

Free Resource
100% Volunteer made

Created by M.G.R. Productions
in connection with the Ark Aid Street Mission
Printing provided by
London InterCommunity Health Centre

Copies available at:

The Ark Aid Street Mission
Clinic 528 / C.M.H.A. (A.C.T.)
Crouch Neighbourhood Resource Centre
Goodwill Employment Centre
London & Middlesex Housing
London InterCommunity Health Centre
Mission Services (The Gathering Place)
My Sister's Place / Muncey First Nation
Regional HIV/AIDS / Counterpoint
Salvation Army (Wellington St Food Bank)
WAYS (Youth 12-18)/Youth Action Centre (16-24)

20

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)

Lifespın (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	Unity Project Meals / Showers / Phone / Caseworkers
9am – 11am	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	My Sister's Place / Lunch 12 - 1 Women's Programs / Resources / Laundry
12pm – 2pm	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	Ark Aid Street Mission Color Art Program
5:30pm – 7:30pm	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

Daily Social Programs

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	Central 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

April 24, 2018

“ 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 x1
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

Assistance with Forms Completion:

Contact your area Federal or Provincial M.P.

Or: London InterCommunity Health Centre

(519) 660-0874 to make an appointment

London Transit (L.T.C.) – local bus service

150 Dundas St. (@Richmond) (519) 451-1347 19

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 &
social gathering
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 InterCom Health Centre Mon-Fri 1-4pm

Shelters

Nightly and 30/42 Day Stays

Centre of Hope (Salvation Army)

281 Wellington St (519) 661-0343

Men & Women 16 yrs+

Private dorms available (must apply)

Intake: 1pm

Men's Mission

459 York St (519) 672-8500

Men 16 yrs+ only (a few permanent rooms/meals)

Intake: 4pm

Unity Project

717 Dundas St (519) 433-8700 Intake @ 8:30pm

Men & Women 12 beds available

Transitional housing units also available

Crash Beds (Mission Services)

457 York St (519) 439-0239

Women – Front Entrance / Men – Rear Entrance

9pm – 7am (Gathering Place opens @ 7am)

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 – ? **London InterCommunity Health Centre**
New Doctor Intake - 1st Come 1st Served
9am – 11am **London Coffee House**
Coffee / Laundry / Computers
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 / 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

Furniture / Clothing / Housewares

St. Vincent De Paul

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

9am – 3pm Monday - Friday

Vouchers @ London InterCommunity Health

LifeSpin / Men's Mission / Centre of Hope

ArkWare

696 Dundas St

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

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

872 Dundas St

Mon & Wed 10am – 2pm Tues 3pm – 7pm

Free housewares for low income individuals

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
 477 Queens Ave (519) 434-8041
 4 month residential program - Men 18 yrs+

Clinic 528 Methadone Treatment
 528 Dundas St (519) 645-1533
 Daily maintenance programs
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	The Resource Centre Coffee / Showers / Laundry / Caseworkers
8am – 11:30am & 6pm – 8pm 9am – 11am	Unity Project Meals / Telephone / Showers /Coffee
9am – 9pm	London Coffee House Coffee / Laundry / Computers
9:30am – 11am	Public Library Computers / Resources / Activities /Exhibits
9:30am – 12pm	St Joseph’s Hospitality Breakfast 50c or pay end of month
10am – 3pm and 5pm - 8pm 12pm – 2pm	St Paul’s Cathedral Daily Bread Food Bank
12:30pm – 3pm	My Sister’s Place / Lunch 12 - 1 Women’s Programs / Resources / Laundry
1pm – 3pm	St Joseph’s Hospitality Centre Lunch \$1 or end of month
1:30pm-3:30pm	The Resource Centre Resume /Tax Service / Movies
1:30pm – 3:30pm	My Sister’s Place Belong to Song - Music Program
5:30pm – 7:30pm	London InterCommunity Health Centre ID Clinic - (If Homeless)
6:30pm - 7pm	Ark Aid Street Mission Computers/Crafts/Fellowship/Arkware Store
6:45pm – 8:30pm	London Coffee House Coffee / Cards / Fellowship
	Hot dog bbq – bridge behind Museum
	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

