

Download the 2007 updated version of the

Where to Get Help for  
Substance Abuse, Mental Health  
Concerns and Concurrent Disorders in  
the Hamilton Area

Hamilton Drug and Alcohol  
Awareness Committee



[www.RUaware.ca](http://www.RUaware.ca)

Revised February 2007

Listings in this directory refer not only to help for substance use and abuse, but also to resources related to mental health issues.

Co-occurring disorders are common in the populations experiencing mental health and/or substance use and abuse symptoms and behaviors.

The following statement comes from the newly released (2006) publication from the: *Government of Canada, The Human Face of Mental Health and Mental Illness in Canada*, ([http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human\\_face\\_e.pdf](http://www.phac-aspc.gc.ca/publicat/human-humain06/pdf/human_face_e.pdf))

“The relationship between mental illnesses and problematic substance use is complex. For some people, mental health problems can be risk factors for problematic substance use; for others, problematic substance use contributes to the development of mental health problems.

Substance use, which is neither abuse nor dependence, may also interfere with the recovery of some people with mental illness and is therefore an important consideration in treatment. Substances may also interact with psychotropic medications, reducing their efficacy.”

**The Hamilton Drug and Alcohol Awareness Committee (HDAAC) have provided this document free of charge as a guide to assist you in finding services for your clients/patients. Services are provided by independent organizations and are not under our jurisdiction.**

Although care has been taken in preparing the information supplied in this resource directory, HDAAC does not and cannot guarantee the accuracy of it. The committee cannot be held responsible for any errors or omissions and accepts no liability whatsoever for any loss or damage howsoever arising. Should any agency or organization wish to be removed or added to the directory, or have content/description modified please contact us at [info@ruaware.com](mailto:info@ruaware.com)

The web site and resource manual does provide links to third party web sites. These links are used to provide further information and are not intended to signify that HDAAC endorses such web sites and/or their content. The committee takes no responsibility for any loss or damage suffered as a result of using the linked web sites or as a result of using the information published on any of the pages of the linked web sites.

\*To reference the information in this manual please use the table below:

Service Provider Website ★

Contact Hamilton ■

Direct Contact with the Agency ✂

Community Information Services ✱

Inform Hamilton ●

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Hamilton Men's Withdrawal Management Centre	905-527-9264	19
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Catholic Children's Aid Society of Hamilton	905-525-2012	12
Catholic Family Services of Hamilton (CFS)	905-527-3823	12
Children's Aid Society of Hamilton	905-522-1121	14
Fetal Alcohol Support Network	905-578-9091	18
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Contact Hamilton for Children's and Developmental Services	905-570-8888	<b>15</b>
Depression and Anxiety Information Resource and Education Centre	905-575-6013	<b>16</b>
Drug and Alcohol Registry of Treatment (DART)	1-800-565-8603	<b>17</b>
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Catholic Family Services of Hamilton (CFS)	905-527-3823	<b>12</b>
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Hamilton Program for Schizophrenia (HPS)	905-525-2832	<b>20</b>
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The Anxiety Treatment and Research Centre (ATRC)	905.522.1155 x 3697	<b>29</b>
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## **Aboriginal Community Health Centre – Native Canadians only ★**

678 Main St. E, Ste 200 Phone 905-544-4320 Fax 905-544-4247

Brantford location: (519) 752-4340 Website: <http://www.aboriginalhealthcentre.com/dedwada>

Hours: Mon – Fri 8:30am – 12:00pm & 1:00pm – 4:30pm

The health promotion and education program is dedicated to helping our clients and community members become active participants in their own health and wellness. We provide healthy lifestyle workshops, nutrition programs, wellness fairs and special events, presentations, consulting services, as well as a wide selection of health education resource materials.

## **Alcohol Drug & Gambling Assessment, Prevention and Treatment Service (ADAPT)★**

Burlington Galleria Mall Office: 777 Guelph Line, Unit 214, **Burlington**, ON Phone: 905-639-6537

Website: [www.haltonadapt.org](http://www.haltonadapt.org) E-mail: [adapt@haltonadapt.org](mailto:adapt@haltonadapt.org)

Community treatment services are comprised of a number of outpatient services. Services take place in individual counseling sessions averaging one hour per week and group sessions of 1.5 hours per week. Most of ADAPT's clients' needs can be met through our community treatment services such as; assessment and treatment planning, individual counseling, groups for those beginning to address a substance use problem, groups to help maintain abstinence, concurrent disorders group, services for family members, case management and follow up services. **Youth program:** early intervention and treatment services for youth up to the age of 19 and young adults up to age 24.

## **Addiction Treatment Clinic ●**

467 King St. W. Phone: 905-522-9002

The Addiction Treatment Clinic is a clinic specializing in methadone treatment and counseling for people addicted to opiates such as heroin, methadone, Oxycontin, opium, Percocet, Percodan, morphine, codeine, etc. Fees: Doctor's visits are covered by OHIP. The methadone is paid for by the customer or a drug insurance plan (if they have one).

## **Alanon Family Group – Alateen and Adult Children of Alcoholics ★**

Phone: 905-522-1733 Toll Free Phone: 1-888-425-2666 Website: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

For over 50 years, Al-Anon (which includes Alateen for younger members) has been offering hope and help to families and friends of alcoholics. It is estimated that each alcoholic affects the lives of at least four other people... alcoholism is truly a family disease. No matter what relationship you have with an alcoholic, whether they are still drinking or not, all who have been affected by someone else's drinking can find solutions that lead to serenity in the Al-Anon/Alateen fellowship.

## **Alcohol, Drug & Gambling Services (ADGS) ●**

21 Hunter St. E., 3<sup>rd</sup> floor Phone: 905-546-3606 TDD: 905-522-1787 (9:00 am – 4:30 pm)  
Fax: 905-546-3608

Mandated to improve the quality of care provided to people with alcohol, drug or gambling problems who in the City of Hamilton. (Male and Female/Aged 23 to 99 years of age)

Two programs are: The Alcohol & Drug Program serving adults over 23 years; The Problem Gambling Program serving people of all ages and their families.

Alcohol/Drug Program: assessment and referral, along with programs such as Drink-Wise, Older Wiser Lifestyles (OWL), remedial measures/Back on Track for people convicted of impaired driving, and structured relapse prevention The Problem Gambling Program provides public awareness and education regarding responsible and problem gambling through presentations in the community.

**Alcoholics Anonymous ★****Helpline: 905-522-8392**

627 Main St. E, Ste 205 Phone: 905-522-8399 24 Hr. Helpline: 905-522-8392  
Website: [www.aahamilton.com](http://www.aahamilton.com) e-mail: [info@aahamilton.com](mailto:info@aahamilton.com)

A schedule of local meeting locations, dates and times is available through the website

Our primary purpose is to stay sober and help other alcoholics achieve sobriety. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no fees or dues for AA membership. AA is not allied with any sect, denomination, political organization or institution.

**AY – Alternatives for Youth ✂**

Central Office: 100 Main St. E, Ste 110 Phone: 905-527-4469 Fax: 905-527-8291  
Website: [www.ay.on.ca](http://www.ay.on.ca)

Information, consultation and intake are available from Mon – Fri. 9 am to 5pm by calling the intake worker at the central office. There are 11 office sites across Hamilton with variable hours (including evening).

A variety of services are available for youth, 13-22 years of age, who are experiencing difficulties related to substance use. Support is also given to their families. Services include: information, consultation, assessment, counselling (individual/group/family) and treatment services. Information and consultation also available to other community professionals

Specialized services for street involved and homeless youth, pregnant and parenting youth and youth experiencing difficulties related to parent/caretakers substance use.

**Alliance for Sexual Abuse Program ★**

75 MacNab St. S., 2nd Flr., Ste 203 (YWCA) Phone: 1-800-470-2111 or Office 905-523-1020  
Website : <http://www.childabusecouncil.on.ca> E-mail [info@childabusecouncil.on.ca](mailto:info@childabusecouncil.on.ca)

The Alliance for Sexual Abuse Program (ASAP) is a unique, community based program designed to assist people whose lives have been affected by sexual abuse. The mandate of ASAP is to provide easily accessible, responsive, skilled and sensitive assistance to individuals and families who have been affected by sexual abuse. Available services include support, referrals, brief counselling and group treatment. ASAP also provides sexual abuse specific education, training and consultation to the community, including child welfare agencies, police and court services.

**Anxiety Disorders Clinic ★**

1200 Main Street W., McMaster University Medical Centre, Outpatient Psychiatry, 3G  
Phone: 905/521-2100 x76005 Fax: 905/521-2628 Website <http://www.macanxiety.com/referral.htm>

Intake Criteria: To be referred to the clinic, a family physician or another health care worker needs to contact the Intake Worker. Referrals accepted for consultation, treatment, or for participation in research studies. Between the ages of 12 to 65 years of age (children under age 12 will be considered on a case-by-case basis). Patients must have a primary DSM-IV diagnosis of anxiety disorder or related disorder. Patients with depression are accepted, however, the primary problem must be the anxiety disorder.

**Assertive Community Treatment (ACT) ●**

St Josephs Hospital, Community Psychiatric Services Main St. E. (& Emerald St.) Phone: 905-525-4273  
Fax: 905-525-4926

The Assertive Community Treatment program is aimed at those with a serious mental illness, usually those with Schizophrenia and Bipolar Disorder, low functioning levels, and heavy service use. Referrals are mainly through professionals, although referrals may be made by family and friends.

### **Banyan Community Services ★**

681 Main St. E. Phone: 905-545-0133 Grocer Ease: 905-545-1175

Website: [www.banyancommunityservices.org](http://www.banyancommunityservices.org)

Eligibility ages: 6 year(s) and up

Hours: Mon – Fri 8:30am – 4:30pm

Banyan Community Services is dedicated to improving the quality of life in our communities by providing support and leadership to a range of services to at risk children, youth, families, and seniors. Programs include: Camp Maple Leaf, Under 12 Outreach Program, Transformer Club & Girls Connection, George R Force Group Homes, Grocer-Ease, Banyan Community Care Foster Care, Peninsula Youth Centre, Arrell Youth Centre, William C Bain Youth Homes, and Youth Justice Intervention Program.

