

# Sault Ste. Marie District Housing Resource Guide

Last Updated November 2023



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Northern Region



# Acknowledgements

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

The guide is intended to help individuals navigate housing and homelessness resources within the Sault Ste. Marie area.

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](mailto:b.pepe@lccare.ca)**

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

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



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

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# The District of Sault Ste. Marie Social Services Administration Board

The [District of Sault Ste. Marie Social Services Administration Board \(DSSMSSAB\)](#) is the Service Manager for Sault Ste. Marie and is responsible for the provision of community housing policies and programs in this area.

The DSSMSSAB manages a total of 700+ rent-g geared-to-income properties and 400+ rent supplement units.

They assist individuals and families by offering affordable housing and rent options. They also support initiatives that aim to provide access to affordable housing and support those experiencing or at risk of homelessness in the district.

## Contact Information:

**Located:** 180 Brock St., Sault Ste. Marie ON.

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

**Tel:** 705-759-7748

[registry@socialservices-ssmd.ca](mailto:registry@socialservices-ssmd.ca)



**Social Services | Services Sociaux**  
**Zhawenimi-Anokiitaagewin**  
Sault Ste. Marie District

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 DSSMSSAB, 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

Assistance may be available through the DSSMSSAB and other community organizations to support individuals and families find and/or maintain permanent housing and avoid eviction and homelessness.

Program	Details	Contact
<b>DSSMSSAB – The Homelessness Prevention Team</b>	The Homelessness Prevention Team provides a Housing First approach with wrap around intensive housing based case management to those who are experiencing homelessness and those who are at risk of homelessness. For more information, visit: <a href="https://socialservices-ssmd.ca/housing/homelessness-prevention/">https://socialservices-ssmd.ca/housing/homelessness-prevention/</a>	<b>Tel:</b> 705-759-7748 <a href="mailto:registry@socialservices-ssmd.ca">registry@socialservices-ssmd.ca</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 in Sault Ste. Marie – this may not be an exhaustive (complete) list.

Program	Details	Contact
<p><b>Pauline's Home</b></p>	<p>Provides 7 emergency beds for youth, 12 emergency beds for women, 1 room for accessibility and 2 emergency units for families. Through the provision of emergency and short term housing, referral and outreach services, Pauline's Place will assist and support clients to make the transition to becoming stable and active members of the community.  <b>For more information, visit:</b> <a href="https://www.paulinesplacesm.org/who-we-are">https://www.paulinesplacesm.org/who-we-are</a></p>	<p><b>Located:</b> Sault Ste. Marie ON.  <b>Tel:</b> 705-759-4663  <a href="http://www.paulinesplacesm.org">www.paulinesplacesm.org</a></p>
<p><b>Verdi Low Barrier Shelter</b></p>	<p>Provides safe emergency shelters for men aged 18+ and couples.</p>	<p><b>Located:</b> 455 Queen St. W., Sault Ste. Marie ON.  <b>Tel:</b> 705-450-0011</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 that are available in Sault Ste. Marie – this may not be an exhaustive (complete) list.

Program	Details	Contact
<b>CMHA Algoma – Willow Haven Supportive Housing Program</b>	Willow Haven program is a supportive housing facility located at 345 St. George’s Avenue in Sault Ste. Marie, Ontario. The program currently houses 10 residents and is staffed 24 hours per day 7 days per week with Housing Support Workers. The priority is to assist in resident’s personal recovery by providing support in many ways, including: assistance in medical and mental health issues, facilitating appointments, daily living skills, addictions support, family relationships, vocational skills, education and more. <b>For more information, visit:</b> <a href="https://ssm-algoma.cmha.ca/programs-services/housing-support/">https://ssm-algoma.cmha.ca/programs-services/housing-support/</a>	<b>Tel:</b> 705-945-8685 Or <b>Tel:</b> 705-759-0458 ext. 226
<b>Phoenix Rising Women’s Centre</b>	Phoenix Rising is a multi-faceted culturally sensitive support service for women (with or without children) experiencing mental health, addiction and/or domestic violence. They offer safe affordable, rent geared to income housing, Support within housing services, and programs that support the empowerment of women. <b>For more information, visit:</b> <a href="https://phoenixrisingsm.com/housing/">https://phoenixrisingsm.com/housing/</a>	<b>Located:</b> 596 Wellington St. E, Sault Ste. Marie, ON. <b>Tel:</b> 705-759-5864



# 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

**RGI** and **Rent Supplement** housing units are available through the DSSMSSAB to provide affordable housing to individuals with low to moderate incomes, seniors, or people with special needs.

