

Community Resources

Fall 2026



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Need Help? Talk to a Community Navigator!

We provide free support with:

- Housing, jobs, education and income supports
- Applying for government programs and benefits
- Connecting individuals to community supports
- Writing resumes and cover letters
- Free tax filing for low-income residents
- Access to free refurbished computers
- Booking quiet spaces for appointments



Learn more at www.chatham-kent.ca/communitynavigators



In-Library Community Navigator Appointment Hours:

At the Chatham Branch

120 Queen Street, Chatham, ON

Monday to Friday 9:30 am to 4:00 pm

At the Wallaceburg Branch

209 James Street, Wallaceburg, ON

Monday, Wednesday, Friday 10:00 am – 4:00 pm

Tuesday, Thursday 1:00 - 4:00 pm

Appointments at other Library Branches upon request:

Call 519-355-1380 or email: CKCN@chatham-kent.ca

**** ID Clinic - CKPL Chatham Branch on Friday, October 16th 1:30 to 4:30pm ****

See next page for more information

Income Tax Program

Community Navigators can assist eligible residents who may not have otherwise completed their income tax returns with the completion of simple income tax returns, free of charge.

Services are available virtually or in-person, Monday to Friday from 8:30 am – 4:00 pm by calling 519-355-1380 or emailing CKCN@chatham-kent.ca.

Learn more at www.chatham-kent.ca/communitynavigators



Are you a community partner that needs to update their current listing in our monthly resource guide?

Call 519-355-1380 or emailing CKCN@chatham-kent.ca.



Need help applying for
a birth certificate or
government issued ID?



Join us for our free I.D. Clinic!

Appointments are available on a
first come, first serve basis.

Service Canada can issue Social
Insurance Numbers, Personal Access
Codes, or answer questions about
Canada Pension Plans.

Financial screening will be available
for those who may need assistance
with payment for identification.

**Friday,
October 16th**

1:30 - 4:30pm

**Chatham-Kent
Public Library**

**Chatham Branch
120 Queen Street W
Chatham, Ontario**



519-355-1380
CKCN@chatham-kent.ca

ServiceOntario

Canada

www.chatham-kent.ca/communitynavigators



Clothing & Personal Needs



Chatham

Program	Needs	Address	Hours	Contact
First Presbyterian Church "Joe's Boutique"	Free gently used clothing & personal hygiene items	60 Fifth St, CHatham	Saturdays 9:30am - 11am	519-352-2313 office@firstchatham.org
Goodwill Community Store and Donation Centre Drive-Thru	Gently used clothing & household items	255 Grand Ave W Chatham	Mon – Fri: 9 am - 9 pm Sat: 9 am - 6 pm Sun: 10 am - 5 pm	519-351-9486
Loads of Love	Gently Used Clothing & furniture	15 Princess St N Chatham	Tues – Fri: 9 am - 4 pm Sat: 9 am – 2 pm Sun & Mon: Closed	519-352-0911
Missions Thrift Store	Gently used furniture & household items	26 Wellington St Chatham	Mon – Fri: 9 am - 5 pm Sat: 10 am – 4 pm	519-351-3817
New Life Thrift Store	Gently used clothing & furniture	202 Queen St Chatham	Mon – Wed: 9 am - 4 pm Thurs – Fri: 9 am – 6pm Sat: 10 am – 4 pm	519-354-5033
St. Vincent de Paul Thrift Store	Gently used clothing & furniture	80 King St E Chatham	Mon – Sat: 9 am - 4 pm	519-354-0410
Salvation Army Thrift Store	Gently used clothing & household items	456 St. Clair St Chatham	Mon – Sat: 9 am – 4 pm Sun: Closed	519-358-7299
The Family Treasure Chest	Gently used clothing & household items	122 Richmond St Chatham	Tues – Sat: 10 am – 4 pm Sun & Mon: Closed	519-397-4660
The Encore Shop & Gallery	Secondhand clothing (works with homeless and youth aging out of foster care)	137 Queen St Chatham	Tues – Fri: 9 am - 4:30 pm	519-784-0463
Thrifiers' Nest	Thrift & consignment shop; clothing and household items	80 William Street Chatham	Mon – Fri: 9 am – 4 pm Thurs: 6 am – 9 pm Sat: 10 am – 4 pm	519-351-5638 thrifiersnest@gmail.com
Value Village	Gently used clothing & household items for sale	80 Keil Dr Chatham	Mon – Thurs: 10 am – 8 pm Fri & Sat: 10 am – 9 pm Sun: 11 am – 7 pm	519-354-9325

Ridgetown

New to You	Gently used clothing, furniture & household items	37 Main St E Ridgetown	Mon – Wed: 10 am - 5 pm Fri: 10 am - 5 pm Thurs: 10 am - 6 pm Sat: 10 am - 2 pm	519-784-8755 ridgetownnewtoyou@gmail.com
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Employment & Training



Program	Needs	Address	Hours	Contact
Adult Language and Learning	Literacy & Essential Skills Upgrading Immigration Programs & Service Newcomer settlement services ESL classes; Youth programs Assistance with forms for Newcomers & Permanent Residence	240 King St W Chatham	Mon – Fri: 9 am-4:30 pm	519-354-7424
CK Jobs Employment Service	Explore your career options, strengthen your résumé, search for jobs, prepare for job interviews, & look at education and skills training opportunities with the support of a Job Developer. Available at 6 locations across Chatham - Kent	<u>Municipal Service Centres</u> 35 Talbot St, Blenheim 435 Grand Ave W Chatham 485 St. George St. Dresden 17 Superior St. Tilbury 45 Main St Ridgetown 786 Dufferin Ave Wallaceburg	Mon – Fri: 8:30 am – 4:30 pm Follow this link for more info: Chatham-Kent Jobs – Connect Prepare Succeed chathamkentjobs.com	519-351-8573
College Boreal	Offers a unique variety of courses that are individualized to the learners needs; offers settlement services for Permanent Residents and newcomers	161 King St W Chatham	Mon – Fri: 9 am - 5 pm	519-397-1677 Collège Boréal - Francophone Postsecondary Education in Ontario (collegeboreal.ca)
Community Living Chatham JOBWORX Employment Services	Helps with job readiness, finding and keeping work, exploring careers, building resumes, preparing for interviews, and accessing training or education	101 Stewart St Chatham	Mon – Fri: 8:30 am – 4:30 pm After hours appointments available upon request	519-351-0460 Community Living Chatham-Kent Ontario clc-k.ca

Employment & Training



Program	Needs	Address	Hours	Contact
Contact North	Offering a wide range of free courses online; including upgrading, secondary and post-secondary options	Call or email to set up an appointment at a location that is convenient to you	Virtual access Mon – Fri: 8:30 am – 4:30 pm	chathamkentlambton@contactnorth.ca Edith Kealy 1-855-353-5949
Employment and Social Services	Photocopier in lobby to copy & fax documents at no charge	435 Grand Ave W 1st Floor Chatham	Mon - Fri: 8:30 am- 4:30 pm	519-351-8573
Goodwill Career Centre Chatham	Explore your career options, strengthen your resume, prepare for job interviews, or look at education and skills training opportunities	300 Lacroix St Chatham	Virtual Services: Mon - Fri: 8:30 am - 4:30 pm Drop-in Resource Centre: Mon - Fri: 8:30 am – 4 pm	519-354-4400 Schedule appointment online at www.goodwillindustries.ca
Lambton Kent District School Board – Adult Education	Free training & upgrading digital skills for work and skills for success Ages 19+ (online or in person) Email techniques, AI, job search, online safety, Microsoft Office	230 Faubert Dr, Chatham 920 Elgin St, Wallaceburg	Call, email, or visit the websites for available registrations Wallaceburg Hours Tues -Thurs: 9:30 am – 2:30 pm Tues & Wed: 9:30 am - 12:30 pm	519-354-6100 ext.5 or email Chatham.Upgrading@lkdsb.net Wallaceburg.Upgrading@lkdsb.net 519-627-7452 Register at 519-354-6100 ext. 5
Lambton Kent District School Board/ St. Clair College College School within a College (SWAC)	Earn secondary school credits and college delivered dual credits; see the websites for eligibility criteria	St. Clair College Thames Campus Chatham	Follow the link for details	https://www.stclaircollege.ca/programs/swac

Employment & Training



Program	Needs	Address	Hours	Contact
Sainte Trinite Catholic High School	Continuing Education in French language to obtain your Grade 12 *For those 18 + yrs.	Conseil Scolaire Catholique Providence – CK Satellite location Pain Court	Contact for details	519-355-1304 1-877-250-4877
South Essex Community Council	• Employment and training resources available to Wheatley Area Career Hub • Employment support literacy & basic skills - upgrading • Language training offered in class or one on one training with TESL certified instructors • Settlement Service Workers for permanent residents, convention refugees, refugee claimants, naturalized Canadians and temporary visitors	Mon – Fri: 8:30 am – 4: 30 pm Sat: 8:30 am – 12:30 pm Wheatley and Area	Contact for more information	www.secc.on.ca info@secc.on.ca 519-326-8629
St. Clair College – (ACE) Academic & Career Entrance Upgrading	Free upgrading to college entrance in Mathematics, Communications, Sciences, computer skills, and self-management	Call the college for class hours and times		Deb Wilmott 519-354-9100 ext. 3586 A.C.E. (Academic & Career Entrance) St. Clair College

FREE Resume printing is available at all 11 branches of the Chatham Kent Public Library – 10 resume copies per day
Speak to a library staff or a Community Navigator for assistance

Food Resources



Chatham

Program	Needs	Address	Hours	Phone
Free Little Pantries in Chatham	Take what you need for free and leave what you can for others • Food • Personal Hygiene Items • Winter hats & mitts	• Christ Church (beside bus depot) • 15 Orchard Height • Corner of Victoria & Grand Avenue • BME Freedom Park • 20 Sandys St. (outside the Women's Centre) • 102 Taylor Ave • 50 Adelaide St (inside Family Service Kent) • 805 Grand Ave W (Tepperman's Parking lot) • 450 Park Ave (St. Paul's Discover Life) • Habitat for Humanity (55 Juncton Ave) • Pet Pantry (porch pickup only)	24 hours a day / 7 days a week As available	Follow FreeHelpCK on Facebook 519-990-5178 info@freehelpck.ca
Society of St. Vincent de Paul Blessed Sacrament/ St. Agnes	Blessed Sacrament Church Food vouchers are offered to those people living in Chatham on the north side of the Thames River. They are issued every four months, and require proof of address, photo ID, proof of income, and IDs or health cards of children or others living in household. Voucher to be used within two weeks of issue. Soup Kitchen / Bagged Lunch	Vouchers distributed at 145 Victoria Ave, Chatham issued from the side door Soup Kitchen at 145 Victoria Ave, Chatham at back doors of the church	Thurs: 1 pm – 2:30 pm Thursdays 11:30am	519-352-8530
Campbell AME Church	Soup Kitchen	20 Prince St, Chatham	Wed: 11:30 am - 12:30 pm	519-358-1219 campbellAMEchat@gmail.com
Christ Church	Bagged lunch	80 Wellington St W Chatham	Mon: 11:30 am - 12:15 pm	519-352-1640 churchoffice@christchurchchatham.ca