### **Big Brothers Big Sisters of Hamilton and Burlington ★**

639 Main St. E. Phone: 905-525-3860 Fax: 905-525-6444

E-Mail: [info@callbigbrothers.com](mailto:info@callbigbrothers.com) Website: [www.callbigbrothers.com](http://www.callbigbrothers.com)

Big Brothers/Big Sisters offers a variety of programs to meet the needs of children in our community. Our volunteers can enroll in a program that suits their lifestyle so that the ensuing friendship will be meaningful and fun! Eligibility: primary ages: 6 year(s) – 18 year(s).

### **Café Adonai ●**

40 Kenilworth Ave. N. Phone: 905-545-5553 Fax: 905-574-1688 Website: <http://cafeadonai.com>

Email: [barry@cafeadonai.com](mailto:barry@cafeadonai.com)

Café Adonai is a Christian, non-denominational charitable organization which is dedicated to meeting the needs of the local community. Services include: advocacy and counselling, free meal nights, biblical counselling and training, a youth recreation centre, and musical arts coaching.

### **Canadian Cancer Society Smoker's Help-Line ★**

Phone: 1-877-513-5333

Website: [http://www.cancer.ca/ccs/internet/standard/0,3182,3543\\_430909\\_636082\\_langId-en,00.html](http://www.cancer.ca/ccs/internet/standard/0,3182,3543_430909_636082_langId-en,00.html)

Service is provided to people thinking about quitting, have already quit and need support to remain smoke-free, as well as family and friends wanting to help a smoker quit. Free Service. [Smokers' Helpline Online](#) is interactive web-based service available 24/7 that offers additional support in quitting

### **Canadian Mental Health Association – CMHA ★**

182 Rebecca St. Phone: 905- 521-0090 Fax: 905-521-0211

Website: <http://www.cmhahamilton.on.ca> E-mail: [cmhahamilton@nas.net](mailto:cmhahamilton@nas.net)

INTAKE: Referrals are accepted from medical professionals, social service agencies, family members, or from the individual. At the time of referral, some general information will be requested and an intake appointment will be arranged. The purpose of this interview is to assess the individual's eligibility for the program and explain our services. Participation is on a voluntary basis.

The Hamilton Branch offers the following programs and services. Residential Skills Development Program, Baldwin Housing and Community Support Program, Community Enrichment Services, Evening Social Recreation Rehabilitation Program and Mental Health Court Support Services.

### **Catholic Children's Aid Society of Hamilton ★**

735 King St. E. Phone: 905-525-2012 Fax: 905-525-5606  
Emergency After Hours: 905-522-8053 Website: <http://www.hamiltonccas.on.ca/>

Guided by Catholic values and teachings; a fundamental belief in strengthening families; and the mandate of the laws of Ontario, the mission of the Catholic Children's Aid Society of Hamilton is to protect and advocate for the well-being of children within the "New" City of Hamilton.

Mandates are;

To investigate allegations and or evidence that children, who are under the age of sixteen or who are in its care, may be in need of protection,

To protect, where necessary, children who are under the age of sixteen or who are in its care or under its supervision,

To provide guidance, counseling and other services to families for protecting children or the prevention of circumstances requiring the protection of children,

To provide care for children assigned or committed to its care,

To supervise children assigned to its supervision, and to place children for adoption.

### **Catholic Family Services of Hamilton (CFS) ★**

447 Main St. E., Unit 201 Phone: 905-527-3823 Fax: 905-546-5779  
Website: <http://www.cfshw.com> Email: [intake@cfshw.com](mailto:intake@cfshw.com)

Catholic Family Services of Hamilton (CFS), guided by Catholic values and principles, exists so that the quality of life of all individuals and families in our diverse community is improved and strengthened. We serve all individuals regardless of their faith.

Individual and family counselling, case management, advocacy, counselling and support to adults with developmental disabilities. CFS provides case management and/or family counselling to families of children with complex needs who have a developmental disability and/or mental health concerns. Programs include: Men's Anti-Violence and Abuse Program, Seniors Intervention and Support Program, Senior Peer Counselling, and a residential and day program for pregnant and parenting teens.

### **Catholic Youth Organization (CYO) ★**

45 Frid St., Suite #1 Phone: 905-528-0011 Fax: 905-528-9955  
Website: <http://www.cyo.on.ca/index.html> E-Mail: [cyo@cyo.on.ca](mailto:cyo@cyo.on.ca)

Rooted in Catholic values and participating in the mission of the Church, the Catholic Youth Organization (C.Y.O.) serves children, teens and families through these programs and services: provides training, resources and consultation to parish communities to assist in the development of Youth Ministry initiatives, provides specific programs to children, teens and families in Youth Ministry (camping and athletics), provides Christian Leadership development programs for teens, and creates opportunities for teens to share these skills. C.Y.O. ensures that marginalized children, teens and families have access to all of their programs and services.

### **Centre de santé Communautaire Hamilton/Niagara ★**

CSC Hamilton 460 Main street east, 2<sup>nd</sup> floor Hamilton (Ontario Tel: 905-528-0163 Fax: 905-528-9196  
Web site: <http://www.centredesantecommunautaire.com/english.htm> Email: [cschn@iaw.on.ca](mailto:cschn@iaw.on.ca)

The Francophone Community Health Centre Hamilton/Niagara– in French, the “Centre de santé communautaire”- was established in 1992. Our Centre is a multi-service agency providing health and social services to French-speaking clients at our two sites: in Welland, serving the Niagara region, and in Hamilton serving the new city of Hamilton.

Our programs and services have a particular emphasis on prevention and health promotion achieved through the provision of information and education. Services vary slightly between Hamilton and Welland according to the needs and resources in each community.

### **Centre for Addiction and Mental Health ★**

20 Hughson St S, Ste 804 Hamilton, ON Info Line: 905-525-1250 Support Line: 1-800-463-6273  
Website: <http://www.camh.net>

Staff works with community partners to enhance the capacity and quality of services and systems to prevent and reduce harm associated with addiction and mental health problems. Contributions are wide-ranging involving prevention and health promotion, harm reduction, treatment and support programs. Staff provides expertise, resources, knowledge and skills regarding addictions, mental health, policy development, systems planning, evaluation consultation, community training, research, program development, health promotion and prevention programs, and advocacy.

### **Centre for Mountain Health Services ★**

100 West 5<sup>th</sup> St Hamilton, ON Office Phone 905-388-2511 Fax: 905-381-5601  
Website: <http://www.stjosham.on.ca/cmhs/default.htm>

St. Joseph's Centre for Mountain Health Services (formerly Hamilton Psychiatric Hospital) is home to the regional specialized Mental Health Services for Central South. We are a specialized tertiary care centre dedicated to the service of individuals suffering with a severe mental illness, their families and their community. Acquired Brain Injury Program ; Community Liaison Program ; Community Schizophrenia Service ; Forensic Services ; Geriatric Psychiatry Program ; Mental Health and Wellness Resource Centre ; Mental Health Rehabilitation Services ; Mood Disorders Program ; Schizophrenia Services

### **Chedoke Hospital Seniors Health Division ■**

Wilcox Bldg 565 Sanatorium Rd, 2<sup>nd</sup> Flr Hamilton, ON Office 905-521-2100 Ext 73422/77960  
Fax 905-521-2359 Website: [www.hamiltonhealthsciences.ca](http://www.hamiltonhealthsciences.ca) Email: [rossb@hhsc.ca](mailto:rossb@hhsc.ca)

Operates as an outpatient rehabilitation program to help elderly persons reach and maintain a level of physical and mental health that will enable them to remain in the community. Services include: assessment, treatment and health education.

Referral may be made by any health care professional in collaboration with the patient's family physician. All referrals are processed through the Central Intake Office.

### **Child and Adolescent Services ○**

905-570-8888 (Contact Hamilton)

Child and Adolescent Services exists to assess and treat children ages 2 - 18 years with behavioural and emotional difficulties who live in the city of Hamilton. The program runs out of various locations throughout the city and referrals are processed through Contact Hamilton at 905-570-8888. Services include: Integrated Assessments of Young Offenders; Fire Risk Assessments; Sexual Offender Assessments, Child and Family Intervention: family therapy, play therapy, individual therapy, and group therapy. Focus on high risk and traumatized children and adolescents through a specialized trauma program, Consultation to community groups and interagency collaboration, Brief Therapy Services

### **Childhood Sexual Abuse (Adult Male Survivor peer support group) ○**

Peer Support Group for "Adult Male Survivors of Childhood Sexual Abuse"  
Monday evenings at 7:00 pm 627 Main Street, East, Suite 100 Hamilton, ON  
Confidential Office Line: 905-527-8338 Email: [health@mountaineagle.ca](mailto:health@mountaineagle.ca)  
\*\* Must be male and 18 years of age or older.

**Children's Aid Society of Hamilton ★ After Hours: (905) 522- 8053 (emergencies only)**

The Children's Aid Society of Hamilton P.O. Box 1170, Depot 1 (26 Arrowsmith Rd.) Hamilton, ON  
Phone: (905) 522-1121 Fax: (905) 572-6465 e-mail enquiries: [info@hamiltoncas.com](mailto:info@hamiltoncas.com)  
web site [www.hamiltoncas.com](http://www.hamiltoncas.com)

\*\* Please direct all child welfare concerns to our office using one of the above telephone numbers or you can attend the agency's office. Any referrals/reports of concern should not be sent through the above e-mail address. \*\*

Protection Services provides services and support to families experiencing difficulty with issues related to parenting and children who are in need of protection or support due to difficulties in the home environment. These families may be involved with the Society on a voluntary basis, or services may be ordered through the court. Children in these families may be residing in their own homes, with extended family or friends, or in foster care.

Child Protection Workers assist these families through supportive counseling and connection to appropriate community services. Numerous resources can be made available to families to assist in problem solving and support. The Parent Support Program, Family Management Program and the Health Specialist, are in-house support services available to assist parents and children directly, within their own homes. These programs provide assistance with parenting, behaviour management, nutrition, infant care, health care, development and general household management.

