

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.

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.

Adult Protective Services of Bruce and Grey Counties 1-877-480-2726
Provides support to developmentally handicapped adults, aged 18 and over, in leading lives as independently as possible.

Dual Diagnosis Program 519-376-2121 ext 2486
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 www.Participationlodge.com 519-794-3201
Long-term care facility for the mentally and physically challenged.

Autism Ontario Grey Bruce Chapter 1-800-472-7789
www.autismontario.com/greybruce
Public education, awareness and social action around autism and pervasive developmental disorders (PDD); social skill classes, special events, fundraisers, and other outreach programs; lending library; a collection of books, publications and videos on Autism/PDD available at the Owen Sound Chapter Office. *Membership fee

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.

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.

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.

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.

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.

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.chanover.com

MEDICAL SERVICES

Family Health Teams
Brockton and Area Family Health Team (5 sites), Walkerton 519-507-2021
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), Warton 519-793-6461
Sauble Family Health Team, Sauble Beach 519-422-1321
South East Grey Community Health, Markdale 519-986-2222

Hospitals
Grey Bruce Health Services, Owen Sound 519-376-2121
Hanover and District Hospital, Hanover 519-364-2340
South Bruce Grey Health Centre, Walkerton 519-881-1220

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
NAR-Anon Family Groups 416-239-0096 or 1-877-239-0096
Alzheimer Support Groups 519-376-7230 or 1-800-265-9013

CRISIS / DISTRESS SERVICES

National Mental Health Hotline 1-833-456-4566
Free & Confidential 24/7 Assistance Get Help NOW We're Here For You. It's easy to get overwhelmed when you or someone you love is in distress, and talking to friends or relatives may be difficult.

Mental Health Crisis Line of Grey & Bruce 1-877-470-5200 or 613-722-6914
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
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 ext 1201
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) 519-371-1600 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.
www.womenscentre.com

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

Women's House Serving Bruce & Grey 519-396-9655
Admin 519-396-9814 1-800-265-3026
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.
www.wfshg.on.ca

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

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

Forward changes to the Peer Support Office 519-371-3642 ext.1229
Where to Find Help in Grey Bruce™ may be reproduced as long as reference to CMHA Grey Bruce is given.



Canadian Mental Health Association
Grey Bruce

Mental Health & Addiction Services

Where to Find Help in Grey Bruce

July 2023

211 www.211.ca
211 helps to navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week, in over 150 languages. 211 connects people to the right information and services, strengthens Canada's health and human services, and helps Canadians to become more engaged with their communities. 211 is the source Canadians trust when seeking information and services to deal with life's challenges.

ConnexOntario 1-866-531-2600 or text 247247
Helping Ontarians discover mental health, addiction and problem gambling services in the province. www.connexontario.ca

811 www.ontario.ca/Health811
24/7 access to live support via telephone or online chat. Free access to health professionals, such as registered nurses, registered dietitians, smoking cessation coaches. Provides support for those searching for information about mental health and addictions.

MENTAL HEALTH SERVICES

CMHA and GBHS Community Mental Health Teams
GBHS 519-371-8850
North Bruce Team (Warton and area)
North Grey Team (Owen Sound and area)
CMHA 519-371-3642
Central Grey Bruce Team (Hanover and area)
Bruce Shoreline Team (Southampton and area)
South Grey Team (Markdale and area)

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.
www.greybruce.cmha.ca

CMHA Peer Support 519-371-3642 ext 1229
Provides education, information and peer support services to foster self-help and empowerment and promote recovery among adults with serious mental illness. www.greybruce.cmha.ca

CMHA - Family Support Initiative 519-371-3642 ext 1200
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
www.greybruce.cmha.ca

CMHA - Mental Health Court Support Services 519-371-3642
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.
www.greybruce.cmha.ca

CMHA Leisure Links Program 519-371-3642
The Green House (Warton) ext 5103
The Coach House (Markdale and area) ext 4004
The Dory (Kincardine and area) ext 3001
Union Place (Owen Sound and area) ext 1229
The Loft (Hanover and area) ext 2003

These 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).
www.greybruce.cmha.ca

Support Outreach Services (SOS) 519-379-8743
The Grey Bruce Supportive Outreach Service, called S.O.S. for short, is a proactive and accessible partnership of community care providers. Together, social workers and health care providers offer bi-weekly clinics for vulnerable people suffering from mental health and substance use issues. Clinics are offered in downtown Owen Sound at the Farmers' Market and in Hanover at the Civic Center. Outreach services include health and medical care, peer support, mental health and addiction support, harm reduction education and supplies, housing and shelter system navigation, vaccination, clothing, food and more.
Mon to Thurs 8:30-6:00pm sos@cmhagb.org

Assertive Community Treatment Team 519-376-2121 ext 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.

