

# Healthy Beginnings

## A Resource Guide for Parents – Nipissing District & Area

Compiled by the Child Abuse Prevention Committee of the District of Nipissing

### **Purpose**

The Child Abuse Prevention Committee of the District of Nipissing is a multi-disciplinary group of volunteers concerned with the issue of child abuse prevention.

Our objective is to ensure increased public and professional awareness and understanding of the problem of child abuse and neglect and to contribute to its prevention. As one of our many projects the committee is proud to produce this pamphlet for the district of Nipissing.

*La plupart des organisations offrent des services en français. Composer le numero de telephone en question et demandez pour un(e) propose (e) bilingue.*

### **Participating Agencies 2018**

The Child Abuse Prevention is made up of professionals from the following agencies as well as interested citizens from the district of Nipissing:

Children's Aid Society  
Child & Youth Advocacy Centre  
of Nipissing  
Community Living North Bay  
Conseil scolaire public du Nord-Est de  
l'Ontario  
Crown Attorney's Office  
Hands-The Family Help Network  
North Bay Military Family Resource  
Centre  
North Bay Parry Sound District Health  
Unit  
North Bay Regional Health Center  
North Bay Police Service  
One Kids Place  
Ontario Provincial Police  
True Self/Debwewendizwin Program  
Victim Witness Assistance Program

### **Funding**

Pamphlets are funded by the Child Abuse Prevention Committee of the District of Nipissing.



"DON'T BREAK THE SPIRIT"  
« Ne brisez pas ce cœur d'enfant »

The Child Abuse Prevention  
Committee of the District of Nipissing  
Le Comité de prévention des mauvais  
traitements à l'égard des enfants du  
District de Nipissing

## Pregnant & Need Help

Birthright – Call 24 Hours <i>For pregnant women requiring assistance with pregnancy resources.</i>	1-800-550-4900
Community Action Program for Children – <a href="http://www.parnipcas.org/programs/community-action-program-for-children">http://www.parnipcas.org/programs/community-action-program-for-children</a> <i>Ask for CAPC Pre and post natal support for young women (up to age 21 years) and their Child.</i>	705-472-0910
Healthy Babies, Healthy Children Program <a href="http://www.myhealthunit.ca/en/childandfamilyhealth/healthybabieshealthychildrenhomevisitingprogram.asp">http://www.myhealthunit.ca/en/childandfamilyhealth/healthybabieshealthychildrenhomevisitingprogram.asp</a> <i>Home visiting program for pregnant women or parents of children under 6 years.</i>	705-474-1400 ext 5351
Mental Health Crisis Line <i>for Children and Youth, their families, caregivers and service providers</i> <a href="http://www.somewheretoturn.ca">www.somewheretoturn.ca</a>	1-844-287-9072
Métis Healthy Babies Healthy Children Program <a href="http://northbaymetisCouncil.com">http://northbaymetisCouncil.com</a> <i>(Home visiting for pregnant women or parents of children under 6 years.)</i>	705-474-2767 EXT. 314
Mental Health Crisis Line <i>for Children, Youth, families, caregivers and service providers</i>	705-472-2811
North Bay Indigenous Friendship Centre <a href="http://www.nbifc.org/children-family-programs/">http://www.nbifc.org/children-family-programs/</a> <i>Prenatal nutrition and family support program.</i>	1-844-287-9072
Lawrence Commanda Health Centre <a href="http://www.nfn.ca/health.php">http://www.nfn.ca/health.php</a>	705-753-3312
North Bay Regional Health Centre <a href="http://www.nbrhc.on.ca/programs-services/women-and-children/">http://www.nbrhc.on.ca/programs-services/women-and-children/</a> <i>Prenatal and maternal/newborn clinics Child Social Worker</i>	705-474-8600 Ext 4937 Ext 4791,4973
MotherCare Nipissing Prenatal Nutrition Program <a href="http://www.parnipcas.org/programs/mothercare">http://www.parnipcas.org/programs/mothercare</a> <i>A drop in for pregnant mothers and mothers of babies 0-2 months, trinity united Church</i>	705-472-0910 Ext 295
Motherisk <a href="http://www.motherisk.org">www.motherisk.org</a>	1-877-439-2744
Alcohol, Nicotine & substance use helpline	1-877-327-4636
North Bay Parry Sound District health Unit <i>Prenatal</i>	705-474-1400 Ext 5285
Prenatal <a href="http://www.myhealthunit.ca/en/clinicsclassesandevents/prenatalclass.asp">http://www.myhealthunit.ca/en/clinicsclassesandevents/prenatalclass.asp</a>	
Sexual Health Clinic <a href="http://www.myhealthunit.ca/en/clinicsclassesandevents/sexualhealthclinics.asp">http://www.myhealthunit.ca/en/clinicsclassesandevents/sexualhealthclinics.asp</a>	705-474-1400 ext 5289
West Nipissing Woodlands Métis Aboriginal Community Action Program for Children <i>Our Children Our Future</i> <a href="http://www.nfn.ca/health_early.php">http://www.nfn.ca/health_early.php</a>	705 753-6420
K'Tigaaning Midwives <a href="mailto:Ktigaaning.midwives@gmail.com">Ktigaaning.midwives@gmail.com</a>	705-476-2229
Midwives Sages Femmes of North Bay	705-476-6226