Program	Details
<b>Rent Geared to Income (RGI)</b>	<p>Rent Geared to Income (RGI) or Subsidized Housing is provided by DSSMSSAB. In an RGI housing unit, a household’s monthly rent is set at 30% of the adjusted household income. For people receiving financial benefits through the Ontario Disability Support Program (ODSP) or Ontario Works (OW), rent is set based on what is referred to as a “rent scale.” RGI subsidies are attached to the unit, if a person/household is evicted or chooses to move, they lose the subsidy and must re-apply.</p> <p><b>For more information, visit:</b> <a href="https://socialservices-ssmd.ca/housing/">https://socialservices-ssmd.ca/housing/</a></p>
<b>Rent Supplement</b>	<p>The Rent Supplement Program through the DSSMSSAB offers RGI accommodations in privately owned buildings in Sault Ste. Marie. 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><b>For more information, visit:</b> <a href="https://socialservices-ssmd.ca/housing/">https://socialservices-ssmd.ca/housing/</a></p>

# Applying for DSSMSSAB Housing

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

The Sault Ste. Marie Social Housing Application Centre processes all housing applications and places applicants on a **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 check if you are eligible for housing assistance, visit [here](#).

**To apply for social housing, you will need make sure you have the following documents for all household members:**

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



# Affordable Rental Housing

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

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

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

**2020 Sault Ste. Marie, Ontario Average Market Rent (AMR)**

Unit Size	Average Market Rent (\$)
Bachelor	\$671
1 Bedroom	\$871
2 Bedroom	\$1057
3 Bedroom	\$1144

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



# Affordable Rental Housing



The following are examples of **affordable rental housing** options that may be available in Sault Ste. Marie – this may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Canada Ontario Housing Benefit (COHB)</b>	<p>This portable housing benefit is a monthly subsidy provided to low-income households to assist with housing costs. It is tied to the household and can be used to help pay rent anywhere in Ontario. The DSSMSSAB 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:</b> 705-759-7748 <a href="mailto:registry@socialservices-ssmd.ca">registry@socialservices-ssmd.ca</a></p>
<b>Ontario Aboriginal Housing Services</b>	<p>OAHS offers rental opportunities to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-geared-to-income, affordable, and market rent units.</p> <p>For more information, visit: <a href="https://www.ontarioaboriginalhousing.ca/rental-housing">https://www.ontarioaboriginalhousing.ca/rental-housing</a></p>	<p><b>Housing Services Rep:</b> <b>Toll-Free – 1-866-391-1061</b> <a href="mailto:info@oahssc.ca">info@oahssc.ca</a> <a href="#">Link to Application</a></p>

# Co-Operative Housing

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

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



# Co-Operative Housing

The following are examples of **Co-Operative Housing** options that may be available in Sault Ste. Marie – may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Cambrian Co-operative Housing Corporation</b>	<b>Located:</b> 50 Champlain St., Sault Ste. Marie ON.	<b>Tel:</b> 705-942-8498
<b>Haldimand Co-Operative Housing</b>	<b>Located:</b> 1001 Second Line West., Sault Ste. Marie, ON.	<b>Tel:</b> 705-949-5026
<b>La Co-operative d'habitation la Chaumiere Inc.</b>	<b>Located:</b> 101 Chaumiere Place, Sault Ste. Marie, ON.	<b>Tel:</b> 705-759-8308 <a href="mailto:chaumiere@on.aibn.com">chaumiere@on.aibn.com</a>
<b>Orion Co-Operative Housing Corporation</b>	<b>Located:</b> 95 Constellation Place, Sault Ste. Marie, ON.	<b>Tel:</b> 705-946-5471 <a href="mailto:chaumiere@on.aibn.com">chaumiere@on.aibn.com</a>
<b>Pawating Housing Co-Operative</b>	<b>Located:</b> 58 Pawating Place, Sault Ste. Marie, ON.	<b>Tel:</b> 705-945-0970 <a href="mailto:pawating@shaw.ca">pawating@shaw.ca</a>
<b>Vesta Co-Operative Homes Inc.</b>	<b>Located:</b> 50 Creekside Lane, Sault Ste. Marie, ON.	<b>Tel:</b> 705-942-9906 <a href="mailto:vesta-co-op@shaw.ca">vesta-co-op@shaw.ca</a>

# 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 within the district – this may not be an exhaustive (complete) list.



Program	Details	Contact
<b>DSSMSSAB Affordable Home Ownership Program</b>	In collaboration with Sault College and the provincial government, DSSMSSAB offers an affordable home ownership program that helps low-income families become homeowners while providing hands-on work experience to Ontario Works recipients. The DSSMSSAB purchases homes in the community, works with Ontario Works recipients to renovate the home and then sells the home to a low-income family that is currently residing in a SSM Housing Corporation unit for an affordable price. <b>For more information, contact DSSMSSAB Housing Services</b>	<b>Tel: 705-759-7748</b> <a href="mailto:registry@socialservices-ssmd.ca">registry@socialservices-ssmd.ca</a>
<b>Habitat For Humanity Sault Ste. Marie &amp; Area</b>	Provides a unique "Habitat for Humanity mortgage" that makes home ownership affordable for lower income families. Homes are sold to families at fair market value with no down payment and no interest. Families provide 500 volunteer hours helping build their home and the homes of others. Mortgage payments are calculated annually, so that shelter costs are never more than 25% of household income. <b>For more information, visit: <a href="https://habitatsault.ca/">https://habitatsault.ca/</a></b>	<b>Tel: 705-575-0020</b> <a href="mailto:info@habitatsault.ca">info@habitatsault.ca</a>
<b>First Time Home Buyer Incentive</b>	Available to help 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. <b>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></b>	<b>Toll-Free: 1-877-884-2642</b> <a href="#">FAQ - How to Apply</a>

