



# 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:

- Provide one-on-one instruction in accessing government, social and health services online
- Provide referrals to other social services, employment and educational programs in the community
- Assist with applications for government programs and benefits
- Complete personal income tax returns for qualifying low-income residents
- Employment support assisting with resume creation, cover letter development, online job applications and employment resource sharing
- Deliver workshops and I.D. clinics
- Provide computers to qualifying low-income youth, families and eligible non-profit organizations 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

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# 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
St. Vincent de Paul Thrift Store	Gently used clothing & furniture	80 King St E, <b>Chatham</b>	Monday – 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

### WALLACEBURG

Goodwill Donation Centre	Donation Centre ONLY	1416 Dufferin Ave, <b>Wallaceburg</b>	Monday - Friday 9am - 9pm Saturday 9am - 6pm Sunday 10am - 5pm	519-627-9354
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# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Re-Find Charity Thrift Shoppe	Gently used clothing, furniture & household items	215 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>	Mon Tues Wed., & Fri Thursday	10 – 5 10 -6 Saturday 10-2	519-784-8755 <a href="mailto:ridgetownnewtoyou@gmail.com">ridgetownnewtoyou@gmail.com</a>
Salvation Army & Thrift Store	Gently used clothing & household items	22 Main St, <b>Ridgetown</b>	Tuesday – Saturday	9am – 4pm	519-674-3765 <a href="http://The Salvation Army in Canada">The Salvation Army in Canada</a>
<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 Fri 3 <sup>rd</sup> Sat each month	11am - 3pm 4pm – 8pm 10am – 12am	519-683-4892 or 519-358-5439
<b>EMPLOYMENT &amp; TRAINING RESOURCES</b>					
Adult Language and Learning	Literacy & Essential Skills Immigration Programs & Service Newcomer settlement services 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>
CKJobs Employment Service	Explore your career options, strengthen your résumé, search for jobs, prepare for job interviews, & look at education and skills training opportunities with the support of a Job Developer. Available at <b>6 locations</b> across Chatham - Kent	<b>Municipal Service Centres</b> 35 Talbot St, <b>Blenheim</b> 435 Grand Ave W <b>Chatham</b> 485 St. George St. <b>Dresden</b> 17 Superior St. <b>Tilbury</b> 45 Main St <b>Ridgetown</b> 786 Dufferin Ave <b>Wallaceburg</b>	Monday – Friday	8:30 – 4:30 pm Call to Register	519-351-8573
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://College Boréal - Francophone Education in Ontario   Home (collegeboreal.ca)">Collège Boréal - Francophone Education in Ontario   Home (collegeboreal.ca)</a>



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Community Living Chatham Jobworx	Assists with employment readiness, job discovery, job securement and sustained employment Helps search career paths, enhance resumes, interview prep, explore educational and skills training options	101 Stewart Street, <b>Chatham</b>	Monday – Friday 8:30am – 4:30 pm After hours appointments available upon request	Call 519 – 351 - 0460
Community Living Wallaceburg Employment Services	Pre-employment services; Coaching Services; and Job Development Services	939 Dufferin Ave, <b>Wallaceburg</b>	<a href="#">Employment Services - Get Into Community Living   Community Living Wallaceburg</a>	519-627-0777 ext 2100 <a href="mailto:info@employment-services.ca">info@employment-services.ca</a>
Contact North	Offering a wide range of free study course online; including upgrading, secondary and post-secondary options	1416 Dufferin Ave, <b>Wallaceburg</b> 8-9111 W. Ipperwash Rd. <b>Kettle Point</b>	Virtual access Mon – Friday Wallaceburg 8:30 – 4:30 Kettle Point – Tues & Thurs	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>
Employment and Social Services	Photocopier in lobby to copy & fax documents at no charge	435 Grand Ave West, 1 <sup>st</sup> Floor <b>Chatham</b>	Monday - Friday 8:30am- 4:30pm	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="#">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="#">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	<b>Chatham</b> 92 Churchill St <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>
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">https://www.stclaircollege.ca/programs/swac</a>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Sainte Trinite Catholic High School	Continuing Education in French language to obtain your Grade 12 For those 18 + yrs.	Conseil Scolaire Catholique Providence – CK Satellite location <b>Pain Court</b>	Contact for details	519-355-1304 1-877-250-4877
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**FREE Resume printing is available at all branches of the Chatham Kent Public Library – 10 copies per day  
Speak to a library staff or a Community Navigator for assistance**

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

### CHATHAM

Free Little Pantries in Chatham <b>**Several locations**</b>	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</li> </ul>	24 hours a day / 7 days a week As available Follow FreeHelpCK on FaceBook 519-784-7857 (24/7) 519-990-5178 (Geri) 226-494-0159(office) <a href="mailto:freehelpck@gmail.com">freehelpck@gmail.com</a>	
Campbell AME Church	Soup Kitchen	20 Prince Street, <b>Chatham</b>	Wednesdays 11:30am - 12:30pm  <a href="mailto:campbellAMEchatham@gmail.com">campbellAMEchatham@gmail.com</a>	519-358-1219
Christ Church	Bagged lunch	80 Wellington St. W, <b>Chatham</b> Beside the Bus Depot	Mondays 11:30-12:30 pm  <a href="mailto:churchoffice@christchurchchatham.ca">churchoffice@christchurchchatham.ca</a>	519-352-1640
Family Service Kent CHAP meals	Frozen Meals ranging from \$2.75 – \$ 7.00 in price	Curbside pickup or delivery in <b>Chatham - Kent</b>	Call Family Service Kent	519-354-6221 ext. 236
First Presbyterian Church Breakfast	Eat IN	60 Fifth Street, <b>Chatham</b>	Saturdays 9:30 am - 11 am  <a href="mailto:office@firstchatham.org">office@firstchatham.org</a>	519-352-2313
Free Help CK	Meals for seniors <b>See Senior section below</b>	<b>Delivered-must call for arrangements</b>	Monday & Thursday delivery	24/7 519-784-7857 Geri 519-990-5178 Office 226-494-0159 <a href="mailto:freehelpck@gmail.com">freehelpck@gmail.com</a>



