

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:

Ark Aid Street Mission
Clinic 528 / Crouch Resource Centre
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)
WAYS (Youth 12-18)/Youth Action Centre (16-24)

100% volunteer made & distributed

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Daily in Transition Guide



London Homeless Resources

2018

Or visit: www.londonhomelessresources.com

Income Tax Clinics / Showers / Laundry / Phone

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 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

Telephone Access

The Resource Centre 457 York St (rear entrance)

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

Unity Project

717 Dundas St 8am – 11am

ODSP building - 217 York St (3rd floor)

Tuesday

8:30am-11:30am & 12:30pm-3:00pm	The Resource Centre Coffee/Showers/Laundry/Caseworkers
8am – 11:30am & 6pm-8pm 9am – 11am	Unity Project Meals/Showers/Phone/Caseworkers
	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 – 12 pm	London InterCommunity Health Centre ID Clinic (If Homeless)
10am – 3:00 pm and 5pm - 8pm 12pm – 2pm	My Sister's Place / Lunch 12 - 1 Women's Programs/Resources/Laundry
	St Joseph's Hospitality Centre Lunch \$1 or end of month
12:30pm – 3:00pm	The Resource Centre Nurse available/Activities
1:30pm – 3:30pm	London InterCommunity Health Centre Alternate Tuesday - Help make this 'Guide'
3:30pm – 6:30pm 5:30pm – 7:30pm	Ark Aid Street Mission Color Art Program
	London Coffee House Coffee/Laundry/Computers
6:45pm – 8:30pm	Ark Aid Street Mission Dinner

Shelters Continued / Health Care

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

Zhaawanong Shelter

256 Hill St (Native women & children of abuse)

(519) 432-2270

Health Care Services

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

Crisis & Short-Term Intervention Programs

Crouch Neighbourhood Centre (519) 642-7630

Dental outreach by U.W.O. dental students

Saturday

8am– 11:30am & 6pm – 8pm	Unity Project Meals/Showers/Phone/Caseworkers
9am – 5pm	Public Library Computers/Resources/Exhibits
11am – 2pm	My Sister's Place Women's Programs/Resources/Laundry
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

“ 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 / Transit 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 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/Supports

C.P.P. (Disability) 1-800-277-9914
R.D.S.P. (Registered Disability Savings Plan)
Government invests 3x your contribution
Contact your bank for details (must qualify)

London Transit (L.T.C.) – local bus service
150 Dundas St. (@Richmond) (519) 451-1347 19

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Sunday

8am – 11:30am **Unity Project**
& 6pm – 8pm Meals/Showers/Phone/Caseworkers
11am – 2pm **My Sister's Place**
Women's Programs/Resources/Laundry
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
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'
www.londonhomelessresources.com

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Shelters

Nightly and 30/42 Day Stays

Centre of Hope (Salvation Army)
281 Wellington St (519) 661-0343
Men (122 beds) & Women (26 beds) 16 yrs+
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 @ 8:30pm**
Men & Women (60 beds) 12 beds available
Transitional housing units also available (18 yrs+)

Crash Beds (Mission Services)
457 York St (519) 439-0239
Private rooms - Women (11 beds) / Men (12 beds)
Open: 9:00pm – 7:00am

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Wednesday

8:30am-11:30am **The Resource Centre**
& 12:30pm-3:00pm Coffee/Showers/Laundry/Caseworkers
8am – 11:30am **Unity Project**
& 6pm – 8pm Meals/Telephone/Showers/Coffee
9am – 10am **London InterCommunity Health Centre**
New Doctor Intake - 1st Come 1st Served
London Coffee House
Coffee/Laundry/Computers
9am – 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/Laundry
12pm – 2pm **St Joseph's Hospitality Centre**
Lunch \$1 or end of month
12:30pm – 3pm **The Resource Centre** – 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

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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

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Notes

Support Workers

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

- Mission Services** (519) 439-7700
Transitional case managers/Outreach workers
- Unity Project**
Housing & Advocacy workers (519) 433-8809
- London InterCommunity Health Centre**
Outreach workers (519) 660-0874
- Ark Aid Street Mission**
Advocacy (519) 667-0322
- C.M.H.A.** (519) 668-0624
Housing selection workers/Mental health case managers
- Centre of Hope**
Housing assessment and supports (519) 661-0343
- London CaRES**
Housing selection workers (519) 667-2273
- Goodwill Career Centre**
Employment specialists (resume/job search) (519) 850-9000

Or contact your local M.P. office for assistance

Addiction Resources

- Regional HIV/AIDS Centre & Counterpoint**
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+
- Clinic 528 Methadone Treatment**
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

Thursday

- 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 – 3pm
 - 1pm – 3pm
 - 1:30pm-3:30pm
 - 1:30pm – 3:30pm
 - 5:30pm – 7:30pm
 - 6:45pm – 8:30pm
- The Resource Centre**
Coffee/Showers/Laundry/Caseworkers
 - Unity Project**
Meals/Telephone/Showers/Coffee
 - London Coffee House**
Coffee/Laundry/Computers
 - Public Library**
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
 - The Resource Centre**
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 – low priced quality items
 - London Coffee House**
Coffee/Cards/Fellowship
 - Ark Aid Street Mission – Dinner**

