

# Manitoulin District Housing Resource Guide

Last Updated January 2025



**DSO**

**Developmental Services Ontario**

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**Northern Region**



# Acknowledgements

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

This guide is intended to help individuals navigate housing and homelessness resources within the Manitoulin 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 Northern Region (DSONR)

Return

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 Northern Region (DSONR) includes the areas of Sudbury, Manitoulin, Algoma, Dryden, Thunder Bay, Rainy River and Kenora.

**Connect with us!**



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

# DSONR 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 DSONR Housing Navigator at:  
1-855-376-6673 Ext 231 or [b.pepe@lccare.ca](mailto:b.pepe@lccare.ca)**

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

[www.dsontario.ca/resources/housing](http://www.dsontario.ca/resources/housing)



Developmental Services Ontario (DSO) helps adults with developmental disabilities find services and supports in their community.

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# Manitoulin-Sudbury District Service Board

The [Manitoulin-Sudbury District Social Service Administration Board \(MSDSB\)](#) is the Service Manager for the Manitoulin district.

[The Community Housing Team](#) is responsible for the administration and funding of all MSDSB social and affordable housing and homelessness programs.

They assist individuals and families by offering affordable housing and rent options and initiatives that support individuals at risk of or experiencing homelessness throughout the district.

**Head Office:**

**Espanola:**  
**Located:** 210 Mead Blvd.,  
Espanola ON.  
**Tel:** 705-862-7080  
**Toll-Free:** 1-800-847-6342  
[housing@msdsb.net](mailto:housing@msdsb.net)

**Satellite Offices:**

**Little Current:**  
**Located:** 9050 Hwy 6.,  
Little Current ON.  
**Tel:** 705-368-0238  
**Toll-Free:** 1-800-690-5512

**Noelville:**  
**Located:** 11 Lahaie St.,  
Noelville ON.  
**Tel:** 705-967-0639  
**Toll-Free:** 1-877-213-4001

**Chapleau:**  
**Located:** 34 Birch St.,  
Chapleau ON.  
**Tel:** 705-864-0430  
**Toll-Free:** 1-877-245-5595



# The Housing Continuum

The full 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.



# Homelessness

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



# Homelessness Assistance

The MSDSB has programs that aim to support individuals and families to find and/or maintain permanent housing and avoid eviction and homelessness.



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Program	Details	Contact
<b>Homelessness Prevention Program (HPP)</b>	<p>The HPP provides assistance to households experiencing homelessness and at-risk of homelessness by offering a short-term, one-time assistance with costs such as:</p> <ul style="list-style-type: none"><li>• First/last month's rent</li><li>• Utility arrears to prevent disconnection</li><li>• Utility deposits and moving expenses.</li></ul> <p><b>For more information, visit:</b> <a href="https://msdsb.net/hc-how-to-apply">https://msdsb.net/hc-how-to-apply</a></p>	<p><b>Tel:</b> 705-862-7080 <b>Toll-Free:</b> 1-800-847-6342 <a href="#">Link to Application</a></p>

# Emergency Shelters

These facilities 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.



# Emergency Shelters

The following are emergency shelters operating in the Manitoulin District – this may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Wikwemikong Health Centre – Nookomisnaang Shelter</b>	<p>Safety, protection and shelter in a supportive healing environment. Offers intervention and holistic crisis counselling (group/individual) for victims of family violence (women, men, youth, women with children, men with children, families), traditional teaching circles and referral and advocacy while they are in transition.</p> <p>For more information, visit: <a href="https://www.wikyhealth.ca/pages/nookomisnaang-shelter">https://www.wikyhealth.ca/pages/nookomisnaang-shelter</a></p>	<p><b>Located:</b> 16A Complex Dr., Wikwemikong ON  <b>Tel:</b> 705-859-1543  <b>Toll-Free:</b> 1-888-889-5927</p>
<b>Manitoulin Family Resources - Haven House Women's Shelter</b>	<p>Offers safe emergency accommodation to all self-identified women 16 years of age and older, with or without dependents, who experience or are at risk of experiencing violence and/or abuse..</p> <p>For more information, visit: <a href="http://www.mfresources.net/violence-women-prevention/">http://www.mfresources.net/violence-women-prevention/</a></p>	<p><b>Emergency Shelter &amp; Counselling Services:</b>  <b>Tel:</b> 705-377-5160  <b>Toll-Free:</b> 1-800-465-6788  <b>Text:</b> 705-968-0499</p>

# Supportive & Transitional Housing

The following is information about housing models that are on the **Housing Continuum** but are not currently available within the Manitoulin 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 Manitoulin District are located in Sudbury.

