

# Parry Sound District Housing Resource Guide

Last Updated November 2023



North East Region



# Acknowledgements

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

This Resource Guide is intended to help individuals with navigating housing and homelessness resources throughout the Parry Sound District.

This Resource Guide is not exhaustive and may not include all resources. If you are looking for services not mentioned in this guide, you can visit:

<https://211ontario.ca/>

# Developmental Services Ontario North East Region (DSONER)

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

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

**Connect with us!**



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

# DSONER Housing Navigation

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

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



Call or email your DSONER Housing Navigator at:  
1-855-376-6673 Ext 231 or [b.pepe@lccare.ca](mailto:b.pepe@lccare.ca)

Learn how the DSO housing Resource Guide 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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# District of Parry Sound Social Services Administration Board (PSDSSAB)

The [District of Parry Sound Social Services Administration Board \(PSDSSAB\)](#) is the Service Manager for the Parry Sound District and oversees the provision of community housing policies and programs for the area.

As the Service Manager, PSDSSAB owns and operates **215 social housing units** in the District through the Parry Sound Housing Corporation.

The PSDSSAB also administers homeless support and homelessness prevention programs throughout the district.

## Contact Information:

**Located at:** 1 Beechwood Drive, Parry Sound ON.

**Tel:** 705-774-9600

**Toll-Free:** 1-877-767-6060

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



To find your local Service Manager, you can visit: <https://www.ontario.ca/page/find-your-local-service-manager>

# 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 PSDSSAB, 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 **PDSSAB** is responsible for Homelessness Prevention programs that are available to individuals within the District. These programs provide access to funding and services to individuals who are experiencing or are at risk of experiencing homelessness. May not be an exhaustive (complete) list.

Program	Description	Contact
<b>Housing Prevention Program Funding (HPP)</b>	The HPP provides financial assistance to households experiencing homelessness and at-risk of homelessness. Through this program, you may qualify for assistance with costs such as: first / last month's rent, utility arrears to prevent disconnection, utility deposits and moving expenses. <b>For more information, visit:</b> <a href="#">Housing Prevention Program</a>	<b>Tel:</b> 705-746-7777 ext. 5209 <a href="mailto:hpp@psdssab.org">hpp@psdssab.org</a>  *If you are in receipt of Ontario Works, please reach out to your case worker for more information*
<b>By – Name List</b>	An up-to-date list which includes identified individuals and families who are actively experiencing homelessness and have provided consent to be on the list. This list supports clients to access appropriate services – through general community referrals and, if eligible, prioritization for specific housing resources. <b>For more information, visit:</b> <a href="#">PSDSSAB By-Name List</a>	<b>Tel:</b> 705-774-9600 <a href="mailto:hpp@psdssab.org">hpp@psdssab.org</a> <a href="#">By-Name List Referral Form</a>

# 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 examples of emergency shelters that are operating within the district – may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Esprit Place Women's Shelter</b>	Esprit Place Women's Shelter is an emergency 10-bed home which is staffed 24 hours a day, seven days a week in Parry Sound. There are individual bedrooms for privacy, and common areas shared by all residents. <b>For more information, visit:</b> <a href="#">Esprit Place Women's Shelter</a>	<b>Located:</b> 3A Beechwood Dr., Parry Sound ON. <b>Tel:</b> 705-746-4800 <b>Toll-Free:</b> 1-800-461-1708

# 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 in the Parry Sound district - may not be an exhaustive (complete) list.

Program	Details	Contact
<b>CMHA-MPS Supportive Housing</b>	<p>The Supportive Housing Programs provide units with rent supplement to people who live with an addiction and/or a serious mental illness that are homeless, at risk of becoming homeless or are marginally housed. Support by an addiction or mental health worker is provided for each person participating in the program. Units are available throughout the Muskoka and Parry Sound Districts.</p> <p><b>For more information, visit:</b> <a href="https://mps.cmha.ca/programs-services/supportive-housing-2/">https://mps.cmha.ca/programs-services/supportive-housing-2/</a></p>	<p><b>Tel:</b> 705-645-2262</p>
<b>CMHA-MPS Community Homes for Opportunity</b>	<p>CHO is a 24 hour supported living environment that assists individuals over the age of 18 living with complex mental health issues by providing stable, affordable, and appropriate housing and support services. CHO aims to support individuals to achieve and maintain physical, mental health, and wellbeing, as well as foster independence and enhance participation and integration into the community of their choice.</p> <p><b>For more information, visit:</b> <a href="https://mps.cmha.ca/programs-services/community-homes-for-opportunity-cho/">https://mps.cmha.ca/programs-services/community-homes-for-opportunity-cho/</a></p>	<p><b>Tel:</b> 705-645-2262 <a href="mailto:CHO@cmhamps.ca">CHO@cmhamps.ca</a></p>



# 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 **PSDSSAB** and other community agencies provide social housing options to make housing more affordable for individuals with low to moderate incomes, seniors, or people with special needs.