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

# Landlord Responsibilities

According to Canada Mortgage and Housing Corporation (CMHC):

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



# 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

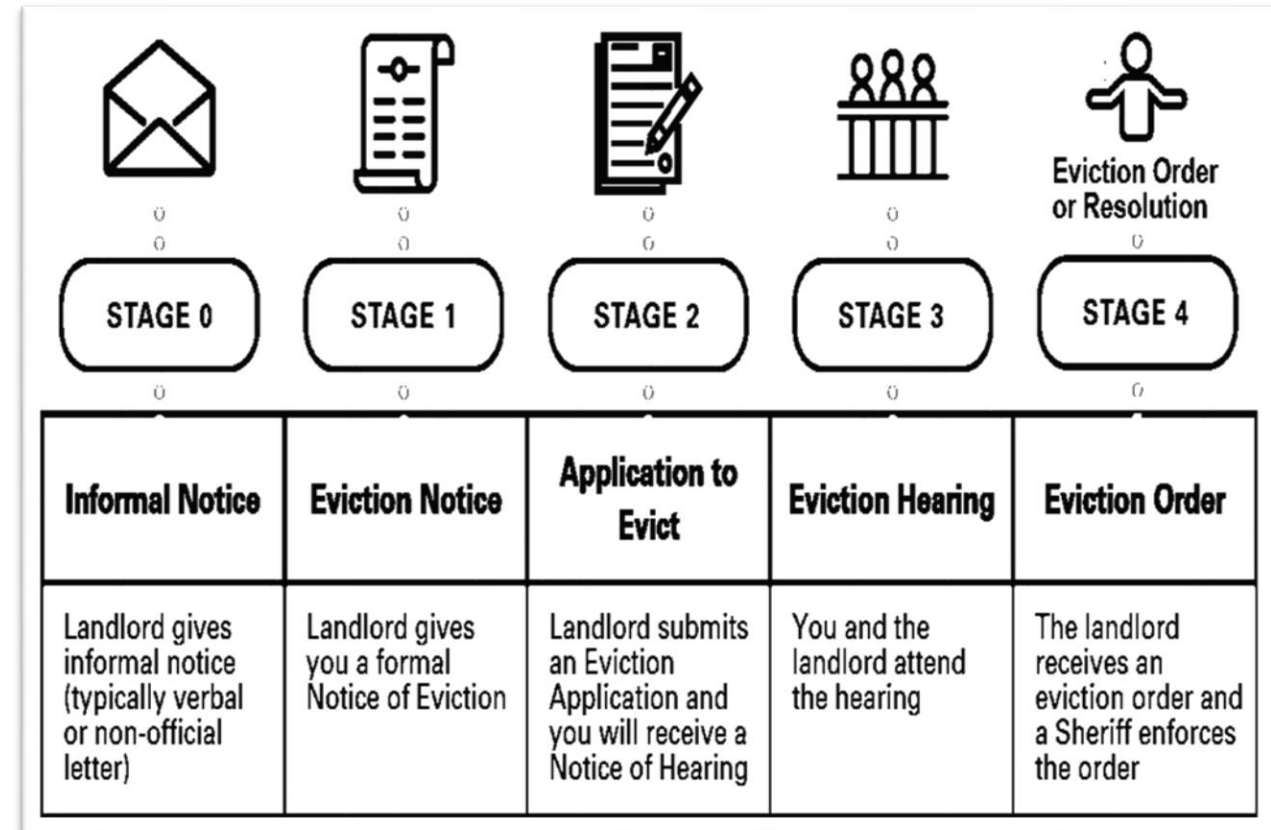
Eviction is the removal of a tenant from a rental property by the landlord.

## 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

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

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



# Tenant Rights



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>

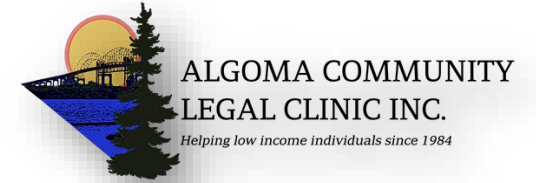


The Canadian Centre for Housing Rights (CCHR) provides free, individualized services to renters in Ontario who are facing challenges in their housing. They offer ["The Ontario Renter's Guide"](#) for information and tips for renting in Ontario.