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Holy Trinity St. Paul's Anglican Church	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 <a href="mailto:holytrinity.stpauls@gmail.com">holytrinity.stpauls@gmail.com</a>
Hope Haven	Hot meal, laundry, clothing Food bank – Monday	183 Wellington St, <b>Chatham</b>	Daily 10 am - 2 pm (Lunch) Free Pantry/Food bank Monday only 12 pm – 2 pm	519-351-4010 <a href="mailto:chathamhopehaven@gmail.com">chathamhopehaven@gmail.com</a>
Interfaith Caring Kitchen St Ursula Church	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 <a href="mailto:stursula@dol.ca">stursula@dol.ca</a>
Meals on Wheels	Offers hot nutritious meal delivery to Chatham, Blenheim Dresden, Ridgetown and surrounding areas	<b>Chatham, Blenheim, Dresden, Ridgetown, Wallaceburg, Wheatley Bothwell and surrounding areas</b>	Monday, Wednesday & Fridays	Barb Noorenerghe 519-351-6325 <a href="mailto:info@mealsonwheelsck.com">info@mealsonwheelsck.com</a>
Outreach for Hunger	Food Distribution Bring ID	10 Wellington St, <b>Chatham</b>	Mon, Wed, Fri 11 am – 3:00 pm	Office Hrs. 8am-4pm 519-351-8381 <a href="mailto:bjl@ciaccess.com">bjl@ciaccess.com</a>
Praise Fellowship Church	Soup Kitchen Take out & outside tables to eat at	165 Park Ave E, <b>Chatham</b>	Tuesdays 11 am - 12pm	519-351-0066 <a href="mailto:mail@pfchurch.com">mail@pfchurch.com</a>
Free Pantry	Grocery bag of dried goods	<b>Chatham</b>	2 <sup>nd</sup> Wednesday 9 am-12 pm	
Salvation Army Chatham	Appointment and walk in for services and food bank *Bring ID & proof of address	19 Raleigh Street, <b>Chatham</b>	Monday to Friday 9 am - 12 pm 1 pm - 4 pm	519-354-1430
Salvation Army Ministries	Pre-packaged meal for pick-up CALL TO ORDER A MEAL	46 Oranewood, <b>Chatham</b>	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of each month Pickup between 10 am and 6 pm	519-354-8353 <a href="mailto:church@chathamsa.org">church@chathamsa.org</a>
Spirit & Life Centre	Bagged Lunch / Soup Kitchen	184 Wellington St, <b>Chatham</b>	Fridays 11:15 am – 11:45 am	519-352-8530 <a href="mailto:stjoseph@dol.ca">stjoseph@dol.ca</a>
St. Agnes Church	Bagged lunch	52 Croydon St entrance <b>Chatham</b>	Thursdays 11:00 am -12:00 pm	519-352-9483 <a href="mailto:stagnes@dol.ca">stagnes@dol.ca</a>
St. Ursula & St. Joseph Conference	Pantry /Vouchers	184 Wellington St, <b>Chatham</b>	Friday 11:30 am -1:30 pm Must have proof of residency & ID for all family member	519-352-8530 <a href="mailto:stjoseph@dol.ca">stjoseph@dol.ca</a>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Victoria Ave / St Andrews United Churches	Pantry Gift Card vouchers 3 <sup>rd</sup> Tuesday of the month – every 60 days / family	Located at St. Andrews Church <b>Chatham</b>	Wednesday 10:30am –11:30pm <b>Vouchers issued</b> once every 2 months <b>(Every 60 days per person)</b> with ID Pantry available weekly for those in need	<a href="mailto:office@standrewschatham.org">office@standrewschatham.org</a>
<b>WALLACEBURG</b>				
Bethel Church	Eat In Only Supper	35 McNaughton Ave, <b>Wallaceburg</b>	4th Tuesday of the Month 5 pm – 6:00pm	519-627-6413 <a href="mailto:office@bethelwallaceburg.com">office@bethelwallaceburg.com</a>
First Baptist Church Helping Hands	Eat In Supper	99 Thomas Ave, <b>Wallaceburg</b>	3 <sup>rd</sup> Saturday of the month 5:00pm	519-627-6414 <a href="mailto:info@1stbaptist.ca">info@1stbaptist.ca</a>
Wallaceburg Drop-In Centre R.O.C.K. Missions (Formerly James St. Drop-in)	A place to enjoy a light meal and visit with others <b>ALSO OPEN DURING COLD WEATHER ALERTS</b>	1531 Dufferin Avenue (side door on Arnold St.), 2nd Floor, <b>Wallaceburg</b>	7 days / week 2pm – 5 pm	226-627-6163 <a href="mailto:reachoutchathamkent@gmail.com">reachoutchathamkent@gmail.com</a>
Knox Presbyterian Church	Soup Cellar Lunch Eat In Only	251 Duncan St, <b>Wallaceburg</b>	Every Wednesday 11:30 am – 12:30 pm	519-627-4367 <a href="mailto:knox251@hotmail.com">knox251@hotmail.com</a>
	Food Pantry (bring own bags)	251 Duncan St, <b>Wallaceburg</b>	Thursdays 10:30 – 11:30am	
<b>Knox Presbyterian Church</b>	<b>MERRY MINGLE</b>	251 Duncan St, <b>Wallaceburg</b>	<b>Friday February 2</b> <b>11:30 am - 1 pm</b>	<b>Sponsored by the Chatham Kent Community Health Centre</b>
Mom's Baby Cupboard	- 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 <a href="mailto:stjameswallaceburg@diohuron.org">stjameswallaceburg@diohuron.org</a>
Our Lady Help of Christians Church	Eat in only supper	422 Elgin Street, <b>Wallaceburg</b>	2nd Saturday of month 4:30 doors open	519-627-2013 <a href="mailto:cthompson@dol.ca">cthompson@dol.ca</a>
Salvation Army Food Bank Wallaceburg *Bring ID & proof of address	Appointments only	600 Lowe Ave, <b>Wallaceburg</b>	Call for appointment Tuesday – Friday	519-627-8257

