

**Free Resource**  
**(100% Volunteer made and distributed)**

Created by M.G.R. Productions  
in connection with the Ark Aid Street Mission

Printing provided by  
London InterCommunity Health Centre

**Copies available at:**

The Ark Aid Street Mission  
Goodwill Employment Centre  
London Public Library (Central)  
London & Middlesex Housing  
London InterCommunity Health Centre  
My Sister's Place / Regional HIV/AIDS  
Carepoint Consumption and Treatment Services  
Y.O.U. / Youth Action Centre (Youth services)

**Celebrating a 6<sup>th</sup> year in London !!**

# Daily in Transition Guide



## London Homeless Resources

**2021**

For info on how to make Guides  
visit: [www.londonhomelessresources.com](http://www.londonhomelessresources.com)

### Income Tax Clinics / Showers / Laundry / Phone

**Income Tax Clinics (Free - Current/Prior years)**  
**Centre of Hope** call (519) 661-0343 ext 227 for times  
**Lifespın** 866 Dundas St (@ Ontario St)  
call (519) 438-8676 for appointment  
**David Bonner** 2-571 Queens Ave (519) 204-6899  
**Crouch Neighbourhood Resource Centre**  
550 Hamilton Rd (519) 672-7630 (by appointment)  
**Canada Revenue Agency** 1-800-959-8281  
**G.S.T.** 1-800-959-1953 (Jan/Apr/July/Oct)  
**Trillium** 1-877-627-6645 (paid 10<sup>th</sup> monthly)

### Showers & Laundry

**London InterCommunity Health Centre**  
659 Dundas St Mon-Fri 9-12 & 1-4:00  
**Unity Project** 717 Dundas St 8am-11:30 & 1pm-3pm  
**Youth Action Centre** 332 Richmond St 8am – 8pm  
**Telephone Access**  
**The Resource Centre** 459 York St (front entrance)  
8:30am – 11:30am, 12:30pm – 3pm Monday –Friday  
**Unity Project** 717 Dundas St 8am–11am & 1pm-3pm  
**Youth Access Centre** 332 Richmond St 8am – 7pm  
**ODSP** building - 217 York St (3<sup>rd</sup> floor) – phone only

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### Tuesday

8am – 7pm  
& 4pm-6pm  
8am – 6pm  
8:30am-11:30am  
& 12:30pm-3:00pm  
8am – 11:30am  
& 6pm-8pm  
9am – 11am  
9am – 11:30pm  
9:30am – 11am  
10am – 7pm  
10am – 12 pm  
11am – 1 pm  
and 4pm – 5:30pm  
12pm – 2pm  
11:30pm – 1pm  
1:30pm – 3:30pm  
1:30pm – 4:30pm  
5:30pm – 7:30pm  
5pm – 6pm  
5:15pm – 6pm

**Youth Action Centre** (ages 16-24)  
Drop in & Community supports/meal @ 4:30  
**Youmadeitcafe** – coffee/pastries/jams  
**The Resource Centre**  
Coffee / Showers / Laundry / Caseworkers  
**Unity Project (temp @ Econolodge)**  
Meals / Showers / Phone / Caseworkers  
**London Coffee House**  
Coffee / Laundry / Computers  
**St Paul's Cathedral** - Daily Bread Food Bank  
**St Joseph's Hospitality Centre**  
Breakfast 50c or pay end of month  
**Public Library**  
Computers / Resources / Activities / Exhibits  
**London InterCommunity Health Centre**  
ID Clinic (**If Homeless**)  
**My Sister's Place**  
Bagged meal and snacks  
**St Joseph's Hospitality Centre**  
Lunch \$1 or end of month  
**St Paul's Cathedral** – take out lunch  
**Ark Aid Street Mission – Arkware Store**  
**Ark Aid Street Mission** – coffee and snacks  
**London Coffee House** Coffee/Laundry  
**Ark Aid Mission** Dinner – take out/eat in  
**Salvation Army Food Truck** – free meals  
Parked at Wellington/Horton

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### Shelters Continued / Health Care / Dental

