

A Community Resource Guide for Pregnancy Support



Sanctuary Outreach
CRISIS PREGNANCY SUPPORT PROGRAM

Using the Community Resource Guide

Sanctuary Outreach is a crisis pregnancy support program geared towards providing support to women who are facing an unexpected pregnancy.

Sanctuary Outreach believes no one should face an unexpected pregnancy alone. We want to help women find the resources available in the community so they can make the best choices for themselves and for their babies.

We recognize the need to equip others in our community to walk with those in need. This is why we are pleased to provide this community resource guide to individuals, organizations, and community groups in Guelph to support you as you help women with unexpected pregnancies connect to the resources they need. The resources in this directory include those that are public, private and faith-based.

Please note that not all of the resources in this guide reflect the values of Sanctuary Outreach, particularly with respect to sanctity of life.

At Sanctuary Outreach, we believe that when someone has an unexpected pregnancy, it is important to determine what their crisis is (e.g., financial need or lack of support from a partner or family) and not label their baby as the crisis. We believe there are better solutions for women/couples and their babies than abortion. *Please keep this in mind as you walk with those in need and connect them to relevant community supports.*

If there are any other resources in the Guelph area that we could add, please let us know as soon as possible so we can make this guide as exhaustive as possible.

Should a woman not be comfortable calling any of the organizations in this directory, you are encouraged to ask her if you can make the call on her behalf.

We hope that this will be a valuable resource as you reach out to and walk with women in your community.

For more information about Sanctuary Outreach, the resources listed here, or how to support someone you or your community group is walking with, please do not hesitate to contact us at: 519-836-6311 or info@sanctuaryoutreach.com.

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Sanctuary Outreach Supports

Note: Sanctuary Outreach is not a full-service pregnancy care centre. Instead, we focus on mentorship and connecting women to various resources around the area (including pregnancy care centres, but also things like financial aid, transportation assistance, and mental health supports) to help ensure that no woman feels alone or like they cannot carry their baby to term if they so choose.

Contact Information

Sanctuary Outreach Office: 26 Norfolk St., Guelph

Hours

Contact office for current office hours.

Office Number: 519-836-6311

**Please note that this line is shared with the Guelph and Area Right to Life Association, so do not be alarmed if it is answered by someone from the Right to Life office.*

Office E-mail: info@sanctuaryoutreach.com

Website: www.sanctuaryoutreach.com

Social Media (Facebook/Instagram/Twitter): @SanctuaryGuelph

24/7 Pregnancy Helpline: 519-803-0313

Support E-mail: support@sanctuaryoutreach.com

Connection to Local Resources

Sanctuary Outreach devotes quite a bit of time and energy into learning about and connecting with local resources that may be helpful to women in need. We understand that what makes a pregnancy a crisis may not be the pregnancy itself, but rather outside factors such as financial struggles or mental health challenges.

This guide has been developed by Sanctuary Outreach to assist our volunteers and partners in spreading the word about the many wonderful resources available in the Guelph area.

Sanctuary Outreach is always happy to help make calls to other organizations on behalf of women in need, to attempt to help them find transportation to these organizations, and to accompany them if necessary. Women can also come into the office and sit down with peer support person who will help them develop a plan of action with regard to getting needed support from these community resources.

For more information, contact Sanctuary Outreach.

Gabriel Projects

Women who are in need of a community to support them through their pregnancy and beyond (particularly those who are lacking in social support) are encouraged to consider whether the Gabriel Project may be right for them. The Gabriel Project is community-wide response of love and compassion for women in crisis pregnancies that is provided by faith communities who have partnered with Sanctuary Outreach. They are able to provide mentorship and assist with practical needs.

To learn more about the Gabriel Project, or to get connected with one, contact Sanctuary Outreach.

Infant Car Seat Fund

One of our Gabriel Project Ministry Coordinators noticed a unmet need for pregnant women in the community – infant car seats. Because of the safety regulations around infant car seats, it is not appropriate to get these items used. However, the cost of purchasing a new infant car seat can be a huge hurdle for some women. The infant car seat fund was created as a partnership between Sanctuary Outreach and the Gabriel Projects and is able to be used to purchase new car seats for women who have approached Sanctuary Outreach or a Gabriel Project for support, or who have been referred to us by another local pregnancy help organization.

For more information, contact Sanctuary Outreach.

Mentorship

One of Sanctuary Outreach's primary goals is to make sure those women who are experiencing unexpected or crisis pregnancies do not feel alone. A huge part of this is connecting women with knowledgeable peer support and/or peer parent mentors. If a pregnant woman in need feels they could benefit from someone to talk to about pregnancy and/or parenting (particularly if they are having their first baby) this support may be a good option for them.

For more information, or to get connected with a mentor, contact Sanctuary Outreach.

Pregnancy Testing

Sanctuary Outreach offers free urine pregnancy tests for women who are concerned they might be pregnant, but have not yet taken a test, or have taken a test, but would like to take another to further confirm their results. At this time, we purchase our tests new, as needed, so women needing this service should call in to book a time to come in to the office.

To book a time to take a pregnancy test, contact Sanctuary Outreach's office number.

Sanctuary Outreach Student (SOS) Chapter

The SOS Chapter is a CSA-approved campus club at the University of Guelph with a mandate to: **a)** Provide non-judgmental, compassionate, practical, and confidential support to unexpectedly pregnant students, **b)** Connect pregnant students and couples who are wishing to carry to term with the resources that may help them do so, and **c)** Bring awareness to the student population of the stigma surrounding being a pregnant student. Members of the club are trained as peer support volunteers by Sanctuary Outreach and are eager and willing to help pregnant students in any way they can.

SOS Chapter E-mail: soschapter.uog@gmail.com

SOS Chapter Facebook Group: www.facebook.com/groups/SOSchapter

For more information, or to get connected with the SOS Chapter, contact Sanctuary Outreach.

Pregnancy and Parenting Resources

Pregnancy

Beginnings Pregnancy Care Centre Guelph

Beginnings Guelph provides free and confidential counselling from trained volunteers to any women in unplanned pregnancies and those needing post-abortion support. They provide free pregnancy tests, will help pregnant women explore their options, and also offer prenatal classes, a care cupboard, and other programs for pregnant women and new moms.

Prenatal Classes: Women who attend these classes will receive a crib at the end of the sessions.

Beginnings Guelph Office: 169B Woolwich St., Guelph, ON, N1H 3V4

Hours

Monday-Thursday: 10:00am-3:00pm

All other times by appointment

Phone: 519-763-7980

Text Messages Only: 226-337-3323

E-mail: support@beginningsguelph.ca

Guelph Website: www.beginningsguelph.ca

Main Website: www.beginnings.ca

Centre Wellington Pregnancy Centre

The Centre Wellington Pregnancy Centre offers pregnancy testing, pregnancy options counselling, support groups and mentoring, abortion recovery, community referrals and resources, and baby clothing and supplies.

Location: 355 St. Andrew Street West, Fergus

Hours

Monday: Noon-6pm

Tuesday and Thursday: 11am-4pm

Other times by appointment.

Phone: call 226-486-1129 or text 519-362-4167

Email: infocw@pregnancycentre.ca

Website: www.pregnancycentre.ca

Motherisk Helpline

Motherisk Helpline is free and helps pregnant or nursing mothers to get information on the safety of prescription and over-the counter drugs, herbal products, chemicals, x-rays, chronic diseases and infections, and everyday exposures. They also have lines for information on morning sickness, the effect of alcohol and/or substance abuse on fetal development, exercise during pregnancy, and HIV/ HIV treatment during pregnancy.

Website: www.motherisk.org

Main Helpline: 1-877-439-2744 (operates Monday – Friday from 8:45 a.m. – 4:15 p.m.)

Nausea and Vomiting in Pregnancy Helpline: 1-800-436-8477.

Alcohol and Substance Abuse in Pregnancy Helpline: 1-877-327-4636.

Exercise in Pregnancy Helpline: 1-866-937-7678.

HIV and HIV Treatment in Pregnancy Helpline: 1-888-246-5480

Wellington Dufferin Guelph Public Health

Wellington-Dufferin-Guelph Public Health has a plethora of helpful prenatal resources, including in-person classes, online resources, a monthly pregnancy e-newsletter, and one-to-one prenatal support.

More information can be found online or by calling KIDS LINE.

In-Person Classes:

Prenatal Series: A traditional prenatal class series with groups in both Guelph and Fergus. Participants will learn about pregnancy, prenatal care, healthy living, labour and birth, medical interventions, health after birth, caring for a newborn, breastfeeding, and community resources. There is a \$90 fee for this class, but it can be waived if needed. Women can attend alone or with a partner/support person (no extra charge).

Breastfeeding Education: The last week of the prenatal sessions is on breastfeeding. If a woman is not attending the prenatal sessions, they can attend just this session for \$20 (fee can be waived if necessary) and they are welcome to bring a support person/partner (no extra charge).

Pregnancy to Parenting: A free daytime program in Guelph (at the Shelldale Centre) for pregnant women and teens. Women can talk to a nurse and dietitian about healthy pregnancy, birth, parenting and breastfeeding, and get free snacks, bus tickets, prenatal vitamins, and gift certificates for food. Women are welcome to bring a female support person with them and there are sessions with and without the option for free childcare.

Online Classes:

Online Prenatal Program: A free online version of the in-person prenatal series. Can be used alone or in combination with the in-person classes.

Monthly Pregnancy e-Newsletter:

Let's Talk Pregnancy e-Newsletter: A monthly newsletter focusing on a current pregnancy topic, created by the public health nurses and other health professionals at WDG Public Health.

One-to-One Prenatal Support:

Healthy Babies, Healthy Children: HBHC is a support program for pregnant women and parents with young children. They can help with healthy pregnancy and getting ready for the baby, practising new parenting ideas, what to expect through child development, coping with life stresses (i.e., finances and housing), and link women with community services. This program is free and the support person actually goes to the woman's home for convenience.

KIDS LINE: Women can call KIDS LINE to speak to a public health nurse who can answer questions about pregnancy, breastfeeding, infant/child health, feeding, postpartum concerns, growth, development, and safety, as well as connect her with other community resources.

WDG Public Health Guelph (Shelldale) Office: 20 Shelldale Crescent, Guelph, ON, N1H 1C8

Hours

By appointment only

WDG Public Health Guelph (Chancellors Way) Office: 160 Chancellors Way, Guelph, ON, N1G 0E1

Hours

Monday-Friday: 8:30am-4:30pm

Phone: 519-822-2715

WDG Public Health Fergus Office: 474 Wellington County Road 18, Fergus, ON, N1M 2W3

Hours

Monday-Friday: 8:30am-Noon, 1:00pm-4:30pm

WDG Public Health Mount Forest Office: 311 Foster Street, Mount Forest, ON, N0G 2L1

Hours

Tuesdays & Thursdays: Call ahead for specific hours

KIDS LINE: 1-800-265-7293 ext. 3616

Website: <http://www.wdgpUBLICHEALTH.ca/your-kids/pregnancy>

Birth

Family Midwifery Care

The Family Midwifery Care (FMC) midwives are care providers who give support, information and recommendations to help mothers make the best decisions for themselves and their baby throughout their whole pregnancy and at the birth of their child. The midwives at FMC also provide postpartum care – meaning they will visit mothers at home the week after they have given birth to see how they are doing as new mothers.

Midwifery care is fully government funded in Ontario. Midwives will also work closely with nurses, doctors, lactation consultants and other health professionals when needed.

Clinic Location: 672 Woolwich Street, Unit 1, Guelph, ON

Phone: 519-763-8568

Website: <http://familymidwiferycare.ca/>

Genesis Birth Doula

Genesis Birth Doula helps guide pregnant women and their families before, during, and after pregnancy by offering informational, emotional and physical support. During labour they act as the woman's support person, helping her to stay in control of her birth experience, and giving all of their attention to her, rather than the baby.

Contact Christa to set up a free, no obligation initial interview. Fees are on a sliding scale, making Genesis Birth Doula an affordable choice.

