

## 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)

100% volunteer made & distributed

# Daily in Transition Guide



## London Homeless Resources

2018

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

### 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 (3<sup>rd</sup> floor)

## Tuesday

8:30am-11:30am & 12:30pm-3:00pm	<b>The Resource Centre</b> Coffee/Showers/Laundry/Caseworkers
8am – 11:30am & 6pm-8pm 9am – 11am	<b>Unity Project</b> Meals/Showers/Phone/Caseworkers
	<b>London Coffee House</b> Coffee/Laundry/Computers
9am – 9pm	<b>Public Library</b> Computers/Resources/Activities/Exhibits
9:30am – 11am	<b>St Joseph's Hospitality Centre</b> Breakfast 50c or pay end of month
9:30am – 12pm	<b>St Paul's Cathedral</b> Daily Bread Food Bank
10am – 12 pm	<b>London InterCommunity Health Centre</b> ID Clinic (If Homeless)
10am – 3:00 pm and 5pm - 8pm 12pm – 2pm	<b>My Sister's Place</b> / Lunch 12 - 1 Women's Programs/Resources/Laundry
	<b>St Joseph's Hospitality Centre</b> Lunch \$1 or end of month
12:30pm – 3:00pm	<b>The Resource Centre</b> Nurse available/Activities
1:30pm – 3:30pm	<b>London InterCommunity Health Centre</b> Alternate Tuesday - Help make this 'Guide'
3:30pm – 6:30pm 5:30pm – 7:30pm	<b>Ark Aid Street Mission</b> Color Art Program
	<b>London Coffee House</b> Coffee/Laundry/Computers
6:45pm – 8:30pm	<b>Ark Aid Street Mission</b> 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	<b>Unity Project</b> Meals/Showers/Phone/Caseworkers
9am – 5pm	<b>Public Library</b> Computers/Resources/Exhibits
11am – 2pm	<b>My Sister's Place</b> Women's Programs/Resources/Laundry
12pm – 1pm	Lunch
10am – 6pm	<b>Citi Plaza</b> Movies/Shop/Relax
11am – 2pm	<b>London Coffee House</b> Coffee/Computers/Laundry
6:45–8:30pm	<b>Ark Aid Street Mission</b> 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 20

2

## 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](http://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

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

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

**Assistance with forms completion & help 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

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

Supportive Housing Facilitators (519) 777-0116 ext 103

**Or contact your local M.P. office for assistance** 11

## Notes:

## 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

15

## 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**

7

## 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

19

## 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)

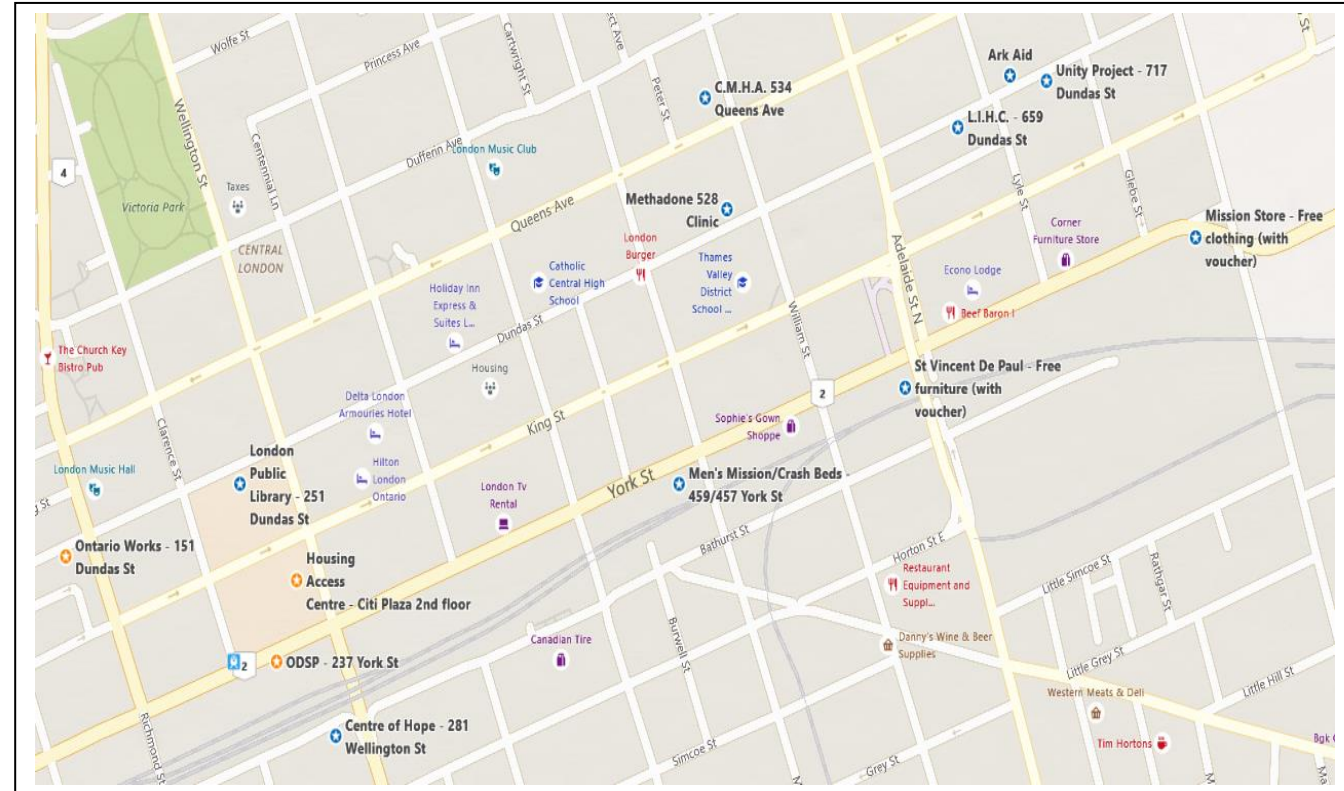
457 York St (rear entrance) (519) 518-6032

