

## Sarnia-Lambton Community Resource Guide – December 2018



# RESOURCE LISTING

	Addiction & Substance Use	Autism	Behaviour Supports	Counseling	Criminal Justice/Legal Support	Crisis Support	Developmental Disabilities	Developmental Services (physio, OT, speech, hearing, medical, etc.)	Educational Supports	FASD- Fetal Alcohol Spectrum Disorder	Financial /Nutritional Support	Indigenous Supports	Grief and Loss	Housing	LGBTQ+	Mental Health	Mentor/ Social/ Community	Preschool/Early Years	Respite Services	Transitional Supports	Trauma	Youth Employment
<b>211ontario</b> <a href="https://211ontario.ca">https://211ontario.ca</a>	*			*	*	*	*				*	*		*	*	*	*	*		*		*
<b>Aamjiwnaang First Nations</b> Band office: 519-336-8410 Health Centre: 519-332-6770 Maawn Doosh Gumig Community and Youth Centre: 519-491-2160 or 519-491-1374 <a href="http://www.aamjiwnaang.ca">www.aamjiwnaang.ca</a>	*		*	*	*	*			*	*	*	*		*		*	*	*		*		*
<b>Aamjiwnaang First Nation - Health Centre - Food Bank</b> 519-332-6770 1300 Tashmoo Ave, Sarnia, ON											*											
<b>ACSD- Assistance for Children with Severe Disabilities</b> 1-877-832 2818 <a href="http://www.cdrcp.com/sn/31-snf/108-assistance-for-children-with-severe-disabilities-acsd">http://www.cdrcp.com/sn/31-snf/108-assistance-for-children-with-severe-disabilities-acsd</a>		*	*				*			*	*					*			*			
<b>Autism Ontario</b> Toll Free: 1-800-472-7789 <a href="http://www.autismontario.com/">http://www.autismontario.com/</a>		*																				
<b>Big Brothers Big Sisters Sarnia Lambton</b> 519-336-0460 <a href="https://sarnia.bigbrothersbigsisters.ca/">https://sarnia.bigbrothersbigsisters.ca/</a>																	*					
<b>Bluewater Health</b> Sarnia 519-464-4400 Petrolia 519-882-4325 <a href="https://www.bluewaterhealth.ca/">https://www.bluewaterhealth.ca/</a>	*			*		*							*			*						*
<b>Canadian Mental Health</b> 1-866-299-7447 Sarnia office- 519-337-5411 Petrolia satellite office- 519-882-2500 Ext. 109 Forest satellite office- 519-786-4545 Kettle Point satellite office- 519-786-6588 Grand Bend satellite office- 519-238-2362 Watford satellite office- 519-333-2747 <a href="http://lambtonkent.cmha.ca/">http://lambtonkent.cmha.ca/</a>				*		*					*		*		*					*		



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<b>Central Lambton Family Health Team</b> 519-882-2500 <a href="https://centrallambtonfamilyhealthteam.com">https://centrallambtonfamilyhealthteam.com</a>				*									*			*						
<b>Community Legal Assistance Sarnia</b> 519-332-8055 <a href="https://www.legalaid.on.ca/en/contact/about.asp?place=601200">https://www.legalaid.on.ca/en/contact/about.asp?place=601200</a>					*						*											
<b>CLC (Community Life Centre)</b> 519-882-1600 <a href="http://newlifepetrolia.com/about-us/community-life-centre">http://newlifepetrolia.com/about-us/community-life-centre</a>											*											
<b>Community Living Sarnia Lambton</b> 519-332-0560 <a href="http://www.communitylivingsarnia.org/">http://www.communitylivingsarnia.org/</a>		*					*			*				*			*		*	*		*
<b>ConnexOntario</b> 1-866-531-2600 <a href="https://www.connexontario.ca/">https://www.connexontario.ca/</a>	*															*						
<b>Contact House Food Bank</b> 519-786-5692 6276 Townsend Line, Forest Ontario																						
<b>County of Lambton</b> 519-845-0801 or 1-866-324-6912 <a href="http://www.lambtononline.ca/home/Pages/home.aspx">http://www.lambtononline.ca/home/Pages/home.aspx</a>									*		*			*								
<b>CPRI (Child Parent Resource Institute)</b> 1-877-494-2774 <a href="http://www.cpri.ca">www.cpri.ca</a>		*	*				*			*						*						
<b>Developmental Service Ontario</b> 519-344-2629 <a href="http://www.dsontario.ca">www.dsontario.ca</a>							*				*											
<b>Easter Seals</b> 519-944-0044 or 1-888-535-5623 <a href="http://www.easterseals.org/">http://www.easterseals.org/</a>							*	*			*											



