

SHELTERS

‡ Elizabeth Fry Society (Barrie) (max 60 days)	725-0613	‡ Children's Aid Society (Counseling services)	325-1005	‡ Ontario Early Years (Toddlers' 'stay 'n play'; parents' workshops; <i>Emergency</i> baby needs depot)	325-1299
‡ Green Haven Shelter (for women fleeing abuse)	327-7319	‡ SMDHU - Oral Health Unit Team (Free children's dental services for <i>Qualified</i> clients)	721-7520	‡ Orillia Employment Resource Centre	325-9299
‡ Lighthouse Christian Ministries (for men)	329-2265	‡ Community Legal Clinic	326-6444	‡ Orillia Soldier's Memorial Hospital Emergency Department	327-9100
‡ Out of the Cold (seasonal)(Barrie)	331-1396	(Disability, Consumer, Education, Human Rights, Housing, Workers' Comp and more)		‡ Orillia After Hours Medical Clinic Walk in Clinic (call for Hours)	327-0578
‡ Muskoka Interval House (Bracebridge)	1-800-461-1740	‡ Couchiching Jubilee House (Transitional House for women)	326-4337	‡ Pregnancy Resource Centre	326-8228
‡ My Friend's House (Collingwood)	1-800-265-2511	‡ Family Law Information Centre Memorial Ave @ Court House = Cottage "C" @ HRC (walk-in) Tue 2 – 5 p.m.	326-2671	(alternative to abortion) diapers, clothing, more	
‡ My Sister's Place (Alliston)	1-800-461-5419	‡ Gambling Anonymous	1-888-230-3505	‡ Salvation Army Community & Family Services	326-3472
‡ Rosewood (for women - Francophone services available) (Midland)	1-800-461-1750	‡ Green Haven Outreach (for women experiencing physical, emotional, and / or psychological abuse)	329-2806	‡ Sexual Assault Centre (SAC)	325-2201
‡ Women & Children's Crisis Centre (Barrie)	728-6300	1-888-285-6958		1-800-987-0799 / 1-877-377-7438	
‡ Youth Haven (Barrie)	739-7616	‡ Health Connection (health professional or nurse provides information) Mon - Fri 8:30 a.m. – 6:00 p.m.	721-7520	‡ Sexual Health Information Line (Confidential telephone counseling on sexual health issues)	1-800-668-2437

SUPPORT SERVICES

‡ AA (calls screened by Telecare)	325-6385	‡ Information Orillia (Community Information & Referral)	326-7743	‡ Sexual Health Services (Confidential Birth Control & STD Testing clinic)	721-7520
‡ Alcohol-Drug Withdrawal RVH Withdrawal Management Services	728-4226	‡ Mobile Outreach Unit (food / sleeping bags / legal, medical, housing advice) Orillia <i>downtown core</i> Wed 5 – 7 p.m.	325-2201 ext. 3547	‡ Simcoe Muskoka District Health Unit	721-7520 / 325-9565
‡ David Busby Street Centre (Barrie) (for men)	739-6916	‡ Mother Care	326-9905	‡ Simcoe Outreach Services (SOS) Centre for Addictions	325-4499
‡ Catholic Family Life Centre	726-2503	Community Action Program for Children		‡ Society of St. Vincent De Paul Church of the Guardian Angels	326-2849 ext.32
‡ Catulpa Community Support Services	326-6502	‡ Narcotics Anonymous (for contact info, call Info Orillia)	326-7743	‡ Think Twice (Helpful tips on raising children)	721-7520 1-877-721-7520
		‡ New Path Youth & Family Services (Counseling services)	325-6161	‡ Young Parents Resource Room (under 24yrs) Mon 1-3 Wed 2-4	326-7386 x106
		‡ Ontario Works (‘social assistance’)	722-3132		
		‡ OPP - <i>non-emergency</i> number	326-3536		

- }] Youth Centre
Drop in centre for youth 12–16 yr.
9 Front St. Unit C
Mon – Thur 4– 9 p.m.
Fri & Sat 4-10 p.m. (Fri. counsellor) 325-8082

FOOD

- }] Lighthouse Christian Ministries
Soup Kitchen
49 Peter St. South
Mon - Sat, doors open at 9:30 a.m.
with lunch at 11:30 a.m. 329-2265
- }] Salvation Army Community & Family Services
Food Bank
157 Coldwater Rd. West
Tue - Fri 10 a.m. – 1:00 326-3472
- }] Society of Saint Vincent De Paul –
Church of the Guardian Angels
Food Bank
115 West St North
Tue & Thur 1– 3 p.m., 326-2849 ext. 32
- }] Ontario Early Years
Emergency Baby Needs DepotCupboard
Supplies formula & diapers
80 Colborne St. West
Call for Hours 325-1299
- }] The Sharing Place Food Bank
22 West St. S.
Mon / Wed / Fri. 1– 3pm 327-4273
- }] The Good Food Box
Contacts:
Information Orillia 326-7743
St. Vincent de Paul 326-2849 ext.32
Rama First Nation 325-3611 ext. 1443
- }] Mobile Unit – The Key Program
Various locations throughout Orillia
Wednesdays 5-7 pm 325-2201 ext.3547

CLOTHING

- }] Goodwill 325-2937
4 King St. W. Unit 1
- }] Green Again for New Beginnings
33 Mississaga St. E
Tues. – Sat 9:30 – 4:00 325-0686
- }] Guardian Angels Church
– “Vinnies” Children’s’ Clothing (some adults)
Tues & Thurs. 1 - 3 p.m. 326-2849 ext.32
- }] Salvation Army Community & Family Services
(clothing vouchers for Salvation Army
Thrift Shop) 326-3472
- }] Salvation Army Thrift Shop
55 Wyandotte St. 326-6550
- }] St. James Penny Wise Shop
58 Peter St. North 325-2742

HOUSING

- }] Orillia Housing Resource Centre
(Housing Registry &
Support Services) 325-3883
- }] Salvation Army Community & Family Services
(MAY be able to supply hotel chit for one night
stay or bus fare to Barrie shelter) 326-3472

**UPDATES OR CHANGES TO THIS
DIRECTORY CAN BE MADE BY
CALLING INFORMATION ORILLIA
326-7743 OR info@informationorillia.org**



QUICK HELP DIRECTORY

Updated: Mar 2009

EMERGENCY 24 HOUR CRISIS LINES & OTHER HELPFUL NUMBERS

- }] Children’s Aid Society
– Crisis Line 325-1005
- }] Green Haven Women’s Shelter
– Crisis Line 327-7319
- }] Kid’s Help Line 1-800-668-6868
- }] Mental Health Crisis Line 728-5044
1-888-893-8333
- }] Mobile Crisis Response
(for children & youth) 1-888-893-8333
Mon - Fri 8:30 – 8:30 p.m. 728-5044
- }] North Simcoe Victim Crisis Services
(Assistance to victims of crime &
tragic circumstances) 325-5578
- }] OPP 911
- }] Rape Crisis/Sexual Assault Centre
of Simcoe County 1-800-987-0799
- }] Sexual and Domestic Assault
Treatment Centre 1-877-377-7438
- }] Telecare 325-9534