

Rainy River District Housing Resource Guide

Last Updated January 2025



Northern Region



Acknowledgements

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

This guide is intended to help individuals navigate housing and homelessness resources in the Rainy River District.

This guide is not exhaustive and may not include all resources. If you are looking for services not mentioned here, **you can visit:** <https://211ontario.ca/>

Developmental Services Ontario Northern Region (DSONR)

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

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

Connect with us!



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

DSONR Housing Navigation

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

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



**Call or email your DSONR Housing Navigator at:
1-855-376-6673 Ext 231 or b.pepe@lccare.ca**

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

www.dsontario.ca/resources/housing



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

Table of Contents

The RRDSSAB	<u>8</u>
The Housing Continuum	<u>9</u>
Homelessness	<u>10</u>
Homelessness Assistance	<u>11</u>
Emergency Shelters	<u>12</u>
Supportive & Transitional Housing	<u>14</u>
Social Housing	<u>16</u>
Applying for RRDSSAB Housing	<u>18</u>
Affordable Rental Housing	<u>19</u>
Affordable Home Ownership	<u>21</u>
Market Rental Housing	<u>22</u>
Searching for Rental Housing	<u>23</u>
Things to Consider	<u>24</u>
Landlord Responsibilities	<u>25</u>

Table of Contents

- Tenant Responsibilities [26](#)
- Eviction Process [27](#)
- Facing Eviction Resources [28](#)
- Tenant Rights [29](#)
- Legal Aid [30](#)
- Market Home Ownership [31](#)
- Financial Assistance for Homeowners [32](#)
- Indigenous Community Resources [33](#)
- Indigenous Health Resources [35](#)
- The Métis Nation of Ontario [36](#)
- Other Community Resources [37](#)
- Resources for Transitional Aged Youth [38](#)
- Post-Secondary Education [39](#)
- Employment Supports [40](#)
- Home & Community Supports [41](#)

Table of Contents

Mental Health & Crisis Services	<u>42</u>
Food Banks	<u>43</u>
Free Community Meals	<u>44</u>
Meal Services	<u>45</u>
Clothing & Household Items	<u>46</u>
Co-Operative Housing	<u>47</u>

The Rainy River District Social Services Administration Board

[Rainy River District Social Services Administration Board \(RRDSSAB\)](#) is the Service Manager for the Rainy River District. They assist individuals and families by offering affordable housing and rent options and support initiatives that aim to address homelessness throughout the district.

The **RRDSSAB** owns and operates 12 buildings in four communities across the region, providing a total of **295 rent-geared-to-income (RGI) housing units**. These units are distributed across the region, from Rainy River to Atikokan.

You can check out the RRDSSAB's [Housing Options](#) for more information on what is available in the district.

Contact Information:

Located: 450 Scott St., Fort Frances ON.

Hours: Monday – Friday, 8:00am – 4:00pm

Tel: 807-274-5349 ext. 230

connect@rrdssab.on.ca



Rainy River District
Social Services
Administration Board

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 RRDSSAB, 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



Rainy River District
Social Services
Administration Board

Return

Programs may be available in the community to support individuals and families find and/or maintain permanent housing and avoid eviction and homelessness.

Program	Details	Contact
Rainy River District Social Services Administration Board (RRDSSAB)	<p>Homelessness Prevention Program (HPP) is a provincially-funded program that supports Ontario's 47 municipal service managers to provide affordable housing and support services for people at risk of or experiencing homelessness. The objective of the program is to support service managers in preventing, addressing and reducing homelessness, including chronic homelessness.</p> <p>The two key program outcomes of HPP are:</p> <ul style="list-style-type: none">• People experiencing homelessness obtain and retain housing• People at risk of homelessness remain housed	<p>Tel: 807-274-5349 HPP Application Form</p>