**Children of Substance Abusing Parents (COSAP)**

See: Alternatives for Youth, Page 8

**Cocaine Anonymous (CA) ★ Help Line 1-866-622-4366**

"Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution. We do not wish to engage in any controversy and we neither endorse nor oppose any causes. Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom. We use the Twelve Step Recovery Program, because it has already been proven that the Twelve Step Recovery Program works."  
Hamilton meetings: <http://www.ca-on.org/meetings.html#Hamilton>

**Community Child Abuse Council of Canada (5 yrs & up) ●**

YWCA 75 MacNab St S, Suite 203 Hamilton, ON Office Phone 905-523-1020 Fax 905-523-1877  
Website [www.childabusecouncil.on.ca](http://www.childabusecouncil.on.ca) E-mail [info@childabusecouncil.on.ca](mailto:info@childabusecouncil.on.ca)

The Community Child Abuse Council provides child abuse and violence prevention, education and treatment programs. The Mission of the Council is to reduce the incidence and impact of child abuse and promote the safe and healthy development of children. The Vision is to create a community free of child abuse.

**Community Information Services ●**

Community Information Service Hamilton 55 York Boulevard Box 2700, Hamilton, ON  
(Hamilton Public Library) Phone: 905-528-0104  
Website: [www.cishw.on.ca](http://www.cishw.on.ca) Email: [info@cishw.on.ca](mailto:info@cishw.on.ca)

Community Information Service Hamilton links people with community and government services and resources.

## Community Enrichment Services ★

182 Rebecca Street Hamilton, Ontario Phone: (905) 521-0090 Fax: (905) 521-0211

Website: <http://www.cmhahamilton.on.ca/programs%20and%20services.htm> Email: [cmhahamilton@nas.net](mailto:cmhahamilton@nas.net)

Community Enrichment Services is a community-based program offering counselling through case management services to individuals with serious mental illness. Social work staff assesses each person's mental status, needs, and abilities to assist the individual in developing a plan and setting realistic goals. Skills training, referrals to valuable community resources, and advocacy are provided when necessary.

**ELIGIBILITY:** Individuals with a diagnosis of a serious mental illness who are 16 years of age or over.

Must have medical support, i.e., family physician or psychiatrist. Individuals with a history of drug/alcohol abuse must be involved in a recognized treatment program. Individuals must reside in the City of Hamilton.

**INTAKE:** Referrals are accepted from medical professionals, social service agencies, family members, or from the individual. At the time of referral, some general information will be requested and an intake appointment will be arranged. The purpose of this interview is to assess the individual's eligibility for the program and explain our services. Participation is on a voluntary basis.

## Community Mental Health Promotion ○

**IntAc 905-528-0683.**

This multidisciplinary/multiagency team provides case management and street outreach services. Case management services with a psychosocial rehabilitative/recovery focus are available to adults living with a diagnosed serious and persistent mental illness. Street Outreach services are available to adults who live with a mental illness and are homeless.

Services are offered to people where they live: in private homes, residential care facilities, hostels or on the street. The team works together with clients to support them in accessing social, housing and health services.

Referrals to either the case management or the street outreach services can be made by calling IntAc 905-528-0683.

The Community Mental Health Promotion Program and Street Outreach service does not provide mental health crisis services - for crisis services contact COAST 905-972-8338 or the Police (911). For Community Treatment Order Referrals contact 905-388-2511 Ext 3621. For Mental Health Court Support Service or Canadian Mental Health Association Supportive Housing and Community Support contact 905-521-0090.

## Contact Hamilton – for Children's and Developmental Services ■

Contact Hamilton for Children's and Developmental Services 140 King Street East, Suite 4  
Hamilton, Ontario Phone: (905) 570-8888 Fax: (905) 522-6957

Website: <http://www.contacthamilton.ca/contact.htm> E-mail: [info@contacthamilton.ca](mailto:info@contacthamilton.ca)

Contact provides a central information and referral function for local children and youth (0-18 years) with behavioural, emotional and developmental concerns, and also for adults with developmental (intellectual) disabilities. Contact's resource coordinators complete an intake process with the person/family to determine what the service needs are, provide information about services available within the community, and refer people to the most appropriate service. The intake information is forwarded to the agencies, avoiding the need to repeat information.

Contact Hamilton also:

Serves as a resource to physicians, schools and health/social service professionals. Works with community agencies to coordinate wait lists, ensuring that access to service is fair and based on need. Coordinates a resolution mechanism (to address highly complex and/or urgent situations) Coordinates the Residential Placement Advisory Committee, a legislated process that reviews children and youth in residential treatment programs. Is responsible for developing a community service plan to identify system trends, issues, gaps, pressures and areas for improvement. The plan is developed in partnership with the community and is provided to the provincial government (Ministries of Community and Social Services and Children and Youth Services). Administers Passport, an initiative for individuals who have a developmental disability and who have left school and are seeking community participation supports. A physician's referral is not required.

**Crisis Outreach and Support Team – COAST****Crisis Line 905-972-8338**

Website: <http://www.coasthamilton.ca/>

Youth Services: We are a mobile crisis team, consisting of Child & Youth Crisis Workers who are connected to a variety of mental health and social service agencies that will be able to help you in a crisis situation. The COAST Child and Youth Program provides service to children and youth 17 years and under who reside in the Hamilton, Ontario area.

Adult Services: COAST is a program funded by the Ministry of Health, Community Investment Fund. COAST provides crisis services to residents of Hamilton-Wentworth. COAST has the support of a variety of mental health and social service agencies.

**Dawn Patrol**

82 Victoria Avenue S Hamilton, Ontario Tel: 905-526-9529 Fax: 905-526-7852

Website: <http://www.dawnpatrol.on.ca/>

Since its incorporation, Dawn Patrol CYS has owned and operated many residential services in the Hamilton community, using both parent-model and staff-model programming. Residents have been referred to our services from child welfare agencies, courts, probation services, other child & youth serving agencies, and privately. Now in our fourth decade, Dawn Patrol CYS continues to work with children, youth, and families involved with the youth justice system. In 2000, with the change in our name, we have broadened our mandate to provide more extensive community-based services and to include prevention and early intervention initiatives.

Our Mission is to improve justice for children and youth by:

Reducing the risks that make children vulnerable to criminal activity & promoting the resiliencies that protect them from criminal activity.

Providing ethical and therapeutic programs that rehabilitate and develop personal accountability & responsible behaviour in children and youth. Sharing timely, accurate, and relevant information & research with all stakeholders in the child and youth justice system.

**Depression and Anxiety Information Resource and Education Centre**

50 Charlton Ave E Hamilton, ON Office Phone: 905-575-6013 Fax: 905-575-6054

Website: <http://www.psychdirect.com> E-mail: [direct@mcmaster.ca](mailto:direct@mcmaster.ca)

The Resource Centre provides information on diagnosis, course of treatment and family and social issues that people with depressive disorders, their families, and supporting health professionals need. The information assists early, accurate diagnosis and the best treatment possible. The Centre is sponsored by McMaster University and the Hamilton Psychiatric Hospital.

**Discovery House**

Mission Services 325 James St N Hamilton, ON Office Phone 905-528-7635 Fax 905-521-9995

Website: <http://www.mission-services.com> E-mail : [mensresidence@mission-services.com](mailto:mensresidence@mission-services.com)

Discovery House located within Men's Residence, is operated by our professionally trained staff to offer stability and to encourage plans for the future, often when no hope exists due to addictions or mental health issues. Through our creative and innovative pre-treatment program, our staff provides an environment of compassion, caring and encouragement. This program has been recognized by its provincial peers for its role in assisting people to return to the community.

**Distress Centre Hamilton****(905) 525-8611**

Offers 24 hour telephone support, crisis intervention, and referral to other agencies where appropriate, for people in distress. Serviced by trained volunteers.

## **Drug and Alcohol Registry of Treatment (DART) ★**

The Drug and Alcohol Registry of Treatment (DART) provides a number of products and services designed to assist in making the Ontario addictions treatment system more efficient and accessible. The provision of these products and services stems from DART's unique computerized database of Ontario addiction treatment organizations.

Call the Drug and Alcohol Treatment Infoline 1-800-565-8603

Or Search online at <http://www.dart.on.ca/>

## **Dual Recovery Anonymous ★**

Website: <http://www.draonline.org/index.html>

Dual Recovery Anonymous™ is a 12 Step self-help program that is based on the principals of the Twelve Steps and the experiences of men and women in recovery with a dual diagnosis. The DRA program helps us recover from both our chemical dependency and our emotional or psychiatric illness by focusing on relapse prevention and actively improving the quality of our lives. In a community of mutual support, we learn to avoid the risks that lead back to alcohol and drug use as well as reducing the symptoms of our emotional or psychiatric illness.

People who have a dual illness recognize that it cannot be divided into simple and separate parts. They acknowledge that while they do find support for aspects of their illness from many various 12 Step groups, they also need a group in which they can look at their total illness and recovery needs. Dual Recovery Anonymous was formed specifically to address the needs of individuals who had two no-fault illnesses: an emotional or psychiatric illness and chemical dependency.

## **East Region Mental Health Services, Self Esteem Group for Women ●**

Intake Group Secretary 905-573-4801

This group is for adult women, 18 years and over, who are experiencing low self-esteem. Among the objectives of the program is for the participants to feel more in control of their lives.

These peer-led groups have discussions and activities related to aspects of self esteem including:

Effective communication, assertiveness, resolving anger, taking care of yourself, body image, making connections

Each of the 10 sessions is two hours in length and takes place once a week.

## **East Region Mental Health Services ★**

2757 King St E Hamilton, ON Intake Worker 905-573-4801 Fax 905-573-4802

Website: [www.stjosham.on.ca/mentalhealth/eastreg.htm](http://www.stjosham.on.ca/mentalhealth/eastreg.htm) E-Mail: [khildret@stjosham.on.ca](mailto:khildret@stjosham.on.ca)

A call to the Intake Coordinator begins the referral process. A Family Physician, community agency or the person themselves can refer to ERMHS. Self-referrals are encouraged to involve their family physician in the process.

East Region Mental Health Service (ERMHS) is located at the Center for Ambulatory Health Services in the East End of Hamilton. The program offers assessment and treatment of clients with a serious mental health issue who are over the age of 16 who live in the Stoney Creek area and the east end of Hamilton. ERMHS strives to provide innovative client centered mental health services with a focus on wellness.

