

NOTES

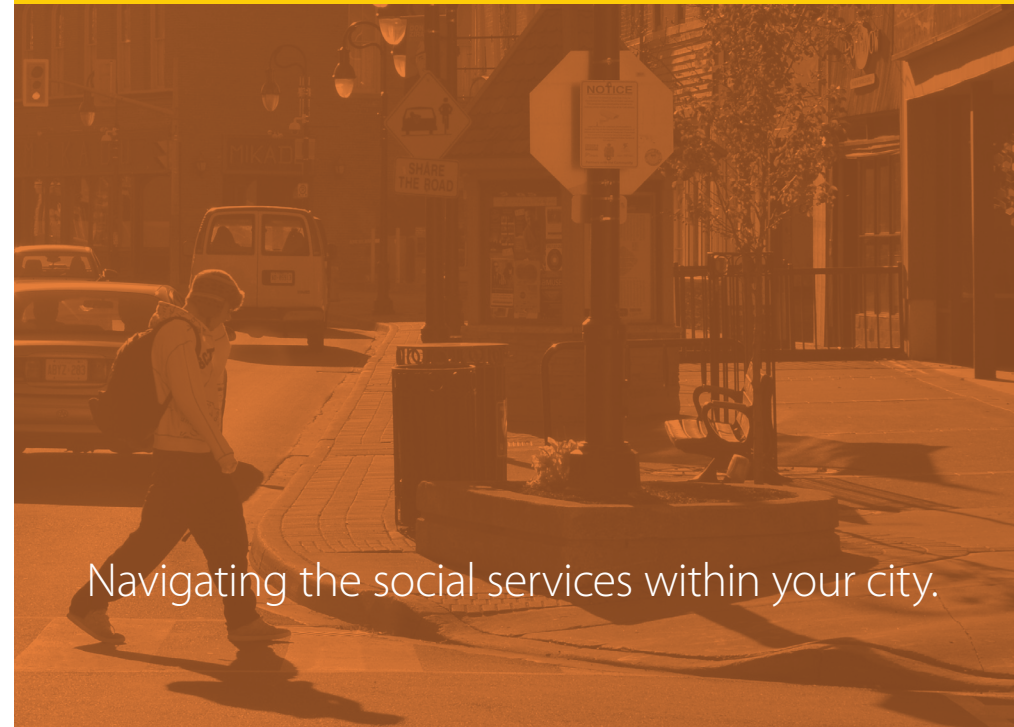


We Can Help +

St. Catharines

A Compassionate City

Compassion = Care + Action



Navigating the social services within your city.



GENERAL INFORMATION

Community Service Information211 – Information Niagara



SHELTERS & HOUSING ASSISTANCE

Out of the Cold (November 1st - March 31st) 905-641-2249 or 211
 Gillian's Place905-684-8331
 Housing Help Centre905-984-8955
 Salvation Army Booth Centre.....905-684-7813
 YWCA905-988-3528
 The Raft (Youth)905-984-4365
 Southridge Shelter905-682-2477
 Niagara Mobile Outreach (Day Phone)..... 905-935-4311 ext. 23 or 26
289-219-2981
 Niagara Regional Housing905-682-9201
 Bethlehem Housing.....905-641-1660
 Cassey's Evergreen Bail Recovery Home289-362-5543



EMERGENCY SERVICES/CRISIS LINES

Niagara Region Gatekeepers (Seniors)905-984-0968
 Crisis Outreach and Support Team (Coast)1-866-550-5205
 Emergency911
 Police.....905-688-4111
 Fire905-684-4311
 Ambulance905-688-2191
 Victim Services Niagara - 24 Hr Crisis Line905-682-2626
 Distress Centre.....905-688-3711
 Niagara Region Sexual Assault Centre.....905-682-7258
 Family and Children Services Niagara (FACS).....905-937-7731
 Kids Help Phone.....1-800-688-6868
 Pathstone Family Crisis.....1-800-263-4944



SERVICES FOR IMMIGRANTS

Folk Arts Immigrant Services905-685-0119
 Chez Marie (Refugee Hostel).....905-682-5895



HEALTH SERVICES

Niagara Health System905-684-7271
 Public Health Department905-688-3762
 The Health Bus..... 905-688-8248 ext. 7512
 Hepatitis C Clinic.....905-378-4647
 Quest - Community Health Centre905-688-2558
 Positive Living Niagara (Aids Niagara)905-984-8684
 Sexual Health Centre.....905-688-3817



MENTAL HEALTH & ADDICTION SERVICES

Canadian Mental Health Association (CMHA).....905-641-5222
 Community Addiction Services Of Niagara (CASON).....905-684-1183
 Pathstone Mental Health.....905-688-6850
 Brain Injury Community Re-Entry (BICR)905-984-5058
 Addiction Services (Withdrawal Management)
905-682-7211(Male) 905-687-9721 (Female)



DROP IN CENTRES

Start Me Up Niagara905-984-5310
 Westview Centre 4 Women.....905-684-4848
 Niagara Regional Native Centre905-685-8547



MEALS

Out of the Cold6 PM November 1st - March 31st
 Ozanam Centre, 235 Church St. 11:30 AM -12:45 PM (Monday – Friday)
 St. George's Church, 83 Church St.Breakfast daily - 7:30-8:30 AM
 The Raft, 17 Centre St.....6:30-8 :00 PM
 Start Me Up Niagara,17 Gale Cres. ... Saturday & Sunday 11:15 AM -1:00 PM



FOOD & CLOTHING

Community Care.....905-685-1349
 Salvation Army Family Services.....905-935-4311