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Trinity United Church	Eat In only supper	750 Wellington St, <b>Wallaceburg</b>	4 <sup>th</sup> Friday of the month 5:00 pm <b>**NOTE – no meals the months of July, August, and December</b>	519-627-1472 <a href="mailto:trinitywallaceburg@gmail.com">trinitywallaceburg@gmail.com</a>
Wallaceburg Christian Reformed Church	Eat-in Supper	150 Bruinsma Ave <b>Wallaceburg</b>	3 <sup>rd</sup> Tuesday of the month 5:00pm	519-627-7845 <a href="mailto:wallaceburg_crc@hotmail.com">wallaceburg_crc@hotmail.com</a>
Wallaceburg Free Pantries	Personal and Food items	Wallaceburg Library Park No Frills - <b>Wallaceburg</b>		
<b>Walpole Island Community Health Centre</b>	<b>MERRY MINGLE</b>	785 Tecumseh Rd <b>Walpole Island</b>	<b>Tuesday February 6 11:30 – 1 pm</b>	<b>Sponsored by CK Community Health Centre</b>
<b>BLLENHEIM</b>				
Blenheim Word of Life Church	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 –12	Call the church at 519-676-8036 to place your order <a href="#">Blenheim Word of Life Church</a>
Salvation Army Blenheim	Appointment and walk in for services and food bank *Bring ID & Proof of address	<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	Food and personal items	<b>Dresden</b> Community Church	Tues & Thurs 10am - 12 noon	519-683-6541 <a href="mailto:dcc@kent.net">dcc@kent.net</a>
Free Pantry	Food and Personal items	<b>Dresden</b> North Baptist Church	Call for appointment	Free Pantry – Follow <i>Dresden North Baptist Church</i> on Facebook
Harvest Markets CK	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 <a href="mailto:phill@visionus.ca">phill@visionus.ca</a>
<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

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES


Little Free Pantry	Food and Personal items	75 Main St East <b>Ridgetown Legion</b>		
<b>THAMESVILLE</b>				
Harvest Market CK	Fresh local produce (by donation)	<b>Thamesville</b> United Church 107 Elizabeth St	Thursdays 12:30pm – 2pm	Rhonda McLean through Phil Mock at <a href="mailto:phill@visionus.ca">phill@visionus.ca</a>
Thamesville United Church	Soup Kitchen	107 Elizabeth St <b>Thamesville</b>	5:00 – 7:00pm Last Wednesday of the month	
<b>TILBURY</b>				
Ashley's Place Follow on Facebook	Free soup and coffee or hot chocolate	75 Queen St. <b>Tilbury</b>	Saturday 11am -1:00pm	226-798-4592 (CK area)
Tilbury Information and Help Centre	Food Bank	26 Queen St, <b>Tilbury</b>	Call for Appointment: Tues to Friday: 9 am - 3 pm  Closed 12 - 12:30 pm daily	519-354-0430
<b>WHEATLEY</b>				
The Village Resource Centre – Food Pantry	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 Road East <b>Wheatley</b>	Mon, Wed. Thurs, Fri 9am – 5pm Tues 9am – 8pm; Sat 10am – 2pm  To request food assistance:	<a href="https://www.villageresourcecentre.ca/foodassistance">https://www.villageresourcecentre.ca/foodassistance</a> Main - (226) 484-1004 Cell - (519) 300-4101 <a href="mailto:info@villageresourcecentre.ca">info@villageresourcecentre.ca</a>
Harvest Market CK	Fresh local produce (by donation)	Village Resource Centre 108 Talbot Rd E, <b>Wheatley</b>	Saturdays 10am – 2pm	Susan Fulmer through Phil Mock at <a href="mailto:phill@visionus.ca">phill@visionus.ca</a>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

## GOVERNMENT SERVICES

Community Navigators	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	<p><b>CALL to book a virtual or in-person appointment</b></p> <p><b>In-person appt. available at other library branches upon request</b></p>	<p>In-person appointments available by appointment at:</p> <p><b>Chatham Library</b> Monday to Friday 10am-4pm</p> <p><b>Wallaceburg Library</b> Mon, Wed, Fri 10am-4pm Tues. &amp; Thurs. 1pm-4pm</p>	<p>Call 519-355-1380 8am – 4pm to book an appointment <a href="mailto:ckcn@chatham-kent.ca">ckcn@chatham-kent.ca</a></p>
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	<p>Program provides income support to CK residents with a disability</p> <p>*If in immediate financial need, application process to be initiated through the CK OW office (above)</p> <p>**If not in immediate financial need, the application can be made at the ODSP office</p>	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	<p>120 Wellington St <b>Chatham</b></p> <p>786 Dufferin Ave 2<sup>nd</sup> Floor <b>Wallaceburg</b></p>	Monday - Friday 8:30am - 4pm servicecanada.ca	<p>Link to online service request: <a href="#">Online Service Request</a> 1-800-622-6232</p>

# 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 0;"> <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>	<p><b>Chatham-</b> 315 King Street West CK Civic Centre</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-4:30 pm (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 (Wallaceburg)</p> <p>Mon – Fri 9 am- 5 pm (Tilbury)</p> <p>Mon – Fri 9am – 5 pm (Blenheim)</p>	<p>519-683-4268</p> <p>Same number for both Chatham and Dresden</p> <p>No appointment needed but recommended.</p> <p>519-627-2881</p> <p>519-682-2642</p> <p>519-676-5804</p>
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## 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 CALL 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><b>Westover Addiction Assistance - Crisis Intervention / emergency transportation Counsellors available 24 hrs/7days at 1-800-721-3232</b></p>		
<p>Alcohol Anonymous</p> <p>Narcotic Anonymous</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><b>AA</b> 519-360-5246 <a href="#">AA Chatham-Kent - District 15: Meetings</a></p> <p><b>NA</b> 1-888-811-3887 <a href="https://www.orscna.org/meetings">https://www.orscna.org/meetings</a></p>
<p>Chatham Kent Drug Awareness Council</p>	<p>Work with Community Partners to create awareness and strategies that help tackle substance misuse</p>	<p>Located at Family Service Kent <b>Chatham</b> Contact for further information</p>	<p>519-354-6221 241241 <a href="mailto:mcrew@familyservicekent.com">mcrew@familyservicekent.com</a></p>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

