

## RENFREW COUNTY COMMUNITY RESOURCES

Please go to: [www.algonquincollege.com/pembroke/counselling](http://www.algonquincollege.com/pembroke/counselling)  
for hyperlinks to all the services websites

INFORMATION AND REFERRAL SERVICES	
<a href="#"><u>211 Ontario</u></a>	Connection to social services and community programs
<a href="#"><u>EMentalHealth</u></a>	Connection to social services and community programs
<a href="#"><u>ConnexOntario</u></a> 1-866-531-2600	Mental health, addictions, and problem gambling information line and referral services (24/7)
<a href="#"><u>AccessMHA</u></a>	Assessment and service navigation for Ontario mental health and addiction supports
<a href="#"><u>1call1click</u></a> Book online	Mental health and service navigation for children and youth (up to age 21)

MENTAL HEALTH AND ADDICTIONS SERVICES	
<b>Mental Health Crisis Line</b> 1-866-996-0991	Phone support (24/7) Can connect to the mobile crisis team
<a href="#"><u>Mental Health Services of Renfrew County</u></a> 613-732-8770 ex. 8006	Mental health programs and services
<a href="#"><u>WES (Wellness and Emotional Support) for Youth Online</u></a>	Free, secure, confidential online counselling for Ontario youth (ages 13-24)
<a href="#"><u>Renfrew County Youth Wellness Hub</u></a> 613-570-8953	Mental health and substance use services integrated with a range of other youth services, including primary care, peer and family support, housing and employment services (for youth ages 12-25) Tuesdays and Thursdays 10am-6pm
<a href="#"><u>Renfrew County E-Walk-In Clinic</u></a> 1-844-441-0981	Free same-day phone or virtual single-session counselling with a professional counsellor Thursdays 11am-6pm
<a href="#"><u>The Robbie Dean Counselling Centre</u></a> 613-629-4243	Counselling and support programs
<a href="#"><u>Phoenix Centre</u></a> 613-735-2374	Mental health programs and services for children, youth, and families

<a href="#"><u>North Renfrew Family Services</u></a> 613-584-3358	Counselling, advocacy, and referral services for individuals and families in North Renfrew county
<a href="#"><u>Petawawa Military Family Resource Centre</u></a> 613-687-7587	Programs and supports for the military community
<a href="#"><u>Renfrew County Alcohol and Drug Assessment and Referral Service</u></a> 613-432-9855	Assessment and referral service
<a href="#"><u>Renfrew County Addiction Treatment Services</u></a>	Addictions Treatment Services, Mackay Manor, Pathways Counselling Services, Community Withdrawal Management Services, Supportive Housing Program
<a href="#"><u>Renfrew Victoria Hospital Addictions Treatment Service</u></a> 613-432-9855	Includes gambling and smoking cessation support
<b>Support Groups</b>	<a href="#"><u>Alcoholics Anonymous</u></a> 1-877-746-7360  <a href="#"><u>Narcotics Anonymous</u></a> 1-888-811-3887  <a href="#"><u>Al-Anon/Alateen</u></a>  <a href="#"><u>Smart Recovery</u></a>  <a href="#"><u>All People, All Pathways</u></a>

### CRISIS, SAME-DAY, OR SAME-WEEK SUPPORT

<b>Crisis Lines</b>	<p><b>Mental Health Crisis Line (24/7)</b> Can connect to the mobile crisis team 1-866-996-0991</p> <p><b>Talk Suicide Canada (24/7)</b> T: 1-833-456-4566 TEXT: 45645 (4:00pm-midnight)</p> <p><b>Hope for Wellness Helpline (24/7)</b> For all Indigenous peoples across Canada 1-866-585-0445</p> <p><b>Women's Sexual Assault Centre of Renfrew County Crisis and Support Line</b> 1-800-663-3060</p> <p><b>Assaulted Women's Helpline</b> 1-866-863-0511</p>
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	<b>Lesbian Gay Bi Trans Youth Line</b> 1-800-268-9688  <b>Trans Lifeline</b> 1-877-330-6366  <b>After-Hours Homelessness Line</b> 1-888-888-2491 Monday-Friday 4pm-10pm
<a href="#">Wellness Together Canada</a> 1-866-585-0445	Phone counselling (24/7)
<a href="#">Member and Family Assistance Services</a> 1-800-268-7708	Phone counselling (24/7) For Canadian Armed Forces members and their families
<a href="#">Counselling Connect</a> Booked online	Free phone or virtual single-session counselling with a professional counsellor Weekdays, evenings, and weekends
<a href="#">The Walk-In Counselling Clinic</a> 613-755-2277	Free same-day phone or virtual single-session counselling with a professional counsellor
<a href="#">Renfrew County E-Walk-In Clinic</a> 1-844-441-0981	Free same-day phone or virtual single-session counselling with a professional counsellor Thursdays 11:30am-6:00pm

