



# Monthly Resource Document



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES



This monthly resource document is brought to you by the  
**Chatham-Kent Community Navigators**

**Community Navigators help residents of Chatham Kent who are looking for some support.**

**Their services are offered free of charge and include:**

- **Completing personal income tax returns**
- **Preparing and updating resumes and cover letters**
- **Completing online job applications**
- **Providing interview information and preparation support**
- **Helping with research on potential employers**
- **Finding and understanding Labour Market Information**
- **Helping with applications for government programs**
- **Completing birth certificate applications**
- **Connecting you with other agencies for support**
- **Providing computers to those who qualify via the Computer Connects Program**

**For more information about Community Navigators, please call  
(519) 355-1380, or email  
[ckcn@chatham-kent.ca](mailto:ckcn@chatham-kent.ca)**

If you find it valuable and would like it to be delivered to your email inbox each month, please email [ckcn@chatham-kent.ca](mailto:ckcn@chatham-kent.ca) with the subject line  
"Please add me to the monthly resource document mail out"



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

## CLOTHING AND PERSONAL NEEDS

### CHATHAM

Goodwill Community Store and Donation Centre Drive through	Gently used clothing & household items	255 Grand Ave. W, <b>Chatham</b>	Monday – Friday 9 am - 9 pm Saturday 9 am - 6 pm Sunday 10 am - 5 pm	519-351-9486
Loads of Love	Gently Used Clothing & furniture	15 Princess St N <b>Chatham</b>	Tues – Fri 9 am - 4 pm Saturday 9 am – 2 pm Sun & Mon closed	519-352-0911
Missions Thrift Store	Gently used furniture and household items	26 Wellington St, <b>Chatham</b>	Monday to Friday 9 am - 5 pm Saturday 10 am – 4 pm	519-351-3817
New Life Thrift Store	Gently used clothing & furniture	202 Queen St. <b>Chatham</b>	Monday – Friday 9 am – 4 pm Saturday 10am – 4 pm	519-354-5033
Saint Vincent De Paul Thrift Store	Gently used clothing & furniture	80 King St E, <b>Chatham</b>	Monday – Friday 10 am-5 pm Saturday 9 am-4 pm	519-354-0410
Salvation Army Thrift Store	Gently used clothing & household items	456 St. Clair St, <b>Chatham</b>	Monday – Saturday 9 am – 5 pm Sunday Closed	519-358-7299
The Family Treasure Chest	Gently used clothing & household items	122 Richmond St, <b>Chatham</b>	Tuesday – Saturday 10 am–4 pm Sunday & Monday Closed	519-397-4660
The Encore Shop & Gallery	Second Hand clothing with 5% of all proceeds donated to local charity. Encore works with organizations assisting the homeless in CK as well as youth aging out of foster care.	137 Queen Street, <b>Chatham</b>	Tues., Wed., Thurs., and Friday 9 am -4:30 pm	519-784-0463
Value Village	Gently used clothing & Household items	80 Keil Dr <b>Chatham</b>	Monday – Thursday 10 am – 8 pm Friday and Saturday 10 am – 9 pm Sunday 11 am – 7 pm	519-354-9325

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<b>WALLACEBURG</b>					
Goodwill Donation Centre	Donation Centre ONLY	1416 Dufferin Ave, <b>Wallaceburg</b>	Monday - Friday Saturday Sunday	9am–9pm 9am–6pm 10am-5pm	519-627-9354
Re-Find Charity Thrift Shoppe	Gently used clothing, furniture & household items	216 Nelson St <b>Wallaceburg</b>	Mondays Tuesdays - Friday Saturday	10am - 2pm 10am - 4pm 10am - 2pm	519-626-9814
Salvation Army Thrift Store	Gently used clothing & household items	600 Lowe Ave <b>Wallaceburg</b>	Tuesday to Saturday Monday	9am-4pm 9 am – 3 pm	519-627-1163

<b>RIDGETOWN</b>					
New to You	Gently used clothing & household items	37 Main St E <b>Ridgetown</b> <a href="mailto:ridgetownnewtoyou@gmail.com">ridgetownnewtoyou@gmail.com</a>	Mon Tues Wed., & Fri 10 – 5 Thursday 10 -6 Saturday 10-2		519-784-8755
Salvation Army & Thrift Store <a href="#">The Salvation Army in Canada</a>	Gently used clothing & household items	22 Main St <b>Ridgetown</b>	Tuesday – Saturday	9am – 4pm	519-674-3765

<b>DRESDEN</b>					
Community Closet	Clothing and personal items Food Pantry Box Book Box	North Dresden Baptist Church 182 Trerice St W, <b>Dresden</b>	Tues & Thurs 11am - 3pm Fri 4pm – 8pm 3 <sup>rd</sup> Sat each month 10am – 12am		519-683-4892 or 519-358-5439

**SALVATION ARMY'S OPERATION COVER UP DONATION CAMPAIGN for CHATHAM-KENT – October 3 – 31 gently used winter coat donations**

## EMPLOYMENT & TRAINING RESOURCES

Adult Language and Learning	Literacy & Essential Skills Immigration Programs & Service Ask about services at your local library ESL classes; Youth programs	240 King St W <b>Chatham</b>	Monday – Friday 9am-4:30pm		519-354-7424 <a href="http://adultlanguageandlearning.ca">adultlanguageandlearning.ca</a>
College Boreal	Offers a unique variety of courses that are individualized to the learners needs; offers settlement services for Permanent Residents and newcomers	161 King St W <b>Chatham</b>	Monday – Friday 9am - 5pm		519-397-1677 <a href="http://www.collegeboreal.ca">www.collegeboreal.ca</a>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Contact North Employment and Social Services	Offering a wide range of free study course online; including upgrading, secondary and post-secondary options Photocopier in lobby to copy & fax documents at no charge	1416 Dufferin Ave, <b>Wallaceburg</b> 8-9111 W. Ipperwash Rd. <b>Kettle Point</b> 435 Grand Ave West <b>Chatham</b> 1 <sup>st</sup> Floor	Virtual access Mon – Friday Wallaceburg 8:30 – 4:30 Kettle Point – Tues & Thurs. Monday - Friday 8:30am- 4:30pm	Laura Alderton-Ellis <a href="mailto:laura@contactnorth.ca">laura@contactnorth.ca</a> 1-855-353-5949  <a href="mailto:wallaceburg@contactnorth.ca">wallaceburg@contactnorth.ca</a> 519-351-8573
Goodwill Career Centre Wallaceburg	Explore your career options, strengthen your résumé, prepare for job interviews, or look at education and skills training opportunities	1416 Dufferin Ave, <b>Wallaceburg</b>	8:30 am- 4:30 pm Tuesdays and Thursdays Virtual Services: Mon-Fri 8:30am - 4:30pm Drop-in Hours: Tues / Thurs 8:30am-4:30pm	519-354-4400 Schedule appointment online at: <a href="https://goodwillindustries.ca">Career Centre Appointment - Goodwill (goodwillindustries.ca)</a>
Goodwill Career Centre Chatham	Explore your career options, strengthen your résumé, prepare for job interviews, or look at education and skills training opportunities	300 Lacroix Street, <b>Chatham</b>	Virtual Services: Mon-Fri 8:30am - 4:30pm Drop-in Resource Centre: Mon-Fri 9am – 4pm	519-354-4400 Schedule appointment online at: <a href="https://goodwillindustries.ca">Career Centre Appointment - Goodwill (goodwillindustries.ca)</a>
Lambton Kent District School Board – Adult Education	Free Training & Upgrading Digital Skills for Work Ages 19+ Skills for Success Ages 19+ Online or in person delivery	92 Churchill St <b>Chatham</b>  <b>Wallaceburg</b> District Secondary School (Tues – Thurs 9:30-1:30)  <b>Walpole Island</b> , (call for info)  <b>Moraviantown</b> (1 -4 pm Wed.)	Call, email or visit the websites for available summer registrations	519-354-6100 ext.5 or email <a href="mailto:Chatham.Upgrading@lkdsb.net">Chatham.Upgrading@lkdsb.net</a>  <a href="https://lkdsb.net">Upgrading - Lambton Kent District School Board (lkdsb.net)</a>
Lambton Kent District School Board/ St. Clair College School within a College (SWAC)	Earn secondary school credits and college delivered Dual Credits ; see the websites for eligibility criteria	St. Clair College, Thames Campus <b>Chatham</b>	Follow the link for details	<a href="https://www.stclaircollege.ca/programs/swac">School Within a College (SWAC) - Lambton Kent District School Board (lkdsb.net)</a>  <a href="https://www.stclaircollege.ca/programs/swac">https://www.stclaircollege.ca/programs/swac</a>