Follow this link for more information about these programs: <https://sm.cmha.ca/programs-services/housing-programs-residential/>



# 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 MSDSB manages social housing units to provide affordable housing options for individuals with low to moderate incomes, seniors, or people with special needs.

Program	Details
<b>Rent Geared to Income (RGI)</b>	<p>Rent Geared to Income (RGI) or Subsidized Housing is provided by MSDSB. 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><b>For more information, visit:</b> <a href="https://msdsb.net/ch-overview">https://msdsb.net/ch-overview</a></p>

# Applying for Social Housing



Conseil des Services du District de  
**Manitoulin-Sudbury**  
District Services Board

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To apply for housing complete this [Application Form](#) and submit online or visit your [local MSDSB office](#) to complete a hard-copy.

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 **removed** from the waiting list and **must re-apply**.

**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.

## 2024 Manitoulin Average Market Rent (AMR)

Unit Size	Average Market Rent (\$)
1 Bedroom	\$1013
2 Bedroom	\$1204
3 Bedroom	\$1279

To access this information, [CMHC AMR link](#)

*Please Note: local AMRs are determined by the CMHC or alternative AMRs approved by the Ministry of Municipal Affairs and Housing (MMAH) in service areas where there are no CMHC AMRs. The information in the above chart is provided by the 2024 COHB calculator (not provided) which also utilizes information in the above provided AMR link.*



# Affordable Rental Housing

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

Program	Details	Contact
<b>Canada Ontario Housing Benefit (COHB)</b>	<p>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 the MSDSB to discuss your COHB application.</p> <p>To learn more, you can visit: <a href="https://www.ontario.ca/page/affordable-housing-ontario">https://www.ontario.ca/page/affordable-housing-ontario</a></p>	<p><a href="#">MSDSB Contact Information</a> <a href="mailto:housing@msdsb.net">housing@msdsb.net</a></p>
<b>Ontario Aboriginal Housing Services</b>	<p>OAHS offers rental opportunities 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: <a href="https://www.ontarioaboriginalhousing.ca/rental-housing">https://www.ontarioaboriginalhousing.ca/rental-housing</a></p>	<p><b>Housing Services Rep:</b> Toll-Free – 1-866-391-1061 <a href="mailto:info@oahssc.ca">info@oahssc.ca</a> <a href="#">Link to Application</a></p>

# Co-operative Housing

The following is information about Co-Operative Housing Models. Currently, there are no Housing Co-Operatives available within the Manitoulin District.

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](#)**



# 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.



# Affordable Home Ownership



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The following are examples of **Affordable Home Ownership** programs available within the district – this may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Ontario Renovates</b>	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 district. <b>For more information, visit:</b> <a href="https://msdsb.net/ch-10-1-ontario-renovates">https://msdsb.net/ch-10-1-ontario-renovates</a>	<a href="mailto:housing@msdsb.net">MSDSB Contact Information housing@msdsb.net</a>
<b>Habitat For Humanity Ontario Gateway North</b>	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. <b>For more information, visit:</b> <a href="https://www.habitatgatewaynorth.com/">https://www.habitatgatewaynorth.com/</a>	<b>Tel:</b> 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).



# 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](#)  
[RentBoard.ca](#)  
[Craigslist.org](#)  
[Zumper.com](#)  
[Rentcompass.com](#)  
[FreeRentAds.com](#)  
[REALTOR.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 1<sup>st</sup> day of the month you've rented the apartment for (make sure to get receipts).