House of Sophrosyne	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	<a href="#">House of Sophrosyne</a> Chatham 226-627-0621  Sarnia 519-328-1683  Windsor 226-347-3957
Journeys Recovery Home	3-month residential recovery program for Men 18 years and older, intake after detoxification	20 Joseph Street <b>Chatham</b>	<b>Call for further details and programs</b>	226-506-4984 226-626-6684 519-351-5800
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>		519-627-5800
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
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 Ave, <b>Wallaceburg, ON</b> (Room 102)	Tuesdays 12:00pm-4:00pm	Clinic can be reached directly during hours of operation at 519-352-6400 extension 8311

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

<p>Pozitive Pathways Mobilization Unit</p>	<p>Harm Reduction Mobilization &amp; Education Needle Syringe Program – provides harm reduction education and distribution of supplies</p> <p>Delivers to Chatham every Friday from 11 am – 3 pm</p> <p>Orders must be placed by Wednesday</p>	<p>CK Public Health 177 King St <b>Chatham</b> Mon – Fri. 8:30 am -4 pm</p> <p>Chatham-Kent Community Health Centre 808 Dufferin Ave, <b>Wallaceburg</b> Mon, Tues, Thurs, Fri 9 am - 4:30 Wed 9 am – 8 pm</p>	<p>McIntyre ID Pharmacy 49 Talbot St, <b>Blenheim</b> Mon – Fri 9 am- 6 pm Saturday 9 am – 3 pm</p>	<p>519-257-9646 or email: <a href="mailto:harmreduction@pozpathways.com">harmreduction@pozpathways.com</a></p>
<p>Smoker’s Helpline</p>	<p>Indigenous-specific service for tobacco cessation assistance</p>	<p><b>ONLINE</b></p>	<p><a href="https://smokershelpline.ca/talktobacco/about">https://smokershelpline.ca/talktobacco/about</a></p>	<p><a href="#">Smoker’s Helpline Referral Form</a></p>
<p>STOP Program Smoking Cessation counselling Chatham Kent Public Health</p>	<p>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</p>	<p>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></p>	<p><a href="mailto:CKSmokeFree@chatham-kent.ca">CKSmokeFree@chatham-kent.ca</a> <b>Call for in-person programs in other communities of CK</b></p>	<p>For questions or other information call 519-352- 7270 x2488 or email</p>
<p>Walpole Island Community Services</p>	<p>Treatment of various addictions</p>	<p>1604 River Rd. <b>Walpole Island</b></p>	<p>Services in <b>Chatham-Kent, Sarnia- Lambton, and Windsor-Essex and open to all residents of Ontario</b></p>	<p>Call for more information 519-627-6163</p>
<p>Westover Treatment Centre</p>	<p>Treatment programs tailored to achieve lasting results; Residential and community-based programs; client- centred &amp; family-focused programming</p>	<p>2 Victoria St S <b>Thamesville</b></p>	<p>Services in <b>Chatham-Kent, Sarnia- Lambton, and Windsor-Essex and open to all residents of Ontario</b></p>	<p>519-692-5110 1-800-721-3232 <a href="http://westovertreatmentcentre.ca">westovertreatmentcentre.ca</a></p>
<p>Withdrawal Management Services (WMS)</p>	<p>10 bed inpatient program 3–7-day stays</p>	<p>Chatham Kent Health Alliance 80 Grand Ave W <b>Chatham</b></p>	<p></p>	<p>519-352-6400 x 6740</p>



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

CHILD AND YOUTH SUPPORT PROGRAMS			
Child & Youth Crisis Lines	<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>		
Chatham Kent EarlyON Child & Family Centres Call or check website for monthly program information	<p>EarlyON centres are spaces to learn, play and grow together, for children 0-6 years and their caregivers.</p> <p>They support the healthy development of young children, within safe and welcoming environments.</p> <p>They support community connections and culturally responsive programming with our Francophone and Indigenous partners.</p>	<p>Various locations including:</p> <p><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></p> <p>Or call: 1-866-720-7975</p>
Chatham-Kent Public Health Healthy Babies Healthy Children	<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>	Free, voluntary, home visiting program	<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>
Chatham-Kent Public Health Free Breastfeeding Classes and Support from Lactation Consultants	<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>	Free breastfeeding virtual classes and free in-person appointments with Lactation Consultants (home visits available)	<p>To sign-up for a breastfeeding class or to book an appointment with a Lactation Consultant call 519-352-7270 ext. 2903</p>
Chatham-Kent Public Health One Day at A Time	<p>A weekly support group for women with prenatal or postpartum anxiety or depression with children under 1 year of age</p>	Free weekly support group for prenatal or postpartum anxiety or depression	<p>To sign-up, call: 519-352-7270 ext. 2903</p> <p>Chatham-Kent Public Health One Day at A Time</p>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Chatham-Kent Public Health Building Healthy Babies	Reduce the risks of an unhealthy birth weight Get support with breast feeding Increase the health for mom & baby	Zoom session or drop-in sessions available at <b>Chatham locations</b>	Contact Chatham-Kent Public Health Unit	519-352-7270 ext. 2427
Chatham-Kent Youth Wellness Hub YWHO (Formerly: Access Open Minds)	Youth Mental Health Program Ages 12 – 25 yrs. Call for updated Monthly programs	140 King Street West <b>Chatham</b>	Monday to Friday 8:30 am to 5 pm	519-437-6329 <a href="https://www.youthhubs.ca">Chatham-Kent - Youth Wellness Hubs Ontario (youthhubs.ca)</a>
Children’s Treatment Centre of Chatham Kent	Speech/language pathology. occupational & physiotherapy services for child and youth. audiology services for all ages CK Fetal Alcohol Spectrum Disorder Supports, Co-ordinated service planning supports, ON Autism Program service; Adapted Rec progs.	355 Lark St <b>Chatham</b>	Monday & Thursday 8 am-5 pm Tuesday & Wednesday 8am-6 pm Friday 8am – 4pm	519-354-0520
Children’s Treatment Centre SmartStart Hub	Service for parents/caregivers who have concerns around their child/youth development Ages - birth to 19yr (or 21 for youth in school)	355 Lark St <b>Chatham</b>	Monday & Thursday 8 am-5 pm Tuesday & Wednesday 8am-6 pm Friday 8am – 4pm	519-354-0520
Humana Community Services	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	103-405 Riverview Dr <b>Chatham</b> <a href="https://www.humanacs.org">About — Humana Community Services (humanacs.org)</a>	Mon– Fri 8 am – 4 pm  Call for more information or to book an appointment	Child and Youth Mental Health 24/7 crisis line 519-354-4095  Call Cindy Crow at: 519-401-2945
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

