

COMMUNITY RESOURCES

CRISIS OR SAME-DAY SUPPORT

Good2Talk

1-866-925-5454

Renfrew County Crisis Line

1-866-996-0991

Can link to the mobile crisis team

Renfrew County E-Walk-In Clinic

The Renfrew County Collaborative E-Walk-In Counselling Clinic (WICC) has launched to provide children, youth, adults, and families with free, same-day access to single-session therapy, currently by video or phone. The clinic is available every Thursday from 11:30 a.m. to 6:00 p.m. Please call on Thursdays to book a same-day appointment: 1-844-441-0981

Counselling Connect

[Counselling Connect](#) facilitates quick access to a free phone or video counselling session with an Ottawa-based therapist. There is no waiting list, and you choose a convenient date and time. This is available to anyone in the Ottawa and surrounding area, including Renfrew County.

The Walk-In Counselling Clinic

[The Walk-In Counselling Clinic](#) is made up of different counselling centres across Ottawa that offer free, same-day, walk-in and virtual counselling appointments.

MENTAL HEALTH

Mental Health Helpline

1-866-531-2600

www.mentalhealthhelpline.ca

Robbie Dean Family Counselling Centre

613-629-4243

www.rdfcc.com

315 Pembroke St. E., Pembroke ON, K8A 3K2

PTSD support group / Youth of parents who experience occupational trauma / Parent and family support for mental health issues / LGBTQ+ youth and family support groups / suicide and crisis centres

Pembroke Regional Hospital - Mental Health Services of Renfrew County

613-732-8770
705 Mackay St., Pembroke ON, K8A 1G8
www.pemreghos.org

Acute Mental Health: voluntary admission organized by person or medical professional. Involuntary admission (Form 1) transferred to Ottawa hospitals. Inpatient care includes medical screening, mental health assessment and diagnosis, concurrent substance abuse assessment, individual and group counselling, discharge services.

Mental Health Services of Renfrew County: Inpatient care at PGH, in-home and community programs, various office locations. Referrals from individuals, family members, and health professionals with client consent. Services include crisis management, service navigation, family information and individual/group peer support, evaluation and symptom management, adult counselling, case management, court diversion, peer support, recovery outreach program, housing program, wellness within reach. Teams including Mobile Crisis Team, ACT, Geriatric Mental Health Outreach, First Episode Psychosis (16-35).

613-732-8770 ex. 8006
425 Cecilia St., Carefor Complex, Pembroke 613-732-8770 ex. 8005
1-180 Plaunt Street, Renfrew, 613-732-8770 ex. 5601

Petawawa Military Family Resource Centre

613-687-2104 ex. 224
www.familyforce.ca/site/petawawa

Bereaved Families of Ontario Pembroke

613-732-7894
700 MacKay St., Pembroke, Marguerite Centre

SEXUAL VIOLENCE

Women's Sexual Assault Centre of Renfrew County

613-735-5551
1-800-663-3060 24/7 support line
www.wsac.ca

Pembroke Regional Hospital – Regional Assault Care Program

613-732-2811 ex. 6024
The client can call 1-800-363-7222 and ask the operator to page the on-call nurse so that she can come to the hospital to meet with you.

Renfrew Victoria Hospital – Regional Assault Care Program

613-432-4851 ex. 224
499 Raglan St. N., Renfrew ON, K7V 1P6
The client can call 1-800-363-7222 and ask the operator to page the on-call nurse so that she can come to the hospital to meet with you.

DOMESTIC VIOLENCE

The Assaulted Women's Helpline

1-866-863-0511 / 1-866-863-7868

Neighbours, Friends, and Families – Western Centre for Research & Education on Violence Against Women and Children

<http://www.neighboursfriendsandfamilies.ca>

Bernadette McCann House

613-732-3131 / 1-800-267-4930 crisis line

Pembroke General Hospital – Regional Assault Care Program

613-732-2811 ex. 6024

The client can call 1-800-363-7222 and ask the operator to page the on-call nurse so that she can come to the hospital to meet with you.

Renfrew Victoria Hospital – Regional Assault Care Program

613-432-4851 ex. 224

499 Raglan St. N., Renfrew ON, K7V 1P6

The client can call 1-800-363-7222 and ask the operator to page the on-call nurse so that she can come to the hospital to meet with you.

Victim Services of Renfrew County

613-649-2852 / 1-877-568-5730

www.victimservicesrenfrewcounty.ca

Information / safety planning / referrals / victim quick response program financial assistance

ADDICTIONS

Renfrew County Addiction Treatment Services

www.renfrewcountyaddictiontreatment.ca

Renfrew County Alcohol and Drug Assessment and Referral Service

613-432-9855 / 1-800-265-0197

Renfrew Victoria Hospital – Addictions Treatment Service

Includes gambling and smoking cessation support.