## Parenting / Parent – Child Activities

Aboriginal Healthy Babies, Healthy Children (HBHC)	705-753-9665
Big Brothers & Big Sisters of North Bay & District <a href="http://www.bigbrothersbigsistersnorthbay.org/en/Home/default.aspx">http://www.bigbrothersbigsistersnorthbay.org/en/Home/default.aspx</a>	705-474-3041
Child Restraint Information <a href="http://www.myhealthunit.ca/en/livehealthandprotectyourhealth/carseats.asp">http://www.myhealthunit.ca/en/livehealthandprotectyourhealth/carseats.asp</a>	705-474-1400
Community Action Program for Children (CAP-C) <a href="http://www.ndds.ca/who-uses-the-ndds/community-action-program-for-children-capc.html">http://www.ndds.ca/who-uses-the-ndds/community-action-program-for-children-capc.html</a>	705-472-0910
Early Childhood Development Program	705-753-2050
Nipissing First Nation <a href="http://www.nfn.ca/health_early.php">http://www.nfn.ca/health_early.php</a>	ext. 3001
EarlyON Child and Family Centre	705-474-8910
Family Enrichment Program <a href="http://www.ndds.ca/who-uses-the-ndds/family-enrichment-program">http://www.ndds.ca/who-uses-the-ndds/family-enrichment-program</a> <i>Support, Guidance, and education for parents and families in a warm &amp; positive environment</i>	705-472-2152
Healthy Babies, Healthy Children North bay Parry Sound District Health Unit. <a href="http://www.myhealthunit.ca/en/childandfamilyhealth/healthybabieshealthychildrenhomevisitingprogram.asp">http://www.myhealthunit.ca/en/childandfamilyhealth/healthybabieshealthychildrenhomevisitingprogram.asp</a> <i>Home visiting program for parents and children up to 6 years.</i>	705-474-1400 ext 5351
Mental Health Crisis Line for children, youth, their families, caregivers, and service providers	1-844-287-9072
North Bay Indigenous Friendship Centre <i>Healthy babies healthy children Family support</i> <a href="http://www.nbifc.org/children-family-programs/">http://www.nbifc.org/children-family-programs/</a>	705-472-2811 Ext 204 Ext 210
Nipissing First Nation <i>Native Child Welfare Program</i> <a href="http://www.nfn.ca/health_early.php">http://www.nfn.ca/health_early.php</a>	705-753-2691
North Bay Métis Council (HBHC) <a href="http://northbaymetisCouncil.com/programs-services/">http://northbaymetisCouncil.com/programs-services/</a> <i>Home visiting program for pregnant women or parents of children under 6 years.</i>	705-474-2767
North Bay Public Library <i>Story time for children 2 &amp; up. Music for toddlers (1-2 years)</i>	705-474-4830
Parent Help Line	1-778-782-3548
Parenting Programs <i>For parents of children ages 0-12, and teens</i> <a href="http://www.myhealthunit.ca/en/clinicsclassesandevents/Parenting-Workshops.asp">http://www.myhealthunit.ca/en/clinicsclassesandevents/Parenting-Workshops.asp</a>	705-474-1400 ext 5285
Preschool speech and language services <a href="https://www.onekidsplace.ca/">https://www.onekidsplace.ca/</a>	705-476-5437
Supervised access centre <a href="http://www.crisiscentre-nb.on.ca/supervised_access.htm">http://www.crisiscentre-nb.on.ca/supervised_access.htm</a>	705-472-0678
West Nipissing Woodlands Community Action Program for Children (CAP-C)	705-753-6420

## Education

Academic Skills Development / Literacy & Basic Skills <i>Canadore College</i> <a href="https://www.canadorecollege.ca/programs">https://www.canadorecollege.ca/programs</a>	705-474-7600 Ext 5469
Anishinabek Education Institute <i>Union of Ontario Indians</i> <a href="http://www.anishinabek.ca/">http://www.anishinabek.ca/</a>	705-497-9127
Conseil Scolaire Catholique Franco-Nord <a href="http://www.franco-nord.ca/">http://www.franco-nord.ca/</a>	705-472-1702
Conseil Scolaire Public du Nord_ est de L'Ontario <a href="http://www.cspne.ca/">http://www.cspne.ca/</a>	705-472-3443
Independent Learning Centre	English 1-800-387-5512 French 1-800-265-0454

*Distance education courses in English and in French for Ontario residents who want to earn secondary school diploma credits, upgrade basic skills, or study for personal development.*

<http://www.ilc.org/index-main.php>

Literacy Council	705-494-9416
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*Basic literacy skills, upgrading for adults, in class computers an literacy preparation for employment, English as a second language.*