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

<p>CK Youth Social</p>	<p>A thriving youth group offered in a safe, welcoming space A drop-in space that supports youth with social skills, recreation and learning life skills.</p>	<p>495 Grand Ave. West <b>Chatham</b>  Wallaceburg High School <b>Wallaceburg</b></p>	<p>Drop-in Monday – Thursday 2:45 – 6:00pm at the Linck cafeteria (Mon &amp; Wed are in Wallaceburg)</p> <div data-bbox="1615 277 2080 578" style="border: 1px solid black; padding: 5px;"> <p><b>BEGINNING MONDAY, JANUARY 8TH, 2024:</b></p> <p>DUE TO DEMAND OF SERVICE IN WALLACEBURG, CKYS WILL BE RUNNING THE FOLLOWING:</p> <p>MONDAY - WDSS (WALLACEBURG) TUESDAY - CHATHAM SITE (LINCK) WEDNESDAY - WDSS (WALLACEBURG) THURSDAY - CHATHAM SITE (LINCK)</p> </div>	<p><a href="mailto:yfec@linck.org">yfec@linck.org</a>  <a href="#">Youth Engagement &amp; Supports - Linck</a></p>
<p>Ska:na Family Learning Center</p>	<p>Indigenous-Led Family Programs EarlyON; Family Time stay &amp; play; special activities</p>	<p>25<sup>th</sup> Eighth Street <b>Chatham</b></p>	<p>Monday – Friday Office Hrs 9am – 5 pm Child Care hrs 7am – 5:30 pm</p>	<p>Call for various program times and dates 519-351-8785 <a href="#">Ska:na FLC on Facebook.</a></p>
<p>VON Kids Circle Program</p>	<p>Support group for children ages 4 – 18 years who are faced with bereavement or coping with a loved one’s illness</p>	<p>Kids’ Circle Program Co-ordinator 425 McNaughton Ave West <b>Chatham</b> <a href="#">Chatham Kent   VON</a></p>	<p>Call for times available</p>	<p>519-354-0430 ext. 291</p>
<p>Youth Centre – Blenheim Youth Centre</p>	<p>Provide youth 10-18 with after school &amp; summer programming Develop and strengthen their social and emotional skills</p>	<p>78 Marlborough St S, <b>Blenheim, ON</b></p>	<p><a href="#">Calendar – Blenheim Youth Centre</a> Follow <a href="#">FACEBOOK</a> page for regular updates and program hours</p>	<p>519-676-0207 <a href="mailto:info@blenheimyouthcentre.ca">info@blenheimyouthcentre.ca</a> <a href="https://blenheimyouthcentre.ca/">https://blenheimyouthcentre.ca/</a></p>
<p>Youth Centre – Tilbury Solid Rock Café Youth Centre</p>	<p>Provide youth 10-18 with a safe and enjoyable environment and programming, in which they can grow into positive, productive, and motivated adults</p>	<p>26 Queen St N <b>Tilbury, ON</b></p>	<p>Drop-in Tues / Thurs 5:30 – 9p.m. Follow them on FaceBook for regular updates and program hours</p>	<p>(519) 354-0430 x2 <a href="mailto:info@tilburysolidrockcafe.ca">info@tilburysolidrockcafe.ca</a> <a href="https://tilburysolidrockcafe.ca/">https://tilburysolidrockcafe.ca/</a></p>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

## DENTAL CARE HEALTH & SUPPORT PROGRAMS

Dental Clinics /programs Chatham Kent Public Health	Healthy Smiles –Youth 17 years and under <a href="https://www.ckphu.com">Healthy Smiles Ontario   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
	Senior Dental Care Program 65 years and over. Call to determine eligibility <a href="https://www.ckphu.com">Oral Health for Seniors   CK Public Health (ckphu.com)</a>			

## DROP IN WELLNESS AND SUPPORT PROGRAMS

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

**Warming Space at municipal locations in Blenheim, Chatham, Ridgetown, Tilbury & Wallaceburg (Mon-Fri 8:30am-4:30pm)** Their locations can be found at

<https://www.chatham-kent.ca/services/Pages/Contact-Us.aspx> or call 311 to inquire

**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

**Overnight Warming Centre - Hope Haven** 183 Wellington St Chatham **(Watch social media for extended hours) or check** <https://www.facebook.com/CKEandSS/>

**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
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# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Wallaceburg Drop-In Centre R.O.C.K. Missions (Formerly James St. Drop-in)	A place for fellowship and socialization, light snacks, coffee/tea, and conversation with peers Peer support for indigenous population	1531 Dufferin Avenue (side door on Arnold St.), 2nd Floor, <b>Wallaceburg</b> Above 7 Generations Indigenous Cultural Friendship Centre	7 days / week 1pm – 5 pm except Wednesday 1pm – 4pm	<a href="mailto:reachoutchathamkent@gmail.com">reachoutchathamkent@gmail.com</a> 226-626-8996 <a href="http://www.reachoutck.com">www.reachoutck.com</a>
Richmond St. Drop In R.O.C.K. Missions	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 Extended hours may be available in extreme weather	519-351-1450 <a href="mailto:reachoutchathamkent@gmail.com">reachoutchathamkent@gmail.com</a> Cell: 226-627-6163 <a href="http://www.reachoutck.com">www.reachoutck.com</a>
Sharing Circle - Dudes Club - 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

## LGBTQ2SIA+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="https://www.ckpride.com/calendar/month/2024-02/">https://www.ckpride.com/calendar/month/2024-02/</a>	Visit the website for information and calendar of events	<a href="mailto:info@ckpride.com">info@ckpride.com</a>
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>
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>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

