

Cochrane District Housing Resource Guide

Last Updated January 2026



Acknowledgements

This Resource Guide was created as a housing navigation resource by the Developmental Services North East Region (DSOENER) Housing Navigators.

This guide is intended to help individuals with navigating housing and homelessness resources within the Cochrane District.

This guide is not exhaustive and may not include all resources. If you are looking for services not mentioned here, you can also visit:

<https://211ontario.ca/>

Developmental Services Ontario North East Region (DSONER)

Developmental Services Ontario (DSO) is the access point for adult developmental services and supports funded by the MCCSS. There are nine regional DSO offices across Ontario that help adults with a developmental disability connect with services and supports in their communities.

Developmental Services Ontario North East Region (DSONER) includes the areas of Nipissing, Cochrane, Timiskaming, Parry Sound, Muskoka, and James Bay Coast.

Connect with us!



To find your local DSO, you can visit: <https://www.dsontario.ca/find-your-dso>

DSONER Housing Navigation

Are you interested in learning about housing and support services beyond traditional Ministry funded options?

You may wish to connect with your local DSO Housing Navigators:



Call or email your DSONER Housing Navigator at:
1-855-376-6673 Ext 231 or r.wilkin@lccare.ca

Learn how the DSO housing toolkit can help you create your own housing vision:

www.dsontario.ca/resources/housing



Developmental Services Ontario (DSO) is the central access point for adult developmental services in Ontario.

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The Cochrane District Social Services Administration Board



The [Cochrane District Social Services Administration Board \(CDSSAB\)](#) is the Service Manager for the Cochrane District.

The [Housing Department](#) is responsible for the administration and funding of all social and affordable housing and homelessness programs in the Cochrane District.

CDSSAB directly manages a housing portfolio of **1284 community housing units**.

Timmins Housing Office:

Located: 500 Algonquin Blvd., Timmins ON.

Hours: Mon. – Fri., 8:30am – 4:30pm

Tel: 705-268-7722

Toll-Free: 877-259-7722

housing@cdssab.ca

Iroquois Falls Housing Office:

Located: 33 Ambridge Dr., Iroquois Falls ON.

Hours: Mon. – Fri., 8:30am – 4:30pm

Tel: 705-232-4095

Toll-Free: 800-461-2009

housing@cdssab.ca

Kapuskasing Housing Office:

Located: 6 Ash St., Kapuskasing ON.

Hours: Mon. – Fri., 8:30am – 4:30pm

Tel: 705-335-6179

Toll-Free: 800-667-2143

housing@cdssab.ca

The Housing Continuum

The Housing Continuum refers to the range of housing options that an individual may access over a lifetime, including temporary emergency shelters, transitional housing, social housing, affordable housing, affordable home ownership, market rental housing and market home ownership.

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Homelessness

Homelessness describes the situation of someone who is without stable, permanent and appropriate housing. The CDSSAB, as well as other local organizations operate programs to help residents who are experiencing homelessness, or who are at risk of becoming homeless.

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HOMELESS

Emergency Shelters

These spaces are designed to meet the immediate needs of people who are homeless. Such short-term emergency shelters may target specific sub-populations, including women, families, youth or Aboriginal persons, for instance. These shelters typically have minimal eligibility criteria, offer shared sleeping facilities and amenities, and often expect clients to leave in the morning. They may or may not offer food, clothing or other services.

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EMERGENCY
SHELTERS

Emergency Shelters

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The following are Examples of emergency shelter services available in the Cochrane and Timmins areas – this may not be an exhaustive (complete) list

Program	Details	Contact
Timmins & Area Women in Crisis – H.E.R. Place Women’s Shelter	H.E.R. Place is an accessible emergency anti-violence shelter for all women and their children who are experiencing homelessness or crisis. Provides 24-hour support and information. For more information, visit: https://www.tawc.ca/project/h-e-r-place/?v=3e8d115eb4b3	Tel: 705-264-7233 (SAFE) Toll-Free: 1-855-827-7233 (SAFE)
Ellevive	A non-profit organization with a range of comprehensive and quality French language services in the Cochrane district. Safe housing services for women and their dependents affected by violence. For more information, visit: https://ellevive.ca/	Located: Timmins, ON. Tel: 705-264-1321 Toll-Free: 877-748-8452 24 Hour Line: 705-264-8452

Social Housing

Social Housing refers to government-assisted subsidized housing for people with low to moderate incomes, seniors, or people with special needs who can live with supports in their community. **Rent-Geared-to-Income (RGI)** and **Rent Supplement** options are available through local DSSABs to make rent affordable for households. In most cases, the rent for a subsidized unit is 30 per cent of a household's total monthly income. If you receive social assistance the rent is based on the rent benefit set by the Ontario government.



Social Housing

The **CDSSAB** offers social housing options to make housing more affordable for individuals with low to moderate incomes, seniors, or people with special needs.

Program	Details
Rent Geared to Income (RGI)	<p>Rent Geared to Income (RGI) or Subsidized Housing is provided through the CDSSAB. In an RGI housing unit, a household's monthly rent is set at 30% of the adjusted household income. For people receiving financial benefits through the Ontario Disability Support Program (ODSP) or Ontario Works (OW), rent is set based on what is referred to as a "rent scale." RGI subsidies are attached to the unit, if a person/household is evicted or chooses to move, they lose the subsidy and must re-apply.</p> <p>For more information, visit: https://cdsb.care/housing/i-need-help-with-housing/</p>
Rent Supplement	<p>The Rent Supplement Program through the CDSSAB offers RGI accommodations in privately owned buildings throughout the District. A "rent supplement" is a subsidy provided to landlords to cover the cost of the difference between the market rent for the unit and amount the tenant can pay based on their income. Rent Supplement subsidies are attached to the unit, if a person/household is evicted or chooses to move, they lose the subsidy and must re-apply.</p> <p>For more information, visit: https://cdsb.care/housing/i-need-help-with-housing/</p>



Applying for CDSSAB Housing

To apply for Housing Services, you must complete [this application](#). Completed applications can be submitted to your [local CDSSAB office](#).

The Housing team will assess the needs of applicants and place them on the **Centralized Waiting List**. When there is a vacancy, the unit is offered to the next eligible household on the list.

If an individual declines an offer for housing, they will be **moved to the bottom of the waiting list**.

