

Free Resource
(100% volunteer made & distributed)

Created by M.G.R. Productions
in connection with the Ark Aid Street Mission

Printing kindly provided by
London InterCommunity Health Centre

Copies available at:

Ark Aid Street Mission
Central Library (Downtown)
Goodwill Employment Centre
London InterCommunity Health Centre
London Housing / My Sister's Place
Regional HIV/AIDS / Unity Project
Y.O.U. / Youth Action Centre (Youth services)

Celebrating our 5th year !!

Daily in Transition Guide



London Homeless Resources

2020

for info on how to make these Guides
visit: www.londonhomelessresources.com

Tuesday

7am – 2:30pm
and 3pm – 7pm
8am – 8pm
8am – 11:30am
and 1pm - 3pm
9am – 11am
9am – 9pm

9:30am – 11am

9:30am – 12pm
9:30am – 8 pm

10am – 12 pm

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12pm – 2pm
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1:30pm – 4:30pm
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2pm – 3:30pm
5:30pm – 7:30pm
5:30pm – 6:30pm
5:45pm
6:15pm
7:00pm
6:45pm – 8:30pm

Youmadeitcafe – youth training programs
Youth Action Centre – Drop in/skills training
Youth Action Centre – Showers/Laundry
Unity Project
Phone/Bathroom/Showers/Staff Support
London Coffee House - Coffee/Laundry
Public Library (Downtown)
Computers/Resources/Activities/Exhibits
St Joseph's Hospitality Centre
Breakfast 50c or pay end of month
St Paul's Cathedral – Daily Food Bank
My Sister's Place / Lunch 12 - 1
Women's Programs/Resources/Laundry
London InterCommunity Health Centre
ID Clinic (If Homeless)
St Paul's Cathedral – Breaking Bread group
St Joseph's Hospitality Centre - Lunch
London InterCommunity Health Centre
Alternate Tuesdays - Help make this 'Guide'
Ark Aid Street Mission - Color Art Program
Arkware Store – low priced quality clothing
Ark Aid Street Mission – English tutoring
London Coffee House - Coffee/Laundry
Youth Action Centre – YouTalk – info session
Sally Truck – My Sister's Place (free meal)
Sally Truck – Coffee House (free meal)
Sally Truck – Covent Garden Market (free meal)
Ark Aid Street Mission - Dinner

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Shelters Continued / Health Care / Dental

Women's Community House

101 Wellington Rd (Abused women & children)
(519) 642-3000 / 1(800)265-1576

Rotholme Women & Families (519) 673-4114
42 Stanley St (Women & families of abuse)

Zhaawanong Shelter (519) 432-2270
256 Hill St (Native women & children of abuse)

Health Care Services

Family Doctors – Register at 1-800-445-1822

London InterCommunity Health Centre

659 Dundas St (519) 660-0874
Doctors/Counselling/Hep C/HIV/Diabetic test/supports

London Middlesex Health Unit (Citi Plaza)

355 Wellington St (Dental/Immuniz/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

Dental Services

Dental - Crouch Neighbourhood (519) 642-7630

Dental outreach by U.W.O. dental students

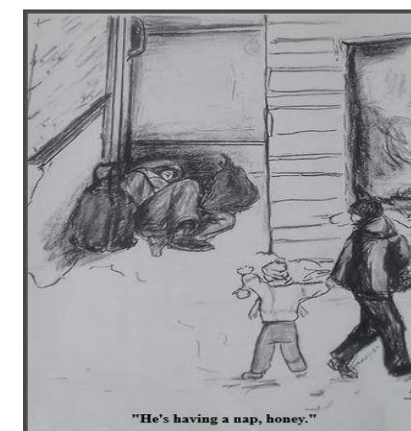
Dental – Glen Cairn Resource – 244 Adelaide St S.

Call (519) 668-2785 for appointment

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Saturday

8am– 11:30am **Unity Project**
and 1pm – 3pm Phone/Bathroom/Showers/Staff Support
9am – 5pm **Public Library** (Downtown)
Computers/Resources/Exhibits
10am – 3pm **My Sister's Place** – women's programs/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



By: Francoise B.

