

SARNIA-LAMBTON DIRECTORY

FOR PERSONS WITH DISABILITIES | 2012-2013



SARNIA LAMBTON WORKFORCE DEVELOPMENT BOARD

INTRODUCTION

The Sarnia Lambton Workforce Development Board is pleased to produce this directory of services for Persons with Disabilities in Lambton County. During the course of this project, all known services were contacted and requested to provide information about their programs and organizations.

Every effort has been made to ensure that the information contained in this directory is accurate and as current as possible. If you have any information that you would like included in any future editions of this directory please submit them in writing to vicky.ducharme@slwdb.org

The Directory can be accessed by CD-Rom or at the Sarnia Lambton Workforce Development Board website www.slwdb.org



SARNIA LAMBTON WORKFORCE DEVELOPMENT BOARD

Suite 504-265 N. Front Street

Sarnia, Ontario N7T 7X1

Telephone: 519-332-0000

Fax: 519-336-5822

Email: vicky.ducharme@slwdb.org

Website: www.slwdb.org

Sarnia Lambton Workforce Development Board is
funded by Employment Ontario:

**EMPLOYMENT
ONTARIO**

The views expressed in this document do not
reflect those of Employment Ontario.

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EMERGENCY & CRISIS NUMBERS

FIRE POLICE AMBULANCE9-1-1

Available to TTY

POISON INFORMATION CENTRE 1-800-268-9017

TTY..... 1-877-750-2233

CRISIS AND COUNSELLING

Assault Victims – S.O.S. Femaide 1-877-336-2433

24 Hour Support Line - Hearing Impaired..... 1-866-860-7082

Distress Line Sarnia

Sarnia 519-336-3000

Toll Free..... 1-888-347-8737

Kids Help Phone 1-800-668-6868

Lambton Mental Health Crisis Service

Sarnia 519-336-3445

Toll Free..... 1-800-307-4319

Sexual Assault Victims 24 Hour Crisis Line

Sarnia 519-337-3320

(collect calls accepted)

Victim Services of Sarnia-Lambton

Sarnia 519-344- 8861 ext 5238

Toll Free 1-888-281-3665 ext 5238

Women's Interval Home

Sarnia 519-336-5200

Toll Free..... 1-800-265-1412

HOW TO DETERMINE THE EQUIPMENT YOU NEED

- Ask your health professional about what equipment would help your condition.
- Check with your Community Care Access Centre case manager to determine if there is a service that might help assess your equipment needs.
- Ask for an assessment by a health professional who specializes in your needs, such as an occupational therapist, physiotherapist, orthotist, prosthetist, etc.
- Visit a supplier and ask to see equipment that may be available; they may recommend ways to be assessed for the equipment you need.
- Surf the web for sites that have equipment resources and for sites about your specific condition.
- Ask your local support services, associations and self-help groups about the equipment that other people have tried and found successful.
- Ask about trials for equipment to determine if you can try the equipment and see if it is best for you.
- Check references of any contractors.

FUNDING SOURCES FOR EQUIPMENT

Funding sources for equipment listed under this heading are:

- Assistive Devices Program
 - Home Oxygen Program
 - Associations and Local Service Groups
 - Private Insurance Programs
 - Income Support Programs
 - Incontinence Supplies for Children.
-

Ministry of Health & Long Term Care, Assistive Devices & Home Oxygen Programs

7th Floor, 5700 Yonge Street

Toronto, ON M2M 4K5

Toronto: 416-327-8804

Toll Free: 1-800-268-6021

TDD/TTY Toll Free: 1-800-387-5559

Fax: 416- 327-8192

Website: www.health.gov.on.ca

ASSISTIVE DEVICES PROGRAM

What is the Assistive Devices Program?

- A funding program to help people with long-term physical disabilities get needed equipment and supplies.

What portion of the cost does it cover?

- Pays up to 75 percent of the cost of items like artificial limbs, orthopedic braces, wheelchairs and breathing aids.
- Contributes a fixed amount on items such as hearing aids for adults and breast prostheses
- Pays an annual grant directly to the person for some kinds of supplies, such as ostomy and syringes for insulin-dependent seniors.

Who can apply?

- Any Ontario resident who has a long-term physical disability and a valid Health Card issued in his or her name.
- You are eligible regardless of your income.
- Some items are restricted to certain age groups. Fact Sheets on each category of equipment specify any age limits and medical criteria that must be met.
- Does not pay for equipment available under Workplace Safety & Insurance Board or to Group 'A' veterans for their pensioned conditions.

How do I apply?

- Phone the information line. An agent can provide information and mail you fact sheets and an application.
- Fact sheets are available on each category of assistive devices. The Fact Sheet lists all of the items covered, the steps for applying for assistance and how to get the equipment.

It is recommended that you find out if a particular device is covered before purchasing it.

What types of equipment are covered?

Categories of the Assistive Devices Program are:

- Communication devices
- Diabetic supplies
- Enteral feeding equipment supplies
- Hearing devices
- Orthotic devices
- Ostomy supplies
- Pressure modification devices
- Prosthetic devices
- Respiratory devices
- Visual devices
- Wheelchair, Positioning and Ambulation aids

What types of equipment are not covered?

Examples are:

- Bath benches, geriatric chairs, grab bars, commode chairs, raised toilet seats, hospital beds
- Arch supports, shoe inserts, some types of braces, orthopedic shoes
- Chair lifts or wheelchair lifts and ramps
- Air conditioners, air purifiers, humidifiers

Assistive Devices Program Authorizers

- Authorizers are health care professionals registered with the Assistive Devices Program.
- Assess whether you meet the program's funding criteria and help you decide which device is best for you.
- Describe the equipment you will need on the application form.

Where do I find an Assistive Devices Program Authorizer?

ASK

- Your doctor or health professional
- Community Care Access Centre
- Equipment suppliers

OR

- Phone the Assistive Devices Program for list of local authorizers.

Where do I find a supplier of my approved equipment?

- Usually you can get your device from a registered vendor who is approved by the Assistive Devices Program.
- If the device must be custom-made, you will be referred to a professional who is registered with the program.
- Most devices are covered only if they are bought from a registered vendor. The few exceptions to this are explained in fact sheets.

Who does the supplier bill for my equipment?

- Registered vendors bill the Assistive Devices Program directly for its part of the approved cost of your equipment.
- You pay your portion directly to the vendor.

Will the Assistive Devices Program contribute to the cost of replacing devices covered by the program?

- Certain conditions and minimum replacement periods apply.
- Replacement of equipment that is lost, stolen or damaged due to misuse before the minimum replacement period is up will NOT be covered.
- Clients are encouraged to buy insurance to cover the cost of replacement in these cases.

Some possible funding sources for your costs are:

- Your insurance policy
 - Government programs such as Ontario Works, Ontario Disability Support Program or Assistance to Children with Severe Disabilities
 - Support organizations such as Easter Seals or March of Dimes. (Refer to support services section of this directory.) These groups may also contribute to the cost of devices not listed in the ADP manual.
 - Municipal Social Services
-

HOME OXYGEN PROGRAM

What is the Home Oxygen Program?

- A funding program that pays for oxygen and related equipment and supplies for eligible Ontario residents

Who is eligible?

- Anyone with a valid Health Card in his or her name who has a chronic illness or dysfunction that requires long-term oxygen therapy and who meet the medical criteria

Those not eligible are:

- In chronic or acute hospital care
- Need oxygen because of a work-related injury (contact the Workplace Safety & Insurance Board)
- Qualify for the Department of Veteran Affairs Group 'A' benefits
- Do not meet the medical criteria

What portions of the costs are covered?

You will receive full coverage of the monthly costs of a basic oxygen system if you are:

- 65 years of age or older
- Receiving benefits from Ontario Disability Support program, Ontario Works, Assistance to Children with Severe Disabilities, or professional services through a Community Care Access Centre or live in a long-term care facility

The costs covered include basic disposable supplies such as masks, nasal cannula and bubble humidifiers.

If you do not qualify for full coverage, you will receive 75 percent coverage.

- You will be responsible for the remaining 25 percent.
- If you have private medical coverage, check to see if your insurance company will pay for charges not covered under this program.

How do I apply?

- Your doctor must complete a Home Oxygen Program application form and submit your oximetry test results.
- If your doctor does not already have copies of this form he or she can call the program at:

Toronto: 416-314-5518 or 1-800-268-6021

TTD/TTY: 416-327-4282 or 1-800-387-5559

How do I arrange for oxygen service?

- Call the Home Oxygen Program (phone numbers above) for a list of registered vendors.
- These vendors have agreed to follow the Home Oxygen Program policies and cannot charge more than the approved amount for oxygen and related equipment.

ASSOCIATIONS AND LOCAL SERVICE GROUPS

See Support Services in this Directory

- Some of the Associations/Organizations and/or Local Service Groups may assist in equipment funding.
 - Examples of some Local Service Groups are: Lions Club, Kiwanis Club, Moose Lodge, Royal Canadian Legion, Rotary Club, Kinsmen, Knights of Columbus.
 - Examples of some Organizations are: Canadian Paraplegic Association, Easter Seals, Multiple Sclerosis Society, Muscular Dystrophy Association, Ontario March of Dimes, The War Amps, SHARE, etc.
 - These organizations help people with disabilities in many ways. For example: financial assistance, finding assistive devices and helping to purchase equipment.
-

PRIVATE INSURANCE PROGRAMS

- Private health insurance programs may cover the purchase of equipment. Check with your insurer or employer for your policy details.
- If your injury/illness is related to a motor vehicle accident, check with your automobile insurance carrier for details on coverage.
- If your injury is work related, contact the Workplace Safety and Insurance Board (WSIB) for details on coverage.
- If you are a veteran or have provided war-related services, check with The Department of Veterans Affairs for coverage.

INCOME SUPPORT PROGRAMS

- If you are receiving income support from a specialized income program, you may be eligible for funding of equipment. Check with your income support contact or administrator.
-

INCONTINENCE SUPPLIES FOR CHILDREN

Easter Seals Ontario..... 1-800-668-6252 Ext.314
Incontinence Supplies Grant Program
For Children and Youth with Disabilities
One Concorde Gate, Suite 700
Toronto, ON M3C 3N6

- Funding for incontinence supplies (diapers, catheters) for children and youth (3 - 18 years old) with disabilities that result in chronic incontinence, must be an Ontario Resident with valid Health Card.

FUNDING SOURCES FOR BARRIER-FREE DESIGN AND VEHICLE MODIFICATIONS

Province of Ontario - Regional Office

London: 519-661-0861

(Detailed under Housing Section of this directory)

Services:

- Provides information in print, by telephone, on video or on the Internet

Order publications from:

National Housing Information Resource Library

- Information available in Braille and large print format or on video

Home Adaptation for Seniors Independence:

- The Home Adaptations for Seniors' Independence (HASI) program assists low-income seniors who have difficulties with living activities in their home by providing financial assistance to carry out minor home adaptations that will help them continue to live independently for as long as possible in their homes.
- The assistance is in the form of a fully forgivable loan of up to \$3500, which does not have to be repaid, provided the owner adheres to the conditions of the program.

- The Residential Rehabilitation Program for Persons with Disabilities (RRAP-D) offers financial assistance to homeowners and landlords to undertake modifications to eliminate physical barriers and imminent life safety risks, and improve the ability to meet the demands of daily living within the home. The dwelling must be occupied or intended for occupancy by low-income persons with disabilities.
-

Veterans Affairs Canada

Toll Free: 1-866-522-2122 (English)

Toll Free: 1-866-522-2022 (French)

Websites: www.vac-acc.gc.ca

Veterans Independence Program

Services:

- Assesses eligible veterans and other clients with war-related services to assist them in remaining in their home for as long as possible
- Has information available in booklet form or on the Veterans Affairs Canada (VAC) website: www.vac-acc.gc.ca

EQUIPMENT SUPPLIERS

Suppliers are listed in alphabetical order under the following headings:

- Adapted Toys
- Communication and Hearing Devices
- Home Health Suppliers
- Medical Emergency Alarms and Identification
- Orthopedic/Orthotic Appliances
- Oxygen Equipment and Services
- Prosthetics
- Visual Aids and Optical Suppliers

Suggestions:

- Before buying any equipment check with the Assistive Devices Program to see what is and is not financially covered by the program.
- Go to your doctor first before purchasing any assistive devices in case you need a prescription/letter to get the assistive device or to receive cash back for any reasons.

COMMUNICATION & HEARING DEVICES

Apple Canada Inc.

Customer Assistance Centre - Canada

Toll Free: 1-800-263-3394

Order from the Apple Store

Toll Free: 1-800-MY-APPLE or 1-800-692-7753

- Orders come from the United States

Website: www.apple.com/education/k12/

Hours:

- English: 24-hours/ 7 days a week
- French: 9:00 am - 9:00 pm, 7 days a week

Serves:

- All ages, in all languages, internationally.

Apple Canada Inc. (Cont.)

Services:

- Sells all computer assisted equipment
- Provides technology and learning resources for people with special needs
- Includes library of freeware and shareware specific to disabilities

Fees:

- Orders are sent by courier; courier costs included with purchase.

Bloorview Kids Rehab

150 Kilgour Road

Toronto, ON M4G 1R8

Phone: 416-425-6220

Fax: 416-425-6591

Toll Free: 1-800-363-2400

Website: www.hollandandbloorview.ca

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am - 4:30 pm
- Some evening appointments available on request

Serves:

- Ages infant to 19 years of age for communication and writing aids services
- Primarily the Greater Toronto area; serves people living throughout Ontario who have complex needs which can't be addressed near home communities
- Language interpretation for languages other than English

Services:

- Provide assistive technology services and products that help people with special needs to achieve their personal best
- Specialized assessment, development, evaluation, training and education in assistive technologies

Bloorview Kids Rehab (Cont.)

Assistive technology services include:

- Prosthetics (upper and lower extremities)
- Myoelectrics
- Orthotics
- Seating
- Positioning
- Mobility
- Electronic aids to daily living
- Communications
- Writing aids

Fees:

- Some services may be eligible for funding assistance under the Assistive Devices Program.
- Operates on a fee-for-service basis dependant on department

Volunteer opportunities available

Canadian Hearing Society

420 East Street North

Sarnia , ON N7T 6Y5

Phone: 519-337-8307

TTY Toll Free: 1-877-634-0178

Fax: 519-337-6886

Website: www.chs.ca

Hours:

- Monday to Thursday 9:00 am - 5:00 pm
(Closed 12:30 pm - 1:30 pm)

Services:

- Full Audiology services and Hearing Aid Services
- Sign Language Interpreting Services
- Positive Devices such as TTY machines and visual alerting systems, Telephone and TV devices, Assistive listening systems
- Public Information and Education -Lending Resource Library

Lambton Audiology Associates

1433 London Road, Suite 102

Sarnia, ON N7S 1P6

Phone: 519-542-0569

Toll Free: 1-877-337-9258

Fax: 519-542-4764

Wheelchair accessible

Hours:

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

Serves:

- All ages in Sarnia and Lambton County

Services:

- Supplies information on hearing, hearing tests and hearing protection
- Provides hearing tests
- Sells hearing aids, assistive listening devices, TV amplifiers, hearing aid batteries
- ADP registered vendor

Lambton Audiology Associates

4119 Petrolia Line

Petrolia, ON N0N 1R0

Phone: 226-738-0401

Fax: 519-542-4764

Toll Free: 1-877-337-9258

Email: contact@lambtonaudiology.com

ActivEars Hearing Centres

270 Christina Street North

Sarnia, ON N7T 5V3

Phone: 519-337-2679

Toll Free: 1-877-336-6565

Fax: 519-336-6197

Website: www.activears.com

Email: cfeige@on.aibn.com

ActivEars Hearing Centres (Cont.)

Wheelchair accessible

Hours:

- Monday to Friday 9:00 am - 5:00 pm

Serves:

- All ages in Sarnia and Lambton
- Offices also in Goderich, Owen Sound, Acton and Hanover

Services:

- Hearing tests
- Hearing aids sales & service to all makes and models
- Earplugs for noise and swimming musicians
- Cleaning, checks and follow-ups on hearing aids
- ADP, DVA, WSIB authorized vendor

Financial assistance available.

Have a 90-day trial period for hearing aids

Meridian Hearing Centre

Sarnia Health Care Centre

150 N. Christina Street

Sarnia, ON N7T 7W5

Phone: 519-332-3307

Fax: 519-332-3323

Wheelchair accessible

Hours:

- Tuesday and Thursday 9:00 am - 4:00 pm
- Wednesday 12:00 pm - 4:00 pm
- Audiologist in Tuesdays and Thursdays 9:00 am - 4:00 pm

Serves: All ages in Sarnia and surrounding area

Services:

- Hearing tests; Evaluates listening tests in noise
 - Dispenses hearing aids
-

HOME HEALTH SUPPLIERS

Hogan Pharmacy

457 London Road

Sarnia, ON N7T 4W9

Phone: 519-336-2224

Fax: 519-383-7733

Wheelchair accessible

Delivery Available

Hours:

- Monday to Friday 8:30 am- 7:00 pm
- Saturday 9:00 am - 2:00 pm

Serves: All ages, all languages in Lambton County

Services:

- Mobility Aids
 - Ostomy Supplies
 - I.V. Preparations
 - Prescriptions
 - Braces, Supports
-

Shoppers Home Health Care

516 Exmouth Street

Sarnia, ON N7T 0A5

Phone : 519-344-6654

Fax: 519-336-9773

Wheelchair accessible

Hours:

- Monday - Friday 9:00 am - 6:00 pm
- Saturday - 9:00 am - 5:00 pm
- Sunday -12:00 pm - 5:00 pm

Serves: All ages in Sarnia

Services:

- Sells and services all assistive devices
- Mobility Devices – wheelchairs, walkers, scooters
- Elevators, stair glides, vans, lifts

Shoppers Home Health Care (Cont.)

- Lift chairs and patient lifts
 - Pressure relief products
 - Bathroom safety
 - Compression stockings
 - Orthopedic braces
 - Hospital beds
 - Aids for daily living
 - Mastectomy products
 - Incontinence supplies
 - Ostomy appliances
 - Enteral feeding and suction equipment
 - ADP registered vendor
-

Lambton Pro Health Inc.

435 Exmouth Street

Sarnia, ON N7T 5P1

Phone: 519-332-3325

Toll Free: 1-800-265-1471

Fax: 519-332-0940

Website: www.proresp.com

Wheelchair accessible.

Hours:

- Monday to Friday 9:00 am - 5:00 pm

Serves:

- All ages in Lambton County

Services:

- Oxygen and respiratory care
 - Rentals available. Service only what they sell
 - ADP registered vendor
-

London Health Care & Ostomy Centre

675 Adelaide Street N.

London, ON N5Y 2L4

Phone: 519-858-2300

Toll Free: 1-800-265-0410

Fax: 519-858-2170

Website: www.londonostomy.com.

Email: lhostaff@londonostomy.com

Hours:

- Monday to Friday 9:00 am - 5:00 pm
- Saturday 10:00 am - 12:00 pm

Wheelchair accessible

Delivery Available

Serves:

- All ages English/Mandarin

Services:

- Ostomy supplies
- Incontinence supplies
- Mastectomy products
- Compression stockings
- Bathroom aids

McLaren Pharmacy

5299 Nauvoo Road

Watford , ON N0M 2S0

Phone: 519-876-2213

Fax: 519-876-3031

Email: mclarenpharmacy@yahoo.com

Hours:

- Monday to Friday 9:00 am - 6:00 pm
- Saturday 9:00 am - 1:00 pm

Accessibility: Wheelchair accessible at back door

Services:

- Wide range of assistive devices
- Access to special product orders

Sears Canada Inc

To Order From Catalogues: 1-800-267-3277

Website: www.sears.ca

Hours:

- 24-Hour Order Service

Serves:

- All ages. English/French throughout Canada

Services:

- Sells many products – including assistive devices
- Provides information on any product

Products:

- Blood pressure monitors, some heart-rate monitors
- Diabetic care
- Support hose
- Economy nebulizer system (delivers prescribed medication into a light mist for easy inhalation)
- Aids For Daily Living
- Mobility Aids
- Bathroom Safety Aids
- Toilet aids, including some commodes
- Bedroom safety aids
- Incontinence aids

Sears Pick-up Locations in Sarnia and Lambton County:

Sears Canada

2670 Lakeshore Road

Brights Grove, ON N0N 1C0

Phone: 519-869-6248

Wheelchair accessible

Hours:

- Monday to Friday 7:00 am - 6:00 pm
- Saturday 9:00 am - 5:00 pm

Sears Canada

437 Lyndock

Corunna, ON N0N 1G0

Phone: 519-862-2286

Fax: 519-862-2940

Email: kays@on.aibn.com

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am - 6:00 pm
- Saturday 9:00 am - 5:00 pm

Sears Canada

1380 London Road

Sarnia, ON N7S 6L7

Phone: 519-542-2121

Wheelchair accessible

Hours:

- Monday to Saturday 9:30 am - 9:00 pm
- Sunday 11:00 am - 5:00 pm

Shoppers Home Health Care

641 Commissioners Rd. East, Unit 104

London, ON N6C 2T9

Phone: 519-685-9150

Toll Free: 1-800-265-6086

Fax: 519-686-3784

Email: mhshhc@shoppershomehealthcare.ca

Cherry Hill Village

301 Oxford Street W.

London, ON N6H 1S6

Phone: 519-434-3326

Email: rwilde@sympatico.ca

Wheelchair accessible

Hours:

- Monday to Friday 9:00 am - 8:00 pm
- Saturday 9:00 am - 6:00 pm
- Sunday 11:00 am - 5:00 pm

Shoppers Home Health Care - Cherry Hill Village (Cont.)

Serves:

- All ages in Southwestern Ontario

Services:

- Mobility aids
- Aids of Daily Living
- Mastectomy products
- Stocking fittings
- Service only products they sell
- Rentals available
- ADP registered vendor

Trüppé Health Care Products & Services Limited

2500 Main Street

London, ON N6P 1P9

Phone: 519 652-2041

Toll Free: 1-800-854-1237

Fax: 519 652-0249

Email: truppehealthcare@on.aibn.com

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 5:00 pm

Serves:

- All ages in Southwestern Ontario

Services:

- Sells prosthetics and orthotics
- Mobility aids
- Bathroom Safety
- ADP registered vendor

Referral Process:

- Surgeons usually refer clients
- The amputee team – therapists and rehabilitation will explain the process you need to go through

MEDICAL EMERGENCY ALARMS & IDENTIFICATION

First Call Response Systems

Toll Free: 1-800-463-6425

Fax: 1-416-536-4217

Philips Lifeline affiliated with Bluewater Health

Toll Free: 1-800-387-8065

Monitoring - 24 hours daily

Serves:

- All ages in Lambton and Kent Counties
- All languages through a language line

Services:

- A personal emergency response service

Fees:

- Call for fee schedule
-

MediAlert Foundation

2005 Sheppard Avenue East, Suite 800

Toronto , ON M2J 5B4

Contact: Member Services

Phone: 1-800-668-1507

Fax: 1-800-392-8422

Email: medinfo@medicalert.ca

Website: www.medicalert.ca

Serves:

- All ages in English/French languages, in Canada

Services:

- Custom engraved bracelets or necklaces or watches with critical medical facts and personal requests for anyone with a medical condition and/or allergy or anyone taking medication on a regular basis
-

Unlimited updating at no charge

MedicAlert Foundation (Cont.)

- 24-hour emergency hotline in 140 languages
- Wallet card with personal, emergency contacts and medical information
- 1-800 member services lines and website

Fees:

- Annual service fee
- Cost of bracelet or necklace

Funding available:

- Assistance program for those who may not have the financial means for bracelet or necklace

Your Home Emergency Preparedness Guide

Lambton County

Phone: 519-845-0801

Website: www.lambtononline.ca/emergency_preparedness

ORTHOPEDIC/ORTHOTIC APPLIANCES

Anatomic Orthopedic Supply

239 Ontario Street

Sarnia, ON N7T 1L6

Phone: 519-337-0929

Fax: 519-344-2144

Email: anatomic@bellnet.ca

Hours:

- Monday to Friday 9:00 am - 5:00 pm

Serves:

- All ages in Lambton and Kent Count

Services

- Ankle, knee, wrist braces
- Custom knee braces
- Orthotics
- Foot care
- Sports and rehabilitation service products

Fodemesi Shoes Ltd.

123 Dundas Street

London, ON N6A 1E

Phone: 519-432-9639

Fax: 519-432-4711

Website: www.fodemesishoes.comEmail: contactus@fodemesi.com

Wheelchair accessible.

Hours:

- Monday 12:00 pm - 5:00 pm
- Tuesday to Saturday 9:30 am - 5:30 pm
- Sunday - closed

Serves: All ages in Southwestern Ontario

Services:

- Sell custom-made orthotics
- Shoe modifications
- Regular shoes
- Custom shoes

Foot Care Centre

714 London Road

Sarnia, ON N7T 4X6

Phone: 519-337-0005

Fax: 519-332-4545

Hours:

- Monday to Thursday 8:30 am - 6:00 pm
- Friday 8:00 am - 4:00 pm
- Saturday/Sunday - closed

Serves: All ages in Sarnia Lambton, London

Services:

- Sells custom-made orthotics and orthopedic extra depth footwear
- Foot and nail care

OXYGEN EQUIPMENT AND SERVICES

Medigas

555 Wellington Road, Unit 1A

London , ON N6C 4R3

Phone: 519-451-7932

Toll Free: 1-800-265-4583

Fax: 519-451-7933

Hours:

- Monday to Friday 8:00 am- 5:00 pm
- 24 Hour Emergency Phone Line

Wheelchair accessible

Serves:

- All ages in Southwestern Ontario

Services:

- Home respiratory professionals providing home oxygen therapy, sleep apnea products, respiratory equipment and mobility aids and all medical equipment

Referral Process:

- Referrals received from medical professionals and London/Middlesex CCAC

VitalAire Health Care

1150 Pontiac Drive, Unit 8

Sarnia, ON N7S 3A7

Phone: Sarnia Direct Line 519-383-1580

Central Office: 519-383-1575

Toll Free: 519-383-1581

Wheelchair accessible

Hours:

- Monday to Friday 9:00 a.m - 4:30 pm
- 24-hour emergency service for oxygen clients

Serves:

- All ages worldwide

VitalAire Health Care (Cont.)

Services:

- Oxygen services
- Asthma and allergy products
- Obstructive sleep apnea products

Provides information and help for oxygen traveling concerns

PROSTHETICS

London Prosthetics Co Ltd

931 Commissioners Road East
London , ON N5Y 3H9

Phone: 519-686-9682

Fax: 519-668-3823

Website: www.londonprosthetics.ca

Email: londonprosthetics@bellnet.ca

Wheelchair accessible

Hours:

- Monday to Thursday 8:00 am - 5:00 pm
- Friday 8:00 am - 4:00 pm

Serves:

- All ages in Southwestern Ontario

Services:

- Manufactures & sells upper and lower extremity prostheses
- ADP registered vendor

Referral Process:

- Surgeons usually refer clients.
- The amputee team – therapists and rehabilitation will explain the process you need to go through

Brett Ocular Prosthetics Inc.

339 Wellington Road S., Suite 125

London , ON N6C 4P8

Phone: 519-434-0772

Toll Free: 1-800-363-3977

Fax: 519-434-2777

Wheelchair accessible

Hours: Monday to Friday by appointment

Serves:

- All ages within the (519) area code

Services:

- Sells and services artificial eye prosthesis
- ADP registered vendor

VISUAL AIDS & OPTICAL SUPPLIERS

Sarnia Lambton White Cane Chapter

207 Christina Street N.

P.O. Box 2323

Sarnia, ON N7T 5V1

Phone: 519-337-3606

Services:

- Information and referral
- Technical aids for demonstration and loan
- Aids and devices for independent living for sale at cost
- Community Awareness Speakers
- Peer Support/Counselling

Canadian National Institute for the Blind

749 Baseline Road E.

London, ON N6C 2R6

Phone: 519-685-8420

Toll Free: 1-800-265-4127

National Toll Free: 1-800-563-264

Canadian National Institute for the Blind (Cont.)

Services:

- Registration and referral
 - Assistive technology services
 - Career and employment Services
 - Child and family services
 - Computer training, consumer products support, counselling
 - Deafblind services, independent living, low vision services
 - Indoor and outdoor travel
 - Services and support and self-help groups
-

ACCESSIBILITY EQUIPMENT & BARRIER-FREE DESIGN

ACCESSIBLE DOORS

Up-Rite Door Ltd.

825 Ontario Street

Sarnia , ON N7T 1N1

Phone: 519-336-0114

Fax 519-336-0115

Website: www.upritedor.com

Email: info@upritedor.com

Hours:

- Monday to Friday 9:00 am -5:00 pm

Serves:

- All ages in Lambton County

Services:

- An overhead and main door supplier to commercial, industrial and institutional sectors
- Residential garage door sales and service as well as garage organizing and storage
- Provides door openings – power openers with or without remote control

ELEVATORS AND LIFTS

Garaventa (Canada) Ltd. Ontario Accessibility Division

101 Dartnall Road Suite 2B

Hamilton, ON L8W 3N1

Phone: 905-385-6700

Toll Free: 1-800-565-8558

Fax: 905-385-6735

Website: www.garaventa.com

Email: jgow@garaventa.ca

Hours:

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

Serves:

- All ages in Ontario

Garaventa (Canada) Ltd. Ontario Accessibility Division (Cont.)

Services:

- Sells and services lift products
 - Sells stair lifts for straight and turning staircases
 - Has vertical platform lifts
 - Sells portable wheelchair carrier for straight stairs
 - Sells stair portable lift and evacuation chairs
 - Custom made to fit public buildings
-

Thyssen Krupp Elevator

410 Passmore Avenue, Unit 1

Scarborough, ON M1V 5C3

Phone: 416-291-2000

Fax: 416-291-3631

Email: canada@thyssenkrupp.com

Regional President: Joe Kerr..... 416-291-2262

Serves:

- All ages in southwestern and northern Ontario

Services:

- Sells, repairs, installs and maintains wheelchair lifts and elevators.
-

Savaria/Division of Concord Elevator (London) Ltd.

Concord Elevator (London) Ltd.

85 Bessemer Road

London, ON N6E 1P9

Phone: 519-681-3311

Toll Free: 1-800-265-5416

Fax: 519-681-3494

Website: www.savaria.com

Wheelchair accessible.

Hours:

- Monday to Friday 8:00 am - 5:00 pm

Serves:

- All ages throughout most of Ontario

**Savaria/Division of Concord Elevator (London) Ltd.
Concord Elevator (London) Ltd (Cont.)**

Services:

- Sells, installs and repairs elevators, stair lifts and chair lifts
 - Parts department on site
-

BARRIER-FREE DESIGN

Bayview Design

397 Exmouth Street

Sarnia, ON N7T 5N8

Phone: 519-332-8439

Fax: 519-332-1993

Website: bayviewdesign.ca

Email: tloxton@bayviewdesign.ca

Hours:

- Monday to Friday 8:00 - 5:00 pm
- By Appointment after hours

Serves:

- Lambton County

Services:

- Wheelchair ramps
 - Home design
 - Barrier free design
 - Additions to homes
 - Bathroom designs
-

Lambton Design Consultants

1173 Pontiac Drive

Sarnia, ON N7S 3B1

Phone/Fax: 519-336-2174

Toll Free: 1-866-595-9371

Wheelchair accessible

Hours:

- Monday to Friday 8:30 - 5:00 pm

Lambton Design Consultants (Cont.)

Serves:

- Ages 18 years and up in southwestern Ontario

Services:

- Barrier free design
- Wheelchair ramps
- Bathroom designs
- New homes
- Light commercial
- Additions to homes

INFORMATION ON ADAPTIVE EQUIPMENT FOR THE WORKPLACE

COMPUTER AND INTERNET RESOURCES

Aamjiwnaang Resource Centre

978 Tashmoo Avenue

Sarnia, ON N7T 7H5

Phone: 519-336-8410 Ext 286

Fax: 519-337-5644

Wheelchair Accessible

Hours:

- Monday to Friday 8:30 am - 4:30 pm
- Tuesday 6:00 pm - 9:00 pm

Serves:

- Aamjiwnaang community members and other First Nations community members in the area

Services:

- Career Counselling
- Employment Preparation Workshops
- Job Search Assistance
- Job Bank
- Fax and photocopy services
- Computer lab with internet
- Resource library
- PLATO – computer based upgrading
- Resume development

Fees:

- No charge
-

Computer Resource Centre

Employment Service Access-Kettle and Stony Point First Nations

9156 Tecumseh Lane, RR#2

Forest, ON N0N 1J0

Phone: 519-786-6780

Fax: 519-786-3114

Computer Resource Centre (Cont.)

Employment Service Access-Kettle and Stony Point First Nations
Wheelchair Accessible

Hours:

- Monday through Friday 8:00 am - 4:30 pm

Serves:

- All persons in North Lambton County

Services:

- Computer access for individuals seeking career related information
- Software includes Word processing and self-directed WHMIS training

Fees:

- No charge
-

Lambton College

Employment & Learning Centre

4258 Oil Heritage Road

Petrolia, ON N0N 1R0

Phone: 519-882-4333

Toll Free: 1-877-797-4333

Fax: 519-882-3404

Website: www.lambtoncollege.ca/elc

Email: elc@lambtoncollege.ca

Wheelchair Accessible

Hours:

- Monday to Friday 8:30 am - 4:30 pm
- Wednesday 8:30 am - 7:00 pm

Serves:

- All Sarnia-Lambton residents (no restrictions)

Services:

- 10 computers with Internet connections
- Software includes word processing and self directed WHMIS training

Fees:

- No Charge

Lambton College

Services for Students with Disabilities Office

Room L103, 1457 London Road

Sarnia, ON N7S 6K4

Phone: 519-542-7751 Ext. 3393 or 3417

Fax: 519-541-2422

Website: www.lambtoncollege.ca

Email: ssdoinfo@lambtoncollege.ca

Wheelchair Accessible

Hours:

- Monday to Friday 8:30 am - 4:30 pm
- Summer hours Monday to Friday 8:30 am - 4:00 pm
- After hours - by appointment only

Serves:

- Students enrolled at Lambton College with a documented disability

Fees:

- No charge
-

Organization for Literacy in Lambton

180 College Avenue N., Suite 103

Sarnia, ON N7T 7X2

Phone: 519-332-4876

Fax: 519-332-0916

Website: www.readsarnia.com

Email: oll@bellnet.ca

Wheelchair Accessible

Hours:

- Monday to Thursday 9:00 am - 4:30 pm
- Friday 9:00 a.m - 3:00 pm

Serves:

- All ages in Sarnia Lambton
- Assist 19 + adults with reading and spelling

Organization for Literacy in Lambton (Cont.)

Services:

- Computer access on a first come first served basis (afternoon only)
- Text read capabilities
- Internet skill development and upgrading

Fees:

- No charge

The Work Place Group (St. Clair Corporate Centre)

265 N. Front Street, Suite 107

Sarnia, ON N7T 7X1

Phone: 519-337-7377

Fax: 519-337-9040

Website: www.theworkplacegroup.ca

Email: info@theworkplace.ca

Wheelchair Accessible

Hours:

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

Serves:

- Clients of Special Needs Employment Services Inc.
- Any person with a disability needing access to computer equipment and the Internet in Sarnia-Lambton

Services:

- Computer resource centre
- Adaptive equipment accessible to persons with disabilities
- Large screen monitors and print text
- Voice-adapted and text read capabilities
- Stand alone computer TTY
- Ergonomically designed and large print keyboards
- Microsoft® tutorials
- Career planning software
- Photocopier, fax machine, daily newspapers, local and national Job Bank

Fees: • No charge

VEHICLE MODIFICATIONS

The following information is detailed under this heading:

- Steps to take before driving and/or purchasing an adapted vehicle
 - Mobility & Financing Assistance Programs – New Vehicle Purchases from Chrysler, Ford, GM and Mazda
 - Vehicle Adaption Companies
 - Adapted Vehicle Rental
 - Retail Sales Tax Refund Program
-

STEPS TO TAKE BEFORE DRIVING AND/OR PURCHASING AN ADAPTED VEHICLE

There are certain steps that need to be taken before you begin to drive a vehicle that has been adapted or modified for special needs. The following steps should be taken:

Contact the Ministry of Transportation

- Phone your local Ministry of Transportation
- Some medical conditions may affect your ability to drive
- When you report a change in your medical condition to the Ministry of Transportation the ministry may ask to review your medical files

Arrange for a Driving Assessment

- Contact a qualified driver assessment facility to arrange for a complete evaluation
(See Transportation Section)
 - If you are planning to purchase a new vehicle with adaptive equipment, check with the dealership to see if the assessment center is approved by the dealership
-

Arrange for a Driving Assessment (Cont.)

- The evaluation should include an assessment on your driving skills and/or performance, hand/eye coordination, and general knowledge of driving an adapted vehicle safely
- The evaluation should also include a review of your medical history, driving history and driver's license status
- The assessment report should include complete recommendations on driving and a complete list of recommended adaptations for your vehicle
- Adaptive equipment is defined as equipment needed by persons with a disability to drive, enter, exit and/or be transported safely in a motor vehicle

Obtain Documentation from your Doctor

- Obtain a prescription or letter from a licensed medical doctor, confirming that vehicle modifications are necessary to enable you to drive

Purchase/Lease a New Vehicle or Adapt an Existing Vehicle

Arrange for Car Insurance

- You must tell your insurance company if you have an adapted vehicle to ensure that it is suitably replaced if you have an accident
- There is no special insurance needed for adapted vehicles

Arrange for Driving Training in your Adapted Vehicle

- Drive under the care of a qualified instructor until you can drive safely. (See Transportation Section)

Mobility & Financing Assistance Programs— New Vehicle Purchases from Chrysler, Ford, GM and Mazda Cash Back Program

- May receive cash back up to \$1000 (GST included),

Mobility & Financing Assistance Program (Cont.)

even if you have other funding assistance for your vehicle adaptations

- Your cash back may be combined with all other publicly offered incentive programs that are offered at the time of the purchase
- The cost of adapted vehicles for family members who transport a physically disabled person is also covered up to \$1000 (GST included)
- Each customer is allowed to buy 2 vehicles per year under these programs

What is not covered

- Regular production options available from the factory
- Air conditioning and running boards

Changing over adapted equipment to a New Vehicle

- Ford and Chrysler will cover up to \$1000 (GST included) for the cost of changing over the adapted equipment to a new vehicle
- There may be restrictions; ask at dealership before buying or leasing
- General Motors does not cover the cost of changing over the adapted equipment

Applying

- Call customer service to locate a nearby dealership
- Call the dealership to check if it is wheelchair accessible
- Fill out an application from a Chrysler, Ford, General Motors or Mazda dealership or an adaptive equipment installer
- Adaptions must be done within 6 months. Adaption time frames may vary from Chrysler, Ford, General Motors or Mazda

After your vehicle is adapted

Submit:

- Your approved application form
- Licensed doctor's prescription and/or letter
- Vehicle registration
- All paid receipts for adaptations of your vehicle
- You only have 60 days after completion of the adapted vehicle to submit your application. Completion time frame may vary from Chrysler, Ford, General Motors or Mazda

Maintenance:

- Bring vehicle back to where you obtained your adaptation for maintenance or any problems
- Keep all receipts from purchase and adaptation

Chrysler - Physically Challenged Assistance Program

285 Giles Boulevard

Windsor, ON N9A 4C3

Toll Free: 1-800-465-2001

Website: www.chrysler.ca

Hours:

- Monday to Friday 8:30 am - 5:15 pm

Serves:

- All ages, in English and French languages, throughout Canada.