PEPP: 519-376-4220 or 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

Community Mental Health Service Coordination 519-376-2121 ext 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).

M'Wikwedon Indigenous Friendship Center 519-371-1147
The Centre was established to address the social, spiritual, mental and physical needs of the Urban Indigenous population of Owen Sound and surrounding area by providing a safe environment for the Indigenous peoples to participate in their community and to break down the cultural and systemic service barriers between local Indigenous and Non-Indigenous populations.
www.mwikwedong.com

Southwest Ontario Aboriginal Health Access Centre (SOAHAC) www.soahac.on.ca 519-376-5508

Provide wholistic health and wellness services by sharing and promoting traditional Indigenous and western health practices. Services are provided to Indigenous (First Nation, Métis, Inuit) people and their families, living on and off-reserve, in rural areas, and the urban Indigenous communities in London, Windsor and Owen Sound, as well as surrounding First Nation communities. A variety of outreach services are provided on location in the communities.

Wellness Together Canada 1-866-585-0445
Wellness Together Canada is designed to be used on demand. That means you get to choose what you need, when you need it. Our services range from basic wellness information, to one-on-one sessions with a counsellor, to community support. Whatever it is you're looking for, we're here to point you towards the best resources out there. www.wellnesstogether.ca

Farmer Wellness Initiative 1-866-267-6255
Through the Farmer Wellness Initiative, farmers across Ontario and members of their household have access to free counselling sessions with a mental health professional. The mental health professionals have received training to understand the unique needs of Ontario farmers. Accessible 24/7.
www.agriculturewellnessontario.ca

ADDICTION SERVICES

CMHA - New Directions for Alcohol, Drug & Gambling Problems 519-371-3642 or 1-888-451-CMHA(2642)
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. www.greybruce.cmha.ca

CMHA - CHOICES: Drug and Alcohol Counselling for Youth 519-371-3642 or 1-888-451-CMHA(2642)
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. www.greybruce.cmha.ca

CMHA - G & B House 519-371-3642
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. www.greybruce.cmha.ca

GB Works Text: 519-376-9420 Phone: 1-800-263-3456
This harm reduction program provides free and confidential services, equipment, and supplies to people who use drugs. It provides overdose prevention training and free Naloxone to those who are eligible. It aims to prevent the spread of HIV and other blood-borne illnesses and promote safe disposal of needles in the community.

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.

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

Rapid Access Addiction Medicine Clinic 519-376-5666, ext. 1
Services individuals struggling with substance use. Counseling support, as well as an in-depth assessment by physician, available as well. Medication may be prescribed for those for whom alcohol or opiates are a problem. Hours are Tuesdays and Thursday from 8:00 to 4:00, no referral necessary. Valid health card required.

Indigenous Alcohol and Drug Worker-M'Wikwedong 519-371-1147
To ensure the provision of culturally-appropriate mental health and addictions support services to urban Indigenous community members. The program will be designed to address individual, family, and community mental health and addiction needs utilizing a holistic approach to care (physical, mental, emotional, spiritual). www.mwikwedong.com

HOUSING SERVICES

CMHA Housing & Support 519-371-3642 ext 1301 or 1-888-451-2642
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 Warton (The Green House). www.greybruce.cmha.ca

Bruce County Housing Services 519-881-1291 or 1-877-396-3450
Homelessness Prevention Program(HPP) provides funding for the Community Support Program to deliver support in the resolution of tenant and community issues. This includes: providing services to prevent tenant evictions; assisting with the quality of life of tenants; developing and maintaining a cooperative and partnership-based working relationship between local community service providers; tracking and analyzing various performance indicators and reporting on the successes; and suggesting changes to improve the outcomes of individuals and families served to prevent homelessness and maintain affordable housing. www.brucecounty.on.ca

Grey County Housing www.grey.ca 519-376-5744 or 1-800-567-4739
Provides geared-to-income housing to families, seniors and singles in Grey County and Owen Sound area. Also provides Short-Term Shelter program.

Safe'n Sound Homelessness Initiative 519-470-7233
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. www.safensoundgreybruce.ca

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

Giwe and the Indigenous Supportive Housing (ISHP) program - M'wikwedong 519-371-1147
Indigenous Housing Outreach workers will assist individuals and families in securing safe, affordable and appropriate housing. The ISHP support and emergency resources are available for individuals and families in crisis situations, transitioning out of hospital or living with the many challenges associated with homelessness within the community. www.mwikwedong.com

CHILD AND YOUTH SERVICES

CMHA- Youth Services: 519-371-3642
Let's Talk-A mental health and mental illness awareness program for intermediate, high school and college students. "Lets Talk" presentation is a two visit program designed to reach out and help intermediate, high school and college youth develop and maintain good Mental Health, while decreasing the stigma surrounding Mental Illness and its treatment.
Fan Club - The Grey Bruce Friends and Neighbours program is a children's mental health awareness program for children ages 4-11 using child-sized hand and rod puppets presentation to discuss social issues affecting them.
Rainbows - The purpose of the program is to provide children with an opportunity to meet new friends who have shared similar experiences; to have trained caring adults be present for the children while they sort through and understand their grief, and to help the children come to a healthy acceptance of what has happened to their family.

