

Where to Find Help in Grey Bruce March 31, 2016

Most current revision can be found at www.mhagb.ca

CHOICES: Drug and Alcohol Counselling for Youth

519-371-5487 1-800-265-3133
See listing under addiction services

Keystone Child, Youth & Family Services 519-371-4773
www.keystonebrucegrey.org bgcs@bmts.com 1-800-567-2384
Ontario Early Years Resources: 519-371-7034 x 12
Children's mental health centre that provides a wide range of counselling, residential and prevention services to children 0 – 17 and their families. Locations throughout Grey Bruce.

Family YMCA Employment Resource Centre

Owen Sound: 519-371-9222 1-800-265-3711
Hanover: 519-364-3163

www.ymcaowensound.on.ca yesos@ymcaowensound.on.ca
Walk-in job search centre; computers for creating and updating resumes; labour market information; resource materials including newspapers, directories, etc.; use of telephone, fax, photocopier; software tutorials; information on apprenticeship training; training opportunities and job search strategies.

YMCA Community Justice Programs

519-371-9230 1-800-265-3711
Community Service Order program, Pre and Post Charge Diversion programs, Youth Justice Circle program. Across Grey and Bruce counties, working with youth, adults, victims, and the justice system to provide community based alternatives to traditional justice outcomes.

Ontario Early Years Centres

Social Services Bruce County (Walkerton)	519-881-0431
Early Years Centre (Walkerton)	1-800-616-8116 519-881-2739
Social Services Grey County (Owen Sound)	519-376-7324
Early Years Centre (Hanover)	1-866-483-7774 519-376-8808

Locations throughout Grey/Bruce where parents, caregivers and children can access supports and activities focused on healthy child development. Services help give children a healthy start in life. People can borrow parenting books and videos.

The Grey Bruce 'We CARE' www.wecaregreybruce.ca

The Grey Bruce 'We CARE' Project is an initiative of community agencies and school boards that work together to increase and enhance community capacity and mobilization to promote youth mental health and prevent youth suicide.

Wesforyouthonline.ca www.wesforyouthonline.ca 519-507-3737
To promote mental and emotional wellness in youth aged 13 to 19 in Grey Bruce and surrounding areas. Services: online counselling, face to face counselling, group counselling sessions, workshops, seminars, guest speakers and a community resource centre

DEVELOPMENTAL DISABILITIES SERVICES

Acquired Brain Injury Program 519-794-3333
Offers several programs through Participation Lodge, Apartment programs in Owen Sound and Hanover and in home outreach.

Adult Protective Services of Bruce and Grey Counties

apsowensound@brucecas.ca
Provides support to developmentally handicapped adults, aged 18 and over, in leading lives as independently as possible.

Associations for Community Living

Bruce Peninsula Association 519-534-0553
Services: individualized supports for children, adult residential supports in independent and group settings, as well as Community Day Supports. Email: bpacl@bmts.com

Community Living Kincardine and District 519-396-9434
Serves Kincardine, Huron and Bruce townships. Services: the Infant Development Program, Family Support, Behaviour Services, Support Living in the Community, Employment Services, Drop in Centre, Youth and Out of Home Respite. Email: ckd@tnt21.com

Community Living Meaford 519-538-4165
Downtown Connection Centre, Community Access Program, Clarksburg Development Program, Woodworking Department, Supported Independent Living Program, Group Homes, employment opportunities. info@communitylivingmeaford.ca

Community Living Owen Sound and District 519-371-9251
Services include: Infant Development Program, Preschool Resource Program, Family Support, Adult Assistance, Worker Co-ops and volunteer Recruitment. Email: rhill@comlivos.on.ca

Community Living Walkerton & District 519-881-3713
Serves Southern Bruce Grey. Services: Case Management, Infant Development, Behavior Training and Family Relief. Also assists with living arrangements, career opportunities via employment support. Email: clwalkerton@clwalkerton.org

Community Living Hanover & Area-HARC Inc. 519-364-6100
Serves Hanover, Neustadt and area. Programs: residential services; special services at home, home support, living and working in the community; day support. www.clhanover.com

Dual Diagnosis Program 519-376-2121 x 2486 x 2857
jhealey@gbhs.on.ca or dcutting@gbhs.on.ca
Services to benefit people with intellectual disability and mental health needs: assists health and developmental service professionals and families to access support services, including specialized psychiatric assessment for dually-diagnosed adults; helps with planning for intellectually disabled adolescents to transition to adult mental health services; and provides links to training and information on dual diagnosis.