Christa VanderVelde, Birth Doula

Phone: 519-829-9158

Email: genesisbirthingdoula@gmail.com

Facebook Page: @genesisbirthingdoula

Grand Valley Midwives

Grand Valley Midwives offer care to women with clinics in Grand Valley and in Mount Forest, a birthing suite in Fergus, and privileges at Groves Memorial Community Hospital (Fergus), and Louise Marshall Hospital (Mount Forest). They are fully equipped to provide primary care at both home births and hospital births. Pregnant women who are interested in receiving care from them can set up an initial appointment using their online booking system, or by calling into the clinic.

Grand Valley Clinic Location: 2 Main St S, Grand Valley, L9W 5V4

Mount Forest Clinic Location: 148 Main St S, Mount Forest, N0G 2L0

Phone: 519-928-2323

E-mail: info@grandvalleymidwives.ca

Website: www.grandvalleymidwives.ca

Groves Memorial Community Hospital

The Groves Memorial Community Hospital team consists of doctors, an obstetrician/gynecologist, four groups of midwives, registered nurses, dietitians, pharmacists, medical/nursing trainees and lactation consultants. Their goal is to provide each patient with the safest, most evidence-based patient and family centred care possible. If a woman does not have a family doctor the Obstetrical Team would be happy to care for them throughout their pregnancy.

Detailed information and steps to having a baby at the Groves Memorial Community Hospital can be found on their website.

Location: 235 Union Street East, Fergus, ON N1M 1W3

Website: <http://www.gmch.ca/obstetrics>

Phone: 519-843-2010 ext 3271

E-mail: prenatalclinic@gmch.fergus.net

Guelph General Hospital

At Guelph General Hospital, care is provided by a team of professionals including nurses, obstetricians, midwives, family doctors, paediatricians, hospitalists, anaesthesiologists, a nurse practitioner, a lactation consultant, respiratory therapists, clerical and support staff. Labour and delivery patients experience one-to-one nursing or midwifery care during labour. After giving birth, both mom and baby are transitioned into postpartum care when they are ready.

Guelph General Hospital's family birthing unit has 3 triage beds, 5 labour and delivery rooms, and 16 postpartum beds. They also have a 10-bed special care nursery for babies who need a bit of extra support. Women are expected to register with Guelph General Hospital at least 4 weeks before birth.

Location: 115 Delhi St., Guelph, Ontario, N1E 4J4

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

Phone: 519-822-5350

E-mail: info@gghorg.ca

Guelph Midwives

Guelph Midwives offer care to families in Guelph, Fergus and surrounding areas. They care for mothers throughout their whole pregnancy, at birth and up to six weeks after their child's birth for low risk mothers and infants. The midwives are strong believers in normal birth and client-centered care. Mothers are encouraged to contact the clinic within the first 12 weeks of their pregnancy to ensure they can receive quality care throughout their pregnancy. They can set up an appointment using their online form, or by calling into the clinic.

Clinic Location: 176 Wyndham St. North, Guelph, ON

Phone: 519-823-9785

Website: <http://guelphmidwives.com/>

Louise Marshall Hospital

Louise Marshall Hospital works with patients to develop a specific care plan, with a team that may include a registered nurse, doctors, midwives, pharmacist, registered dietitian, and/or a public health nurse. Up to two support people can be present at the birth (one if the baby will be delivered by c-section) and others must wait at home, since there is no waiting area.

After delivery, if there are no health concerns, baby will stay with mom in their private room. A support person is also welcome to stay with them, including overnight. Other visitors are welcome between 2pm-8pm.

Location: 630 Dublin Street, Mount Forest, ON, N0G 2L3

Phone: 519-323-2210

Website: <http://www.nwhealthcare.ca/patient-services/obstetrics>

Parenting

Beginnings Pregnancy Care Centre Guelph

Beginnings Guelph runs a drop-in baby brunch for parents with children ages zero to three years old that includes a free lunch, great discussion, and free child care. Beginnings also has a care cupboard of baby supplies and provides parenting support, information, resources, and community referrals.

Beginnings Guelph Office: 169B Woolwich St., Guelph, ON, N1H 3V4

Hours

Monday-Thursday: 10:00am-3:00pm

All other times by appointment

Phone: 519-763-7980

Text Messages Only: 226-337-3323

E-mail: support@beginningsguelph.ca

Guelph Website: www.beginningsguelph.ca

Main Website: www.beginnings.ca

La Leche League Canada

La Leche League Canada (LLLC) is a mother-to-mother volunteer organization that provides breastfeeding support. Guelph has two groups – a daytime and an evening one – that each meet once a month to discuss and learn about different breastfeeding topics as well as to offer support to women struggling with breastfeeding. LLLC leaders can also be contacted by phone in the daytime or early evening for breastfeeding help.

All women interested in breastfeeding are welcome, including grandmothers, sisters, and friends who come to support the interested woman. Meetings are also open to pregnant women and women with children. Meetings are 100% FREE to attend and children are always welcome. No registration is required – women can drop-in anytime during the meeting. However, it is advised to call an LLLC leader or check on Facebook in advance to confirm the date/time/location of the next meeting.

Daytime Meeting:

Date & Time: 10:00am-Noon, on the second Thursday of each month.

Location: Stone Road Mall, Ontario Early Years Centre – 435 Stone Rd. W., Guelph

Evening Meeting:

Date & Time: 7:00pm-9:00pm, on the last Wednesday of each month.

Location: Guelph Community Health Centre (downtown) – 176 Wyndham St. N., Guelph.

Website: <http://www.lllc.ca/lllc-guelph> & www.lllc.ca/lllc-guelph0

Facebook Page: @LLLCGuelph

Facebook Group: <https://www.facebook.com/groups/LLLCGuelph/>

E-mail Address: guelphlllc@yahoo.ca

La Leche League Leaders: Check website for up-to-date list and phone numbers.

Learning, Earning, and Parenting Program

The LEAP (Learning, Earning, and Parenting) program helps young parents who are receiving support from Ontario Works between the ages of 16 - 25 finish high school, work on parenting skills, and prepare for and find a job. This program is mandatory for parents on Ontario Works who have not finished high school and are 16 or 17 years old. Applications can be submitted over the phone or online. Those who successfully complete the program may qualify for \$500 to be used towards their own post-secondary education, or to be set up in an education trust for their child.

Guelph Office Location: 129 Wyndham Street North, Guelph, ON

Hours

Monday – Friday: 8:30 a.m. - 4:30 p.m.

Fergus Office Location: 321 Andrew Street West, Fergus, ON

Ontario Works Phone Number: (519) 837-2670 or 1-800-265-7294

Website: <http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx>

Brochure: <https://www.wellington.ca/en/socialservices/resources/leapbrochure.pdf>

Michael House (Drop-In Program)

Michael House runs a drop-in program that regularly allows young mothers to get together over a hot meal and also access support from the Michael House staff. It is open to past and present residents as well as any young mothers in the community. Locations of the drop-in programs may vary.

Contact **Amy Wilson** for more information: amy@michaelhouse.ca

Ontario Early Years Centres

Guelph Community Health Centre and the Ontario Early Years Centre together provide many programs for parents and children (ages 0-6) including special events (like Teddy Bear Picnics), field trips, regular drop-in play times around the city, parenting classes, walks with other moms and kids, baby massage classes and the birthday book program. Program calendars vary, so it is best to call or e-mail ahead or browse their websites for information.

Note that a few of the programs require advanced registration, and parents are encouraged to visit the website for more information. Some programs have a small cost associated with them (all of that information is online).

Guelph Locations

Guelph Main: 435 Stone Road West, Guelph

Guelph Downtown Satellite: Guelph Community Health Centre, 176 Wyndham St. N.

Guelph Phone Number: 519-821-6638 opt. 3

Guelph E-mail Address: oeyc@guelphchc.ca

Guelph Website: <http://guelphchc.ca/early-years-centre/>

East Wellington Rockwood

Website: <http://www.eastwellingtoncommunityservices.com/childrens-programs/programs/>

Phone Number: 519-856-2113

North and Centre Wellington (Mount Forest and Fergus)

Website: <https://www.communityresourcecentre.org/early-years>

Contact: Lindsay Cowan at lcowan@communityresource.org or 519-843-7000

Teenage Parents Program (TAPPs)

The Guelph Y Teenage Parents Program (TAPPs) is a free program through the YMCA that offers a safe, non-judgemental place for pregnant and parenting teen mothers and fathers to belong and grow as parents. They provide support, information and resources to pregnant and parenting teens between the ages of 14 and 21 (young fathers can be 24 years of age or younger).

TAPPs has meetings during the week that are designed to provide information on topics including, but not limited to: child development, nutrition, managing stress, birth control, budgeting, healthy relationships and behaviour management.

Guelph YMCA: 130 Woodland Glen Drive, Guelph, Ontario, N1G 4M3

Website: <https://www.guelphy.org/en/community-events-and-programs/teenage-parents-program-tapps.aspx>

Phone: 519-824-5150 ext. 263

Coordinator: Helen Keen

Women Everywhere (WE) Breastfeed

The WE Breastfeed program pairs trained and experienced volunteers with parents who are feeding breastmilk, and parents who are pregnant and want to learn about breastfeeding. Volunteers are also on-hand at free, weekly drop-in breastfeeding cafés to provide social space and answer questions.

Volunteers are respectful of whatever feeding choices parents make, knowing that any amount of breastmilk is beneficial and that longer breastfeeding, up to two years and beyond, is normal. Support is available in a variety of languages.

Location: Guelph (visit website for more specific café locations).

Website: <http://guelphchc.ca/we-breastfeed/>

Phone: 519-821-6638 ext. 250

E-mail: webreastfeed@guelphchc.ca

Facebook: <https://www.facebook.com/WEBreastfeed/>

Wellington-Dufferin-Guelph Public Health

Wellington-Dufferin-Guelph Public Health has several helpful parenting resources, including one-to-one supports and online resources. ***More information can be found online or by calling KIDS LINE.***

One-To One Support:

Healthy Babies, Healthy Children: HBHC is a support program for pregnant women and parents with young children. They can help with practising new parenting ideas, what to expect through child development, managing bedtime and mealtime, coping with life stresses (i.e., finances and housing), and link women with community services. This program is free and the support person actually goes to the woman's home for convenience.

KIDS LINE: Women can call KIDS LINE to speak to a public health nurse who can answer questions about parenting, breastfeeding, newborn care, postpartum concerns, and healthy families, as well as connect her with other community resources.

Assessment Services:

Growing Great Kids: Growing Great Kids is a Guelph-based program that helps support kids with developmental disabilities, up to age 6.

WeeTalk Preschool Speech & Language: WeeTalk provides free assessment, support and treatment for children from birth to school age.

Online Resources:

Let's Talk Parenting e-Newsletter: A monthly newsletter focusing on a topic that affects children from birth to age 5 and focuses on events and resources in the Guelph/Wellington County area.

WDG Public Health Guelph (Shelldale) Office: 20 Shelldale Crescent, Guelph, ON, N1H 1C8

Hours

By appointment only

WDG Public Health Guelph (Chancellors Way) Office: 160 Chancellors Way, Guelph, ON, N1G 0E1

Hours

Monday-Friday: 8:30am-4:30pm
Phone: 519-822-2715

WDG Public Health Fergus Office: 474 Wellington County Road 18, Fergus, ON, N1M 2W3

Hours

Monday-Friday: 8:30am-Noon, 1:00pm-4:30pm

WDG Public Health Mount Forest Office: 311 Foster Street, Mount Forest, ON, N0G 2L1

Hours

Tuesdays & Thursdays: Call ahead for specific hours

KIDS LINE: 1-800-265-7293 ext. 3616

Website: <https://www.wdgpublichealth.ca/your-kids/parenting>

Adoption

Beginnings Family Services (Hamilton) & Pregnancy Care Centre (Guelph)

Beginnings Pregnancy Care Centre (Guelph) provides free and confidential counselling from trained volunteers to any women in unplanned pregnancies. They will help pregnant women explore their options, including referring them to adoption counselling, if they so choose, and can help them place their baby for adoption through Beginnings Family Services (Hamilton).

Beginnings Family Services (Hamilton) believes in open adoption, meaning that women can be a part of choosing their baby's parents and can maintain some communication with their baby after the adoption is finalized (i.e., cards, letters, photos, or even occasional visits).