Emergency Shelters

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



Emergency Shelters

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

Program	Details	Contact
Rainy River District Women's Shelter of Hope	<p>The Rainy River District Women's Shelter of Hope serves the entire Rainy River District and surrounding 10 First Nation communities. It is a 10-bed facility which provides safe and secure emergency temporary shelter, crisis services, counselling, outreach, transitional support, advocacy, parental relief, and support groups to survivors/women, youth and their children who are experiencing abuse or are at risk of abuse. Any woman who is a victim of violence/abuse can access services 24 hours a day, 7 days a week.</p> <p>For more information, visit: https://www.rrdwsoh.ca/</p>	<p>Located: Atikokan, ON. Tel: 1-800-465-3348 general@rrdwsoh.ca</p>
Out of the Cold Warming Centre	<p>Warming centres give those who are vulnerable and may be experiencing homelessness a safe, warm indoor place to rest and access snacks, washroom facilities and referrals to other service providers.</p> <p>Hours of Operation</p> <ul style="list-style-type: none"> From Mid November – End of April 8:30 p.m. to 7:30 a.m. Doors lock for the night at 11:00 p.m. 	<p>Located: Fort Frances 324 Victoria Ave Contact: Brenda, Homelessness Coordinator 807-274-5349 ext. 248</p>

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 in the Rainy River District – this may not be an exhaustive (complete) list.

Program	Details	Contact
<p>La Verendrye Non-Profit Supportive Housing Corporation</p>	<p>Provides residents of the Rainy River District with housing and appropriate support services — including crisis stabilization — to individuals who require assisted independent living. This is delivered through multiple programs.</p> <ul style="list-style-type: none"> • Landlord and Tenant Program • Nelson House - Transitional Housing • Back to Home program • Community Service Management Program <p>For more information: https://www.riversidehealthcare.ca/transitional</p>	<p>Tel: 807-274-9100 Email: nelson.housing@rhcf.on.ca Access referral form here: https://www.riversidehealthcare.ca/uploads/housingreferralform.pdf</p>
<p>Fort Frances – Nelson House Transitional Housing</p>	<p>Provides a multi-site, multi-function health care system serving the residents of the Rainy River District. Provides transitional housing and support for individuals living with a mental health issue and requiring temporary accommodations.</p> <p>Crisis Stabilization Unit: Works in partnership with Kenora Rainy River Crisis Response Services to offer a stabilization unit for individuals experiencing a mental health crisis Provides shared accommodations. For more information: 211</p>	<p>Tel: 807-274-9100 Crisis: 1-866-888-8988 After Hours: 807-274-2606 ext. 1</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 **Rainy River District Social Services Administration Board (RRDSSAB)** 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
RRDSSAB Rent Geared to Income (RGI)	<p>Rent Geared to Income (RGI) or Subsidized Housing is provided by RRDSSAB. In an RGI housing unit, a household's monthly rent is set at 30% of the adjusted household income. For people receiving financial benefits through the Ontario Disability Support Program (ODSP) or Ontario Works (OW), rent is set based on what is referred to as a "rent scale." RGI subsidies are attached to the unit, if a person/household is evicted or chooses to move, they lose the subsidy and must re-apply.</p> <p>For more information, visit: https://rrdssab.ca/housing-options/ How to Apply: https://rrdssab.ca/how-apply/</p>
RRDSSAB Rent Supplement	<p>The Rent Supplement Program offers rent-geared-to-income accommodations in privately owned buildings throughout the Rainy River District. A "rent supplement" is a subsidy provided to landlords to bridge the gap between the market rent for the unit and amount the tenant can pay based on their income. For example, if the market rent on a unit is \$600 per month and the tenant's rent according to their income is \$200, the rent supplement portion paid to the landlord on a monthly basis would be \$400. Renters wishing to apply for residence at an existing DRRSB Rent Supplement unit should contact the DRRSB at 274-5349 or toll free at 1-800-265-5349. For more specific information on units available through Rent Supplement please refer to – Locations/Units.</p>
CMHA-Fort Frances Housing Program	<p>Provides a limited number of rent supplements to individuals who are homeless, at risk of being homeless or who are living in inadequate housing. The benefit is restricted to Employment and Income Assistance Participants, e.g. OW, ODSP, or who otherwise qualify for RGI.</p> <p>Tel: 807-274-2347 ext. 206 For more information and how to apply, visit: https://fortfrances.cmha.ca/housing-subsidy-support-program/</p>

Applying for RRDSSAB Housing

To apply for Social Housing, you will have to complete [the application](#) and return to the RRDSSAB 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**.