Participation Lodge 519-794-3201 1-888-353-5542
www.Participationlodge.com Email: partlodge@bmts.com Long-term care facility for the mentally and physically challenged.

South-East Grey Support Services 519-924-3339
www.southeastgreysupportservices.com
Helps adults with developmental disabilities to become active participants in community events and groups, find gainful employment, meet people and build relationships. Partners with other services to provide transportation, housing and alternative learning programs segss@bmts.com

MEDICAL SERVICES

Family Health Teams

Brockton and Area Family Health Team (5 sites), Walkerton	519-507-2121
Hanover Family Health Team	519-506-4348
Kincardine Family Health Team	519-396-2700
Owen Sound Family Health Team	519-470-3030
Peninsula Family Health Team (2 sites), Wiarton	519-793-6461
Sauble Family Health Team, Sauble Beach	519-422-1321

South East Grey Community Health Centre, Markdale 519-986-2222

Hospitals

Grey Bruce Health Services (6 sites), Owen Sound	519-376-2121
Hanover and District Hospital, Hanover	519-364-2340
South Bruce Grey Health Centre, (3 sites), Walkerton	519-881-1220

Walk-in Clinic
Bay Street Walk-in Clinic, Owen Sound 519-376-4865

For the most recent updated revision of WHERE TO FIND HELP IN GREY BRUCE VISIT www.mhagb.ca

Forward changes to the Community Network Support Team. Call 519-371-4551 or email cnst@hopegb.org Where to Find Help in the Grey Bruce Area™ may be reproduced as long as reference to CNST is given. **Funding is provided by South West Local Health Integration Network SWLHIN**


HopeGreyBruce
Mental Health & Addictions Services

ADDICTION SERVICES

Community Addiction Treatment Services (C.A.T.S.) 519-376-3999
Formerly known as the Addiction Day Treatment Program, provides assessment, day treatment, individual, family and group therapy, education, follow-up services, relapse prevention for individuals 16 years and over who have substance abuse related problems.

CHOICES: Drug and Alcohol Counselling for Youth

519-371-5487 1-800-265-3133
Provides assessment and counselling for youth with substance abuse problems, those at risk and those affected by someone else's substance abuse. Information and counselling also available for parents. Main office in Owen Sound; outreach to area high schools throughout Grey-Bruce.

G & B House 519-376-9495

A 15-bed, long-term residential treatment and supportive housing facility for adult male substance abusers. We provide individual and group counselling as well as life skills coaching in a home-like atmosphere.

National Native Addiction, Drug & Alcohol Program 519-534-3710
nadap@the-matrix.ca alt. phone: 519-534-0373
Provides assistance to Native people suffering from addictions through: assessments, counselling, referrals to treatment or healing facilities, and traditional approaches to treatment.

New Directions for Alcohol, Drug & Gambling Problems

519-371-1232 1-800-265-3133
Serves individuals with substance abuse, gambling problems, those with concurrent disorders and those affected by someone else's substance abuse or gambling problems. Services: comprehensive assessment, referral, community treatment, case management; family support, addiction court support program, transitional supported housing.

Saugeen Native Drug & Alcohol Counselling Centre

519-797-2882
Assists residents of the Saugeen First Nations to forego drinking and drug dependency by means of awareness / acceptance / treatment of alcoholism. Self-help groups, emergency transportation for detoxification purposes, referrals and youth worker available for teens on reserve.

Withdrawal Management Services 519-376-5666
Provides a safe and supportive environment where individuals who are intoxicated or in withdrawal can detoxify. Services: assessment, referral, motivation towards positive lifestyle change and group sessions. Supportive housing can be provided to clients attending the Community Addiction Treatment Services or waiting for residential treatment outside Grey Bruce.