To apply for Rent-Geared-to-Income housing, you will need make sure you have the following documents for all household members:

- [Legal status in Canada documentation](#) for all household members
- The Consent and Declaration form for all household members over 16 years of age (provided in the application)
- Income ([Notice of Assessment](#)), including income generated from assets is to be declared in the application
- Information about any money owed to, or re-payment plans with a Social Housing Program (for those who have accessed social housing in the past)

Affordable Rental Housing

In affordable rental housing, rent is usually set between 80% -100% of Average Market Rent AMR (as determined by Canada Mortgage and Housing Corporation (CMHC), based on unit size).

Affordable rental housing can be in privately owned buildings, non-profits or city owned housing.

You can often stay on the Rent-Geared-to-Income waiting list if you accept a unit through the Affordable Rental Housing Program.

2025 Timmins, Ontario Average Market Rent (AMR)

Unit Size	Average Market Rent (\$)
Bachelor	\$591
1 Bedroom	\$1165
2 Bedroom	\$1513
3 Bedroom	\$1584

To access this information, [click here](#)

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Affordable Rental Housing

The following are examples of **Affordable Rental Housing** options that may be available within the district – this may not be an exhaustive (complete) list.

Program	Details	Contact
Canada Ontario Housing Benefit (COHB)	This portable housing benefit is a monthly subsidy provided to low-income households to assist with housing costs. It is tied to the household and can be used to help pay rent anywhere in Ontario. Contact your local CDSSAB Housing office to discuss your COHB application. To learn more, you can visit: https://www.ontario.ca/page/affordable-housing-ontario	Tel: 705-268-7722 ext. 250 housingaccess@cdssab.ca

Co-Operative Housing

Housing co-operatives provide not-for-profit housing for their members. Members do not own equity in their housing so if they move, their home is returned to the co-op, to be offered to another individual or family who needs an affordable home. Some co-op households pay a reduced monthly rent (housing charge) geared to their income. Government funds cover the difference between this payment and the co-op's full charge. Other households pay the full monthly charge based on cost. Each member has a vote in decisions about their housing.

For more information about Co-operative Housing, locating your local co-ops, and learning about the application process, you can visit [Co-operative Housing Federation of Canada](#)

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Co-Operative Housing

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The following are examples of **Co-Operative Housing** options that may be available in the Cochrane and Timmins areas – may not be an exhaustive (complete) list.

Program	Details	Contact
Genesis Housing Co-Operative Corporation (Timmins)	Located: 1065 Bailey Street, Timmins ON.	Tel: 705-264-7090 Genesis_housing@ntl.sympatic.ca
Goldridge Co-operative Housing Inc.	Located: 150 Kellyann Dr., Timmins ON	goldridge@coop@hotmail.com
Kaleidoscope Co-Operative Homes Inc.	Located: 1115 MacLean Dr., Timmins ON. For more information: Guhbawin Co-operative Housing	Tel: 705-523-1306 Guhbawinco-op@bellnet.ca
Les Maisons cooperative des Pins Gris Inc.	Located: 400 Shirley St., N., Timmins ON.	Tel: 705-268-3248

Affordable Home Ownership

Affordable home ownership models use a variety of creative approaches (e.g., down-payment assistance, shared equity mortgages, etc.) to help lower-income people and families, who might not otherwise be able to purchase a home and/or afford the monthly cost of carrying a mortgage.

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Affordable Home Ownership

The following are examples of **affordable home ownership** programs available in the Cochrane and Timmins areas – may not be an exhaustive (complete) list.

Program	Details	Contact
Ontario Renovates	Provides forgivable loan assistance to low and moderate income households to assist them in performing eligible major repairs, renovations and accessibility modifications to their homes to households in the Cochrane District. For more information, visit: https://www.cdssab.on.ca/services/housing/i-need-help-with#Paying%20my%20rent	Karen Soucy: Tel: 705-268-7722 ext. 273 housing@cdssab.ca OR Application Form
Habitat For Humanity Ontario Gateway North	Provides a unique "Habitat for Humanity mortgage" that makes home ownership affordable for lower income families. Homes are sold to families at fair market value with no down payment and no interest. Families provide 500 volunteer hours helping build their home and the homes of others. Mortgage payments are calculated annually, so that shelter costs are never more than 25% of household income. For more information, visit: https://www.habitatgatewaynorth.com/	Tel: 705-646-0106

Market Rental Housing

Market Rent is residential rent that is not classified as ‘subsidized rent’ or ‘affordable rent’ under any affordable housing program (you pay the amount advertised in the listing or advertisement).



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MARKET
RENTAL
HOUSING

Searching for Rental Housing



Online Search

Use filter options on these sites to search for places that fit preferences. Alerts can be set to notify when new ads are posted.

[Kijiji](#)
[AllClassifieds.ca](#)
[RentBoard.ca](#)
[Craigslist.org](#)
[Zumper.com](#)
[Rentcompass.com](#)
[FreeRentAds.com](#)
[REALTOR.ca](#)
[Viewit.ca](#)



Social Media

Visit [Facebook Marketplace](#) on your Facebook page, click on the Marketplace icon located at the top of the screen. Then click on the rental icon.

Search options such as city, kms (distance) away, price range, bedrooms, etc.

Set alerts to receive notifications on new rentals ads.

You can also search for Rental Groups on your Facebook page. These are forums where members can post and discuss shared information or rental ads.



Look for Signage

Drive/walk/bike around preferred neighborhoods. Landlords and property managers will often post signs out front where there are units for rent.

Some landlords post signs in places like grocery stores, libraries and/or community centres too.

Things to Consider Before Renting a Unit



FOLLOW DIRECTIONS IN THE AD

Some landlords/property managers prefer calls, some use email or the messaging system through the ad site (such as Kijiji messaging). Many ads also ask very specific questions to assess applicants.



CALLING THE LANDLORD

Prepare your list of questions before you call and keep a pen and paper handy to write down the answers. There are probably others who are interested in the rental, remember to be polite and make a great first impression.



VIEWING THE RENTAL UNIT

Arrive on time and be well-groomed and well prepared. Introduce yourself and try to remain calm and confident. Have your references ready to provide to the landlord/property manager.



PREPARE YOUR DOCUMENTS

To support your rental application, landlords/property manager may ask to see your driver's license or other ID. They may ask where you work, and permission to run a credit check. There are rules about your [privacy](#) that must be respected.



APPLYING FOR THE RENTAL

Make sure you understand the application process, ask questions if something isn't clear. Fill in the application form (paper copy/online). Inquire about the deposit fees and next steps.



SIGNING THE LEASE

A successful applicant will be asked to sign a lease. Upon signing you will usually be required to pay last month's rent. Then first month's rent is due on the 1st day of the month you've rented the apartment for (make sure to get receipts).