Program	Details
<b>Rent-Geared-to-Income</b>	<p>Rent Geared to Income (RGI) or Subsidized Housing is provided by the PSDSSAB. 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>To learn more, you can visit: <a href="https://www.psdssab.org/housing-services/community-housing/">https://www.psdssab.org/housing-services/community-housing/</a></p>
<b>Rent Supplements</b>	<p>The Rent Supplement Program through the PSDSSAB offers RGI accommodations in privately owned buildings throughout the Parry Sound District. A "rent supplement" is a subsidy provided to landlords to cover the cost of the difference between the market rent for the unit and amount the tenant can pay based on their income. Rent Supplement subsidies are attached to the unit, if a person/household is evicted or chooses to move, they lose the subsidy and must re-apply.</p> <p>To learn more, you can visit: <a href="https://www.psdssab.org/housing-services/community-housing/">https://www.psdssab.org/housing-services/community-housing/</a></p>

# Applying for Social Housing



To apply for PSDSSAB Social Housing, you will have to complete [the Housing Application](#) and return in [person, mail-in or online](#).

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 (Drivers License and Health Cards are **NOT** accepted)
- 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 Provider (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.

## 2021 Bracebridge, Ontario Average Market Rent (AMR)

Unit Size	Average Market Rent (\$)
1 Bedroom	\$905
2 Bedroom	\$1195

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



# Affordable Rental Housing

The following are examples of **affordable rental housing** options that may be available in Parry Sound – 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. The PSDSSAB manages COHB benefits for the area.</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><b>Tel: Tel:</b> 705-774-9600 <b>Toll-Free:</b> 1-877-767-6060</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-g 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>

# 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

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

Program	Details	Contact
<b>Habitat For Humanity (HFH) Gateway North</b>	<p>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.</p> <p>For more information, visit: <a href="https://www.habitatgatewaynorth.com/">https://www.habitatgatewaynorth.com/</a></p>	<p><b>Tel:</b> 705-646-0106</p>
<b>Ontario Renovates</b>	<p>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 Parry Sound District.</p> <p>For more information, visit: <a href="https://www.psdssab.org/housing-services/affordable-homeownership-programs/">https://www.psdssab.org/housing-services/affordable-homeownership-programs/</a></p>	<p><b>Tel:</b> 705-774-9600 <a href="mailto:hpp@psdssab.org">hpp@psdssab.org</a></p>
<b>First Time Home Buyer Incentive</b>	<p>Helps people across Canada purchase their first home. The program offers 5 or 10% of the home's purchase price to put toward a down payment. This addition to your down payment lowers your mortgage carrying costs, making homeownership more affordable.</p> <p><a href="#">FAQ - How to Apply</a></p> <p>For more information, visit: <a href="https://www.placetocallhome.ca/fthbi/first-time-homebuyer-incentive">https://www.placetocallhome.ca/fthbi/first-time-homebuyer-incentive</a></p>	<p><b>Toll Free:</b> 1-877-884-2642</p>

# 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).





# Market Rental Housing

The following are private housing providers that may have **market rent units** available in the area. Each provider may have their own application process.

Provider	Details	Contact
<b>Parry Sound Affordable Housing Development Corporation - The Sound Community Hub</b>	The Sound Community Hub houses a mix of bachelor, one and two bedroom units that are available as market rent units in Parry Sound. <b>For more information, visit:</b> <a href="http://gbnnph.ca/the-sound-community-hub">http://gbnnph.ca/the-sound-community-hub</a>	<b>Tel:</b> 705-746-7474 <a href="#">Application Link</a>
<b>Georgian Bay Native Non-Profit Homes Incorporated (GBNNPH)</b>	GBNNPH has detached homes, row houses and apartments available as market rent units in Parry Sound. <b>For more information, visit:</b> <a href="http://gbnnph.ca/georgian-bay-native-non-profit-homes">http://gbnnph.ca/georgian-bay-native-non-profit-homes</a>	<b>Tel:</b> 705-746-6042 <a href="mailto:gbnnph@icloud.com">gbnnph@icloud.com</a> <a href="#">Application Link</a>
<b>Parry Sound Non-Profit Housing Corporation (PSNPHC)</b>	PSNPHC offers senior and family market units as well as RGI units. For one of their RGI units, you must apply through the <a href="#">PSDSSAB</a> .	<a href="mailto:psnphc@icloud.com">psnphc@icloud.com</a>

# Searching for Rental Housing



## Online Search

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

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



## Social Media

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

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

Set alerts to receive notifications on new rentals ads.

