



Community Services

Your local faith community may also offer support

AIDS Committee Guelph and Wellington..... 519-763-2255
Alzheimer Society Guelph-Wellington.....519-836-7672
Dufferin..... 519-941-1221
Canadian Red Cross..... 519-836-3523
Catholic Family Services.....1-888-940-0584
Chalmers Outreach519-822-8778
Community Resource Centre (Fergus)..... 519-843-7000

Community Care Access Centre
Guelph.....519-823-2550 or 1-800-265-8338
Dufferin1-888-733-1177
Community Living Guelph Wellington
Fergus.....519-787-1539
Guelph.....519-824-2480
Harriston.....519-338-2559
Mount Forest.....519-323-4050

Community Living Dufferin519-941-8971
Coping Centre (grief support).....519-943-1237
Main office.....1-877-554-4498
Dufferin County Community Support519-925-5452
Dufferin County Community Services.....519-941-6991
East Wellington Community Services.....519-833-9696

Employment Supports

Employment Ontario Centres1-800-387-5656
Community Employment Services.....519-766-4450
Orangeville Employment Centre519-941-5600

Family Health Teams

Clifford 519-327-4777
Drayton519-638-2110
Erin519-833-7576
Fergus519-843-3947
Guelph519-837-4444
Mapleton519-638-2110
Mount Forest519-323-0255
Orangeville519-941-7575
Shelburne519-925-9201

Please Note:

*This is not intended as an inclusive list of all services in Wellington-Dufferin. Please call the CMHA Centres for **Mental Health** in your area for more detailed information, or access the on-line resources provided in this pamphlet.*

Although many organizations provide a number of different programs and services, they are listed in this pamphlet under their main area of support. Please call them for more info.

Community Services (continued)

Fresh Start - Guelph housing resource.....519-822-2887
Guelph Community Health Centre.....519-821-5363
Guelph Independent Living.....519-836-1812
Guelph-Wellington Income Services.....519-837-2670
(Social Assistance) Toll free..... 1-800-265-7294
Hospice - Dufferin.....519-942-3313
- Wellington (Mount Forest).....519-323-4210
- Guelph.....519-836-3921

Housing Authority (Guelph & Wellington)... 519-824-7822
Immigrant Services Guelph519-836-2222
John Howard Society - Guelph.....519-836-1501
- Dufferin.....519-940-3061

Meals On Wheels

Guelph / Wellington (Red Cross).....519-836-3523
Orangeville / Shelburne519-925-5452
Clifford519-327-8899

Ontario Legal Aid

Guelph.....519-824-0170
Orangeville.....519-941-4745
Ontario Rental Housing Tribunal1-888-332-3234



Second Chance

Guelph ~ employment counselling.....519-823-2440
~ Youth Resource Centre.....519-823-2818
Fergus.....519-843-5513
Teenage Parent Program.....519-821-3900

Transportation - Wellington519-843-7003
Toll free1-866-694-9562
- Dufferin519-925-5452

Victim Services

Guelph519-824-1212 x304
Caledon/Dufferin.....519-942-1452
Mount Forest519-323-9660
Toll free.....1-888-743-6496

Wellington-Dufferin-Guelph Health Unit

Central contact for locations in:
Guelph ~ Fergus ~ Palmerston ~ Orangeville
and Shelburne offices519-846-2715
Toll free1-800-265-7293
Youth Resource Centre (Guelph).....822-2768

Emergency Food & Housing

Food Banks

Arthur Food Bank (for info. call)..... 519-848-6487
Centre Wellington.....519-787-1401
Erin/ Rockwood Food Share..... 519-833-9696
Guelph Food Bank.....519-767-1380
Mount Forest Food Bank..... 519-323-9218
Onward Willow/Better Beginings, Better Futures
First Time Emergency Help..... 519-824-6892
Orangeville Food Bank.....519-942-0638
Palmerston Food Bank..... 519-343-3659
Shelburne Food Bank519-925-2923

Choices Youth Shelter519-942-5970
Elizabeth Place (women's shelter) 519-829-2844
Emergency Shelter line (for info.) 519-767-6594
Lighthouse (free daily lunch Orangeville)...519-942-0736
Oasis Club (Guelph adult drop-in) 519-836-0211
Palmerston Drop In Centre (for info. call)...519-848-6487