For more tips, you can visit: [https://bit.ly/CMHC\\_IWantToRent](https://bit.ly/CMHC_IWantToRent)

# 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.



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

# Tenant Responsibilities

According to [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>

# Eviction Process

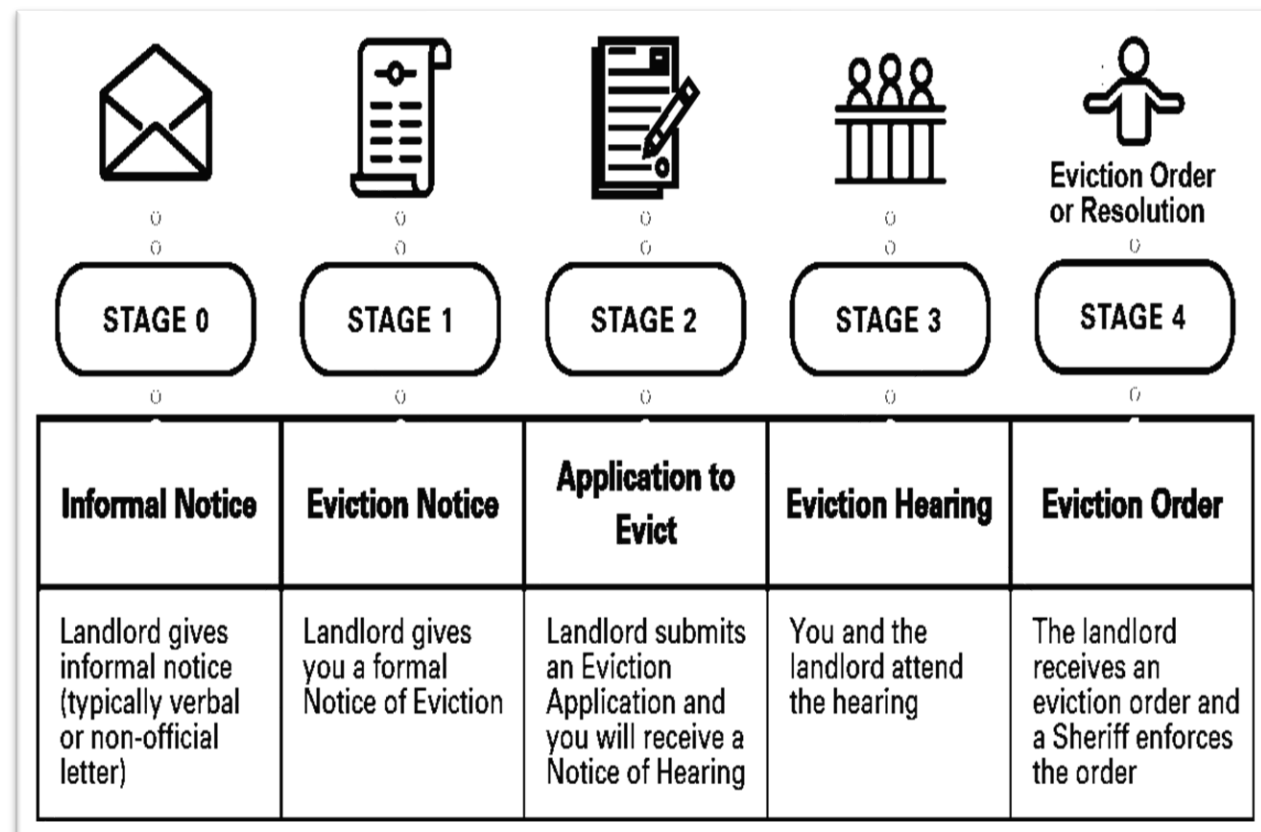
Eviction is the removal of a tenant from a rental property by the landlord.

