

Nipissing District Housing Resource Guide

Last Updated January 2026



Developmental Services Ontario

North East Region



Acknowledgements

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

The guide is intended to help individuals with navigating housing and homelessness resources throughout the North Bay 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 159 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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District of Nipissing Social Service Administration Board



The **District of Nipissing Social Services Administration Board (DNSSAB)** is the Service Manager for the District of Nipissing.

Through **Housing Services**, the DNSSAB is responsible for the administration and funding of various social and affordable housing and homelessness programs in the Nipissing District.

DNSSAB Housing Services include:

- Social and Affordable Housing programs
- Affordable Home Ownership programs
- Housing, Financial and Homelessness supports
- Coordinated Access for Homelessness Supports
- Rent Assistance Programs

Contact DNSSAB:

Located: 200 McIntyre St. E., North Bay ON

Hours: Monday – Friday, 8:30am – 4:30pm

Tel: 705-474-2826

housingaccess@dnssab.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 DNSSAB, 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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Coordinated Access Nipissing (CAN)



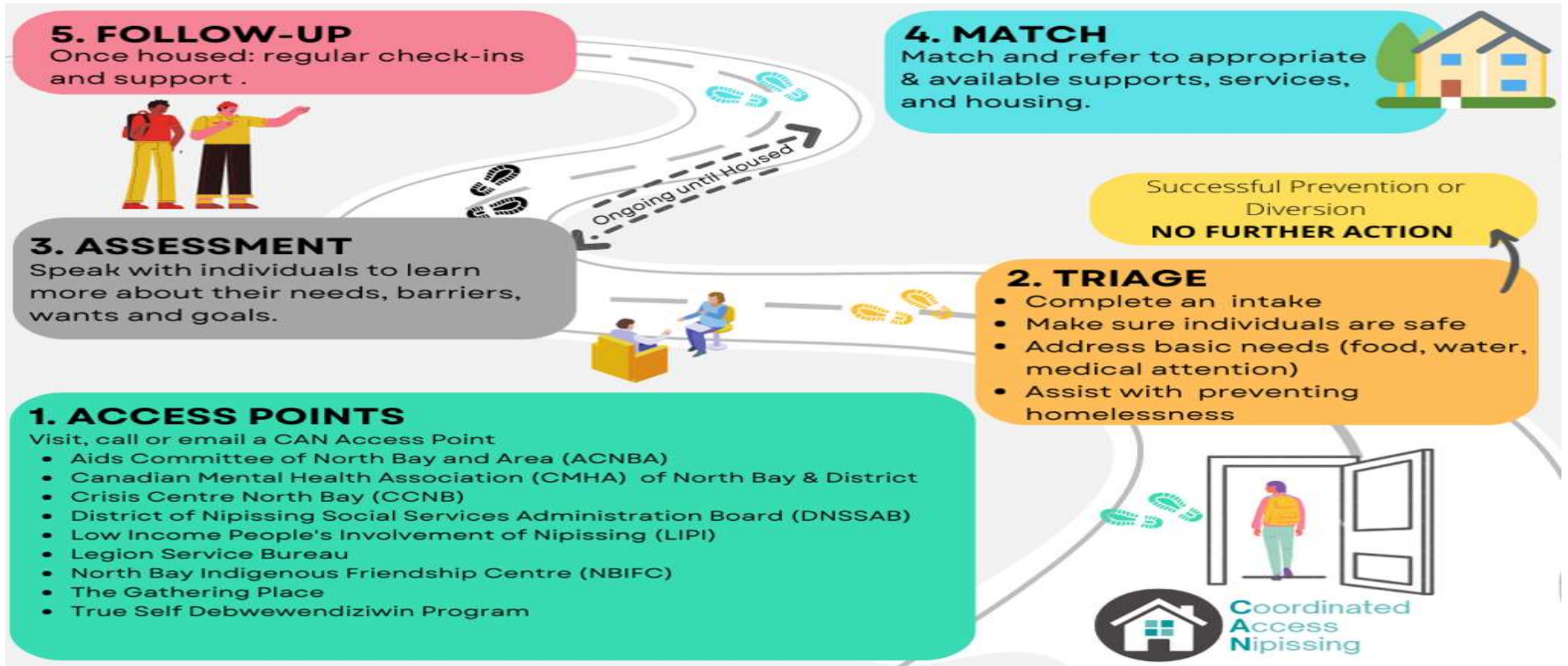
Coordinated Access (CA) is a standardized approach to match individuals experiencing or at risk of homelessness, with programs and services that will be best suited to serve their needs and ensure their long-term housing stability.

[Coordinated Access Nipissing \(CAN\)](#) is DNSSAB'S coordinated access system to address homelessness within the community.