Beginnings Guelph Office: 169B Woolwich St., Guelph, ON, N1H 3V4

Hours

Monday-Thursday: 10:00am-3:00pm

All other times by appointment

Phone: 519-763-7980

Text Messages Only: 226-337-3323

E-mail: support@beginningsguelph.ca

Website: www.beginningsguelph.ca

Beginnings Hamilton Office: 1 Young Street, Suite 308, Hamilton, Ontario, L8N 1T8

Hours

Monday-Thursday: 9:00am-4:00pm

Phone: 1 905 528 6665

Toll Free: 1 877 528 6665

E-mail: info@beginnings.ca

Website: www.beginnings.ca

JFJ Hope Centre

JFJ Hope Centre offers an open adoption approach and gives primary consideration to requests from the birth mother when looking for the right family for their baby. Women who are considering this option can meet with a JFJ Hope Centre counsellor to examine their options and build a plan for them and their

child. JFJ Hope Centre provides comprehensive support during the pregnancy, hospital stay, and post-partum period.

After selecting a family, women are able to meet that family and JFJ will help them to develop a relationship with them before the birth. JFJ Hope Centre views adoption as both an emotional and legal event and provides grief support during the planning stages and after the adoption as well.

JFJ Hope Centre: 6655 Kitimat Rd, Unit 5, Mississauga, ON L5N 6J4

Phone Number: 905-821-7494

E-mail: helpline@jfjhopecentre.ca

Website: www.jfjhopecentre.ca/considering-adoption.html

Practical Needs

Baby Items

Beginnings Pregnancy Care Centre Guelph

Beginnings Guelph operates a care cupboard that can be accessed during office hours with a variety of baby and toddler items, such as clothes, diapers, and formula. Moms in need may use this service once a month as needed.

Beginnings Guelph Office: 169B Woolwich St., Guelph, ON, N1H 3V4

Hours

Monday-Thursday: 10:00am-3:00pm

All other times by appointment

Phone: 519-763-7980

Text Messages Only: 226-337-3323

E-mail: support@beginningsguelph.ca

Guelph Website: www.beginningsguelph.ca

Main Website: www.beginnings.ca

Blessings 4 Babies

Blessings 4 Babies, a program created by the Elora Road Christian Fellowship Gabriel Project, will provide donated new and gently used clothing and items from for infants age newborn to 12 months of age. Their goal is to provide each baby with some of the initial necessities. This baby box is not intended to be used as a bassinet.

E-mail: gabrielproject@ercf.ca

Website: www.blessings4babies.ca

Centre Wellington Pregnancy Centre

The Centre Wellington Pregnancy Centre offer baby clothing and supplies and can also serve as a pick-up point for Blessings 4 Babies boxes.

Location: 355 St. Andrew Street West, Fergus

Hours

Monday: Noon-6pm

Tuesday and Thursday: 11am-4pm

Other times by appointment.

Phone: call 226-486-1129 or text 519-362-4167

Email: infocw@pregnancycentre.ca

Website: www.pregnancycentre.ca

Lakeside Hope House

Lakeside Hope House provides clothing through their Hope Stylin' program, as well as infant diapers. Both services can be accessed once per month.

Hope House Location: 75 Norfolk Street, Guelph

Hours

Monday-Thursday: 8:30am-4:00pm

Phone: 519-265-4299

E-mail: info@lakesidehopehouse.ca

Website: www.lakesidehopehouse.ca

Ontario Baby Box Program

The Ontario Baby Box Program is run through The Baby Box Company Canada & Baby Box University. Their mission is to make sure that all babies can sleep safely and they do this by offering free baby boxes to all moms who are expecting or have a baby younger than 3 months. These boxes are made of sturdy cardboard, lined with a mattress, and meet government safety standards. To get an Ontario Baby Box, moms must register with Baby Box University, complete the 10-minute Ontario Canada syllabus, print out the completion certificate, and take it to a local Baby Box distributor to pick up a box. Our nearest distributor is Michael House, who holds frequent community events where boxes can be picked up.

Website: <https://www.babyboxco.com/blogs/news/all-about-ontario>

Baby Box University: <https://www.babyboxuniversity.com/>

Distributors: <http://distributor.babyboxco.com/country-distribution-centers/canada>

Salvation Army Community and Family Services

Diapers, wipes, formula and other items for infants and toddlers are provided to those in need, when available.

No appointment necessary.

Community & Family Services: 210 Victoria Road South, Guelph, ON

Hours

Tuesday-Friday: 1:00-3:45pm

Phone: 519-836-9824

E mail: familyservices@guelphsa.ca

Website: www.guelphsa.ca/index.php/Ministries-and-Programs/community-a-family-services.html

Childcare

Child Care Fee Subsidy

The Child Care Fee Subsidy is available for parents in financial need who have children ages 12 and under. To be eligible for the subsidy parents must be going to school, working, or looking for work and it is dependent on their family income. The subsidy works so that individuals are responsible for paying only a portion of their child care each month, at an amount determined by the family income. The Child Care Subsidy may also be available if you have medical or family needs that make it hard to take care of your child, concerns about your child's development, or a child with special needs. This subsidy is provided by Wellington County to residents that live in the county's jurisdiction

Applicants must call in and arrange a time to meet at one of the appointment locations (in Guelph, Fergus, or Mount Forest). They will need to bring tax documents, ID for themselves and their children, proof of reason for childcare (letter of employment and recent pay stubs or school registration and schedule as well as OSAP form), lease agreement or mortgage statement, custody papers, and OW/ODSP stubs if using either support. Once approved for subsidy, individuals can then choose a licensed child care provider off a list.

Children's Early Years Division Fee Subsidy Office (Guelph): 21 Douglas Street, Guelph, N1H 2S7

Fergus Office: 321 St. Andrew Street West, Fergus

Mount Forest Office: 311 Foster Street, Mount Forest

Phone Number: 519-837-3620 x3090 or 1-800-265-7294 x3090

Website: <https://www.wellington.ca/en/cey-feesubsidy.asp>

Child Care Centres: <https://www.wellington.ca/en/cey-LookingforChildCare.asp>

Licensed Child Care Programs

Wellington County provides a list of licensed child care programs (both centre-based and home-based child care options). Other child care may also be available from unlicensed providers, but because this child care is not as strictly regulated, this information is not available on their website.

Child Care Centres: <https://www.wellington.ca/en/cey-LookingforChildCare.asp>

Clothing

Chalmers Community Services Centre

Chalmers Community Services Centre offers a number of services at two different locations. On the first visit guests must register with a name and address, but no ID or proof of income is required. Guests can choose up to 4 items from the clothing and household items section each week. The downtown location also offers mending.

Chalmers Downtown: 41 Macdonell St, Guelph

Hours

Wednesday: 7-8pm

Friday: 10am-Noon

Chalmers West: 577 Willow Rd, Guelph (in the portable behind Three Willows United Church)

Hours

Thursday: 10am-Noon

Café Hours

Thursday: 9am-Noon

Phone: 519-822-8778

Email: community@chalmerscentre.ca

Website: www.chalmerscentre.ca

Lakeside Hope House

Lakeside Hope House's Hope Stylin' program provides clothing and hair cutting and individuals can visit the program once a month.

To access these programs, individuals need to register as Hope House community members, which can be done by dropping in to Hope House or by setting up an appointment.

Lakeside Hope House: 10 Cork St, Guelph

Hours

Monday-Thursday: 8:30am-4pm

Phone: 519-265-4299

Email: info@lakesidehopehouse.ca

Website: www.lakesidehopehouse.ca

Salvation Army Community and Family Services

Gently used clothing and accessories are available in the Clothing Room, to those in need.

No appointment necessary.

Community & Family Services: 210 Victoria Road South, Guelph, ON

Hours

Tuesday-Friday: 1:00-3:45pm

Phone: 519-836-9824

E mail: familyservices@guelphsa.ca

Website: www.guelphsa.ca/index.php/Ministries-and-Programs/community-a-family-services.html

New Life Christian Reformed Church

New Life Christian Reformed Church operates a Clothing Closet where people can get good, gently-used clothing. Clothing is offered for free, with a request for a donation if able. The Clothing Closet is closed on all long weekends, Christmas and New Year's. They strive to follow Canadian regulations to ensure that items given away are safe. On Thursdays, a community café is also open for those using the clothing closet to meet others, have a place to wait to use the clothing closet, and enjoy some snacks and drinks.

New Life Christian Reformed Church: 400 Victoria Rd N, Guelph, ON N1E 5J7

Clothing Closet Hours

Thursdays and Saturdays: 9:30am-Noon

Community Café Hours

Thursdays: 9am-Noon

Phone: 519-823-5851

E-mail: office@newlifecrc.net

Website: <http://www.newlifecrc.net/in-the-community>

Thrift Stores

GOODWILL (GUELPH)

Location: 340 Woodlawn Road West, Guelph

Phone: 519-767-1800

Website: <http://goodwillindustries.ca/>

Hours

Monday – Friday: 9:00 a.m. – 8:00 p.m.

Saturday: 9:00 a.m. – 6:00 p.m.

Sunday: 10:00 a.m. – 5:00 p.m.

MISSION THRIFT STORE (FERGUS)

Location: 525 Maple Street, Fergus

Phone: 226-383-5753

Email: fergus@missionthriftstore.com

Website: www.missionthriftstore.com

Hours

Monday, Tuesday, Wednesday, Friday: 10:00 a.m. – 5:00 p.m.

Thursday: 10:00 a.m. – 7:00 p.m.

Saturday: 10:00 a.m. – 4:00 p.m.

MISSION THRIFT STORE (GUELPH)

Location: 228 Victoria Road South, Guelph

Phone: 519-821-2498

Email: guelph@missionthriftstore.com

Website: www.biblesformissionsguelph.ca

Hours

Monday, Tuesday, Wednesday, Saturday: 9:30 a.m. – 5:00 p.m.

Thursday, Friday: 9:30 a.m. – 7:00 p.m.

ONCE UPON A CHILD (GUELPH)

Once Upon a Child buys and sells gently used kids' clothing, toys, books, baby gear and more.

Location: 666 Woolwich Street, Guelph

Phone: 519-822-2666

Website: <http://www.onceuponachildguelph.com/>

Hours

Monday – Saturday: 9:30 a.m. – 8:00 p.m.

Sunday: 12:00 p.m. – 5:00 p.m.

SALVATION ARMY THRIFT STORE (GUELPH)

Location: 204 Silvercreek Parkway North, Guelph

Phone: 519-766-4085

Website: <http://www.thriftstore.ca/central-ontario/location/guelph>

Hours

Monday - Friday: 9:00 a.m. – 9:00 p.m.

Saturday: 9:00 a.m. – 6:00 p.m.

SOCIETY OF SAINT VINCENT DE PAUL THRIFT STORE (GUELPH)

The St. Vincent de Paul organization has a furniture, clothing, and housewares thrift store. In addition, they offer team visits to people who are struggling financially. A pair of volunteers will evaluate their needs and offer free vouchers for food, clothing, furniture, and houseware as needed.

Location: 74 Elizabeth Street, Guelph

Phone: 519-836-5829

Website: <http://www.ssvp.on.ca/rc/stores2.php?store=16>

Hours

Monday – Friday: 9:00 a.m. – 5:00 p.m.

Saturday: 9:00 a.m. – 1:00 p.m. (September to June)

For more information on receiving vouchers, please leave a message with the church below that oversees the needs in your neighborhood (be sure to leave your name and phone number in the message):

St. Joseph Conference

Boundary: West end of city, west of Edinburgh Road to west of Gordon Street to south of city limits.

Phone: 519-836-6806

Our Lady Immaculate Conference

Boundary: Centre of city, east of Edinburgh Road and Gordon Street south, and west of the Speed River to Wellington Street, continuing south of the Eramosa River and west of Victoria Road, to north of the city limits.

Phone: 519-654-3575

Sacred Heart Conference

Boundary: South east section of Guelph, east of the Speed River to Metcalfe Street and then south of the CN Railway, to north of the Eramosa River and east of Victoria Road to city limits.

