

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
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

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 – 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

12:30pm – 3pm
1:30pm – 3:30pm

3:30pm – 6:30pm
5:30pm – 7:30pm
6:45pm – 8:30pm

Youmadeitcafe – youth training programs
Youth Action Centre – Drop in/skills training
Unity Project
Phone/Bathroom/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 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/Laundry
St Joseph's Hospitality Centre
Lunch \$1 or end of month
The Resource Centre – Showers/Laundry
London InterCommunity Health Centre
Alternate Tuesdays - Help make this 'Guide'
Ark Aid Street Mission Color Art Program
London Coffee House - Coffee/Laundry
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 /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

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/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

Sunday

8am – 11:30am **Unity Project**
Phone/Bathrooms/Showers/Staff Support
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

10

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

12

Wednesday

7am – 2:30pm and 3pm-7pm
8am – 11:30am and 1pm – 3pm
8:30am-11:30am and 12:30pm-3pm
9am - 9pm
9am – 11am
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
5:45pm – 7:30pm
5:45 My Sister's Place/ 6:15 Coffee House/7:00 King&York Impark
6:45pm – 8:30pm
Youmadeitcafe – youth training programs
Youth Action Centre – Drop in/skills training
Unity Project
Phone/Bathrooms/Showers/Staff Support
The Resource Centre
Coffee/Showers/Laundry/Caseworkers
Public Library (Downtown)
Computers/Programs/Exhibits
London Coffee House
Coffee/Laundry/Computers
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
Salvation Army Food Truck
Ark Aid Street Mission
Dinner / Arkware store

2

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 – 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

12:30pm – 3pm
1pm – 3pm

1:30pm-3:30pm

1:30pm – 3:30pm

5:30pm – 7:30pm

6:45pm – 8:30pm

Youmadeitcafe – youth training programs
Youth Action Centre –Drop in/skills training
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
The Resource Centre – Phone/Laundry
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
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 16yr+)

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

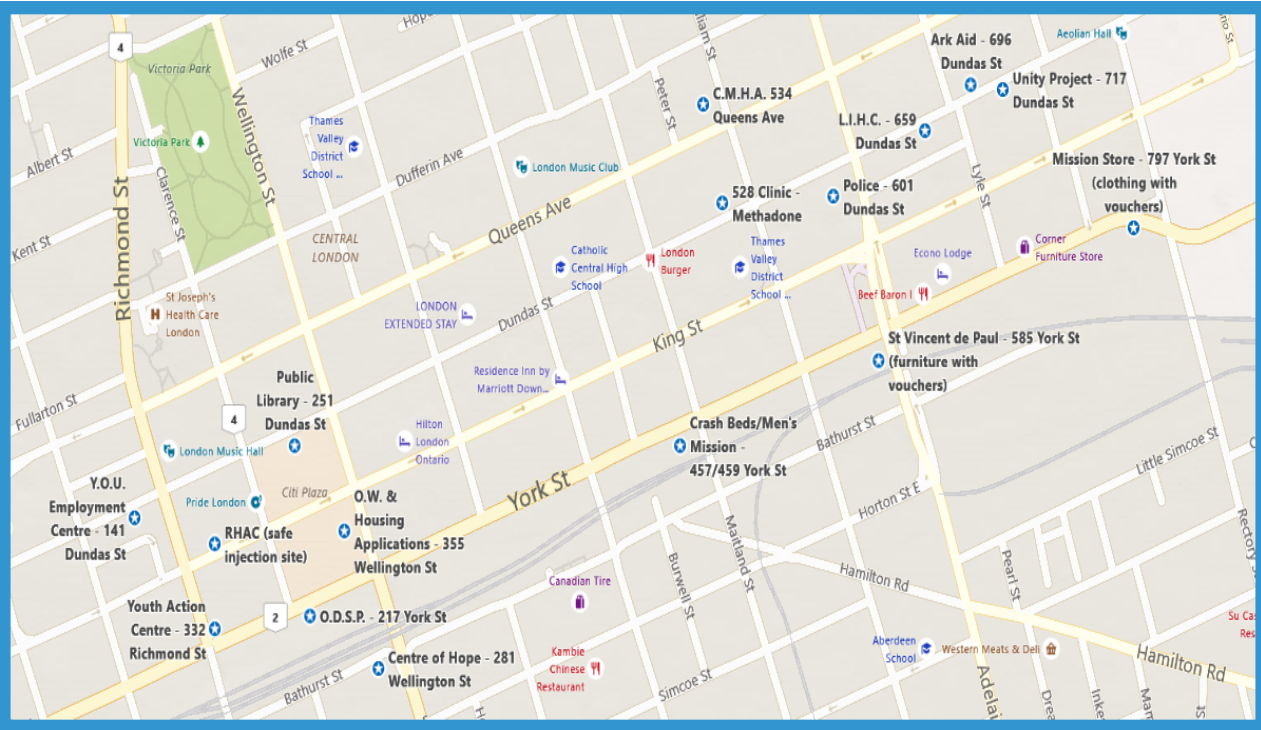
Youth Action Centre / Youmadeitcafe (16-24 yrs)

332 Richmond St (226) 777-0116

Y.O.U. (Employment Centre (16-30 yrs)

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

3



Monday

7am – 2:30pm and 3pm - 7pm
 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
Unity Project
 Phone/Bathroom/Showers/Staff Support
The Resource Centre
 Haircuts @ 10am/Coffee/Showers/Laundry
London Coffee House
 Coffee/Laundry/Computers
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 / ID Clinics & Info

Youth Action Centre (16-24 yrs)
 Drop in / Training programs / Housing supports
 332 Richmond St (226) 777-0116 Mon-Fri 3pm – 7pm
Youmadeditcafe (coffee/breakfast/jams) 7am – 2:30pm
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
 534 Queens Ave (519) 434-9191 Ext 301

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

Friday

7am – 2:30pm and 3pm – 7pm
 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
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