How it Works:

1. Individuals and families can contact [CAN Partner Agencies](#) for information, referrals, and/or support
2. Households will be asked to complete a common intake and consent form and will be given the option to add their name to the **By-Name List**
 - **The By-Name List** is a secure real-time list of all people experiencing homelessness in the district. This list is used to prioritize individuals and households based on their needs and to ensure no one falls through the cracks.
3. As services, supports, and housing options become available, individuals will be matched based on their needs and eligibility. Assessment and Matching services and supports continue until the individual is successfully housed
4. Once housed, **CAN** will continue to provide regular check ins and support for a follow-up period to ensure long-term housing success

Coordinated Access Nipissing (CAN)



Coordinated Access Nipissing (CAN) Partners

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Partners	Contact & Details
Crisis Centre of North Bay – Emergency Shelter	Tel: 705-474-1031 Hours: Daily, 24 hours (including holidays) For more information, visit: http://www.crisiscentre-nb.on.ca/
Canadian Mental Health Association – North Bay and District	Tel: 705-476-4088 Hours: Monday-Friday, 8:00am – 4:00pm For more information, visit: https://nbd.cmha.ca/
Aids Committee North Bay and Area (ACNBA)	Tel: 705-497-3560 Hours: Monday – Thursday, 8:30am – 4:00pm; Friday, 8:30am – 3:30pm For more information, visit: https://aidsnorthbay.ca
District of Nipissing Social Services Administration Board (DNSSAB)	Tel: 705-474-2151 Hours: Monday-Friday, 8:30am – 4:30pm For more information, visit: https://dnssab.ca
Legion Services Bureau	Tel: 705-472-1337 Hours: Monday-Friday, 8:30am – 4:30pm For more information, visit: https://on.legion.ca
Low Income People Involvement of Nipissing	Tel: 705-476-4088 Hours: Monday, Wednesday, Thursday, Friday, 10:00am – 2:00pm For more information, visit: https://nbd.cmha.ca/
North Bay Indigenous Friendship Centre (NBIFC)	Tel: 705-472-2811 Hours: Monday-Friday, 8:30am – 4:30pm For more information, visit: https://nbifc.org
The Gathering Place North Bay	Tel: 705-474-7687 Hours: Monday-Friday, 8:30am – 3:00pm For more information, visit: https://thegatheringplacenorthbay.ca



Homelessness Financial Assistance

Through the DNSSAB, there may be emergency financial assistance available that can help pay for rent and other housing related costs. Access to the programs listed below is subject to funding availability.

Program	Details	Contact
Homelessness Prevention Program (HPP)	<p>Through this program, you may qualify for assistance with costs such as:</p> <ul style="list-style-type: none">• First / last month’s rent• Utility arrears to prevent disconnection• Utility deposits and moving expenses <p>You may also be eligible if you’re facing eviction, fleeing from family violence, have been discharged from an institution or are relocating due to employment.</p> <p>To see if you qualify for HPP benefits, a means test, which includes your income, assets and monthly expenses is required.</p> <p>For more information, visit: DNSSAB Homelessness Prevention</p>	<p>Tel: 705-474-2151 ext. 45588 to complete a telephone application</p> <p>*If you are in receipt of social assistance, either Ontario Works (OW) or Ontario Disability Support Program (ODSP) benefits, please contact your caseworker to apply*</p>

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.



Emergency Shelters

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The following are examples of **emergency shelters that operate in the City of North Bay** – may not be an exhaustive (complete) list.

Program	Details	Contact
Crisis Centre North Bay – Four Elms Emergency Shelter	<p>A 19-bed emergency shelter. Staff ensure your urgent needs are met, connect you to Ontario Works, provide counseling, and help you find housing. To access, you can visit in person or call the program.</p> <p>Hours: Daily, 24 hours (including holidays)</p> <p>For more information, visit: Crisis Centre North Bay</p>	<p>Located: 1675 Cassells St., North Bay</p> <p>Tel: 705-474-1031</p>
Hope Awaits Ministries – Men’s Shelter	<p>A 7 bed shelter for men aged 16+. Shelter provides some meals. Individuals are encouraged to participate in life-skills development, help with household expectations, and attend one-to-one goal planning to support independence.</p> <p>Hours: Daily, 6:00pm – 9:00am; Intake begins at 5:30pm, daily.</p> <p>For more information, visit: Hope Awaits Ministries</p>	<p>Located: 261 Cedar St., North Bay</p> <p>Tel: 705-586-3293</p> <p>cedarplace@eastlink.ca</p>
Nipissing Transition House – Emergency Shelter	<p>A 20 bed, accessible shelter for women 16 years of age and older, and their children. While accessing the shelter, support and crisis counselling is available and safety planning is prioritized.</p> <p>For more information, visit: Nipissing Transition House</p>	<p>Located: 547 John St., North Bay</p> <p>Tel: 705-476-2429</p>
Ojibway Women’s Lodge – Emergency Shelter	<p>The Ojibway Women’s Lodge is a secure access short term residence, located by the lake on Nipissing First Nation. Counseling is available for women and their children who have experienced abuse and/or sexual assault (including historic abuse).</p> <p>Hours: Daily, 24 hours (including holidays)</p> <p>For more information, visit: Ojibway Women's Lodge</p>	<p>Located: 131 Commanda Cres., North Bay</p> <p>Tel: 705-472-3321 (24 Hour Crisis Line)</p> <p>Toll-Free: 1-800-387-2465</p>

Emergency Shelters

These are **emergency shelters that operate in the district's surrounding areas** - may not be an exhaustive (complete) list.