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



## Look for Signage

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

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

# Things to Consider Before Renting a Unit



## FOLLOW DIRECTIONS IN THE AD

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



## CALLING THE LANDLORD

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



## VIEWING THE RENTAL UNIT

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



## PREPARE YOUR DOCUMENTS

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



## APPLYING FOR THE RENTAL

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



## SIGNING THE LEASE

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

For more tips, 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](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

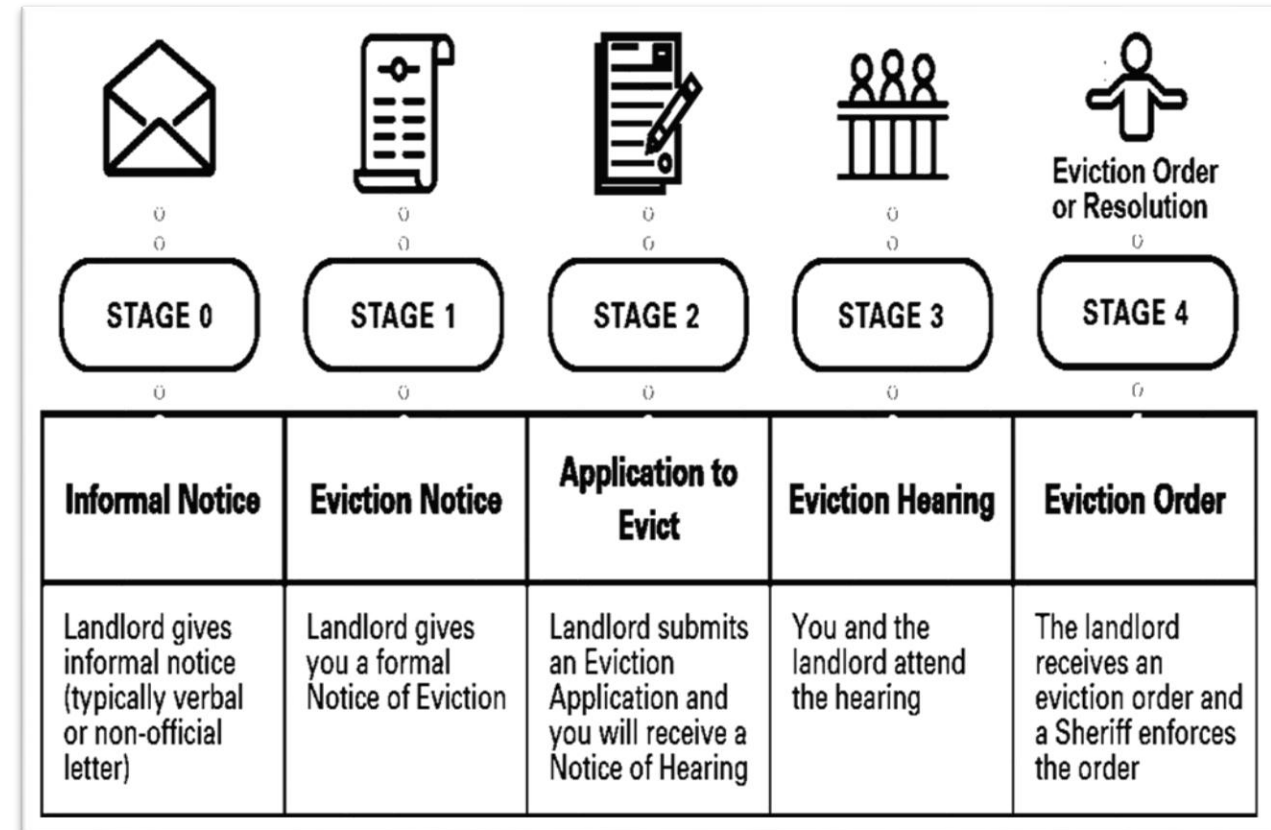
Eviction is the removal of a tenant from a rental property by the landlord.

## 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/en/publications/eviction>

# Facing Eviction - Resources

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

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

Title	Details
<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-Resource-Guide.pdf">https://www.toronto.ca/wp-content/uploads/2021/06/966f-eviction-prevention-Resource-Guide.pdf</a>