**Visit their website for more details:**

<https://housingrightscanada.com/>

# Legal Aid



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

Program	Details	Contact
<b>Algoma Community Legal Clinic</b>	<p>Provides free legal services for low income residents in the Algoma district. Legal services include providing legal advice, referral and representation in the areas of housing, health and disability, wills and POAs, and more.</p> <p><b>Hours:</b> Monday – Friday, 8:30am – 4:30pm.</p> <p><b>For more information, visit:</b> <a href="https://www.algomalegalclinic.com/how-we-can-help">https://www.algomalegalclinic.com/how-we-can-help</a></p>	<p><b>Located:</b> Sault Ste. Marie, ON.  <b>Tel:</b> 705-942-4900  <b>Toll-Free:</b> 1-800-616-1109  <a href="mailto:legalclinic@algo.clcj.ca">legalclinic@algo.clcj.ca</a></p>
<b>Ontario Legal Information Centre</b>	<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><b>For more information, visit:</b> <a href="https://legalinfocentre.ca/">https://legalinfocentre.ca/</a></p>	<p><b>Tel:</b> 1-613-842-7262  <b>Toll-Free:</b> 1-844-343-7462  <a href="#">Book an Appointment Online</a></p>
<b>Pro Bono Ontario – Free Legal Advice Hotline</b>	<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><b>For more information, visit:</b> <a href="https://www.probonoontario.org/housing/">https://www.probonoontario.org/housing/</a></p>	<p><b>Toll-Free:</b> 1-855-255-7256</p>
<b>The Law Society of Ontario – Referral Service</b>	<p>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.</p> <p><b>For more information, visit:</b> <a href="https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service?lang=en-ca">https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service?lang=en-ca</a></p>	<p><a href="#">Link to Application</a></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
<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="#">Low-income Energy Assistance Program (LEAP)</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/3xZIEV">https://bit.ly/3xZIEV</a>

# Indigenous Resources

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

**[The National Association of Friendship Centres](#)** has created a comprehensive list of Indigenous Health and Wellbeing resources that are available across Ontario.

To access this resource, click [here](#).



# Sault Ste. Marie Indigenous Friendship Centre



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

The Indigenous Friendship Centre in Sault Ste. Marie offers supportive programs and services that are needed in their community. Programs and services are provided in the areas of housing and legal support as well as culturally based health and wellness programs.

## Programs offered by the SSMIFC include:

- [Indigenous Community Cultural Resource Coordinator](#)
- [Apatisiwin - Indigenous Employment and Training \(Adult & Youth\)](#)
- [Indigenous Family Support](#)
- [Wasa-Nabin Youth Program](#)
- See all programs here: <http://www.ssmifc.com/>

## Contact Information:

**Located:** 122 East St., Sault Ste. Marie ON.  
**Tel:** 705-256-5634

[recept@ssmifc.ca](mailto:recept@ssmifc.ca)

[View Team Directory](#)

# Indigenous Mental Health/Crisis Resources

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

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

Program	Details	Contact
<b>SSMIFC– Mental Health and Addictions Programs</b>	The SSMIFC offers programs that provide culturally relevant and community specific mental health and addictions services and supports to Indigenous communities in SSM. Programming includes culturally based services and support groups. <b>For information on programs and services, visit:</b> <a href="http://www.ssmifc.com/mental-health-and-addictions-services/">http://www.ssmifc.com/mental-health-and-addictions-services/</a>	<b>Liisa George, Mental Health Worker:</b> <b>Located:</b> 122 East St., Sault Ste. Marie ON. <b>Tel:</b> 705-256-5634 ext. 2202 <a href="mailto:imhw@ssmifc.ca">imhw@ssmifc.ca</a>
<b>Nogdawindamin – Adult Mental Health Program</b>	Provides voluntary, confidential and comprehensive mental wellness supports for members of the seven first nations along the north shore, on and off reserve. <b>For information on programs and services, visit:</b> <a href="https://www.nog.ca/services/adult-mental-health">https://www.nog.ca/services/adult-mental-health</a>	<b>Located:</b> 473B Highway 17 West, Cutler ON. <b>Toll-Free:</b> 705-844-2021
<b>Maamwesying North Shore Community Health Services</b>	Provides quality primary and therapeutic health care to all individuals in its member communities as well as the urban aboriginal population residing in the City of Sault Ste. Marie. <b>For information on programs and services, visit:</b> <a href="http://maamwesying.ca/index.php/about-us/">http://maamwesying.ca/index.php/about-us/</a>	<b>Located:</b> 123 March St., Sault Ste. Marie ON. <b>Toll-Free:</b> 705-945-4677
<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>SSMIFC – Indigenous Court Worker</b>	<p>The Indigenous Criminal Court Worker is funded by the Ministry of the Attorney General (MAG). The goal of the Indigenous Criminal Court Worker is to navigate Indigenous participants to better understand their rights, options and responsibilities when appearing before the criminal courts and enhance access to justice by assisting Indigenous people involved in the criminal justice system to obtain fair, just, equitable and culturally sensitive treatment.</p> <p><b>For more information:</b> <a href="http://www.ssmifc.com/">http://www.ssmifc.com/</a></p>	<p><b>Samantha Giuliani, Court Worker</b>  <b>Tel:</b> 705-256-5634 ext. 2159  <a href="mailto:nfcw@ssmifc.ca">nfcw@ssmifc.ca</a></p>
<b>The Human Right Legal Support Centre – Indigenous Services</b>	<p>The HRLSC established an Indigenous Services and Outreach Committee and has implemented culturally appropriate service guidelines in order to increase usage of the human rights system by Indigenous peoples. The HRLSC is committed to providing Indigenous people with an accessible legal service. Services are provided in 140 languages including Cree, Oji-Cree, Mohawk, and Ojibway.</p> <p><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:</b> 1-866-625-5179  <b>TTY Toll Free:</b> 1-866 612-8627</p>
<b>Steps to Justice: Your Guide to Law in Ontario</b>	<p>This resource provides answers to frequently asked questions regarding the rights as an Indigenous person in contact with the criminal justice system. At the bottom of the page, you will find additional tools and resources to help Indigenous people navigate supports and services.</p> <p><b>Find the resource here:</b> <a href="https://stepstojustice.ca/?s=indigenous">https://stepstojustice.ca/?s=indigenous</a></p>	