Phone: 519-265-8944

St. John the Baptist Conference

Boundary: East side of Guelph, from east of Metcalfe Street, to north of the CN Railway and then south of the Eramosa River to the city limits.

Phone: 519-824-7311

VALUE VILLAGE (GUELPH)

Location: 214 Silvercreek Parkway North, Guelph

Phone: 519-821-9994

Website: <http://www.valuevillage.com/>

Hours

Monday - Saturday: 9:00 a.m. – 9:00 p.m.

Sunday: 10:00 a.m. – 6:00 p.m.

Employment

Agilec (Fergus & Mount Forest)

Agilec is an employment center that provides free services and programs on behalf of the provincial and federal government, including disability support.

Fergus Office Location: 370 St Andrew Street West, Unit 2, Fergus, N1M 1N9

Hours

Monday, Tuesday, Thursday, and Friday: 8:30 a.m. - 4:30 p.m.

Wednesday: 8:30 a.m. - 7:00 p.m.

Phone: 519-787-0051

Website: www.agilec.ca/fergus

Mount Forest Location: 392 Main Street North, Mount Forest

Hours

Monday, Tuesday, Thursday, Friday: 8:30am-4:30pm

Wednesday: 8:30am-7:00pm

Phone: 519-323-4540

Website: www.agilec.ca/mount-forest

Anishnabeg Outreach

Anishnabeg Outreach offers employment supports such as job training, job searching, skills enhancement, and job retention strategies to all people. They also have a service called Apitisiwin, which offers specific supports for Aboriginal People (Status and Non-Status First Nations, Inuit, and Metis), that includes culturally relevant resources and information as well as the ASETS (Aboriginal Skills and Employment Training Strategy) program.

Guelph Office Location: 11A Suffolk Street East, Guelph, N1H 2H7

Hours

Monday-Friday: 8:30 a.m. – 4:30 p.m.

Phone Number: 519-763-5952 or **Toll Free:** 1-855-589-5292

E-mail Address: guelph@anishnabegoutreach.org

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

Lutherwood Employment Services

Lutherwood provides employment supports such as job and interview training, job searches, self-employment support, and apprenticeship information. Lutherwood has specific programs to help immigrants (Job Search Workshops) and people with disabilities (ACE: Achieving Competitive Employment). A monthly calendar is also posted on their website to inform people of upcoming events and workshops.

Website: www.lutherwood.ca

Guelph Office Location: 89 Wyndham St. N., Guelph, N1H 4E5 (3rd Floor)

Hours

Monday, Wednesday, Thursday, Friday: 8:30 a.m. - 5:00 p.m.

Tuesday: 8:30 a.m. - 7:00 p.m.

Phone: 519-822-4141 or **Toll-Free:** 1-866-321-4141

2nd Chance Employment Counselling (Guelph & Fergus)

2nd Chance has several great employment resources including job training, job finding, interview training, and more. They also offer specific supports for people with disabilities (ACE: Achieving Competitive Employment and RISE: Resource Independence Support Employment), for students (Summer Jobs Services and Student Summer Jobs) and for youth (Youth Resource Centre and Ways 2 Work).

RISE is a 12-week supported employment program for adults 18 years or older who have a self-identified disability, are not eligible for EI, are no longer in school, and are unemployed or working less than 20 hours per week.

Ways 2 Work is a 16-week program (for unemployed, out of school youth ages 15-30) that begins with six weeks of paid certifications (Smart Serve, Safe Food Handling, and more) and life skills, followed by a 10-week employment placement.

Workshop Information: Contact Michelle Storm at 519-843-5513x23 or at mstorm@2ndchance.ca

Website: www.2ndchance.ca

Email: info@2ndchance.ca

Guelph Office: 177 Norfolk Street, Guelph, N1H 4K1

Hours

Monday-Friday: 8:30 a.m. - 4:30 p.m.

Phone Number: 519-823-2440

Guelph Youth Resource Centre: Suite 213, 435 Stone Road West, Guelph, N1G 2X6

Hours

Tuesday, Thursday, Friday: 9:00 a.m. - 4:30 p.m.

Wednesday: Noon - 7:00 p.m.

Phone: 519-823-2818

Fergus Office: 160 St. David Street South, Unit 104, Fergus, N1M 2L4

Hours

Monday – Friday: 9:00 a.m. - 4:30 p.m.

Phone: 519-843-5513 or 1-800-478-0961

Wellington County Employment Resource Centre

The Wellington County Employment Resource Centre offers workshops and job-hunting resources, as well as Getting Ahead, a 3-week program designed to help people in financial difficulty create a better future.

The Wellington County Employment Resource Centre has office hours in Guelph, but also will send staff to Fergus or Mount Forest to meet with people.

Contact **Terri Townsley** (Employment Facilitator) for specific information about the Getting Ahead program, either through the office phone number using x.3660 or at her email territ@wellington.ca

Guelph Office Location: 138 Wyndham St. N., Guelph, N1H 4E8

Hours

Monday – Friday: 8:30 a.m. - 4:30 p.m.

Phone: 519-823-7887 or 1-800-265-7294

Website: <http://www.wellington.ca/en/socialservices/erc.asp>

Financial

Ontario Disability Support Program (ODSP)

The Ontario Disability Support Program offers income support with basic needs (allowances for housing, food, etc.) to people who are 18 years old and over, have a long-term disability, and are in financial need. The program also offers basic health care coverage, including dental and vision care, drug benefits, and an additional nutritional allowance for pregnant or breastfeeding women.

ODSP also provides employment supports to people 16 and over, such as specialized job training and resources. If a person on ODSP is working, ODSP will continue to supplement their income at a reduced amount, proportional to their employment income. If they are also in school (high-school or post-secondary) they can work and keep full ODSP support as an incentive to pursuing education. People on ODSP can also receive extra housing and food allowances for dependent spouses or children, although spouses will be encouraged to apply to Ontario Works or find a job if they are not currently working or in school.

It can take four to six months for an application to finish being processed and to begin receiving ODSP. Therefore, if a person is in urgent need it is suggested they apply to Ontario Works as they wait for ODSP to come through as Ontario Works is processed much faster. Individuals can apply in the office, over the phone, through Ontario Works, or start the application online.

There are two parts to the application. The first part determines the applicant's financial eligibility through Canada Revenue Agency and through self-reported information about household income and assets. The second part of the application requires a healthcare professional to determine disability and the level at which it impairs an individual's ability to support themselves.

ODSP Office: (Ministry of Community and Social Services, Ontario Disability Support Program, Income and Employment Supports) 1 Stone Road W., 1st Floor, Guelph, Ontario, N1G 4Y2

Phone Number: 519-822-7500 or 1-800-567-2953

Website: <http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/index.aspx>

Ontario Works (OW)

Ontario Works offers income and employment support to people who live in Ontario, are in immediate financial need, and are willing to participate in employment activities (some kind of work, work training, or volunteering). Crisis support is also available for people who have lost their homes or are leaving an abusive relationship. Eligibility is based on income and assets (total monthly income cannot exceed what Ontario Works would provide) and ranges from \$280 - \$934 for Basic Needs and \$376 - \$793 for shelter.

Typically clients must be 18 years old or over without special circumstances. Participants will also receive Ontario Drug Benefits, dental and vision care for dependent children, emergency dental for adults, and various discretionary benefits (including a pregnancy nutritional allowance). Employment assistance helps clients find and prepare for a job, through interview and résumé workshops, job counselling, job-specific training, and access to basic education (e.g., helping them finish high school).

They also have a special program for teen parents, aged 16-25 – refer to the Teen Pregnancy section, under LEAP Program, for more information.

Applications can be submitted over the phone, online, or in-office (walk-in appointments available).

Guelph Office Location: Wellington County Social Services, 129 Wyndham Street North, Guelph, ON

Hours: Monday – Friday: 8:30 a.m. - 4:30 p.m.

Guelph Phone Number: 519-837-2670

Fergus Office Location: 321 Andrew Street West, Fergus, ON

Ontario Works Phone Number: 519-837-2670 or 1-800-265-7294

Website: <http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx>

Welcome-In Drop-In Centre

The Welcome-In Drop In-Centre's Last Months Rent Fund assists individuals to obtain housing by providing financial assistance required for last month's rent deposit and/or HALF of required hydro deposit. They will also phone landlords and other services to advocate for individuals requiring housing support or assistance with utilities.

Location: 23 Gordon St, Guelph

Hours

Monday-Sunday: 5am-2:30pm

Office Hours

Monday-Friday: 8:30am-3pm

Phone: 518-837-0080

Food

Guelph-Wellington-Dufferin Food Access Guide

The Guelph-Wellington-Dufferin Food Access Guide has a complete list of all the neighborhood groups with food banks and when they are open, as well as information about other meal programs, community kitchens, and community gardens. Below is the link to the Food Access Guide to help you find the one that is closest to an individual's home.

Website: <http://www.gwpoverty.ca/wp-content/uploads/2014/01/2016-Food-Access-Guide.pdf>

Groceries

Chalmers Community Services Centre

Chalmers Community Services Centre offers a number of services at two different locations. On the first visit guests must register with a name and address, but no ID or proof of income is required. Guests can visit the food pantry every other week and will be provided with 3 days' worth of nutritious food, with some choice. In addition, diapers and toiletries are available.

Chalmers Downtown: 41 Macdonell St, Guelph

Hours

Wednesday: 7-8pm
Friday: 10am-Noon

Chalmers West: 577 Willow Rd, Guelph (in the portable behind Three Willows United Church)

Hours

Thursday: 10am-Noon

Café Hours

Thursday: 9am-Noon

Phone: 519-822-8778

Email: community@chalmerscentre.ca

Website: www.chalmerscentre.ca

Centre Wellington Food Bank

The Centre Wellington Food Bank runs on a self-shop method, where clients are allowed to choose about a week's worth of food for their families, with the assistance of a volunteer. Use of the Food Bank is available for clients once per month. Shopping visits can be arranged from Tuesdays-Thursdays. Clients can also drop in during regular hours for additional fresh bread and veggies if they are available (need to call ahead to check availability).

Clients need to bring in two items proving they live in the Township of Wellington, proof of household income, and photo ID. It is best to call to book an appointment to apply, but they can also drop in.

Centre Wellington Food Bank Location: 105 Queen Street West, Unit 12, Fergus, N1M 1S6 (Fergus Marketplace)

Shopping Hours

Tuesday/ Thursday: 1:00 p.m. - 4:00 p.m.

Wednesday: 6:00 p.m. - 8:00 p.m.

Tuesday to Friday Bread and Veggie Drop-In Hours: 3:00 p.m. - 4:00 p.m.

Phone: 519-787-1401

E-mail: cwfoodbank@wightman.ca

Website: <http://centrewellingtonfoodbank.org/for-clients>

Garden Fresh Box

The Garden Fresh Box program allows people to get fresh and affordable seasonal produce. There are two sizes of boxes available and they can be picked up once a month at several convenient community locations (a list of pick-up locations is available on the Garden Fresh Box website). Each box comes with a monthly newsletter containing recipes, storage tips, and other information.

Individuals must register online (or contact the Garden Fresh Box by phone or e-mail) by the first Friday of each month to get that month's box. Boxes are delivered the third Wednesday of each month. The cost is \$15 for a small box and \$20 for a large box.

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

Phone: 519-831-6638 x334

E-mail: gfbbox@guelphchc.ca

Guelph Food Bank

The Guelph Food Bank offers assistance to individuals and families in need. They provide food assistance, a clothing closet and so much more. Some of the other services offered by the Guelph Food Bank are providing training to get out of debt or manage finances, life skills training, job and placement programs. They also give referrals if people need assisted housing, a health card, government support programs, or a job reference.

Website: <http://guelphfoodbank.ca/guelph-food-bank-programs/>

Location: 100 Crimea St., Unit C12, Guelph, ON

Phone Number: 519-767-1380

Email: gfb@spiritwind.ca

HOURS

Monday – Friday: 9:00am– 4:00pm

Phone Hours: Monday-Friday: 9:00am-12:00pm

Hamper Program: Monday – Friday: 9:00– 11:00am

Clothing Exchange: Monday – Friday: 9:00am– 4:00pm

Lakeside Hope House Food Market

The Lakeside Hope House's Food Market is run as a grocery-style food bank based off a point system. Community members are given a certain number of points to spend on the food available in any way they choose. There are also separate added points for those with young children who need formula, diapers, wipes, etc.