<http://literacynipissing.ca/>

Near North District School Board <a href="https://www.nearnorthschools.ca/">https://www.nearnorthschools.ca/</a>	705-472-8170
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Nbissing Secondary School – Nipissing First Nation <a href="http://www.nbisiing.com/">http://www.nbisiing.com/</a>	705-497-9938
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Laurentian Learning Centre <a href="http://www.nearnorthschools.ca/laurentian/">http://www.nearnorthschools.ca/laurentian/</a>	705-472-5419
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Nipissing-Parry Sound Catholic District School Board <a href="http://www.npsc.ca/">http://www.npsc.ca/</a>	705-472-1201
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<b>Nursery Schools</b>	
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Montessori Children's House <a href="http://montessori-childrens-house.ca/">http://montessori-childrens-house.ca/</a>	705-476-5156
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Montessori Learning Centre <a href="http://www.northbaymontessori.ca/">http://www.northbaymontessori.ca/</a>	705-495-1173
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## Recreation & Leisure

Kidsport <a href="http://www.kidsportcanada.ca/ontario/north-bay/">http://www.kidsportcanada.ca/ontario/north-bay/</a>	705-474-0626 ext 2328
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Indigenous Friendship Centre <a href="http://www.nbifc.org/">http://www.nbifc.org/</a>	705-472-2811
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Parks, Recreation & Leisure Services <i>City Hall</i> <a href="https://www.cityofnorthbay.ca/cityhall/department/parks-recreation-and-leisure/">https://www.cityofnorthbay.ca/cityhall/department/parks-recreation-and-leisure/</a>	705-474-0400 ext 2335
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Y.M.C.A. <a href="http://www.ymcanorthbay.com/">http://www.ymcanorthbay.com/</a>	705-497-9622
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## Food Banks / Nutrition Resources

Eat right Ontario <a href="https://www.eatrightontario.ca/en/MenuPlanner.aspx#">https://www.eatrightontario.ca/en/MenuPlanner.aspx#</a>	1-877-510-5102
North Bay Food Bank	705-495-3290
Pantry Swap program	705-471-1442
Pro-Cathedral Catholic Charities	705-472-3970
Redeemer Lutheran Church	705-472-9169
Salvation Army	705-474-7859
St. Andrew's United Church Food Bank	705-472-7680
St Brice's Anglican Church	705-474-4005
St John's Anglicans Church	705-472-6070
St Vincent de Paul society Food bank	705-497-9784
St Peter's catholic Church	705-472-1817
Trinity United Church <a href="http://nbayfoodbank.wixsite.com/north-bay-food-bank/schedule-of-food-banks-in-north-bay">http://nbayfoodbank.wixsite.com/north-bay-food-bank/schedule-of-food-banks-in-north-bay</a>	705-474-3310

## Special Needs

Canadian Hearing Society <a href="https://www.chs.ca/">https://www.chs.ca/</a>	705-474-8090
Canadian National Institute for the Blind (CNIB) <a href="http://www.cnib.ca/en/Pages/default.aspx">http://www.cnib.ca/en/Pages/default.aspx</a>	705-472-2710
Community Counselling Centre <a href="http://www.cccnip.com/">http://www.cccnip.com/</a>	705-472-6515
Community Living North Bay <a href="https://www.communitylivingnorthbay.org/">https://www.communitylivingnorthbay.org/</a>	705-476-3288
Hands – <a href="http://www.thefamilyhelpnetwork.ca">www.thefamilyhelpnetwork.ca</a>	705-476-2293
North Bay Indigenous Friendship Center <a href="http://www.nbifc.org/">http://www.nbifc.org/</a>	705-472-2811
Infant and Child Development Services <a href="https://www.parnipcas.org/programs/infant-child-development-services">https://www.parnipcas.org/programs/infant-child-development-services</a>	705-472-0910
One Kids Place- Children's Treatment Centre <a href="https://www.onekidsplace.ca/">https://www.onekidsplace.ca/</a>	705-476-5437
Inclusion Support Program	705-474-8910 ext 0
Special Services at home <a href="http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx">http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx</a>	705-474-3540