**Unity Project**

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

3





## Monday

8:30am-11:30am & 12:30pm-3:00pm	<b>The Resource Centre</b> Haircuts @ 10am/Coffee/Showers/Laundry
8am – 11:30am & 6pm – 8pm 9am – 11am	<b>Unity Project</b> Meals/Telephone/Showers/Coffee <b>London Coffee House</b> Coffee/Laundry/Computers
9am – 9pm	<b>Public Library</b> Computers/Resources/Activities/Exhibits
9:30am – 11am	<b>St Joseph's Hospitality Centre</b> Breakfast 50c or pay end of month
9:30am – 12pm 10am – 3pm and 5pm - 8pm 11am – 1:30pm	<b>St Paul's Cathedral</b> - Daily Bread Food Bank <b>My Sister's Place</b> / Lunch 12-1 Women's Programs/Resources/Laundry <b>St Paul's Cathedral</b> Lunch (20 yrs+)
12pm – 2pm	<b>St Joseph's Hospitality Centre</b> Lunch \$1 or end of month
12:30pm – 3pm	<b>The Resource Centre</b> Resume/Tax Service /Movies
1:30pm – 3:30pm	<b>London InterCommunity Health Centre</b> Games/Coffee/Socializing/Daily Food Bank
1:30pm – 3:30pm	<b>Ark Aid Street Mission</b> Coffee/Crafts/Fellowship
5:30pm – 7:30pm	<b>London Coffee House</b> Coffee/Laundry/Computers
6:45pm – 8:30pm	<b>Ark Aid Street Mission</b> 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 18

## Friday

8:30am-11:30am & 12:30pm-3:00pm	<b>The Resource Centre</b> Coffee/Showers/Laundry/Caseworkers
8am – 11:30am & 6pm – 8pm 9am – 11am	<b>Unity Project</b> Meals/Telephone/Showers/Coffee <b>London Coffee House</b> Coffee/Laundry/Computers
9am – 9pm	<b>Public Library</b> Computers/Exhibits/Reading materials <b>St Joseph's Hospitality Centre</b> Breakfast .50c <b>My Sister's Place</b> / Lunch 12 - 1 Women's Programs/Resources/Laundry
9:30am – 11am 10am – 3pm and 5pm - 8pm 11am – 1:30pm 12pm – 1pm 12pm – 2pm	<b>St Paul's Cathedral</b> Daily Bread Food Bank / Lunch <b>St Joseph's Hospitality Centre</b> Lunch \$1 or end of month
12:30pm – 3pm	<b>The Resource Centre</b> Social time/Games/Movies
1:00pm – 3:00pm	<b>Centre of Hope – Chiropractor Clinic (Free)</b> (register at 11:00 am )
1:30pm – 3:30pm	<b>London InterCommunity Health Centre</b> Cards/Coffee/Socializing/Daily Food bank
1:30pm – 3:30pm	<b>Ark Aid Street Mission</b> Coffee/Crafts/Fellowship
5:30pm – 7:30pm	<b>London Coffee House</b> Coffee/Laundry/Socializing
5:30pm – 7:30pm	<b>Metropolitan United Church</b> Dinner
6:45pm – 8:30pm	<b>Ark Aid Street Mission</b> 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](http://www.kijiji.ca/apartments)