CMHA - CHOICES: Drug and Alcohol Counselling for Youth
See listing under Addiction Services 519-371-3642 or 1-888-451-2642

YMCA Community Justice Programs 519-371-9230 or 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. www.ymcaowensound.on.ca

Bruce Grey Child & Family Services 519-371-4453 or 1-855-322-4453
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.bgcs.ca

Keystone Child, Youth & Family Services 519-371-4773 or 1-800-567-2384
Offers a wide range of mental health support through counselling, prevention and well-being programs, short term live-in treatment program, crisis stabilization, youth justice program, special needs programming and coordinated access planning for our community. With a focus on youth and family engagement, we provide compassionate, responsive services for children, youth and families through customized
Offers a wide range of mental health support through counselling, prevention and well-being programs, short term live-in treatment program, crisis stabilization, youth justice program, special needs programming and coordinated access planning for our community. With a focus on youth and family engagement, we provide compassionate, responsive services for children, youth, and families through customized, multi-disciplinary programming for children and youth ages 0-17. www.keystonebrucegrey.org

Anishnabek Child and 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.

The Grey Bruce 'We CARE' Project 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.

Kids Help Phone 1-800-668-6868 or text 686868
Kids Help phone is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French. www.kidshelpline.ca

LGBT Youth Line text 647-694-4275 phone 1-800-268-9688
Youth Line offers confidential and non-judgemental peer support through our telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday 4:00pm to 9:30pm. www.youthline.ca

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.

Ontario Early Years Centres
Social Services Bruce County (Walkerton) 519-881-0431
Social Services Grey County (Owen Sound) 519-376-7324
Early Years Centre (Hanover) 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.

REFERRAL AND PUBLIC EDUCATION

Canadian Mental Health Association, Grey Bruce (CMHA) 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 resource library is available in our office. www.greybruce.cmha.ca

CMHA - Recovery College 519-371-3642 ext 1229
CMHA Grey Bruce Recovery College provides an innovative learning space where anyone can access free courses, webinars, workshops, and events to learn, gain new skills, connect with others in their community and explore new roles for themselves in a supportive environment.

WRAP - Wellness Recovery Action Plan
A workshop series for people with mental health or addiction issues. Participants develop their own Wellness Recovery Action Plan while learning recovery concepts. Offered through Recovery College.

CMHA- Mental Health Training Programs 519-371-3642 ex 1216
CMHA offers a variety of mental health training programs – Applied Suicide Intervention Skills Training, Suicide Alertness for Everyone (SafeTALK), Mental Health First Aid, as well as other awareness events. Visit the events calendar www.greybruce.cmha.ca/events/

CMHA - Mental Health Resource Library 519-371-3642 ext 1229
Open Monday to Friday 8:30 am to 4:30 pm Community Network Support Team, 1024 2nd Avenue East, Owen Sound, ON N4K 2H7

Family YMCA Employment Resource Centre
Owen Sound: 519-371-9222 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.

Grey Bruce Health Unit 519-376-9420 or 1-800-263-3456
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.

Alzheimer Society of Grey Bruce 519-376-7230 or 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.

Service Ontario 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.

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

VON Grey-Bruce Hospice Volunteer Program 519-376-5895 or 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. www.von.ca

SOCIAL SERVICES (including Income/Financial 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.

CMHA-Men's Programs 519-371-3642 or 1-866-449-4452
The Partner Assault Response Program offers 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 Hanover. "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. **Male Survivor Program** offers individual counseling for men who experienced sexual abuse as a child or adolescent. www.cmhagb.org

Bruce County Social Services 519-881-0431
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.

Grey County Social Services 519-376-7112 or 1-800-265-3119
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 or 1-800-267-3798
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

Grey-Bruce Community Legal Clinic 519-370-2200 or 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.

LEADS Employment Service 519-387-4200
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.

Ontario Disability Support Program – Employment Support ts 519-376-1951
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.

OSHaRe 519-376-3899
OSHaRE is serving meals Monday to Saturday from 11am-1pm and Monday to Friday 4pm to 6pm. All meals are served to go and are prepackaged for pick up. www.Oshare.ca

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.

Good Food Box 519-376-3899 or call 211 for locations
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.