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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

Ark Aid 696 Dundas St – Tue/Wed/Thur 1:30 - 3:30

David Bonner 2-571 Queens Ave (519) 204-6899

Crouch Neighbourhood Resource Centre

550 Hamilton Rd (519) 672-7630 (by appointment)

Canada Revenue Agency 1-800-959-8281

G.S.T. 1-800-959-1953 (paid Jan/Apr/July/Oct)

Trillium 1-877-627-6645 (paid 10th monthly)

Showers & Laundry

London InterCommunity Health Centre

659 Dundas St Mon-Fri 9-11 & 1-3:00

Unity Project 717 Dundas St - 8 – 11:30 & 1 – 3:00

Youth Action Centre 332 Richmond St 8am – 8pm

Telephone / Bathrooms

The Resource Centre 459 York St (front – men only)

8:30am – 11:30am & 12:30pm – 3pm Monday –Friday

Unity Project 717 Dundas St - 8am – 11:30 & 1 – 3:00

ODSP building - 217 York St (3rd floor) – phone only

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Regular Service Locations

Ark Aid Street Mission

698 Dundas St (Lyle) (519) 667-0322

Beth Emmanuel Church

430 Grey St (Colborne St) (519) 433-4311

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

First Baptist Church

568 Richmond St (Victoria park) (519) 679-2521

Goodwill Employment Centre

255 Horton St (Wellington) (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

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Income / Employment / ID Clinics

(Homeless - Street Allowance \$390 available)

Ontario Works

355 Wellington St (Citi Plaza 2nd Floor)

(519) 661-5432 Applications (519) 661-4520 Ext 3

O.D.S.P. (Disability Support Program)

217 York St 3rd Floor (519) 438-5111

Discretionary Benefits

355 Wellington St (2nd 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/Job search

C.P.P. (Disability) 1-800-277-9914

Replace Lost & Stolen ID

London InterCommunity Health Centre

Clinics: Tues 10-12 & Thurs 1:30-3:30 (If Homeless)

OHIP cards - 100 Dundas St 1-800-267-8097

SIN cards – Dominion Building 457 Richmond St

Birth Certificate inquiries 1-800-461-2156

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Sunday

8am – 11:30am **Unity Project**
and 1pm – 3pm Phone/Bathrooms/Showers/Staff Support
10am – 3pm **My Sister's Place**
Women's Programs/Resources/Laundry
Lunch
12pm – 1pm **Citi Plaza** (Downtown)
10am – 5pm Movies/Shop/Relax
11am – 2pm **London Coffee House**
Coffee/Laundry/Computers
1pm – 4pm **Public Library** (Re opens Oct 20th)
Computers/Resources/Activities/Exhibits
4pm – 5pm **Ark Aid Street 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 9-4:00pm
London InterCommunity Health Mon-Fri 1-4pm
(see an Outreach worker for details)

See website for the 'Meal Calendar / Food Banks'
www.londonhomelessresources.com

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Shelters

Centre of Hope (Salvation Army) Intake @ 1:00pm

281 Wellington St (519) 661-0343

Men (122 beds) & Women (26 beds)

Youth 16 yrs+ stay separate from adults

Private dorms available (must apply)

Men's Mission (Intake @ 4:00pm)

459 York St (519) 672-8500

Men (111 beds & 35 long term care) 16 yrs+ only

Resting Place 457 York St (men & women)

Daily & overnight resting spaces (starts Aug 1st)

Unity Project (open 24 hrs) Unity Crash Beds

717 Dundas St (519) 433-8700 **Intake @ 6:30pm**

Men-29 beds/Women-10 (18yr+) 10 beds available

(currently at Econo Lodge – 636 York St)

Cornerstone (Youth Shelter 16 – 29 yrs)

Supportive Housing

332 Richmond St (519) 432-1112 ext 350

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Wednesday

7am – 2:30pm
and 3pm-7pm
8am – 8pm
8am – 11:30am
and 1pm – 3pm
9:30am – 5pm

9:30am – 11am
9:30am – 12pm
9:30am – 8pm

9:45am – 10:30am
10:30am – 11:45am
11:30am – 12:30pm
12pm – 2pm
12pm – 1pm

1:30pm – 3:30pm

1:30pm – 3:30pm

5pm – 7pm
5:15pm – 6pm
5:30pm-6:30pm
5:30pm – 7:30pm
6:00pm – 8:00pm
6:45pm – 8:30pm