MEDICAL AND HEALTH SERVICES	
<a href="#">Renfrew County Virtual Triage and Assessment Centre</a> 1-844-727-6404	For residents of Renfrew County who do not have a family physician or nurse practitioner or cannot access their family physician or nurse practitioner
<a href="#">Health Connect Ontario</a> 1-866-797-0007	Connection with a Registered Nurse for free, secure, and confidential health advice (24/7)
<a href="#">Renfrew County Youth Wellness Hub</a> 613-570-8953	Primary care services available Tuesdays and Thursdays 10am-6pm
<a href="#">Pembroke Regional Hospital</a> 613-732-2811	705 Mackay St., Pembroke ON
<a href="#">Renfrew Victoria Hospital</a> 613-432-4851	499 Raglan St N, Renfrew, ON
<a href="#">Deep River and District Hospital</a> 613-584-3333	117 Banting Dr., RR 1, Deep River, ON
<a href="#">West Champlain Family Health Team</a> 613-735-8051	

<a href="#"><u>Petawawa Centennial Family Health Centre</u></a> 613-687-7641	
<a href="#"><u>Renfrew County and District Health Unit</u></a> 613-732-3629	
<a href="#"><u>Planned Parenthood</u></a> 613-226-3234	Information, resources, and options counselling
<a href="#"><u>Tulip Health</u></a>	OHIP-covered Telemedicine
<a href="#"><u>Health Care Connect</u></a>	Refers Ontarians who don't have a physician to a family health care provider who may be accepting new patients

### SEXUAL AND DOMESTIC VIOLENCE AND VICTIM SERVICES

<a href="#"><u>Women's Sexual Assault Centre of Renfrew County</u></a> 613-735-5551	1-800-663-3060 crisis and support line (24/7)
<a href="#"><u>Regional Assault Care Program</u></a> 1-800-363-7222	Offering emergency care and follow-up support to adults and children who have experienced domestic violence and/or sexual assault
<b>The Assaulted Women's Helpline</b> 1-866-863-0511	24/7
<a href="#"><u>Bernadette McCann House</u></a> 613-732-3131	1-800-267-4930 crisis and support line (24/7)
<a href="#"><u>Victims Services Renfrew County</u></a> 1-877-568-5730	Emotional and practical assistance to people who have experienced a crime, tragic life event or community disaster

### FAMILY SERVICES

<a href="#"><u>Family and Children Services of Renfrew County</u></a> 613-735-6866	Programs and services
<a href="#"><u>Phoenix Centre</u></a> 613-735-2374	Mental health programs and services for children, youth, and families
<a href="#"><u>North Renfrew Family Services</u></a> 613-584-3358	Counselling, advocacy, and referral services for individuals and families in North Renfrew county
<a href="#"><u>Columbus House</u></a> 613-732-1767	Residential and young parent support programs

<a href="#">Petawawa Military Family Resource Centre</a> 613-687-7587	Programs and supports for the military community
<a href="#">1call1click</a> Book online	Mental health and service navigation for children and youth (up to age 21)
<a href="#">Child, Youth &amp; Family Crisis Line</a> 1-877-377-7775	For children and youth ages 17 and under who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis (24/7)
<a href="#">Parent's Lifelines of Eastern Ontario</a>	Programs and services
<b>PLEO Parent Helpline</b> 1-855-755-7005	Monday-Friday 9am-7pm
<a href="#">Parent Resource Centre</a>	Programs and resources
<a href="#">Family Care Centre</a>	A resource hub for parents and caregivers of children and youth with mental illness