## 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/en/publications/eviction>

# Facing Eviction - Resources

Some 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 looking for support, you can contact your local [Housing Services Team](#)**

Title	Details
<b>Government of Ontario: Renting in Ontario</b>	Provides information about the laws that affect residential tenants and landlords in Ontario. To access, visit: <a href="https://www.ontario.ca/page/renting-ontario-your-rights">https://www.ontario.ca/page/renting-ontario-your-rights</a>
<b>Advocacy Centre for Tenants Ontario</b>	Provides answers to FAQs about Ontario Housing Law issues. To access, visit: <a href="https://www.acto.ca/for-tenants/your-legal-questions/">https://www.acto.ca/for-tenants/your-legal-questions/</a>
<b>Eviction Prevention Handbook</b>	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: <a href="https://www.toronto.ca/wp-content/uploads/2021/06/966f-eviction-prevention-toolkit.pdf">https://www.toronto.ca/wp-content/uploads/2021/06/966f-eviction-prevention-toolkit.pdf</a>

# Tenant Rights

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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 district and across Ontario – this may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Manitoulin Legal Clinic</b>	Provides free legal services for low income residents in the Manitoulin district in areas of Housing Law, ODSP and OW issues, Employment and WSIB and wills and POA. <b>Hours:</b> Monday – Friday, 8:30am – 4:30pm.	<b>Located:</b> 12A Hillside Rd., Aundeck Omni Kaning First Nation ON. <b>Tel:</b> 705-368-3333 <a href="mailto:bayerl@lao.on.ca">bayerl@lao.on.ca</a>
<b>Ontario Legal Information Centre</b>	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. <b>For more information, visit:</b> <a href="https://legalinfocentre.ca/">https://legalinfocentre.ca/</a>	<b>Tel:</b> 1-613-842-7262 <b>Toll-Free:</b> 1-844-343-7462
<b>Pro Bono Ontario – Free Legal Advice Hotline</b>	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. <b>For more information, visit:</b> <a href="https://www.probonoontario.org/housing/">https://www.probonoontario.org/housing/</a>	<b>Toll-Free:</b> 1-855-255-7256
<b>The Law Society of Ontario – Referral Service</b>	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. <b>For more information, visit:</b> <a href="https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service?lang=en-ca">https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service?lang=en-ca</a>	<a href="#">Link to Application</a>

# 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.



# Financial Assistance for Homeowners

Financial Assistance	Details	Website
<b>Other Financial Help to Pay Utility Bills</b>	<p>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.</p>	<p><a href="#">Ontario Electricity Support Program</a></p> <p><a href="#">Low-income Energy Assistance Program (LEAP)</a></p> <p><a href="#">saveONenergy Home Assistance Program</a></p> <p><a href="#">Rogers Connected for Success</a></p>
<b>Money For Energy Conservation Renovations</b>	<p>People on Ontario Works or ODSP may receive a one-time payment of up to \$50 to reimburse the cost of items such as:</p> <ul style="list-style-type: none"> <li>▪ caulking</li> <li>▪ sealing or weather-stripping for doors and windows</li> <li>▪ insulation for hot water pipes and hot water tanks, and flow restrictors for shower heads</li> </ul>	<p><a href="https://bit.ly/OWEnergyWaterConservation">https://bit.ly/OWEnergyWaterConservation</a></p> <p><a href="https://bit.ly/ODSPEnergyConservation">https://bit.ly/ODSPEnergyConservation</a></p>
<b>Money to Buy Smoke Alarms and Carbon Monoxide Detectors</b>	<p>Homeowners receiving Ontario Works Assistance may receive a one-time payment to buy smoke alarms or carbon monoxide detectors.</p> <ul style="list-style-type: none"> <li>▪ up to \$25 per family for a smoke alarm/smoke detector</li> <li>▪ up to \$50 per family for a carbon monoxide detector</li> </ul>	<p><a href="https://bit.ly/3xZIEXV">https://bit.ly/3xZIEXV</a></p>

