term care) 16 yrs+ only

**Intake @ 4:00pm**

### **Unity Project (open 24 hrs) Unity Crash Beds**

717 Dundas St (519) 433-8700 **Intake @ 6:30pm**

Men (29) Women (10) 10 beds available

Transitional housing units also available (18 yrs+)

### **Crash Beds (Mission Services)**

457 York St (519) 439-0239

Private rooms - Women (10 beds) / Men (11 beds)

**Open:** 9:00pm – 7:00am

12

## Wednesday

7am – 2:30pm and 3pm-7pm  
8am – 8pm  
8am – 11:30am and 1pm – 3pm  
8:30am-11:30am and 12:30pm-3pm  
9:30am - 5pm  
9:45am – 10:30am  
9:30am – 11am  
9:30am – 12pm  
10am – 3pm  
12pm – 2pm  
12:30pm – 3pm  
1:30pm – 3:30pm  
1:30pm – 3:30pm  
3:30pm – 6:30pm  
5:15pm – 6pm  
5:30pm-6:30pm  
5:30pm – 7:30pm  
6:00pm – 8:00pm  
6:45pm – 8:30pm  
**Youmadeitcafe** – youth training programs  
**Youth Action Centre** – Drop in/skills training  
**Youth Action Centre** – Showers/Laundry  
**Unity Project**  
Phone/Bathrooms/Showers/Staff Support  
**The Resource Centre**  
Coffee/Showers/Laundry/Caseworkers  
**Public Library (Downtown – 3<sup>rd</sup> floor)**  
**C.M.H.A.** – Mental health/addictions resources  
**InterCommunity Centre** – Guitar class  
**St Joseph's Hospitality Centre**  
Breakfast 50c or pay end of month  
**St Paul's Cathedral** – Food bank/Lunch  
**My Sister's Place / Lunch** 12 – 1 / 5pm-8pm  
**St Joseph's Hospitality Centre** - Lunch  
**The Resource Centre** – Art Program  
**London InterCommunity Health Centre**  
Social Programs & snacks/Daily Food Bank  
**Ark Aid Street Mission**  
Coffee/Crafts/Fellowship/Arkware Store  
**Ark Aid Street Mission** Colour Art Program  
**Centre of Hope** - Dinner  
**Dundas St United Church** Dinner (Oct-May)  
**London Coffee House** – Coffee/Laundry  
**Youth Action Centre** –LGBTQ Support Group  
**Ark Aid Street Mission**  
Dinner / Arkware store

6

## Furniture / Clothing / Housewares

### **St. Vincent De Paul - Thrift Store**

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 (**with voucher**)

9am – 3pm Monday - Friday

**Vouchers @** London InterCommunity Health Centre

LifeSpin / Men's Mission / Centre of Hope

### **ArkWare** – Thrift Store

696 Dundas St (beside Ark Aid)

1:30pm – 3:30pm Tuesday/Wednesday/Thursday

Low cost quality 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** – Thrift Store

872 Dundas St

Mon & Wed 10am – 2pm & Tues 3pm – 7pm

**Free** housewares for low income individuals

16

## Support Workers

## Notes:

**Assistance with forms completion & help securing income / housing / employment / health / legal supports**

### **Ark Aid Street Mission**

Advocacy workers (519) 667-0322

**C.M.H.A.** (519) 668-0624

Housing selection workers/Mental health case managers

**Centre of Hope** Housing supports (519) 661-0343

### **Goodwill Career Centre**

Employment specialists(resume/search) (519) 850-9000

### **John Howard Society**

Bail / Legal Support workers (519) 438-4168

### **London InterCommunity Health Centre**

Outreach / Housing / ID workers (519) 660-0874

### **Mission Services** (519) 439-7700

Transitional case managers / Outreach workers

**R.H.A.C. / London CARES** (519) 667-2273

Housing Selection & HIV/AIDS workers

**Unity Project** Advocacy workers (519) 433-8809

### **Y.O.U. (Youth Opportunities Unlimited)**

Supportive Housing Facilitators (519) 777-0116

11

## Addiction Resources

### **Regional HIV/AIDS Centre**

30-186 King St (866) 920-1601

HIV/AIDS advocacy/prevention/education

**Safe Injection Site** Mon – Fri 10am – 4pm

**\*\* NEW \*\*** Sat & Sun 11am – 4pm

### **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** (need referral)

477 Queens Ave (519) 434-8041

4 month residential program - Men 18 yrs+

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

528 Dundas St (519) 645-1533

Daily methadone maintenance programs at this number

**1-800-755-9603 for nearest clinic/counsellor**

**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

15

## Thursday

7am –2:30pm

and 3pm – 7pm

8am – 8pm

8am – 11:30am

and 1pm – 3pm

8:30am-11:30am

and 12:30pm-3pm

9am – 11am

9am – 9pm

9:30am – 11am

9:30am – 12pm

10am – 3pm

and 5pm - 8pm

12pm – 2pm

1pm – 3pm

1:30pm-3:30pm

1:30pm – 3:30pm

2pm – 5pm

5:30pm – 7:30pm

6:45pm – 8:30pm

**Youmadeitcafe** – youth training programs

**Youth Action Centre** –Drop in/skills training

**Youth Action Centre** – Showers/Laundry

**Unity Project**

Phone/Bathrooms/Showers/Staff Support

**The Resource Centre**

Coffee/Showers/Laundry/Caseworkers

**London Coffee House**

Coffee/Laundry/Computers

**Public Library** (Downtown)

Computers/Resources/Activities/Exhibits

**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/Laundry

**St Joseph’s Hospitality Centre**

Lunch \$1 or end of month

**My Sister’s Place**

Belong to Song - Music Program

**London InterCommunity Health Centre**

ID Clinic - ( If Homeless )