WRAP - Wellness Recovery Action Plan 519-371-4582
A service of the Consumer Survivor Development Program
A workshop series for people with mental health or addiction issues. Participants develop their own Wellness Recovery Action Plan (WRAP) while learning recovery concepts.

CRISIS / DISTRESS SERVICES

Kids Help Phone 1-800-668-6868
Toll-free, 24-hour helpline for troubled and abused children and teens aged 4 to 23 years. Professional counsellors offer assistance to children with a wide variety of problems, issues and concerns. Confidential.

Mental Health Crisis Line of Grey & Bruce 1-877-470-5200
A helpline available 24 hours a day, 365 days a year for people experiencing distress or crisis. Trained volunteers, supervised by professionals, provide caring and non-judgmental support and work to empower callers to seek solutions to the challenges they face. The helpline reduces the risk of suicide, provides assessment, consultation and referral for psychosocial and psychiatric emergencies and assists callers to access other services in conjunction with the Owen Sound Hospital's Crisis Team.

Saugeen Women's Respite – Kabaeshiwim

Admin 519-797-2521
Fax 519-797-3675 Crisis Line 519-797-3677
Helps support women and their children who are fleeing abuse or are at risk of abuse. Open 24 hours a day, 365 days a year. Provides services to Native and Non-Native women and children, transportation, housing search, in-house counselling, referrals and support groups.

Sexual Assault & Partner Abuse Care Centre

519-376-2121 x 2458
24/7 care by specially educated nurses for women, children, men, any age, that have been recently sexually assaulted or assaulted by a partner. Just go to your closest emergency department or the Owen Sound emergency department. Counseling is available for anyone aged 12 years and older, for sexual assault, sexual abuse and or partner abuse. We provide respectful, comprehensive care and help you make the choices that meet your needs.

The Women's Centre (Grey & Bruce) Inc. 519-371-1600
www.womenscentre.com Admin: 519-376-0755 or 1-800-265-3722
Provides support services to women in crisis including safe shelter, short-term affordable housing, 24-hour crisis line, transportation, counselling, information and advocacy. Services also provided to women who have experienced sexual assault.

Victim Services Bruce Grey Perth

Admin: 1-888-577-3111 Crisis 1-866-376-9852
www.victim-services.com
A free, confidential service for victims of crime and tragic circumstance, providing immediate emotional support, practical assistance and referral for longer term supports.

Women's House Serving Bruce & Grey 519-396-9655

Admin 519-396-9814 1-800-265-3026
www.whsbg.on.ca
Helps women affected by abuse and sexual assault. Services include: safe, supportive shelter for women and their children; 24-hour crisis line; community counselling services throughout Grey/Bruce; peer support groups; children's counselling; public speaking; and community education. Transportation is available.

Sexual Assault Crisis Line (24 hours) 1-866-578-5566

HOUSING SERVICES

Bruce County Housing Corporation 519-396-3439 1-800-265-3022
Provides rent geared-to-income and market housing to families, senior citizens, singles, childless couples and people with disabilities in Chesley, Kincardine, Lucknow, Mildmay, Port Elgin, Ripley, Paisley, Tara, Tobemory, Southampton, Teeswater, Walkerton and Wiarton. Family Units: Kincardine, Port Elgin, Walkerton.

Community Connections: Housing & Support

519-371-2390 1-800-235-2967
Provides housing and support services for adults with serious mental illness. Housing services include 3 residential programs and a rent subsidy program. The program offers Outreach Community Support Services (counselling, skills training and assistance with activities of daily living), life skills training and social/recreational activities, including a drop-in program in Wiarton (The Green House).

Family YMCA Housing Support Program 519-371-9230
Helps people find temporary and permanent housing in Grey Bruce. A Housing Registry lists available accommodations. If you have a rental to list, please contact us. 1-800-265-3711

Grey County Housing 519-376-5744 1-800-567-GREY
Provides geared-to-income housing to families, seniors and singles in Grey County and Owen Sound area. Rick.moore@grey.ca

Safe'n Sound Homelessness Initiative 519-470-2222
Operates The Space (310 8th Street East, Owen Sound) where the at risk of homelessness and the homeless can access basic needs, support, advocacy and referral. Also includes an emergency housing and support line 519-470-2222, plus an after-hours emergency housing program which provides shelter in motels. It is a not for profit, charitable organization.