613-432-9855

510 Raglan St. N., Renfrew ON, K7V 1P5

Pathways Alcohol and Drug Treatment Services

Gillian McKay, Addiction Counsellor

613-432-8573
202-39 Renfrew Ave. W., Renfrew ON, K7V 2Y2
Pembroke: 613-732-0151

Irving House Addiction Treatment Centre

613-735-3330
www.irvinghouse.ca

Mackay Manor (males 18+)

613-432-4946
www.renfrewcountyaddictiontreatment.ca

Community Withdrawal Management Services

613-432-7620
www.renfrewcountyaddictiontreatment.ca

OATC Methadone Maintenance Treatment Programs

613-735-7469
140 Pembroke St., Pembroke
www.oatc.ca

Drug and Alcohol Helpline

1-800-565-8603
www.drugandalcoholhelpline.ca

CAMH Drug and Alcohol Information Line

1-800-463-6273

DART: Drug and Alcohol Registry of Treatment

1-800-565-8603

Problem Gambling Helpline

1-888-230-3505
www.problemgamblinghelpline.ca

Smoker's Helpline

1-877-513-5333

Alcoholics Anonymous

613-735-9928 / 1-877-404-5591
www.pembrokeaa.org

Narcotics Anonymous

1-888-922-7822 / 1-888-811-3887
www.ottawana.org

Al-Anon/Alateen

1-888-425-2666

Smart Recovery / Smart Recovery Family and Friend (some online meetings)

www.smartrecovery.org

Umbrella Project

www.algonquincollege.com/umbrellaproject

INDIGENOUS SUPPORT

The Circle of Turtle Lodge

www.thecircleofturtlelodge.ca indigenous

Algonquins of Pikwakangan First Nation

Off mental health and addiction services

www.algonquinsofpikwakanagan.com

FAMILY SUPPORT

North Renfrew Family Services

613-584-3358

Family and Children Services of Renfrew County

613-735-6866

77 Mary St., Pembroke / 114 Argyle St S., Renfrew

Includes welfare reporting

Child, Youth & Family Crisis Line

1-877-377-7775

The Phoenix Centre for Children and Families / Renfrew County Youth Services

613-735-2374

www.phoenixctr.com

200-130 Pembroke St. W., Pembroke, ON K8A 5M8 (+ satellite offices)

Parents Anonymous

1-909-621-6184

LEGAL AND FINANCIAL ASSISTANCE

Renfrew County Legal Clinic

613-432-8146 / 1-800-267-5871
101-236 Stewart St., Renfrew ON, K7V 1X7

Legal Aid Ontario

1-800-668-8258
www.legalaid.on.ca

Ontario Ombudsman

1-800-263-1830
www.ombudsman.on.ca

Psychiatric Patient Advocate Office

1-800-578-2343
www.ppaao.gov.on.ca

Consent and Capacity Board of Ontario

1-866-777-7391
www.ccboard.on.ca

Family Law Education for Women (FLEW)

416-392-3135
www.onefamilylaw.ca

HOUSING

Renfrew County Housing Corporation

613-735-0782
169 Lake St., Pembroke ON, K8A 5L8
www.countyofrenfrew.on.ca/departments/social-services/renfrew-county-housing-corporation

EMERGENCY SHELTER

Renfrew County Safe Shelter for Youth (16-21)

613-735-6866 / 1-800-267-5878 ex. 0

Pembroke and Area Clergy Association: TEAM Project

613-735-0866
www.pembrokeclergy.ca

EMERGENCY FOOD

St. Joseph's Food Bank

613-732-3807

Holy Name Annex, 295 First St., Pembroke

Mondays 10am-1pm

Salvation Army

613-735-5601

484 Pembroke St. W., Pembroke

Mon-Fri 8:30am-3:00pm

MEDICAL AND HEALTH

Pembroke Regional Hospital

613-732-2811

Renfrew Victoria Hospital

613-432-4851

CPSO Doctor Search Service

1-800-268-7086 ex. 626

Telehealth Ontario

1-866-797-0000

Aids and Sexual Health Information Line

1-800-668-2437

First Step Options

613-635-7440

337 Murray St., Pembroke

www.firststepoptions.com

Planned Parenthood

613-226-3234

CAREER AND EMPLOYMENT

Pembroke Community Employment Services

613-735-4308

www.algonquincollege.com/pembroke/employment

Algonquin College Academic Upgrading / Literacy and Basic Skills

613-735-4700 ex. 2764

www.algonquincollege.com/pembroke/future/academic-upgrading

Career Cruising

www.careercruising.com

Username: algonquin

Password: careers

<http://algonquincollege.libguides.com/studyskills/career-program-choice>

Ontario Employment Services Renfrew

613-432-3424

231 Argyle St. S., Renfrew

www.employmentnetworks.ca

Enterprise Renfrew County Pembroke

613-735-8224

9 International Dr., Pembroke ON

www.enterpriserenfrewcounty.com

INFORMATION

211 Ontario

www.211ontario.com

health services / social assistance / housing / help / food banks / government programs / senior's supports / parenting programs

Renfrew County Connections

www.renfrewcountyconnections.cioc.ca