



Fresh Start
CLINIC

COMMUNITY RESOURCES
NIAGARA REGION

1-866-840-7474

www.freshstartclinic.ca

ADDICTION SERVICES/SUPPORT GROUPS

Al-Anon www.al-anon.alateen.on.ca/meetings/html/12NiagaraRegion.html	905-328-1677
Alcoholics Anonymous Serving Niagara Falls, Port Colborne, St. Catharines, Thorold and Welland www.aaniagara.org	905-682-2140
Center for Addiction and Mental Health (CAMH) www.camh.ca	1-800-463-2338
COAST Niagara – Urgent Care www.niagara.cioc.ca/record/NIA0709	1-866-550-5205
Community Addiction Services of Niagara (CASON) 60 James Street, St. Catharines www.cason.ca	905-684-1183
DART – Drug and Alcohol Registry of Treatment http://www.mhagb.ca/content/ontario-drug-and-alcohol-registry-treatment-dart	1-800-565-8603
Distress Centre Niagara St. Catharines, Niagara Falls, Thorold Port Colborne, Welland, Wainfleet Fort Erie and Area Grimsby, West Lincoln www.distresscentreniagara.com	905-688-3711 905-734-1212 905-382-0689 905-563-6674
Narcotics Anonymous www.niagarana.com	1-888-811-3887
New Port Centre – Port Colborne Niagara Health System - Port Colborne site www.niagarahealth.on.ca/en/mental-health-addictions	905-378-4647
Niagara Regional Withdrawal Management Service (NHS Detox) 10 Adams Street, St. Catharines www.niagarahealth.on.ca/en/mental-health-addictions	905-682-7211

COUNSELLING SERVICES

Canadian Mental Health Association – Niagara Niagara Falls - 6760 Morrison Street, Unit 2 St. Catharines – 36 Page Street Welland – 570 King Street www.cmhaniagara.ca/contactus/	905-641-5222
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Family and Children's Services of Niagara (FACS) 82 Hannover Drive, St. Catharines www.facsniagara.on.ca/en/	905-937-7731
Family Counselling Centre of Niagara Niagara Falls – 7900 Canadian Drive St. Catharines – 82 Hannover Drive Welland – 654 South Pelham Road www.fccniagara.on.ca	905-937-7731
Women's Addiction Recovery Mediation (WARM) 6135 Culp Street, Niagara Falls www.ywcaniagararegion.ca/our-work/life-skills-programming/womens-addiction-recovery-mediation/	905-988-3528, ext. 4022

FOOD BANKS/MEAL PROGRAMS

Meals on Wheels www.mealsonwheels.ca	905-682-0333
Niagara Falls Community Outreach 4865 Lawrence Avenue, Niagara Falls www.nfcommunityoutreach.org	905-354-1640
Out of the Cold www.niagara.cioc.ca/record/NIA3926	905-984-5310
Project Share 4129 Stanley Avenue, Unit #2, Niagara Falls www.projectshare.ca	905-357-5121

SUPPORT PROGRAMS

Design for a New Tomorrow 60 James Street, Suite 502, St. Catharines www.dfnt.ca	905-684-1223
Niagara North Community Legal Assistance 8 Church Street, St. Catharines www.niagaranorthlegal.com	905-682-6635
Ontario Drug Benefit Program www.ontario.ca/page/get-coverage-prescription-drugs	1-866-532-3161
Ontario Ministry of Health and Long Term Care (Health Card Renewal) St. Catharines/Thorold – 301 St. Paul Street, St. Catharines Welland/Port Colborne – 440 Niagara Street, Welland Niagara Falls – 6788 Thorold Stone Road https://www.ontario.ca/page/health-card-renewal-replacement-and-cancellation	1-800-267-8097

HOUSING HELP/SHELTERS

Community Care Crisis, Safe Bed Intake www.cmhaniagara.ca/safebeds/	905-641-5222
Community Care Niagara 12 North Street, St. Catharines www.communitycaresca.ca	905-685-1349