Food Resources



Program	Needs	Address	Hours	Contact
Emmanuel Baptist Church	Hot Meals	100 McNaughton Ave	Sun: 4 pm – 5 pm No meals in July and August	519-351-2112
Family Service Kent	Frozen meals ranging from \$3.50 – \$8.00 in price	Curbside pickup or delivery in Chatham-Kent	Call Family Service Kent	519-354-6221 ext. 236
First Presbyterian Church Breakfast	Free, full, hot eat-in Breakfast. All are welcome	60 Fifth St, Chatham	Saturdays 9:30 am - 11 am	519-352-2313 office@firstchatham.org
Free Help CK - Senior Hope Meals	Meal deliveries for seniors aged 65 and over	Delivered - please apply at www.freehelpck.ca	Mon & Thurs Delivery: 11 am – 2 pm	519-990-5178 info@freehelpck.ca
Free Help CK The Community Table	Free Community Dinner	St. Paul's Congregational Church 450 Park Ave W Chatham	4th Thursday of Each Month: 5:30 pm – 6:30 pm	519-990-5178 info@freehelpck.ca
Holy Trinity St. Paul's Anglican Church	Food Vouchers: Participants are issued a voucher and are provided with a date when they can return for the next one – which is every 3 months	81 Selkirk St, Chatham	2nd and 4th Tuesday of the Month when eligible 9 am – 10:30 am	519- 354-1072 holytrinity.stpauls@gmail.com
Hope Haven	Lunch meal, laundry, clothing Food bank – Monday Open ALL NIGHT 7 pm – 7am (tentatively) until March 1st – for drop in only (no beds available)	183 Wellington St, Chatham	Daily: 10 am - 2 pm (Lunch) Little Free Pantry/ Food bank - Monday only 12 pm - 2 pm	519-351-4010 chathamhopehaven@gmail.com
Interfaith Caring Kitchen St. Ursula Church	Dine In; Take Out; Drive up	St Ursula Church 205 Tweedsmuir W Chatham	2nd & 4th Wednesday of Month: 4:30 pm	519-352-8530 stursula@dol.ca

Food Resources



Program	Needs	Address	Hours	Contact
Meals on Wheels	Offers hot nutritious meal delivery to Chatham, Blenheim Dresden, Ridgetown and surrounding areas	Call to determine delivery locations	Monday, Wednesday & Fridays	Barb Noorenberghe 519-351-6325 info@mealsonwheelsck.com
NeighbourLink Food and Grocery Delivery	Will deliver food from Outreach for Hunger food bank to those who have no means of travel & struggle with food insecurity. Also have volunteers who will shop and/or pick up groceries for people who are housebound		Call to arrange services	519-352-5647 www.neighbourlinkck.com
NeighbourLink – Street Frenz	Weekly delivery of sandwiches to those living unhoused	Contact NeighbourLink to arrange services	Deliveries – Thursday Afternoons Weekly: 1pm – 3 pm	519-352-5647 www.neighbourlinkck.com
Outreach for Hunger	Food distribution **Bring ID**	10 Wellington St Chatham	Mon, Wed, Fri: 11 am – 3 pm	Office Hrs. 8 am-4 pm 519-351-8381 bjl@ciaccess.com
Praise Fellowship Church	Soup Kitchen Take out only Free clothing available	165 Park Ave E Chatham	Tues: 11 am - 12 pm	519-351-0066 mail@pfchurch.com
R.O.C.K. (Reach Out Chatham Kent)	Meal served daily for those experiencing homelessness	39 Richmond St, Chatham	Monday 1-5, Wednesday 1-4, Friday 1-5	ck@reachoutck.com , 519-351-1450 www.reachoutck.com
Salvation Army Chatham	Appointments needed for food bank *Bring ID & proof of address Free meal Tuesdays	46 Orangewood Blvd, Chatham	Tuesday to-Thursday 9am-3:30p pm (CLOSED 1 pm – 2pm) Tuesday 12pm-1pm, free eat-in meal open to public	519-354-8353

Food Resources



Program	Needs	Address	Hours	Contact
Society of St Vincent de paul (SSVP)	Lunch is for everyone The pantry is for those who live south of the Thames River. ID is required. Emergency food is available every two months for those who need	Spirit and Life Centre 184 Wellington St W Society of St Vincent de Paul St Joseph/St Ursula	Fridays 10:30 am - 11:45am (lunch at 11:00am) Pantry Friday: 11:30am – 1:00pm **Pathways2Care onsite at lunch weekly	519-352-8530
St. Paul-Victoria Ave United Church	Shopping Cards and Food Pantry	85 William Street St Chatham	Wed: 9:00 am – 10:30am Reminder: Food shopping cards issued once every 2 months (or every 60 days) with ID Pantry available to everyone weekly	office@standrewschatham.org 519-354-7540

Wallaceburg

Bethel Church	Eat in only supper	35 McNaughton Ave Wallaceburg	4th Tuesday of the Month: 5 pm	519-627-6413 office@bethelwallaceburg.com
First Baptist Church Helping Hands	Eat in supper	99 Thomas Ave Wallaceburg	3rd Saturday of the Month: 5 pm	519-627-6414 info@1stbaptist.ca
Knox Presbyterian Church	Soup cellar lunch *Eat in only Food pantry (bring own bags)	251 Duncan St Wallaceburg	Lunch unavailable until Sept 16 Thurs: 10:30 am – 11:30am	519-627-4367 knox251@hotmail.com
Mom's Baby Cupboard	Diapers, baby food etc. Services Wallaceburg and surrounding areas only	St. James Anglican Church 719 James St Wallaceburg	2nd Thursday each Month: 10 am – 12 pm	519-627-1302 stjameswallaceburg@diohuron.org
Our Lady Help of Christians Church	Eat in only supper	422 Elgin St Wallaceburg	2nd Saturday of Month Doors open at 4:30 pm	519-627-2013 cthompson@dol.ca

Food Resources



Program	Needs	Address	Hours	Contact
R.O.C.K. Missions	Meal served daily for those experiencing homelessness	233 Nelson St Wallaceburg	Monday, Tuesday, Thursday, Friday, Saturday, Sunday 1-5	ck@reachoutck.com , 226-626-8996 www.reachoutck.com
St. Vincent de Paul	Food Assistance by Appointment Only	422 Elgin St Wallaceburg	Monday, Wednesday & Friday	Call For Appointment 519-627-2013 Ext 3
Salvation Army Food Bank	Appointments only *Bring ID and proof of address	600 Lowe Ave Wallaceburg	Call for appointment Tuesday – Friday	519-627-8257
Trinity United Church	Eat In only supper	750 Wellington St Wallaceburg	4th Friday of the month 5 pm	519-627-1472 trinitywallaceburg@gmail.com
Wallaceburg CRC	Eat-in Supper	150 Bruinsma Ave Wallaceburg	Last Tuesday of the month 5pm Watch for time changes on Facebook	519-627-7845 wallaceburg_crc@hotmail.com
Wallaceburg Free Pantries	Personal and Food items	Library Park- James St No Frills – Warwick Drive		

Blenheim

Blenheim Word of Life Church	Meal pick-up (call to order) Delivery of meals to seniors/shut-ins(call to order) *Outdoor winter clothing closet available & accepts donations	22 Talbot St W Blenheim Curbside pickup only	Wednesday and Friday 10 am – 12 noon	Call the church at 519-676-8036 to place your order
Salvation Army at the Blenheim Baptist Church	Food Bank Walk-in for services *Bring ID & Proof of address	Baptist Church 24 Talbot St East, Blenheim in the basement	Wednesday & Thursday 1 – 4 pm	519-676-3886
St Vincent de Paul Blenheim	Food Vouchers	Call to Request	Monday - Friday call backs	Call 519-676-2025

Dresden

Dresden Food Bank	Food and personal items	Dresden Community Church	Tues & Thurs 10am - 12 noon Call for appointment	519-683-6541 dcc@kent.net
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Food Resources



Program	Needs	Address	Hours	Contact
North Dresden Baptist Church Free Pantry	Free Pantry Community Closet Community Meal	North Baptist Church 182 Trerice St W Dresden	Community Closet Tues & Thurs 11 am – 3 pm Friday 4pm – 8pm Third Saturday of month 10am-12 noon Community Meal last Wednesday of every month @ 5:30 pm	519-683-4892 Follow Dresden North Baptist Church on Facebook
Merlin				
Merlin Food Bank	Food and personal items	100 Aberdeen (Merlin United Church) Merlin	Fridays 10am – 12 noon	For additional help call Phyllis at 519-350-2219
Ridgetown				
FreeHelpCK Pantry	Food and Personal item	75 Main St East Ridgetown Legion	24 / 7	519-990-5178 info@freehelpck.ca
Salvation Army Ridgetown	Walk-in services for food bank	31 Main St East Ridgetown	Tuesday 9 am–4pm Wednesday & Thursday 9am-12pm	519-674-3765
St. Michael's Parish/St. Vincent De Paul	Food Vouchers issued by St. Vincent de Paul	St. Michael's Parish Serves Ridgetown, Thamesville, Highgate & Morpeth communities	Daily Monday – Friday Must call ahead to determine availability of vouchers	519-674-3343 Calls only no drop-ins
Thamesville				
Thamesville United Church	At the Table – free community meal	107 Elizabeth St Thamesville	Last Tuesday of the month Closed in the summer months	Rhonda McLean 519-692-4827

Food Resources



Tilbury

Program	Needs	Address	Hours	Contact
Ashley's Place	Free soup and coffee or hot chocolate	75 Queen St. Tilbury	Saturday 11am - 1:00pm	226-798-4592 Facebook Page
United Way's Tilbury Information and H.E.L.P Centre	Food Bank	26 Queen St North Tilbury	Tuesday - Friday 9am - 3pm	519-354-0430 Call for Appointment
FreeHelpCK Pantry	Food and Personal Items	151 Queen St. S., Tilbury	24 / 7	519-990-5178 info@freehelpck.ca

Wheatley

Village Resource Centre	A pay-it-forward initiative open to the community to purchase basic pantry items and fresh produce at affordable prices. All proceeds are used to provide food assistance to our neighbours who are currently experiencing food insecurity	108 Talbot Road E PO Box 99 Wheatley	Tues 9am – 6pm Call to request food assistance	Susan Fulmer www.wheatleyareafoodbank.ca Cell - (519) 300-4101
South Essex Community Council	Meals on Wheels Cost applies -call for rates	Serving Wheatley Area in partnership with Green Heart Kitchen	Monday – Friday 8:30am – 4:30 pm	www.secc.on.ca info@secc.on.ca 519-326-8629