Program	Details	Contact
Mattawa Women's Resource Centre – Emergency Shelter	A 10 bed emergency shelter to women with or without children who are in crisis. Provide assistance with accessing housing, legal and other community services and therapeutic counselling services. For more information, visit: MWRC Facebook	Located: 385 Pine St., Mattawa ON. Tel: 705-744-5567 (24 Hour Crisis Line) women@wrc.ca
Horizon Women's Centre – Sturgeon Falls	A 24-hour emergency shelter for women over 16 years of age who are experiencing homelessness or crisis. For more information, visit: https://horizoncentre.ca	Tel: 705-753-1154 (24 Hour Crisis Line) familyresourcecentr1@bellnet.ca

Supportive & Transitional Housing

Supportive and Transitional Housing models combine rental or housing assistance with individualized, flexible and voluntary support services for people with high needs related to physical or mental health, developmental disabilities or substance use.

Transitional Housing can be described as a **temporary step between emergency services and permanent housing**, while **Supportive Housing** is intended to be **permanent or for as long as an individual chooses**.



Supportive & Transitional Housing

The following are examples of **supportive and transitional housing** options that are available North Bay and surrounding areas – may not be an exhaustive (complete) list.

Program	Details	Contact
Northern Pine	Northern Pines currently has 16 transitional housing units with an additional 44 units planned to open by 2023. The program provides wrap-around, multi-disciplinary health, mental health and social services supports that prevents and reduces homelessness. This program is ran by the Crisis Centre of North Bay. For more information, visit: https://www.dnssab.ca/housing-services/transitional-supportive-housing/	Tel: 705-472-6204 info@crisiscentre-nb.on.ca
CMHA-NBD Transitional & Supportive Housing	CMHA North Bay and District (CMHA NBD) offers a unique and affordable housing program in the North Bay community whereby mental health support services are combined with healthy, safe, appropriate, and affordable housing. CMHA NBD offers various transitional and supportive housing units that are regularly supported by peer support workers. CMHA North Bay and District provides case management services and recreational activities for tenants to aid their personal development and improve life skills. For more information, visit: https://nbd.cmha.ca/housing-program/	Tel: 705-476-4088 centralaccess@nbd.cmha.ca CMHA NBD Housing Application

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 **DNSSAB** and other community agencies offer social housing options to make housing more affordable for individuals with low to moderate incomes, seniors, or people with special needs. These are programs offered locally – may not be an exhaustive (complete) list.

Program	Details
DNSSAB Rent Geared to Income (RGI)	<p>Rent Geared to Income (RGI) or Subsidized Housing is provided by DNSSAB. 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: DNSSAB Housing Services</p>
CMHA-NBD Rent Supplement Program	<p>This is a provincially funded program which provides rent subsidies to clients of CMHA-NBD who require financial assistance to access stable housing. This program is a partnership between CMHA-NBD and approved landlords to provide safe and sustainable housing.</p> <p>Tel: 705-476-4088</p> <p>For more information and how to apply, visit: https://nbd.cmha.ca/housing-rent-supplement-program/</p>

Applying for Social Housing

District of Nipissing
Social Services
Administration Board



Conseil d'administration
des services sociaux
du district de Nipissing

To apply for DNSSAB social housing, you will have to complete this [Application Form](#) and submit to the [Housing Services Team](#) online, mail-in or in person.

The DNSSAB manages one centralized waitlist for all of their **rent geared-to-income or market rent housing units**.

If an individual declines an offer for housing, they will be **removed** from the waiting list and **must re-apply**.

For detailed information about how to apply, visit: [DNSSAB How to Apply Housing Services](#)

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)

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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 North Bay, Ontario Average Market Rent (AMR)

Unit Size	Average Market Rent (\$)
Bachelor	\$827
1 Bedroom	\$1078
2 Bedroom	\$1404
3 Bedroom	\$1491

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



Affordable Rental Housing



The following are examples of **affordable rental housing** options that may be available in North Bay and surrounding areas – may not be an exhaustive (complete) list.

Program	Details	Contact
Canada Ontario Housing Benefit (COHB)	<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. Connect with a DNSSAB staff to discuss this benefit.</p> <p>To learn more, you can visit: https://www.ontario.ca/page/affordable-housing-ontario</p>	<p>DNSSAB Homelessness Prevention Navigators Tel: 705-474-2151 ext. 45588 DNSSAB.HPP@dnssab.ca</p>
Ontario Aboriginal Housing Services	<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: https://www.ontarioaboriginalhousing.ca/rental-housing</p>	<p>Housing Services Rep: Toll-Free – 1-866-391-1061 info@oahssc.ca Link to Application</p>

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



The following are examples of **Co-Operative Housing** options that may be available in the North Bay area – may not be an exhaustive (complete) list.

