

Directory of Community Resources

Please note that this is not a comprehensive list of services available to you and your family in Windsor-Essex. Please call 2-1-1 or visit www.211windsor-essex.ca for more information on these services and others available in the community.

ABUSE/SEXUAL ASSAULT COUNSELLING

Family Service Windsor-Essex County

519-256-1831

Professional counselling services focusing on job stress, depression, EAP programs, elder care, couple and family issues, bereavement, physical/sexual abuse and grief, and children's counselling

Sexual Assault Crisis Centre

519-253-3100

Individual and group counselling services

Sexual Assault Treatment Centre Safe Kids

519-255-2234

Services and support for sexually abused/assaulted children

Teen Health Centre

519-253-8481

Youth counselling services focusing on social and emotion needs, relationships, behavioural problems, depression, anxiety, suicide, grief, and eating disorders.

Victim/Witness Assistance Program

519-253-2897

Offers court orientation and support programming for victims and witnesses.

Windsor-Essex Children's Aid Society

519-252-1171

Child protection services, foster care, kinship care, family counselling, investigates reports of child abuse, information on becoming a Foster Parent, parenting courses, and life

ANGER MANAGEMENT

Crossroads; Centre for Personal Empowerment

519-252-5456

Offers supportive individual and group counselling for those experiencing addictions or anger management issues

John Howard Society

519-252-3461

Community organization that provides practical support systems and counselling, focusing on anger management

Maryvale: Day Treatment Services

519-258-0484

Family and individual counselling offered, focusing on youth behaviour

CHILD CARE

Social Services Department: Children's Services

519- 255-5200; Leamington 519-322-3500

Assistance with the cost of child care is available to families who are financially eligible in many child care centres.

CHILDREN and YOUTH

Children First

519-250-1850

Provides services to families with children with special needs that may be multiple and/or complex

Children's Health Care Network

519-948-3961

Provides assessment, diagnosis and treatment for children with developmental, emotional, behavioural or psychological concerns

Drouillard Place Teen Centre Youth Programs

519-253-2220

Provides counselling, advocacy and referral services for individuals, couples, children, marriage, divorce and separation

Family Service Windsor-Essex County

519-256-1831

Professional counselling services focusing on job stress, depression, EAP programs, elder care, couple and family issues, bereavement, physical/sexual abuse and grief, and children's counselling

Windsor Regional Children's Centre

519-257-5215

Counselling and therapeutic service available, walk in clinic

Hiatus House

519-252-7781; 1-800-265-5142

Assists abused women in securing housing, social services, legal and counselling services; support groups for men and children are also provided

John Howard Society

519-252-3461

This is a community organization that provides practical support systems and counselling. Focuses on adult and youth in conflict with the law

Maryvale: Day Treatment Services

519-258-0484

Family and individual counselling offered, focusing on youth behaviour

Pathways Support Services for Children and Families

519-252-7146

Non-profit organization providing support services for child and families surrounding social skills development, emotions and anger management

Sandwich Teen Action Group

519-254-6999

Community youth centre that responds to the identified needs of youth within the community and offers peer support counselling

St. Mary's Family Learning Centre

519-252-9696

Parents and child center that provides prevention and early intervention programs for families with preschool children ages 0-6 years.

Teen Health Centre

519-253-8481

Youth counselling services focusing on social and emotion needs, relationships, behavioural problems, depression, anxiety, suicide, grief and eating disorders

Youth Connection Association for Academic Excellence Inc

519-254-8145

Youth drop in centre for youth, focusing on a number of issues facing youth today

CLOTHING PROGRAMS/RESALE SHOPS

All Saints Anglican Church
519-253-8001
330 City Hall Square West, Windsor
Hours: Sep-Jun: Tue 9-11:30am

Bibles for Missions
519-250-9628 • 375 Giles Blvd E, Windsor
Hours: Mon-Sat 9am-5pm

Drouillard Place
519-253-1073; 519-253-4446 • 1102 Drouillard Rd, Windsor
Hours: Mon, Tue, Wed, Fri 1:30-4pm

Et Cetera Shoppe
519-326-3665 • 19 Erie St N, Leamington
Hours: Mon-Thu 9am-5:30pm; Fri 9am-8pm;
Sat 9am-5pm

May Court Club of Windsor, May Court Shop
519-256-1573 • 1122 Wyandotte St E, Windsor
Hours: Mon-Fri 1-4pm; Sat 10am-1pm;

Salvation Army South
519-966-7807 • 1201 Grand Marais Rd, W, Windsor
Hours: Mon-Fri 9am-9pm; Sat 9am-6pm