Immigrant / Aboriginal Services

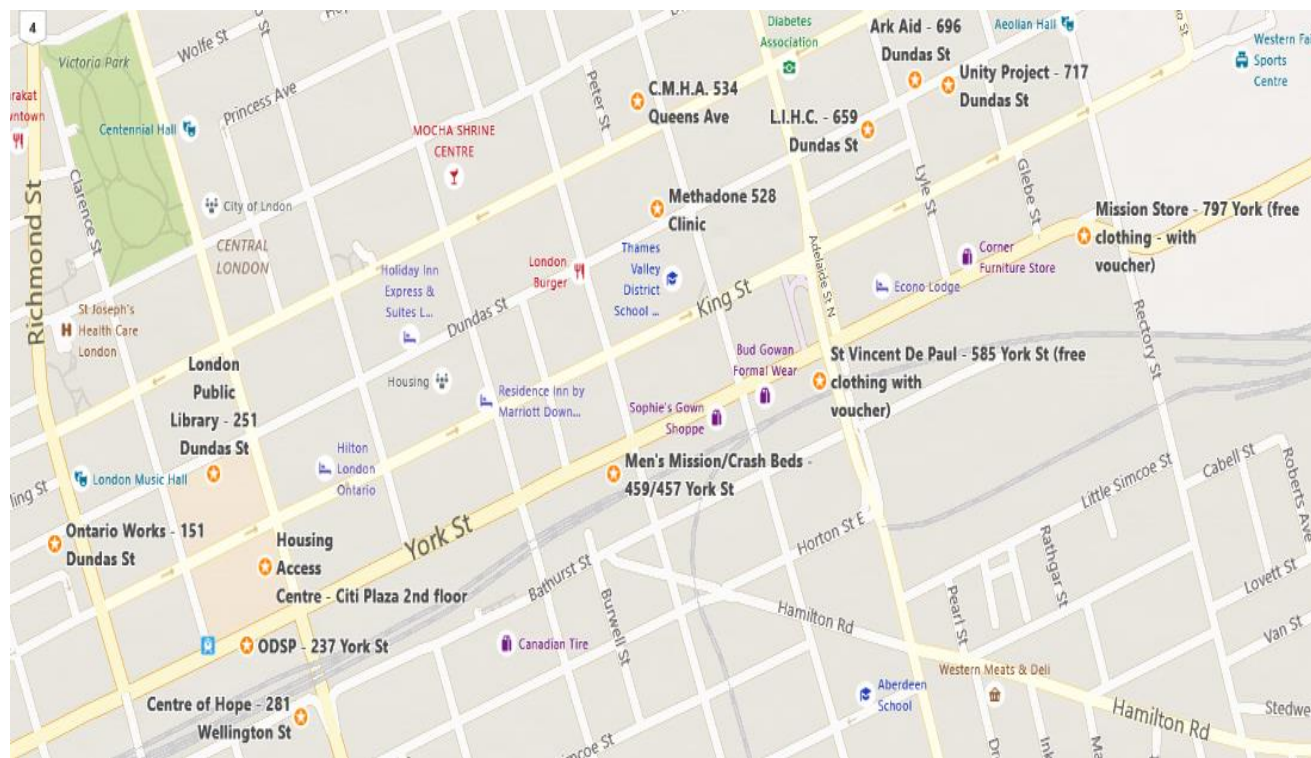
- Luso Centre**
Help for immigrants and newcomers
1193 Oxford St E Unit 2 (519) 452-1466
9am – 5pm Monday – Thursday,
9am – 4:30pm Friday, closed 12pm – 1
- London Cross Cultural Learner Centre**
Resettlement assistance, medical/social supports
505 Dundas St (519) 432-1133
8:30am – 4:30pm Monday – Friday

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

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 Resource Centre** (Mission Services)
457 York St (rear entrance) (519) 518-6032
- Unity Project**
717 Dundas St (Lyle) (519) 433-8700



Monday

8:30am-11:30am & 12:30pm-3:00pm	The Resource Centre Haircuts @ 10am/Coffee/Showers/Laundry
8am – 11:30am & 6pm – 8pm 9am – 11am	Unity Project Meals/Telephone/Showers/Coffee London Coffee House Coffee/Laundry/Computers Public Library Computers/Resources/Activities/Exhibits
9am – 9pm	St Joseph's Hospitality Centre Breakfast 50c or pay end of month
9:30am – 11am	St Paul's Cathedral - Daily Bread Food Bank My Sister's Place / Lunch 12-1 Women's Programs/Resources/Laundry
9:30am – 12pm 10am – 3pm and 5pm - 8pm 11am – 1:30pm	St Paul's Cathedral Lunch (20 yrs+)
12pm – 2pm	St Joseph's Hospitality Centre Lunch \$1 or end of month
12:30pm – 3pm	The Resource Centre Resume/Tax Service /Movies
1:30pm – 3:30pm	London InterCommunity Health Centre Games/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
Youmadeitcafe (coffee/breakfast/jams) 7am – 2:30pm
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
Clinics: Tues 10-12 & Thurs 1:30-3:30 (If Homeless)

Service Ontario 100 Dundas St 1-800-267-8097 17

Friday

8:30am-11:30am & 12:30pm-3:00pm	The Resource Centre 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 Computers/Exhibits/Reading materials
9am – 9pm	St Joseph's Hospitality Centre Breakfast .50c My Sister's Place / Lunch 12 - 1 Women's Programs/Resources/Laundry
9:30am – 11am 10am – 3pm and 5pm - 8pm 11am – 1:30pm 12pm – 1pm 12pm – 2pm	St Paul's Cathedral Daily Bread Food Bank / Lunch St Joseph's Hospitality Centre Lunch \$1 or end of month
12:30pm – 3pm	The Resource Centre Social time/Games/Movies
1:00pm – 3:00pm	Centre of Hope – Chiropractor Clinic (Free) (register at 11:00 am)
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/Socializing
5:30pm – 7:30pm	Metropolitan United Church Dinner
6:45pm – 8:30pm	Ark Aid Street Mission Dinner

Housing Sources / Support

London & Middlesex Housing (apply 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 (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