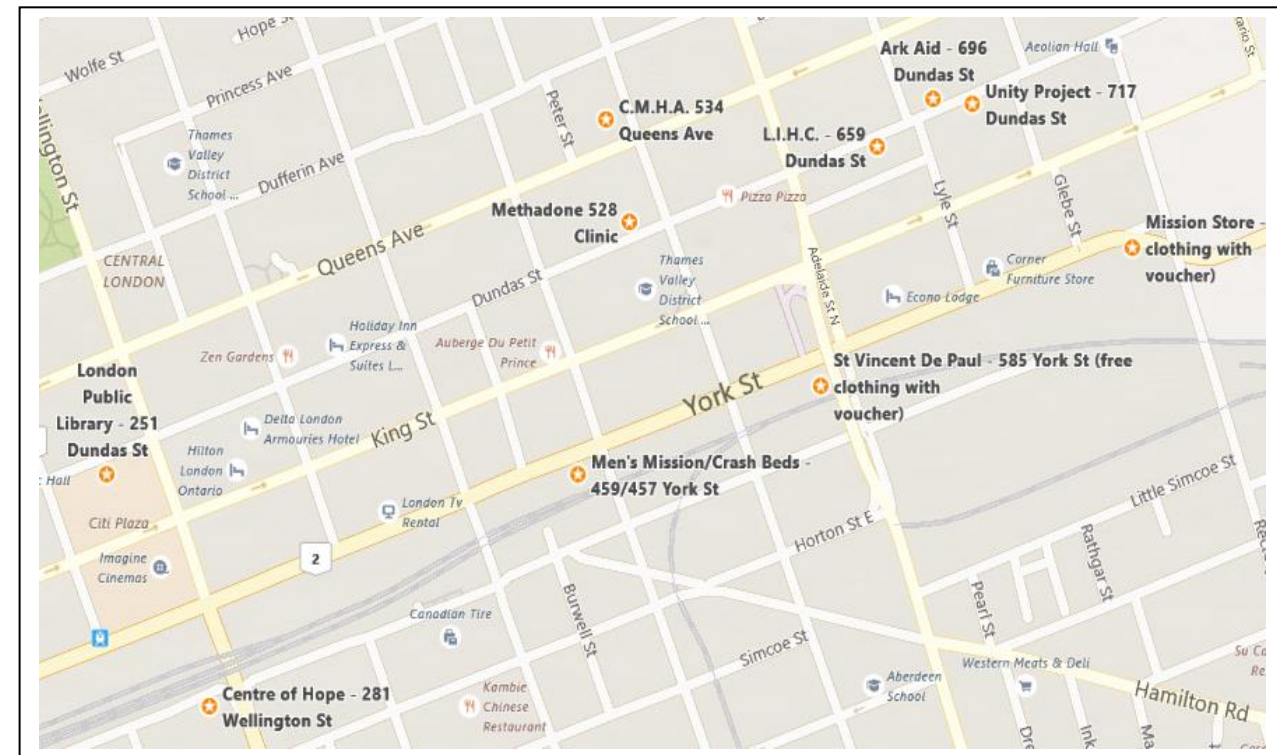
Salvation Army / Centre of Hope
 281 Wellington St (Horton)
 (519) 661-0343

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
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 – 3pm and 5pm - 8pm 11am – 1:30pm	My Sister's Place Lunch 12-1 Women's Programs / Resources / Laundry 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
7am – 2:30pm **Youmadeitcafe** (coffee/breakfast/jams)
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
Tues 10-12 & Thurs 1:30-3:30 (**If Homeless**)
Service Ontario 100 Dundas St 1-800-267-8097

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
9am – 9pm 9:30am – 11am 10am – 3pm and 5pm - 8pm 11am – 1:30pm	Public Library 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
12pm – 2pm	The Resource Centre Social time / Games / Movies
12:30pm – 3pm	Centre of Hope – Chiropractor Clinic (Free) (register at 11:00 am)
1:00pm – 3:00pm	London InterCommunity Health Centre Cards/Coffee/Socializing/Daily Food bank
1:30pm – 3:30pm	Ark Aid Street Mission Coffee / Crafts / Fellowship
1:30pm – 3:30pm	London Coffee House Coffee / Laundry
5:30pm – 7:30pm	Metropolitan United Church Dinner
5:30pm – 7:30pm	Ark Aid Street Mission Dinner
6:45pm – 8:30pm	Ark Aid Street Mission Dinner

Housing Sources / Support

Housing Access Center (Housing Applications)
Citi Plaza (second floor)
355 Wellington St Suite 248 (519) 661-0861
8:30am – 4:00pm Monday – Friday

London & Middlesex Housing
1299 Oxford St E. (519) 434-2765
8:30 - 4:30 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