RRDSSAB has a guide for applying to social housing, available through this link: [Applying for Social Housing Tips](#).

To apply, 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
- A 5 year Landlord Reference for all applicants who have resided in rental accommodation

Affordable Rental Housing

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

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

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

2024 Rainy River Market Rent (AMR)

Unit Size	Average Market Rent (\$)
1 Bedroom	\$1010
2 Bedroom	\$1304
3 Bedroom	\$1622

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

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



Affordable Rental Housing

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

Program	Details	Contact
Canada Ontario Housing Benefit (COHB)	<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 RRDSSAB manages COHB benefits for the area.</p> <p>To learn more, you can visit: https://www.ontario.ca/page/affordable-housing-ontario</p>	<p>Tel: 807-274-5349</p>
Ontario Aboriginal Housing Services	<p>OAHSS offers rental opportunities to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHSS 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>

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.

At this time there are no Affordable Home Ownership Programs in the Rainy River District as the First-Time Home Buyer Incentive (CMHC) is no longer accepting applications as of March 31, 2024.



Market Rental Housing

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



Searching for Rental Housing



Online Search

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

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



Social Media

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

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

Set alerts to receive notifications on new rentals ads.

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



Look for Signage

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

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

Things to Consider Before Renting a Unit



FOLLOW DIRECTIONS IN THE AD

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



CALLING THE LANDLORD

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



VIEWING THE RENTAL UNIT

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



PREPARE YOUR DOCUMENTS

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



APPLYING FOR THE RENTAL

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



SIGNING THE LEASE

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

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

Landlord Responsibilities

According to Canada Mortgage and Housing Corporation (CMHC):

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



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

Tenant Responsibilities

According to [Settlement.Org](#), as a tenant it is important to make sure that you:

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



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

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

Eviction Process

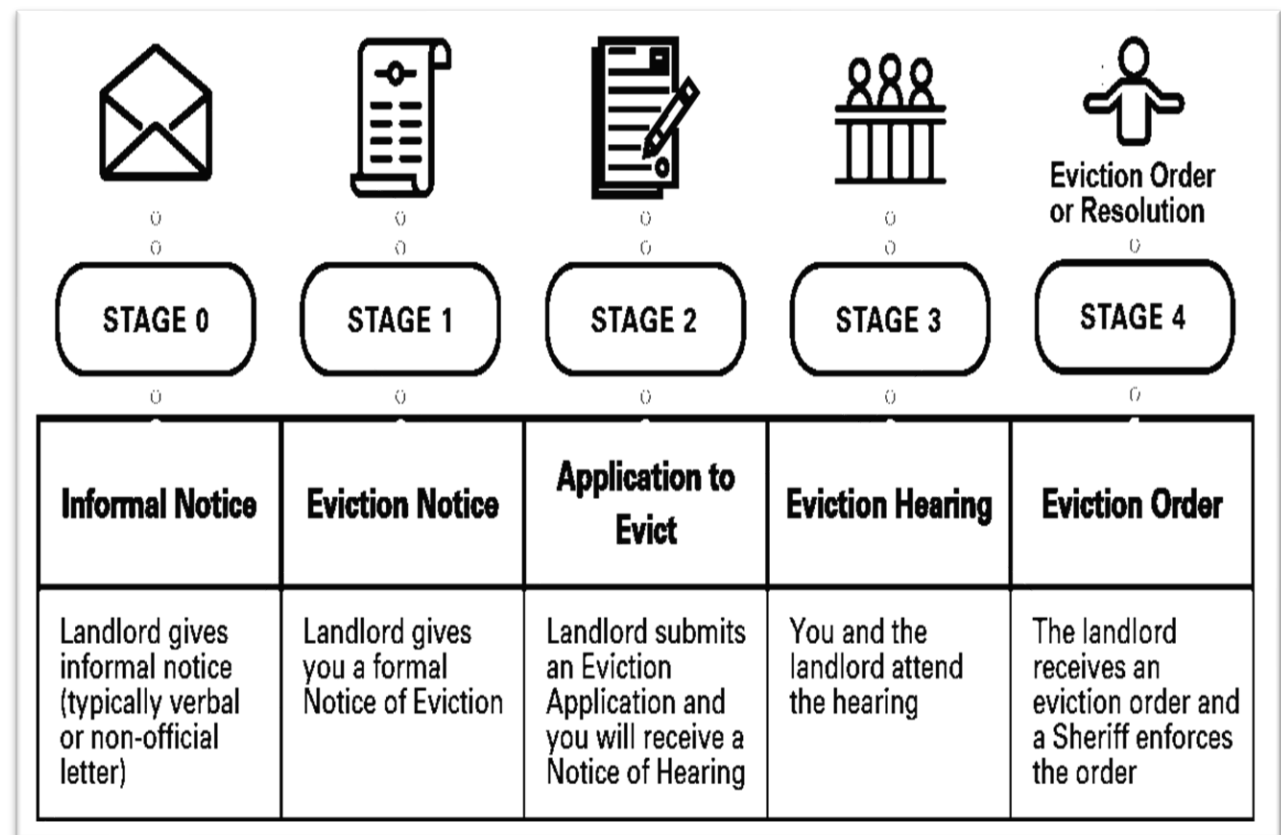
Eviction is the removal of a tenant from a rental property by the landlord.

Reasons for eviction recognized under the Residential Tenancies Act

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

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

How Eviction Works



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

Facing Eviction - Resources

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

If you are facing eviction and are looking for support, you can contact your local [Housing Services Team](#)

Title	Details
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



Return

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

Program	Details	Contact
Northwest Community Legal Clinic	<p>The Northwest Community Legal Clinic provides free legal services to low income residents of the Kenora and Rainy River Districts. Available services include legal advice, information and referrals in the areas of housing and homelessness, ODSP, Disability Tax Benefits, employment and work and more.</p> <p>Hours: Monday – Friday, 8:30am – 4:30pm.</p> <p>For more information, visit: https://www.northwestcommunitylegalclinic.ca</p>	<p>Fort Frances Office: Tel: 807-274-5327 Toll-Free: 1-800-799-2485</p> <p>Atikokan Office: Tel: 807-597-2811</p>
Ontario Legal Information Centre	<p>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.</p> <p>For more information, visit: https://legalinfocentre.ca/</p>	<p>Tel: 1-613-842-7262 Toll-Free: 1-844-343-7462 Book an Appointment Online</p>
Pro Bono Ontario – Free Legal Advice Hotline	<p>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.</p> <p>For more information, visit: https://www.probonoontario.org/housing/</p>	<p>Toll-Free: 1-855-255-7256</p>

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
Ontario Trillium Benefit	A tax-free payment that helps low-to moderate-income Ontario residents pay for energy costs, sales and property tax.	https://www.ontario.ca/page/ontario-trillium-benefit#section-0
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 Low-income Energy Assistance Program (LEAP) saveONenergy Home Assistance Program
Money For Energy Conservation Renovations	People on Ontario Works or ODSP may receive a one-time payment of up to \$50 to reimburse the cost of items such as: <ul style="list-style-type: none"> ▪ caulking ▪ sealing or weather-stripping for doors and windows ▪ insulation for hot water pipes and hot water tanks, and flow restrictors for shower heads 	https://bit.ly/OWEnergyWaterConservation https://bit.ly/ODSPEnergyConservation
Money to Buy Smoke Alarms and Carbon Monoxide Detectors	Homeowners receiving Ontario Works Assistance may receive a one-time payment to buy smoke alarms or carbon monoxide detectors. <ul style="list-style-type: none"> ▪ up to \$25 per family for a smoke alarm/smoke detector ▪ up to \$50 per family for a carbon monoxide detector 	https://bit.ly/3xZIEXV

Indigenous Community Resources

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

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



Indigenous Community Resources



Return

The following are examples of Indigenous organizations and resources that offer community programs and supports throughout the Rainy River district – this may not be an exhaustive (complete) list.