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<b>Epilepsy Southwestern Ontario</b> 519.433.4073 or 1.866.EPILEPSY <a href="http://www.epilepsyswo.ca">www.epilepsyswo.ca</a>									*								*					
<b>Family Counseling Centre &amp; STARRting Point</b> 519-336-0120 <a href="http://www.familycounselingctr.com/">http://www.familycounselingctr.com/</a>		*	*	*		*	*			*	*		*			*			*	*	*	
<b>First Nation and Inuit Hope for Wellness Help Line</b> 1-855-242-3310 <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>				*		*						*				*					*	
<b>Good2Talk</b> 1-866-925-5454 <a href="https://good2talk.ca/">https://good2talk.ca/</a>	*			*		*										*				*		
<b>The Inn of the Good Shepherd</b> 519-344-1746 The Haven (Homeless shelter for youth) 519-336-5941 <a href="http://www.theinnsarnia.ca/">www.theinnsarnia.ca/</a>	*			*		*					*	*		*		*	*			*		
<b>John Howard Society</b> 519-336-1020 <a href="http://johnhoward.on.ca/sarnia-lambton/">http://johnhoward.on.ca/sarnia-lambton/</a>	*			*	*																	
<b>Jordan’s Principle</b> 1-855-572-4453 Local first Nations staff can help navigate the process <a href="https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle/boy-behind-jordans-principle.html">https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle/boy-behind-jordans-principle.html</a>								*	*		*	*										
<b>JumpStart Charity – Canadian Tire (sports &amp; play)</b> 1-844-YES-PLAY <a href="http://jumpstart.canadiantire.ca/en.html">http://jumpstart.canadiantire.ca/en.html</a>											*						*					
<b>Jump Start- Lambton-Kent Teen Transition</b> <a href="http://www.teentransition-lk.org/">http://www.teentransition-lk.org/</a>						*			*											*		*



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<b>Kettle &amp; Stony Point</b> 519-786-2125 <a href="https://kettlepoint.org">https://kettlepoint.org</a> <b>Kettle and Stony Point Health Services</b> 519-786-6588 <a href="https://kettlepoint.org/kettle-stony-point-health-services/">https://kettlepoint.org/kettle-stony-point-health-services/</a>	*			*					*		*	*		*		*	*	*			*	
<b>Kids Help Phone</b> 1-800-668-6868 or Text "CONNECT" to 686868 <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a>				*		*									*	*						
<b>Lambton Circles</b> 519-344-2062 Ext 2336 or 519-381-5311 <a href="http://www.lambtoncircles.com/">http://www.lambtoncircles.com/</a>											*						*					
<b>Lambton College Community Employment Services</b> 519-882-4333 <a href="https://www.lambtoncollege.ca/YJC/">https://www.lambtoncollege.ca/YJC/</a>																						*
<b>Lambton County Addictions Services</b> 519-464-4400 ext. 5370 <a href="http://www.bluewaterhealth.ca">www.bluewaterhealth.ca</a>	*			*		*																
<b>LCDS (Lambton County Developmental Services)</b> 519-882-0933 <a href="https://lcdspetrolia.ca">https://lcdspetrolia.ca</a>							*															
<b>Lambton Let's Learn</b> 519-332-5999 <a href="https://www.lambtonletslearn.ca">https://www.lambtonletslearn.ca</a>				*					*													
<b>Lambton Mental Health Crisis Services</b> 1-800-307-4319						*										*						
<b>Lambton Mental Wellness</b> 519 344-5602 <a href="http://www.lmwc.ca">www.lmwc.ca</a>											*					*	*					

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<b>Lambton Public Health</b> 519-383-8331 or 1-800-667-1839 <a href="https://lambtonhealth.on.ca">https://lambtonhealth.on.ca</a>											*							*				
<b>LHIN- (Local Health Integration Network)</b> 519-436-2222 <a href="http://www.lhins.on.ca/">http://www.lhins.on.ca/</a>				*			*				*			*			*					
<b>Neighbour Link Sarnia-Lambton</b> 519-336-5465; Text Only 519-490-8655 <a href="http://www.neighbourlinksarnia.org">www.neighbourlinksarnia.org</a>											*						*					
<b>Noelle's Gift</b> 519-491-7395 <a href="https://noellesgift.ca">https://noellesgift.ca</a>									*		*											
<b>North Lambton Community Health Centre</b> North Lambton Site (Forest) 519-786-4545 West Lambton Site (Sarnia) 519-344-3017 East Lambton Site (Watford) 519-333-2747 Kettle & Stony Point Site (Kettle Point) 519-786-2700 <a href="http://www.nlchc.com">www.nlchc.com</a>				*												*						
<b>ODSP (Ontario Disability Support Program)</b> 519-337-3735 <a href="https://mcss.gov.on.ca/en/mcss/programs/social/odsp/">https://mcss.gov.on.ca/en/mcss/programs/social/odsp/</a>							*				*			*			*			*		*
<b>Ontario Ministry of Social Services</b> Sarnia 519-337-3735 Chatham 519-352-5040 <a href="https://www.mcss.gov.on.ca/en/mcss/index.aspx">https://www.mcss.gov.on.ca/en/mcss/index.aspx</a>							*				*	*		*								*
<b>Organization for Literacy</b> 519-332-4876 <a href="http://www.readsarnia.org">www.readsarnia.org</a>									*													
<b>Petrolia Food Bank</b> 519-882-3950 4156 Petrolia Line, Petrolia											*											