Program	Details	Contact
Crossroads Co-Operative Housing Inc.	This housing cooperative is a two-story complex with 50 rental spaces, consisting of well-maintained units of two, three, and four bedrooms each. Four of these units are handicapped accessible. Located: 51-470 Bunting Drive, North Bay ON. For more information: https://www.crossroadscoop.ca/	Tel: 705-497-9678 crossroads5@bellnet.ca
Gateway Housing Co-Operative	Located: 30 Champlain St., North Bay ON. For more information: https://gatewayhousing.ca/	Tel: 705-474-2158 admin@gatewayhousing.ca
Co-Operative d'Habitation La Seigneurie	Located: 98 Harris Dr., North Bay ON.	Tel: 705-497-7704
Northern Lights Co-Operative	Located: 659 McKeown Ave., North Bay ON.	Tel: 705-474-6097
Gneiss Housing Co-Operative Inc.	Located: 600 Booth Rd., North Bay ON.	Tel: 705-497-0649 Gneiss.housing@onlink.net
Harmony Haven Housing Co-Operative Inc.	Located: 117 Marshall Ave. East, North Bay ON.	Tel: 705-476-0052

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

Affordable Home Ownership

The following are examples of **affordable home ownership** programs that may be available in the North Bay district – this may not be an exhaustive (complete) list.

Program	Details	Contact
Homeownership Program	Provides down payment assistance to eligible households through federal/provincial funding. This assistance is in the form of a 20 year forgivable loan. For more information, visit: DNSSAB Homeownership Program	Tel: 705-474-2826 housingaccess@dnssab.ca
Ontario Renovates	Provides up to \$25,000 in forgivable loan assistance to low and moderate income households to assist them in performing eligible major repairs, renovations and accessibility modifications to their homes. For more information, visit: DNSSAB Ontario Renovates Program	Tel: 705-474-2826 housingaccess@dnssab.ca
Habitat For Humanity (HFH)	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

Market Rental Housing

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The following are market rent housing units in the Nipissing District that are not a part of DNSSAB's housing services. These are generally market rent units, however some Programs do offer rent-geared-to-income units and each Program may have their own application criteria. These housing Programs listed must be contacted directly.

For more information, you can visit: <https://www.dnssab.ca/housing-services/how-to-apply/>

Provider	Contact
Whispering Pines Native Homes	Located: Mattawa, ON Tel: 705-744-0108
Emmanuel Village	Located: North Bay, ON Tel: 705-472-1806 super.emvillage@gmail.com
PHARA Independence and Housing	Located: North Bay, ON Tel: 705-476-0733
Native People of Nipissing	Located: North Bay, ON Tel: 705-497-1773
Waakohnsuk Native Non-Profit Homes	Located: Sturgeon Falls, ON Tel: 705-753-5192

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.



Rentals.ca

[Rentals.ca](#) provides a list of affordable housing options from sources like Kijiji, Rentboard, and Viewit.

They compile options from multiple sources together on one listing.



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, you can 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.



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>

Eviction Process

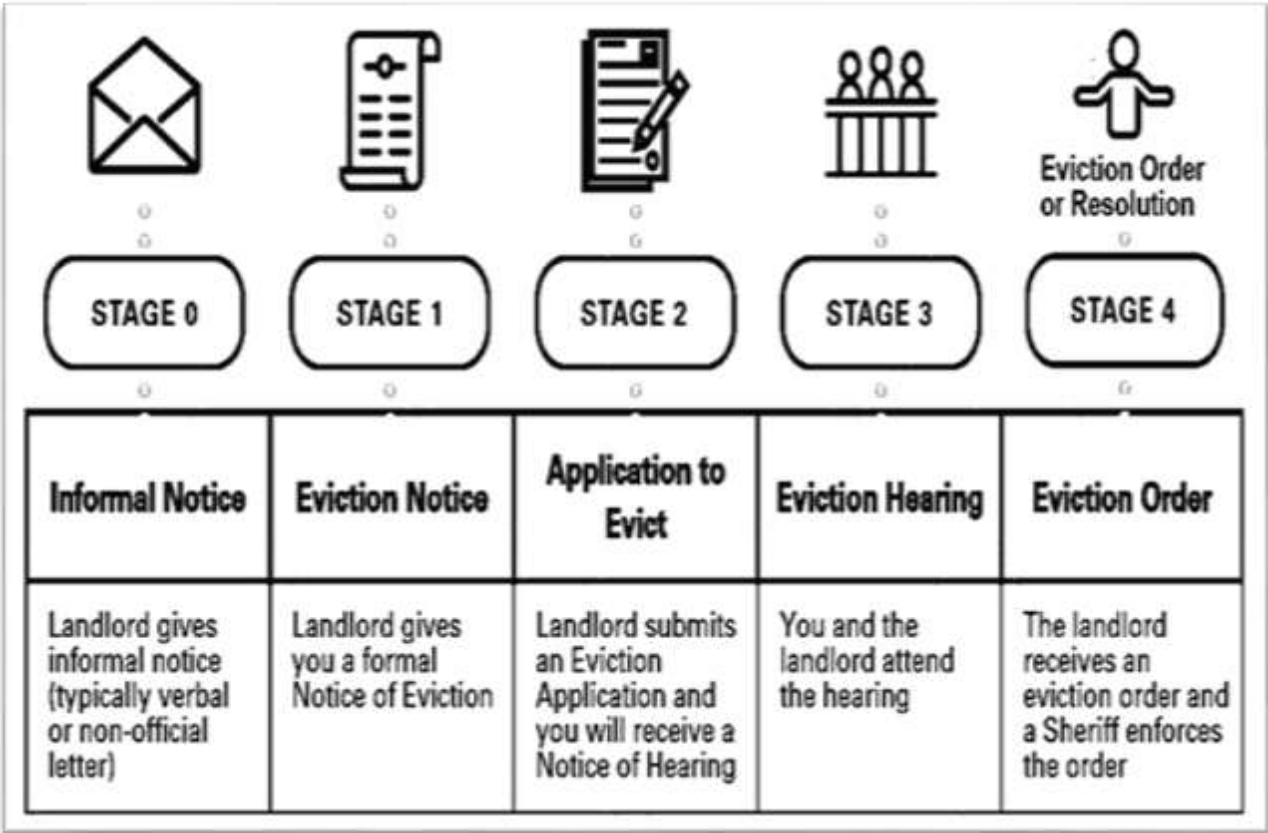
Eviction is the removal of a tenant from a rental property by the landlord.