Salvation Army Thrift Store Essex
519-776-7887 • 15 Talbot St N, Essex
Hours: Mon-Sat: 9am-4:30pm

Community Clothing Closet
1-877-306-8376
Located in the Sandwich Teen Action Group Centre Building
3735 King Street (and Prince Road)
By Appointment

COMMUNITY MEALS

Downtown Mission of Windsor Inc
519-973-5573
664 Victoria Ave, Windsor
Serves a hot meal at noon, Mon-Sat from April to September and 7 days a week from October to March, coffee served throughout the morning, baked goods served in the morning when available

New Song Church
519-971-7664
993 Drouillard Rd, Windsor Hours: Fri 6pm

CRISIS INTERVENTION

Alive! Canada

519-973-4411 ext. 3265, 519-973-4423

Provides education and information concerning suicide awareness, prevention and community crisis resources

Community Crisis Center

519-973-4435

Professional crisis workers provide immediate risk assessment, stabilization, safety planning, crisis follow-up and referral services through: 24 hour crisis telephone line, 24 hour walk in service, 24 hour mobile crisis response service

Distress Center of Windsor-Essex County

519-256-5000

Offers non-judgmental and non-directive emotional support; crisis intervention; suicide prevention and referrals to community services Service is free; confidential and anonymous

Drouillard Place

519-253-1073

Provides educational and community based services and crisis counselling

Hiatus House

519-252-7781

An emergency shelter which provides crisis intervention for women and children experiencing domestic violence

John Howard Society

519-252-3461

Drug, alcohol and self-management program for youth. Offers crisis counselling and information surrounding substance abuse

Maryvale Adolescent and Family Services

519-258-0484

Provides crisis and long term residential and day treatment services for adolescents experiencing significant emotion or psychiatric distress

Sexual Assault Crisis Line

519-253-3100

Community crisis line offering crisis intervention, information and referrals for children and youth

Windsor Regional Children's Centre

519-257-5215

Provides emergency crisis assessments and in-home intervention for children and youth

CULTURE and IMMIGRATION

Can-Am Indian Friendship Centre of Windsor Inc

519-253-3243

Culturally appropriate counselling services regarding substance abuse

New Canadian Centre of Excellence Inc

519-258-4076

Range of services provided for newcomers to Canada

DISABILITIES

Ontario Disability Support Program (ODSP)

519-254-1651; 1-800-387-7327

An income support program for people with disabilities who are in financial need

Ministry of Community and Social Services, SSAH, ACSD

519-254-1651

Offers a variety of services to families and individuals with disabilities

Service Canada

1-800-277-9914

Canada Pension Plan (CPP) provides a monthly disability pension for those who become disabled before reaching 65 years

EATING DISORDERS

Bulimia Anorexia Nervosa Association

519-969-2122

Supports for individuals experiencing an eating disorder

Teen Health Centre

519-253-8481

Youth counselling services focusing on social and emotional needs, relationships, behavioural problems, depression, anxiety, suicide, grief and eating disorders

EMERGENCY FINANCIAL ASSISTANCE

Emergency financial assistance for a variety of needs may be available through organizations, churches and service clubs. Contact 2-1-1; 519-258-0247 or 1-800-686-0045 for referral to available options

EMERGENCY SHELTERS

Downtown Mission of Windsor – The Sanctuary

519-973-5573 • 664 Victoria Ave.

Emergency shelter, no identification required

Hiatus House

519-252-7781 • 250 Louis Ave.

Emergency shelter and crisis intervention for women and their children experiencing domestic violence

Salvation Army Windsor Community and Rehabilitation Centre

519-253-7473 • 355 Church Street

Emergency housing services/accommodations for families until next business day

Well-Come Centre for Human Potential

519-971-7595 • 263 Bridge Ave., Windsor

Emergency shelter for homeless women

Youth and Family Resource Network of Essex County - THRIVE

Kingsville - 23 Mill St. W., • 519-733-8983

Leamington - 215 Talbot St. E., • 519-326-7052

Housing assistance program – provides information on emergency and transitional housing

EMPLOYMENT SERVICES

Service Canada

519-560-2500; 1-800-622-6232

Service delivery for a wide range of federal programs and services including locating and applying for employment

Social Services Department

519-255-5200 ext. 5183

A walk-in job search centre with access to computer; internet; fax; photocopier; and telephones. Services include job search programs, employment placement, education, job skills training and LEAP (obtaining high school diploma)