MEDICAL HEALTH CLINICS, SUPPORTS & PROGRAMS				
Chatham Kent Community Health Centres	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:	150 Richmond St <b>Chatham</b> <a href="https://ckchc.ca/events/category/chatham-events/">https://ckchc.ca/events/category/chatham-events/</a>	Mon & Fri 9am-4pm Tues, Wed, Thurs.9am-8pm	
	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  <a href="https://ckchc.ca/programs-services/">https://ckchc.ca/programs-services/</a>	808 Dufferin Ave <b>Wallaceburg</b> <a href="https://ckchc.ca/events/category/wallaceburg-events/">https://ckchc.ca/events/category/wallaceburg-events/</a>	Monday – Friday 9am-4:30pm	<a href="https://ckchc.ca/">https://ckchc.ca/</a> Call for appointment & services <b>519-397-5455</b> Chatham Press 1  Wallaceburg Press 2  Walpole Island Press 3
		785 Tecumseh Rd. <b>Walpole Island</b> <a href="https://ckchc.ca/events/category/walpole-island-events/">https://ckchc.ca/events/category/walpole-island-events/</a>	Monday 9am-8pm Tues – Fri 9am-4:30pm	
Chatham-Kent Family Health Team	Groups sessions available including Cognitive Behavior Therapy; Healthy You Living Well with Chronic Conditions; Master Your Health	20 Emma Street <b>Chatham</b> <a href="http://ckfht.ca">Programs / Services (ckfht.ca)</a>	Call 519-354-2172 ext 3 for more information <a href="http://www.ckfht.ca">www.ckfht.ca</a>	
Chatham-Kent Health Alliance & Chatham Kent EMS Seasonal Care Clinic	Available for those with LOW acuity patients such as cough, cold and flu symptoms, and other minor ailments	Mobile Trailer located at the Emergency Department at the CKHA – <b>Chatham Location</b>	10am – 6pm daily See patients on a walk-in basis  <a href="http://www.ckha.on.ca/chatham-kent/seasonal-care-clinic/">www.ckha.on.ca/chatham-kent/seasonal-care-clinic/</a>	
Chatham-Kent Hospice	Offers end of life care for families in Chatham Kent	34 Wellington St. <b>Chatham</b>	Call the hospice Navigator at 519-354-3113 ext. 2101 <a href="http://www.chathamkenthospice.com">www.chathamkenthospice.com</a>	

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

From Here to There Nurse Concierge -Chatham & Ridgetown locations	Medical walk-in clinic Call to book an appointment or book online; costs involved to book an appointment	100 King Street W <b>Chatham</b>	Monday-Friday 9:00 am - 5:00 pm	226-799-2603 1-855-884-6638 toll free <a href="https://fhtt.ca/3ca66-doctors-our-clinic/">https://fhtt.ca/3ca66-doctors-our-clinic/</a>
		22 Main St <b>Ridgetown</b> inside Pharmasave	Monday - Friday 10:00 am-4:00 pm	226-798-4415 or book online at <a href="https://fhtt.as.me/ridgetown">https://fhtt.as.me/ridgetown</a>
Medical Drug Program Greenshield Cares Essential Medicines Program	Eligibility: Resides in Ontario; Employed; Ages 25 – 64; No access to private or public drug coverage; meet low-income eligibility Covers up to \$1000 per 12 months	Visit to determine Eligibility:		Call 1 888 348 5188
		<a href="#">GreenShield Cares About Essential Medicines</a> <a href="mailto:essentialmedicines@greenshield.ca">essentialmedicines@greenshield.ca</a>		
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	<b><u>TUESDAY</u></b> <b>Walpole Island Warming Centre</b> 770 Tecumseh Rd - <b>FEB 13<sup>th</sup> &amp; 27<sup>th</sup></b> <b>Wallaceburg Arena</b> 600 Wall St <b>FEB 6<sup>th</sup> &amp; 20<sup>th</sup></b>		
		<b><u>WEDNESDAY</u></b> <b>Blenheim Arena</b> 199 King St <b>FEB 7<sup>th</sup> &amp; 28<sup>th</sup></b> <b>Victoria Park Place</b> 215 Murray St <b>FEB 21<sup>st</sup></b> <b>Dresden Arena</b> 1212 North St <b>Feb 14<sup>th</sup></b>		
		<b><u>THURSDAY</u></b> <b>Thamesville United Church</b> 107 Elizabeth St – <b>Feb 8<sup>th</sup> &amp; 22<sup>nd</sup></b>		
		<b>Delaware Nation Community Centre</b> 14811 School House Ln <b>Feb 1<sup>st</sup> , 15<sup>th</sup> , &amp; 29<sup>th</sup></b>		
	Mental Health & Addictions Withdrawal Services Walk-in service Community Referrals Primary Care		Available at each location from 12 – 3 pm	1-866-299-7447 Answered 24/7
				<a href="#">MobileCare Chatham-Kent – Clinic on Wheels</a> <a href="http://mobilecareclinic.ca">mobilecareclinic.ca</a>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

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
Thamesview Family Health Team Care Programs	<b>Heart Buddies</b> pre/post heart event/surgery supports <b>Healthy You Lifestyle Grp</b> –Achieve better health through food choices and increased activity <b>Master Your Mood</b> – Cognitive Behavior Therapy <b>Hold Me Tight</b> – Relationship/Couple conversations for connections <b>After Support Group</b> – for those affected by death by suicide	Call for details and to register		519-354-0070 <a href="http://www.thamesviewfht.ca">www.thamesviewfht.ca</a>
Tilbury Walk in Clinic	Medical walk-in clinic – no appointment necessary	15 Mill St <b>Tilbury</b>	Monday - Friday 9 am-4 pm	519-682-3699
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
Windsor/Essex Community Health Centre	Chronic Disease / Self Management Program	<b>Programs available virtually to anyone across Ontario</b>	Contact directly for more information	1-855-259-3605 <a href="https://wechc.org/">https://wechc.org/</a>
<b>MENTAL HEALTH &amp; WELLNESS SUPPORTS &amp; PROGRAMS</b>				
<b>MENTAL HEALTH CRISIS LINES</b>	<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)Connex Ontario - Information about mental health, addictions &amp; problem gambling services in Ontario 1-866-531-2600Mental Health and Addictions Support available 24/7 CALL 811 or 1-866-797-0000 to speak to a registered nurse</b>  <b>Suicide Crisis Helpline Call or Text 988 24/7 across Canada</b>			