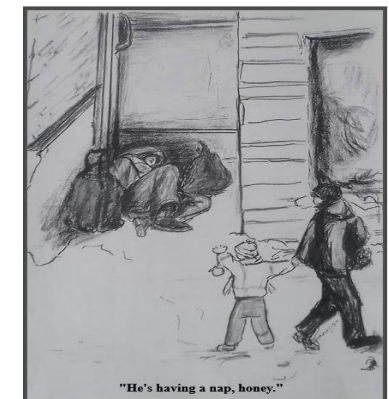
**Women's Community House**  
101 Wellington Rd (Abused women / children)  
(519) 642-3000 / 1(800)265-1576  
**Rotholme Women & Families** (519) 673-4114  
42 Stanley St (Women / families of abuse)  
**Zhaawanong Shelter** (519) 432-2270  
256 Hill St (**Native** women & children of abuse)  
**Health Care Services**  
**Family Doctors** – Register at 1-800-445-1822  
**London InterCommunity Health Centre**  
659 Dundas St (519) 660-0874  
Doctors/Counselling/Hep C/HIV/Diabetic test/supports  
**London Middlesex Health Unit**  
355 Wellington St Citi Plaza - Dental/STD's/Pre natal  
(519) 663-5317 Mon – Fri 8:30am – 4:30pm  
**Mental Health & Addictions Crisis Centre**  
648 Huron St (519) 434-9191 Open 24/7  
**Dental Services**  
**Crouch Neighbourhood Centre** (519) 642-7630  
Dental outreach by U.W.O. dental students  
**Glen Cairn Resource** – 244 Adelaide St S.  
Call (519) 668-2785 for appointment

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### Saturday

8am– 11:30am  
& 6pm – 8pm  
10am – 4pm  
11am – 1pm  
10am – 6pm  
11am – 2pm  
5pm–6pm

**Unity Project**  
Meals / Showers / Phone / Caseworkers  
**Public Library**  
Computers / Resources / Exhibits  
**My Sister's Place**  
Women's Programs / Resources / Meals  
**Citi Plaza** Movies / Shop / Relax  
**London Coffee House**  
Coffee / Computers / Laundry  
**Ark Aid Street Mission** -Dinner



Drawn by Francoise B. 2019

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## Regular Service Locations

### **Ark Aid Street Mission**

698 Dundas St (Lyle) (519) 667-0322

**C.M.H.A.** (Canadian Mental Health Association)

534 Queens Ave 668-0624 648 Huron St 434-9191

### **Carepoint Consumption & Treatment Services**

186 King St (rear entrance) (519) 434-1601

### **Safe injection site**

### **Crouch Neighbourhood Resource Centre**

550 Hamilton Rd (519) 642-7630

### **Dundas St United Church**

482 Dundas St (Maitland) (519) 434-9173

### **Goodwill Employment Centre**

255 Horton St (519) 850-9000

### **London InterCommunity Health Centre**

659 Dundas St (Lyle) (519) 660-0874

### **London Coffee House (temp @ My Sisters Place)**

371 Hamilton Rd (Redan) (519) 204-4719

### **London Public Library (Central Location)**

251 Dundas St (Wellington) (519) 661-4600

### **Metropolitan United Church**

468 Wellington St (Queens) (519) 432-7189

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## Sunday

8am – 11:30am **Unity Project**  
& 6pm – 8pm Meals / Showers / Phone / Caseworkers  
11am – 1pm **My Sister's Place**  
4pm – 5:30pm Bagged meals and snacks  
10am – 5pm **Citi Plaza**  
Movies / Shop / Relax  
11am – 2pm **London Coffee House (@ My Sister's Place)**  
Coffee / Laundry / Computers  
**Public Library** (Sept – April)  
Computers / Resources / Activities / Exhibits  
**Closed**  
3:30pm – 5pm **Ark Aid Mission**  
Sunday fellowship & social gathering  
4pm – 8pm **Sanctuary London** – worship/social time  
5:15pm – 6pm **Centre of Hope** - dinner  
5pm – 6pm **Ark Aid Street Mission** – dinner in or out  
5:15pm – 6pm **Salvation Army Food Truck** – free meals  
Parked at Wellington/Horton