Services:

- Sells vehicles that can be adapted

Funding available: Provides cash back program for the adapted vehicle

Ford-Ford Mobility Plus

5610 Timberlea Boulevard

Mississauga, ON L4W 4M6

Toll Free: 1-800-565-8985

Website: www.ford.ca

Ford-Ford Mobility Plus (Cont.)

Hours:

- Monday to Friday 8:30 am - 5:00 pm

Serves:

- All ages in English and French languages throughout Canada

Services:

- The Mobility Plus Program is designed to financially assist physically challenged individuals with a rebate of up to \$1000 toward the installation of adaptive driving aids or mobility assistance equipment in their new Ford of Canada vehicles

Funding available:

- Provides cash back program for adapted vehicles
-

General Motors – General Motors Mobility Program

1-800-GM-Drive (463-7483) English/French

Customer Assistance Centre

General Motors of Canada Limited

Oshawa, ON L1H 8P7..... 1-800-263-3777

TDD: 1-800-263-3830

Website: www.gmcanada.com

Hours:

- Monday to Friday 7:00 am - 5:00 pm

Serves:

- All ages, in English, French and other languages throughout North America

Services:

- Sells vehicles that can be adapted

Funding available:

- Provides cash back program for adapted vehicles
-

VEHICLE ADAPTION COMPANIES

- Contact a qualified adaptive equipment installer to ensure your vehicle can be adapted to your specifications.
- They should give you a written cost estimate before the job begins.

Goldline Mobility & Conversions

1759 Trafalgar Street (at Falcon)

London , ON N5W 6H3

Phone: 519-453-0480

Toll Free: 1-800-561-9621

Fax: 519-455-5908

Services:

- Sales, installation and service of vehicle adaptations
- Complete customized vehicle adaptations, raised roof and doors, lifts, hand controls, driving systems, etc.

Kino Mobility London Inc

Unit C, 645 Newbold Street

London, ON N6E 2T8

Phone: 519-690-2300

Fax: 519-690-1811

Website: www.kinomobility.com

Email: kinolondon@aol.com

Accessibility: has a half inch (1/2") lip at front door

Hours:

- Monday to Thursday 8:00 am - 5:00 pm
- Friday 8:00 am - 4:00 pm

Serves:

- All ages in Southwestern Ontario

Services:

- Installs, repairs, and services all vehicle adaptations, including lifts, raised roofs and lowered floors
- Accessible Vehicle Rentals

ADAPTED VEHICLE RENTAL

Thrifty Car Rental Canada

Worldwide Reservations

Toll Free: 1-800-847-4389

Website: www.thrifty.com

Services:

- Offers guaranteed rates on their corporate discount program
- Guarantees, within 24 hour advance notice, installation of hand control units in its car, van or truck rentals

Fees:

- Special daily and weekly rates on mid-size, full size, luxury, mini van and truck rentals across Canada and USA
- Thrifty Blue Chip Service offers priority service at every major Canadian airport and participating locations in the USA
- Special promotions can be used along with the CPA discount
- Rates will be available when they show their membership cards

TELEPHONE EQUIPMENT SYSTEMS & SERVICES

BELL CANADA INFORMATION

TOLL FREE: 1-800-331-9948

TTY:..... 1-800-771-6179

Special Needs Phone Services..... 1-800-268-9243

TTY 1-800-268-9242

Hours:

- Monday to Friday 8:30 am - 5:00 pm

Services:

- If you have a hearing, speech, visual or physical disability contact Bell to find out about special equipment that will make telephoning easier
- The staff center is specially trained to give advice and recommendations on the type of equipment best suited to the needs of people with disabilities
- Sells specialty phones and devices

Bell Canada Relay Service (BCRS)

To place a call through the BCRS Operator

Toll Free: 1-800-855-0511

TTY: 711 or 1-800-267-6511

Service available 24-hours/7 days/week

Operator Services:

- The Bell Relay Service Operator is available to assist in placing calls to and from persons who use a TTY/ Teletypewriter

Calls placed from a TTY/Teletypewriter User:

- The Bell Canada Relay Service Operator will assist you with: Voice Carry Over (VCO) , Hearing Carry Over (HCO), and References calls for the Hearing Impaired

Calls placed from a TTY/Teletypewriter User: (Cont.)

- Voice Carry Over -VCO enables a person with a hearing impairment, but speaking caller to talk to the other party
- Hearing Carry Over - HCO enables a caller with a speech disability to hear the other party

For Teletypewriter (TTY) Assistance:

- To place either collect, calling card or person to person calls or calls billed to a third number, dial 1-800-855-1155
- Calls cost regular operator-handling charges and are not eligible for any TTY-user discounts
- If you have trouble dialing a call yourself, the TTY operator can help you complete your call
- Depending on the circumstances the charges may be adjusted

Fees:

- There is no charge for local calls
- It is more expensive to use operator assistance on calls between users of a TTY/Teletypewriter; an operator handling charge applies to these calls
- Customers with special needs are entitled to discounts on certain equipment
- TTY/Teletypewriter users are entitled to a 50% reduction on long distance calls made within Canada to other Canadian points and billed to their Bell Canada phone number
- To receive the 50% discount, contact the Telecommunications Centre for Special Needs at 1-800-268-9243 and TTY 1-800-268-9242

Telephone and Repair Problems:

- Contact local telephone company if you have a question about your phone bill or need telephone repair service

In an Emergency:

- Dial 9-1-1 or your local emergency number
- Press the space bar constantly until you get a response

CELLULAR TELEPHONE ASSISTANCE PROGRAM

Canadian Paraplegic Association – Ontario

1453 Prina Road

Windsor, ON N9C 3Z4

Windsor: 519-253-7272

Fax: 519-253-7279

Toll Free: 1-877-253-7279

London: Elizabeth Zarnowiecki 1-866-433-9888

Website www.cpaont.org

Email: info@cpaont.org

Services:

- Cellular assistance program with Bell Mobility and for individuals with mobility impairments.
- Must have a membership card from the Canadian Paraplegic Association.
- Phone Canadian Paraplegic Association for more details.
- Thrifty Car Rental Canada – guaranteed rates or corporate discount program. With 24 hr. notice, guaranteed installation of hand controls units in the car, van, truck rentals across Canada & US. Members are also entitled to Thrifty Blue Chip Service at no charge.

DIRECTORY ASSISTANCE FEE WAIVER

Directory assistance fees have a regular charge of \$0.75 each time used. These fees may be waived for people with special needs such as:

- Visual impairments
- Inability to read
- Inability to look up information themselves
- Over 65 years of age
- Phone your telephone service for more information

Bell Canada 1-800-268-9243

TTY: 1-800-268-9242

Sprint Canada 1-800-980-5464

Adaptive Technology Resource Centre

University of Toronto

Adaptive Technology research provides training on adaptive technology to educators and users.

Website: www.abledata.com

Canadian Centre for Occupational Health and Safety

Website: www.ccohs.ca

The Canadian Council on Rehabilitation and Work

Website: www.ccrw.org

JAN – Job Accommodation Network

Website: www.jan.wvu.edu

Provides information about job accommodations and employability of persons with disabilities.

Neil Squire Foundation

Website: www.neilsquire.ca

Provides training and employment programs and services to people with disabilities in Canada. Also engages in research and development into technical aids and rehabilitation robotics.

Rehabilitation Engineering and Assistive Technology Society of North America (RESNA)

www.resna.org

Professional Interdisciplinary organization which does research and testing in assistive technology. Also involved in many assistive technology initiatives including education and service delivery.

WorkInk: www.workink.com

Workshop Solutions -

www.workshopsolutions.com

Workshop Solutions is a voluntary, not-for-profit website established for the purpose of providing a place where engineers, technicians, inventors and workshop enthusiasts can display and share knowledge on the assistive devices they have built to better the lives of people with disabilities.

Notes

Helpful hints for being organized about your personal health care:

- Write down Questions in a notebook or diary: Take your notebook with you to all appointments and write down the information given. If you don't understand the information given, ask your health professional to explain it more clearly.
- Keep a daily diary or log of symptoms: to help you and your health professional see patterns in periods of stable health and when flare-ups occur.
- Ask to have copies of assessment reports sent to you (or in care of your family doctor) and keep them neatly together in a binder. If many professionals are involved in your care, use dividers to separate each.
Note: You have the right to this information under the Freedom of Information and Personal Privacy Act, as well as under the Regulated Health Professions Act.
- Keep track of appointments in a calendar: When seeing a health professional, make sure you know when you should have your next appointment and set it up immediately. Most services require 24 hours notice to cancel or change an appointment.
- If you are on a waiting list for a particular service, explain your condition, and ask what you can do in the meantime.
- Or if they know of other services that can help you while you are waiting. Ask when they expect to be able to help you and write it down in your calendar along with their name and phone number. If you haven't heard from the service at that time, phone them to find out when they can help you.

Helpful hints for being organized about your personal health care: (Cont.)

- If you need a family physician: contact the Royal College of Physicians and Surgeons referral service (1-800-268-7096, extension 626). The College can provide a list of doctors in your area that are taking on new patients.

Royal College of Physicians of Canada

Website: www.royalcollege.ca

Royal College of Physicians of Ontario

Website: www.cpsso.on.ca

Suggestions for educating yourself about your personal health:

- Ask your health professional to provide you with information on your condition and where to find further information.
- Ask your local librarian to help you find books in the library system and order them for you to borrow. Look for current and recently published materials where possible. Most libraries have computers with internet access (that you can use free of charge).
- Getting involved with a Support Group or Organization can provide you with support and further resources.
- Search Internet Sources – The internet has a lot of information about health; however, the reliability of the information is often questionable. Suggested sources of reliable information are:

County of Lambton, Community Health Services
Department

Phone: 519-383-8331

Website: www.lambtonhealth.on.ca

Canadian Care for Occupational Health & Safety

Phone: 905-572-2981

Website: www.ccohs.ca or

- When looking at information, keep in mind that health care services, products and regulations in the United States are different than in Canada.

HOSPITALS - BLUEWATER HEALTH

Bluewater Health (2 locations)

Main - General Inquiries 519-464-4500

Fax: 519-464-4521

Telehealth: 1-866-797-0000

To inquire about volunteer opportunities within Bluewater Health, contact volunteer resources and student affairs, Lisa Hendra-Pavy, Manager at 519-464-4400 ext.5406.

Email: lhendra@bluewaterhealth.ca

Bluewater Health - Norman Site

89 Norman Street

Sarnia, ON N7T 6S3

Main - General Inquiry: 519-464-4400

Fax: 519-464-4476

Website: www.bluewaterhealth.ca

- Wheelchair accessible - front entrance is on ground level; elevator access to all floors
- Paid parking
- Information Desk on main floor

The Norman Street site provides:

- 24 Hour emergency care
- Norman and Maria streets are wheelchair accessible at emergency
- Palliative care
- Continuing care
- Rehabilitation

Bluewater Health - C.E.E. Site

450 Blanche Street

Petrolia, ON N0N 1R0

General Inquiry: 519-882-4325

Website: www.bluewaterhealth.ca

- 24 Hour Emergency Care
- Wheelchair accessible ramp – emergency and front entrance
- Paid parking

Bluewater Health - C.E.E. Site serves the needs of rural Lambton by providing:

- acute care (including emergency, inpatient and ambulatory care)
 - continuing care services
 - satellite operations for a variety of services including Lambton Health Unit, Canadian Mental Health Association, Sarnia General Hospital Addiction Services and Pat Mailloux Eye Centre
-

AMBULANCES

Emergency Ambulance Service	9-1-1
Non-Emergency Ambulance Service	
Toll Free:	1-800-277-9931

The ambulance dispatcher will ask you for the following information:

- Location of the patient – city/town/municipality, address and closest major intersection. If you live at a rural address, advise the dispatcher of your “9-1-1” number on the green sign at the front of your property.
- Telephone number where the patient is located
- Condition of the patient

Medically Essential Ambulance Trips

- If you are injured or very sick, the Ministry of Health and Long-Term Care pay most of the cost of your air or land ambulance trip. You are responsible for paying \$45, if your trip is judged medically essential by the attending physician when you arrive at the hospital; or
- Your physician states in writing, before the ambulance is used, that your condition makes an ambulance necessary

Medically Non-Essential Ambulance Trips

You must pay \$240 for a land ambulance trip, or the full cost of an air ambulance trip (can cost thousands of dollars), if:

- The trip is judged not medically essential by the attending physician, or
- You do not have a valid Ontario Health Card.
You may **be exempt from any payment** of an ambulance trip if you are:
- Receiving provincial social assistance, Home Care or are living in a facility licensed or approved by the Ministry of Health, or
- Being transferred between hospitals.

MEDICAL OFFICES & CENTRES

Aamjiwnaang First Nation Health Centre

1300 Tashmoo Avenue

Sarnia, ON N7T 8E5

Phone: 519-332-6770

Toll Free: 1-888-220-2262

Fax: 519-332-8925

Wheelchair accessible

Serves: Band members of Aamjiwnaang First Nation

Staff:

- * Community health nurse, health representative, psychologist, orthopedic technician, counselling staff, youth worker

Services:

- Community health services and promotion programs, foot care, dietician services, counselling

Appointments and Band ID# required

Arkona Medical Centre

14 Union Street

Arkona, ON NOM 1B0

Phone: 519-828-3821

Fax: 519-828-3429

Wheelchair accessible

Hours:

- Monday 9:00 am – 4:00 pm
- Tuesday 9:00 am - 1:00 pm
- Wednesday 9:30 am - 7:00 pm
- Thursday 9:00 am - 4:00 pm
- Friday 9:00 am - 1:00 pm

Arkona Medical Centre (Cont.)

Staff: Family physicians (2)

Services: Family medical care

Fees: OHIP coverage, valid health card required

Appointment required

Grand Bend Area Community Health Centre

69 Main St. East, PO Box 1269

Grand Bend, ON NOM 1T0

Phone: 519-238-2362

Fax : 519-238-6478

Wheelchair accessible

Hours:

- Monday to Thursday 8:30 am - 7:00 pm
- Friday 8:30 am - 4:00 pm
- Saturday 9:00 am - 11:30 am * Walk-In Clinic only

Staff: Family Physicians (5), Nurse Practitioners (3)

Services: Family medical care

Fees: OHIP coverage, valid health card required

Appointment required

London Road Diagnostic Clinic and Medical Centre

481 London Road

Sarnia, ON N7T 4X3

Phone: 519-332-3434

Fax: 519-332-8214

Wheelchair accessible

Hours:

Diagnostic Imaging:

- Monday, Tuesday, Thursday, Friday 8:00 am - 5:00 pm
- Wednesday 8:00 am - 4:00 pm

Lab:

- Monday to Friday 7:30 am - 3:00 pm

Offers medical services to the entire community

Services include: X-rays, mammograms, ultra sounds tests, bone density tests, blood tests, ECG's, hearing tests

London Road Diagnostic Clinic and Medical Centre (Cont.)

Fees: OHIP coverage, valid health card required.

No appointment required.

Rapids Family Health Team

1150 Pontiac Drive, Unit 4

Sarnia, ON N7S 3A7

Phone: 519-339-8949

Fax: 519-339-9022

London Road Diagnostic Clinic (lower Level)

481 London Road

Sarnia, ON N7T 4X3

Phone: 519-491-6188

Fax: 519-491-1834

233 Cameron Street

Corunna, ON N0N 1G0

Phone 519-813-9800

Fax: 519-813-9898

Hours:

- Monday, Tuesday, Thursday 8:30 am - 4:30 pm
- Wednesday 8:30 am - 3:30 pm
- Friday 8:30 am - 1:00 pm

Allied Health Professionals: Nurse Practitioners (3), Registered Nurses (6), Practical Nurses (7), Dietitians (4), Social Workers (3), Podiatrist/Chiropodist (1), Pharmacist (1), Psychologist (2), Case Manager (1), Occupational Therapist (1)

Services: Primary Health Care, dietitian services, diabetes education, Well Women Clinic, chronic pain self management, wound care, cognitive screening, respiratory assessments, COPD education, heart health management, counselling, occupational therapy assessments, hyper tension, foot care, family nutrition and more

Rapids Family Health Team (Cont.)

Fees: No costs to patients of FHOP physicians

Sarnia Family Physicians Group

481 London Road

Sarnia, ON N7T 4X3

Phone: 519-491-6188

Wheelchair accessible

Hours:

- Monday to Friday 5:00 pm – 8:00 pm
- Saturday, Sunday, Holidays - Closed

Staff: Family physicians on a rotating schedule

Services: Basic medical care.

Fees: OHIP coverage, valid health card required

No appointment required

Sarnia Family Physicians Group Doctors are listed in yellow pages of phone book under "Physicians and Surgeons".

Hours of operation vary; appointments required

Fees: OHIP coverage, valid health card required

North Lambton Community Health Centre (4 sites)

3-59 King Street West

Forest, ON NON 1J0

Phone: 519-786-4545

Fax: 519-786-3023

Health Services Building

6275 Indian Lane

Kettle Point, ON NOM 1J0

Phone: 519-786-2700

Fax 519-786-4992

Both sites are wheelchair accessible

West Lambton Community Health Centre

429 Exmouth Street. Unit 100

Sarnia, ON N7T 5P1

Phone: 519-344-3017

Fax: 519-344-7535

East Lambton Community Health Centre

P.O. Box 689, 536 Simcoe Street

Watford, ON N0N 2S0

Phone: 519-333-2747

Fax: 519-333-6447

Website: www.nlchc.com

Fully accessible

Hours:

- See website for current hours of operation

Staff:

- Family physicians (7), nurses (14), nurse practitioners (8), dietitians (2), health promoters (2), social worker (3), diabetes educators (2), COPD team (6), Physio Therapists

Services:

- primary health care, dietitian services, diabetes education, counselling, group support, health promotion, foot care, physiotherapy

Fees:

- Valid health card required
- Referral and appointments required

Hours:

- See website for current hours of operation

Occupational Health Clinic for Ontario Workers

171 Kendall Street

Point Edward, ON N7V 4G5

Phone: 519-337-4627

Fax: 519-337-9442

Website: www.ohcow.on.ca

Email: sarnia@ohcow.on.ca

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Serves: All ages

Staff: Occupational health nurses (3), occupational health physicians (2), administrative, research staff, hygienist, ergonomist

Services:

- Provides occupational health diagnostic services and information regarding occupational health and safety
- Social work counselling support available

Fees:

- None
- Appointment required, no referral required

MEDICAL LABORATORIES

LifeLabs Laboratories

429 Exmouth Street, Suite 3

Sarnia, ON N7T 5P1

Phone: 1-877-849-3637

Hours:

- Monday to Friday 7:00 am - 5:00 pm
- Saturday 8:00 am - 11:30 am

Note: Second Wednesday of every month closed at 1:30 pm

Wheelchair accessible

Services: blood work, swabs, ECGs

Doctor order form required; no appointment required

Valid health card required

Ministry of Health form and Long Term Health Care form required

London Road Diagnostic Clinic and Medical Centre

481 London Road

Sarnia, ON N7T 4X3

Phone: 519-332-3434

Fax: 519-332-8214

Wheelchair accessible

Hours:

Diagnostic Imaging:

- Monday, Tuesday, Thursday, Friday 8:00 am - 5:00 pm
- Wednesday 8:00 am - 4:00 pm

Lab:

- Monday to Friday 7:30 am - 3:00 pm

Offers medical services to the entire community

Services include: X-rays, mammograms, ultra sounds tests, bone density tests, blood tests, ECG's, hearing tests

Fees: valid health card required

No appointment required

HOME HEALTH SERVICES

Erie St. Clair Community Care Access Centre (CCAC)

1150 Pontiac Drive, Unit 1

Sarnia, ON N7T 3A7

Phone: 519-337-1000

Toll Free: 1-800-265-1445

Fax: 519-337-4331

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 4:30 pm
- On-call Info - Monday to Friday 4:30 pm – 8:30 pm
- Saturday, Sunday and Holidays 8:30 am – 4:30 pm

Serves:

- All ages
- At home and school for children with special needs
- Persons with disabilities can be assessed for any or all of the services
- Services offered 24 hours a day, 7 days a week, 365 days of the year
- Referrals can be made by an individual
- Doctors referral not needed

Mission:

- To responsibly serve the communities of Sarnia-Lambton by providing information about and access to health and support services

Services:

- Visiting nursing
- Physiotherapy
- Occupational therapy
- Speech therapy
- Social work
- Dietetic counselling
- Homemaking

Fees:

- No fee for eligible clients

Erie St. Clair Community Care Access Centre (CCAC) (Cont.)

- Further information on Ontario Ministry of Health Community Care Access Centres is detailed under the heading of Health Related Government Services and Programs.

Victorian Order of Nurses (VON)

1705 London Line

Sarnia, ON N7W 1B2

Phone: 519-542-2310

Fax: 519-542-1160

Toll Free: 1-866-815-7464

Website: www.von.ca

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am – 4:30 pm

Serves:

- All ages
- In home or school settings
- Services offered 24 hours a day, 7 days a week, 365 days of the year

Services:

- Nursing service
- Enterostomal therapy services
- Foot care
- Home support
- Occupational therapy
- Volunteer visiting (Alzheimer, Palliative)
- Alzheimer Day Program
- Kids Circle

Fees:

- Funded/purchased by CCAC if client eligible
- Services can be purchased privately
- No fees for volunteer services
- Volunteer opportunities available

Ontario March of Dimes Attendant Services Program

150 Christina Street, Suite 129

Sarnia, ON N7T 7W5

Phone: 519-332-4702

Fax: 519-332-3961

Website: www.dimes.on.ca

Wheelchair Accessible.

Hours:

- Monday to Friday 8:30 am – 4:30 pm

SPECIALIZED SERVICES

STANDING OAKS

102A-560 Exmouth Street

Sarnia, ON N7T 5P5

Phone: 519-344-2719

Fax: 519-344-6333

Website: www.ccmfonline.com

Standing Oaks is a congregate care home for people who are considered medically fragile. For some, their personal and medical needs go beyond their own ability, or that of family and friends. Ontario March of Dimes provides experienced and compassionate staff around the clock seven days a week. Each resident enjoys the privacy of his or her own bedroom with access to the shared kitchen and social areas. Respite care is also available when all that is needed are short-term arrangements. Arrangements can be made for the individuals under age 16.

Serves:

- Persons with physical disabilities age 16 years and older, able to direct their own care

Outreach Attendant Services:

- Service hours are between 6:00 am and 12:00 am (midnight)
- Personal grooming and hygiene, dressing and undressing, bathing and washing
- Rising and retiring
- Transferring
- Meal preparation
- Toileting and bowel/bladder services
- Ventilator and tracheotomy services
- Range of motion exercises
- Essential communication tasks
- Laundry, housekeeping, shopping

STANDING OAKS (Cont.)

Respite Services:

- People who require care receive over 80% of their help from family and friends. The types of care a person may receive through our Respite program in assistance with:
 - mobility
 - eating and meal preparation
 - rising and retiring
 - dressing and undressing,
 - bathing
 - toileting
 - personal hygiene

This Respite Program ensures family and friends get a well deserved break.

Fees:

- In most cases the service is 100% funded by the Ministry of Health
- Private clients also accepted on a fee-for-service basis

Supportive Housing Program

Both scheduled and on-call assistance is provided 24 hours a day for adults living in a supportive housing building. We have two supportive housing apartments in Sarnia with support services attendants available to our residents living there.

P.A.C.E. Homecare

1340 Dundas Street, Cottage

London, ON N5W 3B6

Phone: 519-663-9504

Toll Free: 1-888-663-9504

Fax: 519-439-3330

Pager 24 hour/day, 7 days/week 519-663-9504

Website: www.pacehealth.com

Hours:

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

P.A.C.E. Homecare (Cont.)

Serves:

- All ages in Sarnia-Lambton
- In home, workplace, school or institution
- 24 hours as required
- Staff workers speak different languages

Services:

- Physiotherapy for adults and pediatrics
- Occupational Therapy for pediatrics only

Fees:

- Fee for service

Some funding sources may be available to clients through Veterans Affairs or insurance companies.

HOME SUPPORT SERVICES

Canadian Red Cross Society – Sarnia Lambton Branch

416 East Street N.

Sarnia, ON N7T 6Y4

Phone: 519-332-6380

Fax: 519-332-2695

Homemaker Service: 519-332-6560

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Services:

- Home healthcare equipment service rental
- Homemaking services (can be provided 24 hours/day)
- Meals on Wheels
- Transportation program, Homeward Bound, First Aid Services
- Disaster management

Fees:

- Fees vary with each service
-

Lambton Elderly Outreach

4486 London Line, R.R.#1

Wyoming, ON N0N 1T0

Phone: 519-845-1353

Toll Free: 1-800-265-0203

Fax: 519-845-1364

Website: www.lambtonelderlyoutreach.org

Email: info@lambtonelderlyoutreach.org

Hours:

- Monday to Friday 8:00 am - 4:30 pm

Serves:

- Seniors
- Persons with a disability- ages 18-60
- In client's home
- Rural and urban areas throughout Lambton County

Lambton Elderly Outreach (Cont.)

Services:

- Home Help/Homemaking
- Personal Care
- Meals on Wheels (excluding Sarnia)
- Transportation - door to door wheelchair and ambulatory available

Forever Fit Wellness Clinics

- Home Maintenance Program
- Diner's Club
- Caregiver Support - information and training
- Caregiver Relief - Respite
- 55 Alive Driver Refresher Course
- Grocery Shopping (Petrolia & Forest)
- Client Intervention and Assistance

Fees:

- Fees vary with each service

Volunteer opportunities are available.

Lambton Psychogeriatric Consultation Service

Bluewater Health

89 Norman Street

Sarnia, ON N7T 6S3

Phone: 519-464-4533

Fax: 519-464-4516

Hours:

- Monday to Friday 8:00 am to 4:00 pm

Serves:

- Individuals over the age of 60
- Sarnia-Lambton

Goals:

- To help elderly remain living independently

Services:

- In-home assessment/consultation to assess situation and make recommendations
- Counselling and support to elderly when needed

Lambton Elderly Outreach (Cont).

- Reasons for referral can include:
 - Changes in mental state, noticeable changes in personal appearance and living conditions
 - Social isolation and in need of assistance
 - Inability to manage finances
 - Medication mismanagement
 - Confusion due to substance abuse
 - Caregiver exhaustion or being overwhelmed
 - Suspected abuse or neglect
 - Threatening to harm themselves or others
-

Stress Art Services Art Therapy Support

1180 Lakeshore Road

Sarnia, ON N7X 1C6

Phone: 519-542-6678

Hours:

- By appointment or emergency response

Serves:

- Some areas of Lambton, Kent, London, Walpole Island

Age Group Served:

- All ages

Services:

- Personal counselling
- Individual and group work
- Community outreach to schools, home
- Crisis intervention
- Experience with learning disabilities, disorders, trauma, post traumatic stress disorder, congenital difficulties such as cerebral palsy and speech, brain injury, Alzheimer's disease

Location:

- Client's home, school or work location or counselling office

Fees:

- Fee for service

CHILDREN'S SERVICES & TREATMENT CENTRES

Children's Treatment Centres

Children's Treatment Centres are community-based organizations that have developed locally across the province to serve children with physical disabilities and multiple special needs. The centres range in size and scope but each provides physiotherapy, occupational therapy and speech therapy as core services. A wide variety of other services and clinics are provided depending on local needs and the mix of other providers in each community.

Pathways Health Centre for Children

1240 Murphy Road

Sarnia, ON N7S 2Y6

Phone: 519-542-3471

Fax: 519-542-4115

Website: www.pathwayscentre.org

Email: info@pathwayscentre.org

Hours:

- Monday to Friday 8:00 am – 4:30 pm
(some flexibility for after hour appointments)

Wheelchair accessible - parking, automatic entrance

Serves:

- Children and youth (ages up to 19) with a diagnosed or suspected physical, developmental, communicative, neurological or orthopedic condition through medical referral
- Adults for certain specialized services
- Sarnia-Lambton
- Services provided at the Centre and in school, hospital, home and other community settings

Pathways Health Centre for Children (Cont.)

Services include:

- Physiotherapy
- Occupational Therapy
- Speech-language pathology
- Audiology
- Social work
- Nursing
- Respite care
- Augmentative communication
- Adaptive seating
- Therapeutic aquatics and therapeutic recreation
- Adaptive seating and augmentative communication services are available to adults through medical referral
- An integrated daycare program for children aged 18 months to 6 is also offered
- Resource support for special needs children in community daycare throughout Sarnia-Lambton County Referral Process
- Parents, medical professionals and caregivers may refer for services. Children under the age of 6 requiring speech language services should attend a sound start drop in. Call Pathways for time and location.

Fees: No fees for service.

Volunteer opportunities available:

Contact Tracy Drysdale extension 243

Email: info@pathwayscentre.org

St. Clair Child and Youth Services

129 Kendall Street

Point Edward, ON N7V 4G6

Phone: 519-337-3701

Fax: 519-337-7750

Website: www.stclairchild.ca

St. Clair Child and Youth Services (Cont.)

Email: stclairinfo@stclairchild.ca

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am to 5:00 pm

Serves:

- Children up to 18 years in Sarnia-Lambton

Mission:

- A Children's Mental Health Centre dedicated to helping children and youth in coping with and adapting to life's challenges

Ministry of Children and Youth Services Child and Parent Resources Institute (CPRI)

600 Sanitorium Road
London, ON N6H 3W7

Phone: 519-858-2774

Toll Free: 1-877-494-2774

Fax: 519-858-3913

Website: www.cpri.ca

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am - 5:00 pm
- 24 hour Facility

Serves:

- Ages birth to 18
- Southwestern Ontario region. (Counties of Lambton, Essex, Kent, Middlesex, Elgin, Huron, Perth, Oxford, Bruce, Grey, Wellington, Brant, the Regional Municipalities of Haldimand-Norfolk, Waterloo, Hamilton-Wentworth and Niagara)

Ministry of Children and Youth Services Child and Parent Resources Institute (CPRI) (Cont.)

Services:

Attachment Consultation and Education Service (ACES)
Consultation, assessment, treatment and education for children and youth (birth – 18 years) with a focus on disturbance of attachment, attachment disorders, or a history of traumatic and/or disruptive life events. The child and youth also experience difficulty in relationships, behaviours and emotions requiring extensive management to the child/youth home/living environment.

- Autism Spectrum Disorders
- Brake Shop: Specialized assessment, treatment, consultation and community education for children and youth (6 - 18 years) with severe behavioural concerns or intermittent Explosive Disorder, with a diagnosis or suspected tic disorder
- Dual Diagnosis
- Emotional Disorders
- Home Visiting Program for Infants: Early intervention program (for the counties of Middlesex, Oxford, Elgin, Perth and Huron only) for infants (up to 5 years) and their families who are at risk of or have developmental or physical disabilities
- Homeshare: Specialized placement program in which children and youth who have a developmental disability, medical fragility/technological dependence and/or dual diagnosis, are placed with families on a full-time and long-term basis in London and surrounding counties
- Mood Disorder Clinic
- Residential Services: Interdisciplinary residential assessment and treatment based on the individualized needs and identified goals of children or youth with complex multiple needs. The average length of stay is 2 to 12 weeks for all residential units. All units except Pratten One accommodate children and youth with extreme

Ministry of Children and Youth Services Child and Parent Resources Institute (CPRI) (Cont.)

externalizing and aggressive behaviours. The space must accommodate children and youth in behavioural crisis so that they and staff are safe. Residences must be designed to accommodate the developmental and age related needs of the clients served there, but must be flexible to allow for shifting clients needs in the future. Residential units require common space for clients to practice social skills, private space for clients to settle, conference space for team and family meetings and storage space for treatment equipment. Age ranges for each unit are a general guideline. Residential units would ideally have flexibility to accommodate different age ranges and gender of clients in order to respond to fluctuating demand.

Pratten - Services include palliative care and “step down” services from acute hospital admissions. This space is like a hospital ward with specialized medical equipment, access to oxygen, etc.

- Selective Mutism
- Sexual Behaviours

Referral Process:

- Medical referral required for psychiatric assessment
- Any source accepted and processed through the Intake department
- Residential service placement is formalized through a Community Single Point of Access.

HEALTH RELATED GOVERNMENT SERVICES AND PROGRAMS

MUNICIPAL - COUNTY OF LAMBTON

County of Lambton, Community Health Services Department (formerly Lambton Health Unit)

160 Exmouth Street

Pt. Edward, ON N7T 7Z6

Phone: 519-383-8331

Fax: 519-383-7092

Toll Free: 1-800-667-1839

Website: www.lambtonhealth.on.ca

Email: chsd@county-lambton.on.ca

Wheelchair accessible

Hours:

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

59 King Street West

Forest, NON 1J0

Phone: 519-786-2148

Hours:

- Tuesdays and Thursdays, 1.00 pm –4:30 pm

Wheelchair accessible

The Children’s Services and Community Health Services Departments work in coordination with many community agencies. Our professional staff are active in many different community coalitions and committees. Together with these partners, we deliver a range of programs and services designed to meet specific public health needs of Lambton residents.

Our mission is “to improve the health of all people in Lambton County.” Children’s Services and Community Health Services offers many programs and services including immunization, infection control, sexual health, heart health, injury prevention, substance abuse prevention, dental health and education, parenting education, prenatal education,

County of Lambton, Community Health Services Department (formerly Lambton Health Unit) (Cont.)

healthy eating, water quality, food safety, tobacco control, cancer prevention, physical activity promotion, healthy babies and community health status information. These programs and services are provided under the authority of the Ontario Health Protection and Promotion Act.

PROVINCIAL (GOVERNMENT OF ONTARIO) MINISTRY OF COMMUNITY AND SOCIAL SERVICES

Information phone line..... 1-888-789-4199

Website: www.mcscs.gov.on.ca

Ministry of Community and Social Services

150 N. Christina Street

Sarnia, ON N7T 8H4

Phone: 519-337-3735

Toll Free: 1-800-663-7633

TTY Only: 519-337-4804

Ontario Disability Support Program (ODSP)

Ontario Disability Support Plan is a provincial program that:

- Provides income support for people with disabilities
- Provides employment supports for people with disabilities who want to work
- Meets the long term needs of people with disabilities and supports them toward independence

Examples of types of allowances and benefits that may be available are:

- Shelter costs (3 groups: renters/owners, boarders, living in an institution)
- Income support for cost of food, clothing, personal and other non-shelter items
- Dental care, prescription drugs, health related benefits
- Hearing aids, eyeglasses, dog guide allowance

Ontario Disability Support Program (ODSP) (Cont.)

- Payment of client portion of ADP costs
- Special prescribed diets, special medical necessities
- Mobility Devices

Who is Eligible?

- 18 years of age or older
- Person meets a test of financial need; and qualifies under one or more of the following groups:
 - Person with a disability as defined under ODSP Act
 - Person in receipt of disability benefits under the Canada Pension Plan
 - Age 65 or over and not eligible for Old Age Security (OAS)
 - Resident in a psychiatric facility
 - Resident in a facility under the Development Services Act or in a home under the Homes for Special Care Act

To apply contact:

Ontario Works – if in immediate financial need

150 Christina Street N.

Sarnia, ON N7T 8H3

Phone: 519-332-4906

Toll Free: 1 866-879-6750

ODSP Office – if not in immediate financial need

150 Christina Street N.

Sarnia, ON N7T 8H3

Phone: 519-337-3735

Toll Free: 1-800-663-7633

- Documentation will be required for your application such as proof of birth, health card, social insurance, asset verification, proof of expenses, income verification, receivables, and proof of debts.

Ministry of Community and Social Services

Southwestern Region

270 Erie Street East, P.O. Box 1810

Station A

Windsor, ON N9A 9Z9

Phone: 519-254-1651

Toll Free: 1-800-387-7327

Fax: 519-254-7132

Assistance for Children with Severe Disabilities Support (ACSD)

- Financial assistance program to assist families who have a child with special needs with extraordinary costs

Provides:

- Financial support to meet the ongoing extraordinary costs arising from their child's disability

Eligibility:

- Based on gross income as reported on Income Tax Revenue Canada as well as the family's level of expenses

Special Services at Home Program (SSAH)

- Is for people of all ages with a developmental disability
- Is for children under 18 with a physical disability

Eligibility:

- Must live in Ontario with their families
- Need help in daily activities
- Requires more support than families can usually offer

Provides:

- Funding for support workers who can offer respite care for the family while assisting the child or adult to develop new skills and join in community life.

MINISTRY OF HEALTH & LONG TERM CARE

Information Phone Line: 1-866-532-3161
TTY: 1-800-387-5559
Website: www.health.gov.on.ca

Ministry of Health London and Area District OHIP office
Phone: 519-675-6800
Ministry of Health Sarnia office/Service Ontario
Bayside Centre
150 N. Christina Street
Sarnia, ON N7T 7W5
Phone: 519-337-2348
Website: www.health.gov.on.ca

Handles:

- Health Card applications
- Changes to health card
- Applications for Ontario Drug Benefit
- Business licenses
- Drivers licenses
- Fishing and Wildlife licenses

Ontario Health Insurance Plan (OHIP)

- A resident of Ontario must have a health card to show that he/she is entitled to health care services paid by OHIP

To be eligible, you must:

- Be a Canadian citizen or have immigration status as set out in Ontario's Health Insurance Act and
- Make your permanent and principal home in Ontario
- Be physically present in Ontario 153 days in any 12 month period

What's Covered by OHIP?

OHIP covers a wide range of health services. The following is a list of services covered in Ontario:

Physicians

- All essential diagnostic and treatment services provided by physicians are covered. This includes home visits and services provided in hospitals, where appropriate.

Podiatrists and Osteopaths

- Services are partially covered under OHIP. The ministry pays part of the costs and you must pay for the extra costs for these services.

Dental Services in Hospital

- OHIP pays for some dental surgery, including fractures or medically necessary jaw reconstruction, when done in the hospital. Prior approval needed.

Eye Care

- OHIP insures optometry services for:
- Persons (age 65+) once a year
- Persons (under age 20) once a year

What's Not Covered by OHIP?

Services that are not medically necessary such as:

- Cosmetic surgery
- Transferring files to another physician
- Telephone consultations
- Certificates of fitness to work
- Physical examinations for schools or camps
- Missed appointment fees

Other Information on OHIP:

- OHIP coverage normally becomes effective three months after the date you establish residency in Ontario.
- During the waiting period, it is recommended that you purchase private health insurance in case you become ill.
- If traveling to other provinces, most of your Ontario health coverage benefits can be used if needed. When traveling outside Canada, it is important to get private health insurance.

Assistive Devices Program/Home Oxygen Program

Information Phone Line: 1-800-268-6021
TTY: 1-800-387-5559

An agent can provide information and mail you fact sheets and application forms on these programs. Your doctor's office may also have application forms on hand.