# 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](#)**.



# Indigenous Mental Health & Wellness Resources



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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
<b>Noojmowin Teg Health Centre</b>	Mino Bimaadziwin (Good life) leads our wholistic health care services to braid health and wellness across Mnidoo Mnising and the surrounding area. To support and nourish Mino Bimaadziwin (Good life) led by our Anishinabek healing practices, by braiding our wholistic health care services together within our organization and with our partners and community-based programs/services. <b>For information on programs and services, visit:</b> <a href="https://www.noojmowin-teg.ca/">https://www.noojmowin-teg.ca/</a>	<b>Located:</b> 48 Hillside Rd., Aundeck Omni Kaning First Nation ON. <b>Tel:</b> 705-368-0083 <a href="mailto:info@noojmowin-teg.ca">info@noojmowin-teg.ca</a>
<b>Sagamok Anishnawbek First Nation</b>	Delivers a variety of programs and services to the community members, as well as to members living outside of the Sagamok community. <b>For more information, visit:</b> <a href="https://sagamok.ca/">https://sagamok.ca/</a>	<b>Located:</b> 4007 Espaniel St., Massey ON. <b>Tel:</b> 705-865-2421
<b>Noojimo Health</b>	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. <b>For more information:</b> <a href="https://noojimohealth.ca/index.php">https://noojimohealth.ca/index.php</a>	<b>Tel:</b> 1-833-277-5678 <a href="#">Contact Link</a>
<b>Hope for Wellness Helpline</b>	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. <b>For more information, visit:</b> <a href="https://www.hopeforwellness.ca/about-us/">https://www.hopeforwellness.ca/about-us/</a>	<b>Toll-Free:</b> 1-855-242-3310
<b>Talk4Healing</b>	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.	<b>Toll-Free:</b> 1-855-554-HEAL

# Indigenous Legal Resources

Program	Details	Contact
<b>The Humans Right Legal Support Centre – Indigenous Services</b>	<p>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.</p> <p>For more information: <a href="https://hrlsc.on.ca/indigenous-services/">https://hrlsc.on.ca/indigenous-services/</a> or <a href="#">Indigenous Services Brochure</a></p>	<p><b>Toll Free:</b> 1-866-625-5179  <b>TTY Toll Free:</b> 1-866 612-8627</p>
<b>Steps to Justice: Your Guide to Law in Ontario</b>	<p>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.</p> <p>Find the resource here: <a href="https://stepstojustice.ca/?s=indigenous">https://stepstojustice.ca/?s=indigenous</a></p>	

# Indigenous Housing Resources

Program	Details	Contact
<b>Ontario Aboriginal Housing Services</b>	<p>OAHS offers rental opportunities 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: <a href="https://www.ontarioaboriginalhousing.ca/rental-housing">https://www.ontarioaboriginalhousing.ca/rental-housing</a></p>	<p><b>Housing Services Rep:</b>  <b>Toll-Free –</b> 1-866-391-1061  <a href="mailto:info@oahssc.ca">info@oahssc.ca</a>  <a href="#">Link to Application</a></p>

# 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
<b>Home Buyers Contribution Program</b>	<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><b>For more information, visit:</b> <a href="#">Home Buyers Contribution Program</a></p>	<p><b>Housing Programs Team:</b> <b>Tel:</b> 705-722-5022 Ext. 302 <a href="mailto:housingprograms@metisnation.org">housingprograms@metisnation.org</a> <a href="#">Link to Application</a></p>
<b>Emergency Repair Program (ERP)</b>	<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><b>For more information, visit:</b> <a href="#">Emergency Repair Program (ERP)</a></p>	<p><b>Housing Programs Team:</b> <b>Tel:</b> 705-722-5022 Ext. 302 <a href="mailto:ERP@metisnation.org">ERP@metisnation.org</a> <a href="#">Link to Application</a></p>
<b>Métis Housing Stabilization Program</b>	<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 homelessness, 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><b>For more information, visit:</b> <a href="#">Housing Stabilization Program</a></p>	<p><b>Housing Stabilization Team:</b> <b>Toll-Free:</b> 1-800-263-4889 Ext. 350 <a href="mailto:housingstabilization@metisnation.org">housingstabilization@metisnation.org</a></p>

# Other 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 the district and surrounding areas, but rather as a resource prepared with information sourced by the DSO Housing Navigators for the Northern Region.