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

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
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-toolkit.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 to the Nipissing District and across Ontario – may not be an exhaustive (complete) list.

Program	Details	Contact
Nipissing Community Legal Clinic	Provides free legal services for low income residents in the District of Nipissing in areas of Housing Law, ODSP and OW issues. Also provides tenant duty counsel services and Landlord Tenant Board hearings. Hours: Monday – Friday, 8:30am – 4:30pm. For more information, visit: https://www.nipissingcommunitylegalclinic.ca/	Located: Canada Place Building, 107 Shirreff Avenue, North Bay ON. Tel: 705-476-6603
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	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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Financial Assistance for Homeowners

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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/3xZlEXV

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 North Bay Indigenous 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 North Bay Indigenous 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:

- [Aboriginal Healing and Wellness](#)
- [Cultural Resource Program](#)
- [Suswin Housing Program](#)
- [Youth Life Promotion](#)

Contact Information:

Located: 980 Cassells Street, North Bay ON.

Tel: 1-888-472-0599

reception@nbifc.org

<https://nbifc.org/>

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

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Indigenous Mental Health/Crisis 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
Giiwedno Mshkikiiwgamig - North Bay Indigenous Hub	The mental wellness team offers holistic and culturally relevant services and supports to individuals and families. The mental wellness practitioners can help achieve balance and harmony in all aspects of life – physical, emotional, mental, and spiritual. We offer individual, family, and group counseling services. For more information: https://giiwednomshkikiiwgamig.ca/mental-wellness-social-services/	Located: 1040 Brookes St., North Bay ON. Tel: 705-995-0060 info@gmghub.ca
NBIFC – Addictions and Mental Health Systems Navigator	The Indigenous Addictions and Mental Health Systems Navigator program combines traditional and mainstream programs and services to help improve Indigenous health outcomes and reduce family violence in Indigenous families. This program aims to improve access to these services for urban Indigenous individuals and their families. For more information: https://nbifc.org/programs/alcohol-drug-program/	Mental Health and Wellness Worker Tel: 705-472-2811 ext. 213 amhn@nbifc.org
Hope for Wellness Helpline	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. For more information, visit: https://www.hopeforwellness.ca/about-us/	Toll-Free: 1-855-242-3310
Talk4Healing	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.	Toll-Free: 1-855-554-HEAL

Indigenous Legal Resources

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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
NBIFC – Indigenous Family Court Worker	Indigenous Family Court Workers assist Indigenous people in the judicial process as well as provide preventative community legal education. For more information: https://nbifc.org/family-court-worker/	Family Court Worker Tel: 705-472-2811 ext. 245 fcw@nbifc.org
The Humans Right 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
NBIFC – Apatisiwin Indigenous Employment and Training Program	This program is to assist Indigenous adults with finding and securing appropriate employment or training opportunities. For more information: https://nbifc.org/apatisiwin/	Steve Guilbeault – Employment Counselor Tel: 705-472-2811 ext. 202 apatisiwin@nbifc.org

Indigenous 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
NBIFC – Aboriginal Health Outreach Program	<p>he program worker offers peer counselling, crisis intervention, and traditional and cultural supports to direct-service users, but also provide advocacy and systems navigation to ensure equitable access to primary healthcare providers.</p> <p>For more information, visit: https://nbifc.org/aboriginal-health-outreach-program/</p>	<p>Located: 980 Cassells St., North Bay ON. Tel: 705-472-2811 ext. 209 ahow@nbifc.org</p>
Giiwedno Mshkikiiwgamig - North Bay Indigenous Hub	<p>Provides a wide range of programming services including traditional healing, primary care, health promotion, chronic disease management, family-focused maternal/child health care, mental wellness care, diabetes care, and a culturally integrated licensed child care facility.</p> <p>For more information, visit: https://giiwednomshkikiiwgamig.ca/</p>	<p>Located: 1040 Brookes St., North Bay ON. Tel: 705-995-0060 info@gmghub.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 Housing Resources