## Health Care

Aids Committee of North Bay and Area <a href="http://aidsnorthbay.com/">http://aidsnorthbay.com/</a>	705-497-3560
Breast Feeding Support	705-474-8910 ext 0
EarlyON Child and Family Centre <a href="https://www.communitylivingnorthbay.org/services/ontario-early-years-centre-nipissing/">https://www.communitylivingnorthbay.org/services/ontario-early-years-centre-nipissing/</a>	
North Bay Parry Sound District Health Unit <a href="http://www.myhealthunit.ca/en/index.asp">http://www.myhealthunit.ca/en/index.asp</a>	705-474-1400 ext 5351
Mothercare <a href="http://cpnp-pcnp.phac-aspc.gc.ca/details-eng.php?project=214">http://cpnp-pcnp.phac-aspc.gc.ca/details-eng.php?project=214</a>	705-472-0910
Immunizations program all ages <a href="http://www.myhealthunit.ca/en/clinicsclassesandevents/immunizationclinics.asp">http://www.myhealthunit.ca/en/clinicsclassesandevents/immunizationclinics.asp</a>	705-474-1400 ext 5252
Medicine Healthy way Clinic (nbifc) <a href="http://www.nbifc.org/">http://www.nbifc.org/</a>	705-472-2811 ext 242
Infant child CPR	
St John's Ambulance <a href="http://www.sja.ca/English/Pages/default.aspx">http://www.sja.ca/English/Pages/default.aspx</a>	705-495-3626 ext5158
Algonquin Safety Training <a href="https://www.algsafety.ca/">https://www.algsafety.ca/</a>	705-223-0120
Health Card Information – Service Ontario <a href="https://www.ontario.ca/page/serviceontario">https://www.ontario.ca/page/serviceontario</a>	705-494-4130
Near North Hearing Centre <a href="http://www.lifestylehearing.ca/find-your-nearest/ontario/near-north-hearing-centre/">http://www.lifestylehearing.ca/find-your-nearest/ontario/near-north-hearing-centre/</a>	705-494-9900
The Hearing Aid Centre <a href="http://rayshearing.com/">http://rayshearing.com/</a>	705-474-8441
North Bay Audiology Clinic <a href="https://www.northbayaudiology.ca/">https://www.northbayaudiology.ca/</a>	705-472-1801
North Bay Regional Health Centre <a href="http://www.nbrhc.on.ca/">http://www.nbrhc.on.ca/</a>	705-474-8600
Sexual Assault Domestic Violence Program <a href="http://www.nbrhc.on.ca/programs-services/medical-services-2/sexual-assault-treatment-centre/">http://www.nbrhc.on.ca/programs-services/medical-services-2/sexual-assault-treatment-centre/</a>	705-474-8600 ext. 4478 or 4500
Healthy Smiles Ontario	1-800-563-2808
North Bay Parry Sound District Health Unit Community Information	705-474-1400 Ext 5282
The Clinic <a href="http://www.myhealthunit.ca/en/index.asp">http://www.myhealthunit.ca/en/index.asp</a>	Ext 5289
Northeast LHIN Home and Community Care <a href="http://healthcareathome.ca/northeast/en">http://healthcareathome.ca/northeast/en</a>	705-476-22222
Telehealth Ontario	1-866-797-0000
Nurture North MAR clinic	705-478-7197
North Bay Nurse Practitioner Led Clinic <a href="http://www.nbnplc.com/">http://www.nbnplc.com/</a>	705-478-7671
Northern Shores Medical Clinic	705-478-0968

## Medical Clinics

Near North Medical Clinic <i>Monday to Friday 4:45pm – 8:00 pm</i>	705-495-2685
Ferris Medical Clinic <i>Monday to Friday 9:00am – 5:00pm * call for appointment</i>	705-495-4000
Head to Toe Clinic <i>Monday to Friday 9:00am – 5:00pm * call for appointment</i>	705-495-0300
**Good Doctors Medical Walk in Clinic <i>Monday to Friday 9:00am – 3:00pm</i>	705-980-0121
**Blue Sky After Hours Clinic ( Blue Sky Patients only) <i>Monday to Thursday 5:00pm – 8:00pm</i> <i>Saturday and Sunday 10:00am – 1:00pm</i>	705-476-1413
**Must register no later than 1 hour before closing	

## Housing

### Geared to Income/market rent

Native People of Nipissing Housing	705-497-1773
Nipissing District Housing Corporation Registry <a href="http://www.dnssab.on.ca/services/Pages/Subsidized-Housing.aspx">http://www.dnssab.on.ca/services/Pages/Subsidized-Housing.aspx</a>	705-478-2826

Transitional Housing Support <a href="https://nipissingtransitionhouse.com/programs-services/transitional-housing-support-program/">https://nipissingtransitionhouse.com/programs-services/transitional-housing-support-program/</a>	705-474-8853
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### Immediate And Short Term Housing

Crisis Centre residence <a href="http://www.crisiscentre-nb.on.ca/index2.htm">http://www.crisiscentre-nb.on.ca/index2.htm</a>	705-474-1031
Futures Residence for Youth	705-476-4502

### Shelters For Women and Children

Nipissing Transition House <a href="https://nipissingtransitionhouse.com/">https://nipissingtransitionhouse.com/</a>	705-476-2429
Ojibway Women's Lodge <a href="http://www.ojibwaywomenslodge.ca/">http://www.ojibwaywomenslodge.ca/</a>	705-472-3321
Sturgeon Falls Family Resource Centre	705-753-1154
Women's Resource Centre Mattawa <a href="http://mwrc.ca/">http://mwrc.ca/</a>	705-744-5567

### Tenants Rights

Landlord and Tenant Board <a href="http://www.sito.gov.on.ca/ltb/">http://www.sito.gov.on.ca/ltb/</a>	1-888-332-3234
Low Income People Involvement (LIPI) <a href="http://lipinipissing.com/">http://lipinipissing.com/</a>	705-472-1337
Nipissing Community Legal clinic <a href="http://yourlegalrights.on.ca/organization/nipissing-community-legal-clinic">http://yourlegalrights.on.ca/organization/nipissing-community-legal-clinic</a>	705-476-6603