**FREE Resume printing is available at all branches of the Chatham Kent Public Library – 10 copies per day can be requested.  
Speak to a library staff or Community Navigator for assistance.**

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

## FOOD RESOURCES – Some information taken from CK Let’s Talk Food website - <https://letstalkfood-ck.com/>

CHATHAM				
Free Little Pantries in <b>Chatham</b>  **Several locations**  <a href="mailto:freehelpck@gmail.com">freehelpck@gmail.com</a>	Take what you need for free Leave what you can for others - Food - Personal Hygiene Items - Winter hats & mitts	<ul style="list-style-type: none"> <li>• Christ Church (beside bus depot)</li> <li>• 15 Orchard Height ; 35 Oxley Drive</li> <li>• Corner of Victoria &amp; Grand Avenue</li> <li>• BME Freedom Park on Wellington East</li> <li>• 20 Sandys St. outside the Women’s Centre</li> <li>• 102 Taylor Ave</li> <li>• 50 Adelaide St (inside Family Service Kent)</li> <li>• Tepperman’s Parking lot</li> <li>• Chatham Hope Haven</li> <li>• 150 Mary Street <b>NEW</b></li> </ul>	24 hours a day / 7 days a week As available  Follow FreeHelpCK on FaceBook	
Campbell AME Church <a href="mailto:campbellAMEchatham@gmail.com">campbellAMEchatham@gmail.com</a>	Soup Kitchen	20 Prince Street, <b>Chatham</b>	Wednesdays 11:30 am - 12:30 pm	519-358-1219
Christ Church <a href="mailto:churchoffice@christchurchchatham.ca">churchoffice@christchurchchatham.ca</a>	Bagged lunch	80 Wellington St. W, <b>Chatham</b> Beside the Bus Depot	Mondays 11:30-12:30 pm Closed Holidays	519-352-1640
First Presbyterian Church Breakfast <a href="mailto:office@firstchatham.org">office@firstchatham.org</a>	Take out	60 Fifth Street, <b>Chatham</b>	Saturdays 9:30 am - 10:30 am	519-352-2313
Free Help CK <a href="mailto:freehelpck@gmail.com">freehelpck@gmail.com</a>	Meals for seniors/ those with disabilities & homeless; Prom dress program; Backpack program; CALL for details	<b>Delivered-must call for arrangements</b>	Monday & Thursday delivered between 11 am-2 pm	519-990-5178 (Geri)
Holy Trinity St. Paul’s Anglican Church <a href="mailto:holytrinity.stpauls@gmail.com">holytrinity.stpauls@gmail.com</a>	Food Vouchers/Pantry	81 Selkirk St, <b>Chatham</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month 9 am – 10:30 am	519- 354-1072
Hope Haven <a href="mailto:chathamhopehaven@gmail.com">chathamhopehaven@gmail.com</a>	Hot meal, laundry, clothing Food bank – Monday <b>Offering a Thanksgiving Dinner – call for details 519-351-4010</b>	183 Wellington St, <b>Chatham</b>	Daily 10 am - 2 pm (Lunch) Little Free Pantry/Food bank Monday only 12 pm – 2 pm	519-351-4010

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Interfaith Caring Kitchen St Ursula Church <a href="mailto:stursula@dol.ca">stursula@dol.ca</a>	Take out meal Walk up and drive up	St Ursula Church - 205 Tweedsmuir W. <b>Chatham</b> Walk up – front doors; Drive up - Parking lot	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday of Month 4:30 pm – 5:30 pm	519-352-8530
Meals on Wheels <a href="mailto:info@mealsonwheelsck.com">info@mealsonwheelsck.com</a>	Offers hot nutritious meal delivery to Chatham, Blenheim Dresden, Ridgetown and surrounding areas	<b>Chatham, Blenheim, Dresden, Ridgetown, and surrounding areas</b>	Monday, Wednesday & Fridays	Barb Noorenerghe 519-351-6325
Outreach for Hunger <a href="mailto:bjl@ciaccess.com">bjl@ciaccess.com</a>	Food Distribution Bring ID	10 Wellington St, <b>Chatham</b>	Mon, Wed, Fri 11 am – 3:00 pm	519-351-8381
Praise Fellowship Church Free Pantry <a href="mailto:mail@pfchurch.com">mail@pfchurch.com</a>	Soup Kitchen Take out & outside tables to eat at Grocery bag of dried goods	165 Park Ave E <b>Chatham</b>	Tuesdays 11 am - 12pm  2 <sup>nd</sup> Wednesday 9 am-12 pm	519-351-0066
Salvation Army Chatham *Bring ID & proof of address	Appointment and walk in for services and food bank	19 Raleigh Street, <b>Chatham</b>	Monday to Friday 9 am - 12 pm 1 pm - 4 pm	519-354-1430
Salvation Army Ministries <a href="mailto:church@chathamsa.org">church@chathamsa.org</a>	Pre-packaged meal for pick-up CALL TO ORDER A MEAL	46 Oranewood, <b>Chatham</b>	2nd and 4th Tuesday of each month. Pickup between 10 am and 6 pm	519-354-8353
Spirit & Life Centre <a href="mailto:stjoseph@dol.ca">stjoseph@dol.ca</a>	Bagged Lunch / Soup Kitchen	184 Wellington St, <b>Chatham</b>	Fridays 11:15 am – 11:45 am Closed Holidays	519-352-8530
St. Agnes Church <a href="mailto:stagnes@dol.ca">stagnes@dol.ca</a>	Bagged lunch	Croydon Street entrance <b>Chatham</b>	Thursdays 11:00 am -12:00 pm	519-352-9483
St. Ursula & St. Joseph Conference <a href="mailto:stjoseph@dol.ca">stjoseph@dol.ca</a>	Pantry /Vouchers	184 Wellington St <b>Chatham</b>	Every Friday 11:30 am -1:30 pm Must have proof of residency & ID for all family member	519-352-8530

