



In a life-threatening emergency situation call 911

#

211 Ontario

2-1-1

A

Adult Enrichment Centre - North Bay - Adult Day Program	705-478-7773
AIDS Committee of North Bay and Area	705-497-3560
Al-Anon Family Groups - North Bay and Area	1-888-425-2666
Alcoholics Anonymous - Northeastern Ontario Area 84	705-674-6217
ALS Ontario - Support Group	1-800-267-4257 ext 208
Amelia Rising - Sexual Assault Centre of Nipissing	705-840-2403
Anishinabek Nation - Union of Ontario Indians - Anishinabek Educational Institute	705-497-9127
Assaulted Women's Helpline	1-866-863-0511 * #7233 (#SAFE)
Au Château - Home for the Aged - Community Support Services - Transportation	705-753-7116

B

Bonfield and Rutherglen Food Bank	705-776-1091
Brain Injury Association - North Bay and Area - Support Group	705-840-8882
Brain Tumour Foundation of Canada - North Bay Brain Tumour Support Group	1-800-265-5106

C

Canada Revenue Agency - Tax credits and deductions for persons with disabilities	1-800-959-8281
Canadian Cancer Society - North Bay and Timmins District Community Office - Transportation Services	705-472-9072
Canadian Cancer Society - Ontario Division - Smokers' Helpline	1-877-513-5333
Canadian Hearing Society - North Bay - Connect Counselling Services	705-474-8090
Canadian Mental Health Association - Nipissing Regional Branch	705-474-1299
Canadian Red Cross - North Bay	705-472-5760
Canadore College	705-474-7600
Canadore College and Nipissing University Campus - Health Centre	705-474-7600 ext 5261
CANO - Conseil des Arts de Nipissing Ouest	705-753-6000
Centre culturel Les Compagnons des francs loisirs	705-472-5547
Centre de formation du Nipissing - North Bay - Literacy and Basic Skills	705-472-6673
Centre de formation du Nipissing - Sturgeon Falls - Literacy and Basic Skills	705-753-1566
Child and Parent Resource Institute (CPRI)	1-877-494-2774
Chronic Disease Self-Management Program	1-866-991-7155
Club les bons amis	705-472-5547
Co-Dependents Anonymous - North Bay	604-239-1042
Collège Boréal - North Bay Access Centre	705-497-0962

Collège Boréal - Sturgeon Falls - Academic and Career Entrance (ACE)	705-753-5420
Community Counselling Centre of Nipissing	705-472-6515
Community Living Mattawa	705-744-2979
Community Living North Bay	705-476-3288
Community Living North Bay - Ontario Early Years Centre - Infant Food Cupboard	705-474-8910 ext 222
Community Living West Nipissing	705-753-1665
Community Paramedicine	705-474-5750 ext 2226
ConnexOntario Health Services Information - Access to Addiction, Mental Health, and Problem Gambling Services	1-866-531-2600
Conseil scolaire public du Nord-Est de l'Ontario - French as Second Language	705-472-3443
Contact North	1-800-561-2222
Couchie Memorial Daycare	705-474-9860
Crisis Centre North Bay	705-474-1031
Crisis Centre North Bay - Four Elms Residence	705-474-1031
Crisis Centre North Bay - Futures Residence	705-476-4502
CTS Canadian Career College - North Bay	705-4995-1200

D

Davedi (The) - Italian Canadian Club	705-474-4190
Developmental Services Ontario	1-855-376-6376
District of Nipissing Social Services Administration Board - Housing Services	705-474-2151
District of Nipissing Social Services Administration Board - Mattawa - Ontario Works	705-744-0395 * Intake: 705-474-1923
District of Nipissing Social Services Administration Board - North Bay - Ontario Works	705-474-2151 * Intake: 705-474-1923
District of Nipissing Social Services Administration Board - Sturgeon Falls - Ontario Works	705-753-5400 * Intake: 705-474-1923
Dokis First Nation	705-763-2200
Dokis First Nation - Health Centre	705-763-2112
Dokis First Nation - Ontario Works	705-763-2200

E

East Nipissing Crisis Intervention Services	705-744-6014
Elder Abuse Prevention Ontario - Senior Safety Line	1-866-299-1011
Employment Ontario	1-800-387-5656
Employment Options - Sturgeon Falls Office	705-753-9844

F

Fem'aide - Ligne de soutien pour femmes touchées par la violence	1-877-336-2433 * (1-877-FEM-AIDE)
Fibromyalgia Support Group - North Bay	705-477-3932
First Nations and Inuit Hope for Wellness Help Line	1-855-242-3310



