

## 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

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# 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  
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)

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## 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](#)

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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 - ? **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

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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**

872 Dundas St

Mon & Wed 10am – 2pm & Tues 3pm – 7pm

**Free** housewares for low income individuals

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[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

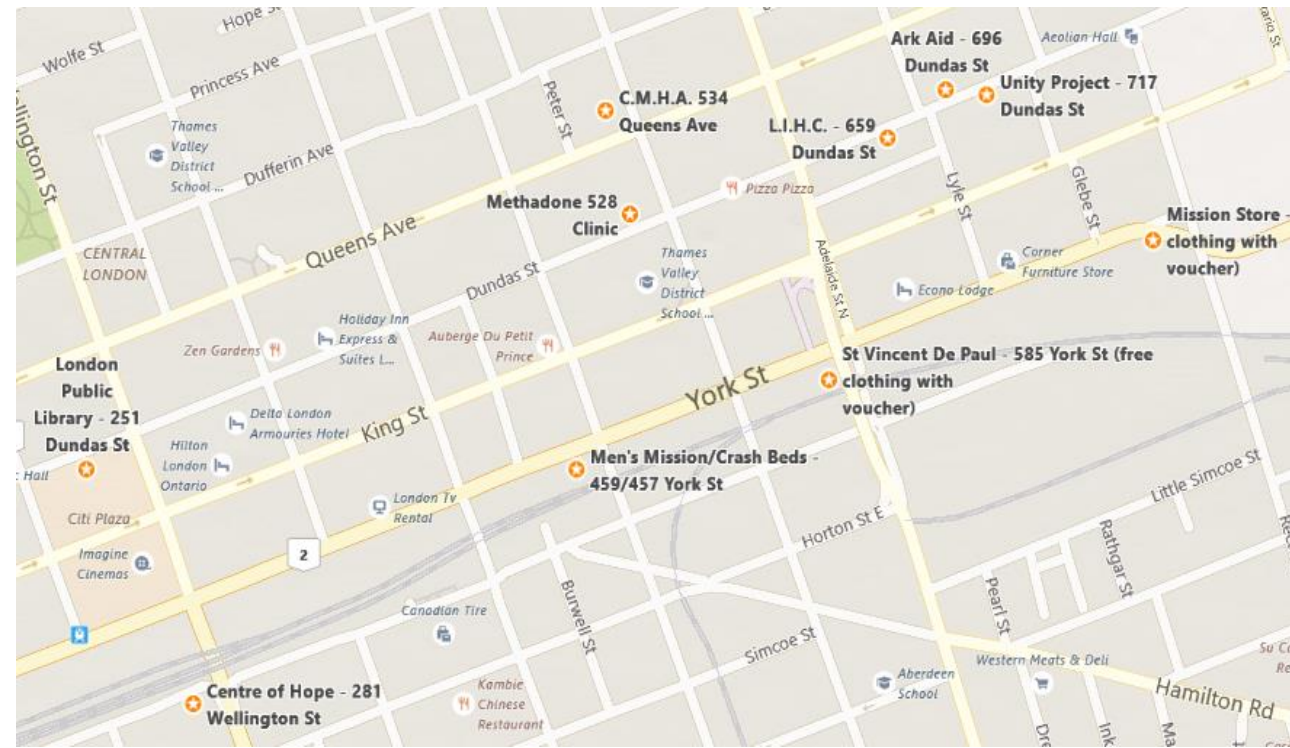
**Salvation Army / Centre of Hope**  
 281 Wellington St (Horton)  
 (519) 661-0343

**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	<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  
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	<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 9:30am – 11am	<b>Public Library</b> <b>St Joseph's Hospitality Centre</b> Breakfast .50c <b>My Sister's Place</b> / Lunch 12 - 1 Women's Programs/Resources/Laundry
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</b> – Chiropractor Clinic ( <b>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