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<b>PANDAS/PANS Ontario</b> 1-844-820-9672 <a href="https://www.pandaspansontario.org/">https://www.pandaspansontario.org/</a>			*																				
<b>Pathways Health Centre for Children</b> 519-542-3471 <a href="http://www.pathwayscentre.org">www.pathwayscentre.org</a>		*	*				*	*		*								*		*			
<b>Rebound Sarnia- Lambton &amp; The Hub</b> Sarnia 519-344-2841 Petrolia Rebound Rebound Forest 519-466-3396 <a href="http://www.reboundonline.com/">http://www.reboundonline.com/</a>	*		*	*			*		*		*	*		*	*	*	*			*		*	
<b>River City Vineyard</b> 519-383-8463 <a href="http://www.rcv.org/">http://www.rcv.org/</a>											*			*			*						
<b>The Salvation Army</b> 519-344-1142 <a href="https://salvationarmy.ca">https://salvationarmy.ca</a>	*			*	*	*			*		*			*		*	*			*			
<b>Sarnia Lambton Children’s Aid Society</b> 519-336-0623 <a href="https://www.slcas.on.ca">https://www.slcas.on.ca</a>						*															*		
<b>Sarnia Lambton Distress Line</b> 1-888-DISTRESS						*																	
<b>Sarnia Lambton Native Friendship Centre</b> 519-344-6164 <a href="http://www.slncf.org/index.html">http://www.slncf.org/index.html</a>			*	*					*		*	*					*						
<b>Sarnia Lambton Suicide Prevention</b> <a href="https://sarnialambtonsuicideprevention.com">https://sarnialambtonsuicideprevention.com</a>						*										*							
<b>Sexual Assault Survivors’ Centre</b> 519-337-3320 <a href="http://www.sexualassaultsarnia.ca/">http://www.sexualassaultsarnia.ca/</a>				*		*															*		



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<b>Southwest Aboriginal Health Access Centre</b> 1-877-454-0753 <a href="http://soahac.on.ca/">http://soahac.on.ca/</a>	*			*						*		*				*						
<b>Special Olympics</b> Sarnia- 519-312-3170 Ontario <a href="http://www1.specialolympicsontario.com">http://www1.specialolympicsontario.com</a> Sarnia <a href="http://sarnia.specialolympicsontario.ca/">http://sarnia.specialolympicsontario.ca/</a>							*										*					
<b>St. Clair Child and Youth Services</b> 519-337-3701 <a href="http://www.stclairchild.ca/">http://www.stclairchild.ca/</a>	*		*	*	*	*	*			*		*	*			*	*	*		*	*	
<b>St. Francis Advocates</b> 519-828-3923 <a href="http://www.mysfa.org">www.mysfa.org</a>		*																				
<b>St. Joseph's Hospice</b> 519-337-0537 <a href="http://www.stjosephshospice.ca">www.stjosephshospice.ca</a>												*										
<b>St. Vincent de Paul</b> 519-337-7089 <a href="http://ssvpsarnia.ca/">http://ssvpsarnia.ca/</a>					*						*		*				*					
<b>Thames Valley Children's Centre</b> 519-685-8700 or 1-866-590-8822 <a href="http://www.stjosephshospice.ca">www.stjosephshospice.ca</a>		*	*	*			*	*	*								*	*		*		
<b>Victorian Order of Nurses (VON)</b> 519-542-2310 or 1-855-285-2990 <a href="https://voneriesclair.ca/sarnia-lambton">https://voneriesclair.ca/sarnia-lambton</a>											*		*									
<b>Voice of Truth Church - We Care Food Bank</b> 519-834-2917 2554 Elizabeth St, Oil Springs											*											
<b>Walpole Island First Nations</b> <a href="http://walpoleislandfirstnation.ca/">http://walpoleislandfirstnation.ca/</a>	*			*	*	*	*		*		*	*	*	*		*	*	*	*		*	



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<b>Women's Interval Home</b> 519-336-5200 <a href="https://www.womensintervalhome.com">https://www.womensintervalhome.com</a>				*		*					*			*		*					*	
<b>YMCA- Jerry McCaw Family Centre</b> 519-336-9622 <a href="http://ymcaswo.ca/">http://ymcaswo.ca/</a>											*						*					

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