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Mental Health Network (Hope House) of Chatham Kent	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> Peer Support by appointment	519-351-3100 71 Raleigh St. <b>Chatham</b>	Monday - Friday 9 am - 4 pm – office hours  Mon – Friday 10 am – 2 pm Client drop-in hours	<a href="#">Mental Health Network of Chatham-Kent (mhnck.com)</a> 519-351-3100 <a href="mailto:sam@mhnck.com">sam@mhnck.com</a>
Canadian Red Cross	Friendly Calls – Age 18 years + To provide emotional support, encourage healthy coping strategies & suggest well being resources and community connections	Central Intake phone line  1-833-979-9776	Call 9am -5pm weekdays	<a href="#">Friendly Calls Program - Canadian Red Cross</a>
<b>SENIOR'S SERVICES AND PROGRAMS</b>				
Canadian Red Cross  Let's Go Home with Homeward Bound Program Ages 55+	A transition program from hospital services or admission to home includes ride home; 2 follow up rides to medical apt.; 4 days of frozen meals; light housekeeping/laundry; grocery/essential shopping; companionship/caregiver relief; referrals to community services; 4 – 6 visits for up to a 6-week period	Eligibility – planned or recent discharge from hospital or emergency; at risk for re-admission; needs assistance beyond what family can provide; or limited family/supports or lives alone	Referrals accepted from medical professional, family, friends , or self referral  Email: <a href="mailto:chatham@redcross.ca">chatham@redcross.ca</a>  Or call 519-352-2510	<a href="http://www.redcross.ca">www.redcross.ca</a>  Devin Andrews, Program Analyst <a href="mailto:devin.andrews@redcross.ca">devin.andrews@redcross.ca</a> 519-352-8839
Senior's Chat Line Ages 55 +	Free & confidential phone line for 55+ who want to chat; sponsored by the Ministry of Health	<b>Virtual only</b>	8 am – 10 pm daily	1-855-892-9992 <a href="http://www.friendlyvoice.ca">www.friendlyvoice.ca</a>
SMART (Senior's Exercise and Fall Prevention VON program	Delivered in rest and retirement homes and community locations	<a href="#">Chatham Kent   VON</a>	call for times and locations	519-352-5515 1-855-285-2990
St. Andrew's Residence Senior's Day Out Program	Offers an adult day program that includes a range of social, physical, and recreational activities, foot care, transportation, and a hot meal. *Minimal fee*	99 Park St. <b>Chatham</b>  547 North St. <b>Dresden</b>	Chatham Thurs. 9:30 am to 3:00 pm  Dresden Wed. 10:00 am to 2:00 pm	Brittany Whittington 519-354-8103 ext.248 <a href="mailto:bwhittington@standrewsresidence.com">bwhittington@standrewsresidence.com</a>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

FreeHelpCK	Free Meals for Seniors (referrals take from Red Cross) or self referral Senior Grocery Deliveries Delivery of seasonal dinners. Adopt a Senior Program – Turkey Dinner/ gift/ visits; daily calls as reminder to take medications or just a friendly visit	<p><b>Weekly meal delivery – Monday and Thursday</b></p> <p><b>Weekly grocery delivery - Tuesday</b></p> <p>For dates and times of programs , call to register or refer a senior in need</p>	<p>Call FreeHelpCK to register: 519-784-7857 (24/7) 226-494-0159 (office) 519-990-5178 (Geri)</p>
Telephone Assurance VON	Volunteers provide security checks via a 5-minute call to seniors in need	<a href="#">Chatham Kent   VON</a>	<p>Call Lauren Haggerty <a href="mailto:Lauren.haggerty@von.ca">Lauren.haggerty@von.ca</a></p> <p>226-627-0348</p>
Volunteer Visiting VON	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	<a href="#">Chatham Kent   VON</a>	<p>Call Lauren Haggerty <a href="mailto:Lauren.haggerty@von.ca">Lauren.haggerty@von.ca</a></p> <p>226-627-0348</p>
<b>ADDITIONAL COMMUNITY SUPPORT SERVICES &amp; PROGRAMS</b>			
<b>Additional Crisis Help Lines</b>	<p><b>Chatham – Kent Homeless Response Line 519-354-6628 available 24 hours a day 7 days a week</b></p> <p><b>Chatham Kent Health Alliance Crisis Service Chatham – 519-352-6400 EXT. 6050 Wallaceburg – 519-352-6400 EXT. 8151</b></p> <p><b>Chatham Kent Sexual Assault Crisis 519-354-8688</b></p> <p><b>Chatham Kent Victim Services 519-436-6630</b></p> <p><b>Chatham Kent Women’s Centre 519-351-9144</b></p> <p><b>Community Outreach Crisis Line 24/7 519-354-6360 or 1-800-265-0598</b></p>		
CK Bookable Workspace	Can be used free of charge Reserved for virtual and in-person meetings Room offers both phone and computer access	435 Grand Ave. W. <b>Chatham</b>	<p>Monday to Friday between 8:30am – 4:00pm for a maximum of 2 hours per day per person</p> <p>Contact a Community Navigator at 519-355-1380 or <a href="mailto:CKCN@chatham-kent.ca">CKCN@chatham-kent.ca</a></p>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