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



# Post-Secondary Education Resources

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

Program	Details	Contact
<p><b>Ontario Bursary for Students with Disabilities (BSDW)</b></p> <p><b>Canada Student Grant for Services and Equipment – Students with Disabilities (CSG-DSE)</b></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 <b>up to \$2,000 from the BSDW or up to \$20,000 from the CSG-DSE</b>. 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. <b>For more information, visit <a href="https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/POCONT1_067672">https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/POCONT1_067672</a></b></p>	<p><a href="#">Application Form</a></p>
<p><b>Doreen Kronick Scholarship</b></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.</p> <p><b>For more information, visit: <a href="https://www.ldac-acta.ca/scholarships/">https://www.ldac-acta.ca/scholarships/</a></b></p>	<p><b>Tel:</b> 613-238-5721 <a href="mailto:info@ldac-acta.ca">info@ldac-acta.ca</a></p>
<p><b>Transition Resource Guide for Students with Disabilities</b></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><a href="#">Transition Resource Guide for Students with Disabilities</a></p>
<p><b>Toronto Metropolitan University - Tuition Waiver for Youth in Extended Care</b></p>	<p>If interested in attending Toronto Metropolitan University, they offer tuition waivers for <b>students who grew up in extended society care</b> (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.</p> <p><b>For more information, visit: <a href="#">Tuition Waiver for Youth in Extended Care</a></b></p>	<p><a href="mailto:awards@torontomu.ca">awards@torontomu.ca</a></p>

# Employment Support



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

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

Program	Details	Contact
<b>Community Living Manitoulin – Supported Employment Program</b>	<p>The objective of the supported employment program is to teach marketable employment skills and provide on-the-job training so individuals can obtain competitive employment in their community. The program empowers individuals to overcome their employment challenges, enabling them to secure a competitive job of their choosing.</p> <p><b>For more information, visit:</b> <a href="https://clmanitoulin.com/information/">https://clmanitoulin.com/information/</a></p>	<p><b>Located:</b> 6266B Highway 542, Mindemoya ON. <b>Tel:</b> 705-377-6699 <a href="mailto:wfriesen@clmanitoulin.com">wfriesen@clmanitoulin.com</a></p>
<b>The Family Support Network for Employment (FSNE)</b>	<p>The FSNE is a family-led coalition in Ontario that seeks to understand the current realities, foster improvements, and share best practices that engage individuals with developmental disabilities and their family members for meaningful, competitive employment. They provide access to webinars, courses, information on employment programs and other resources to support the employment journey.</p> <p><b>For more information, see:</b> <a href="https://fsne.ca/">https://fsne.ca/</a></p>	<p><a href="mailto:info@fsne.ca">info@fsne.ca</a></p>

# Community Supports

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

Program	Details	Contact
<b>Community Living Manitoulin</b>	Offers a full range of community-based services for people with intellectual disabilities including accommodation, employment, respite, community access, planning and family supports. <b>For more information, visit:</b> <a href="https://clmanitoulin.com/">https://clmanitoulin.com/</a>	<b>Located:</b> 6266B Highway 542, Mindemoya ON. <b>Tel:</b> 705-377-6699 <a href="mailto:wfriesen@clmanitoulin.com">wfriesen@clmanitoulin.com</a>
<b>Community Living Espanola</b>	Offers a range of community-based services for people with intellectual disabilities including accommodation, respite, community access, planning and family supports. <b>For more information, visit:</b> <a href="http://clespanola.ca/#">http://clespanola.ca/#</a>	<b>Located:</b> 345 Centre St., Espanola ON. <b>Tel:</b> 705-869-0442
<b>Sudbury East Seniors Support - Noelville</b>	Offers services to older adults and adults with disabilities in their own home to support independence. Programs and services include: <ul style="list-style-type: none"> <li>• Accessible Transportation Services</li> <li>• Assisted Living Program</li> <li>• Community Dining Program</li> <li>• Friendly Visiting and Telephone Reassurance</li> <li>• Homemaking</li> <li>• Personal Emergency Response Systems</li> <li>• Respite Services</li> </ul>	<b>Located:</b> Noelville, ON. <b>Tel:</b> 705-898-2174 <a href="mailto:michelle@aideauxsenior.ca">michelle@aideauxsenior.ca</a>