INDIGENOUS SERVICES	
<a href="#">Health Services and Programs for Indigenous Peoples</a>	Overview of Renfrew County services
<a href="#">Indigenous Health Care Services</a>	Links to services
<a href="#">Indigenous Mental Health Services</a>	Links to services
<a href="#">Hope for Wellness Helpline</a> 1-866-585-0445	Counselling and crisis intervention for all Indigenous peoples across Canada (24/7)
<a href="#">Algonquins of Pikwakangan First Nation</a>	Health, social, legal, child and family, and other services
<a href="#">Indigenous Counselling Services</a>	Partnership between the Robbie Dean Counselling Centre and the Circle of Turtle Lodge
<a href="#">Circle of Turtle Lodge</a>	Ceremonies, events, seminars, and workshops
<a href="#">Wabano Centre</a> 613-748-9364	Health and wellness programs, advocacy, and events

HOUSING, SHELTER, AND FOOD SERVICES	
<a href="#">Landlord and Tenant Board</a> 1-888-332-3234	The tribunal with the authority to resolve disagreements between landlords and tenants and can provide you with information about your rights and responsibilities under the <i>Residential Tenancies Act, 2006</i> .

<a href="#"><u>Renfrew County Housing Corporation</u></a> 613-735-0782	Provides rent-geared-to-income (RGI) and affordable rental options to low-income households in Renfrew County
<a href="#"><u>Homelessness Prevention Program</u></a> 613-732-2601	
<b>After-Hours Homelessness Line</b> 1-888-888-2491	For emergency shelter services Monday-Friday 4pm-10pm
<a href="#"><u>Renfrew County Safe Shelter for Youth</u></a> 1-800-267-5878 ex. 0	For youth ages 16-21
<a href="#"><u>Columbus House</u></a> 613-732-1767	Residential program
<a href="#"><u>Shelter Safe</u></a>	Online resource for locating shelters
<a href="#"><u>St. Joseph's Community Food Bank</u></a> 613-732-3807	Holy Name Annex, 295 First St., Pembroke Mondays 9:30am-1:30pm
<a href="#"><u>Petawawa Pantry Food Bank</u></a> 613-687-1616	3468-B Petawawa Blvd. Petawawa, ON, K8H 1X3 Tuesdays 1-4pm Thursdays 6-8pm

LEGAL AND FINANCIAL SERVICES	
<b>Ontario Provincial Police</b> 1-888-310-1122	Non-emergency services (24/7)
<a href="#"><u>Legal Assistance and Information</u></a>	Links to information about lawyers, paralegals, and general information about the court system and legal issues
<a href="#"><u>Family Law Education for Women</u></a> 416-392-3135	Information for women on their rights and options under Ontario family law
<a href="#"><u>Legal Line</u></a> 1-877-929-0054	Free legal information and referrals Monday-Friday 9am-5pm
<a href="#"><u>Law Society Referral Service</u></a>	Free 30-minute consultation and referral service
<a href="#"><u>Renfrew County Legal Clinic</u></a> 613-432-8146	Free legal services to low-income residents of Renfrew County and surrounding area

<a href="#"><u>Legal Aid Ontario</u></a> 1-800-668-8258	Legal assistance for low-income residents of Ontario
<a href="#"><u>Ontario Ombudsman</u></a> 1-800-263-1830	Investigation of public complaints and systemic issues within certain jurisdictions
<a href="#"><u>Psychiatric Patient Advocate Office</u></a> 1-800-578-2343	Advice about rights, advocacy and educational services for mental health patients and families
<a href="#"><u>Ontario Works</u></a>	Financial assistance
<a href="#"><u>Ontario Disability Support Program</u></a>	Income supports and benefits for health costs and other disability supports
<a href="#"><u>Financial Assistance for Children and Families</u></a>	Links to Renfrew County resources

### EMPLOYMENT AND CAREER SERVICES

<a href="#"><u>Pembroke Community Employment Services</u></a> 613-735-4308	Provides employment assistance to individuals who are looking for work or re-training opportunities
<a href="#"><u>The Labour Market Group of Renfrew and Lanark</u></a>	
<a href="#"><u>Employment Ontario</u></a>	
<a href="#"><u>Enterprise Renfrew County</u></a>	Assistance to entrepreneurs
<a href="#"><u>Algonquin College Academic Upgrading</u></a> 613-735-4700 ex. 2764	For individuals who are pursuing college training or for new employment prospects to improve their educational skills
<a href="#"><u>Career and Program Exploration and Planning</u></a>	Online modules