## Child Care

Child Care Subsidy Office	705-474-2151
<b>Licensed Daycare Centres</b>	
Couchie Memorial Daycare	705-474-9860
Fairview Learning Centre & School Program	705-724-5462
Garderie Soleil – Main & satellite centres <a href="http://centrecompagnons.ca/nos-emplacements/">http://centrecompagnons.ca/nos-emplacements/</a>	705-472-5589
Tree House Learning Centre	705-478-6680
Lindsay Weld Centre & School Age Programs <a href="http://www.lwcc.ca/">http://www.lwcc.ca/</a>	705-497-0296
Little Wings <a href="http://www.northbaymfr.ca/little-wings-childcare-centre/">http://www.northbaymfr.ca/little-wings-childcare-centre/</a>	705-494-2011 ext 2060
Mattawa Childcare Centre & School Age Program <a href="http://www.godaycare.com/daycare_in/ontario/mattawa">http://www.godaycare.com/daycare_in/ontario/mattawa</a>	705-744-5366
North Bay Daycare & School Age Program	705-474-1850
Place du Passage	705-474-8809
West Ferris Day Nursery & School Age Program	705-497-3004
YMCA Services <i>Early learning licensed home child care</i> <i>And children's school age programs</i> <a href="http://www.ymcnorthbay.com/#">http://www.ymcnorthbay.com/#</a>	705-497-1915

## Mental Health

Amelia Rising ( Sexual Assault Centre)	705-840-2403
Crisis line	705-476-3355
TTY Crisis Line	705-840-5877
<a href="http://www.ameliarising.ca/">http://www.ameliarising.ca/</a>	
North Bay Regional Health Centre	705-474-8600
<a href="http://www.nbrhc.on.ca/">http://www.nbrhc.on.ca/</a>	ext 3509
Outpatient Mental Health Clinic	705-476-6240
<a href="http://www.nbrhc.on.ca/programs-services/mental-health-programs-services/mental-health-addictions/addiction-services/community-treatment-services/">http://www.nbrhc.on.ca/programs-services/mental-health-programs-services/mental-health-addictions/addiction-services/community-treatment-services/</a>	ext 6889
Canadian Mental Health Association (CMHA)	705-474-1299
<a href="http://nipissing.cmha.ca/">http://nipissing.cmha.ca/</a>	
Mental Health Crisis Line for children, youth, families, caregivers and service providers	1-844-287-9072
Nipissing First Nation	
<i>Right Path Counselling and Prevention Services</i>	705-753-1375
<a href="http://www.nfn.ca/health_right.php">http://www.nfn.ca/health_right.php</a>	
<i>True Self Debwewendizwin Program</i>	705-474-4058
<a href="http://www.trueself.ca/">http://www.trueself.ca/</a>	
Community Counselling Centre	705-472-6515
<a href="http://www.cccnip.com/">http://www.cccnip.com/</a>	
Nipissing Crisis Intervention Services	1-800-352-1141
4 hours/7 days /week)	
<a href="http://www.nbrhc.on.ca/programs-services/mental-health-programs-services/mental-health-addictions/crisis-24-hours-7-days-per-week-outpatient/">http://www.nbrhc.on.ca/programs-services/mental-health-programs-services/mental-health-addictions/crisis-24-hours-7-days-per-week-outpatient/</a>	
Hands – the family help network	705-476-2293
<a href="http://www.thefamilyhelpnetwork.ca/home">http://www.thefamilyhelpnetwork.ca/home</a>	
North Bay Indigenous Friendship Centre	705-472-2811
<a href="http://www.nbifc.org/">http://www.nbifc.org/</a>	
Nipissing Mental Health and Housing Support Services	705-476-4088
<a href="http://www.nmhss.ca/site/">http://www.nmhss.ca/site/</a>	
Nipissing Post Partum Mood Disorder Network	705-474-1400
<a href="http://www.myhealthunit.ca/en/childandfamilyhealth/mentalhealth.asp">http://www.myhealthunit.ca/en/childandfamilyhealth/mentalhealth.asp</a>	ext 2351
People for Equal Partnership in Mental Health (PEP)	705-494-4774
<a href="http://peplace.org/contact-us/">http://peplace.org/contact-us/</a>	

## Addictions

Al-Anon Family Group/Alateen	1-888-425-2666
Community Counselling Centre	705-472-6515
North Bay Indigenous Friendship Centre	705-472-2811
<a href="http://www.nbifc.org/">http://www.nbifc.org/</a>	
North Bay Recovery Home	705-472-2873
<a href="http://nbrh.org/">http://nbrh.org/</a>	ext 201
Addiction Supportive Housing	705-472-2873
<a href="http://nbrh.org/services/addiction-supportive-housing-program/">http://nbrh.org/services/addiction-supportive-housing-program/</a>	ext 206
Nipissing Detox and Substance Abuse Program	705-476-6240
Ontario Problem Gambling Helpline	1-888-230-3505
Smoker's Helpline	1-877-513-5333
Tobacco Control Unit	705-474-1400
<a href="http://www.myhealthunit.ca/en/index.asp">http://www.myhealthunit.ca/en/index.asp</a>	ext 2372
Alcoholics Anonymous- North eastern Ontario area 84	705-474-7940
True Self Debwewendizwin Program	705-474-4058
<a href="http://www.trueself.ca/">http://www.trueself.ca/</a>	