Hygiene and cleaning items are also available for purchase under the points system. Hope House also operates Edu-Kitchen once a month which is a community kitchen where people learn to cook a nutritious and low-cost meal and take it home to their families.

The Food Market is available to all people in financial need, including the working poor. Community members can use the Food Market up to once a month.

Hope House Location: 10 Cork St E, Guelph

HOURS

Monday: 1:00- 4:00pm

Tuesday-Wednesday: 10:00am- 4:00pm

Thursday: 1:00-6:00pm

Phone: 519-265-4299

E-mail: info@lakesidehopehouse.ca

Website: www.lakesidehopehouse.ca/food-market/

Salvation Army Community and Family Services

Emergency food is available once every two months to individuals and families who find themselves in a crisis situation. In between visits, access is available to the fresh item shelves which often include produce and bakery products.

No appointment necessary. On the first visit, you will be asked to show photo ID for everyone in the household, as well as proof of income and expenses.

A seasonal community garden run by Community & Family Services helps to supply the food pantry with fresh produce items. Container gardening provides small vegetable plants to those who would like to have them, and learn a new skill.

Community & Family Services: 210 Victoria Road South, Guelph, ON

Hours

Tuesday-Friday: 1:00-3:45pm

Phone: 519-836-9824

E mail: familyservices@guelphsa.ca

Website: www.guelphsa.ca/index.php/Ministries-and-Programs/community-a-family-services.html

Society of St. Vincent de Paul Thrift Store

The St. Vincent de Paul organization has a furniture, clothing, and housewares thrift store. In addition, they offer team visits to people who are struggling financially. A pair of volunteers will evaluate their needs and offer free vouchers for food, clothing, furniture, and houseware as needed.

Location: 74 Elizabeth Street, Guelph

Phone: 519-836-5829

Website: <http://www.ssvp.on.ca/rc/stores2.php?store=16>

Hours

Monday – Friday: 9:00 a.m. – 5:00 p.m.

Saturday: 9:00 a.m. – 1:00 p.m. (September to June)

For more information on receiving vouchers, please leave a message with the church below that oversees the needs in your neighborhood (be sure to leave your name and phone number in the message):

St. Joseph Conference

Boundary: West end of city, west of Edinburgh Road to west of Gordon Street to south of city limits.

Phone: 519-836-6806

Our Lady Immaculate Conference

Boundary: Centre of city, east of Edinburgh Road and Gordon Street south, and west of the Speed River to Wellington Street, continuing south of the Eramosa River and west of Victoria Road, to north of the city limits.

Phone: 519-654-3575

Sacred Heart Conference

Boundary: South east section of Guelph, east of the Speed River to Metcalfe Street and then south of the CN Railway, to north of the Eramosa River and east of Victoria Road to city limits.

Phone: 519-265-8944

St. John the Baptist Conference

Boundary: East side of Guelph, from east of Metcalfe Street, to north of the CN Railway and then south of the Eramosa River to the city limits.

Phone: 519-824-7311

Meals

Lakeside Hope House

Lakeside Hope House's daily café is a welcoming place that offers a light selection of food to provide nutrition and warmth for those in need. Hot coffee, tea and water are always available in the café for anyone who would like to drop in. They also have community breakfasts on Wednesday mornings.

Hope House Location: 10 Cork St E, Guelph

Hours

Monday-Thursday: 8:30am-4pm

Phone: 519-265-4299

E-mail: info@lakesidehopehouse.ca

Life Centre

The Life Centre serves hot meals 6 days of the week in Downtown Guelph, as well as provides a variety of other services, all at no charge.

Life Centre: 50 Quebec St, Guelph, On N1H 2T4

Meals

Monday-Thursday: 7:00pm

Friday: 10:00am-1:00pm

Saturday: 6:00pm

Phone: 519-837-3777

E-mail: thelifecentregh@gmail.com

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

Welcome-In Drop-In Centre

Welcome-In Drop-In Centre serves two low-cost meals a day (light breakfast and snacks), friendship, support and guidance on a drop-in basis.

Location: 23 Gordon St, Guelph

Hours

Monday-Sunday: 5am-2:30pm

Office Hours

Monday-Friday: 8:30am-3pm

Phone: 518-837-0080

Furniture

Guelph-Wellington-Dufferin Furniture and Household Goods Access Guide

This online guide provides comprehensive information on free-cycle programs, thrift stores, and free furniture/household items resources in Guelph and Wellington.

This guide could be a good resource for individuals who are in need of home furnishings and supplies.

Website: <http://www.gwpoverity.ca/wp-content/uploads/2017/01/03.-Furniture-Household-Goods-Access-Guide-Updated-December-2015.pdf>

Thrift Stores

See Thrift Stores, under “Clothing” (page 15) – most of these places also carry furniture and household goods.

Health

Medical Health

Walk-In Clinics

ARKELL WALK-IN MEDICAL CLINIC (GUELPH)

Location: 403 Arkell Rd, Unit 4, Guelph

Phone: 519-822-7841

Hours

Monday-Friday: 9am-5pm

Saturday-Sunday: 10am-2pm

FERGUS WALK-IN CLINIC (FERGUS)

Location: 801 St. David St. N., Fergus (inside Walmart)

Phone: 519-787-2940

Hours

Monday-Friday: 9am-5pm

Saturday-Sunday: 9am-2pm

GUELPH WALK-IN MEDICAL CLINIC: GORDON ST (GUELPH)

Location: 1499 Gordon St, Guelph (in Pharmasave)

Phone: 519-265-6400

Hours

Tuesday: 9am-Noon

Wednesday: 9am-1pm, 3pm-8pm

Thursday: 5pm-8pm

Friday: 9am-1pm, 2pm-7pm

GUELPH WALK-IN MEDICAL CLINIC: SPEEDVALE AVE (GUELPH)

Location: 328 Speedvale Ave E, Guelph (in Speedvale Plaza)

Phone: 519-822-0100

Hours

Monday, Tuesday: 11am-6pm

Wednesday: 11am-7pm

Thursday: 2pm-8pm

MIDTOWN URGENT CARE CLINIC (GUELPH)

Location: 175 Chancellors Way, Suite 104, Guelph (Research Park North, University of Guelph)

Phone: 519-837-1198

Hours

Tuesday-Friday: 5pm-9pm

Saturday: 10am-2pm

WALK-IN CLINIC: KORTRIGHT RD W (GUELPH)

Location: 160 Kortright Rd W, Unit 12A, Guelph (in Hartsland Plaza)

Phone: 519-265-9177

Hours

Thursday: 6pm-9pm

WALK-IN CLINIC: SILVERCREEK PKWY (GUELPH)

Location: 105 Silvercreek Pkwy N, Guelph (in Rexall Pharmacy)

Phone: 519-822-9363

Website: www.silvercreekwalkin.com

Hours

Hours vary, visit website to confirm hours.

Salvation Army Community and Family Services

The Salvation Army is Canada's largest non-governmental direct provider of social services. They provide non-narcotic prescription vouchers up to \$50, and they also offer basic counselling and referrals.

Location: 210 Victoria Road South, Guelph, ON

Hours

Tuesday-Friday: 1pm-3:45pm

Phone: 519-836-9824

E mail: familyservices@guelphsa.ca

Website: www.guelphsa.ca/index.php/Ministries-and-Programs/community-a-family-services.html

Mental Health

Family Counselling and Support Services of Guelph-Wellington

Family Counselling and Support Services provides counselling and support to people regardless of income or ability to pay. They offer counselling and support around issues including: Relationship problems, personal problems, marital separation, parenting decisions, family violence, physical abuse, emotional abuse, sexual abuse, sexual assault, incest, addictions, gambling, credit counselling, debt counselling, family life education, case management for those who need assistance working with the developmental services system, and psychiatric .

Individuals in need of any of the listed counselling services can get in touch with Family Counselling and Support Services by phone or e-mail. The wait time for an appointment may be several weeks if the office is busy.

Main Guelph Location: 109 Surrey Street East, Guelph, N1H 3P7

Hours

Monday -Thursday: 9am-9pm

Friday: 9am-5pm

Saturday: 9am-2pm

Fergus Satellite Location: 400 Tower St S, Fergus

Hours

By appointment only.

Mount Forest Satellite Location: Claire Stewart Medical Clinic, 525 Dublin St, Mount Forest

Hours

By appointment only.

Phone: 519-824-2431

E-mail: info@familyserviceguelph.on.ca

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

Here 24/7 Helpline

The Here 24/7 Help Line is run by the Canadian Mental Health Association and connects people with struggling with mental illness, suicidal thoughts, or addictions with help nearby provided by 12 agencies across the Waterloo-Wellington area.

The Here 24/7 number is good to give out to women in the event that they might have a mental health emergency and need immediate support. Here 24/7 takes care of intake, assessment, referral, crisis, waitlist, and appointment booking.

Website: www.here247.ca

Here 24/7 Help Line Phone Number: 1-844-437-3247 or TTY: 1-877-688-5501

Addictions

Addiction Centres Toronto (ACT)

ACT provides support to people who are struggling with an addiction to opioids or medications, using opioid substitution therapy and cognitive behavioural therapy. They provide helpful information on their website which provides sound knowledge of addictions and what needs to happen so people can overcome them. Over half of those they treat test drug free within six to eight weeks.

Location: 84 Carden Street, Guelph, ON

Phone: 519-837-0228

CLINIC HOURS

Monday: 8:30am – 5pm

Tuesday, Thursday, Friday: 8:30am – 4:00pm

Wednesday: 8:30am – 2pm

Saturday: Call for hours.

Sunday: 10:00am – Noon

Alcoholics Anonymous

Alcoholics Anonymous is a free fellowship of men and women, using a 12-step program model, who share the desire to stop drinking (this is the only requirement of membership). There are several meetings in Guelph and the surrounding area, including daily weekday meetings. There is a complete list of Alcoholics Anonymous meeting times in the Guelph Area on their website. There is also a 24/7 helpline to discuss alcoholism.

Local Alcoholics Anonymous Mailing Address:

Central West 2 District 3, 218 Silvercreek Parkway North, Unit 17A, Box 210, Guelph, Ontario N1H 8E8

24/7 Alcoholism Helpline: 519-836-1522

Meeting Information: <http://www.centralwest2district3aa.org/Pages/Meetings.html>

Al-Anon/ Alateen

Al-Anon and Alateen meetings are free confidential support groups where those with family or friends who are problem drinkers can find support and understanding. The Alateen meetings are for teens between 10 and 20 years old. At the meetings, people are invited to share their story and learn more other people's experience rather than give each other advice, which fosters an environment of empathy where people feel safe to share. Meeting times can be found on their website.

Website: www.al-anon.org

Phone: 519-836-1522

Email: wso@al-anon.org

Celebrate Recovery

Celebrate Recovery is a ministry through Lakeside Church in Guelph designed to help people overcome addictive, compulsive and dysfunctional behavior. The meetings take place every Monday night at 7:00 p.m. An introductory meeting for newcomers is available every week.

Location: Lakeside Church, 7654 Conservation Road, Guelph, ON

Main Contact: Brian Bulger, 519-836-8141, ext. 255

Meeting Information: <http://lakesidechurch.ca/ministries/support-recovery/>

Here 24/7 Helpline

The Here 24/7 Help Line is run by the Canadian Mental Health Association and connects people with struggling with mental illness, suicidal thoughts, or addictions with help nearby provided by 12 agencies across the Waterloo-Wellington area.

The Here 24/7 number is good to give out to women in the event that they might have a mental health emergency and need immediate support. Here 24/7 takes care of intake, assessment, referral, crisis, waitlist, and appointment booking.

Website: www.here247.ca

Here 24/7 Help Line Phone Number: 1-844-437-3247 or TTY: 1-877-688-5501

Narcotics Anonymous

Narcotics Anonymous is a 12-step program of drug addicts working together to break addictions with several meetings at different times in Guelph.