FAMILY COUNSELLING

Drouillard Place

519-253-1073

Provides counselling, advocacy and referral services for individual, couples, children, marriage, divorce and separation

Family Service Windsor-Essex County

519-256-1831

Professional counselling services focusing on job stress, depression, EAP programs, elder care, couple and family issues, bereavement, physical/sexual abuse and grief, and children's counselling

Windsor-Essex Children's Aid Society

519-252-1171

Child protection services, foster care, kinship care, family counselling, investigates reports of child abuse, information on becoming a Foster Parent, parenting courses, and life skills

Windsor Regional Children's Centre

519-257-5215

Providing parent support, out-patient day-residential treatment, assessment (psychology & psychiatry)

FINANCIAL COUNSELLING

Financial Fitness Centre

519-258-2030

Offers confidential credit counselling at low or no cost, budgeting, and debt management

FOOD BANKS

Amherstburg Food Bank

519-736-5471 • Masonic Hall, 68 Murray St, Amherstburg

Hours: Thu & Fri: 10 am-noon

Amherstburg Food & Fellowship Mission Food Bank

519-736-9140 • 298 Victoria St S, Amherstburg

Hours: Food Bank: Mon, Wed, Fri 10-noon & 1-3pm;

Lunch: Mon - Sat around noon;

Breakfast Program: daily, 7-8:30am (school year)

Downtown Mission of Windsor Inc

519-973-5573 • 664 Victoria Ave, Windsor

Hours: Mon, Wed, Fri 1:30-3pm

Essex Area Food Bank

519-819-1431 (*Food Bank hours only*)

Essex District High School, 244 Talbot St N, Essex

Hours: Tue & Thu: 9am-2pm

Goodfellows

519-252-2739 • 401 Park St W, Windsor

Hours: Tue, Fri 10 am-noon, 1-3pm

Grace Baptist Church, Food Bank

519-948-0846 • 3150 Tecumseh Rd E, Windsor

Hours: Tue 9:30-11:30am

Kingsville Community Food Bank

519-733-8591 • 3 B Main St E, Kingsville

Hours: Tue & Thu 9am-1pm

Lakeshore Community Services, 519-728-1435

571 Notre Dame St, Unit B, Belle River

Hours: Mon-Fri 8:30am-4:30pm;

Parkwood Gospel Temple, Outreach Mission

519-948-7055 • 3005 Temple Dr, Windsor

Hours: Tue & Fri 10am-1pm

Peace Lutheran Church, Food Bank

519-945-1344 • 1985 Rossini Blvd, Windsor

Hours: Wed 9am-noon

Salvation Army and Ministerial Food Bank

519-326-0319 • 88 Settrington St, Leamington

Hours: Mon-Fri 9-12:30pm

Salvation Army Essex Food Bank

519-776-4628 • 26 Talbot St N, Essex

Hours: Mon, Wed, Fri: 9am-noon

Salvation Army Windsor Community and Rehabilitation Centre

519-253-7473 • 355 Church St, Windsor

Hours: Mon-Fri 1-4pm

Seventh Day Adventist Church,

519-945-2388 • 5350 Haig Ave, Windsor

Hours: Tue 2-5pm

Society of St Vincent de Paul, Essex

519-776-8483

Hours: Mon-Fri 9am-4pm

Society of St Vincent de Paul
519-253-7481 • 354 Chilver Rd, Windsor
Hours: Mon-Fri 8:30am-5pm

St Andrews Anglican Church, Food Bank
519-734-7682 • 205 Laurier, LaSalle
Hours: Daily, leave message

St John Anglican Church Sandwich,
519-253-4824 • 3305 Sandwich St, Windsor
Hours: Tue & Thu 9 am-noon

St John de Brebeuf Church Conference
519-733-6591 • 67 Main St E, Kingsville
Hours: Tue-Fri 8:30am-3:30pm

St Luke in the Fields Anglican Church, Food Bank
519-972-6112; leave message
2792 Lillian Ave, Windsor
Hours: Mon 9-10am

St Mary's Food Cupboard
519-253-5221
St Mary's Church, 1983 St Mary's Gate, Windsor
Hours: Mon, Wed, Fri 9am-noon; **Closed on holidays**

Tilbury Information and Help Centre
519-682-2268 • 20 Queen St N, Tilbury
Hours: Mon-Fri 8:30am-4pm

Unemployed Help Centre of Windsor
519-944-4900 • 6955 Cantelon Dr, Windsor
Hours: Mon, Wed, Thu 9-11:30am, 12:30-2pm

Vineyard Community Church (The), Emergency Food Bank
519-253-5720 • 1650 Howard Ave, Windsor
Hours: Daily, leave message