## Peer Support

Amelia Rising	705-840-2403
<a href="http://www.ameliarising.ca/">http://www.ameliarising.ca/</a>	
Assaulted Women's Hotline	1-866-863-0511
TTY	1-866-863-7868
AIDS Committee/Hep-c	705-497-3560
<a href="http://aidsnorthbay.com/">http://aidsnorthbay.com/</a>	1-800-387-3701
Brain Injury Association	705-840-8882
<a href="http://www.bianba.ca/">http://www.bianba.ca/</a>	
Canadian Hearing Society	705-474-8090
TTY	1-877-634-0174
<a href="mailto:northbay@chs.ca">northbay@chs.ca</a>	
Co-Dependency	705-845-1062
March of Dimes	705-498-6296
TTY	705-474-8487
<a href="http://www.marchofdimes.ca/EN/Pages/default.aspx">http://www.marchofdimes.ca/EN/Pages/default.aspx</a>	
Breastfeeding Support	705-474-1400 ext 5351
North Bay Parry Sound District Health Unit	
Telehealth Ontario	1-866-797-0000
Near North Palliative Care	705-497-9239
True Self Debwewendizwin Program	705-474-4058
<a href="http://www.trueself.ca/">http://www.trueself.ca/</a>	
Nipissing Down Syndrome Society	705-752-4810
Nipissing Family Program	705-494-4774
	ext 226
Nipissing Transition House	705-476-2429
<a href="https://nipissingtransitionhouse.com/">https://nipissingtransitionhouse.com/</a>	
Ojibway Women's Lodge	705-472-3321
<a href="http://www.ojibwaywomenslodge.ca/">http://www.ojibwaywomenslodge.ca/</a>	
People for Equal Partnership in Mental Health (PEP)	705-494-4774
<a href="http://peplace.org/contact-us/">http://peplace.org/contact-us/</a>	
Warmline (24 hours a day)	1-866-856-9276
<a href="http://nisa.on.ca/services/the-regional-warm-line/">http://nisa.on.ca/services/the-regional-warm-line/</a>	

## The Law

Custody Application	705-495-8309
<a href="http://ontariocourtforms.on.ca/en/search/?q=child+custody">http://ontariocourtforms.on.ca/en/search/?q=child+custody</a>	ext 209
Crime Stoppers	1-800-222-TIPS (8477)
<a href="https://www.nearnorthcrimestoppers.com/">https://www.nearnorthcrimestoppers.com/</a>	
Crown Attorney's Office	705-493-8313
North Bay Indigenous Friendship Centre	705-472-2811
<i>Criminal and Family Court Program</i>	
<a href="http://www.nbifc.org/legal-programs/">http://www.nbifc.org/legal-programs/</a>	
Legal Aid Ontario	705-472-4893
<a href="http://www.legalaid.on.ca/en/">http://www.legalaid.on.ca/en/</a>	
Nipissing Community Legal Clinic	705-476-6603
<a href="http://www.cleo.on.ca/en/about/about-cleo">http://www.cleo.on.ca/en/about/about-cleo</a>	
Victim Witness Assistance Program	705-495-8339
<a href="http://www.victimservicesnipissing.com/content.asp?id=102">http://www.victimservicesnipissing.com/content.asp?id=102</a>	

## Money

Child tax benefit <a href="http://www.cra-arc.gc.ca/bnfts/ccb/menu-eng.html">http://www.cra-arc.gc.ca/bnfts/ccb/menu-eng.html</a>	1-800-387-1193
Credit and Debt Counselling	705-472-6515
DNSSAB <a href="http://www.dnssab.on.ca/Pages/default.aspx">http://www.dnssab.on.ca/Pages/default.aspx</a>	705-474-2151
Family Responsibility Office (FRO)	
Automated information system	1-800-267-7263
Child support client service associate <a href="http://www.mcscs.gov.on.ca/en/mcscs/programs/familyResponsibility/">http://www.mcscs.gov.on.ca/en/mcscs/programs/familyResponsibility/</a>	1-800-267-4330
GST Credit (cheques) <a href="https://www.canada.ca/en/services/taxes/gsthst.html">https://www.canada.ca/en/services/taxes/gsthst.html</a>	1-800-959-1953
Income tax forms <a href="https://www.canada.ca/en/services/taxes/income-tax.html">https://www.canada.ca/en/services/taxes/income-tax.html</a>	1-800-959-2221
Income tax information (individual)	1-800-959-8281
LEAP <a href="https://www.northbayhydro.com/residential/assistance-programs/">https://www.northbayhydro.com/residential/assistance-programs/</a>	705-474-2151
Ontario childcare supplement for working families <a href="http://www.edu.gov.on.ca/childcare/paying.html">http://www.edu.gov.on.ca/childcare/paying.html</a>	1-800-263-7965
Special services at home and assistance for children with severe disabilities <a href="http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx">http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx</a>	705-474-3540 ext 237