Program	Details	Contact
United Native Friendship Centre – Fort Frances	The United Native Friendship Centre is dedicated to enhancing the lives of Native and non-Native people in our community and surrounding area. Its primary responsibility is to serve Aboriginal people with special services in the fields of social, educational and cultural development while, at the same time, building a bridge of understanding between Native and non-Native people. For information on programs and services, visit: https://unfc.org/	Located: 427 Mowat Ave., Fort Frances ON. Tel: 807-274-8541 inquiry@unfc.org
Atikokan Native Friendship Centre	The Atikokan Native Friendship Centre provides a gathering place and supports to improve the quality of life for the urban Aboriginal community of Atikokan and area. For more information, visit: https://www.anfc.ca/	Located: 307 - 309 Main St. W., Atikokan ON. Tel: 807-597-1213 nativefriend@bellnet.ca

Indigenous Health Resources



Return

The following are examples of Indigenous health and wellness resources that are available throughout the Rainy River district and Ontario – this may not be an exhaustive list.

Program	Details	Contact
The Gizhewaadiziwin Health Access Centre	The Gizhewaadiziwin Health Access Centre is dedicated to providing equal access to quality health care for all Aboriginal people within the Rainy River District. Services include culturally appropriate primary health care delivered through our clinic and community outreach services. For information on programs and services, visit: https://gizhac.com/	Located: 1460 Idylwild Drive, Fort Frances ON. Tel: (807) 274-3131 info@gizhac.com
Weechi-it-te-win Family Services - Nanaandawewenin	Nanaandawewenin program and services include: The Family Healing Program, Developmental Support Services, Tele-Mental Health Coordination, Training and Capacity development, Psychological Services, Children's Mental Health, Family Counselling. For more information, visit: https://www.weechi.ca/director_of_nanaandawewenin	Located: 1455 Idylwild Drive, Fort Frances ON. Tel: 807-274-3201 laurie.rose@weechi.ca
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 Inukitut. 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

The Métis Nation of Ontario

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

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

Other Community Resources

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

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



Resources for Transitional Aged Youth

The following are examples of services and resources available in Ontario that **support transitional aged youth (ages 15-24)** as they transition into adult services. May not be an exhaustive (complete) list.

Program	Details	Contact
Telus Mobility for Good	Mobility for Good® helps youth aging out of care achieve independence by providing them with a free phone and a \$0 plan. This enables them to stay in touch with friends and vital support networks, search for somewhere to live, find education and job opportunities, and build credit.	Telus Mobility for Good