### Food Banks - Local Area

**Centre of Hope** (rear) Mon-Fri 9-4:30pm  
(3 day supply/once per month – bring ID/Proof income)  
**London InterCommunity Health Centre** M-F 1-4pm  
(see an Outreach worker for details)  
**Youth** (16-24) contact **Y.O.U.** (519) 432-1112

See website for the '**Meal Calendar / Food Banks**'  
[www.londonhomelessresources.com](http://www.londonhomelessresources.com)

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## Income / Employment / Transit Supports

### **Ontario Works**

355 Wellington St (Citi Plaza 2nd Floor)

(519) 661-5432 Applications (519) 661-4520 Ext # 3

**Street Allowance available to the homeless**

**O.D.S.P.** (Disability Support Program)

217 York St 3rd Floor (519) 438-5111

### **Discretionary Benefits**

355 Wellington St (Citi Plaza) (519) 661-5910 x1

Assist Bus passes/Vision/Dental/Funeral expenses

**Labour Ready Inc.** (daily paid labour)

942 Oxford St E (519) 457-7679

### **Goodwill Employment Resource Centre**

255 Horton St Mon - Fri 8:30-4:00 (519) 8509000

Resume services/Computers/Voicemail/Supports

**C.P.P. (Disability)** 1-800-277-9914

### Replace Lost & Stolen ID

### **London InterCommunity Health Centre**

Call (519) 660-0874 to book appointment

**OHIP cards** - 100 Dundas St 1-800-267-8097

**SIN cards** – Dominion Building 457 Richmond St

**Birth Certificate** inquiries 1-800-461-2156

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## Shelters

**McMahon Park** 640 Adelaide St - temporary shelter  
30 beds with meals available from January – April 2021  
(must have referral from Social Service Agency)

### **Centre of Hope (Salvation Army)**

281 Wellington St (519) 661-0343

Men&Women 16yrs+ / Youth have own floor

### **Men's Mission** (men 16 yrs+)

459 York St (519) 672-8500

### **Unity Project** (Men & Women) Unity Crash Beds

(temporarily at the Econolodge – 636 York St)

717 Dundas St (519) 433-8700

**Resting Space** (call to arrange a spot)

457 York St (519) 667-2273 (Men&Women - day/night)

### **Y.O.U. Youth Shelter** (ages 16-24 and homeless)

**Cornerstone Housing** 332 Richmond St

(519) 432-1112 Ext 103

### **Youth Housing First Shelter** (30 rooms)

585 Clarke Rd (519) 686-1038 for info

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## Wednesday

8am – 7pm  
& 4pm-6pm  
8am – 6pm  
8:30am-11:30am  
& 12:30pm-3:00pm  
8am – 11:30am  
& 6pm – 8pm  
9am – 11am  
  
9am – 11:30am  
9:30am – 11am  
  
10am -7pm  
11am – 1pm  
and 4 pm – 5:30pm  
11:30am – 12:30pm  
12pm – 2pm  
  
1:30pm – 3:30pm  
  
2pm – 8:45pm  
5pm – 6pm  
5:30pm-6:30pm  
5:30pm – 7:30pm  
5:15pm – 6pm  
  
5:15pm – 6pm

### **Youth Action Centre** (ages 16-24)

Drop in & Community supports/meal @ 4:30

**Youmadeitcafe** – coffee/pastries/jams

### **The Resource Centre**

Coffee / Showers / Laundry / Caseworkers

### **Unity Project**

Meals / Telephone / Showers / Coffee

### **London Coffee House**

Coffee / Laundry / Computers

**St Paul's Cathedral** - Daily Bread Food Bank

### **St Joseph's Hospitality Centre**

Breakfast 50c or pay end of month

**Public Library** – computers/DVD's/books

### **My Sister's Place**

Bagged lunch and snacks

**St Paul's Cathedral** – take out lunch

### **St Joseph's Hospitality Centre**

Lunch \$1 or end of month

### **Ark Aid Street Mission**

**Arkware Store** / Coffee / Fellowship

**Sanctuary London** – drop in / meal 5:30pm

**Ark Aid Street Mission** – dinner in/take out

**Dundas St United Church** Dinner (closed)

**London Coffee House** – Coffee/Laundry

**Salvation Army Food Truck** – free meals

Parked at Wellington/Horton

**Centre of Hope** - Dinner

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## Furniture / Clothing / Housewares