Elisha House 48 Burgar Street, Welland www.elishahouse.on.ca	905-735-9934
Gateway Residential & Community Support Services 178 King Street, Welland www.gatewayofniagara.ca/site/home	905-735-4445
Gillian's Place St. Catharines www.gilliansplace.com	905-684-4000
Hannah House Maternity Home 4761 Chrysler Avenue, Niagara Falls www.hannahhouse.ca	905-353-8552
Hope Centre 570 King Street, Welland www.thehopecentre.net	905-788-0744
Housing Help Centre of Community Care 129 Church Street, St. Catharines www.communitycaresca.ca/housing	905-984-8955
Niagara Women in Crisis (Women's Place) Welland, Port Colborne, Wainfleet, Pelham and surrounding area Nova House - Niagara Falls, Fort Erie and surrounding area www.womensplacesn.org	905-788-0113 905-356-5800
Niagara Regional Housing 1815 Sir Isaac Brock Way, Thorold www.nrh.ca/contact.shtml	905-682-9201
The Salvation Army Niagara Falls – 5720 Dorchester Road St. Catharines - 184 Church Street Welland – 800 Niagara Street www.salvationarmy.ca	905-358-8394 905-684-7813 905-735-5700
Southridge Shelter 201 Glenridge Avenue, St. Catharines www.southridgeshelter.ca	905-682-2477
Wayside House of St. Catharines 50 Queenston Street, St. Catharines www.drugandalcoholhelpline.ca/Directory/Organization/1479	905-684-9248
YMCA of Niagara St. Catharines – 25 YMCA Drive Niagara Falls – 7150 Montrose Road, Unit 2 Welland – 310 Woodlawn Road Fort Erie – 1555 Garrison Road Grimsby – 325 Main Street East Port Colborne – 550 Elizabeth Street www.ymcaofniagara.org	905-934-9622 905-358-9622 905-735-9622 905-871-9622 905-309-9622 905-835-9622
YWCA of Niagara St. Catharines - 183 King Street Niagara Falls – 6153 Culp Street www.ywcaniagararegion.ca	905-988-3528 905-357-9191

HEALTH PARTNERS/MEDICAL SERVICES

Birth Control Centre (Niagara Region Public Health) 5710 Kitchener Street - Niagara Falls 277 Welland Avenue – St. Catharines 200 Division Street – Welland www.niagararegion.ca/living/health_wellness/sexualhealth/sexual-health-centres.aspx	905-688-3817
CARSA (Niagara Region Sexual Assault Centre) 43 Church Street, Suite 503, St. Catharines www.niagarasexualassaultcentre.com	905-682-7258
Health Bus Niagara www.niagararegion.ca/health/clinics-classes/outreach-nursing/default.aspx	905-688-8248
Hepatitis C Clinic – NHS Niagara Health System - Port Colborne site www.niagarahealth.on.ca/en/mental-health-addictions	905-378-4647 ext. 32552
Ontario Information (Dial 211) Assistance with housing, food, money www.211ontario.ca	Dial 211
Niagara Falls Community Health Centre 4481 Queen Street, Niagara Falls www.nfchc.ca	905-356-4222
Niagara Region Public Health Department Niagara Falls – 5710 Kitchener Street St. Catharines – 1815 Sir Isaac Brock Way Welland – 200 Division Street www.niagararegion.ca/health/	905-356-1538 905-688-3762 905-735-5697
Niagara Regional Native Centre http://www.nrnc.ca	905-688-6484
QUEST Community Health Centre/Urgent Service Access Team 145 Queenston Street, Suite 100, St. Catharines www.questchc.ca	905-688-2558
Streetworks Needle Exchange – Positive Living Niagara 120 Queenston Street, St. Catharines www.positivelivingniagara.com/service-provider/streetworks-needle-exchange/	905-328-6715 (van) 905-984-8684 (office)
Thorold Family Medical Centre (accepting new patients) 21 Front Street South, Suite 201, Thorold	905-688-6460
Tobacco Hotline (Quit Smoking) www.niagararegion.ca/health/substances/tobacco/tobacco-hotline.aspx	905-688-8248