MENTAL HEALTH SERVICES

Assertive Community Treatment Team 519-376-2121 x 2386
Provides intensive community based services for persons with severe mental illness. Provides treatment, rehabilitation and support using a multi-disciplinary client centered approach. Purpose is to provide interventions and support to enable clients to live in their community of choice.

Community Mental Health Teams 1-877-888-5855
Central Grey Bruce Team (Hanover and area)519-364-7788
Bruce Shoreline Team (Southampton and area).....519-797-2880
North Bruce Team (Warton and area).....519-534-4388
North Grey Team (Owen Sound and area)519-371-8850
South Grey Team (Markdale and area)519-986-3030
These multi-agency teams are operated by Mental Health Grey Bruce, a partnership of three organizations. The teams serve adults (16 years and over) with serious mental illness or acute mental health problems and their families. Services include information and referral, mental health counselling, intensive case management, housing and outreach community support, social recreational activities and leisure access support services.

Community Mental Health Service Coordinator
519-376-2121 x. 2480
Provides information and education to health-care professionals, community services, consumers and family members regarding Community Treatment Orders, the Mental Health Act and the Health Care Consent Act (1996).

Consumer/Survivor Development Program 519-371-4582
Provides education, information and peer support services to foster self-help and empowerment and promote recovery among adults with serious mental illness. Services also include WRAP (Wellness Recovery Action Plan) groups.

Family Support Initiative 519-371-4802
Provides support, information and education for family members and friends of persons with serious mental illness. Promotes self-help activities and provides opportunities for networking, information exchange and support. The program partners with the Owen Sound Hospital to deploy a Family Crisis Worker to assist family members/significant others who accompany a loved one in a psychiatric emergency to the hospital's Emergency Department

Grey Bruce Mental Health Court Support Services
519-370-0030 Grey: 519-371-3642 Bruce: 519-396-4532
For persons 16 and older who have a mental illness and have involvement in the criminal justice system because of a criminal charge. Services include court diversion, case management, court support and consultation. Referrals accepted from all sources. Email: canderson@cmhagb.org

The Green House 519-534-0333
This drop-in program is operated by Community Connections and provides social recreational activities for adults with serious mental illness.

HopeGreyBruce Mental Health & Addictions Services 519-371-4120
A charitable not-for-profit organization that operates 8 community-based mental health programs and 2 addiction programs that offer a wide range of services throughout Grey-Bruce.

Leisure Links Program
The Coach House (Markdale and area) 519-986-7491
The Dory (Kincardine and area) 519-396-5609
Union Place (Owen Sound and area) 519-371-3642
The Loft (Hanover and area) 519-364-0184

These four sites offer social and leisure activities for adults with serious mental illness. Activities include: Drop-in activities (during specific, posted hours depending on location), and planned social and recreation activities (based on participants' interests).

PEPP: 519-376-4220 1-866-385-6588
Facilitates access to first episode treatment for psychosis. for individuals aged 16-50. Accepts community referrals. Works with individuals, families and community / medical services to make the transition into the health care environment easier. Provides assessment and comprehensive case management services that are inclusive of families and social supports (work, recreation & education) with an emphasis on self care. For information on psychosis and the PEPP model visit www.pepp.ca

WRAP - Wellness Recovery Action Plan 519-371-4582
Consumer Survivor Development Project
A workshop series for people with mental health or addiction issues. Participants develop their own Wellness Recovery Action Plan (WRAP) while learning recovery concepts

REFERRAL AND PUBLIC EDUCATION

Alzheimer Society of Grey Bruce 519-376-7230 1-800-265-9013
A charitable, non-profit organization committed to relieving the effects of Alzheimer's disease or related dementias on the individual and family/caregiver, to supporting research to find a cause and cure. Provides advocacy, education, awareness, supports to person with the disease and their caregiver, and funding research.