Salvation Army - Guelph

Daytime hours: 519-836-9824 /After hours: 519-766-6327
Salvation Army - Orangeville..... 519-941-2570
Stepping Stone (adult shelter)
..... 519-837-0633 or 519-837-0080
Supportive Housing Dufferin.....1-877-761-6352
U of G. ~ Raithby House 519-824-4120 x53244
Welcome In Drop In Centre (Guelph).....519-837-0080
Women in Crisis (adult shelter)519-836-1110
Wyndham House (youth shelter).....519-763-8040

24 Hour Emergency Services

Ambulance / Fire / Police911
Poison Control Centre.....1-800-268-9017

Guelph Police Services.....519-824-1212
Orangeville Police Services.....519-941-2522
OPP Wellington-Dufferin.....1-888-310-1122
OPP TDD (Phone for the Deaf).....1-800-265-2529

Hospitals

Headwaters Health Care Centre
(Orangeville / Shelburne).....519-941-2410
Guelph General Hospital.....519-822-5350
Groves Memorial Hospital, Fergus.....519-843-2010
North Wellington Health Care Corporation:
Louise Marshall519-323-2210
Palmerston & District519-343-2030
St. Joseph's Health Centre, Guelph.....519-824-2620
William Osler Health Centre (Peel)1-905-494-6490

Wellington-Dufferin Mental Health Resources



Open Mind

*Together, we're promoting a new
attitude toward mental health*

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Pamphlet is available on-line at www.cmhagrb.on.ca
Mental Health & Addictions Directory (useful Links)
and www.communitytorchlight.com

**If you find this pamphlet useful, please
feel free to make copies and pass along.**

*To update information contact:
Canadian Mental Health Association,
parkinsons@cmhagrb.on.ca

Mental Health Services

Canadian Mental Health Association - Grand River Branch,
Centres for Mental Health

Guelph519-836-6220
Orangeville.....519-938-8776

Couple and Family Therapy Centre

University of Guelph.....519-824-4120 x56335
Dufferin Child and Family Services.....519-941-1530
Dunara Group Home.....519-836-2332
Family Counselling & Support Services...519-824-2431
Toll free1-800-307-7078

Homewood Health Centre.....519-824-1010

Assertive Community Treatment Team (ACTT)
Guelph: 519-767-3575 Fergus: 519-787-1800
New Life Counselling .519-638-2099 / 1-800-410-4506
Queen's Bush Rural Ministries.....519-369-6774

Trellis ~ Mental Health and Developmental Services:

Central Information & Referral service .519-821-3582
Toll free.....1-800-471-1732
Guelph - Delhi St.....519-821-2060
- Wyndham.....519-824-5544
- Silvercreek.....519-836-4991
Fergus.....519-843-6191
Orangeville.....519-941-0465
Mount Forest519-323-4004

Alcohol and Drug Services



Alcoholics Anonymous

Guelph.....519-836-1522
Orangeville.....519-940-3203
Al-Anon / Al-Ateen.....1-888-425-2666
Born to be Free (Dufferin)519-942-0736
Centre for Addiction & Mental Health
Toronto.....1-800-661-1111
Drug and Alcohol Treatment Info Line (DART)
.....1-800-565-8603
Homewood Community Addiction Services
Fergus519-787-7015
Guelph.....519-836-5733
Mount Forest.....519-323-4004 or 1-800-661-4249
Orangeville.....519-942-2361
Narcotics Anonymous.....519-651-1121
Nar-Anon1-877-239-0096
Stonehenge Therapeutic Community.....519-837-1470
Withdrawal Management Centre.....1-519-749-4300



Help Lines

AIDS Info-line1-800-668-2437
Community Torchlight (Distress Centre)
Distress Line.....519-821-3760 / 1-888-821-3760
Crisis Line519-821-0140 / 1-877-822-0140
Emergency Shelter Line.....519-767-6594
Youth Support Line.....519-821-5469
TeleCheck (seniors check-in call).....519-415-3764

Dufferin Sexual Assault Helpline.....519-942-1980
EARS (*Male Victims of Sexual Abuse*).....519-570-3277
Family Transition Place (Dufferin)
Crisis line.....1-800-265-9178
Farm Line (*peer help line for farmers*)1-888-451-2903

Guelph-Wellington Women in Crisis.....519-836-5710
Toll free.....1-800-265-7233
Kids Help Phone.....1-800-668-6868