# 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



The following are examples of organizations that provide **free legal services** in the district and across Ontario – may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Lake Country Community Legal Clinic</b>	A non-profit organization providing legal advice, referral and representation services in the area of tenant/landlord law to eligible individuals. <b>Hours:</b> Monday, Thursday & Friday: 8:30am - 4:30pm; Tuesday & Wednesday: 8:30am – 12:30pm <b>For more information, visit:</b> <a href="#">Lake Country Community Legal Clinic</a>	<b>Tel:</b> 705-645-6607 <b>Toll-Free:</b> 1-800-645-9385
<b>Pro Bono Ontario – Free Legal Advice Hotline</b>	The Free Legal Advice Hotline offers 30 minutes of free legal advice and assistance to those who cannot afford a lawyer. The Hotline can help tenants with legal issues surrounding housing and tenant rights. <b>For more information, visit:</b> <a href="#">Pro Bono Ontario Legal Advice Hotline</a>	<b>Toll-Free:</b> 1-855-255-7256
<b>Ontario Legal Information Centre</b>	Offers a free 30 minute phone meeting with a lawyer who is able to 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="#">Legal Info Centre</a>	<b>Tel:</b> 1-613-842-7262 <b>Toll-Free:</b> 1-844-343-7462 <a href="#">Book an Appointment Online</a>
<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="#">The Law Society Referral Service</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>Ontario Trillium Benefit</b>	A tax-free payment that helps low-to moderate-income Ontario residents pay for energy costs, sales and property tax.	<a href="https://www.ontario.ca/page/ontario-trillium-benefit#section-0">https://www.ontario.ca/page/ontario-trillium-benefit#section-0</a>
<b>Other Financial Help to Pay Utility Bills</b>	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.	<a href="#">Ontario Electricity Support Program</a> <a href="#">saveONenergy Home Assistance Program</a> <a href="#">Rogers Get Connected</a>
<b>Money For Energy Conservation Renovations</b>	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"> <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>	<a href="https://bit.ly/OWEnergyWaterConservation">https://bit.ly/OWEnergyWaterConservation</a> <a href="https://bit.ly/ODSPEnergyConservation">https://bit.ly/ODSPEnergyConservation</a>
<b>Money to Buy Smoke Alarms and Carbon Monoxide Detectors</b>	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"> <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>	<a href="https://bit.ly/3xZIEXV">https://bit.ly/3xZIEXV</a>

# 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](#)**.



# Parry Sound Friendship Centre

Friendship Centres are not-for-profit and charity corporations that are mandated to serve the needs of Urban Indigenous People. They offer 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.

The Indigenous Friendship Centres local to the Parry Sound District is the [Parry Sound Friendship Centre](#). Use [this tool](#) to find local Friendship Centres in Ontario.

## Programs offered by the PSFC include:

- Cultural Resource Program
- Healing and Wellness Program
- Life Long Care Program
- Health Outreach Program

See all programs here: [Parry Sound Friendship Centre Programs](#)

## Contact Information:

**Located:** 70 Isabella St., Parry Sound ON.

**Tel:** 705-746-5970

**Email here:** [PSFC General Inquiries](#)



# Indigenous Mental Health/Crisis Resources

The following are examples of Indigenous mental health and crisis services available in the community - may not be an exhaustive list.  
 See following link for more: [National Association of Friendship Centres Indigenous Mental Health](#)

Program	Details	Contact
<b>PSFC Healing &amp; Wellness Program</b>	The Healing and Wellness Program's primary focus is to reduce family violence and improve health. Key objectives include assisting individuals with accessing emergency services (i.e., supporting entry into safe bed or detox programs), providing crisis intervention (i.e., creating safety plans to respond to the high rates of suicide), offering traditional supports (i.e., facilitating sharing and healing circles) and providing peer counselling to community members affected by violence. Available to all ages. <b>For more information:</b> <a href="https://psfc.ca/programs/">https://psfc.ca/programs/</a>	<b>Elizabeth Massier, Community Wellness Coordinator:</b> <b>Tel:</b> 705-746-5970 ext. 105/120 <a href="mailto:cwc@psfc.ca">cwc@psfc.ca</a>
<b>PSFC Health Outreach Program</b>	the aim of the Health Outreach Program is to to reduce family violence and improve health. This program strives to fulfill its mandate through ensuring that the health needs of community members are addressed in a cultural, holistic way (physical, mental, emotional and spiritual needs). Key objectives include connecting individuals with mainstream and traditional health services, providing crisis intervention, offering traditional supports, and providing peer counselling to community members affected by violence. <b>For more information:</b> <a href="https://psfc.ca/programs/">https://psfc.ca/programs/</a>	<b>Stephanie Armstrong, Community Support Coordinatr:</b> <b>Tel:</b> 705-746-5970 ext. 110 <a href="mailto:csc@psfc.ca">csc@psfc.ca</a>
<b>CMHA MPS B'Saanibamaadsiwin (Aboriginal Mental Health Program)</b>	The Aboriginal Program is committed to practicing First Nation, Inuit, and Metis mental wellness care that is culturally safe. The program provides assessment, referral, crisis, and counselling services. Services and programs include: Day/Evening Treatment Program and the Mobile Withdrawal Management Program. <b>For more information:</b> <a href="https://mps.cmha.ca/programs/bsaanibamaadsiwin-aboriginal-mental-health-program-2/">https://mps.cmha.ca/programs/bsaanibamaadsiwin-aboriginal-mental-health-program-2/</a>	<b>Tel:</b> 705-746—2512
<b>PSFC Life Long Care Program</b>	The Life Long Care Program provides services to individuals with developmental and physical disabilities, chronic health issues, and to those that are frail and/or elderly. The goal of the program is to assist individuals in stabilizing their health. <b>For more information:</b> <a href="https://psfc.ca/programs/">https://psfc.ca/programs/</a>	<b>Cynthia Paul, Life Long Care Coordinator:</b> <b>Tel:</b> 705-746-5970 ext. 107 <a href="mailto:cpaul@psfc.ca">cpaul@psfc.ca</a>