For more tips, visit: https://bit.ly/CMHC_IWantToRent

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Landlord Responsibilities

According to Canada Mortgage and Housing Corporation (CMHC):

- Landlords are legally obliged to ensure that the rental unit complies with the standards for:
 - Health
 - Safety
 - Housing
 - Maintenance
- Before renting a property, it must meet:
 - Municipal property standards
 - Zoning bylaws
 - Fire safety regulations
 - Local building codes
- Landlords must:
 - Maintain the tenant's home in a good state of repair and fit for habitation and at the landlord's expense
 - Always ensure a reasonable supply of fuel, electricity, hot and cold water and other utility services (cable, Internet)
 - Not seize, without legal process, a tenant's property for rent default or for the breaking of any other obligation of the tenant.
 - Not harass, obstruct, coerce, threaten or interfere with the tenant.



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For more information, visit: <https://www.cmhc-schl.gc.ca/en/consumers/renting-a-home>

Tenant Responsibilities

According to [Settlement.org](https://www.settlement.org), as a tenant it is important to make sure that you:

- Pay rent on time
- Behave well, clean the rental premises, repair damage caused by an accident or deliberate act of the tenant or a person whom the tenant permits on the premises
- Do not harass, obstruct, coerce, threaten or interfere with the landlord
- Contact the landlord as soon as possible when a problem arises involving repairs or services
- Permit entry (with proper notice) for repairs or showing of the home for the next tenant or purchaser
- Follow the terms in your rental agreement or lease



CMHC provides an “I Am Renting” Guide with helpful information for tenants.

You can find this resource here: <https://www.cmhc-schl.gc.ca/en/consumers/renting-a-home/i-am-renting>

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Eviction Process

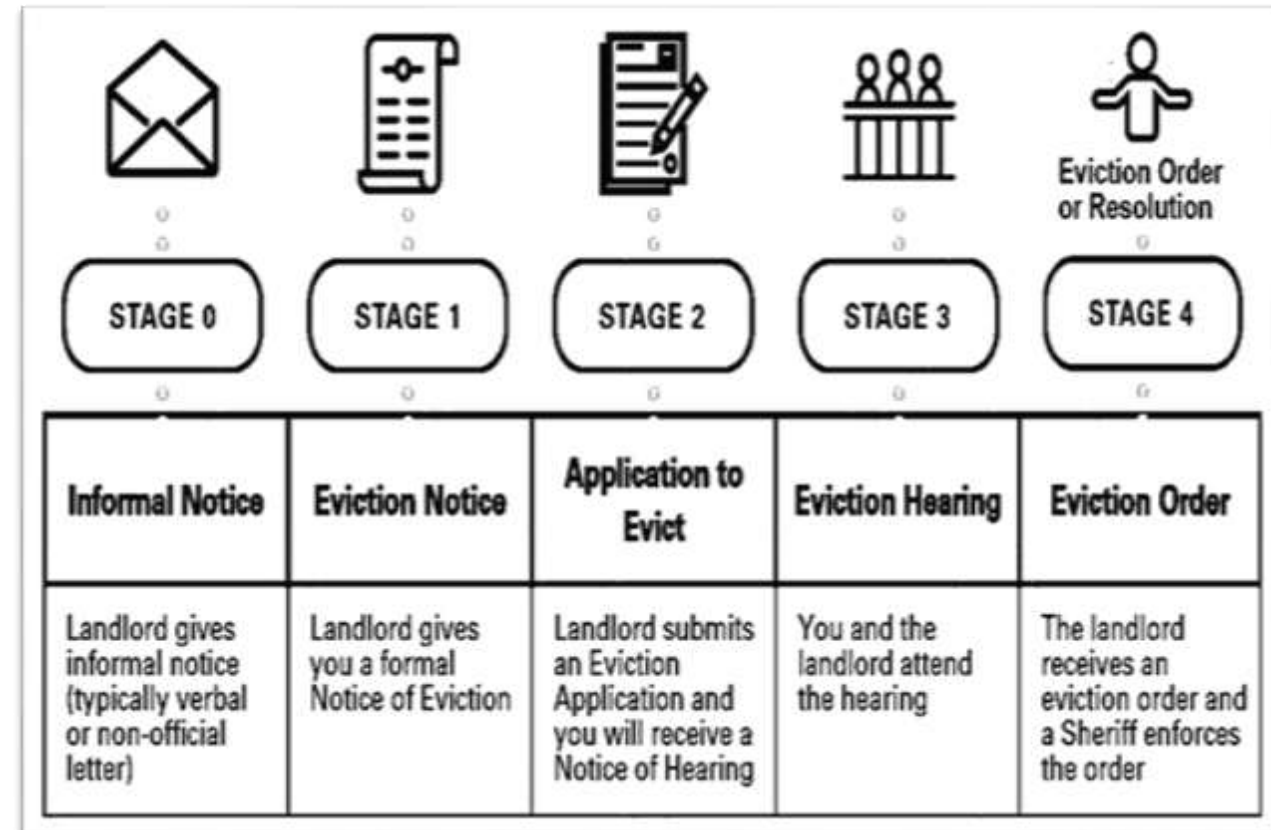
Eviction is the removal of a tenant from a rental property by the landlord.

Reasons for eviction recognized under the Residential Tenancies Act

- Arrears of rent
- Persistent late payment
- Damage
- Substantial interference with reasonable enjoyment of the unit
- Impairing safety
- Overcrowding
- Illegal Act
- Misrepresentation of income (if tenant pays Rent-Geared-to-Income)
- **Landlord's own use**
- **Purchaser's own use**
- **Demolition, renovation or conversion**

*These are the most common reasons set out by the Residential Tenancies Act (RTA)

How Eviction Works



For more information, visit: <https://www.cleo.on.ca>

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Facing Eviction - Resources

The following are examples of resources that may be helpful if you are facing eviction or if you have questions about the eviction process in Ontario – may not be an exhaustive (complete) list.

If you are facing eviction and are in need of support, you can contact your [Local Service Manager](#).

Title	Details
Government of Ontario: Renting in Ontario	Provides information about the laws that affect residential tenants and landlords in Ontario. To access, visit: https://www.ontario.ca/page/renting-ontario-your-rights
Advocacy Centre for Tenants Ontario	Provides answers to FAQs about Ontario Housing Law issues. To access, visit: https://www.acto.ca/for-tenants/your-legal-questions/
Eviction Prevention Handbook	The City of Toronto has created an Eviction Prevention Handbook to help tenants with knowing and understanding their rights and how eviction works in Ontario. The Handbook provides worksheets and templates to support individuals through the eviction process. To access, visit: https://www.toronto.ca/wp-content/uploads/2021/06/966f-eviction-prevention-Resource-Guide.pdf

Tenant Rights



CLEO produces clear, accurate and practical legal information to help people understand and exercise their legal rights.