ERMHS is designated as French language and we provide tapes and educational literature in French as well as clinical services.

## **Elizabeth Fry Society ★**

293 Wellington St N, Ste 111 Hamilton, ON Office Phone 905-527-3097 Toll Free Phone 1-866-216-3379

Fax 905-527-4278 Website: [www.elizabethfry.ca](http://www.elizabethfry.ca) E-mail: [elizabethfryed@bellnet.ca](mailto:elizabethfryed@bellnet.ca)

The purpose of the Elizabeth Fry Society is to assist individuals in conflict with the law or at risk of coming into contact with the law support by providing counselling, educational and preventative services and advocating on behalf of individuals involved in the criminal justice system. The services are primarily for women.

**Emerald Street Treatment Centre** ★

24 Emerald St S Hamilton, ON Website [www.stleonards.ca](http://www.stleonards.ca) E-Mail [greenbyte@cogeco.net](mailto:greenbyte@cogeco.net)

This facility houses a 28 bed Substance Abuse Treatment Program for male offenders released on conditional discharge from Federal correctional institutions. The program is designed to confront and curtail attitudes and habit forming behaviour antecedent to, and supportive of, abuse of alcohol and/or drugs through:

- Education  Group therapy  Individual counselling  Self reflective exercise
- Guided discussion, with focus on cognitive and social skills training

**Emergency Psychiatric Team (EPT)** ★

Website: <http://www.stjosham.on.ca/mentalhealth/clpands.htm>

Emergency Room Triage and Emergency Psychiatric Assessment Unit (ER & EPAU)

The Psychiatric Emergency Service (PES) at St. Joseph's Hospital consist of the Emergency Psychiatry Team (EPT) and the Emergency Psychiatry Assessment Unit (EPAU). EPT and EPAU work together to provide compassionate care that respects the dignity and privacy of all persons receiving emergency psychiatric care. EPT refers to the clinicians and psychiatrists who assess and treat persons with acute mental health problems. It has been a city-wide program since 1992 and currently sees over 350 people each month. EPT only sees people who have been referred by an emergency room doctor or a family doctor. EPT provides training for many students in the health care professions. The staff in EPT work with clients to ensure they receive the most appropriate care.

**Espace Entre-elles** ★**Crisis Phone Fem-aide 24 Hrs: 1-877-336-2433**

460 Main St E, 2nd Flr Hamilton, ON Office Phone 905-528-0163 Fax 905-528-9196

Website [www.centredeasantecommunautaire.com](http://www.centredeasantecommunautaire.com) E-Mail: [cschwn@iaw.on.ca](mailto:cschwn@iaw.on.ca)

Espace Entre-elles is a program of the "Centre de santé communautaire Hamilton/Niagara" (Francophone community health centre Hamilton/Niagara). The program is directed to French-speaking women with services on issues related to domestic violence, sexual assault, discrimination, support and well-being, etc.

- Transition support program for women victims of violence  Support services for victims of sexual assault
- 24 hr/7 days phone line "fem-aide" (in collaboration with regional Francophone agencies)  Individual counselling  Support groups for women  Public education on different issues related to violence  Self-defence course INSTINCTS for girls and women  Screening of abuse  Legal clinic (provided by Legal Aid Ontario)  Referrals to external resources  Women's Advisory Committee

All services are free and confidential. Ages: 16 year(s) and up

**Family Mental Health Support Network** ○

193 James St S Hamilton, ON Office Phone: 905-777-9921 Fax 905-523-8345

The Family Mental Health Support Network is a resource centre that provides callers with information concerning: Mental Health Support and Self-Help Groups - Community Services and Programs  
Mental Health Advocacy Initiatives - Family Education Opportunities

**Fetal Alcohol Support Network** ○

FAS World Hamilton and District WHEN: 10 a.m. last Saturday of each month

WHERE: Philpott Memorial Church 84 York Blvd. Hamilton, ON. (across from Copp's Coliseum, parking at the back of the church)

CONTACTS: Ron & Carolle Twiss - 905-632-8036 Martha & Rick Bradford - 905-578-9091  
Barry & May Stanley - 905-849-3860

**Gamanon (for family and friends of compulsive Gamblers) ○**

905-544-4204

A non-professional self-help support group for family and friends of those with compulsive gambling problems. This group is held at the same time and location as the main program but in a different room. The program is for family and friends only. The group is peer led. E-mail [skylinerocks@hotmail.com](mailto:skylinerocks@hotmail.com)

**Gamblers Anonymous ○**

c/o Ryerson United Church 842 Main St E Hamilton, ON 905-541-0829 or 905-544-4204  
Email: [skylinerocks@hotmail.com](mailto:skylinerocks@hotmail.com)

A non-professional self-help group for those with gambling problems. Provides a support group for family and friends of compulsive gamblers who need support and information on the compulsive gambler problem. The group is peer led.

GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

**Good Shepherd Men's Centre ★**

135 Mary Street, Hamilton, ON 1: 905-528-9109 Fax: 905-546-1743

Website <http://www.goodshepherdcentres.ca/mens.htm>

**Services Offered**

- Emergency overnight accommodation for up to 60 men which includes meals and laundry services.
- Case management and referrals to appropriate community resources
- A hot meal program for anyone in need (Mon. – Sat., 3:30 – 4:45 p.m.)
- A trusteeship program for clients who need help managing their finances (ie: budgeting; payment of rent, utilities, and debts) which helps them stay housed

Good Shepherd Centres is a charity located in Hamilton, Ontario whose mission is to serve the poor, vulnerable and less fortunate among us. We strive to provide a continuum of supports to all in need ranging from emergency food and shelter through referral and counselling services to palliative care.

**Hamilton Men's Withdrawal Management Centre (Detox) ★ Crisis 905-527-9264**

595 Main St. E., just east of Sanford Avenue South. Phone: (905) 527-9264

Men aged 16 years or older, who are intoxicated, in withdrawal, or are otherwise in crisis due to alcohol and/or drug use can stay at the centre. Clients must be conscious, ambulatory and medically stable upon admission.

**Services provided**

The centre is a non-medical facility. Qualified staff monitor clients and refer to medical care as appropriate. Support, safety and care are offered through the acute stages of intoxication, withdrawal and crisis. Nutritious meals, laundry facilities, and a warm comfortable environment are provided throughout. Clients participate in day-to-day activities and routines. Various groups are provided to support clients in their decisions regarding addiction issues. 12 step groups are offered as a component of service. Weekly groups include the "Roads to Recovery" program facilitated by our dedicated volunteers for clients and their significant others. Comprehensive assessment and treatment planning are offered. The provincial standardized tools are implemented in this process. Referrals can be made to a number of community agencies, including other addiction services, housing, mental health and other supportive organizations. Phone support and information is available 24 hours for past, or potential clients, community service providers, stakeholders, and family and friends.

[http://www.hamiltonhealthsciences.ca/webpage.cfm?site\\_id=2&org\\_id=1&morg\\_id=0&gsec\\_id=2600&item\\_id=2600](http://www.hamiltonhealthsciences.ca/webpage.cfm?site_id=2&org_id=1&morg_id=0&gsec_id=2600&item_id=2600)

### **Hamilton program for Schizophrenia** ○

350 King St E, Ste 102 Hamilton

Office Phone 905-525-2832 Website [www.hpfs.on.ca](http://www.hpfs.on.ca)

HPS is a specialized, comprehensive, community-based psychiatric and rehabilitation program for adults with schizophrenia. Services include a focus on: Housing Assistance Life Skills Training Social Skills Training Vocation Rehabilitation

### **Hamilton Regional Indian Friendship Centre** ○

712 Main St E Hamilton, ON Office Phone 905-544-4320, Fax 905-544-4247,

Hours: Mon - Fri 8:30am - 12:00pm & 1:00pm - 4:30pm

The Hamilton Regional Indian Centre provides quality, culturally sensitive programs and services for the betterment of the Native population in the City of Hamilton. Numerous services are available, combining cultural, social, educational and recreational components in the program delivery. Programs include:

Life Long Care - Aboriginal Employment Support - Aboriginal Healing and Wellness Alternative Upgrading - Criminal/Family court work - Aboriginal Family Support - Adult Literacy - Canada Prenatal Nutrition Program - Aboriginal Alcohol and Drug - Traditional Teachings, Seminars, Native Language classes, Elders Program Seventh generation Youth Program - Patient Advocate - Computer lab with instruction

### **Hamilton Urban Core Community Health Centre** ★

71 Rebecca Street, Hamilton, Ontario, Telephone: (905) 522-3233 Fax: (905) 522-3706

Web site: <http://www.hucchc.com/>

Hamilton Urban Core Community Health Centre uses an interdisciplinary approach to medical and social services. We work with individuals and families, and assist in addressing issues that effect their health.

Outreach is an integral part of the centre's services. We are able to meet people at their homes or in the community. We offer educational programs at schools and other agencies to promote health and well being.

Primary health care services, Counseling Oral health, Chiropody Peer Support Groups, Community kitchens, Advocacy information sessions, Mental Health Integration Project (M.H.I.P)

### **Hurst Place** ★

Hurst Place Employee Assistance Program PO Box 2000 555 Sanatorium Rd Hamilton, ON

Office Phone 905-521-8300 Fax 905-521-8166

Website: [www.hurstplace.com](http://www.hurstplace.com) Email: [hurstplace@hurstplace.com](mailto:hurstplace@hurstplace.com)

Description:

Employee family counseling service. Management consultation, alcohol and drug counselling, Alternative dispute resolution

### **INTAC** ○

Program contact: 905-521-0090

A centralized co-ordinated efficient system of access to mental health intensive case management services for residents of Hamilton who are living with a serious and persistent mental illness. This is a voluntary service for people with schizophrenia or serious mental health issues.

Intensive Case Management: A person willing to include treatment and/or psychosocial rehabilitation in their recovery  Street Outreach: A person living on the street or in the emergency shelter system in need of assistance to access health, housing, and social services.