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Community Resource List

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G

Gamblers Anonymous - North Bay	705-497-6431
Gathering Place (The)	705-474-7687
Good Doctors Walk in Clinic - North Bay	705-980-0121
Good2Talk (postsecondary students)	1-866-925-5454
Grieving Parents of Nipissing	705-223-6362

H

Hands TheFamilyHelpNetwork.ca - Child and Youth Crisis Line	1-844-287-9072
Hands TheFamilyHelpNetwork.ca - East Nipissing	705-476-2293
Hands TheFamilyHelpNetwork.ca - North Bay	705-476-2293
Hands TheFamilyHelpNetwork.ca - West Nipissing	705-476-2293
Head to Toe Clinic	705-495-0300
Health Care Connect	1-800-461-2919 ext 4555
Home and Community Care - Long-Term Care Placement Services	705-476-2220
Hope Awaits Ministries - Homeless Shelter for Men	705-494-5465
Horizon Women's Centre - Womens Shelter and Crisis Line	705-753-1154

I

Immigration and Citizenship Canada	1-888-242-2100
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J

John Howard Society of Sudbury - North Bay	705-478-6675
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K

Kids Help Phone	1-800-668-6868
King Street Clinic (The)	705-753-5700

L

Landlord and Tenant Board	1-888-332-3234
L'Arche North Bay	705-474-0081
Legal Aid Ontario	1-800-668-8258
Lesbian Gay Bi Trans Youthline	1-800-268-9688 * text 647-694-4275
Literacy Alliance of West Nipissing	705-753-0537
Literacy Nipissing	705-494-9416
Low Income People Involvement of Nipissing	705-472-1337
Lung Association (The) - Ontario - Respiratory Support Group	705-840-2575
Lutheran Church of the Redeemer - Food Bank	705-472-9169

M

Main Street Clinic - North Bay	705-223-8225
March of Dimes Canada - North East District - North Bay - Employment Services	705-498-6296
Mattawa and Area Food Bank	705-744-6706
Mattawa Hospital - Diabetes Clinic	705-744-5511 ext 2234
Mattawa Senior Citizens Club	705-744-2533
Mattawa/North Bay Algonquin First Nation	705-744-3360
Member of Parliament - Nipissing—Timiskaming Federal District - North Bay Office	705-474-3700
Member of Provincial Parliament - Nipissing District	705-474-8340
Metis Nation of Ontario - Cochrane - Transportation	705-272-2277
Metis Nation of Ontario - Mattawa - Healing and Wellness	705-744-2227
Metis Nation of Ontario - North Bay - Healing and Wellness	705-474-2767
Monarch Recovery Services - Men's Residential Recovery Program and Women's Residential Treatment Program	705-674-4193 ext 0

N

Narcotics Anonymous - North Bay	1-888-811-3887
Native Education and Training College	705-494-4700
Native People of Nipissing Housing - North Bay	705-497-1773
Near North District School Board	705-472-8170
Near North Medical Clinic	705-495-2685
Near North Palliative Care Network - Nipissing and Parry Sound - Bereavement and Grief Sessions	1-800-287-9441
Ngwaagan Gamig Recovery Centre (Rainbow Lodge) - Four-Week Residential Program	1-877-649-2242
Nipissing Community Legal Clinic - Mattawa	705-476-6603
Nipissing Community Legal Clinic - North Bay	705-476-6603
Nipissing Community Legal Clinic - Sturgeon Falls	705-476-6603
Nipissing Crisis Intervention Services	705-495-7841 * 1-800-352-1141
Nipissing District Housing Corporation	705-472-2441
Nipissing Family Peer Support Services	705-494-4774 ext 226
Nipissing First Nation	705-753-2050
Nipissing First Nation - Lawrence Commanda Health Centre	705-753-3312
Nipissing First Nation - Ontario Works	705-753-2050
Nipissing Mental Health Housing and Support Services	705-476-4088
Nipissing Ojibway Daycare	705-753-4052
Nipissing Transition House - Emergency Shelter	705-476-2429
Nipissing University - Health Services	705-474-7600 ext 5261
Nipissing-Parry Sound Catholic District School Board - Literacy and Basic Skills and Credit Programming	705-472-1201
North Bay (City of) - Parks, Recreation and Leisure	705-474-0400
North Bay and District Multicultural Centre	705-495-8931 * 1-877-495-8931
North Bay Counselling Service	705-494-5369
North Bay Duty Counsel (Criminal)	705-497-1184
North Bay Food Bank	705-495-3290