Assistive Devices Program (ADP)

- Is a funding program for equipment and supplies
- Is for people of all ages who have long-term physical disabilities

Home Oxygen Program (HOP)

- Home Oxygen Program pays for oxygen and oxygen delivery equipment
- For people of all ages with chronic illness or dysfunction that require long term oxygen therapy
- Medical doctor completes the HOP application form

Further information on ADP and HOP is listed under the Equipment Section of this directory

Ontario Drug Benefit (ODB) Program

Phone: 1-800-532-3161
TTY: 1-800-387-5559
Hours:

- Monday to Friday 8:30 am - 5:00 pm

Applications and information on the Ontario Drug Benefit Program can be obtained by calling the phone numbers above or by visiting the Ministry of district Health office. Application packages may also be available at your local pharmacy and/or doctor's office.

The Ontario Drug Benefit Program covers most of the cost of prescription drugs listed in the Ontario Drug Benefit Formulary.

Ontario Drug Benefit (ODB) Program (Cont.)

Who is eligible:

- People 65 years of age and older
- Residents of long-term care facilities
- Residents of Homes for Special Care
- People receiving professional services under the Home Care program
- Trillium Drug Program recipients
- People who are receiving social assistance

Fees:

- Eligible people may be asked to pay some portion of their prescription drug product costs
-

The **Special Drugs Program** covers:

- Many drugs for the treatment of cystic fibrosis and thalassaemia
- AZT, ddI, ddC and pentamidine for people who are HIV positive
- Erythropoietin for people with end stage renal disease
- Cyclosporine for people who have had a solid organ or bone marrow transplant
- Human growth hormone for children with growth failure
- Clozapine for treatment of schizophrenia
- Alglucerase for people with Gaucher's Disease

Who is eligible for the Special Drugs Program?

- Ontario residents with valid Ontario Health Insurance and patients with one of the diseases or conditions covered
- Patients who meet the established clinical criteria, and/or are approved by a designated centre/physician for a specific drug product.

Fees:

- If eligible for coverage, there is no cost, deductible or co - payments

The **Trillium Drug Program** helps people who have high drug costs in relation to their income.

Who is eligible for the Trillium Drug Program:

- You have valid Ontario Health Insurance
- You are not eligible for drug coverage under the Ontario Drug Benefit Program
- Your private insurance does not cover 100% of your prescription costs

Fees

- Has a deductible that is based on income and family size

Long Term Care Programs

The Ministry funds 42 Community Care Access Centres (CCACs) and more than 1200 agencies that provide services that include homemaking, personal care, community support services and in-home professional health services.

Long-term care centres, also known as nursing homes and homes for the aged, are available for people who are not able to live independently or in their own homes and who require a 24-hour nursing service to be available to meet their nursing and personal care needs.

London Service District Area Office

291 King Street, 4th Floor

London, ON N6B 1R8

Phone: 519-675-7680

Toll Free: 1-800-663-3775

Website: www.gov.on.ca

- Inspect long-term care homes for compliance with applicable legislation and regulations.

Erie St. Clair Community Care Access Centre (CCAC) (Cont.)

- The Case Manager will phone you to set up an appointment at your home to discuss your needs.

Long Term Placement Coordination Services processes applications for admission into long term care facilities.

The application process includes:

- Completion of a Consent to Release Information Form
- Completion of a Capability Questionnaire
- A Nursing Assessment will then be arranged in the home to determine whether the applicant meets the eligibility criteria for a long term care facility. Recommendations for appropriate long term care facilities will be discussed with the applicant and his or her family. Other options including Adult Day Programs and Short Stay Programs (Respite or Supportive Care) will be reviewed if applicable.
- Medical Information will be requested from the family physician in order to complete the application.
- Completion of the Facility Choice List Form

All long term care facilities request a copy of the Power of Attorney for Property and Personal Care upon admission.

Workplace Safety & Insurance Board (WSIB)

General Claims Inquiry London 1-800-265-4752
Toll Free: 1-800-387-0750
TTY: 1-800-387-0050
Website: www.wsib.on.ca

WSIB Benefits:

- Are for workers with work-related injuries or illnesses
Benefits can include:
- Health care funding for costs related to workplace injury or disease such as: health care and medical costs, prescription drugs, special clothing and footwear,

WSIB Benefits (Cont.)

- **Income Support and Return to Work programs are detailed under the Income and Employment Support Section of this directory.**

Application Information:

- If you have a work related injury, you must report the injury within 6 months of the date of accident to the employer, your doctor and the Workplace Safety and Insurance Board.

Insurance Board:

- Each claim is considered and treated separately
- Benefits are based on each individual situation
- Call the Information Hotline for Fact Sheets, information on benefits and how to submit a claim

FEDERAL (GOVERNMENT OF CANADA)

Veterans Affairs Canada 1-866-522-2122
French: 1-866-522-2022
Website: www.vac-acc.gc.ca
Email: information@vac-acc.gc.ca

Several programs are available through Veterans Affairs Canada such as:

- Disability Pension Program
- Health Care Benefits Program
- Prisoner of War Compensation
- War Veterans Allowance Program

Who is Eligible:

- Members of the Canadian Forces and Merchant Navy veterans who served in the first World War, the Second World War, or the Korean War
- Certain civilians are entitled to benefits because of their wartime service
- Former members of the Canadian Forces (including those who served in Special Duty areas) and the Royal Canadian Mounted Police
- Survivors and dependents of military and civilian personnel

How to Apply:

- Information can also be obtained from the local Royal Canadian Legion branches
- Information session will be held at Branch 62 on the first Tuesday of every month from 11:00 AM to 2:00 PM
Royal Canadian Legion Branch 62
268 N. Front Street
Sarnia, ON N7T 5S6
Phone: 519-336-4821

Community Care Access Centres (CCAC)

- Manage the transition from hospital care to in-home health care
- Arrange admissions to long-term care centres
- Arrange for the provision of visiting health and personal support services in people's homes
- Arrange for the provision of visiting health services for children in schools
- Provide information and referrals to other community services such as:
 - Supportive housing
 - Programs for people with physical disabilities
 - Community support services
 - Volunteer based community programs
 - Adult Day Programs
 - Short Stay Programs (Respite Care and Supportive Care)

Erie St. Clair Community Care Access Centre (CCAC)

1150 Pontiac Drive, Unit 1
Sarnia, ON N7S 3A7

Phone: 519-337-1000

Fax.: 519-337-4331

Toll Free: 1-800-265-1445

When you call the Community Care Access Centre, the receptionist will transfer you to either:

- Community Health Services Intake; or
- Long Term Placement Coordination Services

Community Health Services are services that include homemaking, personal care, community support services and in-home professional services.

- When discussing your situation with the intake Case Manager, you will need to request a Community Assessment which will determine what services are available to you.
- The intake Case Manager will ask you questions and record information; then will pass the information to the Community Health Case Manager.

REGULATED HEALTH PROFESSIONALS

This section is intended to give you a brief description of the health professionals regulated by the Regulated Health Professions Act, 1991, and the governing college of each. The colleges:

- Set standards for the skills, knowledge and professionalism for their members.
 - Can help you find a health professional in your area.
 - Handle complaints.
-

Audiologists test hearing and prescribe hearing aids and devices.

College of Audiologists and Speech-Language Pathologists of Ontario

5060-3080 Yonge Street

Toronto, ON M4N 3N1

Phone : 1-800-993-9459

Fax : 416-975-8394

Website: www.caslpo.com

Email: caslpo@caslpo.com

Chiropodists treat disorders of feet, perform soft tissue surgery and can prescribe and manufacture orthotics.

College of Chiropodists

180 Dundas Street W., Suite 2102

Toronto, ON M5G 1Z8

Phone: 1-877-232-7653

Fax : 416-542-1666

Chiropractors are doctors of chiropractic medicine which is a drugless non-invasive approach to health maintenance and correction. Chiropractors specialize in back and neck pain.

REGULATED HEALTH PROFESSIONALS (Cont.)

College of Chiropractors of Ontario

130 Bloor Street W., Suite 902

Toronto, ON M5S 1N5

Phone: 416-922-6355

Fax: 416-925-9610

Dental Hygienists assist dentists in surgery, clean teeth, give fluoride treatments and provide oral hygiene education to patients.

College of Dental Hygienists of Ontario

69 Bloor Street E., Suite 300

Toronto, ON M4W 1A9

Phone: 416-961-2346

Toll Free: 1-800-268-2346

Fax: 416-961-6028

Dental Technicians and Technologists are regulated health care professionals registered with the College of Dental Technologists of Ontario.

College of Dental Technologists of Ontario

2100 Ellesmere Road Suite 300

Scarborough, ON M1H 3B7

Phone: 416-438-5003

Toll Free: 1-877-391-2386

Fax: 416-438-5004

Website: www.cdto.ca.

Email: info@cdto.ca

Dentists diagnose, treat and prevent diseases of the teeth, gums and other tissues in the mouth and jaw. Dentists, Oral and Maxillofacial surgeons, Periodontists, Orthodontists, Endodontists and Prosthodontists are all members of the Royal College of Dental Surgeons of Ontario.

REGULATED HEALTH PROFESSIONALS (Cont.)

Royal College of Dental Surgeons of Ontario

6 Crescent Road

Toronto, ON M4W 1T1

Phone: 416-961-6555

Toll Free: 1-800-565-4591

Fax: 416-961-5814

Website: www.rcdso.org

Denturists fit artificial teeth and dentures.

College of Denturists of Ontario

180 Bloor Street W., Suite 903

Toronto, ON M5S 2V6

Phone: 416-925-6331

Fax: 416-925-6332

Email: info@denturist-cdo.com

Dietitians (Registered) Assess nutrition needs for individuals and groups; provide advice to help prevent and treat diseases; educate health professionals and the public; conduct nutrition and food research; set standards for food manufacturing and nutrition labelling; manage food service systems and are members of the College of Dietitians of Ontario.

College of Dietitians of Ontario

5775 Yonge Street Suite 1810

Box 30

Toronto, ON M2M 4J1

Phone: 1-800-668-4990

Fax: 416-598-0274

Website: www.cdo.on.ca

Email: information@cdo.on.ca

REGULATED HEALTH PROFESSIONALS (Cont.)

Massage Therapists (Registered) manipulate the soft tissues and joints of the body to treat and prevent physical dysfunction.

College of Massage Therapists of Ontario

1867 Yonge Street Suite 810

Toronto, ON M4S 1Y5

Phone: 1-800-465-1933

Fax : 416-489-2625

Website: www.cmtto.com

Medical Laboratory Technologists perform scientific investigations and analysis in laboratories.

College of Medical Laboratory Technologists of Ontario

36 Toronto Street Suite 950

Toronto, ON M5C 2C5

Phone: 1-800-323-9672

Fax: 416-861-0934

Website: www.cmlto.com

Medical Radiation Technologists work within one of three specialities in medical radiation technology: radiography, radiation therapy, and nuclear medicine.

College of Medical Radiation Technologists of Ontario

375 University Avenue Suite 300

Toronto, ON M5G 2J5

Phone: 416-975-4353

Toll Free : 1-800-563-5847

Fax: 416-975-4355

Website: www.cmrto.org

Midwives are primary caregivers during pregnancy, labour and birth, and with postpartum and baby care.

REGULATED HEALTH PROFESSIONALS (Cont.)

Midwives

College of Midwives of Ontario

21 St. Clair Avenue East, Suite 303

Toronto, ON M4T 1L9

Phone: 416-640-2252

Fax: 416640-2257

Website: www.cmo.on.ca

Email: admin@cmo.on.ca

Nurses (Registered Nurses R.N. and Registered Practical Nurses R.P.N.) provide services in a variety of settings such as hospitals, public health units, nursing homes, homes for the aged, health centres, community clinics, private homes, workplaces and doctors' offices.

College of Nurses of Ontario

101 Davenport Road

Toronto, ON M5R 3P1

Phone:..... 416-928-0900

Toll Free: 1-800-387-5526

Fax: 416-928-6507

Website: www.cno.org

Email: cno@cnomail.org

Occupational Therapists assist in developing or maintaining life roles and activities at home and in the community when one's ability to function independently has been challenged by accident, emotional problems, developmental difficulties or disease.

College of Occupational Therapists of Ontario

20 Bay Street, Suite 900

PO Box 78

Toronto, ON M5J 2N8

Phone: 416-214-1177

Toll Free: 1-800-890-6570

REGULATED HEALTH PROFESSIONALS (Cont.)

College of Occupational Therapists of Ontario

Fax: 416-214-1173

Website: www.coto.org

Email: info@coto.org

Opticians specialize in fitting eye glasses, contact lenses and other vision devices.

College of Opticians of Ontario
85 Richmond Street W., Suite 902
Toronto, ON M5H 2C9

College of Opticians of Ontario cont.

Phone: 416-368-3616

Toll Free: 1-800-990-9793

Fax: 416-368-2713

Website: www.coptont.org

Optometrists are health care practitioners who diagnose, treat, manage and prevent diseases of the eye and visual system. Optometrists prescribe and/or provide eyeglasses and contact lenses, low vision aids and vision therapy. Optometrists are listed in the Yellow Pages of the phone book and under Optometrists or Contact Lenses.

College of Optometrists of Ontario
1867 Yonge Street, Suite 901
Toronto, ON M4S 1Y5

Phone: 416-962-4071

Toll Free: 1-888-825-2554

Fax : 416-962-4073

Website: www.collegeoptom.on.ca

Pharmacists dispense prescriptions, manage renewals and sell products defined as drugs to the public.

REGULATED HEALTH PROFESSIONALS (Cont.)

Pharmacists

Ontario College of Pharmacists

483 Huron Street

Toronto, ON M5R 2R4

Phone : 416-962-4861

Toll Free: 1-800-220-1921

Fax: 416-847-8200

Website: www.ocpinfo.com

Physicians and Surgeons are governed by the College of Physicians and Surgeons of Ontario. Psychiatrists are medical doctors specializing in mental illness and treatment and can prescribe medications to alleviate symptoms from mental and emotional disorders. Physicians and Surgeons are listed in the yellow pages of the phone book under "Physicians and Surgeons".

College of Physicians and Surgeons of Ontario

80 College Street

Toronto M5G 2E2

Phone: 416-967-2600

Toll Free 1-800-268-7096

Fax: 416-961-3330

Website: www.cpsso.on.ca

Email: feedback@cpsso.on.ca

Complaints Information Intake – extension 603

Physiotherapists use non invasive physical methods to prevent and treat injury or disease.

College of Physiotherapists of Ontario

375 University Ave, Suite 901

Toronto, ON ON, M5G 2J5

Phone: 416-591-3828

Toll Free: 1-800-583-5885

Fax: 416-591-3834

Website: www.collegept.org

Email: info@collegept.org

REGULATED HEALTH PROFESSIONALS (Cont.)

Psychologists are non-medical doctors (cannot prescribe medications), who may specialize in psychotherapy and other forms of psychological treatments.

College of Psychologists of Ontario
110 Eglinton Avenue West, Suite 500
Toronto, ON M4R 1A3

Phone: 416-961-8817

Toll Free: 1-800-489-8388

Fax: 416-961-2635

Website: www.cpo.on.ca

Email: cpo@cpo.on.ca

Respiratory Therapists provide treatments to maintain or improve the respiratory tract.

College of Respiratory Therapists of Ontario
180 Dundas Street W., Suite 2103
Toronto, ON M5G 1Z8

Phone: 416-591-7800

Toll Free: 1-800-261-0528

Fax: 416-591-7890

Website: www.crto.on.ca

Email: question@crto.on.ca

Speech Language Pathologists assess speech-language functions and provide treatment and prevention of speech-language dysfunction and disorders to develop, maintain, rehabilitate or augment oral motor or communicative functions.

College of Audiologists and Speech-Language Pathologists
(CASLPO)
300 Yonge Street, Suite 5060
Toronto, ON M4N 3N1

Phone: 416-975-5347

Toll Free: 1-800-993-9459

Fax: 416-975-8394

Website: www.caslpo.com

COMPLEMENTARY AND ALTERNATIVE MEDICINE

Complementary and alternative medicine describes an area of health care containing many different healing practices, some with ancient origins and some more recently developed. Alternative therapies are used instead of conventional medicine and complementary therapies are used along with conventional treatment. Complementary and alternative therapies usually have specific training requirements and/or certification courses and many are self regulated.

When considering complementary and alternative medicine it is important to educate yourself about the therapy and the training requirements of practitioners. Resources are available at your local library to provide more detailed information. You may wish to consult your family doctor or health professional to determine if the therapy will benefit you.

It is your personal responsibility to ask questions of the practitioner, such as:

- what training they have
- where they were trained
- regulating or governing bodies, and
- the number of years experience they have.

Complementary and alternative health services are listed in the yellow pages of the phone book under "Holistic Health Services."

REGULATED PROFESSIONALS

Naturopaths are legislated under the Drugless Practitioners Act and are regulated by the Board of Directors of Drugless Therapy – Naturopaths. Naturopathic Doctors aid the healing process by using various methods based on each patient’s needs. Diet, lifestyle and work are all important factors in the treatment.

Board of Directors of Drugless Therapy - Naturopaths

112 Adelaide Street E.

Toronto, ON M5C 1K9

Phone : 416-866-8383

Toll Free: 1-877-361-1925

Fax: 416-866-2175

Website: www.boardofnaturopathicmedicine.on.ca

Email: office@BDDTN.on.ca

SELF REGULATED OR UNREGULATED HEALING PRACTICES

Some complementary and alternative medicine practices are:

Acupuncture is an ancient Chinese therapy in which fine needles are inserted into specific acupuncture points to treat a particular pattern of imbalance in the energy channels of the body.

Applied Kinesiology uses muscle testing to discover and correct imbalances in the body. Touch for Health and Balance Health have developed from Applied Kinesiology.

Aromatherapy uses essential oils extracted from the flowers, leaves, branches and roots of plants and trees to treat a variety of common ailments. Oils can be massaged into the skin, used in baths or inhaled.

Complementary and Alternative Self Regulated or Unregulated Healing Practices (Cont.)

Ayurveda is an ancient traditional medicine from India. The philosophy is that each individual is born with an individual balance of three forces that affect all mental and physical functioning. Treatments may include a detoxification program, changes to diet and lifestyle, and herbal remedies to restore the body to its individual balance.

Colon Therapy (colonics) uses water and herbs to cleanse and detoxify the large intestine or colon to remove accumulated wastes.

Craniosacral therapy is a gentle, non-invasive technique that evaluates and enhances the craniosacral system (which includes the brain and spine, and the membranes and fluid surrounding the brain and spine). Light pressure removes obstacles to the health processes and corrects the craniosacral system.

Herbalism uses plants for healing. The main purpose of herbal remedies is to stimulate the body's own healing abilities by rebalancing it and cleansing it.

Homeopathy is based on the principle that "like cures like." Remedies are selected to match the symptoms of the illness to trigger the body's own healing reaction.

Hydrotherapy or waterhealing uses water (hot or cold, fresh or salt or mineral) to treat a variety of conditions.

Iridology is a method of diagnosing physical or mental disorders by analyzing specific areas on the iris of the eye that correspond to zones of the body.

Complementary and Alternative Self Regulated or Unregulated Healing Practices (Cont.)

Reflexology works on the principle that reflexes or responsive zones in the feet and hands correspond to every part of the body. Manipulation and pressure to these reflexes is believed to restore normal function to the related body part.

Reiki is an ancient Tibetan hands on healing system that channels energy to promote the body's ability to heal itself.

Shiatsu is a traditional Japanese healing art of applying finger, thumb and hand pressure on traditional acupuncture points of the body to help balance energy flow, strengthen the vital organs and maintain health.

Therapeutic Touch is a healing technique where the hands lightly pass over the body to rebalance the energy fields.

Traditional Chinese Medicine is an ancient traditional medicine which aims to stimulate and rebalance body balance by diet, exercise, herbal medicine and by acupuncture.

Yoga originated in ancient India and is a personal development system that deals with physical, mental and spiritual health. Yoga consists mainly of simple stretching, breathing, meditation and relaxation exercises

Notes

GENERAL INFORMATION

Funding:

- Rent Geared to Income Assistance can be applied for through the County of Lambton Social Housing Department. (see listing next page)
- The City of Sarnia offers a Residential Rehabilitation Assistance Program (R.R.A.P.) that provides grants for home improvements based on income eligibility. For more information contact City Hall at 519-332-0330.
- The County of Lambton Social Housing Department has a brochure listing units in Lambton County that provide for Special Needs – Accessible Units & Supportive Housing, as well as those providing Attendant Care (by the Ontario March of Dimes)

Application Process:

- To apply for rent Geared-to-Income Assistance fill out an application form provided by any Social Housing Provider, the Social Housing Department or call 519-344-2062, extension 2036 to have one mailed to you.
- To apply for Special Needs housing (accessible or supportive housing units) apply directly to the housing provider or support agency.
- Your eligibility for rent geared-to-income assistance will be determined during an interview at the Social Housing Department office.
- Many facilities have waiting lists.

County of Lambton, Housing Services Department

150 N. Christina Street, 2nd Floor

Sarnia, ON N7T 8H3

Phone: 519-344-2057

Phone: 519-344-2062 ext.2200

Toll free: 1-800-387-2882

Fax: 519-344-2066

Wheelchair accessible

Hours:

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

Eligibility:

- Must be 16 years of age or older
- Must be a Canadian Citizen, Landed Immigrant or Refugee Claimant
- Must not be under a deportation order or have a departure date
- A Court or Tribunal has not convicted you of misrepresenting your income for the purpose of rent geared-to-income assistance
- Must not owe money to any Social Housing Provider
- Must be able to live independently with or without support
- Income must not exceed the Household Income Limit, if applicable
- If applicant is a property owner, must agree to sell your property

Services:

- Administers over 1400 well maintained, safe, affordable housing units in Lambton County
- Provides Rent Geared-to-Income Assistance in County owned and privately owned buildings
- Ensures equal access and high quality of service

GOVERNMENT SERVICES

Ontario Rental Housing Tribunal - Toronto

Toll Free: 1-888-332-3234

Phone: 416-645-8080

Ontario Rental Housing Tribunal - London

150 Dufferin Ave., Suite 400

London, ON N6A 5N6

Toll Free: 1-888-332-3234

Fax: 519-679-7290

Fax Toll Free: 1-888-377-8813

Website: www.orht.gov.on.ca

The Ontario Rental Housing Tribunal:

- Resolves disputes between landlords and tenants.
- Provides information about the Tenant Protection Act
- Administers the Tenant Protection Act
- Processes all applications filed under the Act
- Issues orders to resolve landlord-tenant disputes
- Provides information to landlords and tenants concerning their rights and obligations under the Act

Fees:

- Application fees for applying to the Tribunal.
Note: Community Legal Assistance may be able to assist you if you have a housing issue. See Support Services

Ontario Retirement Communities Association (ORCA)

2390 Bristol Circle, Unit 6

Oakville, ON L6H 6M5

Phone: 905-403-0500

Toll Fee: 1-800-361-7254

Fax: 905-829-1594

Website: www.orca-homes.com

Email: info@orca-homes.com

Ontario Retirement Communities Association (ORCA) (Cont.)

Hours:

- Monday to Friday 9:00 am – 5:00 pm

General information:

- Consumers looking for a retirement residence should ask if the residence is a member of ORCA.
- Membership in ORCA is an assurance of a well-maintained, safe, professional and pleasant living environment.

Requirements:

- To qualify for membership in ORCA each applicant residence must meet certain standards.
- Trained surveyors focus on three key inspection areas:
 1. Structure - which includes the physical environment as well as the programs offered in each residence
 2. Process - which looks at the way care and services are delivered and gives important consideration to resident rights and quality of living
 3. Outcome - which involves a review of the overall operations

Residences are re-evaluated regularly every 2 years.

Canada Mortgage and Housing Corporation (CMHC)

Toll Free: 1-800-668-2642

TTY/TDD: 613-748-2447

Fax: 613-748-2098

Website: www.cmhc-schl.gc.ca

Email: chic@cmhc-schl.gc.ca

Services:

- Provides information in print, by telephone, on video or on the Internet.

Order publications from:

CMHC - Publications

700 Montreal Road

Ottawa, Ontario K1A 0P7

Toll Free: 1-800-668-2642

Home Adaptation for Seniors' Independence

- A program that provides a one-time, non-repayable contribution of up to \$3500 for home modifications required
 - Homeowners and landlords may qualify for assistance as long as the occupant of the dwelling where the adaptations will be made meet the following conditions:
 - Is 65 years or over
 - Has difficulty with daily living activities due to diminishing abilities brought on by aging
 - Has a total household income below the income limit specified for the area
 - Is a permanent resident of the dwelling unit which is to undergo adaptation work
 - The adaptations should be minor items that meet the needs of seniors with an age-related disability. All adaptations should be permanent and fixed to the dwelling. Examples could be handrails, lever handles, grab-bars and bathtub seats. Portable aides such as walkers and appliances are not eligible.
 - For more information call 1-800-668-2642
-

Residential Rehabilitation Assistance Program for Persons with Disabilities

Offers financial assistance to homeowners and landlords to undertake accessibility work to modify dwellings occupied or intended for persons with disabilities. Properties must meet minimum health and safety standards.

Homeowners may apply:

- If the value of their house is below a specific figure
- If their household income is below established income ceilings, based on household size and area.

Landlords may apply:

- For modifications to units occupied by tenants with incomes below the income thresholds;

Residential Rehabilitation Assistance Program for Persons with Disabilities Cont.

Landlords may apply cont.

- For assistance if they own a rooming house with rents below established levels.
- Modifications must be related to housing and be reasonably related to the disabled occupant's disability.
- For more information call 1-800-668-2642

Contact CMHC to request the above information in braille, large print format or on video. CMHC can also provide further information on these programs in more detail.

Veterans Independence Program

Assesses eligible veterans and other clients with war-related services to assist them in remaining in their home for as long as possible. Information available in booklet form or on the Veterans Affairs Canada (VAC) or contact the Veterans Affairs District Office in London at :

750 Baseline Road E.

London, ON N6C 2R5

Phone: 1-866-522-2122

French: 1-866-522-2022

Website: www.vac-acc.gc.ca

PRIVATE HOUSING

Habitat for Humanity

1787 London Line

Sarnia, ON N7T 7H2

Phone: 519-339-7957

Website: www.habitatsarnia.org

Email: restore@habitatsarnia.org

Hours:

- Mon, Tues, Wed Fri 9:00 am - 5:00 pm
- Thursday 9:00 am - 6:00 pm
- Saturday 9:00 am - 2:00 pm

Mission:

- Habitat for Humanity is an independent, non-profit Christian housing program dedicated to the elimination of poverty housing by building homes in partnership with families in need.

Eligibility:

Homeowners are chosen based on:

- Need for affordable housing
- Willingness to partner with Habitat for Humanity
- Ability to pay back a no-interest mortgage

Services:

- Assists families wanting to become homeowners that would not qualify for a mortgage through regular lending institutions
- Builds accessible houses as required

Fees:

- House payments geared-to-income
- Interest free mortgage is given to the homeowner in exchange for their sweat equity of 500 hours

Numerous volunteer opportunities available.

Bluewater Country Retirement Resort

5700 Blackwell Sideroad

Sarnia, ON N7W 1B7

Phone: 519-542-7800

Toll Free: 1-800-934-9996

Website: www.bwcountry.com

Email: info@bwcountry.com

Wheelchair accessible

Hours:

- Monday to Friday 9:00 am - 5:00 pm
- Saturday & Sunday 1:00 pm - 4:00 pm

Eligibility:

- Must be 48 years or older
- Must be independent

Features:

- Fully detached homes
- Clubhouse
- Recreation facility
- Grass is mowed
- Snow is ploughed
- Residents' Recreation Committee

Application Process:

- Apply directly to Housing Provider

Fees:

- Monthly maintenance fee
 - Land Lease
-

Sandpiper Apartments

175 Wellington Street

Sarnia, ON, N7T 7X5

Phone: 519-337-9229

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 5:00 pm

Sandpiper Apartments (Cont.)

Eligibility:

- Must be 55 years or older
- Retired
- Independent with or without support services

Features:

- Condominiums
- Activity committee
- Unfurnished
- 5 appliances included

Application Process:

- Apply to St. Paul's Outreach Foundation..... 519-337-9229

Fees:

- Monthly maintenance fee
 - Life lease
-

Thompson Gardens

198 Beckwith Street

Corunna, ON N0N 1G0

Phone: 519-862-2629

Wheelchair accessible

Hours:

- Monday to Thursday 8:00 am - 4:00 pm
- Friday 8:00 am - 1:00 pm

Eligibility:

- Must be 55 years or older
- Retired
- Capable of independent living

Features:

- Condominiums
- Activity complex
- Unfurnished

Thompson Gardens (Cont.)

Application Process:

- Apply to main office

Fees:

- Monthly maintenance fee
- Life lease

RENTAL HOUSING

Ambassador Place

Unit 17, 356 St. Clair Street

Watford N0M 2S0

Phone: 519-876-3139

Hours:

- Every Tuesday each month 10:00 am - 4:00 pm

Wheelchair accessible.

Eligibility:

- Must be 16 years or older
- Must be independent with or without support services

Features:

- Unfurnished
- Small house pets permitted

Application Process:

- Apply directly to Housing Provider or through Housing Access
- Can be mailed or faxed

Fees:

- Monthly rent geared-to-income
-

Berean Community Housing

1445 Exmouth Street

Sarnia. ON N7S 6J5

Phone: 519-542-0222

Fax: 519-542-4491

Website: www.tilleyholmes.ca

Accessibility:

- Berean Manor – housing for single persons and seniors is wheelchair accessible.
- Berean Community Housing – townhouses for families have stairs to entries and 2 stories.

Berean Community Housing (Cont.)

Eligibility:

- Must be 16 years or older
- Must be independent with or without support services

Features:

- Unfurnished
- 1 pet per apartment permitted; must be less than 20 pounds and shorter than 20 inches
- Membership in Tenants Association open to all residents
- On bus route

Application Process:

- Apply through Housing Access

Fees:

- Monthly rent
 - Rent may be subsidized
-

Bethel Seniors' Apartments Sarnia-Bethel Manor

1575 London Line

Sarnia, ON N7T 7H2

Phone: 519-542-8380

Fax: 519-542-5633

Website: www.tilleyholmes.ca

Accessibility:

- Wheelchair accessible building

Eligibility:

- Must be a senior citizen (age 65+)
- Must be independent with or without support services

Features:

- Unfurnished, refrigerator and stove provided, coin laundry on site
- 1 pet per apartment permitted; must be less than 20 pounds and shorter than 20 inches
- Membership in Tenants Association open to all residents
- On bus route

Application Process:

- Apply through Lambton County Social Housing Division

Bethel Seniors' Apartments Sarnia-Bethel Manor (Cont.)

Fees:

- Monthly rent, plus nominal charge for summer air conditioner hydro
 - Rent may be subsidized
-

Brigden Park Place

2444 Jane Street

Brigden, ON N0N 1B0

Phone: 519-864-1532

Fax: 519-864-4822

Wheelchair accessible

Eligibility:

- Must be a senior citizen
- Must be independent

Features:

- In-house laundry
- Refrigerator and stove provided
- Transportation provided by Lambton Elderly Outreach

Application Process:

- Apply through Housing Access

Fees:

- Monthly rent includes everything but telephone
 - Rent may be subsidized.
-

Faethorne Housing

111-1240 Afton Drive

Sarnia, ON N7S 6J8

Phone: 519-344-5926

Fax: 519-344-6448

Website: www.faethorneplace.com

Email: faethorne@xcelco.on.ca

Wheelchair accessible

Faethorne Housing (Cont)

Hours:

- Monday to Thursday 8:00 am - 4:00 pm
- Friday 8:00 am - 12:00 pm

Eligibility:

- Must be 16 years or older
- Must be independent with or without support services

Features:

- Unfurnished
- On bus route
- Refrigerator and stove provided
- In-house laundry

Application Process:

- Apply directly to Housing Provider or through Housing Access
- Interview required

Fees:

- Monthly rent
 - Rent geared-to-income
 - Co-op receives Government funding
-

Horizon House Lambton

Phone: 519-542-1346

Fax: 519-542-9074

Website: www.christianhorizons.org

2 locations:

Horizon House Lambton I
1025 Michigan Avenue
Sarnia, ON N7S 2B3

Horizon House Lambton II
971 Germain Street
Sarnia, ON N7S 1L9

Hours:

- 24 hours/7 days a week

Wheelchair accessible

Horizon House Lambton (Cont.)

Staff:

- Developmental Service Workers, Social Service Workers
- Available 24 hours/7 days a week

Eligibility:

- Must be 18 years or older
- Must have a developmental disability

Features:

- Private rooms
- Unfurnished rooms
- Meals provided
- On bus route

Application Process:

- Apply directly to Connecting Point
519-542-1346

Fees:

- Monthly rent
- Subsidies available

Volunteer opportunities available

Orchardview Apartments

7294 Arkona Road, R.R. #1

Arkona, ON N0M 1B0

Phone: 519-473-2427

Website: www.tilleyholmes.ca

Wheelchair accessible

Eligibility:

- Must be a senior citizen
- Must be independent with or without support services

Features:

- Unfurnished - stove & fridge
- 1 pet per apartment permitted; must be less than 20 pounds and shorter than 20 inches

Application Process:

- Apply through Housing Access or directly

Fees:

- Monthly rent, extra charge for air conditioning
- Rent may be subsidized

Theford Non-Profit Housing

Phone: 519-296-5942

Website: www.tilleyholmes.ca

3 Locations:

Meadowview Singles Apartments

76 Mill Street

Theford, ON N0M 2N0

Eligibility:

- Must be 16 years or older
- Must be independent with or without support services

Features:

- Unfurnished
- 1 pet per apartment permitted; must be less than 20 pounds and shorter than 20 inches

Application Process:

- Apply through Housing Access

Fees:

- Monthly rent
- Rent may be subsidized

Meadowview Families

173 Deacon Street,

Theford, ON N0M 2N0

Accessibility:

- Stairs to entries and 2 stories.
- Several units wheelchair accessible

Eligibility:

- Must be 16 years or older
- Family

Meadowview Families (Cont.)

Features:

- Unfurnished
- 1 pet per apartment permitted; must be less than 20 pounds and shorter than 20 inches

Application Process:

- Apply through Housing Access

Fees:

- Monthly rent
- Rent may be subsidized

Widder Court Seniors' Apartments

172 Deacon Street,
Thedford, ON N0M 2N0

Wheelchair accessible

Eligibility:

- Must be 65 years or older
- Must be independent with or without support services

Features:

- Unfurnished
- 1 pet per apartment permitted; must be less than 20 pounds and shorter than 20 inches

Application Process:

- Apply through Housing Access

Fees:

- Monthly rent
- Rent may be subsidized

REST/RETIREMENT HOMES

Most Rest/Retirement Homes have an application process that includes the following:

- Application form and/or interview
- Assessment by staff and/or nurse
- Medical form completed by applicant's physician
- Most facilities have tours available
- Many facilities have waiting lists

What to look for when selecting a Rest/Retirement Home:

First Impression:

- Is facility bright and cheerfully decorated?
- Are there offensive odours?
- Are floors and walls clean?
- Do residents appear content with their environment?
- Is temperature comfortable?
- Is there plenty of staff around?
- Is atmosphere relaxed?

Facilities:

- Is the facility a member of O.R.C.A.? (Ontario Residential Care Association)
- Is there a central dining room?
- When are meals served?
- Are there in-between meal snacks?
- Are there special diets for those requiring them?
- What is the policy on alcoholic beverages?
- Do meals arrive hot? How are they transported?
- Who pays for meal supplements if they are required?
- Are fresh fruit and vegetables available daily?

Hygiene:

- What must residents provide? (Kleenex, soap, razors, toothpaste, deodorant, etc.)
- Are bathrooms close to each room?
- Are tub baths or showers provided regularly?

What to look for when selecting a Rest/Retirement Home (Cont.)

Rooms:

- Does each unit have a firm mattress, pillows and blankets?
- What furniture is provided? (Bed, dresser, etc.)
- Can personal furniture be brought?
- Does facility allow pictures on walls?

Telephones:

- Is there a telephone jack in each room?
- Are residents able to use the home telephone?

Safety Factors:

- Are exit signs well lit?
- Are handrails along corridors, in bathrooms?
- Are there rules for smoking?

Medical Care:

- Is there a staff physician for all residents?
- How often does the physician visit?
- Is the physician available for emergency calls?
- How are medications prepared and administered?
- What is the ratio of staff to residents, day and night?

Financial:

- What extra monthly costs are there? (Activity fees, laundry, mending, ironing, hairdresser, etc.)
- Where is the resident's money kept?
- Are rooms charged in advance? Are there refunds if resident leaves before month is up?
- How much notice is required prior to moving out?

Visiting Hours:

- What times may family visit?

Albany Community Living Centre

423 Albany Street
Petrolia, ON N0N 1R0

Phone: 519-882-3157

Fax: 519-882-0349

Email: albanyretire@sympatico.ca

Wheelchair accessible

Hours:

- Sunday to Saturday 24 hours

Eligibility:

- Seniors
- Must qualify through assessment of Homecare

Features:

- Assisted living 24 hour supervision
- Independent living with Homecare services
- Semi-private rooms are furnished
- Private rooms are unfurnished
- Meals provided
- Housekeeping and laundry service provided
- Medication blister packs available
- Daily activities
- Lifeline service included

Application Process:

- Apply direct to Housing Provider

Fees:

- Monthly rent
- Funding sources available through Homecare

Volunteer opportunities available

Country Manor Retirement Facility

66 Victoria Street, Box 160
Thedford, ON N0M 2N0

Phone: 519-296-5712

Fax: 519-296-5715

Website: www.countrymanorestates.com

Email: btnieuwland@hotmail.com

Country Manor Retirement Facility (Cont.)

Wheelchair accessible

Hours:

- Monday to Thursday 10:00 am - 4:00 pm

Staff:

- Registered Nurse Available 12:00 pm – 5:00 pm, Monday to Friday

Eligibility:

- No age requirement
- Must be independent with or without support services

Features:

- Private rooms and apartments
- Bed, highboy and nightstand provided
- May bring own furniture
- Meals provided
- Housekeeping and laundry service provided
- Medication monitored
- Recreation and social activities
- Lambton Elderly Outreach can provide outside transportation
- Whirlpool tub with mechanical lift is supervised
- Call bells available in all apartments
- Pets permitted; confined in certain areas

Application Process:

- Apply direct to Housing Provider
- Medical form must be submitted

Fees:

- Monthly rent

Volunteer opportunities available

Fiddick's Retirement Home

437 First Avenue

Petrolia, ON N0N 1R0

Phone: 519-882-0370

Fax: 519-882-0375

Website: www.fiddicksnursinghome.com

Fiddick's Retirement Home (Cont.)