Website: http://www.orscna.org/english/city_meetings.php?id=Guelph&id2=

Phone Number: 1-888-811-3887

Ontario Addiction Treatment Centres (OATC)

Ontario Addiction Treatment Centres focus on a harm-reduction model, by providing opioid agonist therapy to treat opioid addiction (e.g., codeine, morphine, oxycodone, heroin, and fentanyl.) Patients will be provided with supervised doses of methadone/suboxone as well as addiction counselling.

Individuals will need to go into the office to get a medical exam and become a part of the program. Methadone is safe to take during pregnancy.

Guelph OATC Location: 146 Wyndham St. North, Guelph, N1H 4E8

Hours

Monday: 8:30am-4:30pm (Lunch break from 12:30pm-1pm)

Tuesday, Thursday: 8:30am-5pm

Wednesday: 7:30am-3pm (Lunch break from 12:30pm-1pm)

Friday: 8:30am-4pm (Lunch break from 12:30pm-1pm)

Weekend: 9:00am-12:00pm

Guelph Phone Number: 519-822-6100

OATC E-mail: info@oatc.ca

Website: www.oatc.ca

Stonehenge Therapeutic Community

Stonehenge Therapeutic Community offers a number of different services to help individuals struggling with addictions. This includes a day support group for pregnant/parenting women, a four- to six-month residential treatment program, and both transitional and long-term addiction supportive housing.

Location: 60 Westwood Road, Guelph, N1H 7X3

Phone Number: 519-837-1470

E-mail Address: info@stonehengetc.com

Website: www.stonehengetc.com

LET'S GROW TOGETHER

The daytime support group called “Let’s Grow Together” offers addictions counselling and other support for the women while care is provided for the children. This program also includes transportation and nutritional assistance. Let’s Grow Together runs Wednesdays from 9:30 a.m. -12:00 p.m. and may have a waiting list.

For information about the daytime support group, individuals must call the Harm Reduction/ECD staff.

Harm Reduction/ECD Staff Phone Number: 519-837-0759

RESIDENTIAL PROGRAM

Stonehenge's residential program reserves two beds for pregnant women and features individual and group therapy, job and life skills learning, anger management, and eventually help transitioning back into society, finding jobs, housing, and even education.

To enter the residential program applicants must be over 18 years old and adequately withdrawn from substance abuse – referrals are accepted from individuals, doctors, addiction treatment professionals, and the criminal justice system. Admission to the residential program may include a recent medical exam, and will include two separate intake interviews, and a completed application form, found online.

Residential Program Phone Number: 519-837-1470 x226 (to speak to the Women's Admission Coordinator)

ADDICTION SUPPORTIVE HOUSING

The Addiction Supportive Housing (ASH) program allows participants to live for up to one year in a group home where they receive weekly addiction counselling, weekly home meetings, and participate in home upkeep. After this transitional year they live independently, but continue with weekly addiction meetings and actively participate in other addiction recovery supports in the community – this is long-term.

Referrals to the ASH program are made through the Here 24/7 program (1-844-HERE-247) and applicants must call this number to complete an assessment in order to be put on the wait list.

Housing

Guelph-Wellington Housing Access Guide

This online guide provides comprehensive information on housing resources in Guelph and Wellington County, including information on searching for housing, renting, keeping one's own housing, eviction and moving out, emergency housing, and community help and support.

Website: <http://www.gwpoverty.ca/wp-content/uploads/2014/01/Housing-Access-Guide-20141.pdf>

Emergency

Michael House

Michael House is a home for women in crisis during pregnancy or early parenting. Their residential program provides a home, food, medical care, and 24-hour on-site staff support, as well as opportunities to learn how to cook, budget and make healthy life choices.

Their supportive housing program provides lower-cost apartments and the continued help of a support worker to check-in with them and make sure they continue progressing in their goals.

Michael House's aftercare program continues to provide support and parenting advice as women move out and their babies become toddlers.

Michael House intake questions are directed to **Amy Alberts** who can be reached at the office phone number (see below) or by e-mail at aalberts@michaelhouse.ca.

Michael House Office Location: 187 Bristol Street, Guelph, N1H 3M2.

Phone Number: 519-766-7675.

E-mail Address: office@michaelhouse.ca

Website: www.michaelhouse.ca

Welcome-In Drop-In Centre

Welcome-In Drop-In Centre refers individuals to shelters, is connected to long-term supportive housing, and will phone landlords and other services to advocate for individuals requiring housing support or assistance with utilities. Their Last Month Rent Fund assists individuals to obtain housing by providing financial assistance required for last month's rent deposit and / or HALF of required hydro deposit.

Location: 23 Gordon St, Guelph

Hours

Monday-Sunday: 5am-2:30pm

Office Hours

Monday-Friday: 8:30am-3pm

Phone: 518-837-0080

Non-Emergency

Welcome-In Drop-In Centre

Welcome-In Drop-In Centre is connected to long-term supportive housing, and will phone landlords and other services to advocate for individuals requiring housing support or assistance with utilities. Their Last Month Rent Fund assists individuals to obtain housing by providing financial assistance required for last month's rent deposit and / or HALF of required hydro deposit.

Location: 23 Gordon St, Guelph

Hours

Monday-Sunday: 5am-2:30pm

Office Hours

Monday-Friday: 8:30am-3pm

Phone: 518-837-0080

Wellington County Housing Help Centre

The Housing Help Centre encompasses a huge number of resources in regards to housing. These resources include: a free housing service, a one-stop housing registry for tenant use, referrals and listings of public, non-profit, and co-operative housing, rent bank assistance for those in danger of eviction, etc..

Guelph Office Location: 138 Wyndham Street North, N1H 4E8

Hours

Monday-Friday: 8:30am-4:30pm

Phone: 1-519-824-7882

Housing Registry Clerk: Contact Kevin Priestly at 519-824-7882 x4130 or kevinp@wellington.ca

Website: <https://www.wellington.ca/en/social-services/housinghelpcentre.aspx>

Legal

Legal Aid Ontario

Legal Aid Ontario provides many kinds of legal help for low-income individuals, including family law (custody, etc.). To qualify for this legal help an individual must be financially eligible – meaning that their issue must be one covered by Legal Aid and they have little to no money after paying for basic necessities like food and housing. LAO has several family law services that they offer, including family duty counsel, which are family lawyers that can assist individuals in court with custody or support issues. These services are available at the Court House in Guelph.

If an individual doesn't have a lawyer, Family Law Information Centre (FLIC) Advice Lawyers offers the opportunity to speak privately with a Family Law Advice Lawyer. Advice lawyers can provide general legal information on family law matters free of charge. For information on other services, like duty counsel, call Legal Aid.

Family Law Information Centre Location: Court House, 74 Woolwich Street, Guelph

Hours

Fridays from 9:00 a.m. - 12:00 p.m.

Phone Number: 1-800-668-8258 (collect calls accepted).

Office Hours: Monday – Friday 8:00 a.m. - 5:00 p.m.

Website: www.legalaid.on.ca

Legal Clinic of Guelph and Wellington County

The Legal Clinic is funded by Legal Aid Ontario and offers free legal assistance to low-income individuals in issues of Housing, Social Assistance, Canadian Pension Plan Disability, and Employment Insurance. As a clinic of Legal Aid Ontario, they have extensive resources to make referrals for other types of legal issues as well.

Legal Clinic Location: 176 Wyndham Street North, Guelph

Hours

Monday-Friday: 8:30 a.m. - 4:30 p.m.

Phone Number: 519-821-2100 or 1-800-628-9205 (toll free in Wellington County)

Website: www.gwlegalclinic.ca

Legal Shield

Legal Shield offers unlimited access to lawyers for a starting rate of \$26 a month for families (\$23 for individuals). This coverage includes legal advice, 24/7 emergency assistance, letters and phone calls on your behalf, legal document review, and standard will preparation. In addition to this, legal services that are not covered by the plan are provided at 25-33% off the law firm's standard hourly rates – these services include some lawsuits, DUI/DWI, bankruptcy, divorce, child custody, and tax issues, among other things.

Barbara Fisher's Phone Numbers: 519-827-4737 OR 519-780-0048

Barbara Fisher's E-mail Address: legalshieldbarb@gmail.com

Legal Shield's Phone Number: 1-800-654-7757

Legal Shield's E-mail Address: memberservices@legalshield.com

Website: www.legalshield.com OR www.bmfisher.com

Recreation

Children’s Foundation: Free to Play

The City of Guelph partners with the Children’s Foundation of Guelph and Wellington to provide funding for children and youth to attend recreation programs, including registered programs, swimming lessons and camps. Confirmation of fee assistance must be secured before registering for City of Guelph programs.

Applications are available at any City of Guelph Community Centre or can be obtained by contacting the Children’s Foundation directly.

Children’s Foundation Location: 87 Waterloo Avenue – Upper Level, Guelph, ON N1H 3H6

Phone: 519-826-9551 OR 1-877-826-9551

Website: www.childrensfoundation.org/what-we-do/free-to-play/apply-for-funding

Email: freetoplay@childrensfoundation.org

Guelph City Hall Location: 1 Carden St, Guelph, ON, N1H 3A1

Hours

Monday-Friday: 8:30am-4:30pm

Phone: 519-822-1260 OR 519-826-9771

Email: info@guelph.ca

Website: <http://guelph.ca/living/recreation/recreation-programs/support-services/>

Fee Assistance in Recreation (FAIR)

A confidential fee assistance program is available for recreation programs, swim passes, or selected memberships. Qualifying individuals receive a certain percentage off the registration fees for City of Guelph programs, swim passes or selected memberships.

An application form, also available at all recreation centres, must be completed and supporting documentation attached.

Guelph City Hall Location: 1 Carden St, Guelph, ON, N1H 3A1

Hours

Monday-Friday: 8:30am-4:30pm

Phone: 519-822-1260 OR 519-826-9771

Email: info@guelph.ca

Website: <http://guelph.ca/living/recreation/recreation-programs/support-services/>

Guelph-Wellington Access to Recreation Guide

This guide provides information on the various free and low-cost recreational activities available in the Guelph and Wellington Area, including activities for mothers, children, or mothers and children. The guide includes information on sports, exercise programs, pools, splash pads, ice rinks, and recreational subsidies available.

This recreation guide is a helpful resource for people who are looking for free and/or affordable activities and family outings they can do with to put their child.

Website: <http://www.gwpoverly.ca/wp-content/uploads/2014/01/Access-to-Recreation-Guide-V2.pdf>

Ontario Early Years Centre

Guelph Community Health Centre and the Ontario Early Years Centre together provide many programs for parents and children (ages 0-6) including special events (like Teddy Bear Picnics), field trips, regular drop-in play times around the city, parenting classes, walks with other moms and kids, baby massage classes and the birthday book program. Program calendars vary, so it is best to call or e-mail ahead or browse their websites for information.

Note that a few of the programs require advanced registration, and parents are encouraged to visit the website for more information. Some programs have a small cost associated with them (all of that information is online).

Guelph Locations

Guelph Main: 435 Stone Road West, Guelph

Guelph Downtown Satellite: Guelph Community Health Centre, 176 Wyndham St. N.

Guelph Phone Number: 519-821-6638 opt. 3

Guelph E-mail Address: oeyc@guelphchc.ca

Guelph Website: <http://guelphchc.ca/early-years-centre/>

East Wellington Rockwood

Website: <http://www.eastwellingtoncommunityservices.com/childrens-programs/programs/>

Phone Number: 519-856-2113

North and Centre Wellington (Mount Forest and Fergus)

Website: <https://www.communityresourcecentre.org/early-years>

Contact: Lindsay Cowan at lcowan@communityresource.org or 519-843-7000

YMCA-YWCA of Guelph

The YMCA-YWCA of Guelph offers many health and fitness services for reasonable pricing. Becoming a member gives you the privilege to train with professionals and take educational courses about how to live a healthy lifestyle with no extra charge. The YMCA-YWCA of Guelph also offers Financial Assistance to those who wish to be a member but cannot afford it.

Guelph YMCA: 130 Woodland Glen Drive, Guelph, Ontario, N1G 4M3

Hours

Monday-Friday: 5am-11pm

Weekends: 7am-8pm

Holidays: 7am-3pm

Phone: 519-824-5150

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

Transportation

Affordable Bus Pass

The Affordable Bus Pass program is resource available for low-income individuals. Guelph Transit monthly bus passes are made available at 50% of the regular cost. The application process can take up to ten days.