# Indigenous Health & Wellness Resources



The following are examples of **Indigenous mental health and health resources that are available across Ontario.**  
This may not be an exhaustive (complete) list

Program	Details	Contact
<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

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
<b>PSFC Indigenous Combined Courtwork Program</b>	<p>The Indigenous Combined Courtwork Program assists accused offenders to better understand their rights, options and responsibilities when appearing before the courts. The Coordinator will act as an advocate who speaks on the accused offender's behalf while involved in the justice system.</p> <p><b>For more information, visit:</b> <a href="https://www.kalc.ca/">https://www.kalc.ca/</a></p>	<p><b>Mackenzie Hanna, Indigenous Combined Court Worker:</b> Tel: 705-746-5970 ext. 104 <a href="mailto:mhanna@psfc.ca">mhanna@psfc.ca</a></p>
<b>The Human Rights 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><b>For more information:</b> <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: 1-866-625-5179</b> <b>TTY Toll Free: 1-866 612-8627</b></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><b>Find the resource here:</b> <a href="https://stepstojustice.ca/?s=indigenous">https://stepstojustice.ca/?s=indigenous</a></p>	



# Indigenous Housing Resources



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

Program	Details	Contact
<b>Ontario Aboriginal Housing Services</b>	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. <b>For more information, visit:</b> <a href="https://www.ontarioaboriginalhousing.ca/rental-housing">https://www.ontarioaboriginalhousing.ca/rental-housing</a>	<b>Housing Services Reps:</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>
<b>Georgian Bay Native Non-Profit Homes Incorporated (GBNNPH)</b>	GBNNPH has detached homes, row houses and apartments available as market rent units in Parry Sound. <b>For more information, visit:</b> <a href="http://gbnnph.ca/georgian-bay-native-non-profit-homes">http://gbnnph.ca/georgian-bay-native-non-profit-homes</a>	<b>Tel:</b> 705-746-6042 <a href="mailto:gbnnph@icloud.com">gbnnph@icloud.com</a> <a href="#">Application Link</a>

# Indigenous Youth Resources



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

Program	Details	Contact
<b>PSFC Youth Life Promotion Program</b>	<p>The goal of this program is to support the holistic development and provide a continuum of care services for youth at-risk, including addressing physical, mental, emotional and spiritual health and well-being. A core aspect of Youth Life Promotion are Youth Culture Camps that provide youth with access to water and land-based activities as well as facilitating access to elders and traditional knowledge keepers. One-to-one supports will be provided to individuals to prepare them for participation in group based activities as required.</p> <p><b>For more information:</b> <a href="https://psfc.ca/programs/">https://psfc.ca/programs/</a></p>	<p><b>Jacey Claus, Youth Life Promotion Coordinator:</b> <b>Tel:</b> 705-746-5970 ext. 106</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>	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. <b>For more information, visit:</b> <a href="#">Home Buyers Contribution Program</a>	<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>
<b>Emergency Repair Program (ERP)</b>	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. <b>For more information, visit:</b> <a href="#">Emergency Repair Program (ERP)</a>	<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>
<b>Métis Housing Stabilization Program</b>	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. <b>For more information, visit:</b> <a href="#">Housing Stabilization Program</a>	<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>

# 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 Parry Sound District, 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 the following section, you can visit: <https://211ontario.ca/> or call 2-1-1**



# Post-Secondary Education Resources

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

Program	Details	Contact
<p><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:</b> <a href="https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/PRDR019233.html">https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/PRDR019233.html</a></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. <b>For more information, visit:</b> <a href="https://www.ldac-acta.ca/scholarships/">https://www.ldac-acta.ca/scholarships/</a></p>	<p><b>Tel:</b> 613-238-5721 <a href="mailto:info@ldac-acta.ca">info@ldac-acta.ca</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. <b>For more information, visit:</b> <a href="#">Tuition Waiver for Youth in Extended Care</a></p>	<p><a href="mailto:awards@torontomu.ca">awards@torontomu.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>

# Employment Support

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

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



Program	Details	Contact
<b>Leading Into New Careers (LINC) – Community Living Parry Sound</b>	Offers an integrated employment support service for people with a disability. Intended to remove or reduce the disability-related barriers to competitive employment and to allow people with a range of challenges to experience the advantages of part or full -time jobs For more information, visit: <a href="https://www.clps.ca/support-services/adults/employment-services/">https://www.clps.ca/support-services/adults/employment-services/</a>	<b>Kirk Beagan - Coordinator of Support Services:</b> Tel: 705-746-9330 ext. 310 <a href="mailto:kbeagan@clps.ca">kbeagan@clps.ca</a>
<b>Employment North</b>	A non-profit, community based agency that delivers free employment services to persons with disabilities and help individuals to get the training, skills and experience to achieve their goals. For more information, visit: <a href="https://employmentnorth.com/about-us/what-we-do/">https://employmentnorth.com/about-us/what-we-do/</a>	<b>Janet – Site Coordinator:</b> Tel: 705 687-6350 or Toll-Free 1-800-461-5541 <a href="mailto:janet@employmentnorth.com">janet@employmentnorth.com</a> <a href="#">Link to Book Appointment</a>