Well-Come Centre for Human Potential, Emergency Food Bank
519-971-7595 • 263 Bridge Ave, Windsor
Hours: Mon & Wed 12-3pm

Windsor Lifeline Outreach
519-972-6086 • 4490 7th Concession, Windsor
Hours: Office: Mon-Fri 9am-4:30pm

Windsor Homes Coalition Inc, Emergency Services
519-258-4501 • 900 Howard Ave, Windsor
Hours: Mon & Fri 1:30pm-4pm; Tue & Thu 9:30 am -11:30am

FOOD CO-OPS

Food Co-Ops are programs that allow clients to contribute financially towards the purchase of food items in conjunction with other clients in order to reduce the cost significantly. Services for singles starting as low as \$25/month. Eligibility restrictions apply. Call for details.

Drouillard Place
519-253-1073; 519-253-4446 • 1102 Drouillard Rd, Windsor
Hours: Mon-Thu 8:30am-4:30pm; Fri 8:30am-4pm

Windsor West Citizens Organization, St Joseph CARES
519-252-4235 • 566 St Joseph St, Windsor
Hours: Mon-Wed 9 am-noon; Mon-Fri 4-6pm

Youth and Family Resource Network of Essex County
519-733-8983
23 Mill St W, Kingsville *(Service available in Leamington and Harrow as well. Call for details)*
Hours: Mon-Fri 9am-5pm

FORM FILLING ASSISTANCE

Assistance is provided to individuals filling out forms, which may include Old Age Security, Canada Pension, Employment Insurance, Ontario Health Insurance, Birth Certificates, Passports, Housing and Income Tax (for persons with low income).

Amherstburg Community Services
400 Sandwich St. S., Amherstburg
519-736-5471

Citizen Advocacy
235 Eugenie St. W., Suite 105A, Windsor
519-966-5010

Essex Community Services
35 Victoria Ave, Unit 7, Essex
519-776-4966

Lakeshore Community Services
571 Notre Dame St., Unit B, Belle River
519-728-1435

South Essex Community Council
215 Talbot St. E., Leamington • 519-326-8629
30 Main St. E., Kingsville • 519-733-5784

GENERAL COUNSELLING

AIDS Committee of Windsor
519-973-0222; 1-800-265-4858
Supportive counselling for persons with HIV/AIDS

Alive! Canada
519-973-4411 ext. 3265
Provides education and information concerning suicide awareness, prevention and community crisis resources

Alzheimer Society: Caregiver Support Services
519-974-2220 ext 231
Caregiver support services for caregivers and family members of persons affected by Alzheimer Disease or other dementia

'Art of Living' Resource Centre Inc.
519-325-0732
Support groups provided for men and women as well as mixed groups, grief counselling, art therapy, psychotherapy and relationship counselling

Bereaved Families of Ontario
519-686-1573
Bereavement support group to help families confront, cope and move through the grief following the death of a child

Canadian Hearing Society
519-253-7241
Offers counselling services, community education and consultation

Canadian National Institution for the Blind
519-253-1900; 1-800-465-4444
Rehabilitation services for the blind, visually impaired and deaf-blind individual.

Canadian Paraplegic Association of Ontario
519-253-7272
Offers services and support for adults who have a physical disability that affects their mobility

Earthen Vessel Support Group

519-974-1202

Offers 1-on-1 counselling which focuses on problem-solving and suggestions for daily coping strategies

Drouillard Place

519-253-1073

Provides counselling, advocacy and referral services for individual, couples, children, marriage, divorce and separation

Family Service Windsor-Essex County

519-256-1831

Professional counselling services focusing on job stress, depression, EAP programs, elder care, couple and family issues, bereavement, physical/sexual abuse and grief, and children's counselling

Hiatus House

519-252-7781; 1-800-265-5142

Assists abused women in securing housing, social services, legal and counselling services; support groups for men and children are also provided

Insight Counselling Services

519-915-4168; 519-567-4457

Private counselling service, individual, couple, and family

Responsible Gaming Resource Centre

519-977-0440

Offers a bridge to counselling through information and referral to those experiencing difficulties with gambling

Sandwich Community Health Centre Inc.

