

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 / C.M.H.A. (A.C.T.)
Crouch Neighbourhood 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

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)

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
8am – 11:30am
& 6pm-8pm
9am – 11am

9am – 9pm

9:30am – 11am

9:30am – 12pm

10am – 12 pm

10am – 3:00 pm
and 5pm - 8pm
12pm – 2pm

12:30pm – 3:00pm

1:30pm – 3:30pm

3:30pm – 6:30pm
5:30pm – 7:30pm

6:45pm – 8:30pm

The Resource Centre
Coffee/Showers/Laundry/Caseworkers
Unity Project
Meals/Showers/Phone/Caseworkers
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
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
Nurse available/Activities
London InterCommunity Health Centre
Alternate Tuesday - Help make this 'Guide'
Ark Aid Street Mission Color Art Program
London Coffee House
Coffee/Laundry/Computers
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 **Unity Project**
& 6pm – 8pm Meals/Showers/Phone/Caseworkers

9am – 5pm **Central Public Library**
Computers/Resources/Exhibits

11am – 2pm **My Sister's Place**
Women's Programs/Resources/Laundry
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

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
 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)

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 @ 1:00pm](#)

Men's Mission

459 York St (519) 672-8500

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

[Intake @ 4:00pm](#)

Unity Project

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

Men & Women

Transitional housing units also available

Crash Beds (Mission Services)

457 York St (519) 439-0239

Women – Front Entrance / Men – Rear Entrance

[Open: 9:00pm – 7:00am](#)

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 - 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

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 (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

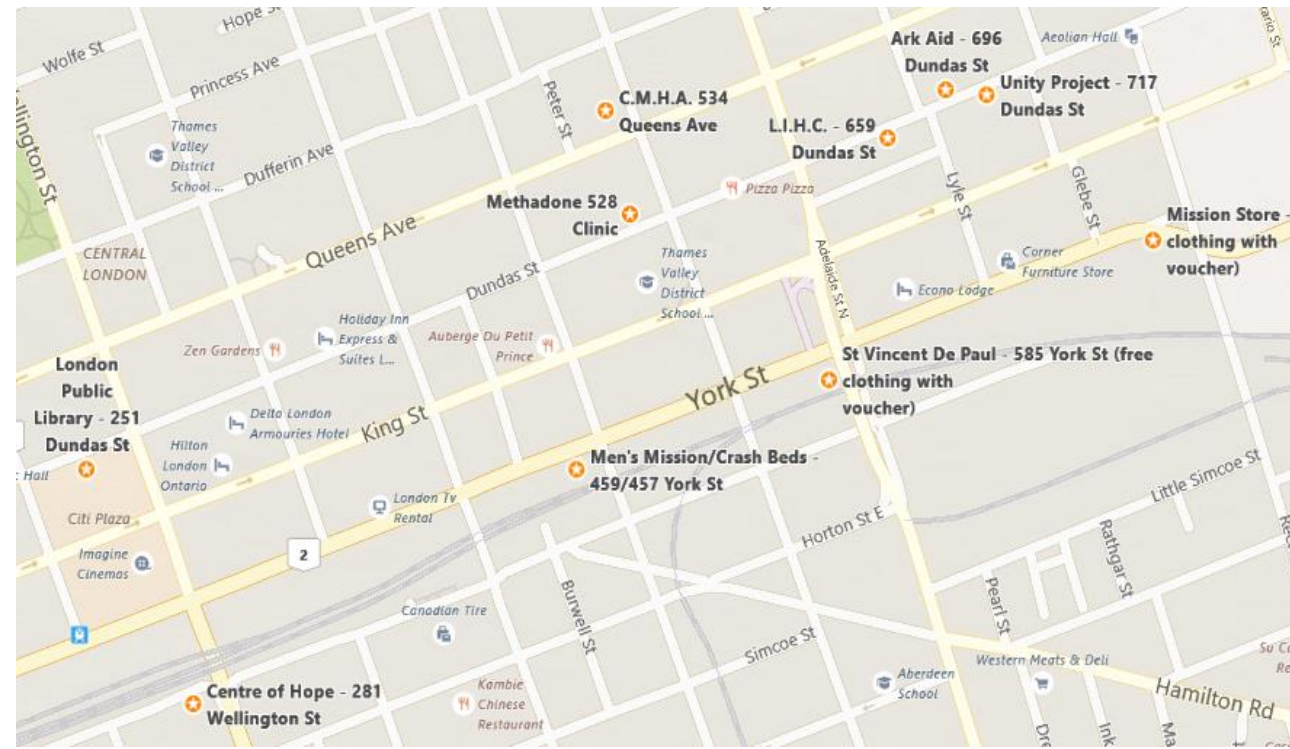
Salvation Army / Centre of Hope
 281 Wellington St (Horton)
 (519) 661-0343

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 **Unity Project** Meals/Telephone/Showers/Coffee
 & 6pm – 8pm **London Coffee House** Coffee/Laundry/Computers
 9am – 11am **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 **My Sister’s Place / Lunch 12-1**
 and 5pm - 8pm **Women’s Programs/Resources/Laundry**
 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
 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 **Unity Project** Meals/Telephone/Showers/Coffee
 & 6pm – 8pm **London Coffee House** Coffee/Laundry/Computers
 9am – 11am **Public Library**
 9am – 9pm **St Joseph’s Hospitality Centre** Breakfast .50c
 9:30am – 11am **My Sister’s Place / Lunch 12 - 1**
 10am – 3pm **Women’s Programs/Resources/Laundry**
 11am – 1:30pm **St Paul’s Cathedral** Daily Bread Food Bank / Lunch
 12pm – 1pm **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/Socializing
 5:30pm – 7:30pm **Metropolitan United Church** Dinner
 5:30pm – 7:30pm **Ark Aid Street Mission** Dinner
 6:45pm – 8:30pm

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