Mental Health Court Support Service or CMHA Supportive Housing and Community Support

**John Howard Society** ○

225 King William Street, Suite 201 Hamilton, ON Tel: 905 522-4446 Fax: 905 524.2223  
Website: <http://www.johnhoward.ca/directory/ont/Jhsont2.htm#Hamilton>  
E-mail: [jhsreception@jhshamilton.on.ca](mailto:jhsreception@jhshamilton.on.ca)

The John Howard Society fills an important role in public education, community service and in pressing for reform in the criminal justice area. Currently there are branches and offices in over 60 communities across Canada, provincial offices in all 10 provinces and the Northwest Territories and a national office in Ottawa. The John Howard Society of Canada is a federation of provincial and local societies comprised of people whose goal is to understand and respond to problems of crime, to work with people who have come into conflict with the law, to review, evaluate and advocate for changes in the criminal justice process and to engage in public education on matters involving criminal law and its application.

**Programs**

Aggression Management Program - Choices - Community Service Order Program  
Crime Prevention Program - Extrajudicial Measures Program - Extrajudicial Sanctions Program - Hamilton Youth Drug Diversion Program (HYDDP) - Non-Residential Attendance Centre (NRAC) - Youth Justice Committee – Community Programs: Community Information and Referral Service - Parenting Skills - Transportation Program Community Education Program - Volunteer Program Adult Programs: - Adult Diversion Program - Anger Management Program - Bail Verification and Supervision Program Employment Programs: WorkPath

**John St. North Clinic** ○

14 John St N Hamilton, ON Office Phone 905-546-0050 Fax 905-546-0030

The John Street Clinic is a clinic specializing in methadone treatment and counselling for people addicted to heroin or other opiates such as morphine, Percocet or Dilaudid. Doctors will also offer treatment for hepatitis C, which is common among intravenous drug users.

Initially people on methadone must go to a pharmacy each day to drink their dose under the supervision of a pharmacist (there is a pharmacy on site specializing in the dispensing of Methadone). As clients become stabilized they are permitted take-home methadone. Doctor's visits are covered by OHIP. The methadone is paid for by the customer or a drug insurance plan if applicable.

**Kids Help Line** ★**1-800-668-6868****[www.kidshelpphone.ca](http://www.kidshelpphone.ca)**

The Kids Help Phone (1-800-668-6868) is a national, bilingual, toll-free telephone and Internet counselling service for children and teens that operates 24 hours a day. It is professionally staffed and provides counselling, information, and referral services for children experiencing a wide variety of problems and concerns.

Counsellors have access to a computerized database of over 30,000 children's services across Canada including information on childhood depression.

**LGBTQ Community Wellness Centre** ○

20 Hughson St S, Ste 611 Hamilton, ON Office Phone 05-525-0300 E-Mail: [lgbtqhamilton@gmail.com](mailto:lgbtqhamilton@gmail.com)

The LGBTQ Community Wellness Centre is dedicated to improving the health and wellness of the LGBTQ Community in the City of Hamilton. Wellness encompasses the emotional, mental, spiritual, physical, social and sexual health of the LGBTQ community of Hamilton. We are committed to celebrating and promoting the values and principles of anti-oppression.

## **Liberty Community Youth Centre** ○

YMCA 79 James St S Hamilton, ON Office Phone 905-297-7929 Ages: 13 year(s) - 19 year(s) Teens must provide proof of age, eg. health card. The Liberty Community Youth Centre provides programs at the downtown YMCA which are funded by the Justice Department of Canada. The program:

- Offers a refuge place in a residential setting to meet the ongoing needs of youth who needs a change of environment
- Seeks out and provides preventative services to prevent trouble within the community
- Equips youth with necessary tools for success in life
- Helps youth attain a productive lifestyle to ensure reintegration where a positive community living is attained
- Provides a tutoring program

## **LifeRing Secular Recovery** ✕

1-519-836-2411 or 1- 800-811-4142

For on Line Meetings or more information go to website: <http://www.unhooked.com/index.htm>

All LifeRing groups are based on abstinence. LifeRing does not support moderation, harm reduction, or controlled drinking approaches. LifeRing groups include alcoholics as well as drug addicts without distinction, just as most modern treatment programs do. LifeRing groups provide peer support. Discussion centers on current life issues (“how was your week?”) and on planning to meet recovery challenges in the days ahead. The atmosphere is safe, confidential, positive. LifeRing groups are secular. The proportion of church-goers and others is about the same as in the general population, but religious belief or disbelief remains a private matter. Meetings are free of religious practices and end with a mutual round of applause.

If you would like to speak with a LifeRing representative in person, or if you want a LifeRing speaker to address your patient and/or staff audience, please contact the LifeRing Service Center 1-800-811-4142

Email: [service@lifering.org](mailto:service@lifering.org)

## **Living Rock Ministries** ★

30 Wilson St. Hamilton, ON Phone (905) 528-ROCK (7625) Fax: (905) 526-8723

Website: <http://www.livingrock.ca/index.html>

The Living Rock Ministries is a non-profit, inter-denominational Christian outreach founded in 1985. It exists for the purpose of reaching the displaced youth of society and the Church, offering an opportunity to make an informed and honest response to the claims of Christ and reviving and restoring purpose for life. Our current outreach has evolved into a centre for street youth, located in downtown Hamilton

### **The Rocks Mission Goals**

To reach youth who are unresponsive to traditional supports in the place of their wandering by practically ministering to their physical, emotional and spiritual needs. To provide a place of refuge, safety and shelter. To disciple and mentor. To encourage a sense of belonging, by advocating and restoring positive relationships. To provide training, equipping, ministry opportunities and accountability for the Church. To provide stability, personal vision and a bridge to the community at risk

## **Lung Association of Hamilton** ○

1447 Upper Ottawa St, Unit 4 Hamilton, ON Tel: (905) 383-1616 Fax: (905) 383-1213

Ready to stop smoking?

Call 1-888-566-5864 For more information or to order your “Get On Track” Self help manual.

### **Men for Sobriety** ○

Mark Collins, Moderator, Phone: (H) 905-573-6473 Mark Boyak, Co-moderator, Phone: (H) 905-528-6823  
E-mail: [m\\_collins@sympatico.ca](mailto:m_collins@sympatico.ca)

A self help group for men who have an addiction to alcohol or substance abuse. The approach is to your change lifestyle through developing a positive attitude. This is a peer led group. Meetings are held at the Hamilton General Hospital Wednesdays 7:00pm – 8:30pm, on the 5<sup>th</sup> Flr, North Wing in the Teaching Room.

### **Mental Health and Wellness Resource Centre** ★

100 West 5<sup>th</sup> St, Rm F146, 'F' wing Hamilton, ON Office Phone 905-522-1155 Ext 5406  
Fax 905-381-5637 Website [www.stjosham.on.ca/mhresources](http://www.stjosham.on.ca/mhresources) E-Mail [resourcecentre@stjosham.on.ca](mailto:resourcecentre@stjosham.on.ca)

The Mental Health and Wellness Resource Centre is committed to providing persons in recovery, their families and community members with easy access to reliable, user-friendly information about mental health, addictions and related issues. The Resource Centre provides support and material, which will enable informed decision making, complement care and educate in regards to mental health and addictions. Resources are available in a variety of formats including print, video, DVD and audio, along with access to the Internet.

Staff and volunteers are available to assist visitors in finding information that is relevant to their needs and interests.

The Mental Health and Wellness Resource Centre is part of the Mental Health and Addictions Program's Peer Support Services. As such, staff and volunteers use their personal experience as persons in recovery and/or family members along with their professional expertise to support all visitors who come to the Centre.

### **Mental Health Rights Coalition (18+ years) – Peer Support** ○

678 Main St E, Ste 102 Hamilton, ON Office Phone 905-545-2525 E-Mail [mentalhealthrights@bellnet.ca](mailto:mentalhealthrights@bellnet.ca)

The Peer Support Programme offers individualized one-to-one opportunities for sharing experiences, exploring needs and developing plans of action to achieve one's goals. Various sources of information and links to other community resources are available, as well as referrals to other organizations, consumer advocacy, and other non-clinical support.

Members may also apply to be trained as peer support volunteers. A training course is offered twice a year. Trained volunteers may be matched with a peer support participant newly discharged from hospital, to assist with reintegrating into the community by keeping in regular contact and offering support and successful coping skills. Peer support coordinator and workers are available daily from 11:00am – 4:00pm for walk-in, call-in support to members and other consumers on an as-needed basis.

### **Mental Health Service Information Ontario** ★

Website: <http://www.mhsio.on.ca/>

Do you or someone you know need help finding information about mental health services and supports? We can help. MHSIO can provide you with information about mental health services and supports in your community and across Ontario. Call the Mental Health Service Information Line 1-866-531-2600

Free. Confidential. Anonymous. Available 24 hours.

### **Motherisk (Alcohol & Substance Abuse Hotline)** ★ **1-877-327-4636**

Website <http://www.motherisk.org/women/index.jsp>

The Motherisk Program at The Hospital for Sick Children in Toronto, is a clinical, research and teaching program dedicated to antenatal drug, chemical, and disease risk counselling. It is affiliated with the University of Toronto. Created in 1985, Motherisk provides evidence-based information and guidance about the safety or risk to the developing fetus or infant, of maternal exposure to drugs, chemicals, diseases, radiation and environmental agents.

<b>Narcotics Anonymous</b>	★	<b>Helpline</b>	<b>905-522-0332</b>
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Narcotics Anonymous P.O. Box 57067, Jackson Station 2 King Street West, Hamilton, On  
Website <http://www.nahamilton.org/> e-mail: [piwebmaster@nahamilton.org](mailto:piwebmaster@nahamilton.org)

"NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We ... meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help."

Membership is open to all drug addicts, regardless of the particular drug or combination of drugs used. When adapting AA's First Step, the word "addiction" was substituted for "alcohol," thus removing drug-specific language and reflecting the "disease concept" of addiction.

<b>Native Women's Centre</b>	★	<b>664-1114</b>
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Telephone: (905) 664-1114 Fax: (905) 664-1101  
(Long distance or local : collect crisis calls are accepted.)  
Website: <http://www.nativewomenscentre.com/nwc/home.aspx>

PURPOSE: To provide safe, emergency shelter for all women regardless of age, ancestry, culture, place of origin, sexual orientation, with or without children who are experiencing crisis in their lives due to family violence, homelessness or conflict with the law.