Canadian Mental Health Association, Grey Bruce Branch
519-371-3642
A charitable, not for profit agency which offers information on subjects dealing with mental health and mental illness. A variety of pamphlets and a small resource library is available in our office.

Community Network Support Team 519-371-4551
Provides information, education and consultation to agencies, groups, consumer/survivors, families and individuals who share an interest in mental illness. The goal is to contribute to the knowledge, resources and service coordination for both formal and informal mental health services in Grey Bruce. Operates a resource library and hosts a local mental health and addiction website: www.mhagb.ca

Mental Health Resource Library
Open Monday to Friday 8:30 am to 4:30 pm
Community Network Support Team,
101 2nd Avenue East, Suite 205,
Owen Sound, ON N4K 2J1 or call 519-371-4551

Grey Bruce Health Unit 1-800-263-3456 519-376-9420
www.publichealthgreybruce.on.ca
Works with the community to prevent disease and provide leadership in health protection and promotion. Services include: Cancer; Prevention of Communicable & Infectious Diseases; Dental Services; Prenatal, Child & Family Health; Food Safety; Health Hazard Investigation; Heart Health; Immunization; Injury Prevention; Nutrition; Physical Activity; Rabies Control; Safe Water; Sewage Disposal Systems; Sexual Health; Tobacco & Health; Traveler Information; & Tuberculosis Control.

ServiceOntario www.serviceontario.ca 519-371-6226
Provides: answers questions about government services; referrals to government staff who can provide specialized help; application forms for birth, marriage or death certificates, passports etc: health cards, landlord and tenant information and intake; employment standards claim forms; business registration; access to computer to search government sites.

Queen's Bush Rural Ministries 519-369-6774
Provides a compassionate ear to problems in rural communities. Provides information and referral to appropriate services in the area. Expertise in assisting farmers, their families and others coping with the stresses of agriculture.

QUILL Learning Network 519-881-4655 or 1-800-530-6852
Provides information and referral service about literacy, skills upgrading and employment training readiness programs in Grey Bruce. Provides literacy awareness sessions and clear language consultations to agencies. For more information, go online to www.quillnetwork.ca

South West Community Care Access Centre
Owen Sound 519-371-2112 1-888-371-2112
Walkerton 519-881-1181 www.sw.ccac-ont.ca
Serves clients with acute or chronic illness or disabilities, those requiring placement to a long-term care facility and children with special needs requiring assistance to attend school. Services include: Information and Referral, Case Management, Long-term Care Placement Coordination, Nursing, Dietetic Counselling, Occupational Therapy, Physiotherapy, Speech Language Pathology, Social Work, Homemaking/Personal Support, as well as providing some medical supplies and equipment.

VON Grey-Bruce Hospice Volunteer Program 519-376-5895
mary.winkler@von.ca www.von.ca 1-800-265-3138
Serves clients in Grey and Bruce and the surrounding area who are facing life-threatening illnesses and/or those who are bereaved. Services include hospice volunteer visiting in the home, in hospital and in long-term care and retirement homes, bereavement support, respite support for caregivers, palliative care education, and a resource library. There is no fee charged for these services.

SELF HELP / SUPPORT GROUPS

Please contact the organizations below for meeting time/location.

Alcoholics Anonymous
519-376-4193

Al-Anon Family Groups
519-376-4193

Alzheimer Support Groups
519-376-7230 or 1-800-265-9013

Diabetes Support Group
519-371-0153 or 1-800-BANTING (226-8464)

Grey Bruce Breast Cancer Support Group
519-376-6011 1-800-430-6228

SOCIAL SERVICES (including Income/Financial)

Bruce County Social Services 519-881-0431
bcswa@brucecounty 1-800-265-3005
Consists of three divisions; Ontario Works, Children's Services and Social Housing. Ontario Works provides employment support and financial assistance to residents who qualify as people in need. Additional services include 3 Employment Resource Centres in Kincardine, Port Elgin and Warton. Services include job search, resume writing, fax, photocopying and general information. Children's Services include subsidized childcare and travelling resource teachers. www.brucecounty.on.ca

Good Food Box (GBHU) 519-376-9420
www.publichealthgreybruce.on.ca 1-800-263-3456
A monthly program to make purchasing fresh fruit and vegetables easy and affordable. Available: Cape Croker, Lucknow, Meaford, Owen Sound, Hanover, Port Elgin, Kincardine, Tara, Thornbury, Warton, Saugeen First Nations, Walkerton, Teeswater, Chesley, Sauble Beach, Dundalk & Markdale.