Email: fiddicks@fiddicksnursinghome.com

Wheelchair accessible

Hours:

- Monday to Friday 9:00 am - 8:00 pm

Staff:

- Registered Nurse; Available 24 hours/7 days a week

Eligibility:

- Services any age depending on needs

Features:

- Private and semi-private rooms
- Furnished rooms
- Meals provided
- Medication monitored
- Lambton Elderly Outreach can provide outside transportation

Application Process:

- Apply directly to Housing Provider
- Application may be faxed.
- Community Care Access Centre

Fees:

- Monthly rent

Volunteer opportunities available

Landmark Village

1370 L'Heritage Drive

Sarnia, ON N7S 6H8

Phone: 519-542-6757

Fax: 519-542-1677

Website: www.landmarkvillage.ca

Wheelchair Accessible

Landmark Village (Cont.)

Accommodations:

- 123 residence units with spacious studios, 1 & 2 bedroom suite /apartments
- May bring your own furniture

Amenities:

- Resort style spa
 - Wellness centre
 - State-of-the-art emergency response technology
 - Theatre and media room
 - Internet cafe
 - Spacious and bright common areas
 - Gym, beauty salon/barbershop
-

Residence on the St. Clair

170 Front Street South

Sarnia, ON N7T 2M5

Phone: 519-336-1455

Fax: 519-336-8966

Website: www.srgroup.ca

Email: residence_stclair@srgroup.ca

Hours:

- Monday to Friday 9:00 am - 9:00 pm
- Visiting Hours: Daytime and Evening

Wheelchair accessible

Staffing:

- Registered Nursing staff 24 hours/ 7 days per week
- Red Seal Chef - Dietary Aides
- Social Director
- Laundress
- Housekeepers
- Personal Support Workers
- Maintenance
- Office Staff

Residence on the St. Clair (Cont.)

Features

- All Private Accommodation
- Furnished or personal furnishing
- 3 meals and 3 snacks daily
- Transportation services arranged
- Emergency call bell system
- Pets - cats, birds, fish only
- Assistance with care needs available
- Respite stays available (2 week minimum)

Eligibility:

- Any Adult (programs are directed at Seniors)
- Must be independent enough to transfer alone
- Must be a non-smoker
- Unable to accommodate electric wheelchairs
- No serious cognitive impairment

Application Process:

- Apply to Administration for assessment and marketing package
- Medical required from personal physician
- Resident Agreement to sign

Fees:

- Monthly rent
-

Rosewood Manor Retirement Community

711 Indian Road North

Sarnia, ON N7T 7Z5

Phone: 519-332-8877

Fax: 519-332-5047

Website: www.srgroup.ca

Email: rosewood_manor@srgroup.ca

Wheelchair accessible

Hours:

- Monday to Friday 9:00 am - 5:00 pm

Rosewood Manor Retirement Community (Cont.)

Staff:

- Registered Nurse and Registered Practical Nurse;
Available 24 hrs/7 days a week

Eligibility:

- Must need no more than one person to assist with transfers
- Must be non-aggressive, non-combative
- Must not be a wanderer
- Must be able to feed self
- Must not be confined to a bed

Features:

- Private and semi-private rooms
- Furnished rooms
- May bring own furniture
- Meals provided
- Housekeeping and laundry services provided
- Medication monitored
- Activities Monday to Friday for residents
- Call bells provided in each room

Application Process:

- Apply directly to Housing Provider
- Medical form must be submitted and a facility assessment completed

Fees:

- Monthly rent
- Extra care charged hourly in 15 minute increments
- Assisted living care charged monthly

Springmarsh Place

611 Lakeshore Road

Sarnia, ON N7V 2S8

Phone: 519-344-2825

Fax: 519-332-1499

Website: www.springmarshplace@cogeco.net

Email: springmarshplace@cogeco.ca

Springmarsh Place (Cont.)

Accessibility:

- Can accommodate walkers

Hours:

Monday to Friday 9:00 am - 5:00 pm

Staff:

- Registered Nurse Available 24 hours/7 days a week

Eligibility:

- Must be independent with or without support services

Features:

- Private rooms
- Furnished rooms
- May bring own furniture
- Visiting hairdresser
- 24 hour/day on call help available
- Meals provided
- Housekeeping and laundry service provided
- Medication administered
- Emergency system in place
- Non-smoking

Application Process:

- Apply directly to Housing Provider for interview
- Medical form must be submitted

Fees:

- Monthly rent
-

The Marquis East at Trillium Park

840 Trillium Park

Sarnia, ON N7T 7B9

Phone: (24/7) 519-344-5320

Website: www.srgroup.ca

Email: trillium_park@srgroup.ca

Wheelchair accessible

The Marquis at Trillium Park (Cont.)

Hours:

- Monday to Friday 9:00 am - 5:00 pm
(Phones will be answered after hours)

Eligibility:

- Must be independent with support services

Features:

- Private full size apartments
- Recreational activities and facilities
- Meals provided
- Hair salon
- Tuck shop
- Housekeeping service provided
- On bus route
- Chauffeur service within Lambton County
- In-house lifeline service available (24/7)

Application Process:

- Apply directly to Housing Provider for interview
- Medical form may be requested

Fees:

- Monthly rent

Twin Lakes Terrace

1310 Murphy Road

Sarnia, ON N7S 6K5

Phone: 519-542-2939

Fax: 519-542-0879

Website: www.srgroup.ca

Wheelchair accessible

Hours:

- Monday to Friday 9:00 am - 7:00 pm

Staff:

- Registered Practical Nurse
- Available 24 hours/7 days a week

Twin Lakes Terrace (Cont.)

Eligibility:

- Must be 18 years or older
- Must be fairly independent
- Must be self-ambulating
- Must be self-toileting

Features:

- Private, semi-private and ward rooms
- Bed, dresser and nightstand provided
- Meals provided
- Housekeeping and laundry services provided
- Medication monitored/administered by nurse if desired
- Activities for residents
- Call bells

Application Process:

- Apply directly to Housing Provider
- Application can be faxed
- Medical form must be submitted

Fees:

- Monthly rent

Country Manor

460 Victoria Street

Watford, ON N0M 2S0

Phone: 519-876-3331

Fax: 519-876-5035

Office Hours:

- Monday to Friday 8:00 am - 5:00 pm

Wheelchair accessible.

Staff:

- Registered Nurse, RPN, or Health Care Aide on a scheduled basis

Eligibility:

- Must be 55 years or older
- Must be independent with or without support services

Features:

- Private, semi-private and ward rooms
- Furnished rooms
- May bring own furniture
- Will decorate rooms to suit
- Meals provided
- Housekeeping and laundry service provided
- Medication monitored
- Recreation and social activities
- Can provide outside transportation
- Call bells available

Application Process:

- Apply directly to Housing Provider
- Application can be faxed
- Medical form must be submitted

Fees:

- Monthly rent
- Telephone
- Hair Stylist

Volunteer opportunities available

Vision Rest Home

229 Wellington Street

Sarnia, ON N7T 1G9

Phone: 519-336-6551

Fax: 519-336-5878

Email: recept@vision74.com

Wheelchair accessible

Hours

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

Staff:

- Registered Nurse available 4 days weekly
- Monday to Friday- 10:00 am 3:00 pm
- Health care aides Available 24 hours/7 days a week

Eligibility:

- Must be 55 years or older
- Under 55 years based on need
- Must be independent with or without support services

Features:

- Private and semi-private rooms
- Bed, wardrobe and nightstand provided
- May bring own furniture
- Meals provided
- Housekeeping and laundry services provided
- Medication monitored
- Recreation and social activities
- Outside transportation based on staff availability
- Call bells available
- Pet therapy

Application Process:

- Apply directly to Housing Provider
- Medical form must be submitted

Fees:

- Monthly rent
- Apply annually for rent geared to income assistance
- Subsidies available for semi-private rooms only
- Transportation extra

LONG TERM CARE CENTRES

LONG TERM PLACEMENT CO-ORDINATION SERVICES

Erie St Clair Community Care Access Centre

1150 Pontiac Drive, Unit 1

Sarnia, ON N7S 3A7

Phone 519-337-1000

Toll Free: 1-888-447-4468

Fax: 519-337-4942

Website: www.esc.ccac-ont.ca

Email: information.referral@esc.ccac-ont.ca

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 4:30 pm

Long Term Placement Co-ordination Services processes applications for admission into long term care facilities.

Eligibility:

- Must require 24 hour care/supervision
- Must have care needs that cannot be met with existing community services

Application process includes:

- Completion of a Consent to Release Information Form
- Completion of a Capability Questionnaire
- A Nursing Assessment will then be arranged in the home to determine whether the applicant meets the eligibility criteria. Recommendations for appropriate long term care facilities will be discussed with the applicant and the family. Other options, including Adult Day Programs and Short Stay Programs (Respite or Supportive Care) will be reviewed if applicable.
- Medical Information will be requested from the family physician in order to complete the application.
- Completion of the Facility Choice List Form
- Most facilities have tours available.
- Many facilities have waiting lists.

Erie St Clair Community Care Access Centre (Cont.)

Other:

- All long term care facilities request a copy of the Power of Attorney for Property and Personal Care upon admission.
- A Tuberculosis (TB) test will be administered upon admission.

What to look for when selecting a Long Term Care Centre:

First Impression:

- Is facility bright and cheerfully decorated?
- Are there offensive odours?
- Are floors and walls clean?
- Do residents appear clean, hair combed, nails clean and trimmed?
- Are residents neatly dressed, wearing shoes or sturdy slippers?
- Is temperature comfortable?

Meals:

- Is there a central dining room?
- When are meals served?
- Are there in-between meal snacks?
- Are there special diets for those requiring them?
- Does the home have a Dietitian available?

Daily Care:

- Is resident to be dressed daily?
- Are bathrooms close to each room?
- Are tub baths or showers provided regularly?
- Is there special equipment to assist those with infirmities?
Chair lifts, shower chairs, whirlpool?

Wheelchairs, Canes, Walkers, etc.:

- What is the policy on wheelchairs, walkers, canes?
- Does facility provide wheelchairs, walkers, canes?

Rooms:

- Does each unit have a firm mattress, pillows and blankets?
- What furniture is provided? (Bed, dresser, etc.)
- Are privacy curtains in each unit?
- Are there windows for light and ventilation?
- Are rooms well lit?
- Are lights individually controlled for each unit?

Erie St Clair Community Care Access Centre (Cont)

Rooms:

- Can personal furniture be brought?
- Does facility allow pictures on walls?

Activities:

- Are there activities, special outings, visiting groups?
- Is there an activities director?
- What hours is the activity director available?

Telephones/Cable:

- Is there a telephone jack in each room?
- Is there provision for private telephoning?
- Is cable television available?

Safety Factors:

- Are exit signs well lit?
- Are handrails along corridors, in bathrooms?
- Are there rules for smoking?
- Where do residents smoke?
- Are there working call bells for each resident?
- Do all beds have side rails?

Medical Care:

- Is there a staff physician for all residents?
- How often does the physician visit?
- Is the physician available for emergency calls?
- Is there a Registered Nurse on duty at all times?
- How are medications prepared and administered?
- Is there a Director of Nursing on duty every day?
- What is the ratio of staff to residents day and night?

Financial:

- What extra monthly costs are there? (activity fees, laundry, mending, ironing, hair stylist, etc.)
- Where is the resident's money kept?
- How much notice is required prior to moving out?

Visiting Hours:

- What times may family visit?
- May residents go on outings?

Fiddick's Nursing Home

437 First Avenue,

Petrolia, ON N0N 1R0

Phone: 519-882-0370

Fax: 519-882-0375

Website: www.fiddicksnursinghome.com

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 4:00 pm

Staff:

- Registered Nurse Available 24 hours/7 days a week

Eligibility:

- As per Community Care Access Centre

Features:

- Private, semi-private and ward rooms
- Furnished rooms
- Meals provided
- Housekeeping and laundry services provided
- Medication monitored
- Lambton Elderly Outreach can provide outside transportation
- Call bells available

Application Process:

- Apply through Community Care Access Centre

Fees:

- Monthly rent
- Subsidies available

Volunteer opportunities available.

Lambton Meadowview Villa

3958 Petrolia Line, R.R. #4

Petrolia, ON N0N 1R0

Phone: 519-882-1470

Fax: 519-882-3600

Wheelchair accessible

Lambton Meadowview Villa (Cont.)

Hours:

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

Staff:

- Registered Nurse, Registered Practical Nurse and Health Care Aides Available 24 hours/7 days a week

Eligibility:

- As per Community Care Access Centre

Features:

- Private and shared rooms
- Furnished rooms
- Meals provided
- Housekeeping and laundry service provided
- Medication monitored
- Respite care programs
- Day programs
- Outside transportation provided for Day Programs
- Call bells available
- Pets permitted for those able to care for them

Application Process:

- Apply through Community Care Access Centre

Fees:

- Monthly rent
- Subsidies available

Volunteer opportunities available.

Marshall Gowland Manor

749 Devine St.,

Sarnia , ON N7T 1X3

Phone: 519-336-3720

Fax: 519-336-3734

Wheelchair accessible

Hours:

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

Staff:

- Registered Nurse, Registered Practical Nurse and Personal Support Workers Available 24 hours, 7 days a week

Eligibility:

- As per Community Care Access Centre criteria for Long Term Care Home

Features:

- Private and shared furnished rooms
- Day program
- Outside transportation provided for Day Program
- On bus route
- Call bells available
- Pets permitted for those able to care for them

Application Process:

- Apply through Community Care Access Centre

Fees:

- Monthly rent according to Ministry of Health and Long Term Care Accommodation Rates
- Subsidies available

Volunteer opportunities available

North Lambton Lodge

39 Morris Street, R.R. #6

Forest, ON N0N 1J0

Phone: 519-786-2151

Wheelchair accessible

Hours:

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

Staff:

- Registered Nurse, Registered Practical Nurse and Health Care Aides Available 24 hours/7 days a week

Eligibility:

- As per Community Care Access Centre

Features:

- Private and shared rooms
- Furnished rooms
- Meals provided
- Housekeeping and laundry services provided
- Medication monitored
- Outside transportation provided for Day Programs
- Call bells available
- Pets permitted for those able to care for them

Application Process:

- Apply through Community Care Access Centre

Fees:

- Monthly rent
- Subsidies available

Volunteer opportunities available.

Trillium Villa

1221 Michigan Avenue

Sarnia, ON N7S 3Y3

Phone: 519-542-5529

Wheelchair accessible

Hours:

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

Trillium Villa (Cont.)

Staff:

- Registered Nurse, Registered Practical Nurse and Health Care Aides Available 24 hours/7 days a week

Eligibility:

- As per Community Care Access Centre

Features:

- Private, semi-private and ward rooms
- Furnished rooms
- May bring own furniture
- Meals provided
- Housekeeping and laundry services provided
- * Medication monitored
- * On bus route
- * Call bells available

Application Process:

- Apply through Community Care Access Centre

Fees:

- Monthly rent
- Subsidies available

Volunteer opportunities available.

Sumac Lodge

1464 Blackwell Road

Sarnia, ON N7S 5M4

Phone: 519-542-3421

Fax: 519-542-3604

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am- 4:00 pm

Sumac Lodge (Cont.)

Staff:

- Registered Nurse, Registered Practical Nurse and Health Care Aides Available 24 hours/7 days a week

Eligibility:

- As per Community Care Access Centre

Features:

- Semi-private and ward rooms
- Furnished rooms
- May bring some personal items
- Meals provided
- Housekeeping and laundry services provided
- Medication monitored
- Activity programs for residents
- Transportation provided to outside appointments
- Call bells available
- Physiotherapy and Restorative Care Programs

Application:

- Apply through Community Care Access Centre

Fees:

- Monthly rent
- Subsidies available

Volunteer opportunities available

Vision Nursing Home

229 Wellington Street

Sarnia, ON N7T 1G9

Phone: 519-336-6551

Fax: 519-336-5878

Wheelchair accessible

Hours:

- Monday to Friday 10:00 am-12:00 noon, 1:00 pm -3:00 pm

Staff:

- Registered Nurse, Registered Practical Nurse and Health Care Aides Available 24 hours/7 days a week

Vision Nursing Home (Cont.)

Eligibility:

- As per Community Care Access Centre

Features:

- Private, semi-private and ward rooms
- Furnished rooms
- May bring own furniture
- Meals provided
- Housekeeping and laundry services provided
- Medication monitored
- Activation staff
- Call bells available

Application Process:

- Apply through Community Care Access Centre

Fees:

- Monthly co-payment
- Subsidies available through Ministry of Health

Volunteer opportunities available.

Watford Quality Care Centre

344 Victoria St., P.O. Box 400

Watford, ON N0M 2S0

Phone: 519-876-2520

Fax: 519-876-3930

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 5:00 pm
- Registered Nurse Available 24 hours/7 days a week

Eligibility:

- As per Community Care Access Centre

Watford Quality Care Centre (Cont.)

Features:

- Private, semi-private and ward rooms
- Furnished rooms
- May bring own furniture
- Meals provided
- Housekeeping and laundry services provided
- Medication monitored
- Day programs
- Outside transportation provided by Lambton Elderly

Outreach

- Call bells available
- Pets permitted for those able to care for them

Application Process:

- Apply through Community Care Access Centre

Fees:

- Monthly co-payment
- Subsidies available through Ministry of Health

Volunteer opportunities available

GROUP HOMES

Huron House Boys' Home

2473 Lakeshore Road, PO Box 260,

Bright's Grove, ON N0N 1C0

Phone: 519-869-4000

Fax: 519-869-6999

Website: www.hhbh.ca

Eligibility:

- Must be male age 12 - 18 years
- Must have an emotional disability
- Must be independent
- Must be able to attend a full day educational program

Features:

- Residential program for adolescent boys
- On bus route

Application Process:

- Referral from Children and Family Service agencies

Fees:

- Set fees paid by applicant's family, Ministry of Child and Family Services (MCFS), or referring agency
- Funds may be raised in the community

St. Francis Advocates

7346 Arkona Road, P.O. Box 218

Arkona, ON N0N 1B0

Phone: 519-828-3923

Fax: 519-828-3927

Email: info@stfrancisadvocates.net

Hours:

- Monday to Friday 9:00 am - 5:00 pm

Serving:

- Providing services to adults with Autism and/or a developmental disability in Lambton, Kent and Essex Counties

St. Francis Advocates (Cont.).

Services:

- Residential homes throughout each of the above counties - Stepping Stones for Transitional Age Youth with Autism and/or a developmental disability in Lambton County

Application Process:

- Apply through Coordinated Access

Volunteer and College placement opportunities available

The Haven

442 & 444 Kathleen Avenue

Sarnia, ON N7T 1E9

Phone: 519-336-5941

Fax: 519-383-6189

Hours

- 24 hours/7 days a week

Eligibility:

- Must be age 16 - 21 years
- Must be enrolled in school, and if graduated must be employed or actively looking for employment
- Must be a troubled youth unable to live at home

Features:

- Furnished dorm-style rooms
- Short term program which teaches youth the independent living skills they need to take care of themselves
- Help youth secure independent living arrangements
- After care program provides support

Application Process:

- Call 519-336-5941

Fees:

- None
-

HOUSING CO-OPERATIVES

A housing co-op is controlled by the residents of the building. Each resident is a member of the co-op. The co-op owns the building and leases it back to the members. In a housing co-operative your rent, and rent of the other members, covers the mortgage, taxes, maintenance and operating costs of the building. The difference is that the rent paid by you and other members does not include a landlord's profit. Members are their own landlord and decisions are made in cooperation with other members of the co-op. To learn more about housing cooperatives you can visit the Canadian Cooperative Association at <http://www.coopcca.com>

Alexander Mackenzie Housing Co-operative Inc.

1625 Afton Court
Sarnia, ON N7S 5Y6

Phone: 519-383-0602

Fax: 519-383-0458

Hours:

- Call and leave message on voicemail

General Information:

- 50 Units
- 2 and 3 bedroom units
- 2 units wheelchair accessible

Application Process:

- Apply at the office

Fees:

- Membership fee
- Monthly Housing charges
- Security Deposit

Faethorne Place Housing Co-op

111-1240 Afton Drive

Sarnia, ON N7S 6J8

Phone: 519-344-5926

Website: www.faethorneplace.com

Email: faethorne@xcelco.on.ca

Hours:

- Monday through Thursday 8:00 am - 4:00 pm
- Friday 8:00 am - 12:00 pm

Serves:

- All age groups
- Sarnia Lambton

Services:

- 8 wheelchair accessible units
- 10 – 1 bedroom apartment
- 2 – 2 bedroom apartments

General Information:

- In some situations rent is geared-to-income

Fees:

- Membership fees paid at time of move in.

Hoskins Housing Co-operative Inc.

115 Victoria Street South

Sarnia, ON N7T 2S9

Phone: 519-344-9363

Wheelchair accessible

General Information:

- a five-storey, 40 unit building
- 2 wheelchair accessible apartments
- conveniently located in downtown Sarnia

Hoskins Housing Co-operative Inc. (Cont.)

Eligibility:

- At least one member of each household must be 55 years of age or older
- Every adult member must be willing to participate in running the co-op

Application Process:

- Contact the office directly to obtain an application form
- An interview will be arranged
- After approval you will be contacted when a suitable vacancy becomes available

Fees:

- Monthly fees (rent) based on unit occupied
-

St. Clair Meadows Housing Co-op Inc.

1250 Wellington Street

Sarnia, ON N7S 5P4

Phone: 519-337-4288

Fax: 519-337-2522

Hours:

- Monday, Tuesday, Thursday, Friday 10:00 am – 3:00 pm
- Wednesday 3:00 pm – 8:00 pm

Services:

- 50 units
- 2 & 3 bedroom
- 3 wheelchair accessible units

General Information:

- Apply at the office
- There is a waiting list

Fees:

- Membership fee
- Monthly Housing charges

10 ESSENTIALS TO GET THAT JOB

1. Job Market Information

- Determine what jobs are in demand
- Be willing to learn
- Be flexible
- Visit an Employment Resource Centre to gather information about the job market

2. Strategies to Get a Job

- Define what success means to you
- Be clear about what you want
- Develop goals that are “SMART”:
 - Specific
 - Measurable
 - Achievable
 - Realistic
 - Timely
- Create a detailed Action Plan:
 - Define an employment goal
 - Create a list of tasks to accomplish this goal
 - Develop a list of activities you will have to do to complete these tasks
 - Evaluate your plan for effectiveness

3. Skills and Strengths That Match a Job

- Assess your skills and strengths.
- Consider getting more training if you do not have all the skills required for the job you want

4. A Resumé That Sells

- Be specific on your resumé.
- Items to include on your resumé
 - Name, address, contact numbers
 - Highlights of qualifications
 - Relevant experience
 - Education and training
 - Volunteer work

5. A Dynamic Cover Letter

Provides a brief outline of your attributes as they apply to the position you are applying for

Items to include on your cover letter

- Your address
- Today's date
- Name, title and address of addressee
- Salutation
- 1st paragraph - provide information about the benefits the employer will receive from you. Focus on your Unique Selling Proposition (USP) the one thing that makes you different from all the other job seekers
- 2nd paragraph to state professional and/or academic qualifications and to stress accomplishments rather than job duties and responsibilities
- 3rd paragraph to provide the reader with details why you should be considered for the position
- 4th paragraph to be proactive and request action. You must ask for the job interview (or a meeting) in this paragraph. You must express your confidence that you are a perfect fit for the job.
- Closing

6. A Successful Interview

- Have a clear idea of what you can do to create value for the organization
- Be enthusiastic
- Be aware of the goals, mission statement and concerns of the organization
- Ask for a job description
- Review the key elements of the advertisement
- Follow up to ask if a decision has been made

7. Promote Yourself

- Find contacts that will lead to employment
- Friends
- Family

Promote Yourself (Cont.)

- Previous employers
 - Schools
 - Co-workers
 - Clubs
 - Volunteer organizations
 - Develop a networking statement that is: simply stated, short, jargon free and memorable

8. A Creative Job Search

Non-traditional techniques:

- Networking
- Information interviews
- Volunteering
- Using the Internet

Alternative measures:

- Entry level positions
- Part-time jobs
- Flex-time as an option
- Job sharing
- Contract work

9. Success in the Workplace

- Conduct yourself in a professional, business-like manner
- Have a good attitude at work
- Let your employer know if you need assistance to perform your job

10. Make Your Own Job

- Check out the feasibility of your idea
- Let your customers know you exist
- Make sure you are personally and financially ready to start a business of your own.

EMPLOYMENT PROGRAMS

Employment Services Access

9156 Tecumseh Lane

Kettle & Stoney Point First Nation, ON N0N 1J1

Phone: 519-786-6780

Fax: 519-786-3114

Website: www.esalambton.on.

Hours:

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

Eligibility:

- Ages 16-64 years

Services:

- Information on resources/services available through the service provider and the community to support an individual's effort to find employment
- Employment Ontario programs and services
- Second Career and Self Employment Benefit
- Counselling, childcare, housing, health care, etc.
- Services for individuals with disabilities

Employment Transitions

660 Oakdale Avenue

Sarnia, ON N7V 2A9

Phone: 519-332-6528

Fax: 519-332-3446

Website: www.employment-transitions.com

Email: bvansickle@communitylivingsarnia.org

Hours:

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

Eligibility:

- Anyone who is currently on Ontario Disability Support Program (ODSP)
- Anyone with a self declared disability

Employment Transitions (Cont.)

Services:

- Assists with developing meaningful employment goals and skills development strategies
- Provides free employment search and job matching supports
- Provides a job coach, orientation, basic training, and on-going support to both the employee and employer
- Enables anyone with a disability or other significant employment challenge to earn a competitive wage and raise quality of life.

Goodwill Industries Essex, Kent, Lambton

Administration Office

1121 Wellington Street

Sarnia, ON N7S 6J7

Phone: 519-332-0440

Fax: 519-332-6029

Website: www.goodwillekl.com.

Hours:

- Monday to Friday 9:00 am - 5:00 pm

Services:

- Employment counselling and workshops
- Provides effective vocational programs and services
- Situational assessment
- Work adjustment training
- Work hardening
- Diagnostic vocational evaluation
- Sheltered workshop
- Volunteering

Fees:

- Some services have associated fees
- Some services have varied funding sources

Volunteer opportunities available

Goodwill Career Centre

London Road Shopping Centre

1249 London Road

Sarnia, ON N7S 4T3

Email: mrepuski@goodwillccc.com

Hours

- Monday to Friday 8:00 am - 5:00 pm

Services:

- Job Seeker Resource Information Services
 - Job searching assistance
 - Job matching assistance
 - Workshop and Training sessions
 - Personal assistance available with Employment Consultants
 - Second Career applications
-

Goodwill Retail Stores

1307 Michigan Avenue

Sarnia, ON N7S 4M6

Phone: 519-541-9273

1249 London Road

Sarnia, ON N7S 4T3

Phone: 519-337-4220

Hours:

- Monday to Friday 9:00 am - 9:00 pm
 - Saturday 9:00 am - 6:00 pm
 - Sunday 10:00 am - 5:00 pm
-

jobStart

660 Oakdale Avenue

Sarnia, ON N7V 2A9

Phone: 519-332-4004

TTY: 519-332-5719

Fax: 519-332-6161

jobStart (Cont.)

Website: www.jobstartsarnia.com

Email: jobstart@communitylivingsarnia.org

Wheelchair Accessible

Notation: Program only available to government approved program applicants (Opportunity Fund eligible)

Hours:

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

Services:

- A series of free 8-week employment readiness workshops designed for people who have a disability
- Assesses a person's abilities to determine job suitability
- Provides opportunities to explore the world of work and various work settings
- Locates job placement opportunities which often result in employment offers
- Provides job search assistance and follow-up after graduation'
- Sponsors an Alumni Club for jobStart graduates

Lambton College

Employment & Learning Centre

4248 Oil Heritage Road

Petrolia, ON N0N 1R0

Phone: 519-882-4333

TTY: 1-877-797-4333

Fax: 519-882-3404

Website: www.lambton.on.ca/elc

Email: elc@lambtoncollege.ca

Accessibility: Fully accessible

Hours:

- Monday to Friday 8:30 am - 4:30 pm
- Wednesday 8:30 am - 7:00 - pm

Lambton College Employment & Learning Centre (Cont.)

Some of the FREE services we provide are:

- Job search and career training
- Job search and career related workshops
- Job matching and job placement opportunities
- Resume, cover letter and interview skills assistance
- Access to computers, fax and photocopy services
- Basic Workplace Safety and WHMIS certification
- Assistance with Second Career and EI applications
- Job search assistance with access to daily job postings
- Help with referrals to programs, services and resources
- Information about Academic Upgrading and Apprenticeship

Summer Employment Transitions Community Living

Phone: 519-332-0560

Fax: 519-332-3446

551 Exmouth Street, Suite 105

Sarnia, ON N7T 7J4

Website: www.employment-transitions.com

Email: bvansickle@communitylivingsarnia.org

Wheelchair accessible

Hours:

- May to August - Monday to Friday 8:30 am – 4:30 pm

Eligibility:

- Student returning to school ages 16-29 with a self declared disability
- MUST have a registered Social Insurance Number (SIN)

Services:

- Designed to assist students who have disabilities find and maintain summer employment

The WorkPlace

265 N. Front Street, Suite 107

Sarnia, ON N7T 7X1

Phone: 519-337-7377

Fax: 519-337-9040

Website: www.workplacesarnia.com

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am - 12:00 pm, 1:00 pm-4:30 pm

Services:

- One to one employment counselling and career planning
- Job placement assistance
- Career Development Workshops including; Key Ingredients to Employment (K.I.T.E.), Interview skills, orientation to computerized Job Search.
- Barrier free resource centre with adaptive devices for individuals with physical barriers
- Information and referrals on skills development opportunities
- Second Career applications
- Assessments for Self Employment Benefits (SEB)

The WorkPlace County Outreach

4137 Petrolia Line, P.O. Box 1901

Petrolia, ON N0N 1R0

Phone: 519-882-3724

Toll Free: 1-800-642-1562

Fax: 519-882-0391

Website: www.theworkplacegroup.ca

Email: info@theworkplacegroup.ca

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am – 4:30 pm
- Thursday 8:30 am - 7:00 pm

The WorkPlace County Outreach (Cont.)

Serves:

- Ages 16 and over and services are free

Provides:

- Individual employment and career counselling
- Fully equipped Employment Resource Centre including computers, fax, photocopier, high speed internet, courtesy telephone and related job and career search materials.
- Access to national and local job links.
- Job Search Readiness Workshops
- Information and referrals to a variety of services and programs

Wawanosh Industrial Services

1315 Lougar Avenue

Sarnia, ON N7S 5N5

Phone: 519-336-9825

Fax: 519-336-8616

Email: wawanosh@ebtech.net

Hours:

- Monday to Friday 8:00 am - 4:30 pm

Wawanosh Enterprises

822 Confederation Street

Sarnia, ON N7T 2E3

Phone: 519-332-1707

Fax: 519-332-3971

Website: www.wawanoshenterprises.com

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 4:30 pm

Wawanosh Enterprises (Cont.)

Services:

- Long term work training available for people with developmental disabilities in the following:
- Industrial sewing
- Gasket manufacturing
- Packaging
- Assembly
- Labelling
- Collating
- Janitorial
- Sorting
- Woodworking
- Employees receive a training stipend

PLACEMENT AGENCIES

Braun Valley Associates

First Sarnia Place

201 Front Street, Suite 405

Sarnia, N7T 7L7

Phone: 519-336-4590

Fax: 519-336-8164

Email: bva@cogeco.net

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am – 4:00 pm

Eligibility:

- Engineering professionals
- Information Technology professionals
- Project Managers, Planners, Shutdown Personnel
- Quality Assurance, Industrial Hygiene
- Technical Writers & Editors
- Executive & Administrative Personnel
- Occupational Health & Safety

Apply with resumé in person, by fax, email or mail.

- Interview when position becomes available.
-

Express Employment Professionals

347 Christina Street. N

Sarnia, ON N7T 5V6

Phone: 519-336-7962

Fax: 519-336-4769

Website: www.expresspros.com

Email: jobs.sarniaon@expresspros.com

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am – 5:00 pm

Eligibility:

- Professionals
- General labour

Express Employment Professionals (Cont.)

Application Process:

- Apply with resumé in person, by fax or mail.
- Interview when position becomes available.

Kelly Services

150 Ouellette Place, Suite 110

Windsor, ON N8X 1L9

Phone: 519-254-2562

Fax: 519-354-1070

Hours:

- Monday to Friday 8:00 am – 6:00 pm

Accessibility: Doors not automatic

Eligibility:

- Clerical
- Light industrial (general labour)
- Technological

Application Process:

- Apply with resumé in person, by fax or mail.
- Email resume to: 7660@kellyservices.com
- Interview when position becomes available

SOS Personnel Sarnia Inc.

189 Wellington Street, Unit 2

Sarnia, ON N7T 1G6

Phone: 519-336-6620

Toll Free: 1-888-767-6620

Fax: 519-336-7531

Website: www.sospersonnelinc.com

Email: hrsupport@sospersonnelinc.com

Services:

- Recruitment of workers for a range of positions excluding tradespersons or construction workers
- Payrolling services for workers
- Human Resources consulting service
- Outsourcing services

STUDENT PLACEMENT AGENCIES

Employment Ontario Hotlines

33 Bloor Street East, 2nd Floor

Toronto, ON M4W 3H1

Phone: 416-326-5656

Toll Free: 1-800-387-5656

Fax: 416-326-5868

TTY: 416--326-5493

Website: www.edu.gov.on.ca

Email: info@edu.gov.on.ca

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am – 5:00 pm

Eligibility:

- Youth age 15 – 24 years
- Youth age 15 – 29 years with a disability
- Adults age 25 years or older

Services:

- Provides service in English and French
- Information and referrals to employment programs
- Information and referrals to training programs
- Information and referrals to counselling services
- Various employment publications

YMCA Employment Services

660 Oakdale Avenue

Sarnia, ON N7V 2A9

Phone: 519-336-5950

Fax: 519-336-1350

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am – 4:30 pm

YMCA Employment Services (Cont.)

Services:

- Provides group related assistance
- Internship program
- Job search and life skills
- On bus route
- Some recipients may receive stipend

Youth Opportunities Ontario

Toll Free: 1-800-387-5656

Website: www.youthconnect.ca

Services:

- Job Connect - Career and employment preparation services
- Apprenticeship – Train to become a skilled worker
- Ontario Summer Jobs – Student summer jobs and self-employment
- Ontario Internship Program – Gain experience in the Ontario public service
- Rural Youth Job Strategy – Helps rural youth prepare for and find a good job close to home
- Career Gateway – Career exploration on the Internet
- Job Market – A quick reference for career planning
- Ontario Job Futures - current trends and future outlook
- Working Youth - information about rights and obligations as an employee
- Jobs in Natural Resources - employment opportunities with the Ministry of Natural Resources
- Health & Safety - guidelines for the Ministry of Labour
- Publications available

GOVERNMENT INCOME SUPPORT PROGRAMS

MUNICIPAL GOVERNMENT

Social & Health Services Department

Director: 519-344-2057

Serves:

- Residents of Lambton County

Hours:

- Monday to Friday 8:30 am – 5:00 pm

The Social Services department provides a number of financial assistance and supportive services/programs.

These include:

Best Start

Phone: 519-542-9842

Toll Free: -888-542-6101

Website: www.ourbeststart.ca

Email: beststart@lambton.on.ca

Children Services

Subsidy Fee Assessment Office

150 N. Christina Street

Sarnia, ON N7T 8H3

Phone: 519-344-2057

Fax: 519-344-2023

Coronation Park Day Nursery

1014 Oak Street

Sarnia, ON N7S 3T7

Phone: 519-344-9601

Fax: 519-344-1865

Income Support Division

150 N. Christina Street

Sarnia, ON N7T 8H3

Phone: 519-344-2057

Fax: 519-344-2023

For application call..... 519-332-4906

Types of programs provided in the area of income support:

- Ontario Works Assistance
- Discretionary and mandatory benefits
- Homemakers and nurses services
- Purchase of long and short term hostel services
- Family support worker program
- Bus pass program
- Overpayment recovery program

Ontario Works - Income Support

150 N. Christina Street

Sarnia, ON N7T 8H3

Phone: 519-344-2057

Fax: 519-344-2023

Website: www.lambtononline.ca

Hours:

- Monday to Friday 8:30 am – 5.00 pm

Eligibility:

- Ages 16 – 64 years
- Must be in receipt of Ontario Disability Support Program or Ontario Works funding

Provides:

- Services in English, French, Spanish, Sign Language Interpreter
- Staff assistance including the completion of an employment and skills evaluation
- Employment related workshops
- Appropriate referrals to community and Human Resources Development Centre programs

Ontario Works - Income Support (Cont.)

Provides:

- Access to a wide range of self-serve equipment, services and resources for the unemployed or those seeking work or training
- Job Bank Kiosks
- Photocopiers and fax machines for client use in Sarnia office

Volunteer opportunities available.

PROVINCIAL GOVERNMENT

Service Ontario

150 Christina Street N.
Sarnia, ON N7T 7W5

Phone: 519-332-2512
Toll Free: 1-800-267-8097
TTY: 1-800-268-7095

Hours:

- Monday to Friday 8:30 am - 5:00 pm
- Closed public holidays

Services:

- Various government application forms.
- Access to general information online.
- Referrals to government staff who provide specialized help.
- Registration of unincorporated businesses.

Community and Social Services

150 Christina Street N.
Sarnia, ON N7T 8H4

Phone: 519-337-3735
Toll Free: 1-800-663-7633
TTY: 519-337-4804

Ministry Information phone line..... 1-888-789-4199
Ministry Website: www.mcsc.gov.on.ca

Hours:

- Monday to Friday 8:30 am - 5:00 pm

Ontario Disability Support Program (ODSP)

Ontario Disability Support Plan is a Provincial program that:

- Provides income support for people with disabilities
- Provides employment supports for people with disabilities who want to work
- Meets the long term needs of people with disabilities and supports them toward independence

ODSP Employment Supports Program

The Employment Supports Program provides supports for people with a disability that presents a substantial barrier to employment, to assist them to prepare for, obtain, and maintain competitive employment. Examples of supports that may be provided are:

- Vocational training and retraining
- Employment expenses such as transportation costs, appropriate work wear, tools and equipment, grooming costs, licensing fees, association fees, certification fees, babysitting and childcare.

Eligibility:

- 18 years or older;
- Person meets a test of financial need; and
- Qualifies under one or more of the following groups:
 - Person with a disability as defined under Ontario Disability Support Program Act
 - Person in receipt of disability benefits under the Canada Pension Plan
 - Age 65 years or over and not eligible for Old Age Security (OAS)
 - Resident in a psychiatric facility
 - Resident in a facility under the Development Services Act or in a home under the Homes for Special Care Act

To Apply:

- Ontario Works – if in immediate financial need
150 Christina Street North, Sarnia, ON 519-344-2057 or 1-888-748-8895
- ODSP Office – if not in immediate financial need
150 Christina Street North, Sarnia, ON 519-337-3735 or 1-800-663-7633
- Documentation will be required for your application such as proof of birth, health card, social insurance, asset verification, proof of expenses, income verification, receivables, and proof of debts.

Ministry of Revenue
Income Tax Related Programs Branch

33 King Street West,
Oshawa, ON L1H 8H5

Toll Free (English) 1-866-668-8297

TTY: 1-800-263-7776

Fax: 1-866-888-3850

Website: www.rev.gov.on.ca.