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North Bay Golden Age Club	705-474-6520
North Bay Indigenous Friendship Centre	705-472-2811
North Bay Parry Sound District Health Unit	705-474-1400 * 1-800-563-2808
North Bay Recovery Home - Residential Program and Aftercare	705-472-2873
North Bay Regional Health Centre - Community Crisis Outreach Services (SAFE BEDS)	705-476-6240 ext 6241
North Bay Regional Health Centre - Early Psychosis Intervention, Eating Disorders, Outpatient Mental Health Clinic and Residential Treatment Services	705-474-8600
North Bay Regional Health Centre - Regional Aboriginal Mental Health	705-474-8600 ext 4260
North Bay Sex Addicts Anonymous	707-408-1078
North Bay Transit	705-474-0419
North Bay Warming Centre	705-474-7687
Northern Ontario Francophone Immigration Support Network	705-675-7113
Nurture North MAR Clinic - North Bay	705-478-7197

O

Office of the Ombudsman of Ontario	1-800-263-1830
Office of the Public Guardian and Trustee - Sudbury	705-564-3185 * 1-800-891-0503
Ojibway Women's Lodge	705-472-3321
Ojibway Women's Lodge - Crisis Support/Counselling	1-800-387-2465
One Kids Place Children's Treatment Centre	705-476-5437
Ontario Aboriginal Housing Services	705-256-1876
Ontario Ministry of Attorney General - Ontario Victim Services - Northern Region - Victim/Witness Assistance Program	1-866-482-9542
Ontario Ministry of Citizenship and Immigration	1-800-267-7329
Ontario Ministry of Community and Social Services - Ontario Disability Support Program (ODSP)	705-474-3540
Ontario Ministry of Finance - Credits, Benefits, and Incentives	1-866-668-8297 * (1-866-ONT-TAXS)
Ontario Ministry of Finance - Ontario Child Benefit	1-800-387-1193
Ontario Ministry of Finance - Ontario Guaranteed Annual Income System	1-866-668-8297 * (1-866-ONT-TAXS)
Ontario Ministry of Labour - Employment Standards	1-800-531-5551

P

Parents Lending Autistic Youth Support (PLAYS)	705-476-5437 ext 3570
People For Equal Partnership In Mental Health (PEP)	705-494-4774
People For Equal Partnership In Mental Health (PEP) - Mattawa Mental Health Support Centre	705-744-4567
People For Equal Partnership In Mental Health (PEP) - PEP Employment Centre (PEPEC)	705-494-4774 ext 221
Phil's Lakeshore Pharmacy - Walk-in Clinic - Telemedicine	705-476-4016

Pro Bono Ontario	1-855-255-7256
Pro-Cathedral Catholic Charities Food Bank - North Bay	705-472-3970

R

Regional Warm Line	1-866-856-9276
Rexall Pharmacy - Sturgeon Falls	705-753-0150

S

Salvation Army - North Bay - Food Bank	705-474-7859
Service Canada - North Bay Centre - Canada Pension Plan/Old Age Security/Disability Benefits	1-800-277-9914
Service Canada - North Bay Centre - Employment Insurance	1-800-206-7218
Service Canada - Sturgeon Falls Scheduled Outreach Site - Canada Pension Plan/Old Age Security/Disability Benefits	1-800-277-9914
Service Canada - Sturgeon Falls Scheduled Outreach Site - Employment Insurance	1-800-206-7218
Social Benefits Tribunal	1-800-753-3895
Société Alzheimer Society - Sudbury-Manitoulin North Bay and Districts	705-495-4342
St Andrew's United Church - Food Bank	705-472-7680
St Brice's Anglican Church - Food Bank	705-474-4005
St John's Anglican Church - Food Bank and Hospitality Meal	705-472-6070 or 705-472-2667
St Vincent de Paul Society - Food Bank	705-497-9784
Sturgeon Falls Golden Age Club	705-753-1578
Sudbury Superior Court of Justice Duty Counsel (Family)	705-670-9282

T

Telehealth Ontario	1-866-797-0000
Temagami First Nation	705-237-8943
Temagami First Nation - Doreen Potts Health Centre	705-237-8900
Temagami First Nation - Ontario Works	705-237-8900
Trans Lifeline	1-877-330-6366
Trinity United Church - Food Bank	705-474-3310
True Self Debwewendiziwin Program	705-474-4058

V

Victim Services of Nipissing District	705-472-2649
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W

West Nipissing Community Health Centre - Community Programs and Services	705-753-0151
West Nipissing Crisis Intervention Services	705-753-3110 ext 288
West Nipissing Food Bank	705-753-0314
West Nipissing General Hospital - Alliance Centre	705-753-2271 ext 721
West Nipissing Woodland Metis Community Centre	705-753-6420
Women's Resource Centre - Mattawa	705-744-5567



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Women's Resource Centre - Mattawa

705-744-5567

Y

Yes Employment Services - Mattawa

705-744-0395 ext 24

Yes Employment Services - North Bay

705-476-3234

YMCA of Northeastern Ontario - North Bay YMCA

705-497-9622