# Community Supports

The following are examples of community supports available in the area – may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Resource Centre for Independent Living (RISE)</b>	Provides disabled individuals and their families with research, information, support, and empowerment designed to facilitate greater independence and build an inclusive and accessible society where all persons with disabilities are valued equally and participate fully. <b>For more information, visit:</b> <a href="https://www.risercil.ca/">https://www.risercil.ca/</a>	<b>Located:</b> 21 William St., Parry Sound ON. <b>Tel:</b> 705-746-6996 <b>Toll Free:</b> 1-800-634-6828
<b>West Parry Sound Community Support Services</b>	Provides meaningful home- and community-based programs and services for seniors, adults with chronic or acute illnesses, and individuals with disabilities or special needs. <b>For more information, visit:</b> <a href="https://www.parrysoundsupportservices.ca/site/home">https://www.parrysoundsupportservices.ca/site/home</a>	<b>Tel:</b> 705-476-5602 <a href="#">Send an Email</a>
<b>East Parry Sound Community Support Services</b>	Provides meaningful home- and community-based programs and services for seniors, adults with chronic or acute illnesses, and individuals with disabilities or special needs. <b>For more information, visit:</b> <a href="https://eastholme.ca/community-services/">https://eastholme.ca/community-services/</a>	<b>Tel:</b> 705-724-6028 <b>Toll Free:</b> 1-888-521-0000 <a href="mailto:info@eastholme.ca">info@eastholme.ca</a>
<b>Community Living Parry Sound</b>	Offers a variety of services designed to provide supported individuals a fair and equal opportunity to live, work and play within the community, as determined by personal interest. <b>For more information, visit:</b> <a href="https://www.clps.ca/">https://www.clps.ca/</a>	<b>Tel:</b> 705-746-9330 <a href="mailto:mail@clps.ca">mail@clps.ca</a>

# Home Supports

The following are examples of home supports available in the area – may not be an exhaustive (complete) list. For a detailed list of personal support services available in the area, you can visit: [Caregiver Exchange](#)

Program	Details	Contact
<b>Home and Community Care North East</b>	Provides access and referrals to other community services, and manage Ontario’s long-term care home placement process. <a href="#">Guide to Home and Community Services</a> For more information, visit: <a href="https://www.healthcareathome.ca/region/north-east/">https://www.healthcareathome.ca/region/north-east/</a>	<b>Tel:</b> 310-2222 (no area code) <b>Toll Free:</b> 1-800-461-2919
<b>No Place Like Home – Home Care Support Services</b>	Provides in-home care services to support individuals live as independently, safely, and comfortably as possible. For more information, visit: <a href="https://www.northeasthealthline.ca/display/service.aspx?id=186828">https://www.northeasthealthline.ca/display/service.aspx?id=186828</a>	<b>Laurie Burns - PSW</b> <b>Tel:</b> 705-774-2679 <a href="mailto:info@noplacelikehomecare.ca">info@noplacelikehomecare.ca</a>
<b>West Parry Sound Community Support Services</b>	West Parry Sound Community Support Services provides meaningful home- and community-based programs and services for seniors, adults with chronic or acute illnesses, and individuals with disabilities or special needs. For more information, visit: <a href="https://www.parrysoundsupportservices.ca/site/home">https://www.parrysoundsupportservices.ca/site/home</a>	<b>Tel:</b> 705-476-5602 <a href="#">Send an Email</a>
<b>East Parry Sound Community Support Services</b>	East Parry Sound Community Support Services provides meaningful home- and community-based programs and services for seniors, adults with chronic or acute illnesses, and individuals with disabilities or special needs. For more information, visit: <a href="https://eastholme.ca/community-services/">https://eastholme.ca/community-services/</a>	<b>Tel:</b> 705-724-6028 <b>Toll Free:</b> 1-888-521-0000 <a href="mailto:info@eastholme.ca">info@eastholme.ca</a>