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Victoria Ave / St Andrews United Churches <a href="mailto:office@standrewschatham.org">office@standrewschatham.org</a>	Pantry/Gift Card	Located at St. Andrews Church <b>Chatham</b>	Every Wednesday 10:30 am – 11:30 pm Gift Card issued 1 every 2 months only with ID	
<b>WALLACEBURG</b>				
Bethel Church <a href="mailto:office@bethelwallaceburg.com">office@bethelwallaceburg.com</a>	Eat In Only Supper	35 McNaughton Ave, <b>Wallaceburg</b>	4th Tuesday of the Month 5 pm – 6:00pm	519-627-6413
First Baptist Church Helping Hands <a href="mailto:info@1stbaptist.ca">info@1stbaptist.ca</a>	Eat In Supper	99 Thomas Ave, <b>Wallaceburg</b>	3 <sup>rd</sup> Saturday of the month 5:00pm	519-627-6414
James St. Drop-in <a href="mailto:reachoutchathamkent@gmail.com">reachoutchathamkent@gmail.com</a>	A place to enjoy a light meal and visit with others	719 James St. <b>Wallaceburg</b>	7 days a week 2pm – 5 pm	226-627-6163
Knox Presbyterian Church <a href="mailto:knox251@hotmail.com">knox251@hotmail.com</a>	Soup Cellar Lunch Eat In Only	251 Duncan St, <b>Wallaceburg</b>	Every Wednesday 11:30 am – 12:30 pm	519-627-4367
	Food Pantry (bring own bags)	251 Duncan St, <b>Wallaceburg</b>	Thursdays 10:30 – 11:30am	
Mom's Baby Cupboard <a href="mailto:stjameswallaceburg@diohuron.org">stjameswallaceburg@diohuron.org</a>	- diapers, baby food etc. - services Wallaceburg and surrounding areas only	St. James Anglican Church 719 James St, <b>Wallaceburg</b>	Every 2nd Thurs. 11:00 am – 1:00 pm	519-627-1302
Our Lady Help of Christians Church <a href="mailto:cthompson@dol.ca">cthompson@dol.ca</a>	Eat in only supper	422 Elgin Street, <b>Wallaceburg</b>	2nd Saturday of month 4:30 doors open	519-627-2013
Salvation Army Food Bank Wallaceburg *Bring ID & proof of address	Appointments only	600 Lowe Ave, <b>Wallaceburg</b>	Call for appointment	519-627-8257
Trinity United Church <a href="mailto:trinitywallaceburg@gmail.com">trinitywallaceburg@gmail.com</a>	Eat In only supper	750 Wellington St, <b>Wallaceburg</b>	4 <sup>th</sup> Friday of the month- 5:00 pm	519-627-1472



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Wallaceburg Christian Reformed Church <a href="mailto:wallaceburg_crc@hotmail.com">wallaceburg_crc@hotmail.com</a>	Eat-in Supper	150 Bruinsma Ave <b>Wallaceburg</b>	3 <sup>rd</sup> Tuesday of the month 5:00pm	519-627-7845
Wallaceburg Free Pantries	Personal and Food items	Wallaceburg Library Park No Frills - <b>Wallaceburg</b>		
<b>BLLENHEIM</b>				
Blenheim Word of Life Church <a href="#">Blenheim Word of Life Church</a>	Meal pick-up (call to order) Delivery of meals to seniors/shut-ins (call to order)	22 Talbot St W, <b>Blenheim</b> Curbside pickup only	Monday, Wednesday, and Friday 10:00am - noon	Call the church at 519-676-8036 to place your order
Salvation Army Blenheim *Bring ID & Proof of address	Appointment and walk in for services and food bank	<b>Blenheim</b> Baptist Church 24 Talbot St, in the basement	Wednesday & Thursday 1 - 4 pm	519-676-3886
<b>DRESDEN</b>				
Dresden Food Bank <a href="mailto:dcc@kent.net">dcc@kent.net</a>	Food and personal items	<b>Dresden</b> Community Church	Tues & Thurs 10am - 12 noon	Call for appointment 519-683-6541
Free Pantry – Follow Dresden North Baptist Church on Facebook	Food and Personal items	<b>Dresden</b> North Baptist Church		
Harvest Market <a href="mailto:pmock@familyservicekent.com">pmock@familyservicekent.com</a>	Fresh local produce (by donation)	<b>Dresden</b> Rotary Wheelhouse 547 North St (back door)	Thursdays 11 – 11:30am	Rose Northcott through Phil Mock at 519-365-4042
<b>MERLIN</b>				
Merlin Food Bank	Food and personal items	100 Aberdeen <b>Merlin</b> (Merlin United Church)	Fridays 10am – 12 noon	For additional help call Phyllis at 519-350-2219
<b>RIDGETOWN</b>				
Salvation Army Ridgetown	By appointment and walk in for services and food bank	22 Main St <b>Ridgetown</b> <b>Also, services Bothwell</b>	Tuesday to Friday 10am - 4 pm Closed Daily 12pm to 1pm	519-674-3765
Little Free Pantry	Food and Personal items	75 Main St East <b>Ridgetown Legion</b>		

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

THAMESVILLE				
Harvest Market <a href="mailto:pmock@familyservicekent.com">pmock@familyservicekent.com</a>	Fresh local produce (by donation)	Thamesville United Church 107 Elizabeth St	Thursdays 12:30pm – 2pm	Rhonda McLean through Phil Mock at 519-365-4042
Thamesville United Church <a href="mailto:thamesvilleunitedchurch@cogeco.net">thamesvilleunitedchurch@cogeco.net</a>	Soup Kitchen	107 Elizabeth St Thamesville	5:00 – 7:00pm Last Wednesday of the month	
TILBURY				
Ashley's Place Follow on Facebook	Free soup and coffee or hot chocolate	75 Queen St. Tilbury	Saturday 11am -1:00pm	226-798-4592 (CK area)
Tilbury Information and Help Centre	Food Bank	26 Queen St, Tilbury	Call for Appointment: Mon to Wed: 9 am - 3 pm Thurs, Fri: 9 am to 3:30 pm Closed 12 - 12:30 pm daily	519-354-0430
WHEATLEY				
Village Pantry (inside the Village Resource Centre) <a href="mailto:info@villageresourcecentre.ca">info@villageresourcecentre.ca</a>	A pay-it-forward initiative that is open to all community members to purchase basic pantry items and fresh produce at very affordable prices. All proceeds are used to provide food assistance to our neighbours who are currently experiencing food insecurity.	108 Talbot Rd E, Wheatley <a href="https://www.villageresourcecentre.ca/foodassistance">https://www.villageresourcecentre.ca/foodassistance</a>	Mon, Wed. Thurs, Fri 9am – 5pm Tues 9am – 8pm; Sat 10am – 2pm  To request food assistance:	Main - (226) 484-1004 Cell - (519) 300-4101
Harvest Market <a href="mailto:phill@visionus.ca">phill@visionus.ca</a>	Fresh local produce (by donation)	Village Resource Centre 108 Talbot Rd E, Wheatley	Saturdays 10am – 2pm	Susan Fulmer through Phil Mock at 519-365-4042

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

GOVERNMENT SERVICES				
Community Navigators <a href="mailto:ckcn@chatham-kent.ca">ckcn@chatham-kent.ca</a>	Assists with filling out paper or online forms; information search; referrals to community agencies; basic income tax filing; resume and light touch job search support	<b>CALL to book a virtual or in-person appointment</b>	In-person appointments available <b>Chatham Library</b> Monday to Friday 10am-4pm  <b>Wallaceburg Library</b> Mon, Wed, Fri 10am-4pm Tues. & Thurs. 1pm-4pm  In-person appt. available at other library branches upon request	Call 519-355-1380 8am – 4pm to book an appointment
Employment and Social Services	Program delivers income support (OW), homelessness, and employment services by helping eligible people with funds for shelter, food, and other necessities	435 Grand Ave West <b>Chatham</b>	Monday - Friday 8:30am – 4:30pm	519-351-8573
Ontario Disability Support Program	Program provides income support to CK residents with a disability *If in immediate financial need, application process to be initiated through the CK OW office (above) **If not in immediate financial need, the application can be made at the ODSP office	1023 Richmond St, <b>Chatham</b>	Monday - Friday 8:30am – 5 pm	519-352-5040
Service Canada	Social Insurance Number; Canada Pension Plan; Old Age Security; Employment Insurance	120 Wellington St <b>Chatham</b>  786 Dufferin Ave 2 <sup>nd</sup> Floor <b>Wallaceburg</b>	Monday - Friday 8:30am - 4pm <a href="http://servicecanada.ca">servicecanada.ca</a>	Link to online service request: <a href="#">Online Service Request</a> 1-800-622-6232