Grey-Bruce Community Legal Clinic
519-370-2200 1-877-832-1435
Provides free legal advice and representation on Clinic Law matters, i.e. Ontario Disability Support Program, Ontario Works, Landlord Tenant and Employment Insurance to low-income residents of Grey and Bruce. www.gblegalclinic.com

Grey County Social Services
1-800-265-3119 519-376-7112
Ontario Works (OW) program: provides employment and financial assistance to residents who qualify as people in need. OW satellite offices are located in Markdale, Durham, and Hanover. Additional

services include: domiciliary hostels, homemaking financial assistance, Discretionary Benefits for Ontario Works and ODSP clients, and indigent funerals. Social Services also provides the Sustainable Housing Benefit in partnership with Grey County Housing. Children's Services are available to the community. Please refer to the Grey County website. www.grey.ca

Home and Community Support Services 519-372-2091
1-800-267-3798 andy@hcss-gb.ca
Provides community based services that support independence and enhance the quality of daily life for seniors, adults with disabilities and their families. We are a volunteer organization delivering the following programs: Meals on Wheels, hot and frozen; Housekeeping; Friendly Visiting; Transportation; Telephone Reassurance; Day Away Programs; and Caregiver Support throughout Grey and Bruce. www.hcss-gb.ca

LEADS Employment Service 519-377-2644
ghzala.deloughery@leadsservices.com
The Peer Employment Mentor Program (PEM) is a program developed and initiated by ODSP to help people with disabilities realize their employment potential. Working with employment service providers, a PEM makes its clients aware of resources that are available to help in the pursuit of employment.

Men's Programs (Grey/Bruce) 1-866-449-4452 519-372-2720
mensprograms@bmts.com
Offer groups to help men stop their abusive behavior towards women. Groups lead men through an in-depth examination of their behavior, the impacts of abuse on victims and families, and teach new skills and practice in relating respectfully to women. Groups available in Owen Sound and Walkerton. "My Dad's" parenting groups are offered in Owen Sound and Hanover for fathers who struggle with their parenting skills and want to be the best father they can be.

Ontario Disability Support Program – Employment Supports
519-376-1951 x 271 1-800-419-4919 x 2283
Helps people with disabilities to get and keep jobs. Also helps people with disabilities who are employed to overcome a job crisis so they don't lose their jobs.

Salvation Army Family Services Owen Sound 519-371-0957
Warton: 519-534-0353 Port Elgin: 519-389-3942
Hanover: 519-364-3450
Offers emergency assistance that may involve food, shelter, household articles, advocacy help with government agencies, budget help, clothing, trustee assistance, missing person services and fire victim assistance.

United Way of Bruce Grey 519-376-1560
Services: information and referral for social services; assistance for low-income families via programs and services including backpack program, utility assistance, one-to-one budget and debt counseling; raises and distributes funds to various community agencies, provides community consultation and assistance to human services.

CHILD AND YOUTH SERVICES

Anishnabek Child & Youth Prevention Services 519-797-5000
Provides Saugeen First Nation with culturally sensitive prevention services for children, youth and families. Provides information and resource materials regarding child abuse, parenting skills, child development, substance abuse and child care.

Bruce Grey Child & Family Services
519-371-4453 1-877-552-4453
We are a large team of child protection workers, child and youth workers, lawyers, support and administrative staff, and we work directly or indirectly with families and the community, each one of us contributing toward the protection of children and youth and supporting families. Our work takes place in Grey and Bruce Counties, including the Peninsula and two First Nation Communities. With offices in Owen Sound, Walkerton and Warton, we are here for you Monday to Friday from 8:30 am to 4:30 pm, or by phone 24 hours a day, 7 days a week. www.bgcfs.ca