**Ark Aid Street Mission** - Computers/Crafts

Arkware Store – low priced quality items

**Youth Action Centre** – Nurse available

**London Coffee House** – coffee / cards

**Ark Aid Street Mission** – Dinner

7

## Immigrant / Aboriginal Services

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

Resettlement assistance, medical/social supports

505 Dundas St (519) 432-1133

8:30am – 4:30pm Monday – Friday

### **Luso Centre** (help for immigrants and newcomers)

1193 Oxford St E Unit 2 (519) 452-1466

9am–5pm Monday–Thursday / 9am–4:30pm Friday

### **Glen Cairn Resource Centre** (integration supports)

244 Adelaide St S. (519) 668-2745

## 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

19

## Regular Services Locations Continued

### **My Sister’s Place** (women 16 yrs+)

566 Dundas St (William) (519) 679-9570

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

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

### **R.H.A.C.** (Regional HIV/AIDS Centre)

186 King St 866-920-1601

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

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

### **St. Paul’s Cathedral**

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

### **The Resource Centre** (Mission Services)

457 York St (rear entrance) (519) 518-6032

### **Unity Project**

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

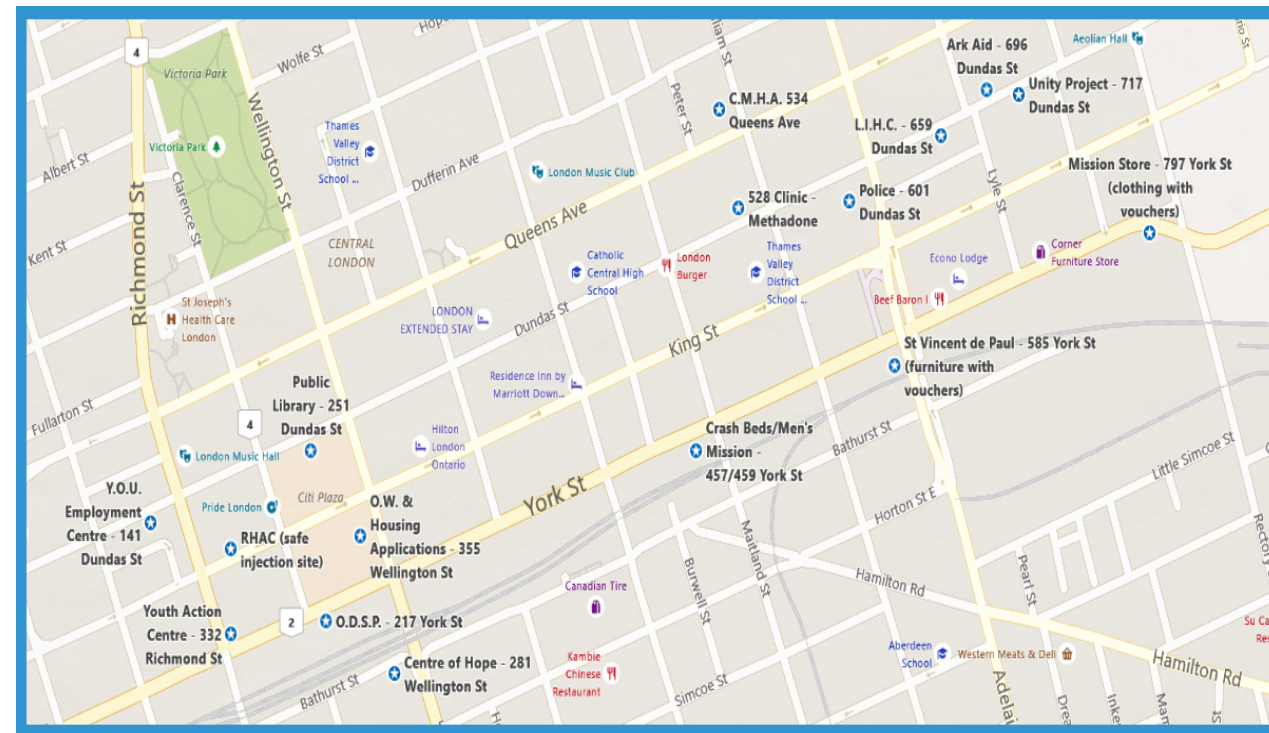
**Youth Action Centre / Youmadeitcafe** (16-29 yrs)