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

<p>Service Ontario</p> <p>Health Cards; Photo ID Cards; online Birth Certificate applications (credit card needed to apply online); online license/health card renewal support.</p> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center; margin: 20px auto; width: 80%;"> <p><b>HEALTH CARD – if your name or address has not changed – YOU can replace an UNEXPIRED lost, stolen, or damaged photo health card by calling Service Ontario at 1-800-664-8988</b></p> </div>	<table border="0"> <tr> <td style="vertical-align: top;"> <p><b>Chatham-</b> 455 Grand Ave E</p> <p><b>Dresden-</b> 485 George Street</p> <p><b>Wallaceburg</b> 1239 Dufferin</p> <p><b>Tilbury</b> 52 Queen St</p> <p><b>Blenheim</b> 45 James St</p> </td> <td style="vertical-align: top;"> <p>Monday - Friday 8:30am-5:00pm (Chatham Location)</p> <p>Monday to Friday 8:30am to 1:30pm 2:00pm to 4:30pm (Dresden Location)</p> <p>Monday to Friday 9 am – 5 pm</p> <p>Mon – Fri 9 am- 5 pm</p> <p>Mon – Fri 9am – 5 pm</p> </td> <td style="vertical-align: top;"> <p>519-683-4268</p> <p>Same number for both Chatham and Dresden No appointment needed but recommended.</p> <p>519-627-2881</p> <p>519-682-2642</p> <p>519-676-5804</p> </td> </tr> </table>	<p><b>Chatham-</b> 455 Grand Ave E</p> <p><b>Dresden-</b> 485 George Street</p> <p><b>Wallaceburg</b> 1239 Dufferin</p> <p><b>Tilbury</b> 52 Queen St</p> <p><b>Blenheim</b> 45 James St</p>	<p>Monday - Friday 8:30am-5:00pm (Chatham Location)</p> <p>Monday to Friday 8:30am to 1:30pm 2:00pm to 4:30pm (Dresden Location)</p> <p>Monday to Friday 9 am – 5 pm</p> <p>Mon – Fri 9 am- 5 pm</p> <p>Mon – Fri 9am – 5 pm</p>	<p>519-683-4268</p> <p>Same number for both Chatham and Dresden No appointment needed but recommended.</p> <p>519-627-2881</p> <p>519-682-2642</p> <p>519-676-5804</p>
<p><b>Chatham-</b> 455 Grand Ave E</p> <p><b>Dresden-</b> 485 George Street</p> <p><b>Wallaceburg</b> 1239 Dufferin</p> <p><b>Tilbury</b> 52 Queen St</p> <p><b>Blenheim</b> 45 James St</p>	<p>Monday - Friday 8:30am-5:00pm (Chatham Location)</p> <p>Monday to Friday 8:30am to 1:30pm 2:00pm to 4:30pm (Dresden Location)</p> <p>Monday to Friday 9 am – 5 pm</p> <p>Mon – Fri 9 am- 5 pm</p> <p>Mon – Fri 9am – 5 pm</p>	<p>519-683-4268</p> <p>Same number for both Chatham and Dresden No appointment needed but recommended.</p> <p>519-627-2881</p> <p>519-682-2642</p> <p>519-676-5804</p>		

## HEALTH, WELLNESS AND SUPPORTS

### ADDICTIONS HEALTH & SUPPORT PROGRAMS

<p><b>ADDICTIONS CRISIS LINES</b></p>	<p><b>Connex Ontario – Info about mental health, addictions &amp; problem gambling services in Ontario 1-866-531-2600</b></p> <p><b>Addictions and Mental Health support 24/7 - 811 or 1-866-797-0000 to speak to a registered nurse</b></p> <p><b>House of Sophrosyne 519-2522711 ext. 5</b></p>
<p>Alcohol Anonymous <a href="#">AA Chatham-Kent - District 15: Meetings</a></p> <p>Narcotic Anonymous <a href="https://www.orscna.org/meetings">https://www.orscna.org/meetings</a></p>	<p>Provide group support for those who are recovering from substance use</p> <p><b>Various Locations Across CK</b></p> <p>Daily meetings at various locations Call for details</p> <p style="text-align: right;"><b>AA 519-360-5246</b></p> <p style="text-align: right;"><b>NA 1-888-811-3887</b></p>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Chatham Kent Drug Awareness Council	Work with Community Partners to create awareness and strategies that help tackle substance misuse	Located at Family Service Kent <b>Chatham</b> Contact for further information		519-354-6221 241241 <a href="mailto:mcrew@familyservicekent.com">mcrew@familyservicekent.com</a>
House of Sophrosyne <a href="#">House of Sophrosyne</a>	Treats women with substance use disorders and associated mental health conditions; supports their families to achieve health, wellness & empowerment In-House 5-week treatment program for women Offers multiple community programs for families; outpatient treatment; transitional care; continuing care; crisis counselling; education services; supportive housing	Virtual and In-Person treatment Residential Service; Open Support Group; Mother/Father in recovery program; Phoenix Rising Relapse Prevention/Aftercare Group for Women  Services available in <b>Chatham, Sarnia, and Windsor</b>	C-K Caring Connections Caseworker/Outreach Worker Chatham 226-627-0621  Supportive Housing Caseworker Chatham 519-365-0614  Justice Caseworker – Essex and some Chatham clients 226-340-4908	Chatham 226-627-0621 Sarnia 519-328-1683 Windsor 226-347-3957
Methadone Bluewater Methadone Clinics	Low Barrier access for those seeking treatment and support	69 Grand Ave <b>Chatham</b>  1430 Dufferin Ave <b>Wallaceburg</b>		519-351-5800  519-627-5800
Mental Health & Addiction Program - MHAP	Addiction Therapy – max. of 12 sessions	Chatham Kent Health Alliance 80 Grand Ave W <b>Chatham</b>		Call for information 519-352-6400 x 6740
Neighbour Link New Addiction Program – Recover Together (RT)	Program for people struggling with unwanted habits to meet with others for support	St. Paul’s Congregational Church 450 Park Ave West <b>Chatham</b>	Monday Nights 7:00 pm	Contact: Andrew Hawkins 519-360-5659
Pozitive Pathways Mobilization Unit	Harm Reduction Mobilization & Education Needle Syringe Program – provides harm reduction education and distribution of supplies	<b>Chatham-Kent Satellite Sites:</b>  CK Public Health 177 King St <b>Chatham</b> Mon – Fri. 8:30 am -4 pm	Shopper’s Drug Mart 30 McNaughton <b>Wallaceburg</b> Mon – Fri 8 am - 9:30 pm Sat. 9 am – 8:30 pm Sunday 10 am – 8:30 pm	519-257-9646 or email: <a href="mailto:harmreduction@pozpathways.com">harmreduction@pozpathways.com</a>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES


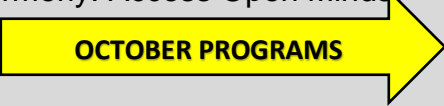
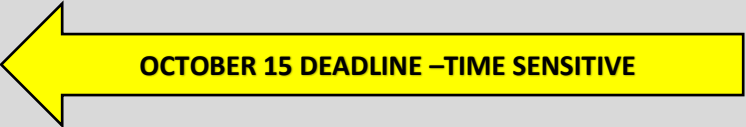
	Delivers to Chatham every Friday from 11 am – 3 pm  Orders must be placed by Wednesday	Chatham-Kent Community Health Centre 808 Dufferin Ave, <b>Wallaceburg</b> Mon, Tues, Thurs, Fri 9 am - 4:30 Wed 9 am – 8 pm	McIntyre ID Pharmacy 49 Talbot St, <b>Blenheim</b> Mon – Fri 9 am- 6 pm Saturday 9 am – 3 pm Sunday 11 am – 3 pm	519-257-9646 or email: <a href="mailto:harmreduction@pozpathways.com">harmreduction@pozpathways.com</a>
RAAM Clinic - Chatham Rapid Access to Addiction Medicine at CKHA	Rapid Access to Addiction Medicine; brief counseling; physical health assessment; Naloxone kits	Chatham Kent Health Alliance 80 Grand Ave W <b>Chatham</b>	Monday, Wednesday, Friday 12 pm - 4 pm <b>Thursday by Apt. only</b>	519-352-6400 x 6740
RAAM Clinic-Wallaceburg	Rapid Access to Addiction Medicine	325 Margaret Avenue, <b>Wallaceburg</b> , ON (Room 102)	Tuesdays 12:00pm-4:00pm	Clinic can be reached directly during hours of operation at 519-352-6400 extension 8311
Smoker's Helpline	Indigenous-specific service for tobacco cessation assistance	<b>ONLINE</b>	<a href="https://smokershelpline.ca/talkto/bacco/about">https://smokershelpline.ca/talkto/bacco/about</a>	<a href="#">Smoker's Helpline Referral Form</a>
STOP Program Smoking Cessation counselling Chatham Kent Public Health	Counselling and free nicotine replacement therapy for those who do not have a primary care provide Two Models available in person 26 weeks or Mail-out 8-week program	In person program 435 Grand Ave, <b>Chatham</b> by appointment only To learn more and to see if you qualify, visit <a href="https://ckphu.com/ckstopprogram/">https://ckphu.com/ckstopprogram/</a>	<a href="mailto:CKSmokeFree@chatham-kent.ca">CKSmokeFree@chatham-kent.ca</a>  <b>Call for in-person programs in other communities of CK</b>	For questions or other information call 519-352-7270 x2488 or email
Walpole Island Community Services	Treatment of various addictions	1604 River Rd. <b>Walpole Island</b>		Call for more information 519-627-6163
Withdrawal Management Services (WMS)	10 bed inpatient program 3-7 day stays	Chatham Kent Health Alliance 80 Grand Ave W <b>Chatham</b>		519-352-6400 x 6740

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

## CHILD AND YOUTH SUPPORT PROGRAMS

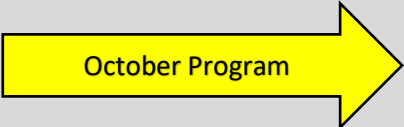
<p><b>CHILD &amp; YOUTH CRISIS LINES</b></p>	<p>Child and Youth (Age 6-18yr) 24/7 Crisis Support for mental health, behavioral or emotional crisis Humana crisis line 519-354-4095</p> <p>Kids Crisis Help Line 24 hours a day 7 days a week 1-800-668-6868</p> <p>Good 2 Talk (Ontario Students in College/University) 1-866-925-5454</p>	
<p>CK EarlyON Child &amp; Family Centres Call or check website for monthly program information</p>	<p>EarlyON centres are spaces to learn, play and grow together, for children 0-6 years and their caregivers. They support the healthy development of young children, within safe and welcoming environments. They support community connections and culturally responsive programming with our Francophone and Indigenous partners.</p> <p>Various locations including: <b>Blenheim, Bothwell, Chatham, Dresden, Highgate, Pain Court, Ridgetown, Thamesville, Tilbury, Wallaceburg, Wheatley</b></p>	<p>Check website for details: <a href="#">Chatham-Kent   EarlyON Centres</a> Or call: 1-866-720-7975</p>
<p>Chatham-Kent Public Health Healthy Babies Healthy Children</p>	<p>If you are pregnant or if your family has young children (0-5 years old), Healthy Babies Healthy Children is a program that can help your family learn about:</p> <ul style="list-style-type: none"> <li>• having a healthy pregnancy and birth</li> <li>• connecting with your baby</li> <li>• how you can help your child grow and develop</li> <li>• breastfeeding, food, and healthy nutrition</li> <li>• taking care of yourself and your family</li> <li>• services available for you and your child in your community</li> </ul>	<p>Free, voluntary, home visiting program</p> <p>Call to speak to a Public Health Nurse Monday to Friday 8:30 to 4:30p.m. to ask any questions or to sign-up for the HBHC program call 519-352-7270 ext. 2903</p>
<p>Chatham-Kent Public Health Free Breastfeeding Classes and Support from Lactation Consultants</p>	<p>If you are pregnant and would like to learn about breastfeeding, C-K Public Health offers free virtual and/or in person classes every other month. Our lactation consultants work with <b>women in Chatham-Kent</b> to support your breastfeeding goals.</p>	<p>Free breastfeeding virtual classes and free in-person appointments with Lactation Consultants (home visits available)</p> <p>To sign-up for a breastfeeding class or to book an appointment with a Lactation Consultant call 519-352-7270 ext. 2903</p>
<p>Chatham-Kent Public Health One Day at A Time</p>	<p>A weekly support group for women with prenatal or postpartum anxiety or depression with children under 1 year of age</p>	<p>Free weekly support group for prenatal or postpartum anxiety or depression</p> <p>To sign-up, call: 519-352-7270 ext. 2903</p>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

<p>Chatham-Kent Public Health Parenting Classes</p> 	<p><b>C-K Dads Matter series:</b> Oct 3 -Oct 24th  <b>Nobody's Perfect series:</b> September 7-Oct 5  <b>The Picky Eater:</b> Oct 25<sup>th</sup>  <b>Infant Sleep Workshop:</b> (6-12 months): Nov 22</p>		<p>Free virtual parenting classes for parents of children ages 0-6 years old</p>	<p>To sign-up call: 519-352-7270 ext. 2903</p>
<p>Chatham-Kent Public Health Building Healthy Babies</p>	<p>Reduce the risks of an unhealthy birth weight          Get support with breast feeding          Increase the health for mom &amp; baby</p>	<p>Zoom session or drop-in sessions available at <b>Chatham locations</b></p>	<p>Contact Chatham-Kent Public Health Unit</p>	<p>519-352-7270 ext. 2427</p>
<p>Chatham-Kent Youth Wellness Hub YWHO (Formerly: Access Open Minds)</p> 	<p>Youth Mental Health Program          Ages 12 – 25 yrs.          Prep for Life 101 Programs          Throughout the Month of OCTOBER</p>	<p>140 King Street West <b>Chatham</b>  <a href="#">Chatham-Kent - Youth Wellness Hubs Ontario (youthhubs.ca)</a>          Cooking; Laundry &amp; Sewing; Time &amp; Money Managing; Clean &amp; Declutter</p>	<p>Monday to Friday; 8:30 am to 5 pm          October sessions 3 - 4:30 pm</p>	<p>519-437-6329          Call to register</p>
<p>Humana Community Services</p>	<p>Help for individuals and families to navigate critical transitions in their lives, including:          Child and Youth Mental Health + 24/7 crisis line          Developmental Services          Enhanced Foster Care          Transitional-Age – live-in and community-based support programs for youth over 16 years</p>	<p>103-405 Riverview Dr  <b>Chatham</b>  <a href="#">About — Humana Community Services (humanacs.org)</a></p>	<p>Mon– Fri 8 am – 4 pm          Call for more information or to book an appointment</p>	<p>Child and Youth Mental Health 24/7 crisis line          519-354-4095          Call Cindy Crow at:          519-401-2945</p>
<p>IndigiFund</p>	<p>\$500 bursary For Indigenous Youth aged 15 – 30 years needing financial assistance in the areas of sports, education, and culture</p>	<p>Apply online  <a href="https://www.indigifund.com/apply">https://www.indigifund.com/apply</a>          Deadline OCT. 15 /23</p>		