Government Services



Program	Needs	Address	Hours	Phone
Community Navigators	Assists with filling out paper or online forms; information search; referrals to community agencies; basic income tax filing; resume and light touch job search support; referrals to employment programs	CALL to book a virtual or in-person appointment In-person appt. available at other library branches upon request	APPOINTMENTS RECOMMENDED Chatham Library – times may vary Monday to Friday 10am-4pm Wallaceburg Library – times may vary Monday, Wednesday, & Friday 10am-4pm	Call 519-355-1380 8am – 4pm to book an appointment ckcn@chatham-kent.ca
Employment and Social Services	Program delivers income support (OW), homelessness, and employment services by helping eligible people with funds for shelter, food, and other necessities	435 Grand Ave West 1st Floor Chatham	Monday - Friday 8:30am – 4:30pm	519-351-8573
Ontario Disability Support Program	Program provides income support to CK residents with a disability *If in immediate financial need, application process to be initiated through the CK OW office (above) **If not in immediate financial need, the application can be made at the ODSP office	1023 Richmond St Chatham	Monday - Friday 8:30am – 5 pm	519-352-5040 FAX – 519-352-2813
Service Canada	Social Insurance Number; Canada Pension Plan; Old Age Security; Employment Insurance	120 Wellington St Chatham 786 Dufferin Ave 2nd Floor Wallaceburg	Monday - Friday 8:30am - 4pm servicecanada.ca	Link to request return phone call: Online Service Request 1- 800-622-6232

Government Services



Program	Needs	Address	Hours	Phone
Service Ontario	Health Cards; Photo ID Cards; online Birth Certificate applications (credit card needed to apply online); online license/health card renewal support. Online Services visit ServiceOntario ontario.ca	Chatham 315 King St W CK Civic Centre Dresden 485 George St Wallaceburg 1239 Dufferin Tilbury 52 Queen St Blenheim 45 James St	Monday - Friday 8:30am-4:30 pm (Chatham Location) Monday to Friday 8:30am to 1:30pm 2:00pm to 4:30pm (Dresden Location) Monday to Friday 9 am – 5 pm (Wallaceburg) Mon – Fri 9 am- 5 pm (Tilbury) Mon – Fri 9am – 5 pm (Blenheim) Book an appointment online at hwww.ontario.ca/page/book-serviceontario-appointment	519-683-4268 Same number for both Chatham and Dresden No appointment needed but recommended. 519-627-2881 519-682-2642 519-676-5804

HEALTH CARD – if your name or address has not changed – YOU can replace an UNEXPIRED lost, stolen, or damaged photo health card by calling Service Ontario at 1-800-664-8988

Health, Wellness & Supports Chatham-Kent

SUBSTANCE USE SUPPORT SYSTEM

Substance Use Crisis Lines

Connex Ontario – Info about mental health, substance use & problem gambling services in Ontario 1-866-531-2600

Addictions and Mental Health support 24/7 CALL 811 or 1-866-797-0000 to speak to a registered nurse

House of Sophrosyne 519-252-2711 ext. 5

Westover Addiction Assistance - Crisis Intervention / emergency transportation Counsellors available 24 hrs/7days at 1-800-721-3232

Program	Needs	Address	Hours	Phone
Alcohol Anonymous Narcotic Anonymous	Provide group support for those who are recovering from substance use	Various Locations Across CK	Daily meetings at various locations Call for details	AA 519-360-5246 AA Chatham-Kent - District 15: Meetings NA 1-888-811-3887 https://www.orscna.org/meetings
Changing Ways Chatham-Kent	Being the Change- Voluntary Men's Program for men 18+ who have identified as using abuse or unhealthy behaviors with their partners	ZOOM delivery 16-week program	Contact Changing Ways to register @ 519-438-9869 to schedule an intake	Ben Shore Partner Assault Response Prog. 226-781-5520
Chatham Kent Drug Awareness Council Recover Out Loud	Work with Community Partners to create awareness and strategies that help tackle substance misuse Aims to create supportive environments that promote health and safety using The Four Pillar approach Prevention, Enforcement, Treatment and Harm Reduction	Located at Family Service Kent Chatham Contact for further information	Chatham-Kent Drug Awareness Council Chatham ON Facebook Recover Out Loud Chatham-Kent Facebook	519-354-6221 ext. 241 admin@ckdac.ca recoverycommittee30@gmail.com
Journeys Recovery Home	3-month residential recovery program for men 18 years and older, intake after detoxification	20 Joseph Street Chatham	Call for further details and programs	226-506-4984 226-626-6684

Health, Wellness & Supports



Program	Needs	Address	Hours	Phone
House of Sophrosyne	Treats women with substance use disorders and associated mental health conditions; supports their families to achieve health, wellness & empowerment In-House 5-week treatment program for women Offers multiple community programs for families; outpatient treatment; transitional care; continuing care; crisis counselling; education services; supportive housing	Virtual and In-Person treatment Residential Service; Open Support Group; Mother/Father in recovery program; Phoenix Rising Relapse Prevention/Aftercare Group for Women Services available in Chatham, Sarnia, and Windsor	C-K Caring Connections Caseworker/Outreach Worker Chatham 226-627-0621 Supportive Housing Caseworker Chatham 519-365-0614 Justice Caseworker – Essex and some Chatham clients 226-340-4908	House of Sophrosyne Chatham 226-627-0621 Sarnia 519-328-1683 Windsor 226-347-3957
Methadone Bluewater Methadone Clinics	Low Barrier access for those seeking treatment and support	69 Grand Ave, Chatham 1430 Dufferin Ave Wallaceburg		519-351-5800 519-627-5800
Mental Health & Addiction Program - MHAP	Addiction Therapy – max. of 12 sessions	Chatham Kent Health Alliance 80 Grand Ave W Chatham		Call for information 519-352-6400 x 6740
RAAM Clinic - Chatham Rapid Access to Addiction Medicine at CKHA	Rapid Access to Addiction Medicine; brief counseling; physical health assessment; Naloxone kits	Chatham Kent Health Alliance 80 Grand Ave W Chatham	Monday, Wednesday, Friday 12 pm - 4 pm Thursday by Apt. only	519-352-6400 x 6740
RAAM Clinic- Wallaceburg	Rapid Access to Addiction Medicine	325 Margaret Ave, Wallaceburg, ON (Room 102)	Tuesdays 12:00pm-4:00pm	Can be reached directly during hours of operation at 519-352-6400 X- 8311
Redpath Addictions Treatment Program	Aboriginal Holistic approach to healing for 18+ addressing physical, emotional, psychological, and spiritual aspects. Use of a supportive, holistic group-based format with traditional stories and teachings.	Group is hosted at Family Service Kent 50 Adelaide S Chatham	Registration Required Every Monday August 10th to November 2nd 4:30-8:30 p.m.	Contact: Nicole Moreland nicolemoreland.redpath@gmail.com or call 519-436-1624

Health, Wellness & Supports



Program	Needs	Address	Hours	Phone
R.O.C.K. Missions	Outreach for those experiencing homelessness, harm reduction supplies, Naloxone, showers and laundry (Chatham location only), connection to healthcare and housing resources. Bi-weekly healthcare and housing support with Pathway2Care team. Call for clinic dates.	Chatham 39 Richmond St Wallaceburg 233 Nelson St	Chatham: Mon 1-5, Wed 1-4, Fri 1-5 Wallaceburg: Mon, Tues, Thurs, Fri, Sat, Sun 1-5PM	ck@reachoutck.com , Chatham: 519-351-1450 Wallaceburg: 226-626-8996, www.reachoutck.com
NeighbourLink partners with Celebrate Recovery	An addiction, habit, hang-up support group. Walk-ins welcome. No appointments necessary.	First Reformed Church, 632 Lacroix Street, Chatham	Tuesdays at 7 pm	519-354-8257
Pozitive Pathways Mobilization Unit	• Transportation assistance (in form of taxi, public transit or gas card) to and from HIV-specific medical appointments • Community Referrals • Assistance with adherence to medication regimes • Assistance with government forms • Ongoing wellness checks as requested • Social opportunities (either in Chatham or transportation to social's in Windsor) • Complementary Therapies (Aromatherapy workshops & supplies) • Monthly food package deliveries & Ensure Meal Replacements (case-by-case based off physician recommendations) World AIDS Day events	Mobile and Outreach Services	Individuals MUST be a registered client to receive services, which comes with a confirmation of positive HIV status from a physician.	519-257-9646 or email: supportservices@pozitivepathways.com

Health, Wellness & Supports



Program	Needs	Address	Hours	Phone
STOP Program Smoking Cessation counselling Chatham Kent Public Health	Counselling and free nicotine replacement therapy for those who do not have a primary care provider. Two Models available in person 26 weeks or Mail-out 8-week program	In person program 435 Grand Ave, Chatham by appointment only To learn more at https://ckphu.com/ckstopprogram/	CKSmokeFree@chatham-kent.ca Call for in-person programs in other communities of CK	For questions or other information call 519- 352-7270 x2488
Smoker's Helpline	Indigenous-specific service for tobacco cessation assistance	ONLINE	https://smokershelpline.ca/talktobacco/about	Smoker's Helpline Referral Form
Withdrawal Management Services (WMS)	10 bed inpatient program 3–7-day stays	Chatham-Kent Health Alliance 80 Grand Ave W Chatham		519-352-6400 x 6740
Westover Treatment Centre	Treatment programs; Residential and community-based programs; client- centred & family- focused programming. Open to all residents of Ontario	2 Victoria St S Thamesville	Services in Chatham- Kent, Sarnia- Lambton, and Windsor-Essex.	519-692-5110 1-800-721-3232 westovertreatmentcentre.ca
Walpole Island Community Services	Treatment of various addictions	1604 River Rd. Walpole Island		519-627-6163
Westover Treatment Centre	Treatment programs; Residential and community-based programs; client- centred & family- focused programming. Open to all residents of Ontario	2 Victoria St S Thamesville	Services in Chatham- Kent, Sarnia- Lambton, and Windsor-Essex.	519-692-5110 1-800-721-3232 westovertreatmentcentre.ca
Withdrawal Management Services (WMS)	10 bed inpatient program 3–7-day stays	Chatham-Kent Health Alliance 80 Grand Ave W Chatham		519-352-6400 x 6740

Health, Wellness & Supports



CHILD & YOUTH SUPPORT SYSTEM

Child & Youth Crisis Lines

Child and Youth (Age 6-18yr) 24/7 Crisis Support for mental health, behavioral or emotional crisis