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The following are programs that provide housing services and support to Indigenous communities - may not be an exhaustive (complete) list

Program	Details	Contact
NBIFC – Suswin Housing First Program	Suswin Village is a 30-bedroom, 3 floor, shared living environment located at 981 Cassells Street in North Bay, Ontario. The program provides a structured, supportive and supervised transitional living space. The client care team provides 24 hours of support per day to assist individuals with skill building, developing linkages to community resources and eventually assistance in securing permanent housing. For more information, visit: https://nbifc.org/programs/suswin-village/	Bernice Kataquapit – Suswin Case Manager Tel: 705-707-1033 suswin@nbifc.org
Native People of Nipissing Housing Corporation	Provides both property management and tenant counseling services for our tenants, providing a comfortable and culturally safe environment for our tenants.	Tel: 705-497-1773 Info@npon.ca
Ontario Aboriginal Housing Services	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. For more information, visit: https://www.ontarioaboriginalhousing.ca/rental-housing	Housing Services Rep: Toll-Free – 1-866-391-1061 info@oahssc.ca Link to Application
Nipissing First Nation	Nipissing First Nation currently has a total of 79 rental apartment units that are available for rent to NFN members aged 18 years or older only. NFN members are welcome to apply for future apartment vacancies as they become available. For more information, visit: https://www.ontarioaboriginalhousing.ca/rental-housing	Tel: 705-753-6973 elliep@nfn.ca housingdepartment@nfn.ca

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 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>For more information, visit: Housing Stabilization Program</p>	<p>Housing Stabilization Team: Toll-Free: 1-800-263-4889 Ext. 350 housingstabilization@metisnation.org</p>

North Bay 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 North Bay 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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Employment Support

Some examples of **employment support programs** – may not be an exhaustive (complete) list

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

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Program	Details	Contact
Community Living North Bay – Employment First	Offers employment programs and services to support individuals with intellectual disabilities with finding meaningful job opportunities. For more information, visit: Community Living NB Employment Services	Tel: 705-476-3288 ext. 1791 employmentfirst@clnb.org
Community Living West Nipissing – Employment Services	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: Community Living West Nipissing Employment	Located: 75 Railway St., Sturgeon Falls ON. Tel: 705-753-1665 clwn@vianet.ca
North Bay Indigenous Friendship Centre – Apatisiwin Employment Program	Provides employment tools and resources and works with individuals to identify needs, and assist with securing employment and training opportunities. For more information, visit: https://nbifc.org/apatisiwin/	Program Counselor: Tel: 705-472-2811 ext. 202 apatisiwin@nbifc.org
Yes Employment Services	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://yesnorthbay.com/seeking-work/	North Bay Office: Located: 149 Main St. E., North Bay ON. Tel: 705-476-3234 ask@yesnorthbay.com

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
Ontario Bursary for Students with Disabilities (BSDW) Canada Student Grant for Services and Equipment – Students with Disabilities (CSG-DSE)	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	Application Form
Doreen Kronick Scholarship	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/	Tel: 613-238-5721 info@ldac-acta.ca
Toronto Metropolitan University - Tuition Waiver for Youth in Extended Care	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	awards@torontomu.ca
Transition Resource Guide for Students with Disabilities	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.	Transition Resource Guide for Students with Disabilities

Community Supports

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The following are examples of local **community supports and services** available in the Nipissing District – may not be an exhaustive (complete) list.

Program	Details	Contact
Community Living North Bay	Community Living North Bay provides services and supports to individuals with an intellectual disability and their families, throughout the North Bay area. For more information, visit: Community Living North Bay	Located: 741 Wallace Rd., North Bay ON. Tel: 705-476-3288 info@communitylivingnorthbay.org
Community Living West Nipissing	Community Living West Nipissing provides services and supports to individuals with an intellectual disability and their families, throughout the West Nipissing area. For more information, visit: Community Living West Nipissing	Located: 75 Railway St., Sturgeon Falls, ON. Tel: 705-753-2482
The PADDLE Program	Offers a structured, meaningful, inclusive and community-based environment where adults with developmental disabilities can continue to thrive and grow socially, physically, emotionally and intellectually. Provides adults with special needs opportunities and choices in learning experiences and community involvement. For more information, visit: http://paddlenorthbay.ca/site/	Located: 235 Albert St., North Bay ON. Tel: 705-493-2401 info@paddlenorthbay.ca
Transit & Transportation	Municipalities and transportation 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.	North Bay Accessible Transit

Home Supports

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These are examples of **home support services** – may not be an exhaustive (complete) list.