Visit their website for more details:

<https://www.cleo.on.ca/en>



The Canadian Centre for Housing Rights (CCHR) provides free, individualized services to renters in Ontario who are facing challenges in their housing. They offer ["The Ontario Renter's Guide"](#) for information and tips for renting in Ontario.

Visit their website for more details:

<https://housingrightscanada.com/>

Legal Aid

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The following provide **free legal services** in the Timmins, Timiskaming and Cochrane areas and across Ontario – this may not be an exhaustive (complete) list.

Program	Details	Contact
Timmins -Temiskaming Community Legal Clinic	Provides free legal services in French and English for low income residents of Timmins-Temiskaming areas. Offers legal information in landlord and tenant issues, ODSP and OW issues, and disability law. They also offer income tax services. Hours: Monday – Friday, 8:30am – 4:30pm. For more information, visit: https://www.timminslegalclinic.ca/	Located: 3 Pine St. S., Timmins ON. Tel: 705-267-0300 Toll-Free: 1-866-382-0300
Ontario Legal Information Centre	Offers a free 30 minute phone meeting with a lawyer and is available to anyone in Ontario. Lawyers can provide general legal information to help you understand your legal situation and learn about your options and can refer you to local organizations or resources that may be helpful. For more information, visit: https://legalinfocentre.ca/	Tel: 1-613-842-7262 Toll-Free: 1-844-343-7462 Book an Appointment Online
Pro Bono Ontario – Free Legal Advice Hotline	The Free Legal Advice Hotline offers 30 minutes of free legal advice and assistance to those who cannot afford a lawyer. The Hotline can help tenants with legal issues surrounding housing and tenant rights. For more information, visit: https://www.probonoontario.org/housing/	Toll-Free: 1-855-255-7256
The Law Society of Ontario – Referral Service	Connects individuals looking for legal assistance with a lawyer in Ontario and provides a free 30 minute consultation to discuss your concerns and ask questions. For more information, visit: https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service?lang=en-ca	Link to Application

Market Home Ownership

Market Home Ownership is housing that is for sale in the open housing market and the cost of the housing is not subsidized (reduced) in any way.

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MARKET
HOME
OWNERSHIP

Financial Assistance for Homeowners

Financial Assistance	Details	Website
Ontario Trillium Benefit	A tax-free payment that helps low-to moderate-income Ontario residents pay for energy costs, sales and property tax.	Ontario Gov - Trillium Benefit
Other Financial Help to Pay Utility Bills	High utility bills put low-income homeowners and tenants at risk. The programs listed below may be able to provide financial help. For more details on eligibility and applying contact the program directly.	Ontario Electricity Support Program saveONenergy Energy Affordability Program Rogers Connected for Success
Money For Energy Conservation Renovations	People on Ontario Works or ODSP may receive a one-time payment of up to \$50 to reimburse the cost of items such as: <ul style="list-style-type: none"> ▪ caulking ▪ sealing or weather-stripping for doors and windows ▪ insulation for hot water pipes and hot water tanks, and flow restrictors for shower heads 	https://bit.ly/OWEnergyWaterConservation https://bit.ly/ODSPEnergyConservation
Money to Buy Smoke Alarms and Carbon Monoxide Detectors	Homeowners receiving Ontario Works Assistance may receive a one-time payment to buy smoke alarms or carbon monoxide detectors. <ul style="list-style-type: none"> ▪ up to \$25 per family for a smoke alarm/smoke detector ▪ up to \$50 per family for a carbon monoxide detector 	https://bit.ly/3xZIEXV

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Indigenous Resources

The following pages highlight resources and programs that provide cultural and holistic programs and services for Indigenous people within the community.

[The National Association of Friendship Centres](#) has created a list of Indigenous Health and Mental Health resources available across Ontario. To access this resource, click [here](#).

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The Timmins Native Friendship Centre



TIMMINS NATIVE
FRIENDSHIP CENTRE

Friendship Centres are not-for-profit and charity corporations that are mandated to serve the needs of Urban Indigenous People by providing culturally appropriate services in Urban communities.

The Timmins Native Friendship Centre offers wholistic and cultural based supportive programs and services that are needed in their community. Programs and services are provided in the areas of housing and legal support as well as culturally based health and wellness programs.

Programs offered by the Centre include:

- Indigenous Alcohol & Drug Worker Program
- Indigenous Healing and Wellness Strategy Program
- Cultural Resource Program
- See all programs here:
<https://www.tnfc.ca/programs/>

Contact Information:

Located: 179 Kirby Avenue, Timmins ON.

Tel: 705-268-6262

Toll-Free: 1-844-200-2686

reception@tnfc.ca

Use [this tool](#) to find local Friendship Centres in Ontario

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Indigenous Community Resources

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The following are examples of **Indigenous organizations and resources that offer programming and supports** throughout the district - may not be an exhaustive list

Program	Details	Contact
Timmins Native Friendship Centre	<p>Provides programs that support the cultural heritage of Aboriginal people and assists in their inclusion and participation in urban life. The Centre works to improve the quality of life for urban aboriginal people living in the Timmins area providing intervention, direct services, advocacy, and support in the areas of health, education, culture, recreation, and social services.</p> <p>For more information, visit: https://www.tnfc.ca/</p>	<p>Located: 179 Kirby Avenue, Timmins, ON. Tel: 705-268-6262 Click here to Email</p>
Ontario Aboriginal Housing Services	<p>OAHS offers rental opportunities across Ontario to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-geared-to-income, affordable, and market rent units.</p> <p>For more information, visit: https://www.ontarioaboriginalhousing.ca/rental-housing</p>	<p>Housing Services Representatives: Toll-Free – 1-866-391-1061 info@oahssc.ca Link to Application</p>
Hope for Wellness Helpline	<p>A helpline service available to all Indigenous people across Canada. 24/7 Access to talk with experienced and culturally competent counsellors. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inukitut.</p> <p>For more information, visit: https://www.hopeforwellness.ca/about-us/</p>	<p>Toll-Free: 1-855-242-3310</p>
Talk4Healing	<p>A 24/7 confidential helpline for Indigenous women available in 14 Indigenous languages, English, and French across Ontario. The helpline provides culturally sensitive and non-judgmental crisis counselling, advice, support, and referrals.</p>	<p>Toll-Free: 1-855-554-HEAL</p>

Indigenous Mental Health/Crisis Resources



The following are examples of Indigenous mental health and crisis services available - may not be an exhaustive list.

