

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 5th year !!

Daily in Transition Guide



London Homeless Resources

2019

Or visit: 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 10th 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 (3rd 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 (men only)
Caseworkers/Computers/Laundry by app't
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
9am – 5pm
11am – 2pm
12pm – 1pm
10am – 6pm
11am – 2pm
6:45–8:30pm

Unity Project
Phone/Bathroom/Showers/Staff Support
Public Library (Downtown)
Computers/Resources/Exhibits
My Sister's Place
Women's Programs/Resources/Laundry
Lunch
Citi Plaza
Movies/Shop/Relax
London Coffee House
Coffee/Computers/Laundry
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 (2nd 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 20

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** (Re opens Oct 20th)
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

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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+)

Cornerstone (Youth Shelter 16 – 29 yrs)

Supportive Housing

332 Richmond St

(519) 432-1112 ext 350

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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
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 (men only)
Caseworkers/Computers/Laundry by app't

Public Library (Downtown – 3rd 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

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

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Furniture / Clothing / Pet Food (free)

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

LifeSpin – Thrift Store (**free** housewares)

872 Dundas St

Mon & Wed 10am – 2pm & Tues 3pm – 7pm

Pet Food (free)- No Empty Bowls Pet Food Bank

Call (519) 520 - 4980 to arrange pick up

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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

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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

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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 (men only)

Computers/Caseworkers/Laundry by app't

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

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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

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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 – men only)

459 York St (front entrance) (519) 672-8500

Unity Project

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

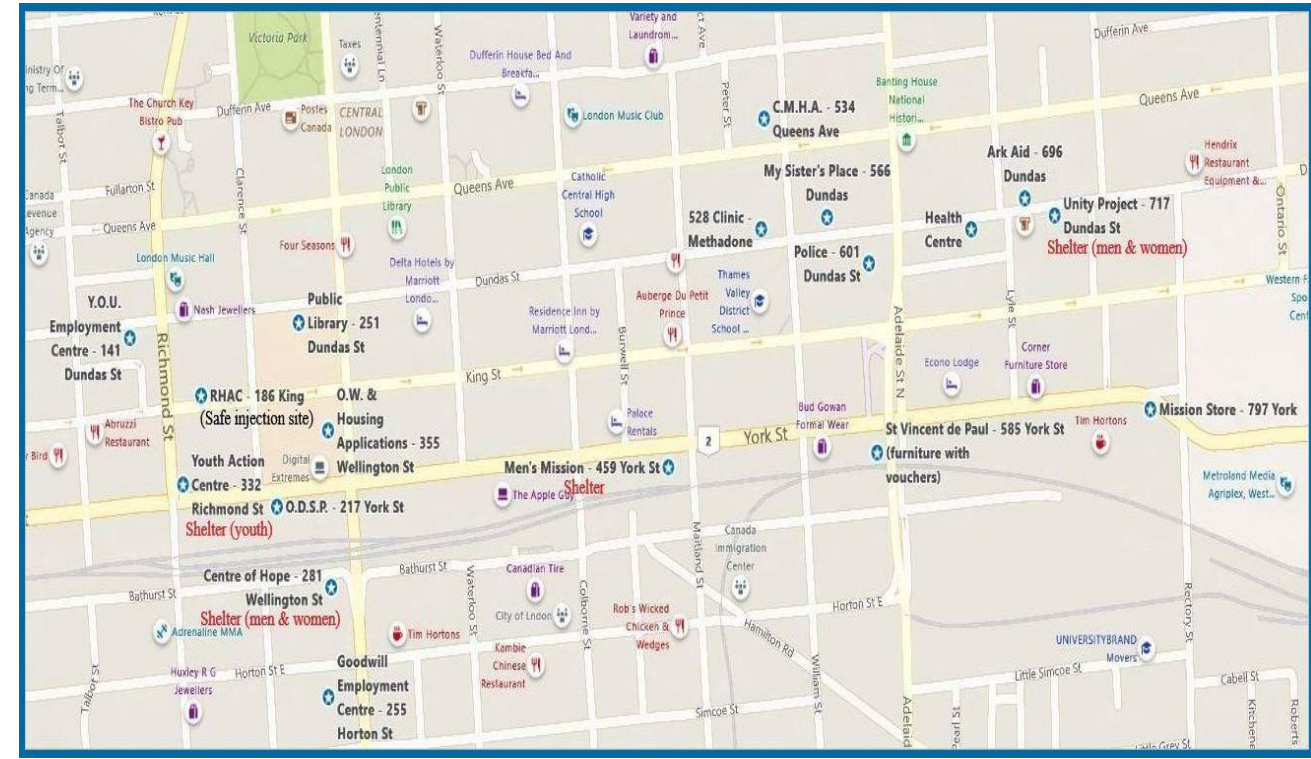
Youth Action Centre / Youmadeitcafe (16-29 yrs)

332 Richmond St (226) 777-0116

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

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

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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
 - 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** (men only)
Coffee/Computers/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 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
 - 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 15th
- 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 – 6pm
 - 9:30am – 11am
10am – 3pm and 5pm - 8pm
11am – 1:30pm
12pm – 1pm
12pm – 2pm
 - 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** (men only)
Computers/Caseworkers/Laundry by app't
 - 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
 - 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