For a more 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. For more information, visit: https://www.healthcareathome.ca/region/north-east/	North East Office: Tel: 705-476-2220 Toll-Free: 1-888-533-2222
Victorian Order of Nurses – North Bay	Provides multiple different in community and at home programs as well as respite services. Programs include supports for daily living, assisted living, foot care, housekeeping support. VON also provides a matching and linking service for adults with developmental disabilities and families within the community. For more information, visit: https://von.ca/en/service-categories/health-home	North Bay Office: Tel: 705-472-8050
ParaMed	Provides home support and nursing services for clients of all ages. Home support services include: bedside care, hygiene (bathing, grooming, dressing), feeding, medication assistance, mobility. For more information, visit: https://www.paramed.com/services/help-at-home/personal-home-care/	North Bay Office: Tel: 705-495-4391 Toll-Free: 1-800-268-0235 Assessment Application Link
CarePartners – North Bay Rehabilitation, PSW, Nursing & Clinic	Provides Companion Care, Personal Care, Nursing Care and Specialty Care for individuals of all ages who are living in the community. For more information, visit: https://www.carepartners.ca/contact-us/	North Bay Office: Tel: 705-560-5926 Toll-Free: 1-866-886-4172 Send an Email

Mental Health and Crisis Services

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These are examples of **mental health and crisis services** in the area – may not be an exhaustive (complete) list.

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

Program	Details	Contact
Canadian Mental Health Association North Bay and District	CMHA North Bay and District is a local Mental Health, Addictions and Peer Support agency that specializes in support services to people with a serious mental illness. Provides collaborative support, advocacy and sustainable housing to those who have a serious and persistent mental illness, who may also have other medical and/or behavioral complexities. For more information on all programs at CMHA-NBD, visit: https://nbd.cmha.ca/about-cmha/	Located: 222 Main St. E., North Bay ON. Tel: 705-476-4088 contactus@nbd.cmha.ca
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)
North Bay Regional Health Centre– Crisis Intervention	Provides free 24/7 crisis intervention support to individuals in the Nipissing Districts. No appointments necessary. For more information about NBRHC's other Mental Health programs, visit: http://www.crisishelp.ca/	Located: 50 College Dr., North Bay ON. Tel: 705-495-8198 or 705-495-8148 Toll-Free: 1-800-35201141
West Nipissing General Hospital – Alliance Centre	The Crisis Intervention Program offers telephone or face-to-face contact to persons who seek immediate relief from symptoms of emotional and/or situational distress which affect their ability to cope. Hours: Daily, 4:00pm – 11:00pm For more information, visit: https://www.wngh.ca/programs-services/	Located: West Nipissing General Hospital, Sturgeon Falls ON. Tel: 705-753-3110 ext. 288 alliancecentre@alliancecentre.ca
Hope for Wellness Helpline	The Hope for Wellness Helpline is a crisis prevention/intervention service available to all Indigenous people across Canada. They offer experienced and culturally competent counsellors who are reachable 24/7. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inuktitut. For more information, visit: https://www.hopeforwellness.ca/about-us/	Toll-Free: 1-855-242-3310

Food Banks

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

Program	Details	Contact
North Bay Food Bank	Located: 1016 Fisher St., North Bay ON. Hours: Monday & Tuesday, 9:00am – 12:00pm; Wednesday & Thursday, 3:00pm – 6:00pm For a list of what you need to access this service, visit: North Bay Food Bank	Tel: 705-495-3290
Salvation Army North Bay Ministries	Located: 134 McIntyre St., E., North Bay ON. Hours: Tuesday, Wednesday, Thursday, 10:00am – 2:00pm by-appointment only.	Tel: 705-474-7859
Callander and Area Food Bank	Located: 79 Lansdowne, St., North Bay ON. Hours: Monday & Tuesday, 9:00am – 12:00pm	Tel: 705-752-0777
West Nipissing Food Bank – Sturgeon Falls	Located: 109 Third St., Unit 3, Sturgeon Falls ON. Hours: Every 1 st & 2 nd Wednesday, 9:00am – 12:00pm	Tel: 705-840-8680
Mattawa & Area Food Bank	Hours: Every second Wednesday, 9:00am – 12:00pm For more information, visit: https://www.facebook.com/MattawaFoodBank/	Tel: 705-744-6706
The Parish of St. John the Divine – Food Shelf	Located: 301 Main St., E., North Bay ON. Hours: Wednesdays, 9:00am.	Tel: 705-472-6070 sjdparish@gmail.com

Free Community Meals

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The following are examples of local organizations that offer **free hot meals** to the individuals in need in the community. May not be an exhaustive (complete) list.

Program	Details	Contact
The Gathering Place (TGP) – Drop in Meals	<p>Offers drop-in meal services in North Bay. Located: 1181 Cassells St., North Bay ON. Hours: Breakfast – Monday-Friday, 9:00am – 10:00am Lunch – Monday-Friday, 11:30 – 1:15pm Dinner – Mondays, Tuesdays, Fridays, Saturdays, 4:00pm – 5:30pm</p> <p>For more information, visit: https://thegatheringplacenorthbay.ca/distribution-centre/meal-centre/</p>	<p>Tel: 705-474-7687</p>
The Parish of St. John the Divine – Community Dinner	<p>Offers a weekly community dinner available for takeout. Located: 301 Main Street East, North Bay ON. Hours: Wednesdays at 4:30pm</p>	<p>Tel: 705-472-6070 sjdparish@gmail.com</p>

Meal Services

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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 area – may not be an exhaustive (complete) list.