See following link for more: [National Association of Friendship Centres Indigenous Mental Health](#)

Program	Details	Contact
Noojimo Health	<p>Noojimo Health is an Indigenous-owned company that offers culturally safe and timely virtual mental health services for Indigenous people by an Indigenous care provider. Counselling services currently offered in Ontario, British Columbia and Saskatchewan.</p> <p>For more information: https://noojimohealth.ca/index.php</p>	<p>Tel: 1-833-277-5678</p> <p>Contact Link</p>
Hope for Wellness Helpline	<p>A helpline service available to all Indigenous people across Canada. 24/7 Access to talk with experienced and culturally competent counsellors. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inuktitut.</p> <p>For more information, visit: https://www.hopeforwellness.ca/about-us/</p>	<p>Toll-Free: 1-855-242-3310</p>
Talk4Healing	<p>A 24/7 confidential helpline for Indigenous women available in 14 Indigenous languages, English, and French across Ontario. The helpline provides culturally sensitive and non-judgmental crisis counselling, advice, support, and referrals.</p>	<p>Toll-Free: 1-855-554-HEAL</p>

Indigenous Health & Wellness Supports

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The following are programs and services available that aim to promote Indigenous health and wellness – not an exhaustive (complete) list.

Program	Details	Contact
TNFC – Indigenous Healing & Wellness Program	<p>The Healing and Wellness program focuses on the improving Indigenous health and reduction of family violence which is achieved through the provision of services for those most at risk, notably women and children. The delivery of programs and services are culturally appropriate and address the prevention, aftercare and concurrent impacts of family violence on health. Services include but are not limited to: healing circles, peer counselling, crisis intervention, education, and training.</p> <p>For more information: https://www.tnfc.ca/indigenous-healing-and-wellness-strategy-program/</p>	<p>Located: 179 Kirby Avenue, Timmins ON. Tel: 705-268-6262 Toll-Free: 1-844-200-2686 reception@tnfc.ca</p>
TNFC – Urban Indigenous Healthy Lifestyles Program	<p>The Healthy Living program is designed to improve the health and wellbeing of urban Indigenous communities through the delivery of programs and services that provide access to culture-based health promotion activities. The Healthy Living worker will achieve this through partnering with other Friendship Centre programs and community agencies who also promote health and wellness.</p> <p>For more information: https://www.tnfc.ca/urban-aboriginal-healthy-lifestyles-program/</p>	<p>Located: 179 Kirby Avenue, Timmins ON. Tel: 705-268-6262 Toll-Free: 1-844-200-2686 reception@tnfc.ca</p>
TNFC – Life Long Care Program	<p>The Life Long Care Program (LLCP) ensures meeting individual needs through physical, mental, emotional and spiritual aspects of everyday life by providing support services to all urban Indigenous clients, regardless of age, who are disabled, chronically ill, frail elderly and/or require acute/chronic continuum of care.</p> <p>For more information: https://www.tnfc.ca/life-long-care-program/</p>	<p>Located: 179 Kirby Avenue, Timmins ON. Tel: 705-268-6262 Toll-Free: 1-844-200-2686 reception@tnfc.ca</p>
Hope for Wellness Helpline	<p>A helpline service available to all Indigenous people across Canada. 24/7 Access to talk with experienced and culturally competent counsellors. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inuktitut.</p> <p>For more information, visit: https://www.hopeforwellness.ca/about-us/</p>	<p>Toll-Free: 1-855-242-3310</p>
Talk4Healing	<p>A 24/7 confidential helpline for Indigenous women available in 14 Indigenous languages, English, and French across Ontario. The helpline provides culturally sensitive and non-judgmental crisis counselling, advice, support, and referrals.</p>	<p>Toll-Free: 1-855-554-HEAL</p>

Indigenous Legal Resources



The following are examples of Indigenous Legal Support services that are available to provide legal information and advice – not an exhaustive (complete) list.

Program	Details	Contact
Nishnawbe Aski Legal Services Corporation	Delivers a wide range of law-related services including legal, paralegal, public legal education, and law reform services to members of Nishnawbe Aski Nation. For more information, visit: https://nanlegal.on.ca/	Located: 119 Pine St. S., Timmins ON. Tel: 705-268-1105
The Human Rights Legal Support Centre – Indigenous Services	The HRLSC established an Indigenous Services and Outreach Committee and has implemented culturally appropriate service guidelines in order to increase usage of the human rights system by Indigenous peoples. The HRLSC is committed to providing Indigenous people with an accessible legal service. Services are provided in 140 languages including Cree, Oji-Cree, Mohawk, and Ojibway. For more information: https://hrlsc.on.ca/indigenous-services/ or Indigenous Services Brochure	Toll Free: 1-866-625-5179 TTY Toll Free: 1-866 612-8627
Steps to Justice: Your Guide to Law in Ontario	This resource provides answers to frequently asked questions regarding the rights as an Indigenous person in contact with the criminal justice system. At the bottom of the page, you will find additional tools and resources to help Indigenous people navigate supports and services. Find the resource here: https://stepstojustice.ca/?s=indigenous	

Indigenous Employment Supports

The following are examples of programs that provide employment training for Indigenous people - may not be an exhaustive (complete) list.

Program	Details	Contact
TNFC – Apatisiwin Employment & Training Program	To assist Aboriginal people (over the age of 15) in identifying and securing employment opportunities. To identify and access education and training with the ultimate goal of obtaining meaningful employment. To identify and breach the barriers Aboriginal people face in competing and maintaining employment in the job market. For more information: https://www.tnfc.ca/apatisiwin-employment-training-program/	Located: 179 Kirby Avenue, Timmins ON. Tel: 705-268-6262 Toll-Free: 1-844-200-2686 reception@tnfc.ca

Indigenous Housing Supports



The following are organizations that provide housing services and supports to Indigenous individuals. May not be an exhaustive (complete) list.

Program	Details	Contact
Ontario Aboriginal Housing Services	OAHS offers rental opportunities across Ontario to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-geared-to-income, affordable, and market rent units. For more information, visit: https://www.ontarioaboriginalhousing.ca/rental-housing	Toll-Free – 1-866-391-1061 info@oahssc.ca Link to Application

The Métis Nation of Ontario



The **Métis Nation of Ontario** provides housing services programs to eligible individuals through its Infinity Property Services division as well as housing stabilization supports to Métis citizens.