<b>New Choices</b>	●
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431 Whitney Ave Hamilton, ON Office Phone 905-522-5556 Fax 905-522-1521  
E-Mail [suekennedy@gracehavenhamilton.org](mailto:suekennedy@gracehavenhamilton.org) Website [www.salvationarmy.ca](http://www.salvationarmy.ca)

New Choices offers a one-stop setting for pregnant and parenting women/teens with substance use concerns, and their children ages 0 - 6.

Services for women include assessment, treatment and referral and both individual and group counselling concerning substance use. Services for women also include prenatal and postnatal education, and general wellness. Parenting education and support is provided both individually and in group format as well as through interactive play between mother and child.

Services for children include individualized therapeutic play programs that promote physical, social, and emotional development, developmental screening and assessment, and speech and language services. By locating a team of staff from a range of services at one site, a woman/teen can receive assessment of the needs of her own needs and those of her children and support in her parenting efforts. Bus tickets and food vouchers are available.

<b>North Hamilton Community Centre – Teen health Centre</b>	●
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North Hamilton Community Health Centre (Satellite) – 50 Murray Street 905-522-7778

Open to adolescents of Hamilton between the ages of 12-21 years. The Teen Satellite Health Clinic provides a positive environment to enhance the health and well being of adolescents.

Program Goals: To optimize the health care of adolescents, to provide a youth friendly environment with youth friendly practitioners, to increase the use of youth services in the community.

Program Description:

Primary health care services are provided by a family physician and nurse practitioner. Individual or group counseling is provided by a social worker. Healthy eating awareness and nutrition advice is provided by a nutritionist. There are opportunities for youth to be involved in the operation of the clinic.

Opportunities to become involved in other youth community services.

**Oasis Centre des femmes****Crisis Line: 1-877-336-2243**

C.P. 46085 College Park Toronto, ON Website: [www.briserlesilence.ca](http://www.briserlesilence.ca)

Our support services provide women with a space where they will be listened to without being judged, and where a woman's perspective of her abuse or assault is the focus. All of our support services are confidential, free, and available in French for women over the age of 16. The majority of our services are available to women residing in the Greater Toronto Area, however the support line, 1-877-femaide (336-2243), is available in all of Ontario. For more information on this service, visit website.

**Ontario Addiction Treatment Centres** ★

397 Main Street, East Hamilton, Ontario Phone: 905-528-9889 Fax: 905-528-9187  
Website: <http://www.oatc.ca/index.aspx>

Methadone is an effective and legal substitute for heroin or other narcotics (such as Heroin, Methadone, Oxycontin, Opium, Percocet, Percodan, Morphine or Codeine, etc.)

The program is based on an intensive outpatient model, over a 12-24 month period, and includes:

Initial intake screening procedure, A full medical examination, Laboratory tests where appropriate Initial and ongoing supervised urinalysis, A comprehensive clinical assessment, A signed treatment contract and plan, Individual addiction counseling, Group addiction counseling, Regular medical follow-up and supervision, Regular daily Methadone dose, Post Methadone treatment relapse prevention medication where appropriate

**Outpatient Psychiatry 3G Clinic - McMaster Medical** ○

1200 Main St W Hamilton, ON Office Phone 905-521-5018 Fax 905-521-2628

Referrals are accepted by fax. Complete information must be made available at time of referral in order for the referral to be processed appropriately. An appointment is then arranged for an assessment after which:

- Findings and recommendations for ongoing care are reported to referring physician
- Short term follow-up may be offered with one of our Specialty Teams if appropriate

Adults, Patients who are living West of Upper Wentworth, West of Hwy 403, including Dundas, Ancaster, East and West Flamborough, Waterdown, (unless family doctor is affiliated with Joseph Brant Hospital) and Mount Hope. Application Referrals are accepted by family doctor or specialist.

**Partners in Recovery** ★

293 Wellington Street N. , Suite 106 Website: <http://www.suntrac.ca/familysupport.htm>  
Hamilton, ON L8L 7W2 Phone number: 905-528-0389 Fax: 905-528-9670  
Email: General Inquiries: [info@suntrac.ca](mailto:info@suntrac.ca) Intake Inquiries: [intake@suntrac.ca](mailto:intake@suntrac.ca)

These are elective programs available to the families of those who suffer from substance abuse issues. These programs are open to anyone who wishes to participate, with or without any prior connection to Suntrac. These introduction sessions are open to consumers and their partners to discover and explore how addiction is affecting their family. We welcome you to come with an open mind, expecting to receive valuable information and insight.

Participants will learn about the addiction and how it affects all members of the family. Become aware of behaviours and choices that do and do not work and have an opportunity to share with and hear from others who have similar experiences.

**Problem Gambling Help Line****1-888-230-3505**

Are you concerned about your own or someone else's gambling? We can help.

The OPGH can provide you with information about problem gambling treatment services in Ontario.

**Call the Ontario Problem Gambling Helpline 1-888-230-3505** Toll-free, confidential, anonymous, open 24 hours Website: <http://www.opgh.on.ca/>

## **Psychiatric Patient Advocate Office ★**

PO Box 585 St. Joseph's Mountain Health Services 100 West 5th St, Rm F136A  
Hamilton, ON Office Phone 905-388-2454 or 905-522-1155 Ext 6246 Website: [www.ppaio.gov.on.ca](http://www.ppaio.gov.on.ca)

The Psychiatric Patient Advocate Office (PPAO) is an arms length provincial program of the Ontario Ministry of Health and Long Term Care and provides independent and confidential advocacy services and rights advice to consumers of, and those seeking access to, psychiatric services.

The service works to empower the clients to make informed decisions about their care, treatment, and legal rights. Information, education, negotiation, and referral are used to conduct instructed, non-instructed, and systemic advocacy, public education is conducted on these issues.

The service works to promote self-advocacy and self-determination.

## **Public Health & Community Services - Healthy Lifestyles and Youth Branch ★**

1447 Upper Ottawa St Hamilton, ON Office Phone 905-546-2424 Ext 3537 Fax 905-546-3658  
Website [www.hamilton.ca/publichealth](http://www.hamilton.ca/publichealth) E-mail: [ssmith@hamilton.ca](mailto:ssmith@hamilton.ca)

The Healthy Lifestyles and Youth Branch works with the community to build and promote opportunities for healthy lifestyle choices to be widely practiced and supported in Hamilton. A combination of health promotion strategies are used to enhance knowledge and awareness, change behaviour and skills, and create environments that support healthy practices.

Services provided include:

Tobacco use prevention, early detection of cancer and sun safety. Community Health Bus services in the downtown area, including dental treatment and prevention, health promotion, immunization and Ontario Works information. Health promotion in elementary and secondary schools, including classroom sessions, group sessions and consultation addressing growth and development, substance abuse, mental health, self esteem, body image and violence prevention. Prevention of falls in the elderly, drinking and driving, cycling and pedestrian safety, substance abuse, fetal alcohol spectrum disorder, bullying and dating violence

## **Recovering Couples Anonymous ○**

Contacts Jim and Diane – 905-318-9889

Ours is a fellowship of recovering couples. We participate in many different 12 Step Fellowships, and we share our experience, strength, and hope with each other that we may solve our common problems and help other recovering couples restore their relationships.

The only requirement for membership is a desire to remain committed to each other and to develop new intimacy. Ultimately, we feel it is important for both members of a couple to be involved in individual recovery for real progress to be made in the relationship; however, this is not a requirement to get started in couple recovery. We may refuse no couple who wish to recover. RCA is a safe place to begin that healing process and it offers support for continued individual work.

Tuesday 8:00 PM The First Hamilton Group Of RCA Location Church of the Ascension – On the corner of John and Charlton Streets across from St. Joseph's Hospital Comments: Closed Meeting, We warmly invite all travelers to come and visit our group. Membership is a desire to remain in a committed relationship.

## Recovery Incorporated (Mood Disorders) ★

Website: <http://www.recovery-inc.org/index.html> Contact: [205@recovery-inc.org](mailto:205@recovery-inc.org)

Our members include people diagnosed with mood disorders including depression, dysthymia and bipolar (manic-depressive) disorders; psychotic disorders including schizophrenia; anxiety and obsessive-compulsive disorders; and personality disorders. Our members also include people who have not been diagnosed, but who are having difficulty dealing with the problems of everyday life.

Our program is designed to work in conjunction with professional mental health services. Many people in our group also belong to 12-step programs such as A.A.; Recovery, Inc. is not affiliated with any religion or belief system, and Recovery, Inc. is operated entirely by non-professionals.

Monday 8:00 P.M.

Mount Hamilton United Church, Choir Room (basement level), 31 Summit Avenue

Thursday 8:00 P.M.

Binkley United Church, 1570 Main Street West & Kingsmount

## Salvation Army ○

Altima Dental Bldg 340 York Blvd, Ste 200 Hamilton, ON Phone 905-521-1660 Fax 905-521-0244  
E-Mail [byron\\_jacobs@can.salvationarmy.org](mailto:byron_jacobs@can.salvationarmy.org)

The Salvation Army is an international movement and an evangelical part of the universal Christian Church. The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence in the communities of our world.

As a multi-service organization, The Salvation Army runs many programs in the Hamilton Area and provides food, clothing, shelter, counselling, rehabilitation, information resources and emergency services through a wide variety of ministry units.

**Grace Haven** is a resource for young, single parent families that provides residential and community programs for pregnant adolescents/women and young parents (mothers & fathers).

**Family Services** assists families in the community who find themselves in an "emergency" situation with both practical and spiritual help. Emergency assistance with food, clothing, eyeglasses, vouchers for work boots, transportation in and out of the city, household necessities, and fire victim and disaster relief. Other programs operated through Family Services are

## Self-Esteem Network ★

1063 King St. West, Suite 302 Hamilton, ON, Phone: (905)-312-1500

Website: <http://www.selfesteemnetwork.org/> Email: [office@selfesteemnetwork.org](mailto:office@selfesteemnetwork.org)

We provide 8 and 10 week courses to men and women age 18 and over at various locations in the city. A fee applies and resource manuals are provided.