Program	Details	Contact
VON – Meals on Wheels (Hot & Frozen Meals)	Hot Meal Delivery: Monday to Friday between 11:00 am to 1:00pm Frozen Meal Delivery: Tuesday & Thursdays between 11:15am to 1:00pm Frozen meals must be ordered 1 week ahead.	Located: North Bay, ON Tel: 705-472-0904 ext. 38224 northbay.mealsonwheels@von.ca
Mattawa Hospital – Meals on Wheels	Hot meal which consists of milk, soup, salad, main plate and dessert. Meals are delivered by volunteers who provide regular social contact and wellness checks each time a meal is delivered.	Tel: 705-744-5511 ext. 2258 llamothe@mattawahospital.ca
Au Château - Home for the Aged	Meal Delivery: Monday, Wednesday, Friday, 11:30am – 12:15pm Hot meal consists of milk, soup, salad, main plate and dessert.	Located: Sturgeon Falls, ON Tel: 705-753-7116 kymberly.budge@auchateau.ca
Independence North Bay – Meal Delivery	Independence is a company that offers help to those in need to be able to live and maintain a safe and healthy life in their home. They offer a menu of homemade frozen entrees, soups, sandwiches, wraps, etc. for a price. For more information and a full menu with prices, visit: Independence North Bay	Located: North Bay, ON Tel: 705-845-5079 independencenorthbay@gmail.com

Clothing & Household Items

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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
Rebuilt Resources Thrift Store	Located: 1356 Regina Street, North Bay ON. Hours: Tuesday-Friday, 9:00am-4:00pm; Saturday, 10:00am – 3:00pm. For more information, visit: https://rebuiltresources.com/	Tel: 705-497-7878
Hope Awaits Ministries Clothing Bank	Offers donated men’s clothing items to the community at no charge. Visit in person, no appointment is necessary. Located: 390 First Avenue East, North Bay ON. Hours: Daily, 9:00pm – 9:00am For more information, visit: https://www.hopeawaitsministries.com/services	Tel: 705-494-5465 contactus@howawaitsministries.com
Value Village	Located: 390 Lakeshore Drive, North Bay ON. Hours: Tuesday-Saturday, 10:00am – 9:00am; Sunday, 10:00am – 7:00pm	Tel: 705-476-1888
The Gathering Place	During the winter months, The Gathering Place keeps a supply of warm toques, mitts and scarves for anyone who walks in without them. Located: 1181 Cassells Street, North Bay ON.	Tel: 705-474-7687
Dayforce Cares	Dayforce 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.dayforcecares.com/	Link to Application

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 Housing Supports

The following are housing supports that are available for youths aged 16-24 - may not be an exhaustive (complete) list.

Program	Details	Contact
YMCA NEO – Housing Support Worker Program	<p>A program designed to support youth between 16-17 years of age in North Bay, who are voluntarily in the care of a Children’s Aid Society. Youth will be assisted with:</p> <ul style="list-style-type: none">• Identifying their housing needs• Ongoing support to obtain and retain housing• Identifying, navigating, and accessing services relevant to their needs (financial literacy, household management, tenant skills)• Accessing employment and skill-based workshops <p>For more information: https://www.ymcaneoe.ca/community-housing-support-worker-program/</p>	<p>Tel: 249-377-5648 yit@ymcaneoe.ca</p>

Youth Employment Programs

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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
Community Living Ontario – Skills Link Program	<p>Student Links provides an opportunity for students (ages 14 to 21) who have an intellectual disability to explore ideas for their future after high school. It matches students and mentors who share a common passion or interest. The goal is to enhance their capacity to make informed decisions about their future prior to leaving school and to support the natural development of relationships and connections to their community.</p> <p>For more information, visit: https://communitylivingontario.ca/what-we-do/student-links/</p>	<p>Student Links Director, Claudine Levien Tel: 705-476-3288 clevien@communitylivingontario.ca</p>
Big Brother Big Sisters North Bay – Big Possibilities Program	<p>The RBC BIG Possibilities Program is a community-based program that provides resources for youth 15-24 years old, in a manner that is focused on core outcomes while remaining responsive to the local needs and challenges of youth. This is done through one-on-one and group based mentoring delivered by our Service Delivery Staff and community partners. Supports include: Discussions surrounding future careers and post-secondary aspirations, Referrals to community employment agencies, groups focused on career readiness and post secondary skills & information.</p> <p>For more information: https://northbay.bigbrothersbigsisters.ca/what-we-do/our-programs/</p>	<p>Serena Lecappelain Tel: 705-474-3041 ext. 5 Serena.lecappelain@bigbrothersbigsisters.ca</p>
YES Employment – Youth Job Connection	<p>The Youth Job Connection (YJC) 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. YJC offers intensive support and training to youth who are not working, not in school and not in training.</p> <p>For more information: https://yesnorthbay.com/seeking-work/programs/</p>	<p>Located: 149 Main St. E., North Bay ON Tel: 705-476-3234 ask@yesnorthbay.com</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

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	<p>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.</p> <p>For more information, see: https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth</p>	Telus Mobility for Good