## Employment

DEOC (Disability Employment Opportunities Centre) <a href="http://deoc.ca/">http://deoc.ca/</a>	705-494-4774 ext 221
DNSSAB Employment Services <a href="http://www.letstalkemployment.com/">http://www.letstalkemployment.com/</a>	705-474-2151
March of Dimes <a href="http://www.marchofdimes.ca/EN/Pages/default.aspx">http://www.marchofdimes.ca/EN/Pages/default.aspx</a>	705-498-6296
Ministry of labour – Employment standards <a href="https://www.labour.gov.on.ca/english/es/">https://www.labour.gov.on.ca/english/es/</a>	1-800-531-5551
North Bay Indigenous Friendship Centre <a href="http://www.nbifc.org/education-employment/">http://www.nbifc.org/education-employment/</a>	705-472-2811
Service Canada <a href="https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html">https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html</a>	705-472-3700
True Self Debwewendizwin Program <a href="http://www.trueself.ca/">http://www.trueself.ca/</a>	705-474-4058
Yes! Employment Services <a href="http://yesnorthbay.com/">http://yesnorthbay.com/</a>	705-476-3234

## Canadian Forces Base (22 Wing) North Bay

### Important Telephone Numbers

Military Family Resource Centre	705-494-2011 ext 2053
Little Wings Childcare Centre,	705-494-2011 ext 2060
CFB Chaplain	705-494-2011 ext 6096
CFB Chapel Administrative Assistant	705-494-2011 ext 2028
CFB Social Worker	705-494-2011 ext 2592
CFB Military Police	705-494-2011 ext 2188

## Resources and Help Links

Birth Certificate <a href="https://www.ontario.ca/page/get-or-replace-ontario-birth-certificate">https://www.ontario.ca/page/get-or-replace-ontario-birth-certificate</a>	705-474-2270
Human Rights Commission <a href="http://www.ohrc.on.ca/en">http://www.ohrc.on.ca/en</a>	1-800-387-9080
North Bay Parry Sound District Health Unit <a href="http://www.myhealthunit.ca/en/clinicsclassesandevents/Resources-in-Your-Community.asp">http://www.myhealthunit.ca/en/clinicsclassesandevents/Resources-in-Your-Community.asp</a>	
MS Society <a href="https://mssociety.ca/uploads/files/2014-on-and-nu-community-resource-guide.pdf">https://mssociety.ca/uploads/files/2014-on-and-nu-community-resource-guide.pdf</a>	
Crisis Centre <a href="http://www.crisiscentre-nb.on.ca/Moving_Forward.pdf">http://www.crisiscentre-nb.on.ca/Moving_Forward.pdf</a>	
The Mothers Program <a href="http://www.themothersprogram.ca/resources-and-information/for-your-region/north-eastern-ontario/north-bay-parry-sound-district">http://www.themothersprogram.ca/resources-and-information/for-your-region/north-eastern-ontario/north-bay-parry-sound-district</a>	
Family Navigator (Military) <a href="http://www.familynavigator.ca/index.php/resources/medical_-_north_bay_-_children_youth">http://www.familynavigator.ca/index.php/resources/medical_-_north_bay_-_children_youth</a>	
Labour Market Group	
Mental Health Crisis Line for children, youth, families, caregivers, and service providers	1-844-287-9072
<i>Nipissing</i> <a href="http://thelabourmarketgroup.ca/wp-content/uploads/2015/10/Nipissing-Community-Employment-Guide.pdf">http://thelabourmarketgroup.ca/wp-content/uploads/2015/10/Nipissing-Community-Employment-Guide.pdf</a>	
<i>Parry Sound</i> <a href="http://thelabourmarketgroup.ca/wp-content/uploads/2015/10/Parry-Sound-Community-Employment-Guide.pdf">http://thelabourmarketgroup.ca/wp-content/uploads/2015/10/Parry-Sound-Community-Employment-Guide.pdf</a>	
Ontario Network of Sexual Assault/Domestic Violence Treatment Centres <a href="http://www.satcontario.com">http://www.satcontario.com</a>	

## Area Resources

### Mattawa

Ambulance	911
Child Care Centre	705-744-5366
Family Resource Centre	705-744-4027
Fire Department	911
Food Bank	705-744-6706
Hospital	705-744-5511
Ontario Works	705-744-0395
Parent/Child Program	705-744-4027
Police/OPP	1-888-310-1122
Town Hall	705-744-5611
True Self Debwewendizwin Program	705-474-4058
Victim Services of Nipissing District	705-472-2649
Women's Resource Centre	705-744-5567

### South River

Ambulance	911
EarlyON Program	705-386-0570
Espirit Place – Family Resource Centre	705-386-2303
First Steps Child Care Centre	705-386-0553
Great Beginnings	705-384-0160 ext 224
Medical Centre	705-386-0512
O.P.P.	1-888-310-1122
Ontario Works	705-386-2358
Victim Services of Nipissing District	705-472-2649
Women's Own Resource Centre	705-386-9672