# Home Supports

The following are examples of **home supports and 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
<b>Ontario Health at Home – North East</b>	Provides access and referrals to other community services, and manage Ontario’s long-term care home placement process in the North East region. <b>For more information, visit: <a href="https://healthcareathome.ca/region/north-east/">https://healthcareathome.ca/region/north-east/</a></b>	<b>Toll-Free: 800-461-2912</b>
<b>Victorian Order of Nurses (VON)</b>	At-home programs include supports for daily living, assisted living, foot care, housekeeping support and a matching and linking service for adults with developmental disabilities and families within the community. <b>For more information, visit: <a href="https://von.ca/en/service-categories/health-home">https://von.ca/en/service-categories/health-home</a></b>	<b>Manitoulin Office:</b> <b>Tel: 705-377-4225</b>  <b>Espanola Office:</b> <b>Tel: 705-869-3304</b>

# Mental Health and Crisis Services

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

**If you are experiencing a crisis and need assistance, please call 911 or go to the nearest hospital or Emergency Room**

Program	Details	Contact
<b>Canadian Mental Health Association Sudbury/Manitoulin</b>	<p>CMHA-SM provides services to individuals within the Sudbury and Manitoulin districts. Promotes healthy people and communities through advocacy and the provision of safe, inclusive and accessible mental health and addictions services.</p> <p>For more information, visit: <a href="https://sm.cmha.ca/programs-services/">https://sm.cmha.ca/programs-services/</a></p>	<p><b>Located:</b> Little Current ON.  <b>Tel:</b> 705-368-0756 x 237  <b>Toll-Free:</b> 1-866-285-2642  <a href="mailto:info@cmha-sm.on.ca">info@cmha-sm.on.ca</a></p>
<b>Health Sciences North Crisis Line</b>	<p>Provides free 24/7 crisis intervention services to individuals in the Sudbury and Manitoulin districts. Works with all individuals to offer support, guidance, and referrals to other programs.</p> <p>For more information, visit: <a href="http://www.crisishelp.ca/">http://www.crisishelp.ca/</a></p>	<p><b>Toll-Free:</b> 1-877-841-1101            (24 Hour Crisis Line)</p>
<b>Northern Initiative for Social Action (NISA) Warm Line</b>	<p>Offers peer support and addresses some of the challenges facing people with lived experience of mental illness. One central line connects individuals to operators in Parry Sound, North Bay, Sudbury, Sault Ste. Marie and Timmins. This service is confidential.</p> <p>For more information, visit: <a href="#">NISA Warm Line Information</a></p>	<p><b>Toll-Free:</b> 1-866-856-9276 (WARM)</p>
<b>Manitoulin Family Resources</b>	<p>Offers a 21 hour crisis line to those in need or experiencing a crisis.</p> <p>For more information, visit: <a href="http://www.mfresources.net/">http://www.mfresources.net/</a></p>	<p><b>Tel:</b> 705-377-5160  <b>Toll-Free:</b> 1-800-465-6788</p>

# Food Banks

The following are examples of **local food banks** available in the area – this may not be an exhaustive (complete) list.



Return

Program	Details	Contact
<b>Manitoulin Family Resources</b>	<p><b>Located:</b> 27 Forest St., Mindemoya ON.  <b>Hours:</b> Tuesday &amp; Friday, 10:00am – 2:00pm; Wednesday, 4:00pm – 8:00pm  <b>For more information, visit:</b> <a href="http://www.mfresources.net/emergency-food-assistance/">http://www.mfresources.net/emergency-food-assistance/</a></p>	<p><b>Tel:</b> (705) 368-3400 ext. 242  <a href="mailto:info@mfresources.net">info@mfresources.net</a></p>
<b>Espanola Helping Hands Food Bank</b>	<p><b>Located:</b> 87 Centre St., Unit C, Espanola ON.  <b>Hours:</b> Wednesday, 10:00am – 2:00pm</p>	<p><b>Tel:</b> 705-583-3045</p>
<b>Massey Food Bank</b>	<p><b>Located:</b> 355 Imperial St., Massey ON.  <b>Hours:</b> Second Friday of every month, 1:00pm – 2:00pm</p>	<p><b>Tel:</b> 705-865-2450</p>
<b>French River Food Bank</b>	<p><b>Located:</b> 37 St-Antonie St., Noelville ON.  <b>Hours:</b> Third Thursday of every month, 9:30am – 11:00am</p>	<p><b>Tel:</b> 705-898-2294</p>
<b>St. Charles Food Bank</b>	<p><b>Located:</b> 99 King St. E., St. Charles ON.  <b>Hours:</b> Third Tuesday of every month, 9:30am – 11:00am</p>	<p><b>Tel:</b> 705-867-2418</p>
<b>Killarney St. Bonaventure Catholic Women's League Food Bank</b>	<p><b>Located:</b> 10 Commissioner's St., Killarney ON.</p>	<p><b>Tel:</b> 705-287-2300</p>