# Indigenous Employment Supports

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

Program	Details	Contact
<b>SSMIFC – Apatisiwin Indigenous Employment and Training Program</b>	Provides employment and training services to urban indigenous people including employment counselling, resume/cover letters, application processing, training plan development, referrals, employment supports, apprenticeships, targeted wage subsidies, skills enhancement, training purchase, and mobility assistance. Find information for the youth program here: <a href="#">Youth Employment Programs</a> For more information: <a href="http://www.ssmifc.com/education-employment/">http://www.ssmifc.com/education-employment/</a>	<b>Jenna Barry, Employment Counsellor:</b> <b>Located:</b> 122 East St., Sault Ste. Marie ON. <b>Tel:</b> 705-256-5634 ext. 2204 <a href="mailto:ec@ssmifc.ca">ec@ssmifc.ca</a>

# Indigenous Wellness Supports

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

Program	Details	Contact
<b>SSMIFC – Indigenous Health and Wellbeing Program</b>	<p>Provides programming to ensure that the healing and wellness needs of the local Indigenous community are addressed by implementing the Indigenous Healing and Wellness Strategy at the local level to reduce family violence, promote healthy lifestyles, culture based programming and healing. Programs Provided include: Weekly Sewing/Drumming, Anger Solutions, Traditional Health Program, Supportive Peer Counselling, Traditional Peer Counselling, Elders visits, Applying to Healing Lodges, and Advocacy.</p> <p><b>For more information:</b> <a href="http://www.ssmifc.com/mental-health-and-addictions-services/">http://www.ssmifc.com/mental-health-and-addictions-services/</a></p>	<p><b>Carson Kiyoshk, Healing and Wellness Coordinator:</b>  <b>Located:</b> 122 East St., Sault Ste. Marie ON.  <b>Tel:</b> 705-256-5634 ext. 2201  <a href="mailto:hwc@ssmifc.ca">hwc@ssmifc.ca</a></p>
<b>SSMIFC – Indigenous Community Cultural Resource Coordinator</b>	<p>Provides increased access to culture and culture based program and service delivery to Urban Indigenous children, youth and families that foster a strong sense of well-being and positive Indigenous identity. To ensure the effective delivery of the Cultural Resource program to Urban Indigenous children, youth and families providing and facilitating access to traditional teachings and ceremonies in a safe and acceptable environment, promote cultural awareness, language support, cultural based healing, work with Elders and traditional people as required using a prevention lens to meet the needs of the community.</p> <p><b>For more information:</b> <a href="http://www.ssmifc.com/culture-based-programs-services/">http://www.ssmifc.com/culture-based-programs-services/</a></p>	<p><b>James Roach, Cultural Resource Coordinator:</b>  <b>Located:</b> 122 East St., Sault Ste. Marie ON.  <b>Tel:</b> 705-256-5634 ext. 2130  <a href="mailto:crc@ssmifc.ca">crc@ssmifc.ca</a></p>
<b>Hope for Wellness Helpline</b>	<p>A helpline service available to all Indigenous people across Canada. 24/7 Access to talk with experienced and culturally competent counsellors. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inuktitut.</p> <p><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>
<b>Talk4Healing</b>	<p>A 24/7 confidential helpline for Indigenous women available in 14 Indigenous languages, English, and French across Ontario. The helpline provides culturally sensitive and non-judgmental crisis counselling, advice, support, and referrals.</p>	<p><b>Toll-Free:</b> 1-855-554-HEAL</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 Rep:</b> <b>Toll-Free – 1-866-391-1061</b> <a href="mailto:info@oahssc.ca">info@oahssc.ca</a> <a href="#">Link to Application</a>
<b>SSMIFC – Indigenous Reaching Home Program</b>	This program looks at supporting individuals and families to establish and maintain permanent and stable living environments by promoting collaborative partnerships and developing strategies to prevent homelessness at a community level. They provide: a drop in centre that provides a safe and non-judgmental place to meet and address homelessness issues, emergency housing referrals, intake referrals, lunch and programs. <b>For more information:</b> <a href="http://www.ssmifc.com/housing/">http://www.ssmifc.com/housing/</a>	<b>Paul Gouge, Reaching Home Coordinator:</b> <b>Located:</b> 122 East St., Sault Ste. Marie ON. <b>Tel:</b> 705-256-5634 ext. 2136 <a href="mailto:hp@ssmifc.ca">hp@ssmifc.ca</a>
<b>SSMIFC – Urban Indigenous Homeward Bound</b>	The Indigenous Homeward Bound program provides stable housing and integration of wholistic community supports education & employment to single Indigenous mothers and their children to strengthen the successful transition to independence and self-sufficiency. Includes a review of program services; information sessions for referral partners; job-readiness assessments; cultural competency; housing information, educational information; computer skills training; and Indigenous led childcare facilities. <b>For more information;</b> <a href="http://www.ssmifc.com/urban-indigenous-homeward-bound/">http://www.ssmifc.com/urban-indigenous-homeward-bound/</a>	<b>Crystal Kingston, UIHB Coordinator:</b> <b>Located:</b> 122 East St., Sault Ste. Marie ON. <b>Tel:</b> 705-256-5634 ext. 2128 <a href="mailto:homeward@ssmifc.ca">homeward@ssmifc.ca</a>