Hours:

- Monday to Friday 8:30 am – 5:00 pm

Guaranteed Annual Income Supplement (GAINS)

Eligibility:

- (a) Must be age 65 or older and receive the full or partial federal Old Age Security (OAS) and the federal Guaranteed Income Supplement (GIS)
- (b) Must be and has been a permanent resident of Ontario for the past 12 months or previously lived in this province for a total of twenty years after the age of eighteen; and
- (c) Total income from all sources is below the level guaranteed by the province
- (d) Also eligible to receive GAINS payments (effective July 2000) if you are a recipient of OAS and GIS benefits under the federal International Social Security Agreement program, have ten or more years of Canadian residency and meet requirements (b) and (c) above.

Provides:

- Ensures a guaranteed income for Ontario senior citizens by providing a monthly payment to qualifying pensioners

The Ontario Tax Reduction Program (OTR)

Eligibility:

- Lower income taxpayers (qualifying requirements)

Provides:

- Eliminates or reduces Ontario income tax
- Additional tax relief for eligible individuals with dependent children 18 years of age or under, or with disabled or infirm dependants of any age

Ontario Child Care Supplement (OCCS) for Working Families

Eligibility:

- Middle to low income families with children under the age of seven

Provides:

- Supplements for each child under the age of seven to provide child care support to assist parents in the workforce, in school and in training.

Ontario Human Rights Commission

180 Dundas St. West, 9th Floor

Toronto, ON M7A 2R9

Toll Free: 1-800-387-9080

TTY: 1-800-308-5561

Website: www.ohrc.on.ca

Regional Offices:

- 231 Dundas Street, Suite 303 , London, ON N6A 1H1
- 215 Eugenie St.W. Suite 100, Windsor, ON N8X 2CX7

Mission:

The Ontario Human Rights Commission is committed to the elimination of discrimination in society by providing

- The people of Ontario with strong leadership and quality service:
- In the effective enforcement of the Ontario Human Rights Code
- In the promotion and advancement of human rights

Ministry of Labour

Employment Standards Enquiry 1-800-531-5551

Regional Offices:

217 York Street, 5th Floor

London, ON N6A 5P9

Phone: 519- 439-2210

Toll Free: 1-800-265-1676

Fax: 519- 672-0268

4510 Rhodes Drive, Suite 610

Windsor, ON N8W 5K5

Phone: 519-256-8277

Toll Free: 1-800-265-5140

Fax: 519-258-1321

Website: www.labour.gov.on.ca

Mission:

- To advance safe, fair and harmonious workplace practices which are essential to the social and economic well being of the people of Ontario.

Provides:

- Information for working students regarding rights and obligations
- Information for new workers and students working in Ontario
- Fact sheets for employees
- Employer's guide to the Employment Standards Act
- Audits to employers to ensure maintenance of safe workplaces

Workplace Safety & Insurance Board (WSIB)

General Claims Inquiry London 1-800-265-4752

Toll Free - Ontario 1-800-387-0750

TTY: 1-800-387-0050

Website: www.wsib.on.ca

WSIB Benefits:

- Are for workers with work-related injuries or illnesses

Workplace Safety & Insurance Board (WSIB) (Cont.)

Benefits can include:

- Health care funding for costs related to workplace injury or disease such as: health care and medical costs, prescription drugs, special clothing and footwear, transportation.
- Income Support Programs
- Return to Work Programs

Application Information:

- The employee is responsible for making a claim with the Workplace Safety and Insurance Board within 6 months of the date of the incident..
- Benefits are based on each individual situation. Call the Information Hotline for Fact Sheets, further information on benefits and how to put in a claim.

Income Support – Insured Payments for Loss of Earnings

- The Workplace Safety and Insurance Board will provide insured payments for loss of earnings if you miss time from work because of a work-related injury or disease.

Return to Work Program

To provide support, the Workplace Safety and Insurance Board:

- Monitors activities, progress and cooperation of the workplace parties
- Provides information to assist in assessing the work/ workplace in terms of the worker's functional abilities, employment skills and possible accommodations
- Suggests return to work resources available to the workplace parties
- Provides mediation services to the workplace parties to resolve disputes or issues regarding the return to work program.

Workplace Safety & Insurance Board (WSIB) (Cont.)

Labour Market Re-entry Assessment:

The Workplace Safety and Insurance Board will conduct a labour market re-entry assessment if:

- It is unlikely that the worker will be re-employed by the employer due to the nature of the injury
- The accident employer has been unable to arrange work that is consistent with the worker's functional abilities and that restores the worker's pre-injury earnings
- The accident employer is unwilling to cooperate in the worker's early and safe return to work.

Labour Market Re-entry Assessment includes:

- Determining a category of jobs that are suitable for the worker that is consistent with the worker's functional abilities, and reduces or eliminates loss of earnings resulting from the injury

Labour Market Re-entry Plan:

- The Re-entry Assessment will determine if a worker requires a labour market re-entry plan to enable a return to the labour market.
- If a plan is needed, it is designed to enhance the worker's existing skills or, if necessary, provide new skills.
- The plan may include: English as a second language program; academic upgrading; skills training; formal training; training in job search techniques towards the goal of finding suitable employment.

FEDERAL GOVERNMENT

Service Canada

Website: www.servicecanada.gc.ca

Human Resource Centre

529 Exmouth Street

Sarnia, ON N7T 5P6

Phone: 519-464-5025

Toll Free (English) 1-800-277-9914

Toll Free (French) 1-800-277-9915

TTY: 1-800-255-4786

Website: www.servicecanada.gc.ca

Hours:

- Monday to Friday 8:30 am – 4:30 p.m.

Service Canada offers single-window access to a wide range of Government of Canada programs and services for citizens through more than 600 points of service located across the country, call centres and the Internet.

Employment Insurance Benefits (EI)

Employment Insurance Telemessage..... 1-800-206-7218

Income Security Programs

TTY: 1-800-523-4732

- Providing temporary financial assistance while they upgrade their skills or look for jobs.
- Delivering, in co-operation with the provinces and territories, active re-employment benefits and support measures.

Employment Insurance Special Benefits

- A person may receive sickness benefits if he or she cannot work or look for a job because of sickness, injury or quarantine.
- An individual might be eligible to receive these benefits for up to 15 weeks.

Employment Insurance Special Benefits (Cont.)

Application Process:

- Individuals should apply to a Service Canada office as soon as they stop work.
- Sometimes a person is too ill to apply right away. If this happens, he or she should check with a Service Canada office as soon as possible to discuss how application can be made.

The Labour Program

- Promotes a cooperative work environment that fosters constructive labour-management relations and encourages innovation, investment and worker well being
- Provides an array of programs and activities to equip Canadian workers and their employers with the tools they need to respond to emerging trends in the workplace and to adapt to the changing nature of work itself

Income Security Programs

(Canada Pension, Old Age Security, etc.)

Toll Free: 1-800-277-9914

TTY: 1-800-255-4786

Website: www.servicecanada.gc.ca

The Income Security Program strengthens the income security of targeted groups of Canadians by developing, administering and delivering programs for seniors, persons with disabilities, survivors and immigrants.

Guaranteed Income Supplement (GIS)

Eligibility:

- Must be in receipt of the Old Age Security Pension and meet income requirements
- Must renew eligibility every year

Guaranteed Income Supplement (GIS) (Cont.)

Provides:

- Additional money, on top of the Old Age Security pension, to low-income seniors living in Canada

Application Process:

- Call 1-800-277-9914 for information, forms, applications and to book an appointment with the local office.

Canada Pension Plan Disability Benefit

- Pays a monthly pension to people who have contributed to the Plan and who are disabled according to CPP legislation
- Pays monthly benefits for their dependent children.

Eligibility:

- Must have contributed to the CPP for a minimum number of years;
- Be considered disabled according to CPP legislation; and
- Be between the ages of 18 and 65 years.

When to apply:

- When you believe you have a serious long-term disability that prevents you from working regularly at any job

How to apply:

- You must apply in writing. If you are unable to apply on your own, another person may apply for you.
- Call for an application kit, which will contain information, instructions and forms required.

Toll Free (English) 1-800-277-9914
Toll Free (French) 1-800-277-9915
TTY: 1-800-255-4786

Canada Pension Plan Disability Vocational Rehabilitation

Program Information.: 1-800-461-3422

This program uses a case management approach with selected clients. A specialist will work with you to develop your individual plan. The program could include:

- One-on-one guidance to identify needs, education, current job skills and discuss work goals
- Planning your return to work by developing an Individualized Written Rehabilitation Plan
- Improving Your Skills and Retraining if you need to learn new skills, retrain or upgrade your education to secure a job
- Developing Job Search Skills

In order to meet the criteria for rehabilitation, a candidate must be:

- Receiving CPP Disability Benefits
- Medically stable
- Motivated and willing to participate
- Considered by a doctor to be a suitable participant in work-related rehabilitation programs and
- Resident of Canada

If you are interested in the vocational rehabilitation program call toll free 1-800-461-3422.

Opportunities Fund (OF)

The purpose of the Opportunities Fund is to:

- Partner with organizations of persons with disabilities and other sectors
- Support innovative approaches to integrating these individuals into paid employment or self-employment
- Overcome barriers to labour market participation

Eligible participants must be:

- Self-identified as having a disability
- Legally entitled to work in Canada
- In need of assistance to prepare for or find employment

Opportunities Fund (OF) (Cont.)

Eligible participants must be: (Cont.)

or to become employed or self-employed

- Ineligible for employment benefits under the Employment Insurance Act and
- Committed to an employment action plan

The Opportunities fund can be used:

- As a Wage Subsidy program
- To assist with tuition costs for training courses
- For income support while in training including dependent care and transportation allowances
- As a Self Employment Assistance program

Local Service Canada offices can be contacted for information about individual assistance or local projects and to confirm eligibility

HELPFUL INFORMATION RESOURCES

This section includes a list of some of the publications available to assist you with your job search and preparations, as well as a list of internet websites.

The publications listed are available through your local Human Resources Centre.

- Top 100 Internet Sites for Employment and Learning
- Plain Talk About Working for Citizens on Disability Pensions
- Self Help Series of 6 pamphlets on Taking Charge of Your Job Search
- 10 Essentials to Get That Job – An Employment Guide for Persons With Disabilities
- Employers, Coordinators and Groups - Guide to Employment Benefits and Support Measures
- Considering Your Career Options?
Information You Need to Plan Your Career
- Labour Program – Our Business
- Sarnia Lambton Youth at Work
- Looking for a Job? A Guide for Youth
- Career Pathways
- And Finally I Did Get a Job
- The Edge on finding a job or creating your own and making the most of it

Websites:

Canadian Centre for Occupational Health and Safety - www.ccohs.ca

EnableLink - www.enablelinc.org

Institute for Work and Health - www.iwh.on.ca.

The Canadian Council on Rehabilitation and Work

One Yonge Street Suite 1202

Toronto, ON M5E 1E5

Phone: 416-260-3060

Fax: 416-260-3093

Email: info@ccrw.org

Websites: www.ccrw.org www.workink.com

Wheelchair Accessible

Serves:

- Persons with disabilities of any age in Canada
- Employers, government, community agencies, and Human Resource Professionals involved in the employment of persons with disabilities

Mission:

- Promotes and supports the equitable employment of persons with disabilities
- Promotes inclusion and accessibility

Services:

- Consultation and workshops to groups involved in the employment of persons with disabilities
- Job training program
- Resume database searchable by potential employers

ARTS AND ENTERTAINMENT

Listings under Arts and Entertainment include:

- museums, theatres, cinemas, galleries
- bingo, racetracks and casinos, and
- sites of interest.

Listings are in alphabetical order.

Arkona Lions Museum

Rock Glen Conservation Area

8680 Rock Glen Road

Arkona, ON N0M 1B0

Phone:

- April - October..... 519-828-3071
- November - March 519-235-2610

Website: lambtononline.ca

Email: info@abca.on.ca

Hours:

- July, August 7 days/week 12:00 pm - 5:00 pm
- April, May, June September and October
Saturday and Sunday 12:00 pm - 5:00 pm

Accessibility: Portions of trails not accessible

Features:

- Scenic (10 metre waterfall and park)
- Trails
- Picnic Pavilion

Fees: Admission per person

Famous Players Lambton 9

1450 London Road

Sarnia, ON N0N 1J0

Phone: 519-542-5539

Website: www.cineplex.com

Wheelchair accessible

Famous Players Lambton 9 (Cont.)

Services:

- On bus route
- Accommodations for hearing impaired
- Matinees and evening shows
- Contact theatre or website for shows and times

Fees: Admission per person

Forest Amphitheatre

35 Jefferson Street

Forest, ON N1J 1J0

Phone: 519-786-5013

Website: www.forestcommunitytheatre.com

Wheelchair accessible

Features:

- Musical productions
- Canada Day fireworks display
- Special hearing devices for hearing impaired persons
- Hillside seating – lawn chairs not provided

Fees:

- Admission per person
- Family rates available

Volunteer opportunities available

Gallery in the Grove

P.O. Box 339

2700 Hamilton Road (Faethorne House - Wildwood Park)

Brights Grove, ON N0N 1C0

Phone: 519-869-4643

Website: www.galleryinthegrove.com

Gallery in the Grove (Cont.)

Hours:

- Monday to Thursday 11:00 am – 5:00 pm
- Saturday and Sunday 11:00 am – 3:00 pm
- Closed Fridays and Holidays

Accessibility: Stairs to second floor (Library is on first floor).

Features:

- Art, Pottery and Photo exhibits
- Weaving
- Woodcarving

Judith and Norman Alix Art Gallery

147 Lochiel Street

Sarnia, ON N7T 0B4

Phone: 519-336-8127

Fax: 519-336-8128

Website: www.ljnaag.ca

Hours:

- Monday / Tuesday - Closed
- Wednesday and Friday 11:00 am - 6:00 pm
- Thursday 11:00 am - 8:30 pm
- Saturday and Sunday 11:00 am - 4:00 pm
- First Friday each month 5:00 pm - 9:00 pm

Accessibility: Doors not automatic.

Features:

- Historical and contemporary exhibits
- Video Screenings
- Artist Lecture Series
- Tours
- Classes for Adults, Youth and Children
- Bus Trips

Fees: Admission free; voluntary donations accepted

Volunteer opportunities available

Huron Country Playhouse

R.R. #1, B. Line

Grand Bend, ON N0M 1T0

Box Office: 519-238-6000

Administration Office: 519-238-8387

Toll Free: Drayton Entertainment 1-855-372-9866

Fax: 519-238-6587

Website: www.draytonentertainment.com

Email: boxoffice@draytonentertainment.com

Hours:

- June - September
 - Monday and Tuesday 10:00 am - 5:00 pm
 - Wednesday to Saturday 10:00 am - 8:00 pm
 - Closed Sunday

Wheelchair accessible

Guide dogs permitted

Features:

- Plays June to September
- Contact Box Office for production and show times
- Tickets can be ordered by telephone.

Fees: Admission per person

Imperial Theatre

168 North Christina Street

Sarnia, ON N7T 5T9

Phone: Administration..... 519-332-6591

Box Office: 519-344-7469

Fax: 519-332-7774

Website: www.imperialtheatre.net

Hours:

- Monday to Saturday 11:00 - 5:00 pm

Imperial Theatre (Cont.)

Features:

- Tickets can be ordered by telephone or online
- Ticket information available at the ticket office, by calling 519-344-7469
- Performing artists
- Matinees and evening shows

Fees: Admission per person

Kenneith Gallery

251 North Vidal Street

Sarnia, ON N7T 5Y5

Phone: 519-332-8901

Accessibility: Stairs

Hours:

- By appointment only

Features:

- Fine art originals
 - Local artists
 - On bus route
-

Kiwanis Kineto Theatre

24 King Street West

Forest, ON N0N 1J0

Phone: 519-786-2303

Website: www.kineto.ca

Features:

- Evening movies
- Contact theatre or website for shows and times
- Doors open at 7:20 pm

Fees: Admission per person

Lambton Heritage Museum

R.R. #2, 10035 Museum Road

Grand Bend, ON N0M 1T0

Phone: 519-243-2600

Fax: 519-243-2646

Website: www.lclmg.org

Email: heritage.museum@county-lambton.on.ca

Hours:

- March to October:
Monday to Friday 10:00 am – 5:00 pm
Saturday, Sunday and Holidays 11:00 am - 5:00 pm
- November to February:
Monday to Friday 10:00 am – 5:00 pm
Closed weekends and holidays

Wheelchair accessible

Features:

- Reveals history of Lambton County
- 8 buildings; 20,000 artifacts, archives
- Activities for children

Fees: Admission per person

Volunteer opportunities are available

Moore Museum

94 Moore Line

Mooretown, ON N0N 1M0

Phone/Fax: 519-867-2020

Website: www.mooremuseum.ca

Email: lmason@stclair.on.ca

Hours:

- March and April: Monday to Friday 9:00 am to 4:00 pm
- May to August Wednesday to Sunday 11:00 am – 5:00 pm
- September to mid-December: Monday to Friday
9:00 am – 4:00 pm

Moore Museum (Cont.)

Accessibility:

- 8 exhibit buildings fully accessible
- Log cabin and Fire hall have limited access
- Caboose is not accessible
- Main Floor only

Features:

- Self-guided tours only
- Presents local history
- Exhibits
- School programs
- Special events

Fees: Admission per person

Volunteer opportunities may be available.

Point Edward Charity Casino

2000 Venetian Boulevard

Point Edward, ON N7T 8G4

Phone: 519-383-7770

Toll Free: 1-888-394-6244

Website: www.olg.ca

Wheelchair accessible

Eligibility:

- Must be 19 years or older

Features:

- Slot machines
 - Table games
 - Full Service Restaurant with Patio
-

Sarnia Bingo Country

825 Upper Canada Drive

Sarnia, ON N7W 1A3

Phone: 519-344-1045

Website: www.bingo-country.ca

Wheelchair accessible

Sarnia Bingo Country (Cont.)

Hours:

- 7 days a week: 11:30 am, 1:30 pm, 7:00 pm and 10:00 pm
- Thursday to Sunday 4:00 pm

Eligibility:

- Must be 18 years or older

Features:

- Lighted number boards

Fees: Fee per book of bingo sheets

Sombra Museum

3470 St. Clair Parkway (Entrance on Smith)

Sombra, ON NOP 2H0

Phone/ Fax: 519-892-3982

Hours:

- Beginning May long weekend to end of May:
Saturday and Sunday 1:00 pm – 4:00 pm
- June 1 to September 30:
7 days a week 1:00 pm – 4:00 pm
- July to August:
7 days a week 11:00 am - 4:30 pm
- Also by appointment

Accessibility: Wheelchair Accessible

Features:

- Victorian home; refurbished to 1800's
- Marine room
- Agriculture and Technology room
- Log cabin out back from 1830's
- Christmas Open House – November
- First Museum in Lambton County

Fees: Admission per person

Volunteer opportunities available

The Petrolia Discovery

4381 Discovery Line

Petrolia, ON N0N 1R0

Phone: 519-882-0897

Fax: 519-882-4209

Website: www.petroliadiscovery.com

Email: petdisc@xcelco.on.ca

Accessibility: Some gravel trails

Hours:

- 1st Saturday in May to Labour Day:
Wednesday to Sunday 10:00 am – 5:00 pm
- Labour Day to September 30:
Tuesday to Saturday 12:00 pm – 4:00 pm

Features:

- Rock Oil Program Tour
- Pioneer Village
- Canada Day celebrations
- Petrolia Pumpkinfest
- Annual Auto Show
- Off season guided tours by appointment
- Picnic and play area

Fees:

- Admission per person
- Group rates available

Volunteer opportunities available

Uncle Tom's Cabin Historic Site

R.R. #5, 29251 Uncle Tom's Road

Dresden, ON N0P 1M0

Phone: 518-683-2978

Fax: 519 683-1256

Website: www.uncletomscabin.org

Email: iutchs@heritagetrust.on.ca

Uncle Tom's Cabin Historic Site (Cont.)

Hours:

- Mid-May to mid-October:
Monday to Saturday 10:00 am – 4:00 pm
Sunday 12:00 pm – 4:00 pm
Holiday Mondays: 10:00 am – 4:00 pm
- Mondays July to August:
10:00 am – 4:00 pm

Wheelchair accessible.

Features:

- Information on Underground Railroad (used by slaves fleeing from the United States in the early 1800's)
- Guided tours
- Audio self-guided tours
- Open year round by appointment for groups of 20 plus

Fees: Admission per person.

Victoria Playhouse

411 Greenfield Street, P.O. Box 1270

Petrolia, ON N0N 1R0

Phone: Box Office..... 519-882-1221

Toll Free: 1-800-717-7694

Website: www.thevpp.com

Email: boxoffice@thevpp.ca

Wheelchair accessible

Hours:

- Monday to Friday 9:00 am – 5:00 pm
- Saturday (summer only) 9:00 am – 5:00 pm

Features:

- Concerts
- Plays
- Musicals
- Matinees and evening shows
- Tickets can be ordered by telephone or e-mail

Possible volunteer opportunities available

LIBRARIES

Lambton County Library provides books and other resources for the education, instruction, interest and enjoyment of the residents of the county. Through its materials, programs and facilities, the library contributes to the cultural and social life of Sarnia-Lambton residents as well as assists in the preservation and promotion of the county's heritage.

In addition to standard library services, we provide the following specialized services at no charge:

- Talking books for individuals unable to use standard books
- Large print books
- Visualtek magnifier
- Home library service for individuals not able to use the library due to infirmity
- Selected materials in French, Chinese, Italian, Polish, Dutch, Hungarian, German, Hindi, Arabic, Spanish and Vietnamese.
- Bookmobile with wheelchair ramp.
- Inter-library loan for materials not held in Lambton's libraries
- Internet access
- Children's storytimes and other programs
- A variety of adult programs

Fees:

- No fees for use of resources
- Fees are charged for overdue materials, photocopying and computer printouts

For more information:

- Call or email your local branch
- Email: libraryheadquarters@county-lambton.on.ca or Call: 519-845-3324
- Visit our website at: www.lambtonlibrary.org
- Tuesday 5:00 pm - 9:00 pm
- 12:00 pm - 4:00 pm

Aamjiwnaang- 1st Nation Branch Library

1972 Virgil Avenue

Sarnia, ON N7T 7Y9

Phone: 519-337-7836

Wheelchair accessible

Hours:

- Monday, Wednesday and Thursday 1:00 pm - 5:00 pm
 - Tuesday 5:00 pm - 9:00 pm
 - Thursday 12:00 pm - 4:00 pm
-

Alvinston Library

3251 River Street

Alvinston, ON N0N 1A0

Phone: 519-898-2921

Email: alvinston.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Tuesday, Thursday and Friday
1:00 pm - 5:00 pm and 6:00 pm - 8:30 pm
 - Saturday 10:00 am - 1:30 pm
-

Arkona Library

16 Smith Street, P.O. Box 12

Arkona, ON N0M 1B0

Phone: 519-828-3406

Wheelchair accessible

Email: arkona.library@county-lambton.on.ca

Hours:

- Tuesday and Thursday 3:00 pm - 8:00 pm
 - Saturday 10:00 am - 12:00 pm
-

Brigden Library

1540 Duncan

Brigden, ON N0N 1B0

Phone: 519-864-1142

Email: brigden.library@county-lambton.on.ca

Wheelchair accessible

Brigden Library (Cont.)

Hours:

- Monday, Tuesday and Thursday 4:00 pm – 9:00 pm
 - Saturday 9:00 am - 2:00 pm
-

Brights Grove Library

2618 Hamilton (Faethorne House)

Bright's Grove, ON N0N 1C0

Phone: 519-869-2351

Email: brightsgrove.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday to Thursday 9:30 am – 8:00 pm
 - Saturday and Sunday 11:00 pm – 3:00 pm
 - Not open long weekends
-

Camlachie Library

6745 Camlachie Road

Camlachie , ON N0N 1E0

Phone: 519-899-2202

Email: camlachie.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday and Wednesday 4:00 pm - 8:00 pm
 - Saturday 9:00 am - 1:00 pm
-

Corunna Library

417 Lyndock Street

Corunna, ON N0N 1G0

Phone: 519-862-1132

Email: corunna.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday to Thursday 10.00 am - 8.00 pm
 - Friday & Saturday 10:00 am - 2:00 pm
 - Sunday 11:00 am - 2:00 pm
 - Not open long weekends
-

Courtright Library

1533 Fourth

Courtright, ON N0N 1H0

Phone: 519-867-2712

Email: courtright.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Tuesday and Thursday 3:00 pm - 8:00 pm
 - Saturday 9:30 am - 11:30 am
-

Florence Library

6213 Mill Street

Florence, ON N0P 1R0

Phone: 519-692-3213

Email: florence.library@county-lambton.on.ca

Hours:

- Tuesday and Thursday 4:00 pm – 8:00 pm
 - Saturday 10:00 am – 2:00 pm
-

Forest Library

61 King Street West

Forest, ON N0N 1J0

Phone: 519-786-5152

Email: forest.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday to Friday 9:30 am – 8:00 pm
 - Saturday 9:30 am – 5:00 pm
 - Sunday 12:00 pm - 5:00 pm
- Not open Sunday or holiday weekends
-

Grand Bend Library

15 Gill Street

Grand Bend, ON N0M 1T0

Phone: 519-238-2067

Email: grandbend.library@county-lambton.on.ca

Wheelchair accessible

Grand Bend Library cont.

Hours:

- Monday and Tues. 9:00 am- 2:00pm & 7:00pm - 9:00 pm
 - Thursday and Friday 9:00 am- 2:00pm & 7:00 pm - 9:00 pm
 - Wednesday and Saturday 9:00 am – 2:00 pm
-

Lambton Room

Library Headquarters

787 Broadway Street

Wyoming, ON N0N 1T0

Phone: 519-845-3324

Email: lambtonroom@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday to Friday 9:00 am - 5:00 pm
 - Tuesday and Thursday 6:00 pm - 9:00 pm
 - Saturday 12:00 pm - 5:00 pm
-

Library Headquarters

787 Broadway Street,

Wyoming, ON N0N 1T0

Phone: 519-845-3324

Wheelchair accessible

Email: library.headquarters@county-lambton.on.ca

Hours:

- Monday to Friday 9:00 am – 5:00 pm

Limited volunteer opportunities available in various branches.

Call for details

Inwood Library

6504 James Street

Inwood, ON N0N 1K0

Phone: 519-844-2491

Email: inwood.library@county-lambton.on.ca

Hours:

- Tuesday and Thursday 4:00 pm – 8:00 pm
- Saturday 9 :00 am – 1:00 pm

Mall Road Library

1362 Lambton Mall Road

Sarnia, ON N7S 5A1

Phone: 519-542-2580

Email: mallroad.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday to Friday 9:30 am – 8:00 pm
 - Saturday 9:30 am – 5:00 pm
 - Sundays 12:00 pm - 5:00 pm
(not open Sundays on holiday weekends)
-

Mandaumin Library

3021 Confederation Line

Wyoming, ON N0N 1T0

Phone: 519-383-8085

Email: mandaumin.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday and Wednesday 4:00 pm – 7:00 pm
 - Tuesday 9:00 am – 12:00 pm
 - Saturday 2:00 pm – 5:00 pm
-

Mooretown Library

1166 Emily Street (Inside Mooretown Sports Complex)

Mooretown, ON N0M 1M0

Phone: 519-8677-2823

Email: mooretown.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday 4:00 pm – 8:00 pm
 - Wednesday 4:00 pm – 8:00 pm
 - Saturday 9:00 am – 1:00 pm
 - Summer Hours - please call
-

Oil Springs Library

4596 Oil Springs Line

Oil Springs, N0N 1P0

Phone: 519-834-2670

Email: oilsprings.library@county-lambton.on.ca

Hours:

- Tuesday and Thursday 4:00 pm – 8:00 pm
 - Saturday 10:00 pm – 2:00 pm
-

Petrolia Library

4200 Petrolia

Petrolia, ON N0N 1R0

Phone: 519-882-0771

Email: petrolia.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday to Thursday 10:00 am – 8:00 pm
 - Friday 1:00 pm – 6:00 pm
 - Saturday 10:00 am – 3:00 pm
 - Sunday 12:00 pm - 3:00 pm
(not open holiday weekends)
-

Point Edward Library

220 Michigan Avenue

Point Edward, ON N7V 1E8

Phone: 519-336-3291

Email: pointedward.library@county-lambton.on.ca

Hours:

- Monday and Wednesday 12:00 pm- 5:00 pm
 - Tuesday and Friday 2:00 pm - 7:00 pm
 - Saturday 10:00 am - 3:00 pm
-

Port Franks Library

9997 Port Franks Road

Port Franks, ON N0M 2L0

Phone: 519-243-2820

Email: portfranks.library@county-lambton.on.ca

Wheelchair accessible

Port Franks Library (Cont.)

Hours:

- Tuesday and Thursday 3:00 pm - 8:00 pm
 - Saturday 10:00 am - 12:00 pm
-

Port Lambton Library

507 Stoddard

Port Lambton, ON N0P 2B0

Phone: 519-677-5217

Email: portlambton.library@county-lambton.on.ca

Hours:

- Monday, Wednesday, Thursday 6:00 pm – 9:00 pm
 - Saturday 9:00 am - 12:00 pm
-

Sarnia Branch Library

124 Christina Street South

Sarnia, ON N7T 8E1

Phone:..... 519-337-3291

Email: sarnia.library@county-lambton.on.ca

Hours:

- Monday to Thursday 9:30 am – 9:00 pm
- Friday 9:30 am – 5:30 pm
- Saturday 9:30 am – 5:30 pm,
- Sunday 2:00 pm – 5:00 pm, (mid October to mid May),
not open holiday weekends)

Wheelchair accessible.

- Provides Bookmobile Services
-

Shetland Library

1279 Shetland Road

Florence. ON N0P 1R0

Phone: 519-695-3330

Email: shetland.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Monday 3:00 pm - 8:00 pm
- Wednesday 3:00 pm – 8:00 pm
- Saturday 1:00 pm - 5:00 pm

Sombra Library

2526 St. Clair Parkway

Sombra, ON N0P 2H0

Phone: 519-892-3711

Email: sombra.library@county-lambton.on.ca

Wheelchair accessible

Hours:

- Tuesday and Thursday 3:00 pm – 8:00 pm
 - Saturday 10:00 am - 12:00 pm
-

Theford Library

16 Allen Street (Legacy Centre)

Theford, ON N0M 2N0

Phone: 519-296-4459

Email: theford.library@county-lambton.on.ca

Hours:

- Tuesday 3:00 pm - 8:00 pm
 - Thursday 3:00 pm - 8:00 pm
 - Saturday 10:00 am - 12:00 pm
-

Watford Library

5317 Nauvoo Road

Watford, ON N0M 2S0

Phone: 519-876-2204

Email: watford.library@county-lambton.on.ca

Hours:

- Monday, Tuesday, Thursday 10:00 am - 8:00 pm
 - Friday 10:00 am - 4:00 pm
 - Saturday 9:00 am - 1:00 pm
-

Wilkesport Library

1349 Wilkesport Line

Wilkesport, ON N0P 2R0

Phone: 519-864-4000

Email: wilkesport.library@county-lambton.on.ca

Hours:

- Monday, Wednesday and Thursday 5:00 pm – 8:00 pm
- Saturday 9:00 am – 12:00 pm

Wyoming Library

536 Niagra Street

Wyoming , ON N0N 1T0

Phone: 519-845-0181

Email: wyoing.library@county-lambton.on.ca

Hours:

- Monday to Thursday 1:00 pm - 8:00 pm
 - Friday 9:00 am - 5:00 pm
 - Saturday 9:00 am - 1:00 pm
-

OUTDOOR CENTRES AND CLUBS

Listings under Outdoor Centres include: conservation , camps and clubs for children and youth. Camp fees for children with special needs may be covered under Assistance for Children with Severe Disabilities Benefits, detailed in the Health Section of this Directory.

A.W. Campbell Conservation Area

R.R. 6

Alvinston, ON N0N 1A0

Phone: 519-847-5357

Fax: 519-245-3348

Website: www.scrca.on.ca

Email: stclair@scrca.on.ca

Hours: Open May to October

Features:

- Nature trails
- Campground
- Pool
- Paddle boats
- Kayak rentals
- Volleyball & Basketball courts
- 2 Sets of playground equipment

Fees:

- Overnight campsite fees
 - Fee per vehicle for day use
-

Christian Horizons Conference Centre

R.R. #2, 4442 Bruce Road #1

Paisley, ON N0G 2N0

Phone: 519-353-5756

Fax: 519-353-5136

Website: www.christian-horizons.org

Email: chcc@christian-horizons.org

Hours:

- Summer: 24 hours daily
- Off-season: 8:30 am – 5:00 pm.

Christian Horizons Conference Centre (Cont.)

Wheelchair accessible

Features:

- Serving persons with exceptional needs
- Vacations from 6 days to 10 weeks
- Respite for families and support providers
- Conference centre
- Support provided one-to-one or groups of 3 by trained staff.
- Activities: hot tub, pool, crafts, etc.
- Day trips

Fees:

- Fees for vacations
- Transportation fees may apply
- Guest Assistance Fund may be available to assist with fee payment
- Support fees may apply

Summer employment opportunities for youth 16 and older

Camp Saredaca Outdoor Centre

Office (City Hall):

255 North Christina Street,
Sarnia, ON N7T 7N2

Camp:

2065 Blackwell Road,
Sarnia, ON

Phone: 519-332-0330

Fax: 519-332-0776

Website: www.sarnia.on.ca

Email: parksrec@sarnia.on.ca

Wheelchair accessible

Hours:

- Monday to Friday for 7 weeks during the summer
- Day camp setting

Eligibility:

- Children age 6 – 10 years

Camp Saredaca Outdoor Centre (Cont.)

Features:

- Cookouts, swimming, camp crafts, games, nature hikes and sports.
 - Guest speakers.
 - Children are transported by bus.
-

Camp Trillium

Head Office:

940 Queensdale Avenue East

Hamilton, ON L8V 1N4

Phone: 905-527-1992

Toll Free 905-527-5314

Website: www.camptrillium.com

2 Camp Sites:

- Camp Trillium Oddfellow & Rebekah Island(South of Belleville)
- Rainbow Lake, Waterford (South of Brantford)

Services:

- Children on or off cancer treatment
- Children who are dying of cancer
- Families of children living with cancer
- Bereaved brothers and sisters

Goals:

- Provide an environment where natural support and sharing can be found for children with cancer and their siblings
- Help children with cancer develop personal well being, social interaction skills, new skills and interests in a fun environment
- Educate the public about pediatric oncology
- Offer and promote recreation programs, to bring children with cancer and their families together
- Offer an environment, which normalizes relationships, helping them in the healing process and enhancing their quality of life

Camp Trillium (Cont.)

Features:

- Recreational and support programs
- Day Camp (one week) for children 4 - 7 years old, located in seven cities
- Residential Camp (11 days) for ages 8 - 16 years
- Family Camp (One week) for the whole family
- Leadership/Teen Camp: (One week) for youth ages 14 - 16 years
- Counsellor-In-Training Program for young adults age 17 years and older
- Winter Camp (weekend) for youth ages 8 - 16 years
- Youth Group: Monthly meetings in three city centres for youth ages 8-16 years
- International Exchange program: A camper and staff teen weekend workshops: An educational program for teenagers
- One-on-one community based matching program of staff and siblings throughout Ontario

Volunteer opportunities available

L. C. Henderson Conservation Area

R.R.#

Petrolia, ON N0N 1R0

Phone: 519-882-2280

Fax: 519-882-2447

Website: www.scrca.on.ca

Email: henderca@xcelco.on.ca

Hours: Open May to October

Features:

- Nature trails
- Campground

Fees:

- Overnight campsite fees
- Fee per vehicle for day use

Ontario March of Dimes Camp for Disabled

10 Overlea Boulevard

Toronto, ON M4H 1A4

Phone: 416-425-3463

Toll Free: 1-800-263-3463

Fax: 416-425-1920

Website: www.marchofdimes.ca

Email: recreation@dimes.on.ca

90% wheelchair accessible

Hours:

- 9:00 am – 4:30 pm

Eligibility:

- Must be 18 years or older, with a disability

Features:

- Residential holiday at YMCA Geneva Park
- Day trips offered September – May
- Information on integrated outdoor education programs
- Opportunities to explore interests in the arts

Fees:

- Minimum fee is \$300 for residential holiday

Volunteer opportunities available.

Rock Glen Conservation Area

8685 Rock Glen Road

Arkona , ON N0M 1B0

Phone: 519-235-2610

Toll Free: 1-888-286-2610

Fax: 519-235-1963

Website: www.abca.on.ca

Email: info@abca.on.ca

Hours:

- May 1 – October 31 9:00 am - dusk

Accessibility: Portions of trails not accessible

Features:

- Scenic park
- Trails
- Picnic pavilion

Fees: Admission per person or per vehicle

St. Clair Township – Parks & Recreation

1155 Emily Street

Mooretown, ON N0N 1M0

Phone: 519-867-2651

Website: www.twp.stclair.on.ca

Email: beacon@twp.stclair.on.ca

Accessibility: Wheelchair accessible walkways

Hours:

- Open daily

Features:

- 3 Campgrounds
- Scenic drive
- Gardens
- Waterfront walkways
- Fishing
- Boat launch ramps
- Swimming Pool
- 18 hole golf course
- Museums

Scouts Canada

Scouts Canada Toll Free: 1-888-726-8876

Southwestern Ontario Admin. Centre 1-866-568-7472

Scouts Canada - National Office

Website: www.scouts.ca

Email: trishore@scouts.ca

Eligibility:

- Young people ages 5 – 26 years

Mission:

- To contribute to the development of young people in achieving their full physical, intellectual, social and spiritual potential as individuals, responsible citizens and members of their local, national and international communities through the application of our principles and practices
- Based on three broad principles that represent its fundamental beliefs: Duty to God, Duty to others, and Duty to self

Scouts Canada (Cont.)

Self-education including:

- A promise and law
- Learning by doing
- Membership in small groups
- Progressive and stimulating programs
- Commitment to the values of doing one's best, contributing to the community, respecting and caring for others, contributing as a family member
- Use of outdoor activities as a key learning resource

Warwick Conservation Area

6101 Warwick Village Road
Watford, ON N0M 2S0

Phone: 519-849-6770

Fax: 519-849-6717

Website: www.scrca.on.ca

Email: camping@scrca.on.ca

Hours:

- Open May to October

Features:

- Nature trails
- Campground

Fees:

- Overnight campsite fees.
- Fee per vehicle for day use.

SHOPPING

All grocery stores and malls listed allow guide dogs. Most grocery stores will provide staff assistance and carry out service; some provide delivery services. Contact the customer service manager at each store for more details on special services.

Metro

1375 London Road
Sarnia, ON N7S 1P6

Phone: 519-542-1433

Wheelchair accessible

Hours:

- 24 hours/7 days weekly

Services:

- Staff assistance available; carry out service available to your vehicle
 - Scooters available
-

Metro

560 Exmouth Street
Sarnia, ON N7T 5P5

Phone: 519-337-8308

Hours:

- Sunday to Saturday 7:00 am - 12:00 Midnight

Wheelchair accessible

Services:

- Staff assistance available; carry out service available to your vehicle
-

Arkona Foodtown

7291 Arkona Road
Arkona, ON N0M 1B0

Phone: 519-828-3577

Arkona Foodtown cont.