Humana crisis line 519-354-4095

Kids Crisis Help Line 24 hours a day 7 days a week 1-800-668-6868

Good 2 Talk (Ontario Students in College/University) 1-866-925-5454

Be Safe App –besafeapp.ca virtual tool used to connect users with the mental health resources that best suits their needs

Youth Wellness Hub Crisis Support 1-866-299-7447

Program	Needs	Address	Hours	Phone
CK Public Health Virtual Parenting Programs 2026	Sleep Workshop Jul 29 Selective Eating Nov 25 Toilet Learning Oct 28 Introduction to Solids Sept 30	Virtual	Each program is virtual 6:30 - 7:30pm	Call 519-352-7270 x-2903 or Text 519-359-6413
Chatham Kent EarlyON & Family Centres	EarlyON centres are spaces to learn, play and grow together, for children 0-6 years and their caregivers. They support the healthy development of young children, within safe and welcoming environments. They support community connections and culturally responsive programming with our Francophone and Indigenous partners.	Various locations, including Blenheim, Chatham, Dresden, Pain Court, Ridgetown, Thamesville, Tilbury, Wallaceburg and Wheatly as well as other locations around Chatham-Kent.	8:30am - 4:30pm (office hours)	Phone: 1-866-720-7975 Chatham-Kent EarlyON Centres
FreeHelpCK Child & Youth Programs	• Prom & Grad Project: Free attire to students and graduates to help celebrate their special occasions • Operation Backpack: Free backpacks filled with the essential school supplies, providing each one with the tools and resources they need to succeed. • Birthday Boxes: We offer free birthday kits to help children celebrate their special day. Each kit includes cake mix, icing, sprinkles, candles, banners, and balloons. Parents can apply online at freehelpck.ca • Holiday Hope Project: We assist children on the outskirts of Chatham by providing gifts at Christmas, helping make the holiday season a little brighter for families in need			519-990-5178 info@freehelpck.ca

CHILD & YOUTH SUPPORT SYSTEM

Program	Needs	Address	Hours	Phone
Chatham-Kent Public Health Healthy Babies Healthy Children	If you are pregnant or if your family has young children (0-5 years old), Healthy Babies Healthy Children is a program that can help your family learn about: · Having a healthy pregnancy and birth · Connecting with your baby · How you can help your child grow and develop · Breastfeeding, food, and healthy nutrition · Taking care of yourself and your family · Services available for you and your child in your community · Private parenting classes 1 on 1 with a Public Health Nurse in your home (free) using Nobody's Perfect and First 5 years content. Certificate of completion provided		Free, voluntary, home visiting program	Call to speak to a Public Health Nurse Monday to Friday 8:30 to 4:30p.m. to ask any questions or to sign-up for the HBHC program call 519-352-7270 ext. 2903
Chatham-Kent Public Health Free Breastfeeding Classes and Support from Lactation Consultants	If you are pregnant and would like to learn about breastfeeding and/or prenatal hand expression C-K Public Health offers in person classes 4 times per year. (transportation assistance provided if required) Our lactation consultants work with women in Chatham-Kent to support your breastfeeding goals.		Free breastfeeding in-person appointments with Lactation Consultants (home visits available)	To sign-up for a breastfeeding class or to book an appointment with a Lactation Consultant call 519-352-7270 ext. 2903

Health, Wellness & Supports



CHILD & YOUTH SUPPORT SYSTEM

Program	Needs	Address	Hours	Phone
Chatham-Kent Public Health Building Healthy Babies	Reduce the risks of an unhealthy birth weight Get support with breast feeding Increase health for mom & baby	Zoom session or drop-in sessions available at Chatham locations	Contact Chatham-Kent Public Health Unit	519-352-7270 ext. 2494 Facebook BHB in CK
Chatham Kent Community & Family-Safe Families	Parenting Support, Community, Mentoring, Hosting, Resources, and community referrals			Call: 519-809-3031 chatham@safefamilies.ca Safefamilies.ca
Chatham-Kent Youth Wellness Hub (YWHO) Chatham-Kent Youth Wellness Hub (YWHO) Continued....	Ages 12 – 25 yrs. Mental health and substance use services integrated with a range of other youth services. The following services are offered at the Chatham-Kent hub: • Care Navigation ; Family Navigation • Youth Addictions Support • Early Intervention Services • Youth Psychotherapy • Psychiatry • Primary Health Care • Drop-in • Single Session Counselling • Skills and Well-being Groups • Connections to our community partners and additional supports, groups, and programming, available as needed Learn more about the Chatham-Kent hub through their social media channels: Instagram: @ckyouthhub Facebook: @ckyouthhub Twitter: @ckyouthhub Call for updated Monthly programs	140 King Street West Chatham	Monday, Thursday, Friday 8:30am to 5pm Tuesday, Wednesday 8:30am to 7pm	Phone: 519-437-6329 Email: ck@youthhubs.ca 519-437-6329 Chatham-Kent - Youth Wellness Hubs Ontario youthhubs.ca

CHILD & YOUTH SUPPORT SYSTEM

Program	Needs	Address	Hours	Phone
Children's Treatment Centre of Chatham Kent	Rehabilitation services for children and youth with developmental concerns, (birth to 18 years of age, 21 if still in school), including speech/language pathology, occupational & physiotherapy services, adapted recreation, CK Fetal Alcohol Spectrum Disorder Program, CK Coordinated Service Planning program, and Ontario Autism Programs including Caregiver Mediated Early Years, and Entry to School. Audiology services provided for children and adults.	355 Lark St Chatham	Monday & Thursday 8 am-5 pm Tuesday & Wednesday 8am-6 pm Friday 8am – 4pm	519-354-0520
Children's Treatment Centre SmartStart Hub	The Smart Start Hub (SSH) helps families who have questions or concerns about their child or youth's development. The SSH hub will help identify their child's needs and goals, and then provide connections and information about local services, supports, and resources, to help address goals and needs.	355 Lark St Chatham	Monday & Thursday 8 am-5 pm Tuesday & Wednesday 8am-6 pm Friday 8am – 4pm	519-354-0520
Community Living Chatham-Kent Children's Respite Service	Provides out-of-home respite for children and youth who have diverse abilities and live at home with their family. Service is provided in a home-like setting. Focus on recreation and leisure-based activities. This is a fee-for-service program.			www.clc-k.ca Contact 519-351-2156 for more information or application for service

CHILD & YOUTH SUPPORT SYSTEM

Program	Needs	Address	Hours	Phone
Humana Community Services	Community Counselling Chatham-Kent Program for Children, Youth and Families Offers flexible, trauma-informed and individualized supports and services for children and youth Ages 6 – 18 who are experiencing emotional and/or behavioural difficulties or complex challenges including: Goal-focused short-term counselling; Brief 1:1 parent support; Advocacy support; Referrals to community service; and Services tailored to the individual's/family's needs	102-405 Riverview Dr Chatham	Mon– Fri 8 am – 4 pm Call for more information or to book an appointment	For referrals/ more information, email: ccrow@humanacs.org or call 519-401-2945 Child & Youth Mental Health 24/7 crisis line 519-354-4095
Linck - Child Youth and Family Supports	Provides mental health, developmental and child welfare services to children ages 0-18 and their families across Chatham Kent	495 Grand Ave, Chatham	Monday – Friday 8:30 – 4:30 PM Appointment Only after 4:30 pm	519 352-0440 www.linck.org
Ska:na Family Learning Center	Indigenous-Led Family Programs EarlyON; Family Time stay & play; special activities	25th Eighth Street Chatham	Monday – Friday Office Hrs 9am – 5 pm Childcare hrs 7am – 5:30 pm	Call for various program times and dates 519-351-8785 Ska:na FLC on Facebook.
UnBound Book Club	For those who may feel bound by a lack of accessibility; for young adults 18+ living with disabilities & their allies	Turns & Tales Bookstore 213 King St Chatham	7 pm – 9 pm October 23, November 20, & Dec 18, 2024	For more information call or text Erin at 226-626-6585 or email erin.genge@gmail.com

CHILD & YOUTH SUPPORT SYSTEM

Program	Needs	Address	Hours	Phone
Restorative Justice Chatham-Kent	Provides pathway supports for youth in Chatham-Kent including: · Intervention & Education Program – referrals accepted by anyone referred with family/youth permission (7-17 yr.) · Youth Justice Diversion Programs · Extrajudicial Measures Program (Pre-Charge Diversion, police referred) · Extrajudicial Sanctions Program (Post-Charge Diversion, Crown Attorney referred) · Restorative Justice Community Conferencing (Community referrals) Ages 12 – 17 yr.	330 Richmond St, Unit 101, Chatham	Monday - Friday 8:30 am-4:30 pm	519-7849616 www.rjck.org Email: info@rjck.org
VON Kids Circle Program	Support group for children ages 4 – 18 years who are faced with bereavement or coping with a loved one's illness 8-week program for children Ages 5 – 9 yrs. whose parents are recently separated or divorced	Kids' Circle Program Co-ordinator 425 McNaughton Ave West Chatham Chatham Kent VON 425 McNaughton Ave W Chatham	Call for times available	519-354-0430 ext. 291
VON Banana Split Program			Monday 4:30 – 6 pm	519-354-0430 ext. 291 Erin.crow@von.ca
Youth Centre – Blenheim Youth Centre	Provide youth 10-18 with after school & summer programming Develop and strengthen their social and emotional skills	78 Marlborough St S, Blenheim, ON	Calendar – Blenheim Youth Centre Follow FACEBOOK page for regular updates and program hours	519-676-0207 info@blenheimyouthcentre.ca https://blenheimyouthcentre.ca/
Youth Centre – Tilbury Solid Rock Café Youth Centre	Provide youth 10-18 with a safe and enjoyable environment and programming, in which they can grow into positive, productive, and motivated adults	26 Queen St N Tilbury, ON	Drop-in Tues / Thurs 5:30 – 9p.m. Follow them on FaceBook for regular updates and program hours	(519) 354-0430 x2 (519) 682-0625 info@tilburysolidrockcafe.ca

DENTAL CARE HEALTH & SUPPORT PROGRAMS

Program	Needs	Address	Hours	Phone
Canadian Dental Care Plan (CDCP) A dental plan designed to help ease the financial barriers to accessing oral health care.	Are you eligible? -Open to all ages -No access to dental insurance -An adjusted family net income of less than \$90,000 -A Canadian resident for tax purposes -Filed your taxes annually	The CDCP is used at participating dental offices in the community.	CDCP: Mon – Fri 8:30am- 4:30pm Community Navigator: Mon – Fri 8:30am- 4:30pm	To Apply by phone: Call CDCP 1- 833-537-4342 Need help applying? Call a Community Navigator 519- 355-1380 to book an appointment Online: Canda.ca/dental
Dental Clinic CK Public Health Oral Health Program	Healthy Smiles Ontario – Youth 17 years and under Ontario Senior Dental Care Program 65 years	519 King Street West, Entrance B Chatham, ON Entrance and parking off Robertson Ave.	Monday-Friday 8:30am- 4:30pm	CK Public Health: 519-352-7270 Ext. 5700 Need help applying? Call a Community Navigator at 519-355-1380 for information and application assistance. Visit Online: ckphu.com/oral-health/

DROP IN WELLNESS AND SUPPORT PROGRAMS

Severe Weather Warnings: Summer Cooling Centres, Winter or Severe Weather Centres

Watch social media posts when extreme weather warnings are issued

Chatham Hope Haven 183 Wellington St. Chatham every day from 10 am - 2 pm.