If an individual/family in need will be receiving regular support to purchase an affordable bus pass, their supporting organization or community group can make the payment on their behalf.

Payment can be made by credit card or cheque (made out to City of Guelph) at the Service Guelph counter at City Hall. The community group or organization purchasing the bus pass on behalf of the person(s) in need must be sure to bring the full name(s) and complete address of the individual(s) who they are purchasing the bus pass for.

The individual/family in need will then be able to pick up the passes anytime.

Guelph City Hall Location: 1 Carden St, Guelph, ON, N1H 3A1

Hours

Monday-Friday: 8:30am-4:30pm

Phone: 519-822-1260 OR 519-826-9771

Email: info@guelph.ca

Website: <http://guelph.ca/living/getting-around/bus/fares-and-passes/affordable-bus-pass/>

Contact **Beth Bergevin** (Community and Social Services / Business Services, City of Guelph) about making third-party payments.

Phone: (519) 822-1260 ext. 2042

E-mail: beth.bergevin@guelph.ca

Community Car Share Guelph

The Community Car Share is available for anyone to join who is 18 or over, a relatively clean driving record (no at-fault accidents in the last three years or a major speeding conviction), and at least a class G2 license. Gas, maintenance, and insurance costs are all covered in the price of the car share.

Individuals can choose whether they would like a Regular or Occasional Membership, depending on how often they plan to use the car share. Rates are higher for Occasional Drivers, but the monthly membership fee is much lower. There are currently five cars in the Guelph program, including four in the downtown area, and one at the University of Guelph.

Individuals can apply online to be a part of the car share – applications take about one day to process and then their membership card will be mailed out. There is an initial application fee of \$30 per driver (you can have as many drivers as you want on one membership if they live in the same house, but you have to pay separate application fees) and then rates are as follows:

- \$40 per month membership fee (Regular Plan)
- \$5 per month (Occasional Plan)
- \$5 for the first four hours (Regular Plan)
- \$8 for the first four hours (Occasional Plan)
- \$1 for each additional hour

- 30¢/ kilometer

Drivers between the ages of 18 and 20 cost an extra \$10 per month

Phone Number: 1-855-742-7399

Website: www.communitycarshare.ca

Special Circumstances

Abortion History

Project Rachel

Project Rachel is a ministry that facilitates healing and reconciliation for women and men who have suffered due to an abortion. They have both professional counselors and Catholic clergy, trained and screened by the Catholic community in Hamilton, to offer confidential counseling and support to those in need.

Project Rachel is private and confidential, helps reconcile the feelings associated with an abortion experience, moves individuals forward in a caring and hope-filled atmosphere, connects them with a trained counsellor in their own area, assists you in sorting through their own feelings, and allows them the opportunity to deal with unresolved conflicts.

Phone Number: 905-526-1999 or 1-888-385-3850

Website: <https://hamiltondiocese.com/offices/family-ministry/grief-support/healing-after-abortion.php>

Other

Some organizations have mentioned that they provide post-abortion support or counselling, but do not have much information on this. Organizations, websites, emails, and phone numbers are listed below.

BEGINNINGS GUELPH

Location: 169B Woolwich St., Guelph, ON N1H 3V4

Phone: 519-763-7980

Email: support@beginningsguelph.ca

Guelph Website: <http://www.beginningsguelph.ca/>

Main Website: <http://www.beginnings.ca/>

CENTRE WELLINGTON PREGNANCY CENTRE

Location: 355 St. Andrew Street West, Fergus

Phone: call 226-486-1129 or text 519-362-4167

Email: shadia@pregnancycentre.ca

Website: www.pregnancycentre.ca

GRIEFWALK

Location: 7654 Conservation Road, Guelph, Ontario N1H 6J1

Phone: 519-836-8141, ext. 226 or 237

Email: info@griefwalk.ca
Website: www.griefwalk.ca

Domestic Violence

Guelph-Wellington Women in Crisis

Marianne's Place (shelter)

Marianne's Place is an accessible emergency shelter that provides temporary housing for women and their children experiencing physical, sexual, emotional or financial abuse and/or stalking. The location of the shelter is confidential. The shelter offers programming and supports for women and their children.

Services include: immediate telephone support and information through the 24-hour Crisis Line, risk assessment and safety planning for them and their children, one-to-one counselling and support, group counselling, accompaniment, advocacy and referrals to police, court, hospital, lawyers, social services and community agencies, help with custody and child support issues, referrals for two hours of free legal consultation, help with immigration services, help with finding a new place to live, help with getting financial support, help with Criminal Injuries Compensation, victim impact statements and court preparation, and social and educational activities for them and their children

Transitional and Housing Support Program (THSP)

The Transitional and Housing Support Program offers a range of services to women in the community who are experiencing violence and/or abuse as well as those who have left violent/abusive relationships recently or in the past.

Family Court Support Program (FCSP)

The Family Court Program provides services to women who have experienced abuse and are currently involved or about to enter the Family Court process.

Rural Women's Support Program (RWSP)

The Rural Women's Support Program provides services for women and their children living in rural Wellington County who have been or are in an abusive relationship, or have experienced childhood sexual abuse and/or incest, recent or past sexual assault, harassment and/or stalking.

Sexual Assault Centre (SAC)

The Sexual Assault Centre offers individual and group counselling to women 16 years of age and older who have experienced sexual assault, childhood sexual abuse, and/or incest or sexual harassment recently or in the past. The Sexual Assault Centre provides long term individual and/or group counselling.

Crisis Line

The Crisis Line is a 24-hour telephone and TTY support and referral line in Guelph and Wellington County. We offer support to those who have experienced or are experiencing physical, sexual,

emotional or financial abuse and/or stalking. We also speak to concerned friends and family members of abused women, service providers and other professionals in contact with abused women.

Location: 38 Elizabeth St, Guelph, ON N1E 2X2

Phone: 519-836-1110

24 Hour Crisis Line: 519-836-5710 or 1-800-265-7233

Email: adminsac@gwwomenincrisis.org

Victim Services Wellington

Victim Services provides support to anyone who has experienced a crisis, including those who have been trafficked. Below are some of the supports they provide to victims of human trafficking.

VICTIM QUICK RESPONSE PROGRAM (VQRP)

VQRP was created to provide financial assistance to victims of serious physical assault, domestic violence, sexual assault, hate crimes and human trafficking. Financial assistance can be given immediately to victims of violent crimes who need support but cannot receive financial help by other means.

Funding through VQRP covers short-term immediate counselling, funeral expenses for victims of homicide, transportation costs to support a victim who has suffered emotional or physical harm from a violent crime, and emergency accommodation meals if other housing options are not available.

MOBILE EMERGENCY RESPONSE SYSTEM (MERS)

MERS is a 24/7 tracking system for people who are at high risk of violence. Individuals are given a device that has a panic button which sends an SOS signal to police so they can find their location. This program is done in partnership with Victim Services Wellington and Guelph Police Service.

Victims can apply by calling: 519-824-1212 ext. 7304

VICTIM CRISIS ASSISTANCE ONTARIO (VCAO)

This service is provided 24 hours a day and 365 days a year. Victim Crisis Assistance Ontario offers immediate on-site crisis and trauma service to victims. The volunteers who work with VCAO are trained in crisis intervention. They assess what the victims needs are, and provide practical and emotional support as is necessary. They also arrange connections with other services and resources specific to each victim, and do follow up, safety planning and advocacy on behalf of the victim.

Location: 15 Wyndham St., Guelph, ON

Phone: 519-824-1212 ext. 7304

Email: victim@vswguelph.on.ca

Website: www.vswguelph.on.ca

Human Trafficking

Aurora House

Aurora House is a newly established residential facility based in the Greater Toronto Area. They provide housing, long-term trauma counselling, and needed support services to those that have been exploited in Canada through human trafficking or forced marriage. Support is also available to those in need who do not live in the Aurora House residential housing. Referrals or applications can be made by contacting the head office.

Rebecca Loewen

Counter Human Trafficking Counsellor

Phone: 416-699-4527 ext. 243

Email: rloewen@mnlct.org

General Inquiries: info@aurorahouse.ca

Phone: 1-877-935-8656

Referrals

Email: refer@aurorahouse.ca

Phone: 1-877-935-8656 Ext 1

To fill out the referral form:

www.aurorahouse.ca/contact/

Chrysalis Anti-Human-Trafficking Network

Chrysalis is a free counselling hotline for women, men and youth in Canada who have been trafficked for forced commercial sex or labor. They also help sex workers who would not identify as being trafficked or exploited.

There are Chrysalis counsellors who speak the following languages: English, French, Punjabi, Arabic, Mandarin, and Cantonese.

Website: www.chrysalisnetwork.org

Phone: 1-866-528-7109

Email: info@chrysalisnetwork.org

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Location: 15 Wyndham St., Guelph, ON

Phone: 519-824-1212 ext. 7304

Email: victim@vswguelph.on.ca

Website: www.vswguelph.on.ca

Immigrants

Immigrant Services

Immigrant Services is an organization that provides many specialized supports (including translation) for new immigrants and those who have little knowledge or understanding of English. For families or individuals who require help applying for the child care subsidy, Ontario Works, ODSP, the affordable bus pass, and more, Immigrant Services is happy to help.

Location: 926 Paisley Road, Units 4 & 5, Guelph, ON N1K 1X5

Phone: 519-836-2222

Email: info@is-gw.ca

HOURS

Monday to Friday: 9:00 a.m. – 5:00 p.m.

By Appointment on Thursday: 5:00 p.m. – 9:00 p.m.

Website: <http://www.is-gw.ca/>

Teen Pregnancy

Beginnings Pregnancy Care Centre

Beginnings Guelph provides free and confidential counselling from trained volunteers to any women in unplanned pregnancies and those needing post-abortion support. They provide free pregnancy tests, will help pregnant women explore their options, and also offer prenatal classes, a care cupboard, and other programs for pregnant women and new moms.

Prenatal Classes: Women who attend these classes will receive a crib at the end of the sessions.

Beginnings Guelph Office: 169B Woolwich St., Guelph, ON, N1H 3V4

Hours

Monday-Thursday: 10:00am-3:00pm

All other times by appointment

Phone: 519-763-7980

Text Messages Only: 226-337-3323

E-mail: support@beginningsguelph.ca

Guelph Website: www.beginningsguelph.ca

Main Website: www.beginnings.ca

Stonehenge Therapeutic Community

Stonehenge Therapeutic Community offers a number of different services to help individuals struggling with addictions. This includes a day support group for pregnant/parenting women, a four- to six-month residential treatment program, and both transitional and long-term addiction supportive housing.

LET'S GROW TOGETHER

The daytime support group called “Let’s Grow Together” offers addictions counselling and other support for the women while care is provided for the children. This program also includes transportation and nutritional assistance. Let’s Grow Together runs Wednesdays from 9:30 a.m. -12:00 p.m. and may have a waiting list.

For information about the daytime support group, individuals must call the Harm Reduction/ECD staff.

Harm Reduction/ECD Staff Phone Number: 519-837-0759

RESIDENTIAL PROGRAM

Stonehenge’s residential program reserves two beds for pregnant women and features individual and group therapy, job and life skills learning, anger management, and eventually help transitioning back into society, finding jobs, housing, and even education.

To enter the residential program applicants must be over 18 years old and adequately withdrawn from substance abuse – referrals are accepted from individuals, doctors, addiction treatment professionals, and the criminal justice system. Admission to the residential program may include a recent medical exam, and will include two separate intake interviews, and a completed application form, found online.

Residential Program Phone Number: 519-837-1470 x226 (to speak to the Women’s Admission Coordinator)

ADDICTION SUPPORTIVE HOUSING

The Addiction Supportive Housing (ASH) program allows participants to live for up to one year in a group home where they receive weekly addiction counselling, weekly home meetings, and participate in home upkeep. After this transitional year they live independently, but continue with weekly addiction meetings and actively participate in other addiction recovery supports in the community – this is long-term.