Current courses are:

Building a Positive Self-Esteem, Communicate with Confidence, Living with Purpose: consciously creating the life you want, Build Your Confidence. The Self-Esteem Network also provides presentations and displays for organizations and conferences on request

Ages: 18 year(s) and up Men and women

Promoting the growth of self-esteem for personal well-being and a healthy community

**Sexual Assault Crisis Line ★****Crisis Phone 24 Hrs: 905-525-4162**

75 Mac Nab St. S, 3rd Flr. (YWCA) Phone: 905-525-4573 Fax 905-525-7085  
E-Mail [sacha@sacha.ca](mailto:sacha@sacha.ca) Website: <http://www.sacha.ca/>

We provide support to adults, primarily women, who have experienced sexual violence at any time in their lives. Services are confidential and free of charge. We respect the right to safety and privacy.

We attempt to respond to the needs of all women. We recognize women are diverse in their racial or ethno-cultural background, sexual orientation, physical or intellectual abilities, and other experiences. We will provide information and support so women may make their own choices and decisions.

- Support services are for women 16 years of age and older
- We provide support to male survivors of sexual violence through our 24-hour Support Line
- Appropriate referrals will be offered to those who are not within the scope of our services

**Sexual Assault/Domestic Violence Care Centre ●****Crisis Line 905-525-4162**

1200 Main Street West, Room 4B24 (Hamilton Health Sciences) Phone: 905-521-2100 ext. 73557

**Emergency Service: 24 hours, 7 days a week through the Emergency Department. No doctor's referral necessary.**

By appointment Service is available to women and men 16 years of age and older. For those under the age of 16, care is provided in conjunction with the Child Advocacy and Assessment Program (CAAP). Counselling is available to women, men and trans-gendered persons who have experienced sexual assault and domestic violence. Counselling for survivors of sexual assault is available for persons who were assaulted as teenagers or adults

**Sexual Health Information Line ●**

Phone: 905-528-5894 (confidential, no call display)

Services include confidential sexual health information from a public health nurse. Services available include clinic service information, referrals and information for other sexual health services. Monday to Friday (not including Thursday mornings or statutory holidays) 8:30 a.m. to 12 p.m. and 1:00 p.m. to 4:30 pm

**Suicide Crisis Line ●****Crisis: (905) 522-1477**

340 York Blvd. Phone: 905- 521-1660

The Suicide Crisis Line offers telephone support and intervention service to individuals that are struggling with issues related to suicide, and also offers support and consultation for concerned family members and friends. The office acts as the first point of contact for individuals and provides consultation and referral services.

Information packages on a variety of topics can be sent out upon request.

Crisis support is offered on a short term basis. An appointment is required.

In addition, this office offers workshops and training to increase awareness of suicide and suicide related issues within the community.

**Suntrac Addiction Treatment Services, Mission Services ★**

293 Wellington St. N, Ste 106 Phone: 905-528-0389 Fax: 905-528-9670  
Website [www.suntrac.ca](http://www.suntrac.ca) E-Mail [info@suntrac.ca](mailto:info@suntrac.ca)

Suntrac is a community day/evening treatment program to help adult men 19 years of age and older to overcome their abuse of alcohol and drugs. The core program runs six to eight weeks, requiring a commitment to sobriety (abstinence during the program) and offering the appropriate support system. It deals with topics such as the 12 Steps, reality therapy, anger control, stress management, and other subjects relevant to recovery. There is also an aftercare component for graduates. Referrals are accepted from agencies and individuals.

Aftercare Group – Wednesday 7:00pm

**T.A. Patterson Associates ●**

100 Main St. E, Ste 108 Phone: 905-546-0775

A group program for people convicted of alcohol offences. Enrollment is through a probation or parole officer.

**Taking Steps ● (Womankind Addiction Services) (Outpatient Program)**

431 Whitney Ave. Treatment: 905-521-9591 Ext 238

Taking Steps is an outpatient program for women looking to learn more about addictions and ways to take control over substance use. There are 12 continuous sessions which promote self awareness of substance use and offer support for individual goals. Women can start at any point and weekly topics include grounding techniques, stages of change, relapse preventions, safety, self esteem, assertiveness, coping, physical and mental health, self-nurturing, spirituality and barriers.

Ages: 18 year(s) and up. Women with substance use issues.

**Teen Health Clinic (male and female 12 - 25 years of age) ★**

50 Murray St. W Phone: 905-522-7778 Fax: 905-522-7721  
Website: [www.northhamiltonchc.org](http://www.northhamiltonchc.org)

The Teen Health Clinic is staffed by a nurse practitioner, and supervised by family physicians. The program is also staffed by social workers, community support workers, and a nutritionist. Services include: health care, social work, health promotion programs, nutrition counselling, and community health programs  
The Centre will accept new clients from the following special population groups; male and female 12 - 25 years of age, and individuals in transition. Special community interest programs are planned which relate to various health and lifestyle topics. When appropriate, clients are referred to social service agencies.

**Tele-Touch ★**

414 Victoria Ave N. Phone: 905-522-9567

Tele-Touch volunteers provide telephone calls to seniors and individuals with a disability, who live alone, on a daily or prearranged schedule, to offer friendship and reassurance. Although counselling is not provided, volunteers inform staff if they sense a change in the client's emotional or physical well being, and appropriate health professionals are resourced. Temporary calls can be arranged if family/friends are concerned about the well being of a loved one while they are on vacation.

Tele-Touch refers clients to other services as required.

**The Anxiety Treatment and Research Centre (ATRC) ★**

50 Charlton Ave. East, 6th Floor, Fontbonne Building St. Joseph's Healthcare  
Patient Services Coordinator: 905.522.1155 ext 3697 Fax: 905-521-6120 E-mail: [jking@stjosham.on.ca](mailto:jking@stjosham.on.ca)

We offer comprehensive evaluations and proven treatments for anxiety-related conditions. Treatments at the ATRC include both medications and effective psychological treatments. Our staff is available to consult with your family doctor, psychiatrist and other professionals, who are involved in your care.

To be seen at the ATRC, patients must have a referral from a physician (e.g., your family doctor, a psychiatrist, or another physician). Referrals are reviewed by our staff. If the ATRC appears to be an appropriate service, an assessment visit is scheduled for a more detailed evaluation. Note that an assessment does not guarantee treatment at the ATRC. A copy of our assessment report and treatment recommendations will be sent to the referring physician.

### **The Community Adolescent Network ● (Adolescent Community Care Program)**

121 Augusta St. Phone: 905-529-6866 Fax: 905-529-9242 E-Mail: [can@thecan.ca](mailto:can@thecan.ca)

The Community Adolescent Network of Hamilton provides a spectrum of residential and non-residential services, and is committed to participating in the process of interpreting the needs of youth in the community. We help adolescents who have emotional and developmental difficulties learn the skills necessary for independent living, and provide programs and services that enable youth and improve the quality of their lives

### **The First Place Seniors Community Centre ●**

Office Phone 905-525-9800

Provides services for seniors such as meals, concerts, dancing, crafts, exercise, trips, games, foot clinic, vision support, DARTS, bookmobile, community ministries and friendly visiting.

### **The Opportunities for Women Program (OFW) – Elizabeth Fry Society ★**

293 Wellington St. N, Ste 111 Phone: 905-527-3097 Toll Free Phone: 1-866-216-3379  
Fax: 905-527-4278 Website: [www.elizabethfry.ca](http://www.elizabethfry.ca) E-mail: [elizabethfryed@bellnet.ca](mailto:elizabethfryed@bellnet.ca)

The Opportunities for Women Program (OFW) helps women learn to deal with issues such as self-esteem, self-awareness, anger management, stress management, conflict resolution, self image, and sexuality. Groups are facilitator lead and group driven with the goal for each participant to identify those areas of her life where she might need additional assistance.

Referrals to this program come from custodial facilities (when women are released to the community), probation and parole officers, hospital psychiatric departments, Children's Aid, family physicians, and women who self refer.

### **Victim Services of Hamilton ★**

Hamilton Police Services Phone: 905-546-4909  
Website: <http://www.hamiltonpolice.on.ca/HPS/VictimSupport/VictimServices.htm>

With the help from the community, victims are given the opportunity to access immediate service at the time of crisis.

### **Wayside House of Hamilton ★**

15 Charlton Ave. W Phone: 905.528.8969 Fax: 905.528.7057  
Website: <http://www.waysidehouse.ca/index.htm> Email: [regan.anderson@waysidehouse.ca](mailto:regan.anderson@waysidehouse.ca)

Wayside House is a long-term residential addiction treatment program for men. Located in central Hamilton Ontario, our program has bed capacity for up to 20 men. While adhering to best practices, we support the client from first contact through our multi-phase program, discharge and aftercare.

Our services are open to adult men 19+ regardless of race, colour, creed, ethnic origin, sexual orientation, religion or economic circumstances.

### **Welcome Inn's Senior Support Program ●**

Welcome Inn Community Centre 40 Wood St. E. Phone: 905-525-5824  
E-mail: [admin@welcomeinn.ca](mailto:admin@welcomeinn.ca)

Welcome Inn's Senior Support Program serves to foster resilient seniors. Helping seniors to remain as independent as possible along with providing opportunities for friendship and healthy community form the major objectives of the program.

## **Wellington Psychiatric Outreach Program (16+ years) ■**

40 Wellington St. N Phone: 905-522-9767 E-Mail: [wpop@cogeco.net](mailto:wpop@cogeco.net)

The Wellington Psychiatric Outreach Program (WPOP) is a community mental health organization that provides client-directed intensive case management services for adults who have a serious and persistent mental illness. A variety of weekly scheduled groups and activities are also offered.

All case management referrals are through a coordinated access system, please call 905-528-0683

## **Wesley Urban Ministries Incorporated ★**

WESLEY CENTRE 195 Ferguson Ave. N Phone: 905-528-5640  
Website: <http://www.wesleyurbanministries.com>

### **Hamilton's only 24-hour emergency services drop-in for both adult men and women.**

Comprehensively meets people's basic needs of food, shelter and safety, and provides a wide range of on-site resources. Offerings: Separate emergency sleeping spaces for both men and women including sleeping mats, three meals each day, laundry and shower facilities, hygiene products, safe and secure environment, phone and message system, supportive counseling, information sessions, resources in the areas of employment, education, health, and housing, as well as special programming like art classes, haircuts, chapel, and library.