Youmadeitcafe – youth training programs
Youth Action Centre – Drop in/skills training
Youth Action Centre – Showers/Laundry
Unity Project
Phone/Bathrooms/Showers/Staff Support
Public Library (Downtown – 2nd floor)
C.M.H.A. – Mental health/addictions resources
St Joseph's Hospitality – Breakfast 50c
St Paul's Cathedral – Food bank
My Sister's Place – Lunch 12 – 1
First Wed of month @ 1:30 – Pet owner support
InterCommunity Centre – Guitar class
Paws for a Pet – de stress with a friendly dog
Public Library (Downtown – 2nd floor)
St Paul's Cathedral – Lunch (20 yrs+)
St Joseph's Hospitality Centre – Lunch
First Baptist Church
Fresh produce (fruits & veggies) - free
London InterCommunity Health Centre
Social Programs & snacks/Daily Food Bank
Ark Aid Street Mission
Coffee/Crafts/Fellowship/**Arkware Store**
Youth Action Centre Employment Counselling
Centre of Hope - Dinner
Dundas St United Church Dinner (Oct-May)
London Coffee House – Coffee/Laundry
Youth Action Centre –LGBTQ Support Group
Ark Aid Mission - Dinner / **Arkware store**

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Furniture / Clothing / Pet Food (free)

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 (beside Ark Aid)

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

Low cost quality clothing and housewares

LifeSpin – Thrift Store (**free** housewares)

872 Dundas St

Mon & Wed 10am – 2pm & Tues 3pm – 7pm

Pet Food (free) - **No Empty Bowls Pet Food Bank**

Call (519) 520 - 4980 to arrange pick up

City of London (519) 661-4570 ext 7368 Ron Oakes

Financial assistance - Spay/Neuter/Shots for dogs/cats

Farley Foundation – financial assistance for your pets

illnesses and surgeries. Your Veterarian must apply.

1-888-262-9811 ext 1

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Immigrant / Aboriginal Services

London Cross Cultural Learner Centre
Resettlement assistance, medical/social supports
505 Dundas St (519) 432-1133
8:30am – 4:30pm Monday – Friday

Luso Centre (help for immigrants and newcomers)
1193 Oxford St E Unit 2 (519) 452-1466
9am–5pm Monday–Thursday / 9am–4:30pm Friday
Glen Cairn Resource Centre (integration supports)
244 Adelaide St S. (519) 668-2745

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

Men's Mission – Shelter (Men 16 yrs+)
459 York St (519) 672-8500
My Sister's Place (women 16 yrs+)
566 Dundas St (William) (519) 679-9570
Salvation Army / Centre of Hope
281 Wellington St (Horton) (519) 661-0343 - **Shelter**

R.H.A.C. (Regional HIV/AIDS Centre)
And 'Safe injection site'
186 King St (519) 434-1601
Resource Centre (Men's Mission – front doors)
459 York St (519) 672-8500

Resting Place – Shelter (men & women)
457 York St – daily & overnight resting space (Aug 1)

St. Joseph's Hospitality Centre
707 Dundas St (Lyle) (519) 432-0660

St. Paul's Cathedral 472 Richmond St (Queens)

Unity Project–Shelter (temp Econo Lodge 636 York)
717 Dundas St (Lyle) (519) 433-8700

Youth Action Centre / Youmadeitcafe (16-29 yrs)
332 Richmond St (226) 777-0116 - **Shelter**

Y.O.U. (Employment Centre (16-29 yrs)
333 Richmond St (York) (519) 432-1112

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Addiction Resources

Regional HIV/AIDS Centre

30-186 King St (519) 434-1601

HIV/AIDS advocacy/prevention/education

Safe Injection Site Mon – Fri 10am – 4pm
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+

Methadone Treatment

Clinic 528 - 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

7am – 2:30pm
and 3pm – 7pm
8am – 8pm
8am – 11:30am
and 1pm – 3pm
9am – 11am

9am – 9pm

9:30am – 11am

9:30am – 12pm

9:30am – 8pm

12pm – 2pm

1pm – 3pm
1:30pm-3:30pm

1:30pm – 3:30pm
1:30pm – 4:30pm
1:30pm – 3:30pm
2pm – 3:30pm
2pm – 4:30pm
5:30pm – 7:30pm
6:45pm – 8:30pm