**St. Vincent De Paul** - 585 York St (519) 438-7071

**Free** furniture & housewares 11am – 4pm

(with voucher - any Catholic Church)

### **The Mission Store**

797 York St.(Rectory) (519) 438-3056

**Free** clothing & housewares (with voucher)

9am – 3pm Monday - Friday

**Vouchers @** London InterCommunity Health Centre

LifeSpin / Men's Mission / Centre of Hope

**ArkWare Store** - 696 Dundas (beside Ark Aid)

1:30pm – 3:30pm Tuesday/Wednesday/Thursday

Low cost quality clothing and housewares

**LifeSpin** – Thrift Store (free housewares)

872 Dundas St Mon & Wed 10–2 & Tues 3–7

### **Pet Food (free)**

### **No Empty Bowls Pet Food Bank**

Call (519) 520 - 4980 to arrange pick up

**City of London** (519) 661-4570 ext 7368 Ron Oakes

assistance - Spay/Neuter/Shots for dogs/cats

**Farley Foundation** – financial assistance

for your pets illnesses and surgeries.

Your Veterinarian must apply. 1-888-262-9811 ext 1

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Immigrant / Aboriginal Services

**London Cross Cultural Learner Centre**  
Resettlement assistance, medical/social supports  
505 Dundas St (519) 432-1133  
8:30am – 4:30pm Monday – Friday

**Luso Centre** (help for immigrants and newcomers)  
1193 Oxford St E Unit 2 (519) 452-1466  
9am–5pm Monday–Thursday / 9am–4:30pm Friday  
Glen Cairn Resource Centre (integration supports)  
244 Adelaide St S. (519) 668-2745

Urban Native people – Programs & Services

**At^lohsa Native Services**  
Aboriginal Family Services  
343 Richmond St (519) 438-0068  
**N’Amerind Friendship Centre**  
Various Programs & Services  
260 Colborne St (519) 672-0131

**Southwest Ontario Aboriginal Health Centre**  
Traditional healing/Primary Health Care/Programs  
425 – 427 William St (519) 672-4079

Regular Services Locations Continued

**Men’s Mission – Shelter** (Men 16 yrs+)  
459 York St (519) 672-8500  
**My Sister’s Place** (Women’s Resource 16yrs+)  
566 Dundas St (William) (519) 679-9570