# The Métis Nation of Ontario



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

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

# Sault Ste. Marie 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**



# 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
<b>Community Living Algoma</b>	Teaches marketable employment skills and provide on-the-job training so individuals can obtain competitive employment in their community. The program empowers individuals to overcome their employment challenges, enabling them to secure a competitive job of their choosing. <b>For more information, visit:</b> <a href="https://communitylivingalgoma.org/en/what-we-do/employment-services/">https://communitylivingalgoma.org/en/what-we-do/employment-services/</a>	<b>Tel:</b> 705-255-8716 <a href="mailto:Rocco_martone@cla-Algoma.org">Rocco_martone@cla-Algoma.org</a>
<b>Grocer 4 Good Ability Development Program</b>	Using the model of a grocer store, G4G is a program that gives job skill training, paid employment or volunteer work to those with an autism spectrum disorder, other intellectual disabilities or who are chronically underemployed. <b>For more information, visit:</b> <a href="http://g4g.ca">g4g.ca</a>	<b>Located:</b> 147 Gore St., Sault Ste. Marie ON. <b>Tel:</b> 705-255-0445
<b>Sault Community Career Centre</b>	Our free Employment Ontario Employment Services help you find a job, get training, or build skills. Whether you decide to job search independently in our Resource Room, join one of our many specialized employment programs, or work directly with one of our experienced Employment Counsellors, we're here to help every step of the way. <b>For more information, visit:</b> <a href="https://saultcareercentre.ca/employment-services/job-seekers/">https://saultcareercentre.ca/employment-services/job-seekers/</a>	<b>Tel:</b> 705-759-0909 <a href="mailto:info@saultcareercentre.ca">info@saultcareercentre.ca</a>

# Post-Secondary Education

The following are resources and services related to post-secondary education that are available in the Sault Ste. Marie district. May not be an exhaustive (complete) list.

Program	Details	Contact
<b>Sault College– Community Integration Through Co-Operative Education (CICE)</b>	<p>Community Integration through Cooperative Education (CICE) is a fully integrated two-year certificate program offering students with learning challenges, requiring modifications to their curriculum, more ways to enhance their academic, vocational and social skills. The CICE Program focuses on inclusive education. There are 19 program areas of study that are paired with program-specific field placements for a range of hands-on learning opportunities. Program graduates will partner with an employment support specialist to find the career that fits them.</p> <p><b>For more information, visit:</b> <a href="#">Sault College CICE Program</a></p>	<p><b>Velma Simon, CICE Team Lead</b>  <b>Tel:</b> 705-759-2554 ext. 2437  <a href="mailto:velma.simon@saultcollege.ca">velma.simon@saultcollege.ca</a></p>
<b>Ontario Bursary for Students with Disabilities (BSDW)</b>  <b>Canada Student Grant for Services and Equipment – Students with Disabilities (CSG-DSE)</b>	<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 be have applied and be eligible for funding through OSAP or an institution-based bursary.</p> <p><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><a href="#">Sault College Student Accessibility Centre</a></p>
<b>Doreen Kronick Scholarship</b>	<p>Available to post-secondary students with learning disabilities who are enrolled in full-time or part-time study programs. The amount of this award is \$1,000. The Doreen Kronick Scholarship (DKS) may be awarded to a person who is pursuing a program of graduate study in a university that will assist learning disabled students. Applications are reviewed according to the following criteria: the student’s future educational program leading towards assisting persons with learning disabilities; the submission of a satisfactory academic record; the student’s contribution to his or her community and to campus life.</p> <p><b>For more information, visit:</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>
<b>Transition Resource Guide for Students with Disabilities</b>	<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>