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>Ontario Bursary for Students with Disabilities (BSDW)</p> <p>Canada Student Grant for Services and Equipment – Students with Disabilities (CSG-DSE)</p>	<p>Eligible individuals may receive funding to help pay for disability-related educational services and/ or equipment needed to participate in postsecondary studies. Eligible individuals can receive up to \$2,000 from the BSDW or up to \$20,000 from the CSG-DSE. In order to be eligible, individuals must have a permanent disability or a persistent or prolonged disability and must be 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_077472</p>	<p>Application Form</p>
<p>Doreen Kronick Scholarship</p>	<p>Available to post-secondary students with learning disabilities who are enrolled in full-time or part-time study programs. The amount of this award is \$1,000. The Doreen Kronick Scholarship (DKS) may be awarded to a person who is pursuing a program of graduate study in a university that will assist learning disabled students. Applications are reviewed according to the following criteria: the student’s future educational program leading towards assisting persons with learning disabilities; the submission of a satisfactory academic record; the student’s contribution to his or her community and to campus life. For more information, visit: https://www.ldac-acta.ca/scholarships/</p>	<p>Tel: 613-238-5721 info@ldac-acta.ca</p>
<p>Toronto Metropolitan University - Tuition Waiver for Youth in Extended Care</p>	<p>If interested in attending Toronto Metropolitan University, they offer tuition waivers for students who grew up in extended society care (previously known as Crown Wards) in Canada, and are currently enrolled in an OSAP-eligible program at the institution. The tuition waiver will cover full tuition and ancillary costs. Students must be in an OSAP-approved program to be considered for the tuition waiver. For more information, visit: Tuition Waiver for Youth in Extended Care</p>	<p>awards@torontomu.ca</p>
<p>Transition Resource Guide for Students with Disabilities</p>	<p>This guide is a comprehensive tool to help students with disabilities arm themselves with the knowledge they need to access resources at all colleges and universities in Ontario and make a successful transition to post-secondary education. It is aimed to support students as they make the transition by providing information on supports and services available at post-secondary institutions and steps on how to prepare for the transition to post-secondary education.</p>	<p>Transition Resource Guide for Students with Disabilities</p>

Employment Support

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

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

Program	Support	Contact
Community Living Fort Frances and District	Provides employment supports to adults with a developmental disability that promotes social inclusion, individual choice, independence and rights. Services provided can include: preparing individual for employment, job training and coaching, working with the employer and the individual to maintain employment and more. For more information, visit: https://www.communitylivingfortfrances.com/supports-and-programs/employment-supports/	Located: 340 Scott St., Fort Frances ON. Tel: 807-274-5556
Community Living Atikokan	The Employment Supports program works with adults with developmental disabilities to provide opportunities, tools, supports and connections to obtain and maintain meaningful employment. Services offered include: Matching the individuals and employers, individualized and job-specific training, flexible scheduling, and training such as First Aid, WHMIS, Safe Food Handling and more. For more information, visit: http://www.cl-atikokan.ca/what-we-do/employment-supports/	Located: 2054 Gorrie St., Atikokan ON. Tel: 807-597-2259 info@cl-atikokan.ca
United Native Friendship Centre – Apatisiwin Employment Services	Provides support to all clients who come to the Centre seeking employment, education and training services. Services can include: employment counselling, resume and cover letter support, interview skills and training, access to resource centre, creating an employment action plan, and more. For more information, visit: https://unfc.org/apatisiwin-employment-services	Tel: 807-274-8541 rcuthbertson@unfc.org
The Family Support Network for Employment (FSNE)	The FSNE is a family-led coalition in Ontario that seeks to understand the current realities, foster improvements, and share best practices that engage individuals with developmental disabilities and their family members for meaningful, competitive employment. They provide access to webinars, courses, information on employment programs and other resources to support the employment journey. For more information, see: https://fsne.ca/	info@fsne.ca

Home & Community Supports

The following are examples of home & community supports available in the district – this 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
Community Living Fort Frances and District	Community Living Fort Frances and District is a Non-Profit, Charitable Organization which supports individuals who have an intellectual disability to identify and achieve their goals for a meaningful life by providing a variety of community based services and programs to the area. For more information, visit: https://www.communitylivingfortfrances.com/	Located: 340 Scott Street, Fort Frances Tel: 807-274-5556
Community Living Atikokan	Community Living Fort Frances and District is a Non-Profit, Charitable Organization which supports individuals who have an intellectual disability to identify and achieve their goals for a meaningful life by providing a variety of community based services and programs to the area. For more information, visit: http://www.cl-atikokan.ca/	Located: 2054 – 114 Gorrie Street Atikokan ON. Tel: (807) 597-2259 ext. 226
Ontario Health at Home – North West	Provides access and referrals to other community services, and manage Ontario’s long-term care home placement process in the North West region. For more information, visit: https://ontariohealthathome.ca/region/north-west/	Toll-Free: 800-626-5406
ParaMed – Personal In-Home Care Program	The personal in-home care program offers a range of customized services designed to meet an individual needs, allowing clients to remain in their own home or environment of choice with as much independence as possible. For more information, visit: https://www.paramed.com/services/help-at-home/personal-home-care/	Located: Fort Frances ON. Tel: 807-274-3151 Toll-Free: 1-866-346-0633