# Mental Health and Crisis Services

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

Program	Details	Contact
<b>Canadian Mental Health Association – Muskoka/Parry Sound</b>	<p>Crisis intervention service available 24/7 via a telephone support service provided by Canadian Mental Health Association, Muskoka-Parry Sound Branch.</p> <p>CMHA Muskoka-Parry Sound offers a number of programs and services to support those experiencing mental health and addictions issues.</p> <p><b>For more information, visit:</b> <a href="https://mps.cmha.ca/">https://mps.cmha.ca/</a></p>	<p><b>Tel:</b> 705-746-7264  <b>Toll Free:</b> 1-866-829-7049</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 you to operators in Parry Sound, North Bay, Sudbury, Sault Ste. Marie and Timmins. This service is confidential.</p> <p><b>For more information, visit:</b> <a href="#">NISA Warm Line Information</a></p>	<p><b>Toll-Free:</b> 1-866-856-9276 (WARM)</p>
<b>Ontario Online &amp; Text Crisis Services</b>	<p>Online chat or text service for those looking for mental health support. This service is available across Ontario.</p> <p><b>Hours:</b> 2:00pm – 2:00am, daily</p> <p><b>For more information visit:</b> <a href="http://www.dcontario.org/ontx.html/">http://www.dcontario.org/ontx.html/</a></p>	<p><b>Visit to chat:</b> <a href="#">DCO Chat Line</a>  <b>Text “SUPPORT” to:</b> 258258</p>
<b>ConnexOntario</b>	<p>ConnexOntario provides free &amp; confidential health services information for people experiencing problems with alcohol &amp; drugs, mental illness or gambling.</p> <p><b>For more information, visit:</b> <a href="https://www.connexontario.ca/en-ca/">https://www.connexontario.ca/en-ca/</a></p>	<p><b>Toll-Free:</b> 1-866-531-2600</p>
<b>Hope for Wellness Helpline</b>	<p>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 Inukitut.</p> <p><b>For more information, visit:</b> <a href="https://www.hopeforwellness.ca/about-us/">https://www.hopeforwellness.ca/about-us/</a></p>	<p><b>Toll-Free:</b> 1-855-242-3310</p>

# Food Banks

The following are Food Banks operating throughout the Parry Sound area - may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Harvest Share</b>	<b>Located:</b> 93 James St., Parry Sound ON. <b>Hours:</b> Tuesday & Thursday, 9:30am - 2:00pm, <b>by appointment only.</b> <b>For more information, visit:</b> <a href="https://parrysoundharvestshare.com/">https://parrysoundharvestshare.com/</a>	<b>Tel:</b> 705-774-9111 <a href="mailto:harvestsharedelivery@gmail.com">harvestsharedelivery@gmail.com</a>
<b>Salvation Army Rainbow County Church</b>	<b>Located at:</b> 61 Gibson St., Parry Sound ON. <b>Hours:</b> Tuesday to Friday , 1:00pm – 3:00pm	<b>Tel:</b> 705-746-5391 <a href="mailto:tsaparrysound@gmail.com">tsaparrysound@gmail.com</a>
<b>St. Andrew's Presbyterian Church</b>	<b>Located:</b> 58 Seguin St., Parry Sound ON. <b>Hours:</b> Third Tuesday of the month, 5:30pm	<b>Tel:</b> 705-746-9612

# Community Meals

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

Program	Details	Contact
<b>Harvest Share – Community Meals</b>	Provides a hot, delicious and nutritious dinner to community members. First come, first serve. Pay what you can. No take out or delivery options available. <b>Located:</b> St. Peter the Apostle Church, 52 Church St., Parry Sound ON. <b>Hours:</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday of each month, 5:00pm – 6:00pm <b>For more information, visit:</b> <a href="https://parrysoundharvestshare.com/">https://parrysoundharvestshare.com/</a>	<b>Tel:</b> 705-774-9111 <a href="mailto:parrysoundharvestshare@gmail.com">parrysoundharvestshare@gmail.com</a>
<b>Salvation Army Rainbow County Church – Community Meal</b>	Provides a free community meal on the last Saturday of every month. <b>Located at:</b> 61 Gibson St., Parry Sound ON. <b>Hours:</b> Last Saturday of the month, 5:00pm – 6:00pm.	<b>Tel:</b> 705-746-5391 <a href="mailto:tsaparrysound@gmail.com">tsaparrysound@gmail.com</a>

# Meal Services



Meals on Wheels delivers affordable, nutritious and delicious meals to members of the community who are unable to prepare their own food. Meals on Wheels helps people continue living independently while maintaining a healthy diet.

Program	Details	Contact
<b>West Parry Sound District Community Support Services (WPSDCSS)</b>	<b>Meal Delivery:</b> Monday-Friday, 11:30am – 3:00pm <b>Service Areas:</b> Archipelago, Whitestone, Mckellar, Carling, McDougal, Seguin and Parry Sound. <b>For pricing information, visit:</b> <a href="https://www.parrysoundsupportservices.ca/files/MealCostPoster4June2022-1.pdf">https://www.parrysoundsupportservices.ca/files/MealCostPoster4June2022-1.pdf</a>	<b>Tel:</b> 705-746-5602
<b>East Parry Sound District Community Support Services (EPSDCSS)</b>	<b>Service Areas:</b> Callander, Powassan, South River, Sundridge, Burks Falls, Novar. <b>For more information, visit:</b> <a href="https://eastholme.ca/community-services/">https://eastholme.ca/community-services/</a>	<b>Tel:</b> 705-724-2005 <a href="mailto:info@eastholme.ca">info@eastholme.ca</a>