ROCK Missions 233 Nelson St. Wallaceburg Monday to Friday from 1:00 pm to 5:00 pm.

Municipality of Chatham-Kent offices Blenheim, Chatham, Ridgetown, Tilbury, and Wallaceburg open Monday to Friday from 8:30 am – 4:30 pm. Call 311 or visit <https://www.chatham-kent.ca/services/Pages/Contact-Us.aspx>

Employment and Social Services 1st floor of the Health and Human Services Building at 435 Grand Ave. West, Chatham Monday to Friday from 8:30am – 4:30 pm. Chatham-Kent Public Libraries (all locations) will be available during their regular hours. Their locations and hours can be found at [Library Branches](#)

Program	Needs	Address	Hours	Phone
Chatham Community Hope Centre	A non-profit organization committed to providing support, resources, and a helping hand to those in need. Services include drop-in, free pantry and hot meals. Ages 16+	52 Croydon St, Chatham	Drop In Open 6pm-10pm Nightly	226-494-0770 info@cchope.ca
Hope Haven	Support and Services for those experiencing homelessness. Free laundry, showers, internet and telephone. Hope for Health Nurse Practitioner-led medical clinic every Saturday - no ID required.	183 Wellington St. W, Chatham	Open Daily 10 am - 2 pm	519-351-4010
R.O.C.K. Missions Drop-In Centres in Chatham and Wallaceburg	Supporting those experiencing homelessness, meals, WIFI, harm reduction supplies, Naloxone, connection to healthcare and housing resources every other week through Pathway2Care team. Call for clinic dates.	Chatham: 39 Richmond St., Chatham Wallaceburg: 233 Nelson St., Wallaceburg	Chatham: Mon 1-5, Wed 1-4, Fri 1-5 Wallaceburg: Mon, Tues, Thurs, Fri, Sat, Sun 1-5PM	Chatham: ck@reachoutck.com 519-351-1450, www.reachoutck.com Wallaceburg: ck@reachoutck.com 226-626-8996, www.reachoutck.com
Sharing Circle - Dudes Club Brotherhood for Men's Wellness	Dudes Club works with Indigenous populations; weekly gathering and talking circle	67 Adelaide St Chatham	Every Monday 1 pm – 3 pm	519-397-1901

Health, Wellness & Supports



FOOTCARE SERVICES

Program	Needs	Address	Hours	Phone
Active life style Centre	Regular Footcare clinics. Appointment required. Fee for service.	20 Merritt Ave. Chatham	Tuesdays	519-352-5633
Zandberg Foot & Ankle Clinic	Footcare services and treatments. Fee for services.	57 Sandy Street, Chatham	Monday to Friday. Call for appointment	519-351-9762
Chatham Foot Clinic	Basic nail trim. Fee for service.	857 Grand Ave. W. Chatham, Room#100	Mondays, Tuesdays and Thursdays. Call for appointment	519-351-7573
C-K Quality Foot Care- Home Visits	Home visit nail care. Fee for service.	In-home service	Monday to Friday. Call for appointment.	519-365-7L70
VON Erie St. Clair - Chatham -Kent Clinic Foot Care Services	VON Nurses provide assessment, care and advice for clients including the elderly and people with diabetes, who have particular problems looking after their feet.	Call to arrange appointment time and place.	Monday to Friday. Call for appointment.	1-855-285-2990 Option 4
Bioped Footcare & Orthotics	Basic nail trim. Fee for service.	455 Grand Ave. E. Chatham	Fridays only. Call to arrange a visit.	519-355-1142
Sasha Kozera-Saye Chiropodist - CK Family Health Team	Private foot care. Fee for service.		Call to book appointment.	519-397-0709
Em's Mobile Nails	Private in-home foot care. Fee for service.	In-home service.	Call to book appointment.	226-626-5323

LGBTQ2SIA+COMMUNITY WELLNESS AND SUPPORT PROGRAMS

2SLGBTQUA+Community Crisis Lines

Lesbian Gay Bi Trans Youth Line Sunday – Friday 4 pm -9:30pm

1-800-268-9688 or text 647-694-4275 or email: outreach@youthline.ca

Trans Lifeline 1-877-330-6360 [Trans Lifeline – Peer support services, hotline and resources for Transgender People](#)

Program	Needs	Address	Hours	Phone
Bill's Place	Community Hub and office space for CK Pride. A safe space for & run by the 2SLGBTQIA+ community.	48 Centre Street, Chatham Events for April 2025 - CK Pride	Visit the website for information and calendar of events	info@ckpride.com
Chatham Kent Gay Pride Association	Create an inclusive community in CK where everyone is empowered to engaged in a culture that is safe and accessible irrespective of their sex, gender, or sexual identity	Visit their website for further information		www.ckpride.com
Chatham Kent Community Health Centre Gender Diversity Clinics	Offered to Adults, Youth, and Children Follow link for further details Gender Diversity Clinics - Chatham-Kent Community Health Centres (ckchc.ca)			Adult Gender Diversity Clinic 519-397-5455 ext. 1 Youth Gender Diversity Clinic 519-397-5455 ext. 164
Trans Wellness Ontario	Goal to enhance and sustain the health and wellness of 2SLGBTQIA+ communities and their families	Visit their website for further information		Trans Wellness Ontario

MEDICAL CARE ACCESS & FINDING A DOCTOR

Resources in this section are designed to help individuals without a primary care provider access medical services in the community. You'll find information on clinics, programs, and supports that offer care for individuals without a family doctor. This section also includes options for registering and getting connected with a primary care provider

Program	Needs	Address	Hours	Phone
Apollo Walk In Clinic & Medical Centre	Walk-in Clinic	380 Queen St #2 Chatham	Monday to Friday 9am- 4pm	226-996-4040
BRIDGE CARE Chatham-Kent Family Health Team	Available ONLY for those who do not have a Primary Care Provider – Family doctor or Nurse Practitioner Walk in Service – first come, first serve basis Weekend Clinic staffed by family physicians	20 Emma Street 2nd Fl Chatham	Saturday & Sunday ONLY 9am – 4pm	Walk IN only Bridge Care – Chatham-Kent Ontario Health Team (ckoht.ca)
From Here to There Nurse Concierge - Chatham & Ridgetown locations	Medical walk-in clinic Call to book an appointment or book online; costs involved to book an appointment	100 King Street W Chatham 22 Main St Ridgetown inside Pharmasave	Monday-Friday 9:00 am - 5:00 pm Monday - Friday 9:30 am-4:00 pm	226-799-2603 1-855-884-6638 toll free Chatham 226-798-4415 or book online at Ridgetown
Chatham Kent Community Health Centres First Five	Program provides preventative and health promotion services to children aged 0-5 who do not have a primary care doctor or nurse practitioner		https://ckchc.ca/programs-services/first-five/	Parents/caregivers can self-refer to the program by calling 519-397-5455 or completing the online form on our website
Health Care Connect Program	For those in need of a family doctor, they can register online or over the phone. To use Health Care Connect, individuals must have a valid Ontario health card and an up- to-date mailing address associated with your health card	To register, call 1-800-445-1822 or go online www.ontario.ca/healthcareconnect	Call 811 (TTY: 711), available 24 hours a day, 7 days a week.	If you have any questions regarding this service please contact: 310-2222 or ontariohealthathome.ca

Health, Wellness & Supports



Program	Needs	Address	Hours	Phone
Hope Haven - Hope for Health	Free Medical Clinic. Services include: wound care, health assessments, medication review and vital signs. No appointment needed.	Hope Haven 183 Wellington St W, Chatham	Saturdays at 10:30am to 1:30pm	519-351-4010
Keil Drive Medical Clinic	Healthcare Consults and Treatment Visit the link to book appointment: Appointments	125 Keil Drive Chatham	Monday – Friday 9am – 6pm Saturday 9am – 3 pm Sunday 11am – 3pm	E: 125 keildriveclinic@gmail.com P: 519-397-0730
MD Connected Walk IN Clinic	Virtual & Medical Appointments	180 McNaughton Ave, Unit 2, Chatham and Superstore 791 St. Clair St, Chatham	Mon – Fri 10am-2pm at both locations	1-877-406-9362 toll free
MOBILE CARE CLINIC ON WHEELS Community Health Outreach	All Walk-in Service NO FEES Mental Health & Addictions Withdrawal Services Walk-In service Community Referrals Primary Care	Click link and scroll down for monthly schedule https://ck.mobilecareclinic.ca/#/locations	Click link for locations: https://ck.mobilecareclinic.ca/#/locations Hours vary per locations. Check link to determine locations & specific times of service	1-866-299-7447 Answered 24/7 MobileCare Chatham-Kent – Clinic on Wheels (mobilecareclinic.ca)
Sexual Health Clinic Chatham-Kent Public Health	Birth control; emergency contraception pill; free pregnancy testing and counseling; testing and treatment of sexually transmitted infections; free condoms; HIV testing	177 King St East Chatham 808 Dufferin Ave Wallaceburg	Mon – Fri. 8:30 am- 4 pm Closed 12 – 1 pm Every Tuesday 2:00am – 4:00pm Walk-In	519-355-1071 ext. 5901 Call for assistance in other communities in Chatham-Kent
Southwest Ontario Aboriginal Health Access Centre SOAHAC	Primary care for anyone with a Band #; includes mental health & addictions care; traditional healing; Tele-mental health care for children and youth	Newbury ON Outreach services to Delaware Nation at Moraviantown	Mon – Fri. 8:30 am – 4:30 pm Call or register online at Newbury SOAHAC Locations	519-916-1755
Telehealth Ontario	Call for free confidential medical advice Supports 110 languages	Phone call only	24 hours /day 7 days/week	1-866-797-0000 TTY: 1-866-797-0007
Tilbury Walk in Clinic	Medical walk-in clinic – no appointment necessary	15 Mill St Tilbury	Mon, Wed, Thurs, Fri 9am-4pm Tues 9am-noon	519-682-3699