Mental Health and Crisis Services

The following are examples of mental health and crisis services in Thunder Bay – this 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 – Fort Frances Branch	CMHA-FF provides services to Fort Frances, Dryden, Sioux Lookout, Red Lake, Atikokan and Kenora. Offers a variety of mental health and addictions programs and services which are safe, inclusive and accessible and that promote healthy people and communities. For more information, visit: https://fortfrances.cmha.ca/services/	Located: 414 Scott St., Fort Frances ON. Tel: 807-274-2347
Riverside Health Care – Community Counselling Program	Provides crisis intervention and counselling services to individuals across the Rainy River district. For more information, visit: https://www.riversidehealthcare.ca/community-counselling	Fort Frances & Emo: Tel: 807-274-4807 ext. 1 Rainy River: Tel: 807-274-4807 ext. 3
ConnexOntario	ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol & drugs, mental illness or gambling in Ontario. For more information, visit: https://connexontario.ca/	Toll-Free: 1-866-531-2600

Food Banks

The following are **local food banks** available throughout the district– this may not be an exhaustive (complete) list.

Program	Details	Contact
United Native Friendship Centre	Located: 427 Mowat Ave., Fort Frances ON. Hours: Monday – Friday, 10:00am – 3:00pm	Tel: 807-274-8541 inquiry@unfc.org
Atikokan Community Food Bank	Located: 109 Main St., W., Atikokan ON. Hours: Every first and third Monday and Thursday of month, 1:00pm – 2:30pm	Tel: 807-597-6871
Emo Food Bank	Located: 23 Colonization Rd., Emo ON Hours: Every first and third Wednesday of month, 1:00pm – 3:00pm	Tel: 807-274-5475
Fort Frances Volunteer Bureau Drop-in Centre	Operates a daytime drop-in centre and offers the following services: hot meals, food bank, washrooms and showers, laundry facilities, recreation and referral to services. Located: 140 4 th St. W., Fort Frances ON. Hours: Monday – Sunday, 8:00am – 8:00pm	Tel: 807-274-9555
Faith Lutheran Church Food Bank	Located: 418 O’Brien St., Atikokan ON. Hours: Every second and fourth Monday, 1:00pm – 2:00pm	Tel: 807-597-4225

Free Community Meals

The following are places that offer free hot meals to the community - may not be an exhaustive (complete) list.

Program	Details	Contact
Fort Frances Volunteer Bureau Drop-in Centre	Operates a daytime drop-in centre and offers the following services: hot meals, food bank, washrooms and showers, laundry facilities, recreation and referral to services. Located: 140 4 th St. W., Fort Frances ON. Hours: Monday – Sunday, 8:00am – 8:00pm	Tel: 807-274-9555

Meal Services



Return

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

Program	Details	Contact
Riverside Health Care – Meals on Wheels	Provides services to individuals in Atikokan and Rainy River. Meal Delivery: Monday-Friday Price: \$7.00/meal for Atikokan; \$7.50/meal for Rainy River For more information, visit: https://www.riversidehealthcare.ca/meals-on-wheels	Atikokan: Tel: 807-597-6001 Rainy River: Tel: 807-852-3872

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
Emo Thrift Store	Located: 23 Colonization Rd., Emo ON Hours: Every first and third Wednesday of month, 1:00pm – 3:00pm	Tel: 807-274-5475
Fort Frances Salvation Army Thrift Store	Located: 242 Scott St., Fort Frances ON. Hours: Monday – Friday, 10:30am – 5:00pm	Tel: 807-291-0015
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/ca	Link to Application

Co-Operative Housing

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