Thursday

Youmadeitcafe – youth training programs
Youth Action Centre – Drop in/skills training
Youth Action Centre – Showers/Laundry
Unity Project

Phone/Bathrooms/Showers/Staff Support

London Coffee House

Coffee/Laundry/Computers

Public Library (Downtown)

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

My Sister's Place Belong to Song - Music

London InterCommunity Health Centre

ID Clinic - (If Homeless)

Ark Aid Street Mission - Computers/Crafts

Ark Aid St Mission - New Colour Art program

Arkware Store – low priced quality items

Ark Aid Street Mission – English Tutoring

Youth Action Centre – Health Clinic

London Coffee House – coffee / cards

Ark Aid Street Mission – Dinner

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

Crouch Neighbourhood Resource Centre

Outreach & housing supports (519) 642-7630

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 (519) 434-1601

Housing Selection & HIV/AIDS workers

Unity Project Advocacy workers (519) 433-8700

Y.O.U. (Youth Opportunities Unlimited)

Supportive Housing Facilitators (519) 777-0116

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Notes:

Monday

7am – 2:30pm and 3pm – 7pm
8am – 8pm
8am – 11:30am and 1pm – 3pm
9am – 11am
9am – 9pm

9:30am – 5pm
9:30am – 11am

9:30am – 12pm
9:30am – 8pm

11am – 12pm
11:30am – 12:30pm
12pm – 2pm

1:30pm – 3:30pm

1:30pm – 3:30pm

2:30pm – 4:30pm
3pm – 5pm
5:30pm – 7:30pm

6:45pm – 8:30pm

YouMadeitCafe – youth training programs
Youth Action Centre – Drop in/skills training
Youth Action Centre – Showers/Laundry
Unity Project
Phone/Bathroom/Showers/Staff Support
London Coffee House – Coffee/Laundry
Public Library (Downtown)
Computers/Resources/Activities/Exhibits
Public Library (C.M.H.A. – chat/resource help)
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
Drumming Circle (Aboriginal)
St Paul's Cathedral – Lunch (20 yrs+)
St Joseph's Hospitality Centre
Lunch \$1 or end of month
London InterCommunity Health Centre
Games/Coffee/Socializing/Daily Food Bank
Ark Aid Street Mission
Coffee/Crafts/Fellowship
Youth Action Centre – Health Clinic
Youth Action Centre – Counselling services
London Coffee House
Coffee/Laundry/Computers
Ark Aid Street Mission
Dinner