MEDICAL HEALTH SUPPORTS & PROGRAMS

Program	Needs	Address	Hours	Phone
Chatham-Kent Family Health Team	Groups sessions available including Cognitive Behavior Therapy; Healthy You; Living Well with Chronic Conditions; Master Your Health	20 Emma Street Chatham Programs / Services (ckfht.ca)		Call 519-354-2172 ext. 3 for more information www.ckfht.ca
Chatham Kent Community Health Centers	Serve persons of all ages who are economically and/or socially disadvantaged ; Persons facing barriers such as race, language, culture, and sexual orientation; Persons who are homeless/under-housed or at risk for homelessness. Check out the programs held in various locations across CK Programs & Services - Chatham-Kent Community Health Centres Program provides preventative and health promotion services to children aged 0-5 who do not have a primary care doctor or nurse practitioner	150 Richmond St Events from March 27 – April 29 › Chatham Events › – Chatham-Kent Community Health Centres	Mon & Fri 9am-4pm; Tues, Wed, Thurs.9am-8pm	https://ckchc.ca/ Call for appointment & services 519-397-5455 Chatham: Press 1
		808 Dufferin Ave Wallaceburg Events from April 1 – May 21 › Wallaceburg Events › – Chatham-Kent Community Health Centres	Monday – Friday 9am-4:30pm	Wallaceburg: Press 2
		785 Tecumseh Rd. Walpole Island Events from March 25 – April 17 › Walpole Island Events › – Chatham-Kent Community Health Centres	Monday 9am-8pm Tues – Fri 9am-4:30pm	Walpole Island: Press 3 Parents/caregivers can self-refer to the program by calling 519-397-5455 or completing the online form on our website
Connect My Health	Free digital tool that shows you all your health records from participating Southwestern ON Hospitals	Visit the website to register		ConnectMyHealth Patient Portal: Access Your Health Records from Southwest ON Hospitals

Health, Wellness & Supports



MEDICAL HEALTH SUPPORTS & PROGRAMS

Program	Needs	Address	Hours	Phone
Chatham-Kent Hospice	Offers end of life care for families in Chatham Kent Grief Café – Drop-In Support Group Every other Tuesday Time: 10:00–11:00am	34 Wellington St. Chatham		Call the hospice Navigator at 519-354-3113 ext. 2101 www.chathamkenthospice.com
Southwest Ontario Aboriginal Health Access Centre SOAHAC	Primary care for anyone with a Band #; includes mental health & addictions care; traditional healing; Tele-mental health care for children and youth	Newbury ON Outreach services to Delaware Nation at Moraviantown	Mon – Fri. 8:30 am – 4:30 pm Call or register online at Newbury SOAHAC Locations	519-916-1755
Thamesview Family Health Team Care Programs	Heart Buddies pre/post heart event/surgery supports		Call for program details and to register https://thamesviewfht.ca/_staging/programs/	519-354-0070 www.thamesviewfht.ca
Medical Drug Program Greenshield Cares Essential Medicines Program	Eligibility: Resides in Ontario; Employed; Ages 25 – 64; No access to private or public drug coverage; meet low-income eligibility Covers up to \$1000 per 12 months		Essential Medicines Program GreenShield Cares Visit to determine Eligibility:	Call 1 888 348 5188 essentialmedicines@greenshield.ca
Windsor/Essex Community Health Centre	Chronic Disease / Self Management Program	Programs available virtually to anyone across Ontario Visit website for more info	Contact directly for more information	1-855-259-3605 https://wechc.org/

Health, Wellness & Supports



FALL PREVENTION RESOURCES

A) Exercise & Fall Prevention Programs

Program	Needs	Address	Hours	Phone
Active Lifestyle Centre	A 50+ community centre that offers an online schedule of activities to support active living &	20 Merritt Ave, Chatham	Mon/Tues/Thurs 9:00am-3:30pm Wed & Fri 9:00am-9:00pm	519-352-5633
Alzheimer Society of Chatham-Kent Adult Day Program	Dementia support, exercise, socialization, fall prevention	Chatham & Wallaceburg locations	Chatham: Mon-Sat 9:30am-3:00pm; Wallaceburg: Tue-Fri 9:30am-3:00pm	519-352-1043
VON SMART Program	Exercise, balance, strength training, fall prevention	Various community locations, retirement homes, virtual	Varies by location	519-352-5515 (Press 2)
Wallaceburg Hydrotherapy (Age Well)	Strength, balance, mobility, arthritis, chronic pain, fall prevention	Wallaceburg Sydenham Pool, 303 Lorne Ave, Wallaceburg	Tuesdays, 1-hour sessions, 10-12 week programs	519-397-5455 ext 212

B) Rehabilitation & Therapy Services

Program	Needs	Address	Hours	Phone
Bayshore HealthCare	In-home therapy and supportive care	In-home service	By appointment	1-888-898-2728
Chatham Physiotherapy Clinic	Physiotherapy, balance, mobility, strengthening	20 Emma St Building B,	Mon/Wed/Fri 8am-5:30pm; Tue/Thu	519-351-9100
Lifemark Physiotherapy	Physiotherapy, strengthening, balance, mobility	372 Lacroix St Unit A, Chatham	Mon/Wed/Fri 9am-5pm; Tue/Thu 9am-7pm	519-354-5217 ext 2
Ontario Health at Home	Physiotherapy, Occupational Therapy, E-Rehab, home safety, care coordination	180 Riverview Dr, Chatham	Varies	1-888-447-4468

Health, Wellness & Supports



FALL PREVENTION RESOURCES

C) Home Safety and Fall Risk Modification

Program	Needs	Address	Hours	Phone
Bayshore HealthCare	Fall Risk Assessment, Home safety assessment, medication review, action planning	20 Emma St Building B, Suite 101, Chatham	By appointment	226-216-2485
Chatham-Kent Community Health Centres Age Well Program	Home safety assessments, grab bars, exercise supports	Chatham, Wallaceburg & Walpole Island offices	By appointment	519-397-5455 ext 2
Wellwise	Home Safety Assessment & Risk Reduction Device Installs, Mobility devices	Ontario-wide	By appointment	1-888-603-4369

D) Emergency & Post-Fall Response

Program	Needs	Address	Hours	Phone
Chatham-Kent EMS Community Paramedicine	Post-fall follow-up, health teaching, referrals	337 Richmond St, Chatham	Varies	519-380-9334 ext 3
Emergency Services (911)	Urgent fall response, lift assists, emergency care	Chatham-Kent	24/7	911
Health811	Non-emergency health advice	Province-wide	24/7	811
Lifeline Fall Alert	Personal emergency response, fall detection, emergency monitoring	Home-based service	24/7 monitoring	1-866-916-9344

Health, Wellness & Supports



FALL PREVENTION RESOURCES

E) Mobility Aids & Equipment

Program	Needs	Address	Hours	Phone
Parthenon Masonic Benevolent Committee	Free assistive devices borrowing program		Call for more information.	Greg Vojvodin 519 352 9623 greg.vojvodin@gmail.com
Blenheim Medical Equipment	Free assistive devices		Call for more information.	Jim Dale 519 676 8473
Rotary Club of Ridgetown	Free equipment loan		Call for more information.	226-798-0625
Loads of Love Thrift Store	Used mobility devices for sale at lower cost	15 Prince St N, Chatham	Call for more information.	519 352 0911
Motion	Mobility aids rentals, purchases and installation, walkers, scooters, wheelchairs, home accessibility products	463 St Clair St, Chatham	Retail hours vary	519-358-7096
True North Home Health	Mobility equipment sales and rentals	369 Grand Ave W, Chatham	Retail hours vary	1-800-682-3094
Universal Health Products	Mobility equipment and bathroom safety equipment	171 Keil Dr S, Chatham	Retail hours vary	226-784-8086

Health, Wellness & Supports



MENTAL HEALTH & WELLNESS SUPPORTS & PROGRAMS

Mental Health Crisis Lines

Canadian Mental Health Association 1st Response Crisis Line 24 / 7 1-866-299-7447 (Chatham-Kent) 1-800-307-4319 (Sarnia-Lambton) Connex Ontario - Information about mental health, addictions & problem gambling services in Ontario

1-866-531-2600 Mental Health and Addictions Support available 24/7 CALL 811 or 1-866-797-0000 to speak to a registered nurse

Suicide Crisis Helpline Call or Text 988 24/7 across Canada

Program	Needs	Address	Hours	Phone
Canadian Red Cross	Friendly Calls – Age 18 years + To provide emotional support, encourage healthy coping strategies & suggest well being resources and community connections	No Physical location for clients - use this LINK to sign up	Call 9am -5pm weekdays	Friendly Calls Program Central Intake phone line: 1-833-979-9776
Mental Health Network (Hope House) of Chatham Kent	Offers hope through education, support, social rehabilitation, networking, and advocacy to all whose lives are affected by mental challenges Multiple weekly programs click on: Calendar Mental Health Network of Chatham-Kent (mhnck.com) Peer Support by appointment	519-351-3100 71 Raleigh St. Chatham	Office Hours: Monday - Friday 8:30am to 4pm Client Drop-in Hours: Monday – Friday 10 am to 2 pm	Mental Health Network of Chatham-Kent mhnck.com 519-351-3100 allie@mhnck.com
Ontario Structured Psychotherapy Program	Free Ontario-wide program offering step by step process to reduce symptoms of depression or anxiety. Adults 18+, self-referrals, multiple languages, virtual available	www.OSPWEST.ca		1-833-944-9966

Program	Needs	Address	Hours	Phone
SENIOR'S SERVICES AND PROGRAMS				
FreeHelpCK	Free Meals for Seniors (referrals take from Red Cross) or self referral Senior Grocery Deliveries Delivery of seasonal dinners. Adopt a Senior Program – Turkey Dinner/ gift/ visits; daily calls as reminder to take medications or just a friendly visit	Weekly meal delivery – Monday and Thursday Weekly grocery delivery - Tuesday For dates and times of programs , call to register or refer a senior in need		Call FreeHelpCK to register: 519-784-7857 (24/7) 226-494-0159 (office) 519-990-5178 (Geri)
Canadian Red Cross Let's Go Home with Homeward Bound Program Ages 55+	A free, short-term program for individuals aged 55 and older who are returning home after a hospital admission or emergency room visit. Eligible services may include light housekeeping and laundry, meal preparation and frozen meal packages, transportation home from the hospital, rides to follow-up medical appointments, shopping assistance, companionship, caregiver relief, and referrals to other community services. Services are provided for up to six weeks during the initial recovery period to support individuals in regaining their independence.	Eligibility – planned or recent discharge from hospital or emergency; at risk for re-admission; needs assistance beyond what family can provide; or limited family/supports or lives alone	Monday – Friday (excluding holidays) 8:30 – 4:30	Email: chatham@redcross.ca Call: 519-352-2510
Ontario Caregiver Organization	Provides physical or emotional support to family members, partners, friends or neighbors who are in a caregiver role	Helpline 1-888-877-1626		www.ontariocaregiver.ca info@ontariocaregiver.ca