Program	Details	Contact
Home Buyers Contribution Program	<p>MNO contributes to the down payment of eligible first-time home buyers who are MNO citizens with complete citizenship files. This contribution is a no-payment loan registered on title as a shared equity mortgage behind the first mortgage.</p> <p>For more information, visit: Home Buyers Contribution Program</p>	<p>Housing Programs Team: Tel: 705-722-5022 Ext. 302 housingprograms@metisnation.org Link to Application</p>
Emergency Repair Program (ERP)	<p>Provides low-to-moderate income Métis citizen homeowners with a one-time forgivable loan to complete necessary emergency health and safety repairs to their homes and improve accessibility for persons with disabilities up to maximum of \$10,000.</p> <p>For more information, visit: Emergency Repair Program (ERP)</p>	<p>Housing Programs Team: Tel: 705-722-5022 Ext. 302 ERP@metisnation.org Link to Application</p>
Métis Housing Stabilization Program	<p>Addresses homelessness and housing instability by providing housing loss prevention and housing stabilization services and supports individuals and families who are homeless, at immediate risk of becoming homeless, or in an unstable housing situation. Services include: housing crisis intervention, eviction prevention support, support with housing applications, resource and information support, and much more.</p> <p>For more information, visit: Housing Stabilization Program</p>	<p>Housing Stabilization Team: Toll-Free: 1-800-263-4889 Ext. 350 housingstabilization@metisnation.org</p>

Cochrane Community Resources

Developmental Services Ontario does not promote nor endorse any of these private services. Please note that this is not intended to serve as an exhaustive list of all services offered in Cochrane and surrounding areas, but rather as a resource prepared with information sourced by the DSO Housing Navigators for the North East Region.

**If you are looking for services not found in this section, you can
visit: <https://211ontario.ca/> or call 2-1-1**

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Post-Secondary Education Resources

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The following are resources available to support individuals wanting to participate in post-secondary education. May not be an exhaustive (complete) list.

Program	Details	Contact
<p>Ontario Bursary for Students with Disabilities (BSDW)</p> <p>Canada Student Grant for Services and Equipment – Students with Disabilities (CSG-DSE)</p>	<p>Eligible individuals may receive funding to help pay for disability-related educational services and/ or equipment needed to participate in postsecondary studies. Eligible individuals can receive up to \$2,000 from the BSDW or up to \$20,000 from the CSG-DSE. In order to be eligible, individuals must have a permanent disability or a persistent or prolonged disability and must have applied and be eligible for funding through OSAP or an institution-based bursary. For more information, visit: https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/POCONT1_067672</p>	<p>Application Form</p>
<p>Doreen Kronick Scholarship</p>	<p>Available to post-secondary students with learning disabilities who are enrolled in full-time or part-time study programs. The amount of this award is \$1,000. The Doreen Kronick Scholarship (DKS) may be awarded to a person who is pursuing a program of graduate study in a university that will assist learning disabled students. Applications are reviewed according to the following criteria: the student’s future educational program leading towards assisting persons with learning disabilities; the submission of a satisfactory academic record; the student’s contribution to his or her community and to campus life. For more information, visit: https://www.ldac-acta.ca/scholarships/</p>	<p>Tel: 613-238-5721 info@ldac-acta.ca</p>
<p>Toronto Metropolitan University - Tuition Waiver for Youth in Extended Care</p>	<p>If interested in attending Toronto Metropolitan University, they offer tuition waivers for students who grew up in extended society care (previously known as Crown Wards) in Canada, and are currently enrolled in an OSAP-eligible program at the institution. The tuition waiver will cover full tuition and ancillary costs. Students must be in an OSAP-approved program to be considered for the tuition waiver. For more information, visit: Tuition Waiver for Youth in Extended Care</p>	<p>awards@torontomu.ca</p>
<p>Transition Resource Guide for Students with Disabilities</p>	<p>This guide is a comprehensive tool to help students with disabilities arm themselves with the knowledge they need to access resources at all colleges and universities in Ontario and make a successful transition to post-secondary education. It is aimed to support students as they make the transition by providing information on supports and services available at post-secondary institutions and steps on how to prepare for the transition to post-secondary education.</p>	<p>Transition Resource Guide for Students with Disabilities</p>

Employment Support



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The following are examples of employment support programs – may not be an exhaustive (complete) list

To search Employment Services in Ontario, you can visit: <https://feat.findhelp.ca/>

Program	Support	Contact
<p>North East Association for Community Living - Supported Employment Program</p>	<p>Provides recruitment, job searching services, job analysis, on the job training and job support. The job coach will maintain regular visits to the job site to evaluate the employee's performance and to discuss any concerns or any new job skills that may arise. For more information, visit: https://www.neacl.ca/supoprted-employment</p>	<p>Kapuskasing Office: Located: 12 Kimberly Dr., Kapuskasing ON. Tel: 705-337-1417</p> <p>Cochrane Office: Located: 18 Aurora Ave., Cochrane ON. Tel: 705-272-2999</p>
<p>Community Living Timmins – Supported Employment Services</p>	<p>Assists individuals with intellectual disability to explore employment opportunities through assistance with resume writing, work skills development, career counselling, placement matching, on-the-job training, as well as monitoring individual's progress through follow-up. For more information, visit: https://www.communitylivingtimmins.com/our-services/supported-employment-services/</p>	<p>Located: 166 A Brousseau Ave., Timmins ON. Tel: 705-268-8811 admin@cltic.ca</p>
<p>Employment Options</p>	<p>Assists individuals in developing the skills to secure employment. Supports include: access to employment consultants, job postings, skills workshops and resources and information. For more information, visit: https://www.northerncollege.ca/employment-options/</p>	<p>Located: 140 Government Road, East. Tel: 705-567-9238 Toll-Free: 1-877-667-9238 KL.EmploymentServices@northern.on.ca</p>

Community Supports



The following are examples of **local community support services** in the area – this may not be an exhaustive (complete) list.

