

## 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  
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)  
University Hospital / Victoria Hospital (emerg)  
WAYS / Y.O.U. (Youth Services)

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)

**Lifespin** (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 - Opens 8am

**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**

355 Wellington St (2<sup>nd</sup> 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**  
& 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 **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](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**

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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  
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

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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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## Support Workers

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

## 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

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## 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

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## 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^lohsha 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 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

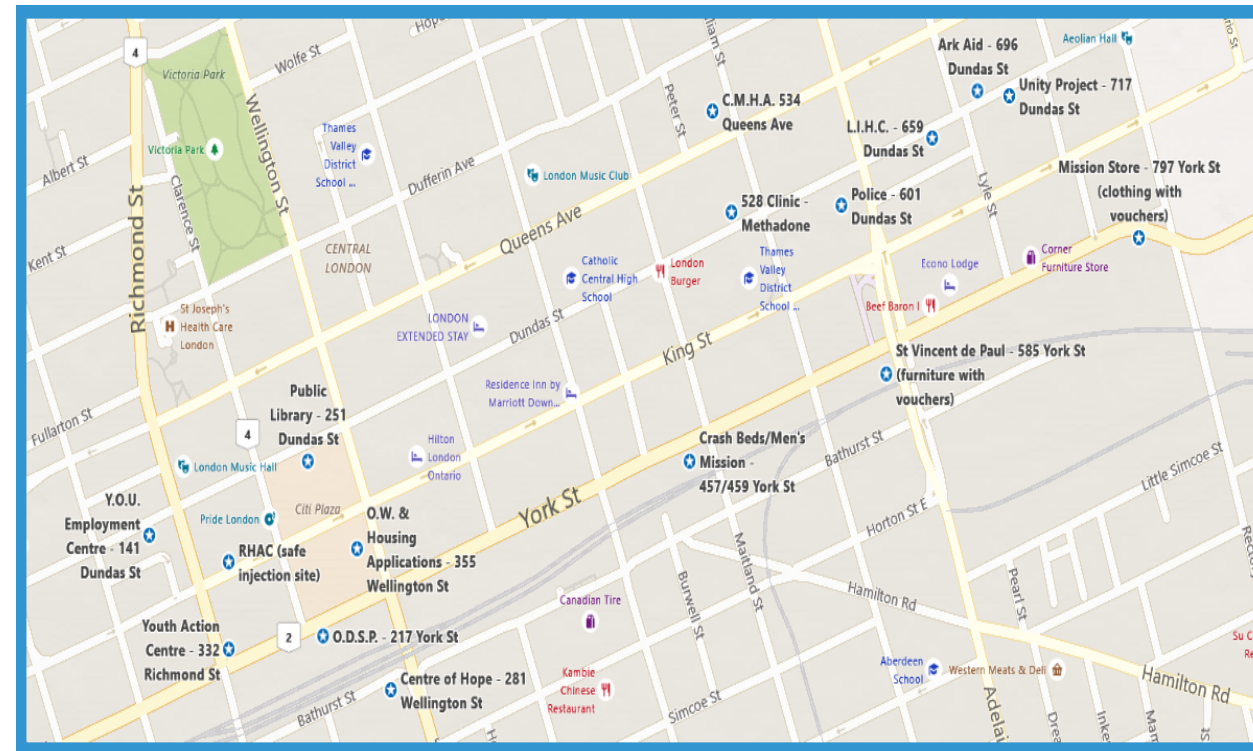
### **Unity Project**

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

### **Y.O.U.** 141 Dundas St / 332 Richmond St

(519) 432-1112

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## Monday

- 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  
11am – 1:30pm
  - 12pm – 2pm
  - 12:30pm – 3pm
  - 1:30pm – 3:30pm
  - 1:30pm – 3:30pm
  - 5:30pm – 7:30pm
  - 6:45pm – 8:30pm
- The Resource Centre**  
Haircuts @ 10am/Coffee/Showers/Laundry
- Unity Project**  
Meals/Telephone/Showers/Coffee
- London Coffee House**  
Coffee/Laundry/Computers
- Public Library**  
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

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## 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  
8am – 11:30am  
& 6pm – 8pm  
9am – 11am
  - 9am – 9pm
  - 9:30am – 11am  
10am – 3pm  
and 5pm – 8pm  
11am – 1:30pm  
12pm – 1pm  
12pm – 2pm
  - 12:30pm – 3pm
  - 1:00pm – 3:00pm
  - 1:30pm – 3:30pm
  - 1:30pm – 3:30pm
  - 5:30pm – 7:30pm
  - 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/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 time/Games/Movies
- Centre of Hope – Chiropractor Clinic (Free)**  
(register at 11:00 am )
- 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

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## 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)

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