SENIOR'S SERVICES AND PROGRAMS

Program	Needs	Address	Hours	Phone
Senior's Chat Line Ages 55 +	Free & confidential phone line for 55+ who want to chat; sponsored by the Ministry of Health	Virtual only	8 am – 10 pm daily	1-855-892-9992 www.friendlyvoice.ca
SMART (Senior's Exercise and Fall Prevention VON program)	Delivered in rest and retirement homes and community locations	Chatham Kent VON\	call for times and locations	519-352-5515 1-855-419-5200 ext.6239
St. Andrew's Residence Senior's Day Out Program	Offers an adult day program that includes a range of social, physical, and recreational activities, foot care, transportation, and a hot meal. *Minimal fee*	99 Park St. Chatham 547 North St. Dresden	Chatham Thurs. 9:30 am to 3:00 pm Dresden Wed. 10:00 am to 2:00 pm	Brittany Whittington 519-354-8103 ext.248 bwhittington@standrewsresidence.com
South Essex Community Council	Senior Services & Programs: · Lend a Hand – light housekeeping; yard work offered to low - income seniors · Adult Day Program – designed for seniors · Community Support Services for seniors and persons with disabilities to remain in their homes · Security Check & Friendly Visitation – telephone calls or in home visits · Transit – affordable door to door transportation	Serving the Wheatley Area	Monday – Friday 8:30 am – 4:30 pm Saturday 8:30 am – 12:30 pm	www.secc.on.ca info@secc.on.ca 519-326-8629
Telephone Assurance VON	Volunteers provide security checks via a 5-minute call to seniors in need	Chatham Kent VON	Call Lauren Haggerty Lauren.haggerty@von.ca	226-627-0348 519-352-5515
Volunteer Visiting VON	Volunteers visit lonely, isolated seniors for a regular, scheduled visit once per week for 1 – 2 hours. May also take client out for coffee, walks, to doctor's appointments	Chatham Kent VON	Call Lauren Haggerty Lauren.haggerty@von.ca	226-627-0348 519-352-5515

Health, Wellness & Supports



PUBLIC TRANSPORTATION & TAXI SERVICES

Program	Needs	Address	Hours	Phone
Ride CK Urban Public Transit	Urban public transit services available within the communities of Chatham and Wallaceburg	Chatham: Mon – Sat 6:15 am – 7:15 pm Five city routes available. ON Request Service Mon – Fri 7:15 pm – 12:45 am Wallaceburg: On Request Service Mon-Sat 7am-7:15 pm; Sun 9am-5 pm	Urban Service Information OnRequest Transit OnRequest Transit	
Ride CK Inter-Urban Public Transit	Inter-Urban public transit that connects our Chatham-Kent communities	Inter-Urban Routes		See link for hours/days of service; route maps; Ride CK service guide; & Inter-Urban Routes stop locations
Ride CK – Specialized Transit	Residents with a disability living in Chatham or Wallaceburg who are unable to be accommodated on conventional services may qualify for curb-to-curb specialized public transit	Chatham & Wallaceburg Transit Accessibility		Chatham Specialized Transit website
Ride CK Seasonal Transit	Beach Bus service from Chatham to Mitchell's Bay & Erieau	Seasonal Routes		See link for months and times this service is offered
Four Counties Transit	Chatham-Kent residents living in Ward 3, can access Four Counties Transit.	Thamesville, Bothwell, Ridgetown, Highgate and Morpeth areas		519-693-8604 visit the Four Counties Transit website for more information
Taxis and Ride Programs	Courtesy Cab – Chatham CK Taxi Joe Blu Light Taxi Ltd – Chatham Tam's Taxi – Wallaceburg URide	Ride share program accessed online through an App		Courtesy -519-352-2300 CK Taxi Joe 519-784-8844 or 226-637-6446 Blu Light Taxi-548-996-2040 Tam's Taxi-519-627-2221 URide

COMMUNITY SERVICE TRANSPORTATION

Program	Needs	Address	Hours	Phone
NeighbourLink Chatham Kent	Providing free transportation for those in need without vehicles or convenient access to public transit. Volunteers will provide rides to medical appointments, the grocery store or the bank.	NeighbourLink CK Non-profit Chatham, Ontario		519-352-5647
Family Service Kent adVANTage Transportation	Accessible, fee-for-service, transportation. Prioritizes rural and low-income ages 0 to 60 without access to public or private transport. For those under the age of 18, a family member or caregiver over age 18 must accompany the child/youth at no charge to the adult free of charge.	50 Adelaide St S, Chatham, ON	adVANTage Transportation – Family Service Kent	https://familyservicekent.com/ 519 -354-6221
Helping Hands Community Service	Provides rides for medical appointments, shopping & errands. Transportation is available within Chatham-Kent and the Windsor, London & Sarnia areas.	433 Merritt Ave Chatham		1-519-355-1654

Health, Wellness & Supports



SENIOR SPECIFIC TRANSPORTATION

Program	Needs	Address	Hours	Phone
Canadian Red Cross Let's Go Home with Homeward Bound Program	Free temporary program for clients 55+ returning home from hospital admission or ER trip; transportation home from hospital; ride to follow up medical appointments Eligibility – planned or recent discharge from hospital or emergency; at risk for re-admission			Email: chatham@redcross.ca Call: 519-352- 2510
South Essex Community Council	Affordable door to door transportation for seniors who need to travel to socialize, volunteer, errands, shopping, etc.	Available to those living in the Wheatly area	Rates and routes available by calling or visiting the website provided Transportation Services - South Essex Community Council	infor@secc.on.ca 519-326-8629
Voyago Health Transportation	Fee for service non- emergency patient transfer service	80 Barthe St, Chatham	Voyago - Voyago Health	(519) 455-1390

MEDICAL TRANSPORTATION

Program	Needs	Address	Hours	Phone
Family Service Kent CareLink Transportation	(formerly CHAPS) Accessible, fee-for- service, door-to-door non-urgent medical transportation service.	50 Adelaide St S, Chatham, ON	Door to Door Transportation – Family Service Kent	familyservicekent.com/ 519 -354-6221
Wheels of Hope – cancer treatment volunteer driving program	Provides people living with cancer rides to and from their treatment appointments. Referrals from medical providers required with client's consent	Available across Chatham-Kent		1-888-939-3333 For more information

VISUAL & HEARING SUPPORT SERVICES

Program	Needs	Address	Hours	Phone
Canadian National Institute for the Blind	Connect individuals of all ages to programs & services that cater to individualized needs embracing accessible practices, diverse perspectives and equitable opportunities	About Us CNIB		1-800-563-2642
Bell Accessibility Centre	Products and services for those living with hearing and vision limitations	Accessibility services centre Bell Canada		accessible@bell.ca 1-866-310-2355 TTY: 1-800-268-9242
Canadian Guide Dogs for the Blind	Publicly funded non-profit who support the training and finding of guide dogs for those in need	Canadian Guide Dogs for the Blind		info@guidedogs.ca 1-613-692-7777
SRV Canada	Video Relay Service (VRS) No-cost, subscriber-based service for those living with hearing loss who use ASL and have a device set up for video communication	https://srvcanadavrs.ca/en/		
Ontario Association for the Deaf	For information call #'s or access links	www.deafontario.ca		office@deafontario.ca 1-416-413-9191 TTY: 416-513-1893
Deaf-Blind Ontario Services	For information call #'s or access links	www.deafblindontario.com		info@deafblindontario.com 1-905-853-2862 1-855-340-3267

VISUAL & HEARING SUPPORT SERVICES

Program	Needs	Address	Hours	Phone
Canadian Hearing Service – Windsor Branch	Offers general support to those in Chatham Kent. Guidance, advocacy, and counselling to deaf and hard of hearing individuals who need assistance managing everyday life events, completing government forms, navigating systems, and coping with hearing loss.	Windsor Canadian Hearing Services		1-866-518-0000 TTY: 1-877-215-9530 info@chs.ca
Canadian Hearing Service – Interpreting Services	Visit Link for prescheduling interpreting, 24/7 emergency interpreting, or Quick Access – online virtual interpreting service	Schedule a Sign Language Interpreter Now Canadian Hearing Services	Call: 1-866-518-0000 for more information on these services	Preschedule interpreting interpreting@chs.ca Or access contact form at link Emergency interpreting 24/7 E: urgent@chs.ca Or text 416-712-6637

Additional Community Support Services & Programs



Additional Crisis Help Lines

Chatham – Kent Homeless Response Line 519-354-6628 available 24 hours a day 7 days a week

Chatham Kent Health Alliance Crisis Service

Chatham 519-352-6400 EXT. 6050

Wallaceburg – 519-352-6400 EXT. 8151

Chatham-Kent Housing Services 519-351-8573 – www.chatham-kent.ca

Chatham Kent Sexual Assault Crisis 519-354-8688

Chatham Kent Victim Services 519-436-6630

Chatham Kent Women's Centre 519-351-9144

Community Outreach Crisis Line 24/7 519-354-6360 or 1-800-265-0598

Community Living Chatham-Kent - www.clc-k.ca 519-352-1174

Planning: Assists people who have diverse abilities and their families to coordinate services and develop short and long-term plans to meet their needs and goals.

Community Supports: Provides support for people living on their own or with their family. Services are based on individual needs and are designed to enhance independence and quality of life.

People Make a Community: An activity-based program that operates in Ridgetown, Blenheim, and Tilbury, to build each community's capacity to support people within their own community.

Making It Happen: Provides outcome-based supports to young adults. People accessing services are between the ages of 18-28. Individualized supports are developed based on intensive goal setting and planning. Connections to natural support networks are established.

Supported Accommodation: Provides 24-hour support to assist people to live successfully in their own home. Supports for daily living are designed to enhance independence and make connections to community resources. Assists people to develop social capital with supports based on their needs and preferences.

Host Family: Provides accommodation within a family structure, where there are natural supports. The care, welfare, safety, and security of the person are ensured.

Library Café: A café at the main branch of the Chatham-Kent Public Library.

Outward Bound: Provides recreation, leisure, and volunteer opportunities and support based on personal choice with a focus on connecting people to their communities.

School-to-Work Transitions: Includes pre-employment coaching, cooperative education placements, and summer job placements for secondary school students.

Adult Out-of-Home Respite Service: Provides out-of-home respite for adults who have diverse abilities and live at home with their family. Services are provided in a home-like setting. This is a fee-for-service program.

Passport Services: Community participation activities, out of home Respite, personal or employment supports may be purchased and provides a worry-free experience and peace of mind. Administration and brokerage services are often chosen so families do not need to complete mandatory invoicing and reporting procedures to Passport ONE.