Hours:

- Monday to Wednesday 8:30 am-6:00 pm
- Thursday and Friday 8:30 am - 8:00 pm
- Saturday 8:30 am - 6:00 pm
- Sunday 11:00 am - 6:00 pm

Accessibility: Entrance is not automatic although the exit is.

Services:

- Staff assistance available; carry out service available to your vehicle
-

Bayside Centre

150 Christina Street North

Sarnia, ON N7T 7W5

Phone: 519-336-6012

Fax: 519-336-6774

Website: www.baysidecentre.ca

Wheelchair accessible

Hours:

- Monday to Saturday 9:30 am - 6:00 pm
- Closed Sundays

Services:

- Wheelchairs available
 - Personal shopping assistance and carry out service to your vehicle provided through Administration office
 - On bus route
-

Bluewater Food Land

420 Lyndock Street

Corunna, ON N0N 1C0

Phone: 519-862-5213

Wheelchair accessible

Hours:

- Open 24 hours

Services:

- Staff assistance available; carry out service available to your vehicle; occasional delivery services available

Watford Food Land

5407 Nauvoo Road

Watford, ON N0M 2S0

Phone: 519-876-3011

Fax: 519-876-2542

Website: www.foodland.ca

Wheelchair accessible

Hours:

- Monday to Saturday 8:00 am – 6:00 pm
- Sunday 9:00 am - 8:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle; delivery services available.

Davey Jones Foodtown

1030 Confederation

Sarnia, ON N7S 6H1

Phone: 519-383-8837

Wheelchair accessible

Hours:

- Monday to Saturday 8:00 am – 6:00 pm
- Sunday 11:00 am – 5:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle
- Delivery services Monday to Saturday. 10:00 am and 2:00 pm
- Assembly fee on all orders
- Delivery fee on orders less than \$50.00

Good Food Box

Website: www.lambtonhealth.on.ca/nutrition/foodbox.asp

To find a location near you contact the County of Lambton

Community Health Services:

160 Exmouth Street, Sarnia, ON 519-383-8331 ext. 3567

Toll Free: 1-800-667-1839

Office Hours: Monday to Friday 8:30 am – 4:30 pm

Good Food Box (Cont.)

Eligibility:

- Families or individuals

Services:

- Good Food Box contains in-season fruits and vegetables
- Two sizes available: family and single
- Order by first week of the month; pick up the third week of the month

Fees:

- Monthly fee per box
-

Food Basics

191 Indian Road S.

Sarnia, ON N7T 3W3

Phone: 519-344-1500

Accessibility: Wheelchair accessible

Hours:

- Monday to Saturday 8:00 am - 10:00 pm
- Sunday 8:00 am - 8:00 pm

Services:

- Drive-thru Pharmacy
-

Forest Food Land

88 King Street

Forest, ON N0N 1J0

Phone: 519-786-2321

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 9:00 pm
- Saturday 8:00 am - 6:00 pm
- Sunday 9:00 am - 6:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle
 - Power carts available
-

Brights Grove Food Land

2600 New Lakeshore Road

Bright's Grove, ON N0N 1G0

Phone: 519-869-4433

Wheelchair Accessible

Hours:

- Open 24 hours

Services:

- Staff assistance available; carry out service available to your vehicle
-

Heidi's Independent Grocer

4136 Petrolia Line

Petrolia, ON N0N 1R0

Phone: 519-882-2211

Fax: 519-882-2210

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 9:00 pm
- Saturday 8:00 am - 6:00 pm
- Sunday 10:00 am - 6:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle
-

Lambton Mall

1380 London Road

Sarnia, ON N7S 1P6

Phone: 519-542-7784

Website: www.lambtonmall.com

Wheelchair accessible

Hours:

- Monday to Saturday 9:30 am - 9:00 pm
- Sunday 11:00 am - 5:00 pm

Lambton Mall (Cont.)

Features:

- Anchor stores include: Canadian Tire, Toys 'R Us, Sears
 - Wheelchairs available
 - Personal assistance and carry out service provided by some stores
 - On bus route
-

Mid-Town Convenience Centre

5315 Nauvoo Road

Watford, ON N0M 2S0

Phone: 519-876-2833

Accessibility: Entrance not automatic; one step

Hours:

- Monday to Friday 6:00 am - 10:00 pm
- Saturday 8:00 am - 10:00 pm
- Sunday 8:00 am - 9:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle
-

Mike's No Frills

889 Exmouth Street

Sarnia, ON N7T 5R3

Phone: 519-332-1321

Wheelchair accessible

Hours:

- Monday to Saturday 8:00 am - 10:00 pm
- Sunday 8:00 am - 8:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle
-

Port Lambton Foodtown

4352 St. Clair Parkway
Port Lambton, ON N0P 2B0

Phone: 519-677-4428

Wheelchair accessible

Hours:

- Monday to Wednesday 9:00 am - 6:30 pm
- Thursday and Friday 9:00 am - 8:00 pm
- Saturday 9:00 am - 6:00 pm
- Sunday 10:00 am - 5:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle; delivery services locally Tuesdays and Thursdays for a fee

Real Canadian Superstore

600 Murphy Road
Sarnia, ON N7S 2X1

Phone: 519-383-8300

Wheelchair accessible

Hours:

- Daily 7:00 am – 11:00 pm

Real Canadian Superstore (Cont.)

Services:

- Staff assistance available; carry out service available to your vehicle
- Scooters available

The Tender Spot V&S

20 Main Street

Grand Bend, ON N0M 1T0

Phone: 519-238-2512

Fax: 519-238-6169

Website: www.vsoptions.ca

Hours:

- May – September: Monday to Saturday 8:00 am – 8:00 pm
- October – April: Monday to Saturday 9:00 am – 5:00 pm
- Sundays all year round 9:00 am - 5:00 pm

Accessibility: Washrooms not accessible

Services:

- Staff assistance available; carry out service available to your vehicle; delivery services available locally

Theford Family Market

116 Louisa Street (at Main Street)

Theford, ON N0M 2N0

Phone: 519-296-4938

Accessibility:

- Bathrooms not accessible; Entrance and Exit not automatic

Hours:

- Monday to Thursday 8:00 am - 6:00 pm
- Sunday 10:00 am - 5:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle; local delivery
-

Wyoming Foodland

610 Broadway, Box 599

Wyoming, ON N0N 1T0

Phone: 519-845-3498

Wheelchair accessible

Hours:

- Monday to Friday 8:00 am - 8:00 pm
- Saturday 8:00 am - 6:00 pm
- Sunday 11:00 am - 5:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle; delivery services available Tuesdays
-

Wright's Family Valu-Mart

710 Kemsley Drive (Oak Acres Plaza)

Sarnia, ON N7V 2M2

Phone: 519-332-5701

Wheelchair accessible

Hours:

- Sunday to Saturday 8:00 am – 9:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle; delivery services Monday to Thursday. Must phone in order before 11:00 am. Minimum \$30 order, \$3 delivery charge
-

Zavitz General Store

99 Main Street

Theford, ON N0M 2N0

Phone: 519-296-4994

Wheelchair accessible

Hours:

- Monday to Friday 6:00 am to 9:00 pm
- Saturday & Sunday 7:00 am to 9:00 pm

Services:

- Staff assistance available; carry out service available to your vehicle; delivery services available.

SPORTS AND FITNESS

Included in Sports and Fitness are: fitness centres, sports complexes and arenas.

Bluewater Fun Park

1886 London Line

Sarnia, ON N7W 1B3

Phone: 519-542-1083

Fax: 519-542-1545

Website: www.bluewaterfunpark.com

Email: info@bluewaterfunpark.ca

Hours: 7 days/week 10:00 am – 7:00 pm

Mid-June to Labour Day:

Wheelchair accessible.

Guide dogs permitted.

Features:

- Water slides
- Speed slides
- Leisure pool
- Whirlpools
- Bumper boats
- Picnic area
- Roller racers
- Mini-golf
- Snack bar

Fees:

- General admission per person
- Activity fee for slides and bumper boats

Germain Arena

170 Sycamore Street

Sarnia, ON N7T 4K7

Phone: 519-337-5591

Fax: 519-337-8241

Wheelchair accessible

Germain Arena (Cont.)

Hours:

- Summer: 7 days a week 3:00 pm - 11:00 pm
- Winter: 7 days a week 7:00 am – 12:00 am

Features:

- Ice rentals
- Figure skating
- Hockey

Fees:

- Ice rental fees
 - Book through City Hall
-

Good Life Fitness Club Sarnia

710 Cathcart Boulevard (Oak Acres Mall)

Sarnia, ON N7V 2N6

Phone: 519-344-1330

Wheelchair accessible

Hours:

- Monday 6:00 am – 12:00 am
- Tuesday, Wednesday, Thursday 24 hours
- Friday 12:00 am – 9:00 pm
- Saturday 7:00 am - 7:00 pm
- Sunday 7:00 am - 6:00 pm

Features:

- Cardiovascular equipment, weight room, workout room
- Fitness classes, Aqua-fit classes
- Pool, whirlpool, sauna
- Personal trainers available
- Day care may be available—contact club for times
- On bus route

Fees:

- Membership fees apply—contact club for details
- Fees for personal trainers (if required regularly)

Ironworks Gym

611 St. Clair Street

Point Edward, ON N7V 1P2

Phone: 519-336-6867

Website: www.ironworksgym.ca

Email: ironworksfit@yahoo.ca

Wheelchair accessible

Hours:

- Gym: 24 Hour access
- Office: Monday to Thursday 6:00 am - 8:00 pm
Friday 6:00 am - 7:00 pm
- Saturday and Sunday 9:00 am - 3:00 pm

Features:

- Cardiovascular equipment.

Fees:

- For members only; membership fees apply.
-

Mooretown Sports Complex

1166 Emily Street

Mooretown, ON N0N 1M0

Phone: 519-867-2651

Wheelchair accessible

Hours:

- Monday to Friday 6:00 am - 9:00 pm
- Saturday 7:30 am - 8:00 pm
- Sunday 10:00 am - 9:00 pm
- Please call for Summer Hours

Features:

- Cardiovascular equipment, weights
- Aerobic classes, aquatic classes
- Pool: Open swim and swimming lessons available
Contact complex for times
- Personal trainers available

Fees:

- For members only; membership fees apply
Contact gym for details

Jerry McCaw Family Centre - YMCA

1015 Finch Drive

Sarnia, ON N7S 6G5

Phone: 519-336-9622

Wheelchair accessible

Hours:

- Regular Hours Monday - Friday 5:00 am - 10:00 pm
- Saturday and Sunday 7:00 am - 8:00 pm
- Summer Hours - Monday - Friday 5:00 am - 10:00 pm
- Saturday and Sunday - 7:00 am - 6:00 pm

Features:

- Open swimming, swimming lessons
- Personal exercise, group exercise, aqua fitness, group cycling
- Martial arts
- Arts and crafts
- Continuing education
- On bus route
- wellness, personal training, cardiac rehabilitation

Fees:

- Membership fees may apply
- Program fees may apply
- Assistance for fees is available.

YMCA ESSO - Learning & Career Centre

660 Oakdale Avenue

Sarnia, ON N7V 2A9

Phone: 519-336-5950

Fax: 519-336-1350

The RBC Centre

1455 London Road

Sarnia, ON N7S 1P6

Phone: 519-541-1000

Toll Free : 1-877-364-8232

Box office: 519-541-1717

Fax: 519-541-0303

The RBC Centre (Cont.)

Website: www.ssec.on.ca

Hours:

- 9:00 am – 11:00 pm, depending on programming

Wheelchair accessible

Guide dogs permitted

Eligibility:

- For ages from toddlers to elderly

Features:

- Public skating
Concerts, special events, building rental

Fees:

- May apply depending on event

Volunteer opportunities available.

TRAVEL AGENCIES

Travel agencies can find services and facilities that will meet your special needs while travelling. Travel services and arrangements can be done over the telephone and documents can be delivered.

CAA Travel Inc.

1095 London Road
Sarnia, ON N7S 1P2

Phone: 519-344-868

Toll Free: 1-800-992-8143

Fax: 519-344-9292

Website: www.caasco.com

Email: sarnia@caasco.ca

Accessibility: Doors not automatic

Hours:

- Monday to Friday 9:00 am - 6:00 pm
- Saturday 10:00 am - 1:00 pm

Services:

- Provides leisure and corporate travel products and services
- On bus route

Fees:

- Administration fees may apply
-

Carlson Wagonlit Travel

210 North Front Street
Sarnia, ON N7T 5S5

Phone: 519-336-0820

Toll Free: 1-800-509-2799

Website: www.cwtvacations.ca

Hours:

- Monday to Friday 9:00 am - 5:00 pm
- Saturday 9:00 am - 1:00 pm
- Closed Saturdays for July and August

Accessibility: Doors not automatic.

Services:

- Provides leisure and corporate travel products and services
- On bus route

DeSena's Travel

533 North Christina Street

Sarnia, ON N7T 5W5

Phone: 519-337-8843

Fax: 519-337-6305

Accessibility: Steps to entrance; doors not automatic

Hours:

- Monday to Friday 9:00 am - 5:30 pm
- Saturday 9:00 am - 1:00 pm

Services:

- Provides leisure and corporate travel products and services
- On bus route

Fees: Administration fees may apply

Forest Travel Service

18 King Street, PO Box 339

Forest, ON N0N 1J0

Phone: 519-786-2319

Fax: 519-333-6402

Website: www.foresttravelservice.com

Email: foresttravel@execulink.com

Accessibility: One (1) step to entrance; doors not automatic

Hours:

- Monday to Friday 9:00 am - 5:30 pm

Services:

- Provides leisure and corporate travel products and services

Marlin's Travel.

1380 London Road

Sarnia, ON N7S 1P9

Phone: 519-542-3424

Fax: 519-542-1794

Website: www.marlintravel.ca

Hours:

- Monday to Friday 9:00 am - 7:00 pm
- Saturday 9:30 am - 5:30 pm

Accessibility: Doors not automatic.

Marllin Travel (Cont.)

Services:

- Provides leisure and corporate travel products and services
- On bus route

Fees: Administration fees may apply

Robert Q's Travel Mart

286 North Christina Street

Sarnia , ON N7T 5V5

Phone: 519-332-1190

Toll Free: 1-800-265-7587

Fax: 519-332-3994

Website: www.robertq.com

Email: rqsarnia@mnsi.net

Accessibility: One big step to entrance

Hours:

- Monday to Friday 9:00 am – 5:30 pm
- Saturday 9:00 am – 1:00 pm

Services:

- Provides leisure and corporate travel products and services
- On bus route

Fees:

- Administration fees may apply
-

Sears Travel Services

1380 London Road

Sarnia, ON N7S 1P8

Phone: 519-542-3911

Website: www.searstravel.ca

Email: trav244@sears.ca

Wheelchair accessible.

Hours:

- Monday to Wednesday 9:00 am - 6:00 pm
- Thursday and Friday 9:30 am - 7:00 pm
- Saturday 9:00 am - 5:00 pm
- Sunday 12:00 pm - 5:00 pm

Sears Travel Services (Cont.)

Services:

- Provides leisure travel products and services
- On bus route

Fees:

- Administration fees may apply
-

Trip Central

1330 Exmouth Street

Sarnia, ON, ON N7S 3X9

Phone: 519-542-1271

Toll Free: 1-800-665-4981

Website: www.tripcentral.ca

Accessibility: Sidewalk with curb; doors not automatic

ours:

- Monday to Friday 9:00 am - 5:30 pm
- Saturday 10:00 am – 5:00 pm
- Closed Sundays and Canadian Holidays

Services:

- Provides leisure and corporate travel products and services
- VIA Rail tickets
- On bus route

Fees:

- Administration fees may apply
-

RECREATION

The Recreational Section lists general services and facilities in the County of Lambton. The following organizations can provide further information:

Tourism Sarnia Lambton

556 North Christina Street
Sarnia, ON N7T 5W6

Phone: 519-336-3232

Toll Free: 1-800-265-0316

Fax: 519-336-3278

Website: www.tourismsarnialambton.com

Email: info@tourismsarnialambton.com

Hours:

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

Services:

Provides information on attractions, events, tourism facilities and accommodations (including special needs accommodations).

Ontario Travel Information Centre

1455 Venetian Boulevard (Bluewater Bridge)

Sarnia, ON N7T 7W7

Phone: 519-344-7403

Toll Free: 1-800-668-2746

TTY/TDD: 416-314-6557

Fax: 519-332-4576

Website: www.ontariotravel.net

Wheelchair accessible

Hours:

May to October

- 7 days a week 8:30 am - 4:30 pm

Ontario Travel Information Centre (Cont.)

October to Mid May

- 7 days week 8:00 am - 8:00 p m

Services:

- Provides information on attractions, events, tourism facilities and accommodations (including special needs accommodations)
-

Petrolia Community Services

411 Greenfield Street, P.O. Box 1270

Petrolia, ON N0N 1R0

Phone: 519-882-2350

Fax: 519-882-3373

Website: www.town.petrolia.on.ca

Email: petrolia@town.petrolia.on.ca

Wheelchair Accessible (at most facilities)

Hours:

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

Serves:

- Municipality of Petrolia

Services:

- Victoria Hall - fully accessible to wheelchairs, visually impaired and hearing impaired
- Arena - sledge hockey for people with special needs
- Parks
- Oil Heritage District Community Centre Wellness Centre
- Aquatics and Programs

Fees:

- Nominal fees – call for information

Volunteer Opportunities available

WHY USE SUPPORT SERVICE ORGANIZATIONS?

Support Services can

- Provide emotional support or counselling
- Give you an opportunity to meet people in similar situations. Others can share their experience and knowledge of services available
- Give you a sense of accomplishment of being involved and working toward goals, while supporting others
- Provide information about a particular condition or disability
- Provide information on local resources or funding available

How To Get Involved?

- Phone the organization and ask questions about the focus of the organization and how it could benefit you. Ask if information could be mailed to you or access information on the organization's website
- Arrange to visit the organization or attend a meeting to find out more

Not all support service organizations are alike:

- Some provide advocacy services
- Others are self help groups
- Others may assist with services and funding

Ask about the nature and purpose of the organization to determine how it could help you.

SUPPORT SERVICE ORGANIZATIONS

CRISIS LINES

Distress Line Sarnia

Sarnia: 519-336-3000

Toll Free: 1-888-347-8737

www.familycounsellingctr.com

Kids Help Phone: 1-800-668-6868

www.kidshelpphone.ca

Lambton Mental Health Crisis Service

Sarnia: 519-336-3445

Toll Free: 1-800-307-4319

Sexual Assault Victims Crisis Line

Sarnia: 519-337-3320

(collect calls accepted)

www.sexualassaultsarnia.on.ca

Victim Services of Sarnia Lambton

Sarnia: 519-344-8861

Toll Free: 1-888-281-3665

www.victimservices.on.ca

Women's Interval Home

Sarnia: 519-336-5200

Toll Free: 1-800-265-1412

www.womensintervalhome.com

COUNSELLING

Family Counselling Centre

1086 Modeland Road

Building 1030, 2nd Floor

Sarnia, ON N7S 6L2

Phone: 519-336-0120

Toll Free: 1-800-831-3031

Fax: 519-336-8517

Website: familycounsellingctr.com

Email: fcc@familycounsellingctr.com

Hours:

- Monday, Tuesday and Friday 9:00 am – 5:00 pm
- Wednesday and Thursday 1:00 pm - 8:00 pm

Wheelchair accessible.

Serves:

- Children and adults in Lambton County

Services:

- Provides a range of services to support individuals with developmental disabilities and their families
- Case management
- Counselling
- Advocacy
- Trusteeships
- Specialized group counselling programs
- Starting Point

Fees:

- There are no fees for services to persons with developmental disabilities

Volunteer opportunities are available.

Sexual Assault Survivors' Centre

189 Wellington Street, Unit 3

Sarnia, ON N7T 5W9

Phone: 519-337-3154

24 Hour Crisis Line 519-337-3320

(Collect calls accepted)

TTY..... 519-337-1117

Fax..... 519-337-0819

Toll Free:..... 1-888-231-0536

Website: www.sexualassaultsarnia.on.ca

Email: sascs1@ebtech.net

Hours:

- Monday to Thursday 9:00 am – 5:00 pm
- Friday 9:00 am - 4:00 pm
- Crisis Line available 24 hours

Wheelchair Accessible.

Serves:

- Ages over 16 years, in Sarnia Lambton
- English and French languages

Services:

- 24 Hour Crisis Line provides callers with information, emotional support and non-directive counselling
- Agency social workers provide individual and/or group counselling
- Provides accompaniment to hospital, police, crown attorney and court assistance with completion of victim impact statements
- Provides public education to community groups and schools
- Provides information and referral
- Provides advocacy on behalf of survivors of sexual assault, sexual abuse, and incest
- Aboriginal Outreach - information and counselling is provided at Aamjiwnaang, Walpole Island and Kettle and Stony Point

StressArt Services Art Therapy Support

1180 Lakeshore Road

Sarnia, ON N7S 1C6

Phone: 519-542-6678

Hours of Operation:

- By appointment or emergency response

Serves:

- Sarnia Lambton, Wallaceburg and London areas

Age Group Served:

- All ages

Services:

- Personal counselling
- Individual and Group work
- Community outreach to schools, home
- Crisis intervention
- Experience with trauma, post-traumatic stress disorder, congenital difficulties such cerebral palsy and speech, brain injury, Alzheimer’s disease

Location:

- Clients home, school or work location or counselling office

Fees:

- Fee for service

Women’s Interval Home of Sarnia Lambton

P.O. Box 652

Sarnia, ON N7T 7J7

Toll Free: 1-800-265-1412

Fax: 519-336-0862

www.womensintervalhome.com

Email: info@womensintervalhome.com

Wheelchair accessible

Hours: 24 hours/day, 365 days/year

Women's Interval Home of Sarnia Lambton (Cont.)

Serves:

- Women (16 years+) who have been in an abusive family setting, and their children, in Lambton County

Mission:

- To provide an immediate safe alternative to an abusive family setting for women and children
- To enhance personal dignity by working towards the elimination of family violence

Services:

- Shelter for abused women and their children on an emergency basis
- Women's support group
- Children's support program and stress management program.

Volunteer opportunities may be available.

ADVOCACY AND CONSUMER SUPPORT

ARCH: Disability Law Centre

425 Bloor Street, East, Suite 110

Toronto, ON M4W 3R5

Phone: 416-482-8255

Toll Free: 1-866-482-2724

TTY: 1-866-482-2728

Fax: 1-866-881-2723

Hours:

- * Monday to Friday 9:00 am - 5:00 pm

Website: www.archdisabilitylaw.ca

Wheelchair accessible

Serves:

- People with disabilities in Ontario

ARCH: Disability Law Centre (Cont.)

Services:

- Defends the rights of people with disabilities
- Represents clients in precedent-setting cases to advance their rights; summary advice and referral
- Improves the quality of legal and community services for people with disabilities
- Monitors and reports on legal and policy developments related to people with disabilities
- Publishes ARCH ALERT which focuses on a variety of disability issues and the law.

Fees:

- Free - income guidelines
-

Community Law School (Sarnia-Lambton) Inc.

First contact by email please

Email: communitylawschool@gmail.org

Hours of Operation:

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

Website: www.communitylawschool.org

Serves:

- Ontario/Canada
- All Age groups
- Social service workers
- Low income earners
- Advocates, family and friends of low income earners

Wheelchair accessible

Services:

- Provides lay advocacy training to front line social service workers, grass-root groups and low income earners on all aspects of social welfare law (social assistance, housing and human rights law)
- Provides support services to the lay advocacy network through website, lay advocacy bulletins and provides updates on changes to social welfare law and practice
- Provides consulting services

Volunteer opportunities available

Community Legal Assistance Sarnia

201 North Front Street (Suite 100)

First Sarnia Place

Sarnia, ON N7T 7T9

Phone: 519-332-8055

Toll Free: 1-888-916-2527

Fax: 519-336-0830

Website: www.sarnialegalclinic.com

Wheelchair accessible.

Hours:

- Monday to Thursday 8:30 am – 4:30 pm
- Friday 8:30 am - 12:30 pm

Serves:

- Individuals living in Lambton County, with income and assets below a certain level

Appointments can be arranged at locations in Forest and Petrolia

Services:

Provides legal representation, advice and information related to:

- Employment Insurance
- Ontario Works Act
- Ontario Disability Support Program Act
- Canada Pension Plan; Old Age Pensions
- Housing Issues
- Criminal Injuries Compensation
- Notarizing/Commissioning certain documents
- Human Rights/Discrimination/Legal Aid Appeals (provides information only)
- Law reform activities
- Educates the community on clinic related areas of law and services
- Provides legal assistance to groups initiating community development projects

Consumer Liaison Committee
Community Legal Assistance Sarnia

201 N. Front St. (Suite 100)

First Sarnia Place

Sarnia, ON N7T 7T9

Phone: 519-332-8055

Fax: 519-336-0830

The Consumer Liaison Committee is a committee of the Board of Directors at Community Legal Assistance Sarnia. Its members include the Community Legal Worker and people who have experience living with poverty.

The Committee:

- Acts as an advisory body to the Board of Directors on poverty law issues
- Advocates for the rights of low income people
- Consults with governments on changes to social assistance and other benefit programs
- Provides information on poverty law and social policy issues
- Networks with advocacy groups, community service organizations and representatives of municipal, provincial and federal government

COMMUNITY SUPPORT SERVICES

Aamjiwnaang First Nation

978 Tashmoo Avenue

Sarnia, ON N7T 7H5

Phone: 519-336-8410

Fax: 519-336-0382

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Accessibility: Wheelchair accessible

Aamjiwnaang First Nation (Cont.)

Serves:

- Aamjiwnaang Band members of all ages, living on or off the reserve

Social Services Department provides:

- Social Assistance, family support, aboriginal child welfare provincial programs
- Health and counselling programs in conjunction with the Aamjiwnaang Community Health Centre, phone 519-332-6770
- Programs for children and youth include group activities, youth drop-in centre, babysitting program, day camp program, and personal skill development programs.

Development Department provides:

- Employment Training and job search assistance

Education Department:

- Oversees programs such as adult education
- Provides input to school boards

Alzheimer Adult Enrichment Centre

Lambton Meadowview Villa

3958 Petrolia Line, RR#4

Petrolia, ON N0N 1R0

Phone: 519-882-1470 ext. 249

Fax: 519-882-1633

Wheelchair Accessible

Hours:

- Tuesday to Friday 9:30 am – 3:00 pm

Serves:

- Residents in Sarnia and Lambton County
- Anyone over the age of 18 years, mainly seniors

Mandate:

- To provide care and support to persons with dementia and their families

Alzheimer Adult Enrichment Centre (Cont.)

Services:

- Adult Day Program provides therapeutic recreation, restorative care and socialization to people with Alzheimer disease or a related dementia.
- Transportation is available to the centre.

Fees:

- \$12 per day
- \$18 per day with transportation included
- Subsidies are available.

Volunteer Opportunities available.

Consumer/Survivor Association of Lambton

183 S. Christina Street

Sarnia, ON N7T 2M9

Phone: 519-344-5602

Fax: 519-344-6497

Email: mcarlisle_2000@yahoo.com

Hours:

- Monday to Friday 11:00 am -3:30 pm
A drop in centre for people with mental health issues

Accessibility:

Entrance wheelchair accessible; (washroom is not).

Serves:

- Mental health survivors, age 16+ years, in Lambton County.

Services available to members:

- Peer support
- Social and recreational activities
- Education
- Vocational rehabilitation.

Volunteer opportunities available.

Goodwill Industries - Essex, Kent, Lambton

London Road Store

1249 London Road (Zeller's Plaza)

Sarnia, ON N7S 1P4

Phone: 519-337-4220

Fax: 519-336-1753

Hours: Monday to Friday 9:00 am – 9:00 pm

Saturday 9:00 am – 6:00 pm

Sunday 10:00 am - 5:00 pm

Accessibility: wheelchair accessible

Retail Store

1307 Michigan Avenue

Sarnia, ON N7W 4M6

Phone: 519-541-9273

Hours:

- Monday to Friday 9:00 am - 9:00 pm
- Saturday 9:00 am - 6:00 pm
- Sunday 10:00 am - 5:00 pm

Office: 519-332-0440

1121 Wellington Street

Sarnia, ON N7T 6J7

Phone: 519-332-0440

Fax: 519-336-9678

Accessibility: Side entrance wheelchair accessible

Hours:

- Monday to Friday 8:00 am – 4:30 pm

Website: www.goodwillekl.com

Email: info@goodwillekl.com

Services:

- Provides employment services and training to people in the community
- Has retail stores with used clothing, household items, furniture and appliances. Store generates revenue to fund programs.

Volunteer opportunities available.

Inn of the Good Shepherd

Food Bank Location

115 John Street

Sarnia, ON N7T 2Z1

Phone: 519-344-1746

Website: www.theinnsarnia.ca

Hours:

- 9:30 am - 11:30 pm

Soup Kitchen

115 John Street

Sarnia, ON N7T 2Z1

Hours:

- Monday - Friday 1:00 pm - 2:30 pm
- Saturday and Sunday 4:30 - 5:30 pm
- One meal a day

Genesis Location 519-344-1746

Administration Building

115 John Street

Sarnia, ON N7T 2Z1

Hours:

- Tuesdays only 2:30 pm

Provides clothing, small household items

Office 519-344-1746

115 John Street

Sarnia, ON N7T 2Z1

Hours:

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

Provides emergency assistance, outreach and possibly shelter.

Volunteer opportunities available.

Homelessness Initiative Program

Website: www.theinn.sarnia.net

May provide emergency assistance with utilities/rent and shelter.

Kettle & Stony Point First Nation Band Office

6247 Indian Lane, R.R. #2

Forest, ON N0N 1J0

Phone: 519-786-2125

Fax: 519-786-2108

Email: fdesk@kettlepoint.org

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Serves:

- Kettle & Stony Point Band members of all ages, living on or off the reserve

Provides:

- Social Assistance, family support, native child welfare provincial programs
- Employment and education programs
- Health and counselling programs through the North Lambton Community Health Centre, phone 519-786-4545 or Kettle and Stony Point Health Services phone 519-786-5647.

Lambton Elderly Outreach/Senior VIP

4486 London Line, R.R. #1

Wyoming, ON N0N1T0

Phone: 519-845-1353

Fax: 519-845-1364

Toll Free: 1-800-265-0203

Website: www.lambtonelderlyoutreach.org

Office Hours:

Wyoming: Monday to Friday 8:00 am – 4:30 pm

Forest: Monday to Friday 8:30 am – 4:30 pm

Serves:

- Older individuals, 60+
- Persons with a disability over the age of 18 years
- In client's home
- Rural and urban areas throughout Lambton County

Lambton Elderly Outreach/Senior VIP (Cont.)

Services:

- Adult Day Program
- Home Help
- Meals on Wheels (excluding Sarnia)
- Transportation - door to door accessible service available
- Forever Fit Wellness Clinics
- Home Maintenance Program
- Diner's Club
- Grocery Shopping (Petrolia, Forest and Corunna)
- Caregiver Support - Information and Training
- Caregiver Relief - Volunteer Respite
- 55 Alive Driver Refresher Course

Fees:

- Fees vary with each service

Volunteer opportunities available.

Lambton Seniors Association

420 East Street N.

Sarnia, ON N7T 6Y5

Phone: 519-339-8866

Toll Free: 1-877-219-4717

Website: www.lambtonseniors.com

Email: lseniors@ebtech.net

Hours:

- Hours vary, Monday to Thursday
24 hour answering service

Wheelchair Accessible

Serves:

- Seniors in Lambton County

Mission:

- To strengthen the quality of life of seniors in Lambton County, with volunteer and community support, through active and direct participation in issues affecting seniors.

Lambton Seniors Association (Cont.)

Objectives/Programs:

- Safe Housing Program to enable seniors to live safely in their homes
- Initiatives to develop an efficient, coordinated, easily accessible, well known transportation system
- To improve community health issues as they affect seniors

Marshall Gowland Outreach

749 Devine Street

Sarnia, ON N7T 1X3

Phone: ... 519-336-3720 ext 219

Fax: 519-336-3734

Hours:

- Monday to Friday 9:30am - 3:30 pm

Serves:

- City of Sarnia and outlying communities
- Anyone over the age of 18 years, mainly seniors

Wheelchair Accessible

Mandate:

- To provide services to seniors to assist them to function at optimum level

Services:

- Adult Day Program (1 – 5 days per week) provides recreation / restorative activities and socialization and nutritious noon meal
- Therapeutic bath is available for a \$10.00 fee
- Hair Care can be arranged
- Guest days are available

Fees:

- \$12 per visit, hair care for a nominal fee

Volunteer Opportunities available.

NeighbourLink Sarnia Lambton

P.O. Box 7 Phone: 519-336-5465

Sarnia, ON N7T 7H8

Phone: 519-336-5465

Website: www.sarnia.com/groups/neighbourlink

Email: neighbourlink@ebtech.net

Hours:

- Tuesday to Friday 9:00 am – 12:00 pm
- 24 hour answering service

Serves:

- People of all ages living mainly in Sarnia

Mission:

- Responds to the practical needs of others through a network of area churches and church volunteers.

Services:

- Responds to a variety of individual requests for assistance based on practical needs, such as giving an elderly person a ride to a doctor's appointment, offering friendship and support.
- Works with social agencies to avoid duplication of services

Volunteer opportunities available, through churches.

North Lambton Social Services Centre

59 King Street West

P.O. Box 1000

Forest, ON N0N 1J0

Phone: 519-786-2334

Fax: 519-786-6378

Website: www.xcelco.on.ca/~nlssc

Wheelchair accessible

North Lambton Social Services Centre (Cont.)

Serves:

North Lambton Social Services Centre (Cont.)

Hours:

Each agency is represented on specific days.

Please call to arrange an appointment.

Monday to Friday 8:30 am – 4:30 pm

- All ages in North Lambton

Mission:

- A group of agencies providing a variety of health and social services to Forest and the surrounding area.

Agencies:

- Big Brothers
- Big Sisters
- Canadian Hearing Society
- Canadian Mental Health Association
- Canadian Red Cross
- Community Legal Assistance
- Credit Counselling Services
- Family Counselling Centre
- Lambton Elderly Outreach
- Sexual Assault Survivors' Centre
- Women's Interval Home
- John Howard Society
- Lambton County Addiction Services

Organization for Literacy in Lambton

180 College Avenue N. Room 103

Sarnia, ON N7T 7X2

Phone: 519-332-4876

(collect calls accepted)

Website: www.readsarnia.com

Email: oll@bellnet.ca

Hours:

- Monday to Friday 8:00 am - 4:00 pm

Wheelchair accessible.

Organization for Literacy in Lambton (Cont.)

Serves:

- Ages 18+ years in Lambton County
- English language; Sign language interpreter

Mission:

- To ensure that all individuals in Lambton County have the opportunity and resources to improve their literacy.

Services:

- Programs include: one-to-one Adult Literacy Program, Family Literacy, Homework and Reading Programs
- Can enlarge printed copies

Volunteer opportunities available.

Salvation Army (The)

122 N. Christina Street
Sarnia, ON N7T 5T7

Phone: Store 519-344-3781

Fax: 519-337-3528

Clothing store and furniture

Hours:

- Tuesday 9:00 am – 5:00 pm
- Saturday 9:00 am-4:00 pm

Family Services

970 Confederation Street
Sarnia, ON N7S 1A1

Phone: 519-344-1142

Food Bank

Emergency assistance such as food, vouchers, possibly shelter

Hours:

- Monday to Friday 9:30 am - 12:00 pm, 1:00 pm - 3:30 pm

Citadel Church Office

970 Confederation Street
Sarnia, ON N7S 1A1

Phone: 519-337-3011

Volunteer opportunities available.

St. Vincent De Paul (Society of)

Stores sell donated clothing, shoes, furniture and housewares.

106 East Street S. 519-337-7089
Sarnia, ON N7T 3R1

Hours: Monday to Saturday 9:00 am– 5:00 pm

4187 Petrolia Line 519-882-0541
Petrolia, ON N0N 1R0

Hours: Monday to Saturday 9:30 am – 4:30 pm

3 James Street North 519-786-4396
Forest, ON N0N 1J0

Hours: Monday to Saturday 10:00 am – 4:30 pm

385 Lyndock Street 519-862-3980
Corunna, ON N0N 1G0

Hours: Monday to Saturday 9:30 am – 5:00 pm

5397 Nauvoo Road..... 519-876-3086
Watford, ON N0M 2S0

Hours: Monday to Saturday 9:30 am - 5:00 pm

Store and Help Centre

228 Davis Street

Sarnia, ON N7T 1B3

Phone: 519-337-3325

Hours: Monday to Saturday 9:30 am - 5:00 pm.

Food Bank

228 Davis Street

Sarnia, ON

Phone: 519-337-1058

Hours: Monday and Wednesday 11:00 am. to 3:00 pm

Friday 1:00 pm - 4:00 pm.

Food Bank (Cont.)

Relief Assistance

- Temporary assistance such as food, rent assistance, clothing

Volunteer opportunities available.

HEALTH RELATED ORGANIZATIONS AND SUPPORT GROUPS

Alzheimer Society Sarnia Lambton

420 East Street, Suite 8

Sarnia, ON N7T 6Y5

Phone: 519-332-4444

Fax: 519-332-6673

Website: www.alzheimer.sarnia.com

Email: alzheimer@ebtech.net

Wheelchair Accessible.

Hours:

- Monday to Friday 9:00 am – 4:30 pm or by appointment

Outreach office in Forest call 519-332-4444

Serves:

- Individuals, with Alzheimer Disease and related dementia diseases, their families, and caregivers in the County of Lambton

Services:

- Personal Counselling
 - Support, information and resource centre
 - Speakers bureau, education programs
 - Registry in national Alzheimer Wandering Registry to assist the safe return of individuals who are missing
 - Six support groups meet each month at different times and locations throughout Lambton County.
 - Mobility monitors to alert caregivers of patient's movements and reduce falls
 - Cadaver transportation to London to confirm presence of Alzheimer Disease following death
 - Autopsy and research subsidy
-

Arthritis Society (The)

400 York Street

Suite 204

London; ON N6B 3N2

Phone: 519-433-2191

Toll Free: 1-866-466-0501

Fax: 519-433-7035

Website: www.arthritis.ca

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Mission:

- To search for the underlying causes and subsequent cures for arthritis and promote the best possible care and treatment for people with arthritis.

Serves:

- Southwestern Ontario

Services:

- Lifestyle makeover challenge
- Public Forums
- Support groups
- Information on arthritis
- Arthritis Self - Management Programs
- Chronic Pain Programs
- Consultation with therapist
- Displays
- Speakers
- Local chapter support
- Research funding leading to better treatments

Volunteer opportunities available to fit various skill levels.