**R.H.A.C.** (Regional HIV/AIDS Centre)  
186 King St (519) 434-1601

**Resting Place – Shelter** (men & women)  
457 York St – daily & overnight resting space

**Salvation Army / Centre of Hope - Shelter**  
281 Wellington St (Horton) (519) 661-0343

**Sanctuary London** 513 Talbot St (548) 648-4663  
**St. Joseph’s Hospitality Centre**

707 Dundas St (Lyle) (519) 432-0660

**St. Paul’s Cathedral** 472 Richmond (519) 434-3225

**The Resource Centre** (Mission Services)  
459 York St (front entrance) (519) 672-8500

**Unity Project – Shelter (temporary @ Econolodge)**  
717 Dundas St (Lyle) (519) 433-8700

**Youth Action Centre – Shelter** (16-24 yrs)  
332 Richmond St (York) (519) 432-1112

**Y.O.U. (Employment Centre** (16-29 yrs)  
333 Richmond St (York) (519) 432-1112

Addiction Resources

**Regional HIV/AIDS Centre & Counterpoint**

30-186 King St (866) 920-1601  
HIV/AIDS advocacy/prevention/education

**Safe Injection Site** - open: Mon – Sun 9:30am – 9pm

**Carepoint Consumption & Treatment** (last @ 8pm)

**Centre of Hope (Salvation Army)**

281 Wellington St (519) 432-7241

Withdrawal management centre; 16 yrs+

**Addiction Services Of Thames Valley**

260 - 200 Queens Ave (519) 673-3242

**Quinton Warner House** (Men 18 yrs+ / 4 month prog)

477 Queens Ave (519) 434-8041

**Methadone Treatment / Helplines**

**Clinic 528** 528 Dundas St (519) 645-1533

Daily methadone maintenance programs

**1-800-755-9603 for nearest clinic/counsellor**

**A.A. Help Line** 519-438-1122

**N.A. Help Line** 1-888-811-3887

**Gambling Help Line** 1-888-230-3505

**London Distress Line** 519-667-6711

**Crisis Phone Line** 1-866-933-2023

8am – 7pm  
& 4pm-6pm  
8am – 6pm  
8:30am-11:30am  
& 12:30pm-3:00pm  
8am – 11:30am  
& 6pm – 8pm  
9am – 11am

10am – 7pm  
9:30am – 11am

11:30am – 12pm  
11am – 1pm  
and 4pm – 5:30pm  
12pm – 2pm

12:30pm – 3pm

1pm – 3pm

1:30pm-3:30pm

1:30pm – 4:30pm  
5:15pm – 6pm

5:30pm – 7:30pm  
5pm – 6pm

Thursday

**Youth Action Centre** (ages 16-24)  
Drop in & Community supports/meal @ 4:30  
**Youmadeitcafe** – coffee/pastries/jams  
**The Resource Centre**  
Coffee / Showers / Laundry / Caseworkers  
**Unity Project**  
Meals / Telephone / Showers /Coffee  
**London Coffee House** (@ [My Sisters Place](#))  
Coffee / Laundry / Computers  
**Public Library** Computers / Resources  
**St Joseph’s Hospitality**  
Breakfast 50c or pay end of month  
**St Paul’s Cathedral** – take out lunch  
**My Sister’s Place** bagged meals & snacks  
Women’s Programs / Resources / Laundry  
**St Joseph’s Hospitality Centre**  
Lunch \$1 or end of month  
**The Resource Centre**  
Resume /Tax Service / Movies  
**My Sister’s Place (temp cancelled)**  
Belong to Song - Music Program  
**London InterCommunity Health Centre**  
ID Clinic - ( If Homeless )  
**Ark Aid Mission** Coffee / **Arkware Store**  
**Salvation Army food truck** – free meals  
Parked at Wellington/Horton St parking lot  
**London Coffee House** Coffee / Cards  
**Ark Aid Street Mission** – Dinner in & out

Support Workers

**Assistance with forms completion & help securing income/housing/employment/health/legal supports**

**Ark Aid Street Mission**

Advocacy workers (519) 667-0322

**C.M.H.A.** (519) 668-0624

Housing selection workers/Mental health case managers

**Centre of Hope** Housing supports (519) 661-0343

**Crouch Neighbourhood Resource Centre**

Outreach & housing supports (519) 642-7630

**Goodwill Career Centre**

Employment specialists(resume/search) (519) 850-9000

**John Howard Society**

Bail / Legal Support workers (519) 438-4168

**London InterCommunity Health Centre**

Outreach / Housing / ID workers (519) 660-0874

**Mission Services** (519) 439-7700

Transitional case managers / Outreach workers

**R.H.A.C./London CARES** (519)667-2273 (519)4341601

Housing Selection & HIV/AIDS workers

**Unity Project** Advocacy workers (519) 433-8700

**Y.O.U.** (Youth Opportunities Unlimited)

Supportive Housing Facilitators (519) 432-1112

Notes:

## Monday

8am – 7pm  
& 4pm-6pm  
8am – 6pm  
8:30am-11:30am  
& 12:30pm-3:00pm  
9am – 11am  
9am – 11:30am  
9:30am – 11am  
10am – 7pm  
10:30am – 12pm  
11am – 1pm  
and 4pm – 5:30pm  
11am – 3pm  
11:30am – 12:30pm  
12pm – 2pm  
1:30pm – 3:30pm  
3pm – 7pm  
5:30pm – 7:30pm  
5:15pm – 6pm  
5pm – 6pm