519-258-6002

Offers general health counselling and health promotion services

Victim/Witness Assistance Program

519-253-2897

Offers court orientation and support programming for victims and witnesses

Well-Come Centre for Human Potential

519-971-7595

Offers community education and support for low income women and their children

Windsor Women Working With Immigrant Women

519-973-5588

Centre for immigrant and visible minority women and their children offering culturally sensitive counselling

Windsor-Essex County Health Unit

Community Health Dental Programs

519-258-2146; 1-800-265-5822

Offers a range of services regarding issues relating to a person's health and well-being, but mainly focuses on pregnant moms and babies

LEGAL ASSISTANCE

Community Legal Aid

519-253-7150

Free legal services provided by law students from the University of Windsor

Legal Assistance of Windsor

519-256-7831

Provides legal assistance to those who do not qualify for a Legal Aid Certificate but whose problems fall within financial and case-type criteria

University of Windsor Mediation Services

519-971-3156

Dispute resolution service

MEDICAL/DENTAL

Ontario Health Insurance Plan (OHIP)

519- 973-1385

Social Services Department, Ontario Works

519-322-3500; Administration: 519-255-5200;

Ontario Works: 519-255-5600

Trillium Drug Program

1-800-575-5386

Teen Health Centre, Medical Nursing Services

519-253-8481

Teen Health Centre, Street Health Program

519-252-3777

Windsor Essex-County Health Unit,
Community Health Dental Programs
519-258-2146

MENTAL HEALTH

Canadian Mental Health Association
519-255-7440

Community support workers provide ongoing, individualized, 1-on-1 support to persons with serious and persistent mental illness

Children First
519-250-1850

Provides services to families with children with special needs that may be multiple and/or complex

Mental Health Connections
519-256-4854

Provides psychosocial rehabilitation services to adults with a serious mental illness during their recovery process

Recovery Inc.: Self-Help Mental Health Group
519-728-1544

Support for anyone living with fear, anger, panic, depression, anxiety or anti social behaviour

Schizophrenia Society of Ontario
519-254-6793

Provides support services for those affected by Schizophrenia

Teen Health Centre
519-253-8481

Youth counselling services focusing on social and emotion needs, relationships, behavioural problems, depression, anxiety, suicide, grief and eating disorders

Windsor Mood Disorders Self Support Group
519-944-2056

Support group for individual and families experiencing a range of mood disorders

Windsor Regional Hospital
519-257-5111 ext. 75152

Administration of mental health, addictions and geriatric support services

PARENT SUPPORT

Family Service Windsor-Essex County

519-256-1831

Professional counselling services focusing on job stress, depression, EAP programs, elder care, couple and family issues, bereavement, physical/sexual abuse and grief, and children's counselling

Hiatus House

519-252-7781; 1-800-265-5142

Assists abused women in securing housing, social services, legal and counselling services; support groups for men and children are also provided

House of Sophrosyne

519-252-2711; 1-877-533-9503

Offers counselling services focusing on substance abuse and parenting workshops

Maryvale: Day Treatment Services

519-258-0484

Family and individual counselling offered, focusing on youth behaviour

Pathways Support Services for Children and Families

519-252-7146

Non-profit organization providing support services for child and families surrounding social skills development, emotions and anger management

Positive Parenting

519-972-1302

Classes offer information, skills counselling and discussion surrounding discipline, sibling rivalry and developing self esteem in children

Teen Health Centre

519-253-8481

Youth counselling services focusing on social and emotion needs, relationships, behavioural problems, depression, anxiety, suicide, grief and eating disorders

Windsor Regional Children's Centre

519-257-5115

Provides crisis response to maintain the family unit and avoid out-of-home placement of children and youth

Windsor-Essex Children's Aid Society

519-252-1171

Offers family counselling and parenting courses for families in the community

SOCIAL ASSISTANCE

Social Services Department, Ontario Works

519-322-3500; Application: 519-255-5600

Also known as Welfare, Student Welfare, Mother's Allowance or Ontario Works - provides financial assistance to eligible participants for items of basic and special needs

SUBSTANCE ABUSE and ADDICTIONS

Al-Alon /Alateen Family Groups

519-790-7739

Support groups that share experiences, strengths and hopes related to problems due to alcoholism

Can-Am Indian Friendship Centre of Windsor Inc

519-253-3243

Culturally appropriate counselling services regarding substance abuse

House of Sophrosyne

519-252-2711; 1-877-533-9503

Offers counselling services focusing on substance abuse and parenting workshops

We all need help every now and then; financial, spiritual, physical and emotional help that comes from others to get us through difficult times in our lives. Oftentimes we are afraid to ask for help. To many of us see it is a sign that we are weak. We are missing out on so many opportunities due to our fear to ask others to lend a hand. We must identify what we can do alone and what we can do with limited and with full assistance. Then ask. It's that simple, ask.

- Rosemarie Rossetti, author