# Community Supports



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

Program	Details	Contact
<b>Community Living Algoma</b>	Offers a full range of community-based services for people with intellectual disabilities including specialized supports, inclusive education, resource referral, employment services, community participation supports, and housing supports. <b>For more information, visit:</b> <a href="https://communitylivingalgoma.org/">https://communitylivingalgoma.org/</a>	<b>Located:</b> 99 Northern Avenue East, Sault Ste. Marie ON. <b>Tel:</b> 705-253-1700 <b>Toll-Free:</b> 1-800-448-8097
<b>The Adult Enrichment Centre</b>	The Adult Enrichment Center is a community based independent program that supports adults and youth with developmental and mental health wellbeing services as they pursue their maximum potential in everyday living skills. All programming is individualized and adheres to each client's wants, needs, abilities, and interests. <b>For more information, visit:</b> <a href="https://www.adultenrichment.ca/main-center-sault-ste_-marie">https://www.adultenrichment.ca/main-center-sault-ste_-marie</a>	<b>Tel:</b> (705) 450-7475 <a href="mailto:lori.harrison@adultenrichment.ca">lori.harrison@adultenrichment.ca</a>
<b>Breaking Away Program</b>	Breaking Away provides a Life Skills program for adults with developmental disabilities in Sault Ste. Marie, ON. Provides special-needs adults who have completed high school opportunities to continue to grow and learn in a manner that maximizes their potential—whatever their individual abilities. <b>For more information, visit:</b> <a href="https://breakingawayssm.com/">https://breakingawayssm.com/</a>	<b>Located:</b> 100a Ontario Ave., Sault Ste. Marie ON. <b>Tel:</b> 705-575-3355 <a href="mailto:breakingaway@Hotmail.ca">breakingaway@Hotmail.ca</a>
<b>Therapeutic Ride Algoma</b>	Provides therapeutic and recreational horseback riding activities in a safe, enjoyable and professional environment. To help improve the physical, social and psychological well-being of people with an assortment of disabilities, including cognitive, developmental, physical, and sensory impairment. TRA provides opportunities for freedom, learning and growth by connecting participants with horses. <b>For more information, see:</b> <a href="https://tralgoma.org/">https://tralgoma.org/</a>	<a href="mailto:therapeuticridealgoma@hotmail.ca">therapeuticridealgoma@hotmail.ca</a>
<b>Transit &amp; Transportation</b>	Municipalities and transportation services may offer accessible transportation options for individuals in the community who are unable to use regular transit services. To learn more about accessible transit in your area, visit the links to the side or contact your local transit service provider.	<a href="#">Sault Ste. Marie Parabus Transit</a>



# Home Supports

The following are examples of **home supports** in the area – 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
<b>Home and Community Care Support Services North East</b>	Provides access and referrals to other community services, and manage Ontario’s long-term care home placement process in the North East region. <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>North East Office:</b> <b>Tel:</b> 705-476-2220 <b>Toll-Free:</b> 1-888-533-2222

# Mental Health and Crisis Services



Algoma Public Health offers a [Quick Reference Guide](#) for accessing Mental Health and Addictions support services in Sault Ste. Marie and surrounding area.

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

Program	Details	Contact
<b>Canadian Mental Health Association Algoma</b>	CMHA-A provides services to individuals within the Algoma districts. Promotes healthy people and communities through advocacy and the provision of safe, inclusive and accessible mental health and addictions services. <b>For more information, visit:</b> <a href="https://ssm-algoma.cmha.ca/">https://ssm-algoma.cmha.ca/</a>	<b>Located:</b> Sault Ste. Marie ON. <b>Tel:</b> 705-759-0458 <b>Toll-Free:</b> 1-866-285-2642 <a href="mailto:information@cmassm.com">information@cmassm.com</a>
<b>Sault Area Hospital Crisis Line</b>	The crisis intervention team offers safe, trauma-informed, and culturally sensitive care to individuals during a crisis. Services are available to those across the Algoma district. <b>For more information, visit:</b> <a href="http://www.crisishelp.ca/">http://www.crisishelp.ca/</a>	<b>Tel:</b> 705-759-3398 <b>Toll-Free:</b> 1-800-721-0077 (24 Hour Crisis Line)
<b>Algoma Family Services</b>	Algoma Family Services is a provider of specialized services for children, youth, adults and families in the Algoma District. Our services are evidence-based, client-centered, family-focused and delivered by a team of skilled professionals. <b>For more information, visit:</b> <a href="https://algomafamilyservices.ca/about-us/">https://algomafamilyservices.ca/about-us/</a>	<b>Toll-Free:</b> 1-866-856-9276 (WARM)