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Linck - Child Youth and Family Supports	Provides mental health, developmental and child welfare services to children ages 0-18 and their families across Chatham Kent	495 Grand Ave, <b>Chatham</b> <a href="#">Linck - Child, Youth &amp; Family Supports</a>	Monday – Thursday 8:30 -7:15pm Friday 8:30 – 4:30pm	519 352-0440 for more information
	Mindful Moments – Meditation for youth	Sati Hall – 530 Victoria Ave	Wednesdays in October Age 7 – 9 at 5 – 6 pm Age 10 – 13 at 6:15 – 7:30pm	<a href="mailto:mhdevintake@linck.org">mhdevintake@linck.org</a> for more information
Ska:na Family Learning Center	Indigenous-Led Family Programs EarlyON; Family Time stay & play; special activities	25 <sup>th</sup> Eighth Street <b>Chatham</b>	Monday – Friday Office Hrs 9am – 5 pm Child Care hrs 7am – 5:30 pm	Call for various program times and dates 519-351-8785 <a href="#">Ska:na FLC on Facebook.</a>
VON Kids Circle Program	Support group for children ages 4 – 18 years who are faced with bereavement or coping with a loved one’s illness	Kids’ Circle Program Co-ordinator 425 McNaughton Ave West <b>Chatham</b> <a href="#">Chatham Kent   VON</a>	Call for times available	519-354-0430 ext. 291
<b>DENTAL CARE HEALTH &amp; SUPPORT PROGRAMS</b>				
Dental Clinics /programs Chatham Kent Public Health	Healthy Smiles –Youth 17 years and under <a href="#">Healthy Smiles Ontario   CK Public Health (ckphu.com)</a>  Senior Dental Care Program 65 years and over. Call to determine eligibility <a href="#">Oral Health for Seniors   CK Public Health (ckphu.com)</a>	519 King St West <b>Chatham</b>	Monday-Friday 8:30am-4:30pm	519-355-1071 ext. 5700 OR Call Community Navigator at 519-355-1380 for information and application assistance

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

## DROP IN WELLNESS AND SUPPORT PROGRAMS

### EXTREME WEATHER DROP- IN LOCATIONS Or call 311 for further information

Municipal Locations in Blenheim, Chatham, Ridgetown, Tilbury & Wallaceburg (Mon-Fri 8:30am-4:30pm)

Employment & Social Services 435 Grand Ave W 1<sup>st</sup> Floor Chatham (Mon-Fri 8:30am-4:30pm)

Chatham Kent Public Library Branches during open hours

Hope Haven 183 Wellington St Chatham & James St Drop In Wallaceburg (Watch social media for extended hours)

For help with transportation to these locations during an Extreme Weather Alerts, contact the Homeless Response Line at 519-354-6628

Hope Haven	Drop in, shower, lunch, laundry, clothing, computer & phone use, social/fellowship/peer support	183 Wellington St. W, <b>Chatham</b>	Monday – Sunday 10 am - 2 pm	519-351-4010
James St Drop In R.O.C.K. Missions Extended hours may be available in extreme weather	A place for fellowship and socialization, light snacks/meals, and conversation with peers Peer support for indigenous population	719 James St <b>Wallaceburg</b>	Open 7 days a week 2 pm -6 pm	<a href="mailto:reachoutchathamkent@gmail.com">reachoutchathamkent@gmail.com</a> Cell: 226-627-6163
Richmond St. Drop In R.O.C.K. Missions Extended hours may be available in extreme weather	Homeless Outreach; harm reduction; rides to warming centres & emergency housing; Assistance with obtaining ID; Drop-in Centre for social fellowship and peer support Peer support for indigenous population	39 Richmond Street, <b>Chatham</b>	1:00 – 6:00 pm drop-in hours	519-351-1450 <a href="mailto:reachoutchathamkent@gmail.com">reachoutchathamkent@gmail.com</a> Cell: 226-627-6163
Dudes Club - Sharing Circle Brotherhood for Men's Wellness	Dudes Club works with Indigenous populations; weekly gathering and talking circle	67 Adelaide St <b>Chatham</b>	Every Monday 1:00 pm – 3:00 pm	519-397-1901

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

## 2SLGBTQIA+COMMUNITY WELLNESS AND SUPPORT PROGRAMS

### 2SLGBTQIA+COMMUNITY CRISIS LINES

Lesbian Gay Bi Trans Youth Line Sunday – Friday 4 pm -9:30pm 1-800-268-9688 or text 647-694-4275 or email: [outreach@youthline.ca](mailto:outreach@youthline.ca)  
 Trans Lifeline 1-877-330-6360 [Trans Lifeline – Peer support services, hotline and resources for Transgender People](#)

Bill's Place	Community Hub and office space for CK Pride. A safe space for & run by the 2SLGBTQIA+ community.	48 Centre Street, <b>Chatham</b> <a href="#">CK Pride</a> <a href="#">Events from October 6 – October 18 – CK Pride</a>	Visit the website for information and calendar of events	<a href="mailto:info@ckpride.com">info@ckpride.com</a>
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Chatham Kent Gay Pride Association	Create an inclusive community in CK where everyone is empowered to engaged in a culture that is safe and accessible irrespective of their sex, gender, or sexual identity	Visit their website for further information		<a href="#">CK Pride</a>
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Trans Wellness Ontario	Goal to enhance and sustain the health and wellness of 2SLGBTQIA+ communities and their families	Visit their website for further information		<a href="#">Trans Wellness Ontario</a>
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## MEDICAL HEALTH CLINICS, SUPPORTS & PROGRAMS

Apple Tree Medical Group	Visit in-person for a virtual clinic. No appointment needed. Health card needed or fees will apply	448 St Clair St., <b>Chatham</b> (Inside Food Basics)	Monday-Friday 9am – 9pm Saturday 9am-6pm Sunday 10am-5pm	647-722-2370 <a href="https://appletreemedicalgroup.com/clinic-locations/448-st-clair-st-chatham/">https://appletreemedicalgroup.com/clinic-locations/448-st-clair-st-chatham/</a>
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# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

