

Free Resource
(100% volunteer made & distributed)

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
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

2019

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

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 9-12 & 1-4:00

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

The Resource Centre (front entrance – men only)

459 York St Mon-Fri 8:30-11:30 & 12:30-3:00

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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Tuesday

7am – 2:30pm
and 3pm – 7pm
8am – 8pm
8am – 11:30am
and 1pm - 3pm
8:30am-11:30am
and 12:30pm-3pm
9am – 11am
9am – 9pm

9:30am – 11am

9:30am – 12pm
10am – 12 pm

10am – 3 pm
and 5pm - 8pm
12pm – 2pm
1:30pm – 3:30pm

3:30pm – 6:30pm
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
The Resource Centre (men only)
Caseworkers/Computers/Laundry by app't
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
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
London InterCommunity Health Centre
Alternate Tuesdays - Help make this 'Guide'
Ark Aid Street Mission Color Art Program
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

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

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
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

**“ Love is the only place big enough
for all the pain in the world.”**

Laura A. W. (client)

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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 / 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
11am – 2pm **My Sister's Place**
Women's Programs/Resources/Laundry
12pm – 1pm Lunch
10am – 5pm **Citi Plaza** (Downtown)
Movies/Shop/Relax
11am – 2pm **London Coffee House**
Coffee/Laundry/Computers
1pm – 4pm **Public Library** (Re opens Oct 20th)
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 9-4:00pm
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)

281 Wellington St (519) 661-0343

Men (122 beds) & Women (26 beds)

Youth 16 yrs+ stay separate from adults

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 @ 6:30pm**

Men (29) Women (10) 10 beds available

Transitional housing units also available (18 yrs+)

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
8:30am-11:30am and 12:30pm-3pm
9:30am - 5pm
9:45am – 10:30am
9:30am – 11am
9:30am – 12pm
10am – 3pm
12pm – 2pm
1:30pm – 3:30pm
1:30pm – 3:30pm
3:30pm – 6:30pm
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
The Resource Centre (men only)
Caseworkers/Computers/Laundry by app't
Public Library (Downtown – 3rd floor)
C.M.H.A. – Mental health/addictions resources
InterCommunity Centre – Guitar class
St Joseph's Hospitality Centre
Breakfast 50c or pay end of month
St Paul's Cathedral – Food bank/Lunch
My Sister's Place / Lunch 12 – 1 / 5pm-8pm
First Wed of month @ 1:30 – Pet owner support
St Joseph's Hospitality Centre - Lunch
London InterCommunity Health Centre
Social Programs & snacks/Daily Food Bank
Ark Aid Street Mission
Coffee/Crafts/Fellowship/Arkware Store
Ark Aid Street Mission Colour Art Program
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. (Rectorry) (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

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

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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

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Regular Services Locations Continued

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

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 – men only)
459 York St (front entrance) (519) 672-8500

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

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

Y.O.U. (Employment Centre (16-29 yrs)
141 Dundas St (rear) (519) 432-1112

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Addiction Resources

Regional HIV/AIDS Centre
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+

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

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Thursday

7am – 2:30pm
and 3pm – 7pm
8am – 8pm
8am – 11:30am
and 1pm – 3pm
8:30am-11:30am
and 12:30pm-3pm
9am – 11am

9am – 9pm

9:30am – 11am

9:30am – 12pm

10am – 3pm
and 5pm - 8pm
12pm – 2pm

1pm – 3pm
1:30pm-3:30pm

1:30pm – 3:30pm

2pm – 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/Bathrooms/Showers/Staff Support
The Resource Centre (men only)
Computers/Caseworkers/Laundry by app’t
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
Arkware Store – low priced quality items
Youth Action Centre – Nurse available
London Coffee House – coffee / cards
Ark Aid Street Mission – Dinner

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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

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Notes:

Monday

- 7am – 2:30pm and 3pm - 7pm
8am – 8pm
8am – 11:30am and 1pm – 3pm
8:30am-11:30am and 12:30pm-3pm
9am – 11am
9am – 9pm
- 9:30am – 11am
- 9:30am – 12pm
10am – 3pm and 5pm - 8pm
11am – 12pm
11am – 1:30pm
12pm – 2pm
- 1:30pm – 3:30pm
- 1:30pm – 3:30pm
- 5:30pm – 7:30pm
- 6:45pm – 8:30pm
- YouMadeditCafe** – youth training programs
Youth Action Centre – Drop in/skills training
Youth Action Centre – Showers/Laundry
Unity Project
Phone/Bathroom/Showers/Staff Support
The Resource Centre (men only)
Coffee/Computers/Laundry/Caseworkers
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 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
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
Youmadeditcafe (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)
141 Dundas St (second floor) (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
8:30am-11:30am and 12:30pm-3pm
9am – 11am
- 9am – 6pm
- 9:30am – 11am
10am – 3pm and 5pm - 8pm
11am – 1:30pm
12pm – 1pm
12pm – 2pm
- 1pm – 3pm
1:30pm – 3:30pm
- 1:30pm – 3:30pm
- 5:30pm – 7:30pm
- 5:30pm – 7:30pm
6:45pm – 8:30pm
- YouMadeditcafe** – youth training programs
Youth Action Centre – Drop in/skills training
Youth Action Centre – Showers/Laundry
Unity Project
Phone/Bathroom/Showers/Staff Support
The Resource Centre (men only)
Computers/Caseworkers/Laundry by app't
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
Daily Bread Food Bank / Lunch
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
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 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**
Monthly assistance available - call 1-855-831-8151

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

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