Alzheimer Society of Chatham Kent	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>  212 Elizabeth St, <b>Wallaceburg</b>	<b>FOR DAY PROGRAM:</b> Chatham 9:30 a.m. to 3 p.m. Monday – Saturday  Wallaceburg 9:30 a.m. to 3 p.m. Tuesday – Friday	519-352-1043 <a href="mailto:info@alzheimerchathamkent.ca">info@alzheimerchathamkent.ca</a> <a href="http://www.alzheimerchathamkent.ca">Alzheimer Society of Chatham Kent</a> 519-628-4229 Call or check website for monthly program information
Alzheimer Society of Chatham Kent	Care Partner Support Group	In Person at CK Community Health Centre 150 Richmond St, <b>Chatham</b>  Virtual Session - Zoom	First Wednesday of the Month  Third Tuesday of the Month	Call 519-352-1043 to register <a href="mailto:info@justasck.ca">info@justasck.ca</a>  Zoom link: <a href="http://shorturl.at/atyAK">http://shorturl.at/atyAK</a>
Chatham-Kent Public Library	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. Call Chatham 519-354-2940 or Wallaceburg 519-627-5292 to book at that branch.	<b>Chatham, Wallaceburg Blenheim, Dresden, Ridgetown Tilbury, Thamesville, Merlin, Wheatley, Bothwell, &amp; Highgate</b>	Follow this link for locations, hours, and phone contact for each branch <a href="http://www.ckpl.ca">CKPL website</a>	For programs at your local branch Click: <a href="http://www.ckpl.ca">CKPL website</a> <a href="http://www.ckpl.ca/quiet-pods">Quiet Pods (chatham-kent.ca)</a>
NeighbourLink	Grocery delivery, transportation, phone buddy program, wrap around support, Fans & Air conditioner requests taken	40 Centre Street <b>Chatham</b>	Tuesday - Thursday 9 am to 12 pm	519-352-5647 <a href="http://www.neighbourlink.ca">NeighbourLink CK   Non-profit   Chatham, Ontario</a>
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>	See website or call for programs <a href="mailto:info@newbeginnings-cksl.com">info@newbeginnings-cksl.com</a> Follow on Facebook for programs	519-351-0297



# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

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.

**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.

**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.

50 Adelaide St S,  
Chatham, ON

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

[Family Service Kent – support.  
empower. advocate.](https://www.family-service-kent.com/support-empower-advocate)

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)	<b>adVANtage:</b> 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	50 Adelaide St S, <b>Chatham, ON</b>	<b>Mon, Thurs, Fri 9am – 5pm</b> <b>Tues &amp; Wed 9am – 9pm</b> <b>Appointment ONLY</b> <b>No Walk-In service</b>	519 -354-6221 <b>Call this number for all services</b>  <a href="mailto:info@familyservicekent.com">info@familyservicekent.com</a>  <a href="https://familyservicekent.com/">https://familyservicekent.com/</a>
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	Services, events, workshops, & initiatives, safe and inclusive spaces ideas flourish, creativity thrives, and meaningful conversations take place.	530 Victoria Ave, Unit R, <b>Chatham</b>	Tuesday - Friday 9am - 5pm	<a href="#">Maximize Your Impact   Vision Us</a> info@visionus.ca
VON Services	Senior's Exercise & Fall prevention Supportive Care Volunteer Visiting Friendly Visiting Program Kid's Circle /Telephone Assurance Prog. Home Support Service / E-Homecare 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 <a href="#">Chatham Kent   VON</a>
Wheatley – The Village Resource Centre	A safe and sustainable location from which all community residents and businesses have equitable access to information, goods, and opportunity, through a variety of strong and reliable community partnerships. We offer a pay-it-forward food pantry that also provides food assistance to neighbours in need, professional offices, boardroom, and event spaces available for rent, an internet cafe with computers, internet, and printing, and more. Contact us for more information.	108 Talbot Road East <b>Wheatley</b>	Mon Wed Thurs Fri 9am - 5pm Tues 9am - 8pm Sat 10am - 2pm	Main - (226) 484-1004 Cell - (519) 300-4101 <a href="mailto:info@villageresourcecentre.ca">info@villageresourcecentre.ca</a>

# CHATHAM KENT COMMUNITY PROGRAMS AND SERVICES

## LEGAL SUPPORTS

Chatham Kent Legal Clinic	<p>Provide service/advice &amp; representation in Landlord/Tenant matters; CPP, OW, ODSP appeals; employment law; Human Rights in the Workplace; Criminal Injuries Compensation applications; Sexual harassment in the Workplace</p> <p><b>DO NOT help with</b> criminal, family, or property law; These matters are referred to the Private Bar, Lawyer Referral Service, the Legal Aid Office, Duty Counsel, or to other agencies as applicable</p>	455 Grand Ave E Unit 9 <b>Chatham</b>	<p>519-351-6771 Leave a message and your call will be returned <b>Clients must meet financial eligibility to qualify for this service and must be residents of Chatham-Kent</b></p>	<p>Walter Van de Kleut <a href="mailto:walter.vandekleut@cklc.clcj.ca">walter.vandekleut@cklc.clcj.ca</a> Executive Director/Lawyer Chatham-Kent Legal Clinic Phone: 519-351-6771 Fax: 519-351-8091 <a href="http://www.cklc.ca">www.cklc.ca</a></p>
Legal Aid Ontario	<p><b>Client Service Centre</b> for application and phone advice <span style="float: right;">1-800-668-8258 <a href="http://www.legalaid.on.ca">www.legalaid.on.ca</a></span></p>			
	<p><b>Duty Counsel Services &amp; Enhanced Duty Counsel</b> For those who qualify financially; located at the Courthouse &amp; through the Family Law Service Centre</p>	425 Grand Ave W <b>Chatham</b>	519-352-3518	
	<p><b>Family Law Information Centre</b> Family advice clinic</p>	519-355-2200		
	<p><b>Family Law Service Centre</b> Provides modest income families with family law matters - child custody, access, child support, and children's service matters</p>	519-352-3518		
	<p><b>Lawyer Referral Lists</b> List of lawyers who accept legal aid certificates are available at the Courthouse</p>	425 Grand Ave W <b>Chatham</b>	519-352-4245	
Ontario Landlord Tenant Board/Tribunal	Ontario's LTB resolves disputes between landlords and tenants and gives them information about their rights and responsibilities	<p><a href="#">Landlord and Tenant Board   Tribunals Ontario</a></p> <p><b>LTB tech support:</b> 416-212-9064</p>	<p><a href="#">TOP: Tribunals Ontario Portal   Tribunals Ontario</a> Accessing the Portal <a href="#">LTB: Forms   Tribunals Ontario</a> Accessing LTB Forms/application</p>	<p><b>LTB 1-888-332-3234</b> <b>TTY Bell Relay Service</b> 1-800-268-9242 <b>LTB Fax:</b> 1-833-610-2242 <b>LTB email:</b> <a href="mailto:ltb@ontario.ca">ltb@ontario.ca</a></p>