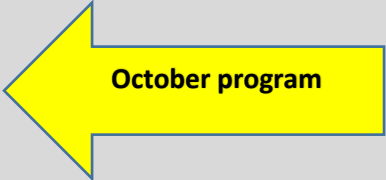
<p>Chatham Kent Community Health Centres <a href="https://ckchc.ca/">https://ckchc.ca/</a></p>	<p>Visit their website for great health and wellness programs available Serve persons of all ages who are economically and/or socially disadvantaged with a focus on:</p> <p>Mental health and addictions; Persons that face barriers such as race, language, culture, and sexual orientation; Persons who are homeless/under-housed or at risk for homelessness</p> <p><a href="https://ckchc.ca/programs-services/">https://ckchc.ca/programs-services/</a></p>	<p>150 Richmond St <b>Chatham</b> <a href="#">Chatham Events - Chatham-Kent Community Health Centres (ckchc.ca)</a></p> <p>808 Dufferin Ave <b>Wallaceburg</b> <a href="#">Wallaceburg Events - Chatham-Kent Community Health Centres (ckchc.ca)</a></p> <p>785 Tecumseh Rd. <b>Walpole Island</b> <a href="#">Walpole Island Events - Chatham-Kent Community Health Centres (ckchc.ca)</a></p>	<p>Mon &amp; Fri 9am-4pm Tues, Wed, Thurs.9am-8pm</p> <p>Monday – Friday 9am-4:30pm</p> <p>Monday 9am-8pm Tues – Fri 9am-4:30pm</p>	<p>Call for appointment &amp; services <b>519-397-5455</b> Chatham Press 1</p> <p>Wallaceburg Press 2</p> <p>Walpole Island Press 3</p>
<p>Chatham-Kent Family Health Team <a href="http://www.ckfht.ca">www.ckfht.ca</a></p>	<p><a href="#">Programs / Services (ckfht.ca)</a></p> <p>Groups sessions available including Cognitive Behavior Therapy; Healthy You Living Well with Chronic Conditions; Master Your Health</p>	<p>20 Emma Street <b>Chatham</b></p>		<p>Call 519-354-2172 ext 3 for more information</p>
<p>Chatham-Kent Hospice <a href="http://www.chathamkenthospice.com">www.chathamkenthospice.com</a></p>	<p>Offers end of life care for families in Chatham Kent</p>	<p>34 Wellington St. <b>Chatham</b></p>		<p>Call the hospice Navigator at 519-354-3113 ext. 2101</p>
<p>Good Doctors Medical Clinic <a href="https://fhtt.as.me/ridgetown">https://fhtt.as.me/ridgetown</a></p>	<p>Medical walk-in clinic Call for screening prior to arrival</p>	<p>100 King Street W <b>Chatham</b></p> <p>22 Main St <b>Ridgetown</b> inside Pharmasave</p>	<p>Monday-Friday 9:00 am - 5:00 pm</p> <p>Monday - Friday 10:00 am-4:00 pm</p>	<p>226-799-2603 1-855-884-6638 toll free</p> <p>226-798-4415 or book online at</p>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Indigenous Transition Navigator	Helps support Indigenous patients when accessing different government systems; provides hospital support in a culturally safe way for patients and families. Supports transition to other programs	<b>Chatham Kent Health Alliance</b>	Monday – Friday 8am – 4 pm	Chatham Kent Health Alliance Call Carrie Miller cmillar2@ckha.on.ca  519-352-6400 ext. 6373  Cell: 519-358-6968
MD Connected Walk IN Clinic	Virtual & Medical Appointments	180 McNaughton Ave <b>Chatham</b>	Monday – Friday 9 am – 6 pm	1-877-406-9362 toll free
MOBILE CARE – CLINIC ON WHEELS Community Health Outreach	All Walk-in Service NO FEES  Mental Health & Addictions Withdrawal Services Walk-in service Community Referrals Primary Care	<p><b>Alternate Tuesdays Wallaceburg &amp; Walpole Island</b></p> <p><b>Wednesdays Chatham &amp; Blenheim</b></p> <p><b>Thursdays Thamesville &amp; Delaware Nation at Moraviantown</b></p>	Schedules of hours to be determine ; Call for details  Community visits will be alternating weeks in each community	Mobilecareclinic.ca  1-866-299-7447 Answered 24/7
Sexual Health Clinic Chatham-Kent Public Health	Birth control; emergency contraception pill; free pregnancy testing and counseling; testing and treatment of sexually transmitted infections; free condoms; HIV testing	177 King St East <b>Chatham</b>  808 Dufferin Ave <b>Wallaceburg</b>	Mon – Fri. 8:30 am- 4 pm Closed 12 – 1 pm Every Tuesday 2:00am – 4:00pm Walk - in	519-355-1071 ext. 5901 Call for assistance in other communities in Chatham-Kent
Telehealth Ontario	Call for free confidential medical advice Supports 110 languages	<b>Phone call only</b>	24 hours /day 7 days/week	1-866-797-0000  TTY: 1-866-797-0007



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

<p>Thamesview Family Health Care Programs</p> <p><a href="http://www.thamesviewfht.ca">www.thamesviewfht.ca</a></p>	<p><b>Heart Buddies</b> pre/post heart event/surgery supports</p> <p><b>Healthy You Lifestyle Grp</b> –supports with Mental Health; nursing; nutrition</p> <p><b>Master Your Mood</b> – Cognitive Behavior Therapy</p> <p><b>Hold Me Tight</b> – Relationship/Couple conversations for connections</p> <p><b>After Support Group</b> – for those affected by death by suicide</p> <p><b>Well Mom</b> – 8 Week virtual session for moms with infants – 12 months old covering all aspects of parenting. Start Oct 13<sup>th</sup></p>	<p>Call for details and to register for these sessions, <b>Chatham</b></p> <p>Register by Calling Brenda at 519-354-0070 ext. 3</p> <p><b>Virtual</b></p>	<p>519-354-0070</p> 
<p>Tilbury Walk in Clinic</p>	<p>Medical walk-in clinic – no appointment necessary</p>	<p>15 Mill St <b>Tilbury</b></p>	<p>Monday - Friday 9 am-4 pm</p> <p>519-682-3699</p>
<p>Windsor/Essex Community Health Centre</p> <p><a href="https://wehc.org/">https://wehc.org/</a></p>	<p>Chronic Disease / Self Management Program</p>	<p><b>Programs available virtually to anyone across Ontario</b></p>	<p>Contact directly for more information</p> <p>1-855-259-3605</p>

## MENTAL HEALTH & WELLNESS SUPPORTS & PROGRAMS

<p><b>MENTAL HEALTH CRISIS LINES</b></p>	<p><b>Canadian Mental Health Association 1<sup>st</sup> Response Crisis Line 24 / 7 1-866-299-7447 (Chatham-Kent) 1-800-307-4319 (Sarnia-Lambton)</b></p> <p><b>Connex Ontario - Information about mental health, addictions &amp; problem gambling services in Ontario 1-866-531-2600</b></p> <p><b>Mental Health and Addictions Support available 24/7 CALL 811 or 1-866-797-0000 to speak to a registered nurse</b></p>
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# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

<p>Mental Health Network (Hope House) of Chatham Kent  <a href="http://MentalHealthNetworkofChatham-Kent(mhnck.com)">Mental Health Network of Chatham-Kent (mhnck.com)</a></p>	<p>Offers hope through education, support, social rehabilitation, networking, and advocacy to all whose lives are affected by mental challenges            Multiple weekly programs click on:  <a href="#">Calendar   Mental Health Network of Chatham-Kent (mhnck.com)</a></p>	<p>519-351-3100            71 Raleigh St. <b>Chatham</b></p>	<p>Monday - Friday            9 am - 4 pm – office hours             Mon – Friday            10 am – 2 pm            Client drop-in hours</p>	<p>519-351-3100  <a href="mailto:sam@mhnck.com">sam@mhnck.com</a></p>
<p><b>SENIOR’S SERVICES AND PROGRAMS</b></p>				
<p>Senior’s Chat Line            Ages 55 +</p>	<p>Free &amp; confidential phone line for 55+ who want to chat; sponsored by the Ministry of Health</p>	<p><b>Virtual only</b></p>	<p>8 am – 10 pm daily</p>	<p>1-855-892-9992  <a href="http://www.friendlyvoice.ca">www.friendlyvoice.ca</a></p>
<p>SMART (Senior’s Exercise and Fall Prevention VON program</p>	<p>Delivered in rest and retirement homes and community locations</p>	<p><a href="#">Chatham Kent   VON</a></p>	<p>call for times and locations</p>	<p>519-352-5515            1-855-285-2990</p>
<p>St. Andrew’s Residence            Senior’s Day Out Program</p>	<p>Offers an adult day program that includes a range of social, physical, and recreational activities, foot care, transportation, and a hot meal.</p>	<p><b>Chatham 99 Park St.</b></p>	<p>Chatham            Thurs. 9:30 am to 3:00 pm</p>	<p>Brittany Whittington            519-354-8103 ext.248  <a href="mailto:bwhittington@standrewsresidence.com">bwhittington@standrewsresidence.com</a></p>
<p>Telephone Assurance VON</p>	<p>Volunteers provide security checks via a 5-minute call to seniors in need</p>	<p><a href="#">Chatham Kent   VON</a></p>	<p>Call Lauren Haggerty  <a href="mailto:Lauren.haggerty@von.ca">Lauren.haggerty@von.ca</a></p>	<p>226-627-0348</p>
<p>Volunteer Visiting VON</p>	<p>Volunteers visit lonely, isolated seniors for a regular, scheduled visit once per week for 1 – 2 hours. May also take client out for coffee, walks, to doctor’s appointments</p>	<p><a href="#">Chatham Kent   VON</a></p>	<p>Call Lauren Haggerty  <a href="mailto:Lauren.haggerty@von.ca">Lauren.haggerty@von.ca</a></p>	<p>226-627-0348</p>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