Outline - Guelph.....519-836-4550
(*Support for Gay, Bisexual, Lesbian and Transgender*)
Problem Gambling Helpline.....1-888-230-3505
S.O.S. (*Seniors Offering Support*).....519-767-4445
Toll free1-866-767-4445
TeleHealth Ontario.....1-866-797-0000

Information



Beautiful Minds (*mental health education*)
.....519-766-4450 or 1-866-448-1603
CMHA *Centres for Mental Health*
Guelph.....519-836-6220
Orangeville.....519-938-8776
Centre for Addiction & Mental Health
Information & Support Line.....1-800-463-6273
Community Information Guelph.....519-821-0632
Community Resource Centre:
Fergus.....519-843-7000 or 1-866-840-3249
Arthur.....519-848-6487
Dufferin Community Services.....519-941-6991
Fergus Information Centre.....519-843-5140
Info Erin (East Wellington Community Services)
.....519-833-9696
Mental Health Service Information Ontario
.....1-866-531-2600
Suicide Resource Group Wellington /Dufferin
.....519-766-4450 x231

Family Support/ Abuse Services

Anselma House.....519-742-5894
Dufferin Child and Family Services.....519-941-1530
Family and Children's Services (F&CS)
Toll free.....1-800-265-8300
Guelph + Elora offices519-824-2410

Family Transition Place... 519-941-4357 / 1-800-265-9178
(*Dufferin: counselling centre, emergency shelter*)

Guelph-Wellington Care and Treatment Centre
(*for sexual assault and domestic violence*)
Guelph General Hospital519-837-6440 x2758

Guelph-Wellington Women in Crisis:
▪Admin Office.....519-836-1110
▪Rural Women's Support Program
Erin.....519-833-2301
Fergus.....519-843-6834
Mount Forest.....519-323-3638
Palmerston.....1-800-661-6041 or 519-343-5192
Rockwood.....519-856-2191
▪Sexual Assault Centre (*counselling*)...519-823-5806
▪Transitional Support Program519-836-6865

New Growth Family Centre *N. Wellington*...519-509-6432
Peaceful Alternatives.....519-824-2431
Toll free.....1-800-307-7078
(*groups for men who batter / and women who batter*)
Peel Rape Crisis Centre.....1-800-810-0180



Access to online Information

Grand River Mental Health & Addictions Directory
www.cmhagrb.on.ca

Guelph Wellington Community Information
info@volunteerguelphwellington.on.ca

Dufferin Community Supports
www.dufferinconnects.ca

Health Services Information
www.connexontario.ca

Self Help/Peer Support and/or Advocacy Groups



Adult Children of Alcoholics1-800-891-4862
Bereaved Families905-813-4337
Brant Avenue Neighbourhood Group.....519-821-9243
Dufferin Parent Support Network.....519-940-8678

Emotions Anonymous.....519-824-3203
Family Association for Mental Health Everywhere (FAME).....1-416-207-5032
Family support (*information / resources*)
.....call CMHA, *Centres for Mental Health*
Gamblers Anonymous1-888-391-1111
Guelph Parent Support Group.....519-829-2777

Julien Project (*gardening therapy*)519-824-5524
Learning Disabilities Wellington.....519-837-2050
Onward Willow/ Family Gateway.....519-824-6892
(*Better Beginnings, Better Future initiative*)

Parent Support Groups (*Ontario*).....1-800-488-5666
Parent Support Services (*Trellis*).....519-821-2060
Parkwood Gardens Neighbourhood Grp...519-824-6340
Postpartum Support Group519-846-2715
Men's mental health support group519-763-4014
Mood Disorders Support Group.....519-766-4477
Recovery Incorporated (*Mt. Forest*).....519-323-1780
Schizophrenia Society of Ontario
Guelph and District Chapter.....519-822-1850
Seniors Peer Advisory (GWSA)519-837-5696

Spark of Brilliance.....519-766-4450 x237
(*satellite locations: Orangeville + Wellington County*)
Two Rivers Neighbourhood Group.....519-837-4248
Waverley Drive Neighbourhood group.....519-821-9677

Self-Help Alliance / Wellington-Dufferin Self Help
Guelph.....519-763-4014
Orangeville Outreach519-763-4014

This represents only a sample of groups. Information on self-help/peer support and Neighbourhood Groups is always changing. To access current information call the CMHA Centres for Mental Health or access the on-line resources provided in this pamphlet.