# Meal Services



Return

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

Program	Details	Contact
<b>VON – Meals on Wheels (Hot &amp; Frozen Meals)</b>	Hot meal which consists of milk, soup, salad, main plate and dessert. <b>Meal Delivery:</b> Monday to Friday between 11:00 am to 1:00pm <b>Price:</b> \$6.00/meal	<b>Mindemoya Office:</b> <b>Tel:</b> 705-377-4225  <b>Espanola Office:</b> <b>Tel:</b> 705-869-3304
<b>Sudbury East Seniors Support - Noelville</b>	Provides services to individuals of all ages in the St Charles, Warren, Markstay, Hagar, French River and area. <b>Hot Meal Delivery:</b> Monday to Friday Hot meal consists of milk, soup, salad, main plate and dessert. <b>Frozen Meal Delivery:</b> Bi-weekly <b>Price:</b> \$7.00/meal	<b>Located:</b> Noelville, ON. <b>Tel:</b> 705-898-2174 <a href="mailto:michelle@aideauxsenior.ca">michelle@aideauxsenior.ca</a>

# Clothing & Household Items

The following are examples of places you may find free and affordable furniture, clothing etc. – this may not be an exhaustive list

**Check in with local Community Groups for information on clothing or furniture banks upcoming in the community.**

Program	Details	Contact
<b>Barney's Bargain Barn</b>	<p><b>Located:</b> 1 Vankoughnet St., Little Current ON.  <b>Hours:</b> Tuesday – Saturday, 10:00am – 6:00pm</p>	
<b>Dayforce Cares</b>	<p>Dayforce Cares offers grants to individuals in need of financial assistance to cover the costs for the following types of needs: Clothing &amp; Footwear, Food &amp; household Needs (ex. blankets, mattresses, cookware &amp; dishes, small appliances, personal hygiene items, etc.), eligible medical costs and recreational programs.</p> <p><b>For more information, visit:</b> <a href="https://www.dayforcecares.com/ca">https://www.dayforcecares.com/ca</a></p>	<p><a href="#">Link to Application</a></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**



# Youth Legal Supports

Program	Details	Contact
<b>CMHA Sudbury/Manitoulin – Youth Mental Health Court Outreach</b>	Youth Mental Health Court Outreach is a service that provides support to youth aged 12 to 17 years of age, who are involved in the court system, by providing court support, mental health diversions, advocacy and education etc. Community education regarding youth mental health is provided, as requested. For more information: <a href="https://sm.cmha.ca/programs-services/justice-program/">https://sm.cmha.ca/programs-services/justice-program/</a>	<b>Caitlin Germond, Coordinator, Justice Services</b> <a href="mailto:cgermond@cmha-sm.on.ca">cgermond@cmha-sm.on.ca</a>
<b>Justice for Children &amp; Youth</b>	Offers Free confidential legal advice for youth under 18 and homeless youth under 25 in Ontario. For more information, see: <a href="https://jfcy.org/en/">https://jfcy.org/en/</a>	<b>Toll Free: 1-866-999-5329</b>

# Financial Assistance for Youth

Program	Details	Contact
<b>Telus Mobility for Good</b>	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.	<a href="#">Telus Mobility for Good</a>

# 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
<b>LGBT Youth Line</b>	<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><b>For more information:</b> <a href="https://www.youthline.ca/">https://www.youthline.ca/</a></p>	<p><b>Tel:</b> 1-800-268-9688  <b>Text:</b> 647-694-4275  <a href="#">Live Chat</a></p>
<b>Trans Life Line</b>	<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><b>For more information:</b> <a href="https://www.translifeline.org/">https://www.translifeline.org/</a></p>	<p><b>Tel:</b> 1-877-330-6366</p>