Referrals to the ASH program are made through the Here 24/7 program (1-844-HERE-247) and applicants must call this number to complete an assessment in order to be put on the wait list.

Location: 60 Westwood Road, Guelph, N1H 7X3

Phone Number: 519-837-1470

E-mail Address: info@stonehengetc.com

Website: www.stonehengetc.com

LEAP Program

The LEAP (Learning, Earning, and Parenting) program through Ontario Works helps young parents between the ages of 16 - 25 finish high school, work on parenting skills, and prepare for and find a job. This program is mandatory for parents on Ontario Works who have not finished high school and are 16 or 17 years old.

Guelph Office Location: Wellington County Social Services, 129 Wyndham Street North, Guelph, ON

Hours: Monday – Friday: 8:30 a.m. - 4:30 p.m.

Guelph Phone Number: 519-837-2670

Fergus Office Location: 321 Andrew Street West, Fergus, ON

Ontario Works Phone Number: 519-837-2670 or 1-800-265-7294

Website: <http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx>

Michael House

Michael House is a home for women in crisis during pregnancy or early parenting. Their residential program provides a home, food, medical care, and 24-hour on-site staff support, as well as opportunities to learn how to cook, budget and make healthy life choices.

Their supportive housing program provides lower-cost apartments and the continued help of a support worker to check-in with them and make sure they continue progressing in their goals.

Michael House's aftercare program continues to provide support and parenting advice as women move out and their babies become toddlers.

Michael House intake questions are directed to **Amy Alberts** who can be reached at the office phone number (see below) or by e-mail at aalberts@michaelhouse.ca.

Michael House runs a drop-in program that regularly allows young mothers to get together over a hot meal and also access support from the Michael House staff. It is open to past and present residents as well as any young mothers in the community. Locations of the drop-in programs may vary. Contact **Amy Wilson** for more information: amy@michaelhouse.ca

Michael House Office Location: 187 Bristol Street, Guelph, N1H 3M2.

Phone Number: 519-766-7675.

E-mail Address: office@michaelhouse.ca

Website: www.michaelhouse.ca

Teenage Parents Program (TAPPs)

The Guelph Y Teenage Parents Program (TAPPs) is a free program through the YMCA that offers a safe, non-judgemental place for pregnant and parenting teen mothers and fathers to belong and grow as parents. They provide support, information and resources to pregnant and parenting teens between the ages of 14 and 21 (young fathers can be 24 years of age or younger).

TAPPs has meetings during the week that are designed to provide information on topics including, but not limited to: child development, nutrition, managing stress, birth control, budgeting, healthy relationships and behaviour management.

Guelph YMCA: 130 Woodland Glen Drive, Guelph, Ontario, N1G 4M3

Website: <https://www.guelphymca.org/en/community-events-and-programs/teenage-parents-program-tapps.aspx>

Phone: 519-824-5150 ext. 263

Coordinator: Helen Keen

Wyndham House

Wyndham House has long term residential programs available for youth. The program is geared towards youth who have recently left the educational program, and Wyndham House provides support to help them stay in school. They have two 8 bed facilities where youth who are committed to completing high school can stay.

Phone: 519-822-4400

Location: 26 Douglas Street, Guelph, ON

Email: info@wyndhamhouse.org

Contact **Tiffany** for more information: tiffany@wyndhamhouse.org

Website: www.wyndhamhouse.org

Youth Emergency Centre

The Youth Emergency Shelter provides short term emergency housing for youth aged 16 – 24 who are in a housing crisis. The shelter opens at 4:00 p.m., seven days a week.

Phone: 519-837-3892

Location: 18 Norwich Street East, Guelph, ON

Contact **Carly** for more information: carly@wyndhamhouse.org

University of Guelph Student

Campus Child Care Co-operative

The Campus Childcare Co-operative operates several daycare programs for infants (over three months old), toddlers (18-30 months) and preschoolers (up to age four and a half), with the options of full time (five days a week) or part time (two or three days a week). The daycare center provides childcare daily during the week from 7:30 a.m. - 5:30 p.m. Healthy meals and snacks are included as well. Child care provided here can be covered through the Child Care Subsidy (see page 8) provided by the County of Wellington to families that are eligible.

Fees per day depend on program and are as follows:

- Infants Full-Time - \$58.03
- Infants Part-Time - \$67.52
- Toddlers Full-Time - \$46.35

- Toddlers Part-time - \$54.59
- Preschool Full-Time - \$42.84
- Preschool Part Time - \$46.92

Application to the Campus Childcare Co-operative is online and tours of the facility can be arranged by contacting the Centre directly. Applications should be done as early as possible to ensure a spot, but the child does have to be born before you can apply for a spot.

Childcare Centre Location: 2 South Ring Road West, Guelph, N1G 4Y2

Weekday Hours: 7:30 a.m. - 5:30 p.m.

Website: www.campuschildcare.org

Phone Number for General Inquiries: Kathy Klaver at 519-822-1280

E-mail Address for General Inquiries: Kathy Klaver at kathy@campuschildcare.org

Phone Number of Executive Director: Dori Cross at 519-826-6927

E-mail Address of Executive Director: Dori Cross at: director@campuschildcare.org

Child Care and Learning Centre

The Child Care and Learning Centre (CCLC) has child care programs for Toddlers (18-30 months), Preschoolers (31-60 months), and Kindergartners (44-67 months). Child care provided here can be covered through the Child Care Subsidy (see page 8) provided by the County of Wellington to families that are eligible.

Daily fees vary based on age group and full-time (five days/week) or part-time (two or three days/week) and are as follows:

- **Toddlers Full-Time** - \$47.14
- **Toddlers Part-Time** - \$57.39
- **Preschool Full-Time** - \$41.28
- **Preschool Part-Time** - \$50.35
- **Kindergarten Full-Time** - \$42.55
- **Kindergarten Part-Time** - \$51.87

The CCLC operates 7:30 a.m. - 5:30 p.m. on weekdays, except statutory holidays. Healthy meals and snacks are provided.

At the Child Care and Learning Centre 75% of spaces are reserved for students/faculty of the University of Guelph. The Wait List Application is filled out and submitted online and **Rachelle Campbell** can be e-mailed or phoned for further questions.

CCLC Location: 125 Arboretum Road, University of Guelph, Guelph, N1G, 2W1

Weekday Hours: 7:30 a.m. - 5:30 p.m.

Phone Number: 519-824-4120 x52682

E-mail: cclc@uoguelph.ca

Waitlist Information Phone Number: Rachelle Campbell at 519-824-4120 x56179

Waitlist Information E-mail: Rachelle Campbell at rmacamp@uoguelph.ca

Website: <https://www.uoguelph.ca/studentaffairs/childcare/what-new-cclc-0>

Co-op Housing

Co-op housing offers living quarters in apartments, townhouses and lodging houses near campus for discounted prices. Residents are required to participate in upkeep committees to keep the residence clean. You must be a member of the co-op to apply for co-op housing. Accessible housing is also available.

Memberships to the co-op are \$15 for four years and can be obtained at the Co-op Central Office or the Co-op Bookstore and members must also attend an orientation session. Applications are found and submitted online at the co-op website, but they also have a phone number and are available for people to drop in at their office.

Co-op Bookstore Location: Room 037, Johnston Hall, University of Guelph, N1G 2W1

Website: <http://www.guelphcampus.coop/housing/>

Housing Office Location: 17 College Ave W, Guelph, N1E 1R7

Housing Office Phone Number: 519-824-4950

Housing Office E-mail: housing@guelphcampus.coop

Central Student Association Food Bank

The CSA operates a food bank for undergraduate and graduate students. Students can receive up to 30 items per month per member of their family, but there are no limits to how often you can visit the food bank, so they can gather their 30 items per person throughout the month, as needed. The CSA is a pickup location for the Garden Fresh Box Program as well (see Food/ Groceries Entry) that provides fresh, seasonal produce at a low cost.

The hours the food bank is open vary based on the time of year (the office is open fewer hours in the summer semester than in the fall and winter semesters). Students are encouraged to check out the website to find out when it is open. They can drop in any time the office is open, and they should have their University of Guelph ID with them to complete a short intake form. They will then be given a visitor ID card that they will need to bring each time they use the food bank.

Location: 620 Gordon Street, Federal Annex Building (near South Ring Road), Guelph, ON

E-mail: foodbank@uoguelph.ca

Phone Number: 519-824-4120 x52561

Website: www.csaonline.ca/foodbank

Good2Talk

Good2Talk is a free, confidential helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario, 24/7/365.

Good2Talk serves students at Ontario's publicly-funded colleges and universities, with a primary focus on those aged 17 to 25. Students can call Good2Talk for support on a wide range of issues.

24/7 Helpline: 1-866-925-5454

Sanctuary Outreach Student Chapter

The SOS Chapter is a CSA-approved campus club at the University of Guelph with a mandate to: **a)** Provide non-judgmental, compassionate, practical, and confidential support to unexpectedly pregnant students, **b)** Connect pregnant students and couples who are wishing to carry to term with the resources that may help them do so, and **c)** Bring awareness to the student population of the stigma surrounding being a pregnant student. Members of the club are trained as peer support volunteers by Sanctuary Outreach and are eager and willing to help pregnant students in any way they can.

SOS Chapter E-mail: soschapter.uog@gmail.com

SOS Chapter Facebook Group: www.facebook.com/groups/SOSchapter

For more information, or to get connected with the SOS Chapter, contact Sanctuary Outreach.

Student Accessibility Services

Although not part of their official mandate, Student Accessibility Services may be able to help pregnant and parenting students get accommodations in classes and with tests.

Location: University Centre, Level 3 South

Hours

Monday-Friday: 8:15am-4:15pm

Phone: 519-824-4120 ext. 56208

Email: accessibility@uoguelph.ca

Website: <https://wellness.uoguelph.ca/accessibility/>

Student Help and Advocacy Centre

The Student Help and Advocacy Centre can provide resources on issues including academics, financial, housing/tenancy, human rights, and university processes. Students can get free legal advice from a tenancy lawyer who holds office hours once a week during the fall and winter semesters.

SHAC can be reached for information over e-mail or by dropping in during office hours – these hours may change semester to semester, but can be found at: <http://shacguelph.org/office-hours/>.

To book a half hour appointment with the tenancy lawyer students can drop by the office or e-mail shac@uoguelph.ca – lawyer office hours may be different each semester and can be found online at: <http://shacguelph.org/meet-with-a-lawyer/>.

SHAC Office Location: University Centre, 2nd Floor

General Questions: Shamitha at shac@uoguelph.ca or 519-824-4120 x58105

Advocacy Questions: Adam at advocacy@uoguelph.ca or 519-824-4120 x52629

Legal Questions: Alexandra at shacleg@uoguelph.ca

Website: www.shacguelph.org

Student Housing Services

Student Housing Services offers undergraduate housing in residence on campus, as well as student family housing and graduate student housing. Family housing is close to campus and includes both apartments and townhouses at reasonable monthly rates as follows: one bedroom apartments are \$900.52 - 954.91, two bedroom apartments are \$1047.78, and two bedroom townhomes are \$1104.42.

Each residence comes with a parking space, utilities are included, and can choose to pay for any internet service provider they want, including Resnet (the University service provider) which is offered at a lower cost than commercial internet.

Applications for student housing are found on the below website, including a specific one for family housing. Family housing is typically offered only to married couples, married equivalence couples, or single parents, with at least one person in the home being registered as a student.

Website: <http://www.housing.uoguelph.ca/page.cfm>

Student Housing Services Office: Maritime Hall (South Residence), 50 Stone Road East, Guelph

Phone Number: 519-824-4120 x58700

E-mail Address: housing@uoguelph.ca

Student Support Network

The Student Support Network (SSN) offers drop-in Peer support.

At all SSN services, you'll find:

- Confidential, non-judgemental listening & support
- Information and referrals
- An opportunity to chat with peers who care
- Extensively trained student volunteers who provide the service

Location: Raithby House

Hours (Fall & Winter Semesters)

Monday-Friday: Noon-10pm

Monday-Friday (Exam Weeks): Noon-8pm

Website: <https://wellness.uoguelph.ca/education/services/ssn>