Brain Injury Association (Ontario)

P.O. Box 2338

St. Catharines, Ontario L2R 7R9

Phone: 905-641-8877

Toll Free: 1-800-263-5404

Fax: 905-641-0323

Website: www.obia.ca

Email: obia@obia.on.ca

Brain Injury Association (Ontario) (Cont.)

Hours:

- Monday to Friday 9:00 am – 5:00 pm

Wheelchair Accessible.

Serves:

- All ages in Ontario
- English language; interpreters can be located

Mission:

- To enhance the lives of Ontarians living with the effects of acquired brain injury through education, awareness and support

Services over the toll free phone line:

- One-to-one support
- Provides connection to local acquired brain injury support groups
- Provides lists of local service providers
- Provides information from their library (specializing in brain injury and rehabilitation)
- Peer mentoring

Volunteer opportunities available.

Brain Injury Association Sarnia Lambton

1705 London Line

Sarnia, ON N7W 1B2

Phone: 519-337-5657

Fax: 519-337-4317

Website: www.biasl.ca

Email: info@biasl.ca

Hours:

- Monday to Friday 10:00 am – 2:00 pm

Brain Injury Association Sarnia Lambton (Cont.)

Serves:

- Persons with a brain injury, age 18+ years, Sarnia and Lambton County

Mission:

- To improve the quality of life for survivors of brain injury
- To educate the public on prevention, causes, effects and rehabilitation of brain injury.

Services:

- Provides information through a lending library of books and videos
- Work with Dale Brain Injury Services London
- Volunteer opportunities available.

Brain Tumour Foundation of Canada

620 Colborne Street, Suite 301

London, ON N6B 3R9

Phone: 519-642-7755

Toll Free: 1-800-265-5106

Fax: 519-642-7192

Website: www.braintumour.ca

Email: braintumour@braintumour.ca

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am - 5:00 pm

Serves:

- All ages in Canada
- English and French languages

Mission:

- To fund brain tumor research, provide patient and family support services and educate the public

Services:

- Provides one-to-one information and support
- Offers referral service to other agencies
- Provides support through support group meetings, pediatric and teen events, annual information day
- Education – publishes brain tumor resource handbook; provides two reference libraries in London; provides self-contained resource centres with information and brochures; publishes quarterly newsletter 'BrainStorm'
- Research – funds brain tumor research projects

Canadian Cancer Society

714 Lite Street

Point Edward, ON N7V 1A6

Phone: 519-332-0042

Toll Free: 1-877-305-6179

Fax: 519-332-7095

Canadian Cancer Society (Cont.)

Website: www.cancer.ca

Email: lambton@ontario.cancer.ca

Hours:

- Monday to Friday 9:00 am – 5:00 pm

Serves:

- All ages, in Sarnia Lambton

Mission:

- The eradication of cancer and the enhancement of the quality of life of people living with cancer

Services:

- Provides reliable information, health and lifestyle education regarding prevention, early detection and treatment of cancer
- Special needs programs such as transportation services
- Emotional support
- Support at clinics and lodges

Volunteer opportunities available.

Sarnia Lambton White Cane Chapter

207 N. Christina Street

P.O. Box 2323

Sarnia, ON N7T 5V1

Phone: 519-337-3606

Fax: 519-337-6502

Website: www.sarnia.com/groups/whitecane

Email: sarwcane@ebtech.net

Wheelchair accessible.

Hours:

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

Sarnia Lambton White Cane Chapter (Cont.)

Serves:

- All blind and visually impaired persons in Sarnia and Lambton County; community outreach through home and telephone visitation

Mission:

- To promote the well being of the blind through self help, higher education, profitable employment and social association

Services:

- Information and referral
- Technical aids for demonstration and loan
- Aids and devices for independent living for sale at cost
- Talking Book Machine repair and distribution
- Talking Book Library
- General counselling and support
- Social activities and programs.
- Consumer Advocacy

Volunteer opportunities available.

The Canadian Council on Rehabilitation and Work

One Yonge Street

Suite 1202

Toronto, ON M5E 1E5

Phone: 416-260-3060

Toll Free: 1-800-664-0925

TTY: 416-260-9223

Fax: 416-260-3093

Websites: www.ccrw.org www.workink.com

Email: info@ccrw.org

Wheelchair Accessible.

Mission:

- Promotes and supports the equitable employment of persons with disabilities
- Promotes inclusion and accessibility

The Canadian Council on Rehabilitation and Work (Cont.)

Services:

- The CCRW is a network of organizations and individuals that provide leadership in programs and services for job seekers with disabilities and businesses committed to equity and inclusion.
- Consultation and workshops to groups involved in the employment of persons with disabilities
- Job training program
- Resumé database searchable by potential employers

Canadian Cystic Fibrosis Foundation (CCFF)

2221 Yonge Street

Suite 60

Toronto, ON M4S 2B4

Phone: 416-485-9149

Toll Free: 1-800-378-2233

Fax: 416-485-0960

Website: www.cysticfibrosis.ca

Email: info@cysticfibrosis.ca

Hours:

- Monday to Friday 9:00 am – 5:00 pm

Sarnia Lambton Cystic Fibrosis Chapter.

Phone: 519-869- 4356

Website: www.cysticfibrosissarnia.com

Email- info@cysticfibrosissarnia.com

Serves:

- All ages, in Canada
- English and French languages

Mission:

- The mission of the Canadian Cystic Fibrosis Foundation is to help people with cystic fibrosis. To this end, the Foundation

Canadian Cystic Fibrosis Foundation (CCFF) (Cont.)

Foundation:

- Funds research towards the goal of a cure or control for CF, and supports high quality CF care;
- Promotes public awareness of cystic fibrosis; and
- Raises and allocates funds for these purposes.

Services:

- Provides public and professional education and distributes material to patients, families and general public.
- Funds medical and scientific research
- Provides incentive (supplementary) grants to Cystic Fibrosis Care and Treatment Centres, which offer specialized medical and surgical care

Undertakes advocacy initiatives with Canadian public on behalf of Canadians with CF to enhance the quality of life

Volunteer opportunities available.

Canadian Diabetes Association, Sarnia & District

415 Exmouth Street

Sarnia, ON N7T 8A4

Phone: 519-332-0373

Fax: 519-337-1078

Email: sharon.cathcart@diabetes.ca

Wheelchair accessible.

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Serves:

- All ages in Lambton County

Mission:

- To promote the health of Canadians through diabetes research, education, service and advocacy.

Services:

- Education for members, health professionals and general public
- Encouragement and support

Volunteer opportunities available.

Canadian Hearing Society

420 East Street N., Suite 10

Sarnia, ON N7T 6Y5

Phone: 519-337-8307

TTY: 1-877-634-0178

Fax: 519-337-6886

Website: www.chs.ca

Email: office@sarnia.chs.ca

Hours:

- Monday to Thursday 9:00 am – 5:00 pm
- Closed Fridays

Accessible but no automatic doors

Serves:

- All ages, in Lambton

Services:

- Full Audiology Services
- Hearing Aid Program – dispensing, fitting, repairing and maintaining hearing aids and accessories; offering advice and making referrals
- Technical Devices – TTY's, visual alerting systems, telephone and TV devices, assistive listening systems, equipment orders/repairs
- Sign Language Interpreting Services are available
- Lending Resource Library
- Public Information and Education to promote awareness of hearing loss.
- Assistance to clients regarding use of hearing aids and technical devices.

Volunteer opportunities available.

Canadian Liver Foundation Southwest Region

383 Richmond Street

Suite 1206

London, ON N6A 3C4

Phone: 519-659-0951

Fax: 519-659-4232

Website: www.liver.ca

Hours:

- Monday to Friday 9:00 am – 5:00 pm

Sarnia Chapter,

P.O Box 1011

Sarnia ON, N7T 7K2

Phone: 519-336-5223

Email- clfsarnia@xcelco.on.ca

Serves:

- All ages, in southwestern Ontario, wanting information on liver disease

Mission:

- To reduce the incidence and impact of all liver diseases
- To provide support for research and education into the causes, diagnosis, prevention and treatment of liver disease

Services:

- Provides public information and education programs to promote awareness and understanding of liver disease
 - Living with Liver Disease Programs offers to people and their families affected by liver disease
 - Has Research Programs
 - Specialized medical information can be obtained from the Medical Information Officer at the National Office 1-800-563-5483
-

Canadian Mental Health Association

210 Lochiel Street

Sarnia, ON N7T 4C7

Phone: 519-337-5411

Fax: 519-337-2325

Website: ww.cmhalambtonkent.ca

Email: general@cmha.sarnia.net

Wheelchair Accessible.

Office Hours:

- Monday to Friday 8:00 am – 5:00 pm

Crisis Line Hours: 24 Hour

Toll Free: 1-800-307-4319

Sarnia: 519-336-3445

Serves:

- Ages 16 – 65 years, in Lambton County

Mission:

- To advocate and provide support and services with and for people with mental disorders; and
- To enhance, maintain and promote the mental health of all individuals in the area serviced.

Services:

- Individual and group services for adults with serious and persistent mental illness
- Crisis prevention, intervention and counselling
- Education on mental health issues
- Vocational support
- Advocacy related to housing, community services
- To access services, contact Intake Workers

Volunteer opportunities available by contacting the volunteer coordinator.

Canadian National Institute for the Blind (CNIB)

749 Baseline Road E.

London, ON N6C 2R6

Phone: 519-685-8420

Toll Free: 1-800-265-4127

TTY: 519-866-385-3433

Fax: 519-685-8419

Website: www.cnib.ca

Email: southwest@cnib.ca

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Wheelchair accessible.

Serves:

- Blind, visually impaired and deaf blind persons of all ages, in Lambton, Middlesex, Elgin, Perth, Huron
- English and French languages

Services:

- Rehabilitation and life skills training
- Orientation and mobility instruction
- Career development and employment
- Seniors counselling and group work
- Volunteer services (friendly visiting, drives)
- Vision rehabilitation
- Deaf blind intervention services
- Literacy instructions for deaf blind
- Children's services

Volunteer opportunities available.

Canadian Paraplegic Association – Ontario

1111 Elias Steet, Unit 3

London, ON N5W 5L1

Phone: 519-433-2331

Toll Free: 1-866-433-9888

Fax: 519-433-3987

Website: cpaont.org

Email: ezarnowiecki@cpaont.org

Canadian Paraplegic Association - Ontario (Cont.)

Hours:

- Monday to Friday 9:00 am – 5:00 pm
- 24 hour answering machine

Wheelchair accessible.

Serves:

- Adults in southwestern Ontario
- Services offered through home visits.

Mission:

- To assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation.

Services:

- Counselling, information and referral regarding all issues of daily living such as:
- Personal issues and coping with a disability
- Seeking employment and educational opportunities
- Assistance to obtain services available in the community
- Advocacy
- Peer Support Group

Volunteer opportunities available.

Canadian Red Cross Society – Sarnia Lambton

416 East Street N.

Sarnia, ON N7T 6Y3

Phone: 519-332-6380

Fax: 519-332-2695

Community Health Services: 519-332-6561

Website: www.redcross.ca

Email: sarnia@redcross.ca

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Wheelchair Accessible.

Serves:

- All ages throughout Sarnia and Lambton County

Canadian Red Cross Society - Sarnia Lambton (Cont.)

Services:

- Home health care equipment service loan and rental
- Homemaking services (can be provided 24 hours/day)
- Meals on Wheels program
- Transportation program

Fees:

- Fees vary with each service

Volunteer opportunities available.

Community Living Sarnia Lambton

551 Exmouth Street.

Suite 105 & 202, P.O. Box 610

Sarnia, ON N7T 5P6

Phone: 519-332-0560

Fax: 519-332-3446

Website: www.communitylivingsarnia.org

Email: clsd@communitylivingsarnia.com

Hours:

- * Monday to Friday 8:30 am – 4:30 pm

Wheelchair accessible.

Serves:

- Persons of all ages with a developmental disability and their families, in Sarnia and surrounding area

Mission:

- To ensure that persons with developmental disabilities live in a state of dignity, share in all elements of living in the community, and have the opportunity to participate effectively.

Services:

- Work and work skills vocational programs
- Life Skills Day Programs
- Employment Support Services
- Residential Accommodations (group home, supported independent living with varying hours of support)

Volunteer opportunities available.

Community Concerns for the Medically Fragile

102A-560 Exmouth Street

Sarnia, ON N7T 7J4

Phone: 519-344-2719

Fax : 519-344-6333

Website: www.ccmfonline.com

Email: info@ccmfonline.com

Serves:

- Families with medically fragile children and adolescents in Lambton County.

Mission:

- Parent driven community group striving to meet the needs of children and adolescents who are medically fragile

Services:

- Assists families to care for their children or adolescents in their own homes for as long as possible
- Provides support group, meetings and literature
- Provides interim full time home for medically fragile individuals (call for details)
- Has monthly meetings
- Has a 6-bed specialized group home to meet the needs of medically fragile individuals

Volunteer opportunities available.

The Canadian Deafblind Association (Ontario Chapter) Inc.

54 Brant Avenue, 3rd. Floor

Brantford, ON N3T 3G8

Phone: 519-759-0520

Toll Free: 1-877-760-7439

TTY: 519-759-3597

Fax: 519-759-1425

Website: www.cdbraontario.ca

Email: cathy.cdbraontario@rogers.com

The Canadian Deafblind Association (Cont.)

Hours:

- Monday to Friday 9:00 am – 5:00 pm, Monday to Friday

Serves:

- Services to congenital deafblind persons
- Advocacy for all deafblind persons

Services:

- Provides Intervention services to persons who are congenitally deafblind
- Provides training for Intervenors
- Provides single point of access for individuals who are congenitally deafblind
- Provides summer Intervention Program for deafblind children

Volunteer opportunities may be available.

Easter Seal Ontario

Bruce Power Recreation Centre

2262 Oxford Street W., Unit 1

London, ON N6K 4P1

Phone: 519-432-9669

Toll Free: 1-888-278-7797

Fax: 519-432-7679

Website: www.easterseals.org

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Wheelchair Accessible.

Serves:

- Children (up to age 18 years), in southwestern Ontario

Mission:

- To help children with physical disabilities achieve their full individual potential and future independence

Easter Seal Ontario (Cont.)

Services:

- Provides information on resources available in community and through government programs
- Provides financial assistance for prescribed equipment, transportation, and camp fees for eligible children
- Provides Life Skills Training Program for youths
- 3 Easter Seal Camps in Ontario for children with physical disabilities and their families

Volunteer opportunities available

Heart and Stroke Foundation of Ontario

Sarnia Lambton Chapter

774 London Road

Sarnia, ON N7T 4Y1

Phone: 519-332-1415

Fax: 519-332-3139

Website: www.heartandstroke.ca

Hours:

- Monday to Friday 8:30 am – 5:00 pm

Wheelchair accessible.

Serves:

- All ages in Lambton County

Mission:

- To reduce the risk of premature death and disability from heart disease and stroke by raising funds for research and health promotion

Volunteer opportunities available.

Independent Living Centre London & Area

433 King Street

Suite 101

London, ON N6B 3P3

Phone: 519-660-4667

Fax: 519-660-6818

Independent Living Centre London & Area (Cont.)

Website: www.ilcla.ca

Email: info@ilcla.ca

Hours:

- Monday to Friday 9:00 am – 5:00 pm

Wheelchair accessible.

Serves:

- Adults with disabilities and the community in Southwestern Ontario

Mission:

- To provide information and support to all people with disabilities as they take risks, and directing and managing their lives

Services:

- Information and referral by telephone, fax, email or in person
- Peer support and seminars
- Public education and awareness
- Resource for the Direct Funding Program – Self Managed Attendant Care Service

Volunteer opportunities available.

Kidney Foundation of Canada

Sarni-Lambton Chapter

546 Christina Street N.

Sarnia, ON N7T 5W6

Phone: 519-344-3462

Fax: 519-344-4038

Website: www.kidney.ca

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Accessibility: One inch (1") lip at door

Kidney Foundation of Canada (Cont.)

Mission and Focus:

- To provide services for the special needs of individuals living with kidney disease
- To promote organ donation
- To advocate for access to high quality health care
- To fund research and related clinical education

Services:

- Provides support, information and educational materials on kidney disease and treatment
 - Short term financial assistance for expenses related to person's medical condition may be available depending on needs
 - Other services may be available.
-

Lambton County Developmental Services

Supported Employment Services

339 Centre Street

P.O. Box 1210

Petrolia, ON N0N 1R0

Phone: 519-882-0933

Fax: 519-882-3386

Website: www.lcdspetrolia.ca

Email: administration@lcds.on.ca

Hours:

- Monday to Friday 8:00 am – 4:30 pm

Modified barrier-free, wheelchair accessible.

Serves:

- All ages in Lambton County (excluding Sarnia and Point Edward)

Mission:

- LCDS is a network of caring people working together to provide services for people with developmental disabilities to facilitate the achievement of their dreams.

Lambton County Developmental Services (Cont.)

Services:

- Residential Services offers various levels of support
- Respite services and special services at home programs provide support to individuals living at home with their families, and to families caring for individuals who have a disability
- Community Skills Development Program
- Adult Day Programs
- Supported opportunities

Volunteer opportunities available.

County of Lambton, Community Health Services Department

Toll Free: 1-800-667-1839

Website: www.lambtonhealth.on.ca

Email: chsd@county-lambton.on.ca

160 Exmouth Street

Pt. Edward, ON N7T 7Z6

Phone: 519-383-8331

Fax: 519-383-7092

Hours:

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

Wheelchair accessible.

59 King Street W.

Phone: 519-786-2148

Fax: 519-786-2149

Hours:

- Monday to Friday 12:30 pm - 4:30 pm

Wheelchair accessible.

Serves:

- All residents of Lambton County

County of Lambton, Community Health Services Department (Cont.)

Support Services include:

- Education about good health
- Counselling
- Specialized public health programs and services, such as Prenatal classes, Mom and Baby Program, Healthy Babies Healthy Children Program, Parent Education Programs, dental screening, flu/pneumonia, immunizations
- Free pamphlets, fact sheets and booklets on a variety of health issues
- The Good Food Box program (a food buying club that supplies fresh fruits and vegetables in season)
- Information on food services and programs in Sarnia Lambton such as food banks, breakfast programs and Christmas hampers

Lambton Psychogeriatric Consultation Service & Elderwatch Program

c/o Bluewater Health
89 Norman Street
Sarnia, ON N7T 4T7

Phone: 519-464-4533

Fax: 519-464-4516

Hours:

- Monday to Friday 8:00 am – 4:00 pm

Serves:

- Individuals over the age of 60 years in Lambton County.

Goals:

- To help elderly remain living independently as long as it is safely possible
- To prevent unnecessary hospitalization of the elderly
- To provide education to people in the community about aging, and related challenges

Lambton Psychogeriatric Consultation Service (Cont.)

Services:

- In-home assessment/consultation to assess situation and make recommendations
- Counselling and support to elderly when needed
- Education about aging to seniors and their families
- Education to interested groups and agencies.

Reasons for referrals can include:

- Changes in mental state, noticeable changes in personal appearance and living conditions
- Socially isolated and in need of assistance
- Inability to manage finances
- Medication mismanagement
- Confusion due to substance abuse
- Caregiver exhaustion or being overwhelmed
- Suspicion of abuse or neglect
- Threatening to harm themselves or others

Fees: None

Learning Disabilities Association of Lambton County

560 Exmouth Street, Suite 103

Sarnia, ON N7T 5P5

Phone: 519-344-4919

Fax: 519-344-0380

Website: www.sarnia.com/groups/lda-lc

Email: ldalc@xcelco.on.ca

Wheelchair accessible: No

Hours:

Resource Centre - Monday to Thursday 9:00 am to 4:30 pm

Homework Hub - Monday to Thursday 3:30 pm - 6:30 pm

Evening programs or appointments as scheduled.

Learning Disabilities Association of Lambton (Cont.)

Serves:

- People of all ages living in Lambton County, who are coping with learning disabilities. Also provide support for families, caregivers, employers and professionals dealing with people who have learning disabilities. Referrals are accepted from individuals, community agencies, doctors, teachers, employers and other professionals.

Mission Statement:

Our Mission is to provide leadership in learning disabilities advocacy, research, education and services and to advance the full participation of children, youth and adults with learning disabilities in today's society.

We value promoting positive change through:

- Innovation
- Strategic partnerships
- Credible advocacy
- Informed public policy and
- Quality products and services.

Services/Programming:

- Homework Hub - Monday through Thursday from 3:30 to 6:30 qualified educator on hand to help students in elementary or secondary with their homework.
- Resource Library - over 1,100 books, videos and other resources on learning disabilities and co-existing conditions.
- Kids Positive Social Skills Program - 10 week program for children between the ages of 6 and 13.
- Study Smart Program - 10 week program for children in Grades 6 through 9.
- JUMP ("Junior Undiscovered Math Prodigies") - Math Program.

Learning Disabilities Association of Lambton (Cont.)

- PACE ("Parents Advocating Children Excelling") Parenting Program.
- Member newsletters (quarterly).
- Advocacy Services - to help individuals and families obtain services in the medical field, workplace, schools and community.
- Special Education - representation on the Special Education Advisory Committees of local school boards.
- Guest speakers and educational events throughout the year.

Volunteer opportunities are available by applying.

The Canadian Lung Association

1750 Courtwood Crescent, Suite 300

Ottawa, ON K2C 2B5

Phone: 613-569-6411

Toll Free: 1-888-566-5864

Fax: 613-659-8860

Wheelchair accessible.

Website: www.lung.ca

Email: info@lung.ca

Ontario Lung Association

Toll Free: 1-888-344-5864

Email: olalung@on.lung.ca

Mission:

- The improvement of respiratory health through fundraising activities for the support of medical research and Lung Association community health programs

Services:

- Provides community health programs
- Provides information literature and audiovisual library
- Has support groups

Lupus Association (Ontario)

2900 John Street, Suite 301

Markham, ON L3R 5G3

Phone: 905-415-1099

Toll Free: 1-877-240-1099

Fax: 905-415-9874

Website: www.lupusontario.org

Email: info@lupusontario.org

Hours:

- Monday to Friday 9:00 am – 4:30 pm

Serves:

- All ages in western Ontario
- English, French, Chinese, Spanish languages

Mission:

- To provide a means for support, education, public awareness and research of lupus

Services:

- Provides phone support and counselling
- Provides information packages and a lending/purchasing library
- Has a monthly support group meetings and annual general meetings
- Annual membership fee includes quarterly newsletter

Volunteer opportunities available.

Lyme Disease Association of Ontario

P.O. Box 184

Campbellville, ON L0P 1B0

Wheelchair accessible

Wheelchair accessible.

Website: www.lymeontario.org

Email: lymeont@hotmail.com or info@lymeontario.org

Hours:

- Monday to Friday 9:00 am – 5:00 pm

Lyme Disease Association of Ontario (Cont.)

Serves:

- All ages in Ontario

Mission:

- To provide current information on Lyme Disease and support research to discover its presence in Ontario

Services:

- Provides information on Lyme Disease
- Publishes a newsletter 3-4 times per year
- Holds meetings 3-4 times per year in Kitchener/Toronto area

Volunteer opportunities available.

Multiple Sclerosis Society of Canada

Sarnia Lambton Chapter

420 East Street

Sarnia, ON N7T 6Y5

Phone: 519-332-4015

Fax 519-332-4017

Website: www.mssociety.ca

Email: info.sarnia@mssociety.ca

Wheelchair accessible.

Hours:

- Monday to Friday 9:00 am – 4:00 pm

Serves:

- People living with Multiple Sclerosis (MS) in Lambton County

Mission:

- To be a leader in finding a cure for Multiple Sclerosis and in enabling people affected by MS to enhance their quality of life.

Sarnia Lambton Chapter Services:

- Support Group meetings for persons with multiple

sclerosis and for caregivers
Multiple Sclerosis Society of Canada
Sarnia Lambton Chapter (Cont.)

- Home visits, advocacy, referrals when required
- Education events, speakers, resource material
- Chapter social events
- Social action involvement in community issues which affect all persons with disabilities
- Funding Assistance
- Funding may be available to assist in purchasing necessary equipment and services, under the organizational guidelines for Special Assistance and Equipment Programs:
- Fundraising activities to support the needs of persons with Multiple Sclerosis and to help fund research.

Volunteer opportunities available.

Muscular Dystrophy Canada (London)
Southwestern Ontario Community Office (Fundraising)

383 Richmond Street, Suite 915
London, ON N6A 3C4

Phone: 519-850-8700

Toll Free: 1-877-850-8720

Fax: 519-850-8701

Website: www.muscle.ca

Email: infoontario@muscle.ca

Meeting location: Wheelchair accessible.

Ontario Regional Office (Client Services)

2345 Yonge Street
Suite 901

Toronto, ON M4P 2E5

Phone: 416-488-2699

Toll Free: 1-800-567-2873

Fax: 416-488-0107

Website: www.mdac.ca

Email: infoontario@muscle.ca

**Muscular Dystrophy Canada (Ldndon)
Ontario Regional Office (Cont.)**

Hours:

- Monday to FRiday 8:30 am – 4:30 pm

Mission:

- An umbrella organization committed to eliminating over 40 neuromuscular disorders and alleviating the associated distress for thousands of Canadians

Services:

- Assists with research, education, some fund raising support for mobility equipment and client support programs
- Chapters provide peer support and fundraising opportunities

Volunteer opportunities available.

Ontario Federation for Cerebral Palsy

1630 Lawrence Avenue W.

Suite 104

Toronto, ON M6L 1C5

Phone: 416-244-9686

Toll Free: 1-877-244-9686

TTY: 416-246-9122

TTY Toll Free: 1-866-740-9501

Fax: 416-244-6543

Website: www.ofcp.on.ca

Email: info@ofcp.on.ca

Wheelchair Accessible.

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Serves:

- People with Cerebral Palsy, and their families,

throughout Ontario

Ontario Federation for Cerebral Palsy (Cont.)

Services:

- International Resource Centre for information on research and resources throughout the world
- Database of support services and products throughout Ontario
- Family Support Services; includes an international connection registry
- Educational Workshops held throughout the year on current themes designed to improve the quality of life for people with Cerebral Palsy.
- Newsletter

Volunteer opportunities available.

Ontario March of Dimes

Bayside Centre

150 N. Christina Street

Sarnia, ON N7T 7W5

Phone: 519-332-4702

Fax:519-332-3961

Website: www.marchofdimes.ca

Wheelchair Accessible.

Hours:

- Monday to Friday 8:30 am – 4:30 pm

Serves:

- Ages over 16 years, able to direct their own care, in Lambton County
- English and French languages

Mission:

- To assist all adults with physical disabilities in Ontario to achieve a dignified and meaningful life

Ontario March of Dimes (Cont.)

Services:

- Outreach Attendant Services
- Supportive Housing
- Assistive Devices Program
- Camping and Recreation
- Home and Vehicle Modification Program
- Employment Services Programs
- Volunteering

Volunteer opportunities available

Parkinson Support Group, Sarnia Lambton

Parkinson Society Canada

613 Winchester Crescent

Sarnia, ON N7S 4R1

Phone: 519--542-3858

Toll Free: 1-888-851-7376

Website: www.parkinson.ca

Email: info@parkinsonsociety.ca

Mission:

- To provide support and encouragement to people with Parkinson's and their caregivers
- To develop awareness of Parkinson's and support research through fundraising

Services:

- Information provided for newly diagnosed and health care professionals
- Support group meetings held 4th Wednesday of each month (excluding June, July, August) at Strangway Centre, 260 East Street N., Sarnia, ON N7T 6X7 (2:00 pm - 4:00 pm)
- Weekly exercises held Thursdays (11:00 am) at StrangwayCentre

Volunteer opportunities available.

S.H.A.R.E. (Sarnia Handicapped Aiming for Rehabilitation and Equality, Incorporated 1973)

P.O. Box 782

Sarnia, ON N7T 7J9

Phone: 519-344-9158
leave message

Email: norlam@cogeco.ca

Serves:

- Persons with disabilities in Sarnia Lambton

Purpose and Objectives:

- To determine specific needs of the people with disabilities in Sarnia Lambton, and to plan and develop
- To make the Sarnia Lambton community aware of problems experienced by people with disabilities in their daily living activities, thereby generating public concern, awareness and action on behalf of people with disabilities

Some Other Services:

- May provide transportation, technical aids and services for people with disabilities
- Provide a swim program is available for persons with disabilities.

Meetings:

- Regular meetings are held in February, April, June, September and November. Meeting dates are announced in local media prior to meetings.
- Special meetings are held in May, July, August and December.

Volunteer opportunities available.

Spina Bifida & Hydrocephalus Association of Ontario

555 Richmond Street, W.

P.O. Box 103, Suite 1006

Toronto, ON M5V 3B1

Phone: 416-214-1056

Toll Free: 1-800-387-1575

London Community Contacts 519- 907-0335

Windsor Community Contacts 519-909-5578

Website: www.sbhao.on.ca

Email: provincial@sbhao.on.ca

Serves:

- Individuals and families living with spina bifida and/or hydrocephalus, in Ontario

Mission:

- To build awareness and drive, education, research, support, care and advocacy. To help find a cure while always continuing to improve the quality of life of all individuals with spina bifida and/or hydrocephalus.

Services:

- Toll free telephone access to support and information
- Peer Support Programs
- Scholarship Programs
- Community Contacts and Support Groups
- Library and Resource Centre; Information materials
- Educational workshops, seminars and conferences
- News magazine
- Public awareness programs

Volunteer opportunities available.

St. Clair Child and Youth Services

129 Kendall Street

Pt. Edward, ON N7V 4G6

Phone: 519-337-3701

Fax: 519-337-7750

Website: www.stclairchild.ca

Email: shieric@stclairchild.ca

St. Clair Child and Youth Services (Cont.)

Hours:

- 8:30 am- 5:00 pm, Call office for different program time.

Entrance is wheelchair accessible; 75% Barrier free throughout.

Serves:

- Children up to 18 years, in Lambton County

Mission:

- Children's Mental Health Centre dedicated to helping children and youth in coping with and adapting to life's challenges

Some Services are:

- Early Identification Service (preschool and infant screening)
- Speech and language consultation and therapy
- Residential and non-residential treatment services
- Infant Development Program provides screening, assessment and in-home programming for infants born with disabilities
- Day Care Integration program assists children under age 6 years with special needs to be integrated in day nursery environments in First Nations daycare.
- Specialized assessment and treatment services
- Outreach programs, parental support programs.

Volunteer opportunities available.

St. Francis Advocates

PO Box 218

7346 Arkona Road

Arkona, Ontario N0N 1B0

Phone:: 519-828-3923

Fax: 519-828-3927

www.stfrancisadvocates.net

Email: info@stfrancisadvocates.net

St. Francis Advocates (Cont.)

Main Office: 9 a.m. to 5 p.m.

Supports & Services:

Residential Supports And Vocational Opportunities- St. Francis Advocates operates residential homes across Lambton, Kent and Essex Counties, supporting people with Autism and/or other Developmental Disabilities. Our services were developed to provide learning opportunities in both residential and vocational areas to assist people in reaching their potential and enhance their quality of life.

Residentially, people learn self help skills that are essential for more independent living along with enjoying leisure and community activities. A 24 hour support plan is developed based upon the person's needs as identified in their Person Directed Plan (PDP). Through a continuous rotation of consistent personnel, assistance is provided in areas such as communication, life skills, and social skills development, so goals can be more easily attained.

Our Motto:

"Dedicated to making a difference"

Our Vision:

Providing innovative, creative and progressive supports on an individual basis

Our Mission:

St. Francis Advocates is dedicated to making a positive difference in the lives of people with Autism and other Developmental Disabilities. We are committed to empowering people by promoting independence, providing opportunities, encouraging growth through education, developing partnerships and collaborating with communities, within a caring environment.

Stroke Recovery Association

180 North College Avenue

Sarnia, ON N7T 7X2

Phone: 519-491-2668

Fax: 519-491-2632

Hours:

- Monday to Friday 9:00 am – 12:00 pm
- 24 hour answering machine

Website: www.strokerecovery.org

Fully accessible

Serves:

- Stroke survivors and family members, in Sarnia and Lambton County

Mission:

- To help stroke survivors and their families in their efforts to cope with life-after-stroke and to regain self-esteem

Services:

- Monthly get-together program emphasizing: socialization and group activities, education, guest speakers, and discussion
- Hospital and home visitation program
- Weekly fitness program; weekly pool therapy
- Spousal support meetings

Volunteer opportunities available

Sunshine Foundation

465 Richmond Street

Suite 400

London, ON N6A 5A9

Phone: 519-642-0990

Toll Free: 1-800-461-7935

Fax: 519-642-1201

Toll Free Fax: 1-800-461-7475

Website: www.sunshine.ca

Email: dreams@sunshine.ca or info@sunshine.ca

Sunshine Foundation (ont.)

Hours:

- Monday to Friday 9:00 am – 5:00 pm

Mission:

- Provide dreams to children with severe physical disabilities and or life threatening illness

The War Amps - National Headquarters

2827 Riverside Drive

Ottawa, ON K1V 0C4

General Telephone: 1-800-465-2677

Child Amputee Program: 1-800-267-4023

Adult Amputee Program: 1-877-622-2472

Fax: 613-731-3234

Website: www.waramps.ca

Email: communications@waramps.ca
customerservice@waramps.ca

Wheelchair accessible at rear of building.

Hours:

- Monday to Friday 9:00 am – 5:00 pm

Serves:

- Amputees of all ages, throughout Canada
- English and French languages

Mission:

- Provide dreams to children with severe physical disabilities and or life threatening illness.

Services:

- Child Amputee Program (CHAMP) offers financial assistance for artificial limbs, counseling, and information on amputation and artificial limbs
- Adult Prosthetics Program
- Service Bureau for war veteran amputees
- Other programs include Matching Mothers Program, Junior Counselling Program, Playsafe and Drivesafe Safety Programs.

The War Amps - National Headquarters (Cont.)

Other:

Financed through the Key Tag and Address Label Service

(Toronto) E-Zee Access: 1-800-250-3030

In Toronto: 416-412-0600

E-Zee Access Fax: 1-800-219-8988

Toronto Fax: 416-297-2650

Volunteer opportunities available for amputee members.

Victorian Order of Nurses (VON)

1705 London Line

Sarnia, ON N7W 1B2

Phone: 519-542-2310

Fax: 519-542-1160

Website: www.von.ca

Email: trish.russell@von.ca

Services:

- Homemaking
- Personal care
- Foot care clinics at various locations in the county
- Alzheimer Day Program (Tuesday, Wednesday, Thursday)
- Volunteer visiting (Alzheimer, palliative, friendly)
- Kids Circle

Fees:

- Vary with the service

Volunteer Opportunities Available

Wheelchair accessible at rear of building.

GOVERNMENT INFORMATION

Ministry of Education/Ministry of Training, Colleges and Universities

Toll Free: 1-800-387-5514

TTY: 1-800-263-2892

Websites: www.edu.gov.on.ca www.tcu.gov.on.ca

The Ministry of Education is responsible for the following:

In the area of Elementary and Secondary Education:

- Developing broad outlines for education policy.
- Administering the provincial statutes and regulations such as length of the school year and calendar
- Setting policies and guidelines for school trustees, directors of education, principals and other school board officials
- Developing curriculum policy
- Determining provincial standards for student achievement
- Setting requirements for student diplomas and certificates
- Preparing lists of approved textbooks and other learning materials
- Allocating funds to school boards
- Governing provincial schools for the deaf and blind and the learning-disabled

The Ministry of Training, Colleges and Universities

Toll Free: 1-800-387-5656

Website: www.tcu.gov.on.ca

Employment Ontario

Self Employment Benefit (SEB)

Income and entrepreneurial support for eligible unemployed people while they develop and start their business.

Job Creation Partnerships (JCP)

Provides work experience to eligible unemployed people with temporary projects that benefit the individual and the community.

Ontario Employment Assistance Services (OEAS)

Assistance for people who are unemployed prepare for, find and keep employment.

Pre-Apprenticeship Training Program

Helps potential entrants develop their job skills and trade readiness so that they will be prepared to find work as apprentices.

Targeted Wage Subsidies

Provides on-the-job work experience to unemployed people who are or have recently been eligible to receive Employment Insurance and are experiencing difficulty in finding work. It also enables employers to hire people who face barriers to employment (people they might not otherwise hire) by offering temporary wage subsidies.

Co-op Diploma Apprenticeship Program (CODA)

Combines a college diploma program and apprenticeship training leading to Certificate of Qualification.

Literacy and Basic Skills (LBS)

Provides free training in reading and writing, math and basic work skills.

Ontario Youth Apprenticeship Program (OYAP)

A school-to-work transition program offered through Ontario Secondary Schools.

Second Career (SC)

An Ontario government program that offers training for a new job, including financial support.

Ontario Student Assistance Program (OSAP)

General Inquires 1-800-465-3957
TTY: 1-800-465-3958
Toll Free (status of application only) 1-866-330-3331
Website: www.osap.gov.on.ca

Eligibility:

- Must be a Canadian citizen, Permanent Resident of Canada (landed immigrant), or Protected Person
- Must meet one of the following criteria to meet Ontario residency requirements:
 - You have always lived in Ontario or Ontario is the past province you lived in for 12 consecutive months without being a full-time post-secondary student
 - If you are married or in a common-law relationship, your residency can also be based on the amount of time your spouse has lived in Ontario.
 - If you are considered a “dependent student”, your residency can be based on the residency of your parent(s), step-parent legal guardian(s), or official sponsor(s).
- Must be enrolled or planning to enroll in an approved program at an approved post secondary institution
- Must be taking at least 60 per cent of a full course load, or 40 per cent if you are a student with a permanent disability
- Must be taking a program with a minimum length of 12 weeks
- Any previous student loans must be in good standing (eg. you must not have defaulted on a student loan.)
- Must not be receiving student financial assistance from any other province, state or country while receiving OSAP assistance

Services:

- Provides students with repayable and non-repayable financial assistance
- Objective is to assist eligible students who do not have the resources to finance their post-secondary studies

Ontario Student Assistance Program (OSAP) (Cont.)

- The purpose is to supplement, not to replace, the financial resources that the student (and his or her family, if applicable) is expected to contribute.
- Is NOT intended to supply all the funding to meet students' educational and living costs

In addition to the financial assistance to all students there are programs which are available specifically for students with disabilities. These programs are:

- Ontario Bursary for Students with Disabilities
- Canada Study Grant for the Accommodation of Students with Permanent Disabilities
- Canada Access Grant for Students with Permanent Disabilities
- Assistance for Students who are Deaf or Hard-of-Hearing studying at Out-of-Country post-secondary institutions.
- Must maintain satisfactory academic progress

Information about these programs is available on the OSAP website at www.osap.gov.on.ca

PRIMARY AND SECONDARY EDUCATION

SPECIAL EDUCATION FUNDING

The Special Education Grant includes five components: the Special Education Per-Pupil Amount, the High Needs Amount, the Special Equipment Amount, the Special Incidence portion, and the Facilities Amount

Special Education Per Pupil Amount (SEPPA)

- Is based on a school board's total student enrolment
- Recognizes the cost of providing additional assistance to the majority of students with special education needs

High Needs Amount

- Provides for the intensive staff support required by the small number of pupils with very high needs

Special Equipment Amount

- Covers the cost of an individual student's equipment needs of \$800 in the year of purchase

Special Incidence Portion (SIP)

- Provides funding for students with exceptionally high needs who require more than two full-time staff to address health and safety needs
- Eligibility criteria for SIP are outlined in the document entitled Special Education Funding Guidelines: Special Equipment Amount (SEA) and Special Incidence Portion (SIP), 2006-2007.