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Program	Details	Contact
<p>North East Association for Community Living</p>	<p>North East Association for Community Living (NEACL) is an Agency serving adults and children with an intellectual disability in the geographical area from Cochrane to Opatatika. For more information, visit: https://www.neacl.ca/</p>	<p>Kapuskasing Office: Located: 12 Kimberly Dr., Kapuskasing ON. Tel: 705-337-1417</p> <p>Cochrane Office: Located: 18 Aurora Ave., Cochrane ON. Tel: 705-272-2999</p>
<p>Community Living Timmins</p>	<p>Community Living Timmins Intégration Communautaire provides services and supports to over 200 individuals with an intellectual disability and their families, throughout Timmins and area. For more information, visit: https://www.communitylivingtimmins.com/</p>	<p>Located: 166 A Brousseau Ave., Timmins ON. Tel: 705-268-8811 admin@cltic.ca</p>
<p>Cochrane Temiskaming Resource Centre</p>	<p>The Cochrane Temiskaming Resource Centre offers a variety of services designed to provide supported individuals a fair and equal opportunity to live, work and play within the community, as determined by personal interest. For more information, visit: https://www.ctrc.on.ca/</p>	<p>Located: 600 Toke St., Timmins ON. Tel: 705-267-8181 general@ctrc.on.ca</p>
<p>Transit & Transportation</p>	<p>Municipalities and transit services may offer accessible transportation options for individuals in the community who are unable to use regular transit services. To learn more about accessible transit in your area, visit the links to the side or contact your local transit service provider.</p>	<p>Cochrane Transportation</p> <p>Kapuskasing Flex Bus</p> <p>Timmins Handy Transit</p>

Home Supports

The following are examples of **home support services** available in the district – this may not be an exhaustive (complete) list.

For a detailed list of in-home personal support services available in the area, you can visit: [Caregiver Exchange](#)

Program	Details	Contact
Home and Community Care Support Services North East	Provides access and referrals to other community services, and manage Ontario's long-term care home placement process. Guide to Home and Community Services For more information, visit: https://www.healthcareathome.ca/region/north-east/	North East Office: Tel: 705-476-2220 Toll-Free: 1-888-533-2222

Mental Health Services

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The following are agencies that provide mental health and/or crisis intervention services in the Cochrane district.

If you are experiencing a crisis and need immediate assistance, please call 9-1-1 or go to the nearest hospital or Emergency Room

Program	Details	Contact
CMHA Cochrane-Timiskaming	CMHA Timiskaming-Cochrane offers a variety of mental health and addictions programs and services which are safe, inclusive and accessible and that promote healthy people and communities. For more information, visit: https://cmhact.ca/programs-services/	Located: 330 Second Ave., Timmins ON. Tel: 705-267-8100 CMHACT Additional Contact Info
Minto Counselling Centre – Crisis Services	Crisis assessment and intervention services for individuals who are at risk for themselves or at risk of causing harm to someone else or who are in acute distress. Follow-up and referral to other programs and services. Services can be accessed directly or through the hospital emergency department. For more information visit: http://www.mintocounsellingcentre.org/	Located: 5-233 Eighth St., Cochrane ON. Tel: 705-272-4245
Timmins and District Hospital – Crisis Team	A 24 hour, 7 days/week service available to individuals who may be experiencing a mental health crisis. The Crisis Team assesses individuals seeking assistance and assist with connecting individuals with services that may meet their needs. For more information visit: https://www.timiskaminghu.com	Tel: 705-264-3003 Toll-Free: 1-888-340-3003 (24 Hour Crisis Line)
Ontario Online & Text Crisis Services	Online chat or text service for those looking for mental health support. This service is available across Ontario. Hours: 2:00pm – 2:00am, daily For more information visit: http://www.dcontario.org/ontx.html/	Visit to chat: DCO Chat Line Text “SUPPORT” to: 258258
Northern Initiative for Social Action (NISA) Warm Line	Offers peer support and addresses some of the challenges facing people with lived experience of mental illness. One central line connects you to operators in Parry Sound, North Bay, Sudbury, Sault Ste. Marie and Timmins. This service is confidential. For more information, visit: NISA Warm Line Information	Toll-Free: 1-866-856-9276 (WARM)

Food Banks

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The following are **local food banks** in Cochrane and Timmins area – this may not be an exhaustive (complete) list.

Program	Details	Contact
Cochrane Food Bank	Located: 141 Railway St., Cochrane ON. Hours: Tuesday, 10:10am – 4:00pm	Tel: 705-272-4300 cochranefoodbank@yahoo.ca
Timmins Food Bank	Located: 85 Spruce St. N., Timmins ON. Bagged lunches available: Saturdays, 10:00am – 11:00am Food Bank Hours: Wednesdays, 8:15am – 11:15am You can connect with a volunteer at the food bank on off days if you are in need of an emergency bag. For more information: https://www.timminsfoodbank.com/	Tel: 705-264-0953 info@timminsfoodbank.com
Kapuskasing Food Bank	Located: 4B Sheppard St., Kapuskasing ON. Hours: Thursday, 12:00pm – 3:30pm For more information: https://www.facebook.com/KapuskasingFoodBank/	Tel: 705-335-5414 kapusfoodbank@eastlink.ca
Salvation Army – Kirkland Lake	Located: 6 Sylvanite Ave., Kirkland Lake ON. Hours: Tuesday, 9:00am – 11:30am; Thursday, 9:00am – 11:30am/1:00pm – 3:00pm	Tel: 705-567-5877
South Porcupine Food Bank	Located: 23 Main St., South Porcupine ON. Hours: Tuesday, 1:00pm – 3:00pm; Saturday, 9:00am – 11:00am	Tel: 705-235-3450

Free Community Meals

The following are local organizations that offer free hot meals to individuals in need in the community – this may not be an exhaustive (complete) list.

Program	Details	Contact
Timmins Salvation Army – Hot Meal Cafe	Provides a free hot meal to community members. Located: 259 Third Ave., Timmins ON. Hours: Wednesday & Saturday, 4:00pm – 5:00pm	Tel: 705-221-1959 robbie_Donaldson@can.salvationarmy.org
The Salvation Army – Soup Kitchen & Cafe	Located: 6 Sylvanite Ave., Kirkland Lake, ON. Hours: Tuesday & Thursday, 11:30am – 12:30pm	Tel: 705-567-5877

Meal Services

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The Meals on Wheels program delivers affordable, nutritious and delicious meals to members of the community who are unable to prepare their own food. These are examples of local programs – may not be an exhaustive (complete) list.