332 Richmond St (226) 777-0116

**Y.O.U.** (Employment Centre (16-29 yrs)

141 Dundas St (rear) (519) 432-1112

3



## Monday

7am – 2:30pm and 3pm - 7pm  
 8am – 8pm  
 8am – 11:30am and 1pm – 3pm  
 8:30am-11:30am and 12:30pm-3pm  
 9am – 11am  
 9am – 9pm  
 9:30am – 11am  
 9:30am – 12pm  
 10am – 3pm  
 and 5pm - 8pm  
 11am – 1:30pm  
 12pm – 2pm  
 12:30pm – 3pm  
 1:30pm – 3:30pm  
 1:30pm – 3:30pm  
 5:30pm – 7:30pm  
 6:45pm – 8:30pm

**YouMadeditCafe** – youth training programs  
**Youth Action Centre** – Drop in/skills training  
**Youth Action Centre** – Showers/Laundry  
**Unity Project**  
 Phone/Bathroom/Showers/Staff Support  
**The Resource Centre**  
 Haircuts @ 10am/Coffee/Showers/Laundry  
**London Coffee House** – Coffee/Laundry  
**Public Library** (Downtown)  
 Computers/Resources/Activities/Exhibits  
**St Joseph's Hospitality Centre**  
 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/Laundry  
**St Paul's Cathedral**  
 (Lunch 20 yrs+)  
**St Joseph's Hospitality Centre**  
 Lunch \$1 or end of month  
**The Resource Centre**  
 Resume/Tax Service /Movies  
**London InterCommunity Health Centre**  
 Games/Coffee/Socializing/Daily Food Bank  
**Ark Aid Street Mission**  
 Coffee/Crafts/Fellowship  
**London Coffee House**  
 Coffee/Laundry/Computers  
**Ark Aid Street Mission**  
 Dinner

## Youth Services

**Youth Action Centre** ( 16-29 yrs )  
 Drop in / Training programs / Housing supports  
 332 Richmond St (226) 777-0116 Mon-Fri 3pm – 7pm  
 8am – 8pm – Showers & Laundry available  
**Youmadeditcafe** (coffee/breakfast/jams) 7am – 2:30pm  
**Cornerstone Housing** – 30 transitional units  
 332 Richmond St Contact: (519) 777-0116  
**Food Bank** – monthly on the 15<sup>th</sup>

**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  
**WAYS** (Western Area Youth Services 12-18 yrs)  
 Housing/Legal/Family/Mental health supports  
 714 York St (519) 432-2209 **Crisis** (519) 433-0334

**CMHA (Canadian Mental Health Association)**  
 Life skills/groups/social activities  
 Transitional housing units available  
 534 Queens Ave (519) 434-9191 Ext 301

## Friday

7am – 2:30pm and 3pm – 7pm  
 8am – 8pm  
 8am – 11:30am and 1pm – 3pm  
 8:30am-11:30am and 12:30pm-3pm  
 9am – 11am  
 9am – 9pm  
 9:30am – 11am  
 10am – 3pm and 5pm - 8pm  
 11am – 1:30pm  
 12pm – 1pm  
 12pm – 2pm  
 12:30pm – 3pm  
 1pm – 3pm  
 1:30pm – 3:30pm  
 1:30pm – 3:30pm  
 5:30pm – 7:30pm  
 5:30pm – 7:30pm  
 6:45pm – 8:30pm

**YouMadeditcafe** – youth training programs  
**Youth Action Centre** – Drop in/skills training  
**Youth Action Centre** – Showers/Laundry  
**Unity Project**  
 Phone/Bathroom/Showers/Staff Support  
**The Resource Centre**  
 Coffee/Showers/Laundry/Caseworkers  
**London Coffee House**  
 Coffee/Laundry/Computers  
**Public Library** (Downtown)  
 Computers/Exhibits/Reading materials  
**St Joseph's Hospitality Centre** Breakfast .50c  
**My Sister's Place** / Lunch 12 - 1  
 Women's Programs/Resources/Laundry  
**St Paul's Cathedral**  
 Daily Bread Food Bank / Lunch  
**St Joseph's Hospitality Centre**  
 Lunch \$1 or end of month  
**The Resource Centre** – Social/games/movies  
**Centre of Hope** – Chiropractor Clinic (**Free**)  
**London InterCommunity Health Centre**  
 Cards/Coffee/Socializing/Daily Food bank  
**Ark Aid Street Mission**  
 Coffee/Crafts/Fellowship  
**London Coffee House**  
 Coffee/Laundry/Socializing  
**Metropolitan United Church** - Dinner  
**Ark Aid Street Mission** - Dinner

## Housing Sources / Support

**London & Middlesex Housing**  
 (apply at Housing Access Centre – see below)  
 1299 Oxford St E. (519) 434-2765  
 8:30am - 4:30pm 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

**LIFESPIN** (10 Apartments – Geared to income)  
 (519) 438-8676 to Apply (Dundas St/Ontario St)

**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 monthly for low income earners  
 1-855-831-8151

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