- CASE MANAGEMENT AND SUPPORT TEAM: Phone: 905-528-5629 ext 251
- TRANSITIONAL YOUTH OUTREACH PROGRAM (T.Y.), 2 Catharine St. N. Phone: 905-522-0863
- TEEN DROP-IN 155 Queen St. N. Phone: 905-521-9692
- CLAREMONT HOUSE SPECIAL CARE UNIT 100 West 5th St. Phone: 905-318-6903

## **Wife Assault Line ● 24-hour Crisis Line: (905) 387-8881 (call collect if long distance)**

Interval House, 630 Sanatorium Road Hamilton

## **Willowstream Counselling ●**

Wentworth Baptist Church, 120 Wentworth St. N Phone: 905-522-2231 ext 2

Willowstream Counselling offers qualified counselling to individuals and families. Family Life Seminars cover topics on family; premarital; marital; individual, and bereavement issues.

## **WiseMind Inc. ★**

2757 King St. E Phone: (905) 522-1155 ext. 8211 Email: [contact@wisemindinc.com](mailto:contact@wisemindinc.com)  
Website: <http://host135.ipowerweb.com/~wisemind/index.html>

Welcome to WiseMind a non-profit Peer Support Group for those with Borderline Personality Disorder. WiseMind is committed to supporting, educating and working to improve the quality of life for those who have Borderline Personality Disorder and those who are affected by it.

Members Meet Monday Evening's 7:00 - 9:30 p.m. at the Unity Church on the Mountain, 21 Rosedene Ave. (at Upper James, just North of Mountain Plaza Mall) 905-389-1364

**Womankind Addiction Services ■****Crisis Phone 905 545-9100**

431 Whitney Ave. Phone: Withdrawal: 905-545-9100 Treatment: 905-521-9591 ext 237

Womankind is the new service created by the amalgamation of Hamilton Women's Detox Centre and Mary Ellis House. This service provides non-medical residential withdrawal management, 24-hour telephone crisis support, early treatment groups, day and residential treatment and aftercare for all women with substance use issues. Womankind offers a safe, caring atmosphere in which women can withdraw from substances, plan treatment steps, complete the provincial assessment tools, attend treatment and aftercare and receive assistances with referrals to community services and facilities. Referrals are accepted from women directly, medical sources, community agencies and family. Women under 16 years of age require parental/guardian permission

**Women for Sobriety (WFS) ✂**

Phone: Dale: (H) 905-546-0130, Cathy: (H) 905-545-9665, Laura: (H) 905-689-5273

Website: <http://www.womenforsobriety.org/>

Women for Sobriety is a self-help program for women with alcohol and substance abuse problems. It is the first and only self-help program for women only, and its precepts take into account the very special issues women have in recovery. The program is based on positive thinking, meditation, group dynamics, and the pursuit of health through nutrition. The group is peer led by a WFS certified moderator.

- Meetings Wed 7:00pm - 8:30pm Olive Branch, 195 Rebecca St. Hamilton (at the corner of Ferguson, free parking)
- Meetings Mon 7:00pm - 8:00pm Womankind Treatment Centre, 431 Whitney Ave. Hamilton (downstairs room, parking nearby and on bus route)

**Women's Centre of Hamilton ●**

75 Mac Nab St. S, 3rd Flr. (YWCA) Phone: 905-522-0127

The Women's Centre of Hamilton is an affirming woman-centered service facilitating the empowerment and enrichment of women seeking support, resources, development and growth. We provide the following, referral and information, peer support, advocacy, support and education groups (including self-esteem, assertiveness, anger management, anger and parenting and boundary setting), and hold community events and workshops. Also provide a Weekly Social Circle support group and a Women Getting Work Employment readiness program.

**Women's Health Concerns Clinic (WHCC) ★**

Phone: Intake: 905-522-1155 Ext 3954 Website: <http://www.stjosham.on.ca/whcc/perinatal.htm>

The Women's Health Concerns Clinic provides assessment, consultation, treatment and research opportunities for women who are experiencing changes in mood during pregnancy or after childbirth. Referrals may be made by physicians, other health professionals or by self (self-referrals).

If you think you or your client may have mood changes in pregnancy or after childbirth and wish to make a referral, please call our clinic.

**Youth Net Hamilton ★**

Public Health Services 1447 Upper Ottawa St. Phone: 905-546-2424 ext 4119

Website: <http://www.youthnethamilton.ca>

Youth Net is an organization of youth and adults partnering to promote the mental health and well-being of youth. Youth Net Hamilton is a community based mental health promotion and early identification program for youths aged 13 – 18 yrs. The program is governed by an interagency steering committee and is currently funded by the City of Hamilton.

## OTHER SERVICES

### PAIN MANAGEMENT

**Chronic Pain Management Unit, Chedoke Hospital**

820 Sanatorium Rd.  
Hamilton, ON  
Phone: 905-521-2100 ext. 74342

2757 King Street  
Hamilton ON  
Phone: 905-627-7300

**Hamilton General Hospital; Pain Clinic**

237 Barton St. E,  
Hamilton ON  
Phone: 905-527-4322 ext 44621

**East End Multidisciplinary Pain Management Program (EMP)**

St. Joseph's Healthcare Centre for Ambulatory Health Services

### SOCIAL SERVICES / COUNSELLING

**Chedoke Child and Family Services**

Phone: 905-521-2100 ext.77621

**City of Hamilton**

Child and Adolescent Services  
220 -100 Main St. W  
Hamilton ON  
Phone: 905-546-2424 ext 3678

**Community Child Abuse Council of Canada**

75 Mac Nab St. S, Suite 203  
Hamilton ON  
Toll free: 1-800-470-2111  
Phone: 905-523-1020

**Family Services of Hamilton**

101 - 105 Main St. E  
Hamilton ON  
Phone: 905 523-5640

**Francophone Community Health Centre**

Phone: 905- 28-0163

**Hamilton Jewish Social Services**

30 King St. E  
Dundas ON  
Phone: 905-627-9922

**Transitional Support Program (Women)**

Phone: 905-529-1010

### HAMILTON AREA LEGAL SERVICES

**Dundurn Community Legal Services**

110 King St. W. (Jackson Square, Plaza Level)  
P.O. Box 57039  
Hamilton ON  
Phone: 905-527-4572

**Legal Aid Office**

119 Main St. E  
Hamilton ON  
Phone: 905-528-0134

**Hamilton Mountain Legal and Community Services**

550 Fennell Ave. E, Suite 16 A  
Hamilton ON  
Phone: 905-575-9590

**McQuesten Legal and Community Services**

1440 Main St. E  
Hamilton ON  
Phone: 905-545-0442

## WOMEN'S SHELTERS

**Drummond House:** Waterdown - A transitional home for women and children who are in need of a temporary home. The home's purpose is to help families at a time of difficulty by coming alongside and helping to carry their burden. 905-689-1484

**Inasmuch House** Inasmuch House is an emergency shelter for women with or without children, specializing in the care of victims of abuse. Office Phone 905-529-8149. **Crisis Phone 905-529-8600**

**Interval House** A women's shelter, advocacy and outreach for women who have or are experiencing violence. Business Line: (905) 387-9959

**24-hour Crisis Line: (905) 387-8881 (long distance call collect)**

**Martha House:** A secure 28 bed transition residence dedicated to assisting women and children who are survivors of woman abuse and for women and children experiencing other forms of crisis including homelessness. Office 905-523-8895 **Crisis Line 905-523-6277**

**Mary's Place:** A 9 bed emergency shelter for women 18 and older with services such as emergency accommodation, medical and legal referrals, accompaniment to meetings and appointments, advocacy, assistance in establishing permanent housing, referrals, education and support and safety planning. 905-540-8000

**Somerville House:** A 10 bed longer-term supportive living environment for women 18 and older who have experienced difficulty in sustaining safe, accessible housing. Services include semi-private accommodations, case management, life skills instruction, counselling, advocacy, referrals, and recreational opportunities. 905 545-3383

**Wesley Centre:** As Hamilton's only 24-hour emergency services drop-in, the centre serves both adult men and women who are in need. 905-528-5640

## YOUTH SHELTERS/HOUSING

**Brennan House Brennan:** A 14-bed co-ed (males and females) residence for street youth. A case manager is available to work with each individual to ensure she/he receives counselling and the services necessary to rebuild her/his life. Ages 16 years - 21 years 905 577-1166

**Charlton Hall:** A Child and Family Centre that is an accredited children's mental health centre providing a range of residential and day treatment services for children and youth 6-21 years of age who are experiencing social, emotional or behavioural challenges. 905-529-7262

**Notre Dame House:** An emergency shelter and a one-stop, multi-agency resource centre for homeless teens. Case workers are available 24 hours a day to help troubled teens get off the streets and get their lives back on track. 905-308-8090

**St. Martin's Manor:** A Young Parent Resource Centre that provides service to strengthen the lives of all young parents and children by offering support, encouragement and hope in a safe welcoming environment. 905-575-7500

## MEN'S SHELTERS/HOUSING

**Good Shepherd Men's Centre:** An emergency hostel providing assistance to transient, homeless persons 16 years of age and over, or persons without means. 905-528-9109

**Mathias Place:** A 28 bed supportive housing unit for those who are homeless and have a mental illness. Client must be referred through the HOMES program. For a referral contact: 905-528-3655

**McGinty House:** A house that offers support to persons who are living with a serious mental illness, and who have a history of homelessness. The house offers 10 bachelor units, and is an all-male tenant building, providing 24-hour on-site staffing 7 days a week. Client must be referred through the HOMES program. For a referral contact: 905-528-3655.

**Men's Residence:** (325 James St N) A 24 hour emergency crisis shelter for 58 men. Professional staff provides the support and services needed daily by the homeless, including: warm meals, clothing, counseling, a safe place to sleep, and referrals for housing, health care, and other essential community services. 905-528-7635