**Youth Action Centre** (ages 16-24)  
Drop in & Community supports/meal @ 4:30  
**Youmadeitcafe** – coffee/pastries/jams  
**The Resource Centre** (men only)  
Coffee/Showers/Laundry  
**London Coffee House**  
Coffee / Laundry / Computers  
**St Paul's Cathedral**  
Daily Bread Food Bank  
**St Joseph's Hospitality Centre**  
Breakfast 50c or pay end of month  
**Public Library** – computers / books / movies  
**Ark Aid Mission** – coffee and snacks  
**My Sister's Place** – bagged lunch and snacks  
Women's Programs / Resources / Laundry  
**Sanctuary London** – meal & drop in space  
**St Paul's Cathedral** – take out lunch  
**St Joseph's Hospitality Centre**  
Lunch \$1 or end of month  
**Ark Aid Street Mission**  
Coffee / Fellowship  
**Youth Action Centre** (ages 16-24)  
Drop in & talk with staff – hot meal at 4:30pm  
**London Coffee House** – coffee/laundry  
**Salvation Army food truck** – free meals  
Parked at Wellington/Horton St parking lot  
**Ark Aid Street Mission** – meal take out & in

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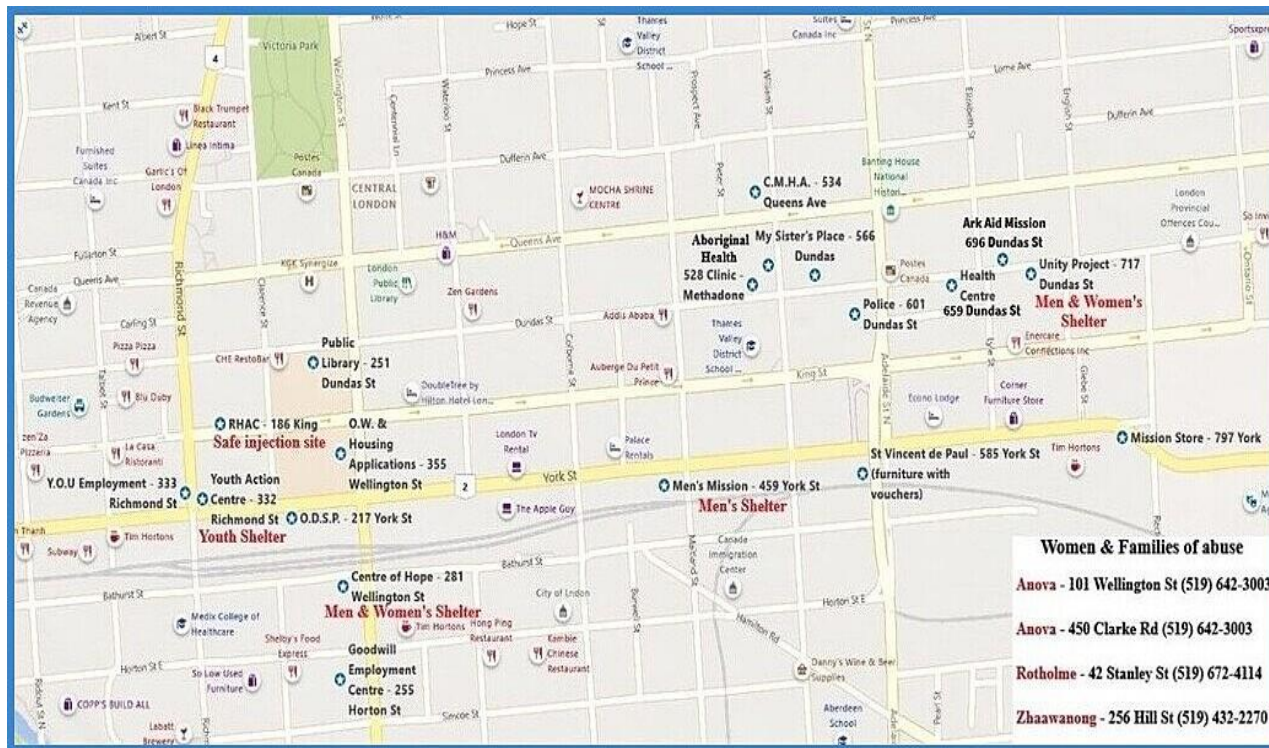
## Youth Services