**Sturgeon Falls**

Ambulance	911
Community Living West Nipissing	705-753-1665
Centre Alliance ( Counselling)	705-753-2271
Centre d'Alphabetisation ALEC du Nipissing	705-753-1566
Family Resource Centre	705-753-1154
Fire Department	911
Food Bank	705-753-0314
Hospital	705-753-3110
Literacy Alliance	705-753-0537
Non Profit Housing	705-753-1550
EarlyOn Child and Family Centre	705-753-4144
Ontario works	705-753-5400
Police	705-753-1234
Resource Teacher Program	705-753-4144
Stepping Stones Program	705-753-4144
Town Hall	705-753-2250
Victim Services of Nipissing District	705-753-9194
Women's Outreach Services	705-753-5571
West Nipissing Child Care Corporation	705-753-4144

**Emergencies- North Bay**

General Emergencies	911
Children's Aid Society	705-472-0910
	1-877-303-0910
Crisis Centre	705-474-1031
Crisis Intervention Program – NBRHC	705-495-8198 or 705-495-8148
Kids Help Phone	1-800-668-6868
Nipissing Transition House	705-476-2429
Ojibway Women's Lodge	705-472-3321
O.P.P	705-495-3878
Poison Information Line	1-800-268-9017
Sexual Assault	705-476-3355
Sexual Assault TTY Line	705-840-5877
Warmline	1-866-856-9276
City Police	705-472-1234
Fire Prevention	705-474-0400
Salvation Army Social Services	705-474-7859
Support Link	705-472-8391
Victim Services of Nipissing District	705-472-2649
Victim Support Line	1-888-579-2888

**Faith**

Almaguin Missionary Church	705-386-0651
Arnstein Baptist Church	705-757-2182
Bethel Gospel Chapel	705-474-4920
Bethel Pentecostal Church	705-384-7706
Burk's Falls United Church	705-382-3325
Callander Bay Evangelical Missionary Church	705-752-1649
Calvary Pentecostal Temple	705-472-0923
Calvin Presbyterian Church	705-474-4750
Carmichael United Church	705-495-4702
Chalmers United Church	705-386-2308
Chisholm United Church	705-724-2815
Christ Church	705-495-4659
Christ the King Chapel	705-494-2166
Church of Christ	705-472-7040
Corner Gospel Pentecostal	705-729-5515
Eau Claire Missionary Church	705-744-2447
Emmanuel Christian Fellowship	705-845-8148

Emmanuel United Church	705-472-1806
Faith Chapel	705-476-5704
First Baptist Church	705-474-2490
Gateway Pentecostal Church	705-494-4735
Grace Pentecostal Church	705-724-1720
Greenwood Baptist Church	705-478-6522
Harbour Church	705-472-1894
Higher Heights Christian Fellowship	705-386-1999
Holy Name of Jesus	705-495-1501
House of all Nations	705-498-6060
Jehovah's Witnesses	705-724-3193
Jehovah's Witnesses	705-497-1639
Jehovah's Witnesses	705-474-1073
Kingdom Hall of Jehovah's Witnesses	705-753-5787
Knox Presbyterian Church	705-384-7452
Lakeshore Evangelical Missionary Church	705-472-2150
Laurentian Wesleyan Church	705-494-9710
Laurier Avenue United Church	705-472-5020
Near North Baptist Church	705-474-4980
New Apostolic Church	705-495-2557
North Bay Mosque	705-472-6399
Omond Memorial United Church	705-472-2070
Our Lady of Sorrows	705-753-0644
Paroisse Saint Vincent De Paul	705-472-2580
Paroisse Ste Bernadette	705-776-2244
Pentecostal Church MCLC	705-744-2341
Phelps United Church	705-663-1873
Pro Cathedral of the Assumption Church	705-472-3970
Redeemer Lutheran Church	705-472-9169
Sacred Heart of Jesus Parish	705-723-5352
St. Peter the Apostle Roman Catholic Church	705-472-1817
Salvation Army	705-474-7859
Seventh Day Adventist Church	705-476-3513
Son of Jacob Synagogue	705-472-0608
South Shore Evangelical Missionary Church	705-752-5971
St Alban Anglican Church	705-744-6510
St. Andrew's United Church	705-472-7680
St. Andrew's United Church	705-753-0283
St. Anne's Roman Catholic Church	705-744-5391
St. Brice's Anglican Church	705-474-4005
St. John's Anglican Church	705-472-6070
St. Joseph's Church	705-724-2118
St. Mary Magdalene Anglican Church	705-753-4249
St. Mary's Anglican Church	705-724-2789
St. Paul's United Church	705-757-2577
St. Peter's Anglican Church	705-752-2430
Trinity United Church	705-474-3310
United Pentecostal Church	705-474-5933
Wesleyan Church	705-474-5933
Zion United Church	705-384-5220
Sturgeon Falls Pentecostal Church	705-753-9469
Eldee Community Church	705-981-0796