# Clothing & Household Items

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

Program	Details	Contact
<b>The Parry Sound Salvation Army Family Thrift Store</b>	Offers affordable gently used items such as clothing and housewares. <b>Located at:</b> 82 Joseph St., Parry Sound ON. <b>For more information, visit:</b> <a href="https://www.facebook.com/ParrySoundSalvationArmy/">https://www.facebook.com/ParrySoundSalvationArmy/</a>	<b>Tel:</b> 705-746-5391
<b>Ceridian Cares</b>	Ceridian Cares offers grants to individuals in need of financial assistance to cover the costs for the following types of needs: Clothing & Footwear, Food & household Needs (ex. blankets, mattresses, cookware & dishes, small appliances, personal hygiene items, etc.), eligible medical costs and recreational programs. <b>For more information, visit:</b> <a href="https://www.ceridiancares.ca/evaluation">https://www.ceridiancares.ca/evaluation</a>	<a href="#">Link to Application</a>

# 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 Community Groups & Recreation



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

Program	Details	Contact
<b>The Drop Parry Sound</b>	The Drop takes a proactive approach to address the challenges and barriers faced by at-risk youth by providing structured programs and workshops, such as: employment and training; mental health and addictions; physical health, well-being and safety; and, cultural awareness and inclusivity. <b>For more information:</b> <a href="https://www.thedropparrysound.com/">https://www.thedropparrysound.com/</a>	<b>Theresa Hill, Program Coordinator</b> <b>Located:</b> 14 James St., Parry Sound <b>Tel:</b> 705-771-9366 <a href="mailto:info@thedropparrysound.com">info@thedropparrysound.com</a>

# Youth Mental Health Resources



The following are mental health supports and resources for youth that are available in Ontario. May not be an exhaustive (complete) list. If you are looking for additional supports not mentioned here, please visit: [Ontario 211](#)

Program	Details	Contact
<b>Kids Help Phone</b>	<p>The Kids Help Phone website offers Live Chats that connects you, one-on-one, with a Kids Help Phone counsellor on the web or from your smartphone. Click here to find out when Live Chat is open in your community. They also offer resources on a variety of topics including bullying, emotional health, LGBTQ, dating, family, and much more. <b>For more information on these resources, visit: <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a></b></p>	<p><b>For Free 24-Hour Confidential Support:</b> Tel: 1-800-668-6868</p>
<b>Mind your Mind</b>	<p>Whether you are supporting a friend experiencing mental health challenges, or thinking about getting help for yourself, Mind your Mind contains many helpful resources. Mind your Mind has resources to help you learn more about mental health, including different types of diagnoses such as depression, anxiety, bipolar disorder. As well as interactive tools to educate yourself, help you cope, de-stress, and get you thinking about your plan for being well. <b>For more information: <a href="https://mindyourmind.ca/help">https://mindyourmind.ca/help</a></b></p>	<p><a href="mailto:info@mindyourmind.ca">info@mindyourmind.ca</a></p>



# Youth Employment Programs

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

Program	Details	Contact
<b>YMCA Simcoe/Muskoka – Youth Job Connection</b>	<p>The Youth Job Connection program serves youth aged 15 to 29 who experience multiple and/or complex barriers to employment by providing more intensive supports beyond traditional job search and placement opportunities. As a part of the program, youth will:</p> <ul style="list-style-type: none"> <li>• Participate in 60 (YJC) and 20 (YCJS) hours of paid pre-employment training to learn about what employers expect on the job and how to look for work;</li> <li>• Receive job matching and paid job placements, with placement supports for participants and hiring incentives for employers;</li> <li>• Work with mentorship services; and</li> <li>• Access education and work transitions supports.</li> </ul> <p>For more information, visit: <a href="https://ymcaofsimcoemuskoka.ca/youth-employment-self-employment/youth-job-connection/">https://ymcaofsimcoemuskoka.ca/youth-employment-self-employment/youth-job-connection/</a></p>	<p><b>Located:</b> 60 James St., 3<sup>rd</sup> Floor, Parry Sound ON.  <b>Tel:</b> 705-746-8480</p>
<b>The Drop – Employment &amp; Training</b>	<p>The Drop, in partnership with the YMCA Employment Services, offers seminars and quarterly workshops aimed at fostering employment and leadership skills.</p> <p>For more information: <a href="https://www.thedropparrysound.com/programs-and-workshops">https://www.thedropparrysound.com/programs-and-workshops</a></p>	<p><b>Theresa Hill, Program Coordinator</b>  <b>Located:</b> 14 James St., Parry Sound  <b>Tel:</b> 705-771-9366  <a href="mailto:info@thedropparrysound.com">info@thedropparrysound.com</a></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
<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:</b> 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
<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. For more information, see: <a href="https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth">https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth</a>	<a href="#">Telus Mobility for Good</a>

# Additional Housing Information

The following is information about Co-Operative Housing Models. Currently, there are no Housing Co-Operatives available within the Parry Sound 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](#)**