Program	Details	Contact
Timmins Canadian Red Cross – Meals on Wheels	Hot Meal Delivery: Monday - Friday, 10:30am – 12:00pm Daily hot meals consists milk, soup, salad, main plate and dessert. Frozen Meal Delivery: Weekly.	Located: 60 Wilson Ave., Timmins, ON. Tel: 705-267-4900 timmins@redcross.ca
Cochrane Canadian Red Cross – Meals on Wheels	Hot Meal Delivery: Weekdays, by noon. Hot meals consists of a soup, entree and dessert. Frozen Meal Delivery: Bi-weekly.	Located: 187 2 nd Ave., Cochrane ON. Tel: 705-272-6770
Kapuskasing Canadian Red Cross – Meals on Wheels	Hot Meal Delivery: Monday - Friday, 11:00am – 12:15pm Hot meals consists of a soup, entree and dessert. Frozen Meal Delivery: Bi-weekly.	Located: 10 Dury St., Kapuskasing ON. Tel: 705-335-4200 timmins@redcross.ca

Clothing & Household Items

The following are examples of where you may find free and/or affordable clothing and household items locally, as well as grants that may be available to provide financial assistance with purchasing these items – may not be an exhaustive (complete) list.

Program	Details	Contact
<p>Cochrane Food Bank</p>	<p>Provides access to donated clothing and household items. Located: 141 Railway St., Cochrane ON. Hours: Monday – Friday, 10:10am – 5:00pm</p>	<p>Tel: 705-272-4300 cochranefoodbank@yahoo.ca</p>
<p>Timmins & Area Women in Crisis – Clothing Exchange Program</p>	<p>Provides access to clothing and household items to women. Contact for urgent access. Attendees are asked to give \$5 to support the program if they are able. Hours: Thursdays, 9:30am – 11:00am For more information, visit: https://www.tawc.ca/project/h-e-r-place/?v=3e8d115eb4b3</p>	<p>Tel: 705-268-8381 Toll-Free: 1-855-827-7233 (SAFE)</p>
<p>Ceridian Cares</p>	<p>Ceridian Cares offers grants to individuals in need of financial assistance to cover the costs for the following types of needs: Clothing & Footwear, Food & household Needs (ex. blankets, mattresses, cookware & dishes, small appliances, personal hygiene items, etc.), eligible medical costs and recreational programs. For more information, visit: https://www.ceridiancares.ca/evaluation</p>	<p>Link to Application</p>

Resources for Transitional Aged Youth

The following section provides information about the resources, programs and services that are available to youth aged 16-24 as they transition into adult services. The Developmental Services Ontario does not promote nor endorse any of these private services.

If you are looking for services not found in this section, you can visit: <https://211ontario.ca/> or call 2-1-1

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Youth Community Groups & Recreation



The following are community groups and recreation activities that are offered within the district for youths aged 16-24. May not be an exhaustive (complete) list.

Program	Details	Contact
Timmins Youth Wellness Hub	The Timmins Youth Wellness Hub (TYWH) is a safe, inclusive and welcoming space for all youth aged 12-25 to access mental health, addictions and wellbeing services, resources and support. For more information, see: https://ywhtimmins.ca/about/	Located: 45 Spruce St., S. Timmins ON. Tel: 705-268-0400 info@ywhtimmins.ca

Youth Employment Programs

The following are examples of employment programs that are available to support youth with finding meaningful employment – may not be an exhaustive (complete) list.

Program	Details	Contact
Northern College Youth Job Connection	<p>The Youth Job Connection program serves youth aged 15 to 29 who experience multiple and/or complex barriers to employment by providing more intensive supports beyond traditional job search and placement opportunities. This program offers 60 hours of paid pre-employment training, throughout two weeks, to promote job-readiness, job matching and paid job placements, mentorship services, and education and work transitions supports..</p> <p>For more information, visit: https://www.northerncollege.ca/program/youth-job-connection/</p>	<p>Timmins Office: Located: 4715 Highway 101 E., South Porcupine ON. Tel: 705-235-3211</p>

Youth Legal Supports

The following are legal services available to support youth who are in conflict with the criminal justice system or need legal advice. May not be an exhaustive (complete) list.

Program	Details	Contact
Justice for Children & Youth	Offers Free confidential legal advice for youth under 18 and homeless youth under 25 in Ontario. For more information, see: https://jfcy.org/en/	Toll Free: 1-866-999-5329

Resources for LGBTQ2S+ Youth

The following are supports and programs that are available in the community to support youth who identify as a member of the LGBTQ2S+ community – may not be an exhaustive (complete) list.

Program	Details	Contact
LGBT Youth Line	<p>The Lesbian Gay Bi Trans Youth Line exists to provide service for youth, by youth that affirms the experiences and aspirations of lesbian, gay, bisexual, transsexual, transgender, 2-spirited, queer and questioning youth in Ontario. Working within an anti-oppression and anti-racist framework, they provide leadership opportunities, outreach, confidential peer support and referrals by telephone, texting and online. Youth Line is a toll-free Ontario-wide peer-support (for youth by youth) service. Youth Line's number will not show up on a phone bill.</p> <p>For more information: https://www.youthline.ca/</p>	<p>Tel: 1-800-268-9688 Text: 647-694-4275 Live Chat</p>
Trans Life Line	<p>Trans Lifeline is a non-profit dedicated to the well-being of transgender people. The toll-free hotline is staffed by trans people for trans people. Trans Lifeline volunteers are ready to respond to whatever support needs members of the trans community might have.</p> <p>For more information: https://www.translifeline.org/</p>	<p>Tel: 1-877-330-6366</p>

Financial Assistance for Youth

The following are examples of programs that are available across Ontario that provide financial assistance for transitional aged youth (ages 16-24) who are transitioning into adult services and supports. May not be an exhaustive (complete) list.

Program	Details	Contact
Telus Mobility for Good	Mobility for Good® helps youth aging out of care achieve independence by providing them with a free phone and a \$0 plan. This enables them to stay in touch with friends and vital support networks, search for somewhere to live, find education and job opportunities, and build credit. For more information, see: https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth	Telus Mobility for Good

Additional Housing Information

The following is information about housing models that are on the **Housing Continuum**, but are not currently available within the Cochrane District.

- **Supportive Housing** - This model provides **secure affordable housing** combined with individualized, flexible and voluntary support services for people with high needs related to physical or mental health, developmental disabilities or substance use. Supportive Housing is intended to be **permanent or for as long as an individual chooses**.
- **Transitional Housing** – This is a **temporary step between emergency services and permanent housing**. These models provide structure, supervision, individualized support, life skills, housing supports, education and training. Transitional Housing is **time-limited**, with the **length of stay ranging from three months to three years**.

The nearest Supportive and Transitional Housing programs for the Cochrane District are located in Timmins. Follow this link for more information about these programs: <https://cmhact.ca/programs-services/housing-services/>

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