



**We Can Help +**

# St. Catharines

## A Compassionate City

**Compassion = Care + Action**

Navigating the social services within your city.



## GENERAL INFORMATION

Community Service Information ..... 211 – InCommunities  
A go-to agency for information for clients and service providers. Service in more than 150 languages.



## SHELTERS & HOUSING ASSISTANCE

St. Catharines City Services: Citizen's First ..... 905-688-5600  
Out of the Cold (November 1st - March 31st) ..... 905-685-5678 or 211  
Gillian's Place ..... 905-684-4000  
Housing Help Centre ..... 905-984-8955  
Salvation Army Booth Centre ..... 905-684-7813  
YWCA ..... 905-988-3528  
The Raft (Youth) ..... 905-984-4365  
Southridge Shelter ..... 905-682-2477  
Niagara Mobile Outreach (Day Phone) ..... 905-935-4311 ext. 23 or 26  
..... 289-219-2981  
Niagara Regional Housing ..... 905-682-9201  
Bethlehem Housing ..... 905-641-1660



## EMERGENCY SERVICES/CRISIS LINES

Niagara Region Gatekeepers (Seniors) ..... 905-984-0968  
Crisis Outreach and Support Team (Coast) ..... 1-866-550-5205  
Emergency ..... 911  
Police ..... 905-688-4111  
Fire ..... 905-684-4311  
Ambulance ..... 905-688-2191  
Victim Services Niagara - 24 Hr Crisis Line ..... 905-682-2626  
Distress Centre Niagara ..... 905-688-3711  
Niagara Region Sexual Assault Centre ..... 905-682-7258  
Family and Children Services Niagara (FACS) ..... 905-937-7731  
Kids Help Phone ..... 1-800-688-6868  
Pathstone Family Crisis ..... 1-800-263-4944



## SERVICES FOR IMMIGRANTS

Niagara Folk Arts Multicultural Centre ..... 905-685-6589  
Chez Marie (Refugee Hostel) ..... 905-682-5795  
YMCA Newcomer Centre ..... 905-684-3500  
YMCA Settlement Worker in Schools Program ..... 905-684-3500



## HEALTH SERVICES

Niagara Health ..... 905-378-4647  
Public Health Department ..... 905-688-3762  
The Health Bus ..... 905-688-8248 ext. 7512  
Hepatitis C Clinic ..... 905-378-4647  
Quest - Community Health Centre ..... 905-688-2558  
Positive Living Niagara and supervised consumption site ..... 905-984-8684  
Sexual Health Centre ..... 905-688-3817  
Hospice Niagara ..... 905-984-8766



## MENTAL HEALTH & ADDICTION SERVICES

Kids Help Phone ..... 1-800-668-6868  
Canadian Mental Health Association (CMHA) ..... 905-641-5222  
Community Addiction Services Of Niagara (CASON) ..... 905-684-1183  
Pathstone Mental Health (for children and youth) ..... 905-688-6850  
Brain Injury Community Re-Entry (BICR) ..... 905-984-5058  
Addiction Services (Withdrawal Management) ..... 905-682-7211 (Male)  
..... 905-687-9721 (Female)  
Distress Centre Niagara (Crisis Line) ..... 905-682-1242  
Crisis Outreach and Support Team (COAST) ..... 1-866-550-5205



## DROP IN CENTRES

Ontario Early Years Centre ..... 905-938-9392  
Start Me Up Niagara ..... 905-984-5310  
Westview Centre 4 Women ..... 905-684-4848  
Niagara Regional Native Centre ..... 905-685-8547



## MEALS

Out of the Cold ..... 6 PM November 1st - March 31st  
Ozanam Centre, 235 Church St. .... 11:30 AM - 12:45 PM (Monday – Friday)  
St. George's Church, 83 Church St. .... Breakfast daily - 7:30-8:30 AM  
The Raft, 17 Centre St. .... 6:30-8 :00 PM  
Start Me Up Niagara, 17 Gale Cres. .... Saturday & Sunday 11:15 AM - 1:00 PM



## FOOD & CLOTHING

Community Care ..... 905-685-1349  
Salvation Army Family Services ..... 905-935-4311