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Youth Services

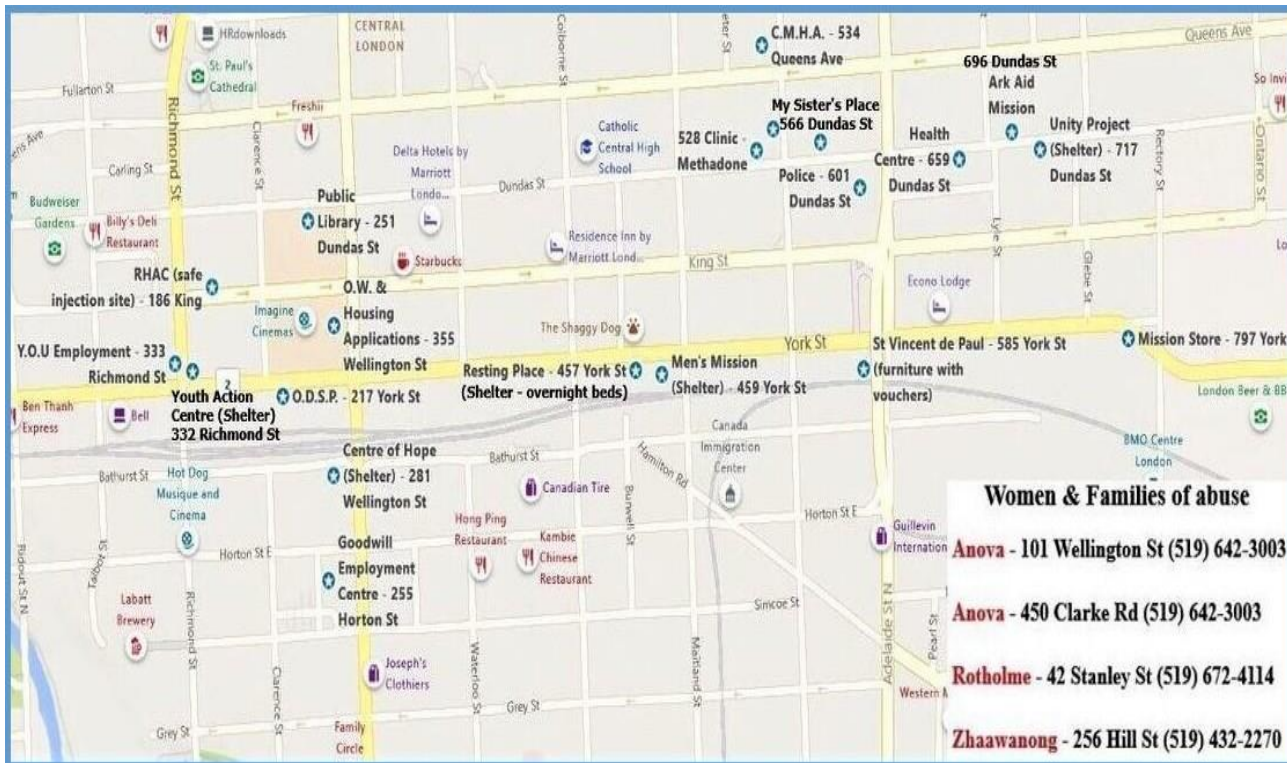
Youth Action Centre (16-29 yrs)
Drop in / Training programs / Housing supports
332 Richmond St (226) 777-0116 Mon-Fri 3pm – 7pm
8am – 8pm – Showers & Laundry available
Youmadeitcafe (coffee/breakfast/jams) 7am – 2:30pm
Cornerstone Housing – 30 transitional units
332 Richmond St Contact: (519) 777-0116
Food Bank – monthly on the 15th

Y.O.U. (Youth Opportunities Unlimited)
Employment Resource Centre (16 – 30 yrs of age)
333 Richmond St (York) (519) 432-1112
8:30am – 5:00pm Monday – Friday

WAYS (Western Area Youth Services 12-18 yrs)
Housing/Legal/Family/Mental health supports
714 York St (519) 432-2209 **Crisis** (519) 433-0334

CMHA (Canadian Mental Health Association)
Life skills/groups/social activities
Transitional housing units available
534 Queens Ave (519) 434-9191 Ext 301

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Friday

7am – 2:30pm
and 3pm – 7pm
8am – 8pm
8am – 11:30am
and 1pm – 3pm
9am – 11am

9am – 6pm

9:30am – 11am
9:30am – 8pm

11am – 1:30pm
11:30am – 12:30pm
12pm – 2pm

1pm – 3pm
1:30pm – 3:30pm

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5:30pm – 7:30pm

5:30pm – 7:30pm
6pm – 8pm
6:45pm – 8:30pm

YouMadeitcafe – youth training programs
Youth Action Centre – Drop in/skills training
Youth Action Centre – Showers/Laundry
Unity Project
Phone/Bathroom/Showers/Staff Support
London Coffee House
Coffee/Laundry/Computers
Public Library (Downtown)
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 – Food Bank
St Paul's Cathedral – Lunch (20 yrs+)
St Joseph's Hospitality Centre
Lunch \$1 or end of month
Centre of Hope – Chiropractor Clinic (Free)
London InterCommunity Health Centre
Cards/Coffee/Socializing/Daily Food bank
Ark Aid Street Mission – Coffee/Crafts/Fellowship
Ark Aid Street Mission – Income Tax Service free
London Coffee House
Coffee/Laundry/Socializing
Metropolitan United Church – Dinner
Youth Action Centre – Pizza & Movie night
Ark Aid Street Mission - Dinner

Housing Sources / Support

London & Middlesex Housing
(apply at Housing Access Centre – see 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 (10 Apartments – Geared to income)
(519) 438-8676 to Apply (Dundas St/Ontario St)

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 (Hydro bill)
Monthly assistance available - call 1-855-831-8151

For local apartment rentals:
www.kijiji.ca/apartments

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