Volunteer Services: Provides connections and resources to people and the agency by recruiting and nurturing volunteers. Our focus is to create opportunities which encourage a culture of volunteerism. Volunteers bring many resources and experiences, enriching the lives of people who have diverse abilities

Additional Community Support Services & Programs



Family Service Kent - www.familyservicekent.com 519-354-6221

50 Adelaide St. S, Chatham ON

Tuesday & Friday 9am – 5pm Monday, Wednesday & Thursday 9am – 9pm Appointment Only

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

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

Supervised Access: Provides a safe & neutral environment where non-custodial caregivers can enjoy time with a child. Safe exchanges from one caregiver to another. Call 519.355.1127 to discuss your needs or to make a referral.

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

Financial Trusteeship for Seniors – support for older adults ensuring their financial safety and protections against elder fraud/ abuse. Support to protect your finances. CALL for more information Community Support Service (CSS) for older adults (60+ years of age) and adults (18+ years of age) with disabilities (temporary or permanent)

CareLink Transportation: Accessible, fee-for-service, door-to-door non-urgent medical transportation service for seniors and adults with disabilities link to Door to Door Transportation

Family Service Kent adVANTage Transportation: Accessible, fee-for-service, transportation. Prioritizes rural and low-income ages 0 to 65 without access to public or private transport.

Feelings & Family Group: Ages 7 – 12 yr focusing on emotional regulation through small groups. Includes self-regulation, coping strategies, mindfulness, and problem solving. Parents/caregivers will receive individualized sessions to help develop strategies for their children. Two – Simultaneous Groups Ages 7-9 yrs and Ages 10-12 yrs

Frozen Meals: Regular & special diets (lactose free, gluten free, minced, and pureed meals). Cost ranges between \$3.50 - \$8.00 per meal

Home Help: In-home supports broker service that matches clients to skilled, self-employed Home Helpers. Services include housekeeping, personal care, and accompaniment for appointments. Home Help Fee ranges between \$20 - \$25 per hour paid directly to the home helper by the client. Free in-home assessment to identify client needs/goals.

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

Additional Community Support Services & Programs



CK 3-1-1

311 is a non-emergency service that provides access to municipal services and information in Chatham-Kent.

Call, email or go online to report issues, ask questions, and receive assistance with a variety of municipal services.

Call: 311

Email: ck311@chatham-kent.ca

Report Online: <https://www.chatham-kent.ca/apply/Pages/Report-It.aspx>

You can reach 311 by phone during business hours, or online anytime or through the CK311 app. You can also email the team at ck311@chatham-kent.ca - they're friendly, knowledgeable, and always working to stay up to date.

FreeHelp CK - <https://freehelpck.ca/> 519-990-5178

Senior Hope Meals

Meal deliveries for seniors aged 65 and over, available Mondays and Thursdays 11am to 2 pm Delivered - please apply at www.freehelpck.ca

Free Food Pantries

Food pantry are filled Tuesdays and Thursdays at the following locations:

Chatham - 15 Orchard Height

- St Paul's Discover Life (450 Park Ave W)

- BME Freedom Park (Wellington Street East)

- Teppermans

- 805 Grand Ave W

- Habitat For Humanity

Dresden - North Baptist Church

Ridgetown - Legion with a small fridge

Tilbury - CSN; 151 Queen St S, Tilbury

Pet Pantry - Pet food and basic supplies for families experiencing hardship.

Birthday Boxes - Birthday gift boxes for children aged 13 and under.

New Baby Gift Bags - Essential items to help families welcome a new baby.

First-Time Apartment Starter Baskets - Basic household essentials for individuals moving into their first apartment.

Harvest to Home - Fresh produce for local organizations, when available. Organizations can register through our website.

Community Pop-Ups - Special pop-up giveaways featuring extra food, supplies or other available items.

Applications for these programs are available at freehelpck.ca

Additional Community Support Services & Programs



Program	Needs	Address	Hours	Phone
Alzheimer Society of Chatham Kent	Programs and services for those living with dementia such as Day Programs, In-Home Respite Care, Counselling and more.	36 Memory Lane, Chatham	Monday to Friday 8:30am - 4:30pm	Call 519-352-1043 or email info@justasck.ca
Connect CK Bookable Workspace	Can be used free of charge Reserved for virtual and in- person meetings; 2-hour limit with flexibility for exceptional circumstances	435 Grand Ave. W. Chatham	Monday to Friday between 8:30am – 4:00pm for a maximum of 2 hours per day per person	Contact a Community Navigator 519-355-1380 or CKCN@chatham-kent.ca
Chatham-Kent Public Library	Quiet Pods available in Chatham and Wallaceburg can be booked for 2-hours free of charge for virtual / personal meetings, study purposes. Tech equipment may be available at request. Call Chatham 519-354-2940 or Wallaceburg 519-627-5292 to book at that branch.	Chatham, Wallaceburg Blenheim, Dresden, Ridgetown Tilbury, Thamesville, Merlin, Wheatley, Bothwell, & Highgate	Follow this link for locations, hours, and phone contact for each branch CKPL website	For programs at your local branch Library Information For information about Quiet Pods click below: CKPL Quiet Pods
FLIP – Financial Literacy Independence Program John Howard Society of Windsor - Essex	8-week financial literacy program that looks at setting financial goals, budgeting, credit & debt management	New to Chatham September 2024	For more information contact Jaime Kennedy John Howard Society of Windsor-Essex	Call Jaime at 519.252.3461
NeighbourLink Financial Literacy Program	Christians Against Poverty (CAP) – Free Family & Personal Budgeting Course (day & night courses available) 3 sessions Fall, Winter Spring	40 Centre Street Available to all communities in Chatham Kent	Course is four 2-hour sessions	519-352-5647 Call to register

Additional Community Support Services & Programs



Program	Needs	Address	Hours	Phone
NeighbourLink	Transportation for medical appointments, phone buddy program Wrap Around Supports – helps by providing tools for planning and problem-solving, along with supportive relationships in the form of a wrap around team, to help achieve a better life	40 Centre Street Available to all communities in Chatham Kent	Tues - Thurs: 9 am to 12 pm Tues - Thurs: 9 am to 12 pm Hours are flexible - please call to inquire.	519-436-8197 or 519-352-5647 NeighbourLink CK Non-profit Chatham, Ontario
New Beginnings ABI & Stroke Recovery Program Brain Injury Association	Provides social, recreation, education and leisure opportunities to survivors and anyone impacted by brain injury or stroke	9 Maple Leaf Dr. Chatham	See website or call for programs info@newbeginnings-cksl.com Follow on Facebook for programs	519-351-0297
United Way's Tilbury Information & H.E.L.P. Centre	Provides various services for those in need	26 Queen St North, Tilbury	Tuesday - Friday 9 am - 3 pm	519-354-0430 Email: info@weareunited.com
VON Services	Senior's Exercise & Fall prevention Supportive Care Volunteer Visiting Friendly Visiting Program Kid's Circle /Telephone Assurance Prog. Home Support Service / E-Homecare Chronic Pain Management ON student nutrition	190 Stanley Ave, Suite 100, Chatham	Mon – Fri: 8 am – 4:30 pm	519-352-5515 1-855-285-2990 Chatham Kent VON
VON Grieving Well	8-week Support Group for those who are grieving Mondays Starting Oct 14th ; Registration is required	425 McNaughton Ave W	Mon: 5 pm – 7 pm	519-354-0430 ext. 291 Erin.crow@von.ca

Additional Community Support Services & Programs



Program	Needs	Address	Hours	Phone
VON Virtual Grief Support	4 Virtual Grieving Support Options Available Across the VON South-West Region • Death by Suicide • Addiction Related Death • Death of a Child • Medical Assistance in Death (MAID)	Virtual	Call for information about available programs in Chatham - Kent	519-354-0430 ext. 291 Erin.crow@von.ca
Wheatley – The Village Resource Centre	A safe and sustainable location from which all community residents and businesses have equitable access to information, goods, and opportunity, through a variety of strong and reliable community partnerships. We offer a pay-it-forward food pantry that also provides food assistance to neighbours in need, professional offices, boardroom, and event spaces available for rent, an internet cafe with computers, internet, and printing, and more. Contact us for more information.	108 Talbot Road East Wheatley	Mon, Wed, Thurs, Fri: 9 am - 5 pm Tues: 9 am - 8 pm Sat: 10 am - 2 pm	Main: (226) 484-1004 Cell - (519) 300-4101 info@villageresourcecentre.ca
211 – Chatham - Kent	Free and confidential helpline that connects people to but are not limited to mental health, physical health, food, housing, and government services. Provides a lifeline for the community, connecting individuals to essential resources and support	Available 24 / 7 in over 150 languages		Dial 211 Or visit 211.ca

Legal Community Support Services & Programs



Program	Needs	Address	Hours	Phone
Chatham Kent Legal Clinic	• Provide service/advice & representation in Landlord/Tenant matters; CPP, OW, ODSP appeals; employment law; Human Rights in the Workplace; Sexual harassment in the Workplace *DO NOT help with criminal, family, or property law; these matters are referred to the Private Bar, Lawyer Referral Service, the Legal Aid Office, Duty Counsel, or to other agencies as applicable	455 Grand Ave E Unit 9 Chatham	519-351-6771 Leave a message and your call will be returned *Clients must meet financial eligibility to qualify for this service and must be residents of Chatham-Kent	Walter Van de Kleut walter.vandekleut@cklc.clcj.ca Executive Director/Lawyer Chatham-Kent Legal Clinic Phone: 519-351-6771 Fax: 519-351-8091 www.cklc.ca
Ontario Landlord Tenant Board/Tribunal	Ontario's LTB resolves disputes between landlords and tenants and gives them information about their rights and responsibilities	Landlord and Tenant Board Tribunals Ontario LTB tech support: 416-212-9064	TOP: Tribunals Ontario Portal Tribunals Ontario Accessing the Portal LTB: Forms Tribunals Ontario Accessing LTB Forms/application *Advocacy Center for Tenants Ontario* 1-866-245-4182	LTB 1-888-332-3234 TTY Bell Relay Service 1-800-268-9242 LTB Fax: 1-833-610-2242 LTB email: ltb@ontario.ca

Legal Community Support Services & Programs



Client Service Centre for application and phone advice

1-800-668-8258

www.legalaid.on.ca

Duty Counsel Services & Enhanced Duty Counsel

For those who qualify financially; located at the Courthouse & through the Family Law Service Centre

425 Grand Ave W
Chatham

519-352-3518

Family Law Information Centre Family advice clinic

519-355-2200

Family Law Service Centre

Provides modest income families with family law matters - child custody, access, child support, and children's service matters

519-352-3518

Lawyer Referral Lists

List of lawyers who accept legal aid certificates are available at the Courthouse

425 Grand Ave W
Chatham

519-352-4245

Legal Aid Ontario