## ADDITIONAL COMMUNITY SUPPORT SERVICES & PROGRAMS

<b>ADDITIONAL CRISIS HELP LINES</b>	<b>Chatham – Kent Homeless Response Line 519-354-6628 available 24 hours a day 7 days a week</b>		
	<b>Chatham Kent Health Alliance Crisis Service</b>	<b>Chatham – 519-352-6400 EXT. 6050</b>	<b>Wallaceburg – 519-352-6400 EXT. 8151</b>
	<b>Chatham Kent Sexual Assault Crisis 519-354-8688</b>		
	<b>Chatham Kent Victim Services 519-436-6630</b>		
	<b>Chatham Kent Women’s Centre</b>	<b>519-351-9144</b>	
	<b>Community Outreach Crisis Line</b>	<b>24/7</b>	<b>519-354-6360 or 1-800-265-0598</b>

Alzheimer Society of Chatham Kent <a href="http://www.alzheimerchathamkent.ca">Alzheimer Society of Chatham Kent</a>	Counselling Support groups Cognitive Assessments <b>Day Program</b> Education / First Link In home Mobility Monitor In Home Respite Care Lending Library/Referrals	36 Memory Lane, <b>Chatham</b>	<b>FOR DAY PROGRAM:</b> Chatham 9:30 a.m. to 3 p.m. Monday – Saturday	519-352-1043 or <a href="mailto:info@alzheimerchathamkent.ca">info@alzheimerchathamkent.ca</a>
		212 Elizabeth St, <b>Wallaceburg</b>	Wallaceburg 9:30 a.m. to 3 p.m. Tuesday – Friday	519-628-4229 Call or check website for monthly program information

CK Bookable Workspace	Can be used free of charge Reserved for virtual and in-person meetings or appointments for medical care, social services, court services, employment resources, community navigation and more Room offers both phone and computer access	435 Grand Ave. W. <b>Chatham</b>	Monday to Friday between 8:30am – 4:00pm for a maximum of 2 hours per day per person	Contact a Community Navigator at 519-355-1380 or <a href="mailto:CKCN@chatham-kent.ca">CKCN@chatham-kent.ca</a>
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# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Chatham-Kent Public Library  
[CKPL website](#)

Quiet Pods available in Chatham and Wallaceburg can be booked for 2 hour blocks free of charge for virtual meetings, personal appointments, study purposes. Technology equipment may be available at request. Library cards are required to book.

Call Chatham 519-354-2940 or Wallaceburg 519-627-5292 to book at that branch.  
[Quiet Pods \(chatham-kent.ca\)](#)

**Chatham, Wallaceburg  
Blenheim, Dresden, Ridgetown  
Tilbury, Thamesville, Merlin,  
Wheatley, Bothwell, & Highgate**

Follow this link for locations, hours, and phone contact for each branch

[CKPL website](#)

For programs at your local branch Click:

Family Service Kent

## **Advocacy and Protective**

**Service:** Telephone and/or virtual services where able. Appointments are required for in person services. Trustee services will not be interrupted.

**KIDS Team:** Telephone and/or virtual services where able. Appointments are required for in person services.

**Supervised Access:** Face-to-face visits & exchanges. Please contact the Program Supervisor at 519.355.1127 to discuss your needs or to make a referral.

**Counselling Services:** Accepting new referrals by telephone only. New and existing clients can receive services via telephone, virtually, or in person.

[Family Service Kent – support.  
empower. advocate.](#)

50 Adelaide St S,  
**Chatham - Kent**

Mon, Thurs, Fri 9am – 5pm  
Tues & Wed 9am – 9pm  
**Appointment ONLY  
No Walk-In service**

519 -354-6221  
**Call this number for  
all services**

[info@familyservicekent.com](mailto:info@familyservicekent.com)

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Family Service Kent  
(continued)

**CHAP:** older adults (60+ years of age) and adults (18+ years of age) with disabilities (temporary or permanent)

**CareLink Transportation:** Accessible, fee-for-service, door-to-door non-urgent medical transportation service. Limitations regarding the number of passengers per drive, masks required.

**Frozen Meals:** Regular & special diets (lactose free, gluten free, minced, and pureed meals).

**Home Help:** In-home supports broker service that matches clients to skilled, self-employed Home Helpers. Free in-home assessment to identify client needs/goals.

**Client Intervention:** Free client-directed support and social work services for vulnerable/at-risk seniors, adults with disabilities, and residents of care homes or supported living.

**adVANtage:** Accessible, fee-for-service, transportation service. Prioritizes rural and/or low-income ages 0 to 60 without access to public or private transport. Limitations to passenger #'s. Those under the age of 18, a family member or caregiver over age 18 must accompany them, free of charge

NeighbourLink  
[NeighbourLink CK | Non-profit | Chatham, Ontario](#)

Grocery delivery, transportation, phone buddy program, wrap around support, Fans & Air conditioner requests taken

40 Centre Street  
**Chatham**

Tuesday - Thursday  
9 am to 12 pm

519-352-5647

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

NeighbourLink	Christians Against Poverty (CAP) – Free Family & Personal Budgeting Course (day & night courses available) three sessions Fall, Winter Spring	40 Centre Street <b>Chatham</b>	Course is 4 2-hour sessions	519-352-5647 Call to register
New Beginnings ABI & Stroke Recovery Program Brain Injury Association	Provides social, recreation, education and leisure opportunities to survivors and anyone impacted by brain injury or stroke	9 Maple Leaf Dr. <b>Chatham</b> Follow on Facebook for programs New Beginnings ABI & Stroke for program details	See website or call for programs <a href="mailto:info@newbeginnings-cksl.com">info@newbeginnings-cksl.com</a>	519-351-0297
Tilbury Information & Help Centre	Provides various services for those in need	26 Queen St, <b>Tilbury</b>	Tuesday - Friday 9:00am - 3:00pm	519-354-0430 Email: <a href="mailto:info@uwock.ca">info@uwock.ca</a>
Vision Us <a href="#">Maximize Your Impact   Vision Us</a>	A diverse range of services, events, workshops, and initiatives, held in safe and inclusive spaces where ideas flourish, creativity thrives, and meaningful conversations take place.	530 Victoria Ave, Unit R, <b>Chatham</b>	Tuesday - Friday 9am - 5pm	info@visionus.ca
VON services <a href="#">Chatham Kent   VON</a>	Programs include Senior's exercise & Fall prevention; supportive care volunteer visiting; Kid's Circle; telephone security checks; home support service; EHomecare; chronic pain management; ON student nutrition program	190 Stanley Ave, Suite 100 <b>Chatham</b>	Monday – Friday 8 am – 4:30 pm	519-352-5515 1-855-285-2990
Wheatley - The Village Resource Centre	Food pantry, fully equipped boardrooms, internet café with 4 computers, free internet & printing Tech Support Mon 2pm – 4 pm ESL classes - Adult Language & Learning Wed, Thurs 9am-4pm OW Case Manager Thurs 9 – 5	108 Talbot Road East <b>Wheatley</b>	Mon, Wed, Thurs, Fri 9am – 5pm Tues 9am - 8pm Sat 10am – 2pm  <a href="mailto:info@villageresourcecentre.ca">info@villageresourcecentre.ca</a>	Main - (226) 484-1004 Cell - (519) 300-4101