**Youth Action Centre** ( 16-24 yrs )  
Drop in Centre & Training Programs  
Showers/Laundry/Hot meal @ 4:30pm  
332 Richmond St (519) 432-1112 Mon-Fri 8am –8pm  
**Youmadeitcafe** 8am – 6pm (coffee/breakfast/jams)  
**Cornerstone Housing** – 30 transitional units  
332 Richmond St Contact: (519) 432-1112  
Food Bank – monthly on the 15th  
**Y.O.U. (Youth Opportunities Unlimited)**  
Employment Resource Centre (15 – 30 yrs of age)  
333 Richmond St (519) 432-1112  
8:30am – 5pm Monday – Friday

**CMHA (Canadian Mental Health Association)**  
Life skills, groups, social activities  
Transitional housing units available  
534 Queens Ave (519) 434-9191 Ext 301

**WAYS (Western Area Youth Services 12-18 yrs)**  
Housing/Legal/Family/Mental health supports  
714 York St (519) 432-2209 **Crisis** (519) 433-0334

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## Friday

8am – 7pm  
& 4pm – 6pm  
8am – 6pm  
8:30am-11:30am  
& 12:30pm-3:00pm  
8am – 11:30am  
& 6pm – 8pm  
9am – 11am  
9:30am – 11am  
10am – 4pm  
10:30am – 12pm  
11am – 1pm  
and 4pm – 5:30pm  
11:30am – 12:30pm  
12pm – 2pm  
1:00pm – 3:00pm  
1:30pm – 3:30pm  
5:15pm – 6pm  
5:30pm – 7:30pm  
5:30pm – 7:30pm  
5pm – 6pm

**Youth Action Centre** (16-24 yrs)  
Drop in & Community resources/meal @ 4:30  
**Youmadeitcafe** – coffee/pastries/jams  
**The Resource Centre**  
Coffee / Showers / Laundry / Caseworkers  
**Unity Project**  
Meals / Telephone / Showers / Coffee  
**London Coffee House (@ My Sister's Place)**  
Coffee / Laundry / Computers  
**St Joseph's Hospitality Centre** Breakfast .50c  
**Public Library** – computers/videos/books  
**Ark Aid Mission** – coffee and snacks  
**My Sister's Place** – bagged lunch and snacks  
Women's Programs / Resources / Laundry  
**St Paul's Cathedral** – take out lunch  
**St Joseph's Hospitality Centre**  
Lunch \$1 or end of month  
**Centre of Hope** – Chiropractor Clinic (Free)  
(register at 11:00 am )  
**Ark Aid Street Mission** - Coffee / Fellowship  
**Salvation Army food truck** – free meals  
Parked at Wellington/Horton St parking lot  
**London Coffee House** - Coffee / Laundry  
**Metropolitan United Church**  
Dinner (every other week)  
**Ark Aid Street Mission**  
Dinner – take out & sit in

**Women & Families of abuse**  
**Anova** - 101 Wellington St (519) 642-3003  
**Anova** - 450 Clarke Rd (519) 642-3003  
**Rotholme** - 42 Stanley St (519) 672-4114  
**Zhaawanong** - 256 Hill St (519) 432-2270

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## Housing Sources / Support

**Housing Access Center** (Housing Applications)  
Citi Plaza (second floor)  
355 Wellington St Suite 248 (519) 661-0861  
8:30am – 4:00pm Monday – Friday

**London & Middlesex Housing**  
1299 Oxford St E. (519) 434-2765  
8:30 - 4:30 Monday - Friday

**LIFESPIN** (Community Housing Initiative)  
10 Apartments – Geared to income  
(519) 438-8676 to Apply (Dundas/Ontario Sts)

**Centre of Hope – Housing Stability Bank**  
281 Wellington St (519) 964-3663  
Loans & Grants for arrears/last month's rent/utilities

**Ontario Electricity Support Program** (Hydro bill)  
Monthly assistance available call 1-855-831-8151

For local apartment rentals:  
[www.kijiji.ca/apartments](http://www.kijiji.ca/apartments)

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