Facilities Amount

- Provides funding for educational programs serving students who are receiving their education through facilities such as hospitals, children's mental health centres, psychiatric institutions, detention and correctional facilities, community living/group homes, and other social services agencies
- Provision of education in these facilities subject to agreement between school board and facility

PRIMARY AND SECONDARY EDUCATION (CONT.)

Publications

Some examples of publications are:

- Special Education Funding Guidelines: Special Equipment Amount (SEA)
 - The Individual Education Plan (IEP), A Resource Guide, 2004
 - Transition Planning: A Resource Guide, 2002
 - Special Education, A Guide for Educators, 2001
-

Lambton Kent District School Board

200 Wellington Street

Sarnia, ON N7T 7L2

Phone: 519-336-1500

Toll Free: 1-800-754-7125

Fax: 519-336-0992

Website: www.lkdsb.net

Hours:

- Monday to Friday 8:00 am – 4:30 pm

The Lambton Kent District School Board provides:

- Name of school child should attend
- Education for Junior Kindergarten to Grade 12
- Pre-school intake meetings for children who are part of Sarnia and District Children's Treatment Centre or St. Clair Child and Youth Centre
- Special Education Supervisors available for assessment of children not part of the Children's Treatment Centres
- Special assistance is coordinated by the school principals and may include: special buses, medical care, occupational therapy.
- Books on tape
- Home Instruction Program provides temporary home instruction for those unable to attend school due to illness.
- Special classes are available for medically fragile students.

Lambton Kent District School Board (Cont.)

Individual schools of the Lambton Kent District School Board are listed in alphabetical order (in Lambton County only):

Aberarder Central Public School

4804 Aberarder Line

Camlachie, ON N0N 1E0

Phone: 519-899-2267

Fax: 519-899-2507

Alexander MacKenzie Secondary School

1257 Michigan Avenue

Sarnia, ON N7S 3Y3

Phone: 519-542-5505

Fax: 519-542-5294

Classes for children with developmental disabilities.

Bosanquet Central Public School

8766 Northville Road

Theford, ON N0M 2N0

Phone: 519-296-4962

Fax: 519-296-4299

Bridgeview Public School

205 South Albert Street

Point Edward, ON N7C 1R4

Phone: 519-337-3295

Fax: 519-337-3296

Classes for children with developmental disabilities.

Phone: 519-337-3602

Brigden Public School

1540 Duncan Street

Brigden, ON N0N 1B0

Phone: 519-864-1125

Fax: 519-864-1006

Lambton Kent District School Board (Cont.)

Bright's Grove Public School

2612 Hamilton Road

Bright's Grove., N0N 1C0

Phone: 519-869-4284

Fax: 519-869-4285

Brooke Central Public School

7989 Brooke Line

Alvinston, ON N0N 1A0

Phone: 519-847-5218

Fax: 519-847-5035

Cathcart Boulevard Public School

1219 Cathcart Boulevard

Sarnia, ON N7S 2H7

Phone: 519-542-5651

Fax: 519-542-3774

Colonel Cameron Public School

440 Colborne Street

Corunna, ON N0N 1G0

Phone: 519-862-1116

Fax: 519-862-4655

Confederation Central Public School

2500 Confederation Road

Sarnia, ON N7T 7H3

Phone: 519-383-7004

Fax: 519-383-7005

East Lambton Elementary School

139 Centennial Avenue,

Watford, ON N0M 2S0

519-876-3935

Phone: 519-876-2610

Fax: 519-876-3935

Lambton Kent District School Board (Cont.)

Errol Road Public School

989 Errol Road East,
Sarnia, ON N7S 2E6

Phone: 519-542-9341
Fax: 519-542-5451

Errol Village Public School

3568 Egremont Road
Camlachie, ON N0N 1E0

Phone: 519-869-4861
Fax/Answering Machine: 519-869-8261

Grand Bend Public School

15 Gill Road
Grand Bend, ON N0M 1T0

Phone: 519-238-2091
Fax: 519-238-8745

Hanna Memorial Public School

369 Maria Street
Sarnia, ON N7T 4T7

Fax: 519-344-7631
Fax: 519-344-3714
Classes for children with developmental disabilities.

High Park Public School

757 Kember Avenue
Sarnia, ON N78S 2T3

Phone: 519-332-0474
Fax: 519-332-8643

Hillcrest Public School

433 First Avenue
Petrolia, ON N0N 1R0

Phone: 519-882-2260
Fax: 519-882-2858

Lambton Kent District School Board (Cont.)

King George VI Public School

585 O'Dell Avenue,
Sarnia, ON N7V 4H7

Phone: 519-344-2942

Fax: 519-344-4426

Kinnwood Central Public School

63 MacDonald Street,
Forest, ON N0N 1J0

Phone: 519-786-5351

Fax: 519-786-3316

Lakeroad Public School

955 Lakeshore Road
Sarnia, ON N7V 2V3

Phone: 519-542-5771

Fax: 519-542-6393

Lambton Central Centennial Public School

3823 Oil Heritage Road
Petrolia, ON N0N 1R0

Phone: 519-882-0138

Fax: 519-882-2102

Lambton Central Collegiate Vocational Institute

4141 Dufferin Avenue
Petrolia , ON N0N 1R0

Phone: 519-882-1910

Fax: 519-882-1860

Classes for children with developmental disabilities.

Lansdowne Public School

95 Lansdowne Avenue
Sarnia, ON N7S 1G7

Phone: 519-336-2111

Fax: 519-336-2306

Lambton Kent District School Board (Cont.)

London Road Public School

240 London Road
Sarnia, ON N7T 4V8

Phone: 519-344-5741
Fax: 519-344-3597

Mooretown Courtright Public School

104 Moore Line
Mooretown, ON N0N 1M0

Phone: 519-867-2836
Fax: 519-867-2661

North Lambton Secondary School

15 George Street
Forest, ON N0N 1J0

Phone: 519-786-2166
Fax: 519-786-5250

Northern Collegiate

940 Michigan Avenue
Sarnia, ON N7S 2B1

Phone: 519-542-5545
Fax: 519-542-0571

PE McGibbon

217 Russell Street
Sarnia, ON N7T 3L6

Phone: 519-344-4371
Fax: 519-344-5077

Queen Elizabeth II (Petrolia)

4104 Kerby Street
Petrolia, ON N0N 1R0

Phone: 519-882-2126
Fax: 519-882-2595

Lambton Kent District School Board (Cont.)

Queen Elizabeth II (Sarnia)

60 Aberdeen Avenue

Sarnia, ON N7S 2N8

Phone: 519-344-0801

Fax: 519-332-4057

Riverview Central Public School

3926 St. Clair Parkway

Port Lambton, ON N0P 2B0

Phone: 519-892-2981

Fax: 519-892-3691

Rosedale Public School

1018 Indian Road North

Sarnia, ON N7V 4C5

Phone: 519-542-4552

Fax: 519-542-1106

St. Clair Secondary School

340 Murphy Road

Sarnia, ON N7S 2X1

Phone: 519-332-1140

Fax: 519-332-5039

Classes for children with developmental disabilities.

Sarnia Collegiate Institute and Technical School

275 Wellington Street

Sarnia, ON N78T 1H1

Phone: 519-336-6131

Fax: 519-336-0220

Website: www.sarnia.com/schools/scits

Sir John Moore Community School

274 St. Clair Boulevard

Corunna, ON N0N 1G0

Phone: 519-862-1089

Fax: 519-862-5006

Lambton Kent District School Board (Cont.)

South Plympton/Wyoming Public School - Plympton Campus

4741 Confederation Line,

Wyoming, ON N0N 1T0

Phone: 519-845-3141

Fax: 519-845-0675

South Plympton/Wyoming Public School - Wyoming Campus

606 Thames Street

Wyoming, ON N0N 1T0

Phone: 519-845-3141

Classes for children with developmental disabilities.

St. Clair Catholic District School Board

420 Creek Street

Wallaceburg, ON N8A 4C4

Phone: 519-627-6762

Fax: 519-627-8230

Website: www.st-clair.net

Hours:

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

The St. Clair Catholic District School Board provides:

- Education for Junior Kindergarten to Grade 12
- Pre-school intake meetings for children who are part of Sarnia and District Children's Treatment Centre or St. Clair Child and Youth Services
- Special assistance is coordinated by the school principals. May include: special buses, medical care, occupational therapy, books on tape

St. Clair Catholic District School Board (Cont.)

Individual schools of the St. Clair Catholic District School Board are listed in alphabetical order:

Gregory A. Hogan School

1825 Hogan Drive
Sarnia, ON N7S 6G9

Phone: 519-542-8190

Fax: 519-542-2422

Holy Rosary School

715 London Street
Wyoming, ON N0N 1T0

Phone: 519-845-3471

Fax: 519-845-0590

Holy Trinity

60 Lorne Crescent
Sarnia, ON N7S 0C3

Phone: 519-344-2110

Fax: 519-344-3728

St. Anne School

1000 The Rapids Parkway
Sarnia, ON N7S 6K3

Phone: 519-542-2710

Fax: 519-542-6457

St. Christopher Secondary School

1001 The Rapids Parkway,
Sarnia, ON N7S 6K2

Phone: 519-541-1811

Fax: 519-541-1814

St. Clair Catholic District School Board (Cont.)

St. John Fisher School

44 Main Street N.

Forest , ON N0N 1J0

Phone: 519-786-5201

Fax: 519-786-2839

St. Joseph School

535 Birchbank Drive

Corunna, ON N0N 1G0

Phone: 519-862-1479

Fax: 519-862-2330

St. Michael School

1930 Wildwood Drive

Brights Grove, ON N0N1C0

Phone: 519-869-4204

Fax: 519-869-6518

St. Patrick's High School

281 East Street N.

Sarnia, ON N7T 6X8

Phone: 519-332-3976

Fax: 519-383-7024

St. Peter Canisius School

424 Victoria Street

Watford, ON N0M 2S0

Phone: 519-876-3018

Fax: 519-876-3640

St. Philip School

420 Queen Street

Petrolia, ON N0N 1R0

Phone: 519-882-1520

Fax: 519-882-3316

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St. Clair Catholic District School Board (Cont.)

Sacred Heart School

434 John Street

Port Lambton, ON N0P 2B0

Phone: 519-677-5984

Fax: 519-677-5518

Sacred Heart School

1411 Lecaron Avenue

Sarnia, ON N7V 3J1

Phone: 519-344-1601

Fax: 519-344-3886

PRIVATE SCHOOLS

Sarnia Christian School

1273 Exmouth Street

Sarnia, ON N7S 1W9

Phone: 519-383-7750

Fax: 519-383-6304

Wheelchair accessible.

Temple Christian Academy

1410 Quinn Drive

Sarnia, ON N7H 7T4

Phone: 519-542-9563

Fax: 519-542-9889

PROVINCIAL SCHOOLS AND DEMONSTRATION SCHOOLS

Provincial schools are highly specialized schools working with children who are deaf-blind, blind, or deaf.

The E.C. Drury School for the Deaf

255 Ontario Street S.

Milton, ON L9T 2M5

Phone: 905-878-2851

TTY: 905-878-7195

Fax: 905-878-1354

The Sir James Whitney School for the Deaf

350 Dundas Street W.

Belleville, ON K8P 1B2

Voice/TTY: 613-967-2823

Fax: 613-967-2857

The W. Ross Macdonald School for the Blind

350 Brant Avenue

Brantford, ON N7T 3J9

Phone: 519-759-0730

Web: www.wrossmacdonaldschool.on.ca

DEMONSTRATION SCHOOLS

Demonstration schools provide a specialized residential program for students with severe learning disabilities whose educational needs cannot be adequately met in their local school boards. For more information on Demonstration Schools visit the Government of Ontario website: www.infogo.gov.on.ca

The Amethyst School

15156 Cheapside Street
London, ON N5V 3N9

Phone: 519-453-4400

Fax: 519-453-7943

Web: www.amethystschool.ca

The Saganaska School

350 Dundas Street W.
Belleville, ON K8P 1B2

Phone: 613-967-2830

Fax: 613-967-2482

Trillium School

347 Ontario Street S.
Milton, ON L9T 3X9

Phone: 519-878-8428

Fax: 905-878-7540

Centre Jules-Leger

281 Avenue Lanark
Ottawa, ON K1Z 6R8

Phone: 613-761-9300

POST-SECONDARY EDUCATION

Lambton College of Applied Arts and Technology

1457 London Road

Sarnia, ON N7S 6K4

Phone: 519-542-7751

Admissions: 519-542-2400

Fax: 519-541-2426

Website: www.lambton.on.ca

Email: info@lambton.on.ca

Hours:

- Monday to Friday 8:30 am – 4:30 pm
- Summer hours:
Monday to Friday 8:30 am - 4:00 pm

Accessibility:

- Business and Industry Centre has a ramp that is steeper than code.

Eligibility:

- Must have a grade 12 diploma or mature student status (minimum of 19 years of age and 1 year away from school)

Services:

- Post Secondary Programs
- Distance education and on-line training medium

Fees:

- Fee for Tuition

Services for Students with Disabilities Office– Lambton College

Room L103

1457 London Road

Sarnia N7S 6K4

Phone: 519-542-7751 ext 3393 or 3417

Fax: 519-541-2422

Email: ssdoinfo@lambton.on.ca

Services for Students with Disabilities Office (Cont).

Hours:

- Monday to Friday 8:30 am - 4:30 pm
- Summer Hours 8:30 am - 4:00 pm

Eligibility:

- Documented disability as defined by Ontario Human Rights Code
- Students with disabilities must meet the academic requirements of their program of study
- Academic accommodations will be determined during a Student - SSDO counsellor consultation and accommodations will be made based on documentation with the intent to minimize the effects of the disability

Fees:

- There are no fees for services

Community Integration through Cooperative Education CICE

This program is a two-year, post secondary, modified program designed for individuals with learning challenges such as intellectual disabilities, brain injuries, learning disabilities, Autism Spectrum Disorder, mental health issues, and other related challenges. This program provides students with an opportunity to enhance their academic skills through regular college classes while developing vocational abilities through career-related field placement experiences.

Fees

- Fee for CICE tutition
-

University of Western Ontario

1151 Richmond Street

London, ON N6A 5B8

Phone: 519-661-2111

Admissions: 519-661-2100

Fax: 519-661-3710

Website: www.uwo.ca

Hours:

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

Accessibility:

- Detailed maps of the campus are available showing parking, accessible entrances, and elevator locations.

Services:

- Services for Students with Disabilities department
- Distance education and on-line courses
- Volunteer notetakers/readers
- Taped and Braille textbooks
- Counselling
- Disability assessments
- Adaptive computing technology centre
- Financial assistance
- Assistance with housing
- Transportation around campus
- Specialized examination arrangements.

Fees:

- Tuition
- There are no fees for special services for students with disabilities.

University of Windsor

401 Sunset Avenue

Windsor, ON N9B 3P4

Phone: 519-253-3000

Admissions/Registrar Office: Ext 3315

University of Windsor (Cont.).

Fax: 519-971-3653

Website: www.uwindsor.ca

Special Needs Program Services:

- Career counselling
- Link-up with note takers, tutors, readers, mobility assistants, scribes and interpreters
- Professor liaison regarding disabilities
- Exam accommodation (taped, oral, braille, computerized, extended time, audio and others)
- Resource centre with equipment for special needs such as:
 - Speech synthesizers
 - Braille equipment
 - Screen enlargers and magnifiers
 - Tape recorders
 - Image and text scanners
 - Voice input system.

Fees:

- Tuition
- There are no service fees for students with disabilities.

CONTINUING EDUCATION

Listings under the heading Continuing Education are academic upgrading and literacy programs.

Community Law School (Sarnia Lambton) Inc.

Email: communitylawschool@gmail.com

Web: www.communitylawschool.org

Serves:

- Ontario/Canada
- All age groups
- Social service workers
- Low income earners
- Advocates, family and friends of low income earners

Wheelchair accessible

Services:

- Provides lay advocacy training to front line social service workers, grass-root groups and low income earners on all aspects of social welfare law (social assistance, housing and human rights law)
- Provides support services to the lay advocacy network through website, lay advocacy bulletins and provide updates on changes to social welfare law and practice
- Has consulting services

Volunteer opportunities available

Independent Learning Centre

Main Office:

2180 Yonge Street, P.O. Box 200, Stn Q

Toronto, ON M4T 2T1

Toll Free: 1-800-387-5512

Fax: 416-484-2754

Website: www.ilc.org

Email: ilc@tvo.org

Hours:

- Monday to Friday 8:30 am - 5:00 pm
- Automated Telemessage Service: - 8:00 am – 10:00 pm
- Learner Services Officers
Monday to Friday 1:00 pm - 5:00 pm

Local Office: (**Alternative and Continuing Education Centre**)

Access Lambton

660 Oakdale Avenue

Sarnia, ON N7V 2A9

Phone: 519-383-8787

Eligibility:

- Ontario resident.
- Age 16-17 years (permission from High School)
- Age 18 and up

Services:

- Continuous intake, self study available
- Allows adults to earn secondary school diploma credits, upgrade their basic skills, or study for personal development
- Courses in all subject areas
- Assistance with selecting a suitable course and submitting course requests to the office
- Provides information about educational programs and post-secondary institutions in your area
- Provides information about career centres in your area
- Assistance selecting an additional course
- Free upgrading is available
- Free assistance with job preparation skills and personal independence.

Alternative and Continuing Education Centre) (Cont.)

Application Process:

- When you visit an access site for the first time, a staff person can help you and discuss your goals, past schooling, programs available to you and any prerequisites.
- Self-study courses
- Staff can also review your documents to determine your diploma requirements.

Fees:

- \$20.00 per course.

Organization for Literacy in Lambton

180 College Avenue N., Room 103

Sarnia, ON N7T 7X2

Phone: (Collect calls accepted)..... 519-332-4876

Fax: 519-332-0916

Website: www.readsarnia.com

Email: oll@bellnet.ca

Wheelchair accessible

Hours:

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

Eligibility:

- Adults 18 years and older
- School age children

Mission:

- To ensure that all individuals in Lambton County have the opportunity and resources to improve their literacy

Services:

- Homework and skill building programs for school age children
- Volunteer tutors available at the office, or in a public setting
- English language; Sign language interpreter
- Programs include: One-to-One Adult Literacy Program, Family Literacy, Homework and Reading Programs

Volunteer opportunities available

Tri-County Literacy Network

555 Richmond Street

Chatham, ON N7M 1R2

Phone: 519-355-1771

Toll Free: 1-877-333-4833

Fax: 519-355-1998

Website: www.tcln.on.ca

Email: tcln@cogeco.net

Provides:

- Information sharing
- Offers guidance and direction to adult literacy programs in the Municipality of Chatham-Kent, Essex and Lambton counties
- Services are primarily for programs funded by the Ministry of Training, Colleges and Universities in order to promote literacy and to link programs and services to better serve the needs of learners.
- Public education and literacy awareness
- Support to literacy programs
- Workshops for tutors, teachers and students
- Community planning
- Free literacy and upgrading information
- Referrals for literacy clients and volunteers
- Regular newsletters and bulletins
- A literacy resource library
- 10 literacy providers in the tri-county area
- One-to-one tutoring, small group study, independent study, computer-assisted programs and classroom style programs are available.

VOCATIONAL TRAINING

Government programs and supports that may assist in vocational training are:

- Ontario Disability Support Program
- Aboriginal Human Resources Development Strategy
- Canada Pension Plan Disability Vocational Rehabilitation:
- Ontario Works Programs
- Workplace Safety and Insurance Board.

These programs are detailed under the Employment Section of this Directory.

Can-Weld Training & Testing Centre

1392 Plank Road, Unit #3

Sarnia, ON N7T 7H3

Phone: 519-344-9222

Fax: 519-344-5212

Website: www.canweldsarnia.com

Email: canweld@ebtech.net

A welding training and testing centre

Services:

- Re-certification
- Trades Updating/Upgrading
- CWB accredited Test Centre
- General welding practices & basic welding theory and application
- Basic blueprint reading
- TSSA Testing
- On-going job referrals

Eligibility:

- High school diploma or equivalent
- Must be age 16 or over by end of year in attendance.

Fees:

- Financial assistance available for those who qualify
- Fees based on course
- Weekly payment plans available
- MTCU (Service Ontario) and Aboriginal Status accepted

LOCAL TRANSPORTATION

Services under this heading are listed in alphabetical order.

How to determine which service(s) will meet your needs:

- Sarnia Transit is the regular bus service for Sarnia and Point Edward.
- Sarnia Care-A-Van (operated by Sarnia Transit) is for people with special needs who meet the eligibility requirements. Sarnia Care-A-Van operates in Sarnia and Point Edward.
- Lambton Elderly Outreach and Canadian Red Cross Society can provide transportation services when it is not possible to use Sarnia Care-A-Van or Sarnia Transit.
- Other organizations that may also assist in transportation are listed in the Support Services section of this directory.
- Lambton Lift can determine options available and refer you to the appropriate transportation service.

Canadian Red Cross Society – Sarnia-Lambton Branch

416 East St. N.

Sarnia Ontario N7T 6Y4

Phone: 519-332-6380

Fax: 519-332-2695

Hours:

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

Serves:

- Frail, elderly persons, people with temporary or permanent disabilities in Sarnia, Point Edward or Brights Grove who cannot readily use the following: any form of public transit, Sarnia Care-A-Van, or private means of transportation (family and/or friends)

Canadian Red Cross Society – Sarnia-Lambton Branch (Cont..)

Services:

- Provides door to door transportation by Red Cross volunteer drivers
- Arranges transportation for a variety of reasons: such as medical and rehabilitation appointments, seniors' drop in centre programs, organized social/recreational activities, important family functions.

Booking Transportation:

- Give 2 days notice for city and county trips and 1 week notice for London trips.
- Book your trips early in order to guarantee service when it is needed.
- Trips can be arranged for local and out of town destinations. For example, transportation can be provided to London and other areas. Appointments in London should not be scheduled earlier than 10:00 am or later than 2:00 pm.

Fees:

Call for fee schedule

Lambton Elderly Outreach

4486 London Line, R.R. #1

Wyoming, ON N0N 1T0

Phone: 519-845-1353

Toll Free: 1-800-265-0203

Fax: 519-845-1364

Website: www.lambtonelderlyoutreach.org

Email: info@lambtonelderlyoutreach.org

Office Hours of Operation:

- Monday to Friday 8:00 am - 4:30 pm

Serves:

- Older individuals
- Persons with a disability over the age of 18 years
- In client's home
- Rural and urban areas throughout Lambton County

Lambton Elderly Outreach (Cont.)

Services:

- Door to door service provided by LEO volunteers or wheelchair accessible vans
- Service is available for medical appointments, shopping, social outings, etc. (priority is given to medical appointments)
- Assessment done before services
- 3 days notice required for local trips and also 3 days for out of town. Clients are encouraged to book trips early to avoid disappointment.

Transportation Service Hours of Operation:

- 7 days a week

Fees:

- Fees for service are based on kilometer travelled

Volunteer opportunities available

Lambton Lift

Service provided through Lambton Elderly Outreach

Hours:

- Monday to Friday 6:00 am to 10:30 pm

Services:

- A coordinated referral service of transportation providers
 - Provides transportation options available
 - Direct referral to other transportation services (e.g. Care-A- Van, Canadian Red Cross, etc.)
-

Sarnia Care-A-Van

1169 Michener Road

Sarnia, ON N7S 4W3

Dispatch: 519-336-3789

Fax: 519-336-3361

After Hours Same Day Emergency: 519-464-3444

Sarnia Care-A-Van (Cont.)

Office Hours:

- Monday to Friday 8:00 am - 3:00 pm

Care-A-Van Hours:

- Monday to Friday 6:30 am to 10:45 pm
- Saturday 8:00 am to 10:45 pm
- Sunday 8:30 am to 6:00 pm

Fully barrier free/wheelchair accessible

Serves:

- All ages in Sarnia, Point Edward and Bright's Grove

Services:

- Transports eligible people to work, school, therapy, etc.

Eligibility:

- Persons who are physically unable to climb or descend steps used on conventional public transit services
- Persons who are unable to walk a distance of 175 metres (575 feet) or blind persons from November 1st to March 31st

Fares:

- There is a one time Registration Fee of \$2.00 which is required with the registration form.
- Fare can be paid as cash, ticket or pass and are available at all regular ticket outlets.
- Can pay exact change of \$2.25 for one-way
- Tickets: One-way tickets or 20 tickets for \$40.00
- Monthly pass for sale: \$60.00 per month
- Fares are subject to change – it is best to check with the office for the current rate.
- Ticket Outlets are located at: Sarnia Transit Office, Shoppers Drug Mart - North Gate, Shoppers Drug Mart, Bright's Grove, Vidal Variety, UWO Research, Lambton College Bookstore, Point Edward Municipal Office, The Bayside Sampler, Strangway Center, Greers, Daisy Mart, and City Hall

Sarnia Care-A-Van (Cont.)

Requesting Care-A-Van Services:

- Advance bookings can be made up to 7 days ahead; same day service requests may be accommodated, if possible.
- Standing arrangements for service may be available for persons traveling at a regular time to and from a destination such as work or school.
- Telephone the dispatch office at 519-336-3789.
Have the following information ready:

- Name and registration number
- Pick up address
- Your destination and arrival time desired
- Time of your return and return destination

Cancellations and Time Changes:

- Cancellation time not called in before 9:00 am
- Cancellation at the door or no shows (you are not there to take your ride) will result in a charge or regular cash fare.

Lifting Policy:

- Drivers do not lift persons in wheelchairs more than one step. This policy was established to protect the personal safety of the passenger as well as the driver

Client Responsibilities:

- Service is from accessible door to accessible door. If assistance is required for any reason, you must be accompanied by an attendant or have one present where necessary. Support person rides free.
- Be ready 15 minutes before your scheduled time.
- If you are more than 5 minutes late past your scheduled time the driver will proceed to the next scheduled call, and you will be responsible for alternate transportation.
- If visiting a doctor or medical center, inform them you are using the Care-A-Van when you make your appointment, so they can keep you on schedule.
- Please contact Care-A-Van before changing to a larger wheelchair as this may cause problems with your pick up in regards to the size of van required.

Sarnia Transit

1169 Michener Road

Sarnia, ON N7S 4W3

Phone: 519-336-3271

Fax: 519-336-3361

Office Hours:

- Monday to Friday 8:30 am - 5:00 pm

Transit Hours:

- Monday to Friday 6:30 am - 10:45 pm
- Saturday 8:00 am - 10:45 pm
- Sunday 8:30 am - 6:00 pm

Serves:

- All ages in Sarnia, Point Edward, Brights Grove

Services:

- Regular bus service

Fares:

- Cash Fare - \$2.25
- One-Way Tickets - 20 tickets for \$40.00
- Monthly Passes for sale: \$60.00
- Fares are subject to change – it is best to check with the office for the current rate of fare.
- Fare can be paid with cash, tickets or passes can be bought in advance at all regular ticket outlets.
- Ticket Outlets: Sarnia Transit Office, Shoppers Drug Mart- North Gate, Shoppers Drug Mart Bright's Grove, Point Edward Municipal Office, The Bayside Sampler, Vidal Variety Strangway Centre, Greens, Daisy Mart, City Hall, UWO Cafeteria, Lambton College Bookstore

Taxis

Taxi services are listed within the yellow pages of the phone book. When phoning for a taxi:

- Ask first if they can supply you with the kind of transportation you require
- Ask if they have door to door service or curb to curb

Taxis (Cont.)

- If only curb to curb you will need your own personal assistant (e.g. Family member at home and Friend at destination)
- Ask if the taxi driver will carry packages for you.

MEDICAL TRANSFER SERVICE

Ambulances

Emergency Ambulance Service	9-1-1
Non-Emergency Ambulance Service	
Toll Free:	1-800-277-9931

Medically Essential Ambulance Trips

- If you are injured or very sick, the Ministry of Health and Long-Term Care pays most of the cost of your air or land ambulance trip. You are responsible for paying \$45, if your trip is judged medically essential by the attending physician when you arrive at the hospital; OR
- Your physician states in writing, before the ambulance is used, that your condition makes an ambulance necessary.

DISTANCE TRAVEL - SERVICES

Services include ferry, charter bus, airport shuttle services and rail service. Leisure or vacation travel is detailed in the Recreation Section of this directory.

Blue Water Ferry Ltd.

3490 King Street

Sombra ON N0P 2H0

Phone: 519-892-3879

Toll Free: 1-877-892-3879

Fax: 519-892-6982

Website: www.bluewaterferry.com

Email: info@bluewaterferry.com

Wheelchair accessible

Hours:

- 7 days a week 6:40 am to 10:30 pm

Services:

- International ferry service, from Sombra across the St. Clair River to Marine City, United States.
- Ferry leaves every 10 to 15 minutes; 7 days a week

Fees: Foot passengers \$2.00 round trip

Car Load \$6.00 one way

RV's \$6.00 and up, one way

Cha-Co Trails/Chatham Coach/Greyhound Lines

Toll Free: 1-800-463-6748 or 1-866-313-0339

Hours:

- Monday to Friday 8:30 am – 5:00 pm

Services:

- Charter buses travel to various destinations
 - Some buses are equipped with lifts
-

Distance Travel Services (Cont.)

Robert Q Airbus

286 Christina Street N.

Sarnia, ON N7T 5V5

Phone: 519-332-1190

Air bus - 24 hours: 1-800-265-4948

Toll Free: 1-800-265-7587

Website: www.robertqsarnia.com

Email: rqsarnia@mnsi.net

Hours:

- Monday to Friday 9:00 am – 5:30 pm
- Saturday 9:00 am – 1:00 pm

Services:

- Shuttle service to airports such as London and Toronto

Fees: May apply

Via Rail Canada Inc

Sarnia Station:

125 Green Street

Sarnia, ON N7T 2K4

Reservations and Information

Toll Free : 1-888-842-7245

Toll Free (outside 519 area code): 1-888-VIARAIL

TTY (for 519 area code): 1-800-268-9503

Arrivals:

Toll Free: 1-800-835-3037

Website: www.viarail.ca

Languages served: English and French.

Special Services

- Request special assistance when you make the reservations; minimum of 48 hours notice is usually required
- Passengers must be able to tend to their own personal needs (eating, medical, personal hygiene) throughout the trip – or be accompanied by an escort. Further information on escorts is described below. Assistance with baggage and passenger transfer from train to train.

Distance Travel Services (Cont.)

Via Rail - Escorts

- Passengers requiring assistance in tending to their personal needs (eating, medical care, hygiene) during their trip must travel with an escort capable of providing such assistance.
- When necessary, the escort is expected to assist VIA personnel in boarding and disembarking the passenger and helping the passenger move about while on board.
- The escort may travel free of charge in the same car and the same type of accommodation.
- To take advantage of the free escort privilege, the disabled person must present, for each trip a valid card from a recognized association or institution for the disabled or present a recent letter (max 9 months) signed by a physician and stating that the person cannot tend to this/these personal needs:
 - Assistance with eating, personal hygiene, medical care

Examples of special needs that should be discussed in advance are:

- Special meals and allergies
- Passengers in wheelchairs or with reduced mobility
- Passengers requiring respirators, or refrigeration of medication
- Passengers with visual impairments
- Passengers using guide dogs
- Passengers with hearing or speech impairments
- Passengers with developmental disabilities

Advanced Notice

- A minimum of 48 hours notice is required to prepare special services
- Cancel reservations if your plans change
- If you require advanced boarding – arrive at the station at least 1 hour prior to departure
- Notify staff that you have requested boarding assistance
- The reservation agent will supply any information you request.

DRIVING

Drive Test Centre

Sarnia Driver Examination Center

Suite 5, 1362 Lambton Mall Road

Sarnia ON N7S 5A1

Phone: 519-542-7709

Fax: 519-542-6855

Wheelchair accessible

Hours:

- Monday to Friday 8:30 am to 5:00 pm

Services:

- Visual tests
- Written driver tests and road tests for all types of licenses
- One wicket is wheelchair accessible

Licensing Test Fees: Call for fee schedule

- Knowledge Test
 - Five Year License Fee
 - Level One Road Test (Class G1 or M1)
 - Level Two Road Test (Class G2 or M2)
-

Driver & Vehicle License Offices

379 Lyndock Street

Corunna, ON N0N 1G0

Phone: 519-862-3151

445 St. George Street

Dresden, ON N0P 1M0

Phone: 519-683-4268

93 Main Street S. 519-786-2796

Forest, ON N0N 1J0

Box 790, 4178 Petrolia Street

Petrolia, ON N0N 1R0

Phone: 519-882-1749

Driver & Vehicle License Offices (Cont.)

150 Christina Street N.
Sarnia ON N7T 5W6

Phone: 519-344-7715

522 Huron Street
Watford, ON N0M 2S0

Phone: 519-876-2993

Driver Handbooks

- Cost: \$ 14.95 + tax
- Handbooks can be purchased at any Ministry Driver Examination Center or Driver and Vehicle License Office, and bookstores
- May also be available for viewing at public libraries and some Ontario government libraries and Publications Ontario

Ministry of Transportation

Toll Free: 1-800-387-3445

Website: www.mto.gov.on.ca

Accessible Parking Permits

- Applications can be made by individuals living in Ontario or by corporations or companies that own or lease vehicles to provide transportation services to persons with disabilities. Temporary parking permits are issued for a maximum of 60 days in the following circumstances:
- At the time the application is submitted to a ministry Driver and Vehicle License Office.
- If a permit has been printed and mailed but the applicant has not received it
- Permits can be issued to out-of-province visitors for a maximum of six months.

Ministry of Transportation (Cont.)

How Do I apply?

- There is no charge or fee for a Accessible Parking Permit.
- Complete section one of the application.
- Have your doctor complete section two of the application. Your doctor follows special certification guidelines when completing this form. Your doctor will charge a fee for completing the application form.
- Submit your application to your local Driver and Vehicle License Office to obtain your temporary permit or if you choose to mail your application to:

Service Ontario, License Renewals Unit,
P.O. Box 9800
Kingston, Ontario K7L 5N8

You will not receive a temporary permit. You will have to wait for the permit to be mailed out.

Who is Eligible?

- The applicant must be severely limited in his/her mobility, suffer from severe lung disease, be visually impaired or have cardiovascular disease.
- The applicant's condition must be certified by a doctor using special certification guidelines.
- Applicants can apply even if they do not own a car or have a driver's license.

DRIVING RE-ASSESSMENT

Ministry of Transportation

Medical Review Board

Toll Free: 1-800-268-1481

- Your doctor is responsible to report to the Medical Review Board any medical condition or injury that may affect your ability to safely drive.
- The Medical Review Board will send you a notice outlining that your license is suspended and you will be asked to complete a driving re-assessment within a certain time period, or your license will be automatically cancelled.
- Upon successful completion of the driving re-assessment and return of all necessary information, your license will be reinstated.
- You may not pass the re-assessment initially; special driving instruction may be recommended before another re-assessment; or it may be determined that you are no longer able to drive safely.

Senior Drivers - Driver License Renewal Program

- Drivers 80 years of age and over are no longer automatically required to pass a road test in order to re-new their driver's licenses.
- You will be asked to take a vision and knowledge test and participate in a 90-minute group education session.
- You may also have to take a road test. The counselor will make that decision at your education session.
- Contact the nearest Driver Examination Centre as soon as possible to take your knowledge and vision test as well as to book your education session.
You must complete these requirements before your current driver's license expires.
- If you have any questions, contact the nearest Driver Examination Center or call toll-free 1-888-276-7885.

Collision Program for Drivers Ages 70 and Over

Phone: 416-235-1086

Toll Free: 1-800-303-4993

- Applies to any driver aged 70 years and over who has been involved in one or more collisions and has been found at fault or there is some indication of improper driver action.
- If a charge has been laid in connection with the collision, and the driver was convicted in court for that charge, the driver is considered for a re-test.
- A notice is sent in regular mail about the requirement for attending an interview and/or re-examination.
- Re-examination may include a vision screening, written test and level two road test.
- Failure to attend or pass the re-examination and road test may result in the license being cancelled.

DRIVING SCHOOLS AND ASSESSMENTS

Ski's Professional Driving School

141 Mitton Street S.

Sarnia, ON N7T 3C5

Phone: 519-337-2834

Office Hours:

- Monday to Friday 9:00 am to 5:00 pm

Serves:

- Ages 16 years and up, in Sarnia and Lambton County

Services:

- Driver training and assessment; registered with the Ministry of Transportation Ontario
- Can teach disabled persons to drive own adapted vehicle
- Must have own adapted vehicle

Fees:

- Driving Course \$695.00; driver training costs call for fees

Young Drivers of Canada

560 Exmouth Street, Suite 103 B

Sarnia, ON N7T 5P5

Phone: 519-332-5877

Email: sarnia@youngdrivers.com

Hours:

- Monday to Friday 9:00 am to 5:00 pm

Serves:

- Ages 16 years and up in Lambton County

Services:

- Classroom and behind the wheel instruction
- Evaluation of driving skills
- Reassessment of elderly drivers
- Mature Drivers Program
- MTO Approved (Ministry of Transportation Ontario)

Funding may be available through private insurance due to serious injuries after an accident, contact an occupational therapist for evaluation of driving.

** Classroom portion may have considerations for the hearing impaired.



**SARNIA LAMBTON WORKFORCE DEVELOPMENT BOARD
DISABILITIES DIRECTORY 2012 FEEDBACK**

The Sarnia Lambton Workforce Development Board welcomes your answers to the following questions. Please detach and return this questionnaire by mail to 265 Front St. N., Suite 504, Sarnia, ON N7T 7X1 or by fax to 519-336-5822.

Identity of Reader:

Are you?

- A service provider?
- A support service?
- A consumer of services?

Age:

- 0-25 years of age?
- 26-35 years of age?
- 36-64 years of age?
- 65 years or over?

Availability of the directory:

Did you know about the directory before you obtained a copy?

YES NO

How did you obtain a copy of the directory?

I requested a copy from:

- Sarnia Lambton Workforce Development Board
- Service provider or agency
- Government Information Centre
- I picked it up on display
- I received a copy in the mail
- Someone gave me a copy (please specify) _____

Other (please specify) _____

Usefulness of the Directory:

How would you rate the information contained in the directory?

Very useful

Useful

Not very useful

Useless

Were you able to find the information and service that best suits your needs through the use of the directory?

YES

NO

Presentation of the Directory:

How did you find the information contained in the Directory?
(please check mark all those that apply)

Easy to read

Difficult to read

Informative

Easy to find the information that I need

Missing large pieces of information that I need

Difficult to find the information

Thank you for taking the time to answer our questionnaire.
If you have any information that you would like included in possible future editions of this directory, please submit them in writing or by fax to:

Sarnia Lambton Workforce Development Board
265 Front St. N., Suite 504
Sarnia, ON N7T 7X1
519-336-5822 (Fax)

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