# Food Banks

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

**You can also check in with local Community Groups to see if there are any free hot meals**



Program	Details	Contact
<b>St. Vincent Place Food Bank</b>	<p>.Hours: Wednesdays, 4:30pm – 7:00pm; Saturdays, 11:30am – 2:00pm For more information, visit: <a href="https://www.vincentplacessm.ca/food-bank/">https://www.vincentplacessm.ca/food-bank/</a></p>	<p><b>Located:</b> 222 Albert St. E, SMM ON. <b>Tel:</b> 705-253-2770 <a href="mailto:vincentplacepr@shaw.ca">vincentplacepr@shaw.ca</a></p>
<b>The Soup Kitchen Community Centre</b>	<p>Contact for assistance if you are experiencing food insecurity and are in need of food.</p>	<p><b>Located:</b> 127 James St., SSM ON. <b>Tel:</b> 705-942-2694 <a href="mailto:soupkitchen@shaw.ca">soupkitchen@shaw.ca</a></p>
<b>Grocer 4 Good</b>	<p>Provides access to fresh and in-season produce and groceries at an affordable rate for those living on fixed incomes. <b>Hours:</b> Mon. – Wed., 10am – 5pm, Thurs. – Fri., 10am-6pm &amp; Sat., 12pm – 4pm For more information, visit: <a href="http://g4g.ca">g4g.ca</a></p>	<p><b>Located:</b> 147 Gore St., Sault Ste. Marie ON. <b>Tel:</b> 705-255-0445</p>

# Free Community Meals

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

Program	Details	Contact
<b>The Soup Kitchen Community Centre</b>	They provide a healthy lunch five days a week, plus workshops on tenants' and employment rights, movie screenings and arts & crafts, and complimentary use of computers and internet. <b>Drop in:</b> Mon - Fri 9:00 am - 4:30 pm <b>Lunch:</b> Mon - Fri 11:30 am - 4:00 pm take out lunches. <b>For more information:</b> <a href="https://www.soupkitchencommunitycentre.org/our-services.html">https://www.soupkitchencommunitycentre.org/our-services.html</a>	<b>Located:</b> 127 James St., SSM ON. <b>Tel:</b> 705-942-2694 <a href="mailto:soupkitchen@shaw.ca">soupkitchen@shaw.ca</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. These are examples of services offered in the area – this may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Meals on Wheels</b>	Hot meal which consists of milk, soup, salad, main plate and dessert. <b>Meal Delivery:</b> Monday-Friday, 11:30am – 1:45pm <b>Price:</b> \$7/25/meal	<b>Located:</b> Sault Ste. Marie, ON. <b>Tel:</b> 705-256-4239

# 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>St. Vincent Place Thrift Store</b>	<b>Located:</b> 222 Albert Street East, Sault Ste. Marie ON. <b>Hours:</b> Monday-Friday, 11:00am – 3:00pm	<b>Tel:</b> 705-541-9478
<b>Sault Ste. Marie Helping Hands Depot</b>	<b>Located:</b> 346 Wellington Street West, Sault Ste. Marie, ON. <b>Hours:</b> Monday-Wednesday, 10:00am – 2:45pm; Thursday, 4:00pm-8:00pm	<b>Tel:</b> 705-943-8363
<b>Phoenix Rising Women’s Help</b>	Offers a free hot meal once a month. <b>Located:</b> 596 Wellington Street East, Sault Ste. Marie, ON. <b>Hours:</b> Monday-Friday, 1:00pm – 4:00pm <b>For more information, visit:</b> <a href="https://phoenixrisingsm.com/">https://phoenixrisingsm.com/</a>	<b>Tel:</b> 705-759-5864
<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>Sault Ste. Marie Indigenous Friendship Centre - Wasa Nabin Youth Program</b>	<p>This program is geared to provide services for Urban Indigenous youth ages 13-18. This program looks at building healthy lifestyles for youth by providing culturally based programming. Services are provided on one to one basis as well as through group participation. Programs involves after school homework help, Street Wolf – The Seven Principles of Self Leadership, needs assessment, referral to community resources, in school presentations, gym nights/recreation programs, cultural outings, Taking Circles / peer support, visiting Elders/teachings, school suspension programming, nutrition programming, life skills.</p> <p><b>For more information, see:</b> <a href="http://www.ssmifc.com/children-youth-services/">http://www.ssmifc.com/children-youth-services/</a></p>	<p><b>Chantelle Day, Coordinator</b>  <b>Tel:</b> (705) 256-5634 ext. 2144  <a href="mailto:wasanabin@ssmifc.ca">wasanabin@ssmifc.ca</a></p>
<b>Sault College Youth in Transition Program</b>	<p>This program supports youth in their successful transition out of the child welfare system into adulthood. The Youth in Transition Worker supports youth one-on-one and group mentorship and support with workshops or opportunities to participate in community events. Workers can provide supports surrounding housing, education, employment, life skills, health and mental health, legal, and more.</p> <p><b>Youth in Transition Work is housed at the Sault College Campus, however, youth DO NOT have to be a Sault College student to access these resources.</b></p>	<p><b>Tel:</b> (705) 987-5980  <a href="mailto:yit@saultcollege.ca">yit@saultcollege.ca</a>  <a href="#">Link to Apply</a></p>
<b>The Northern Outlet Youth Hub</b>	<p>The Northern Outlet is a youth community hub located in Sault Ste. Marie that provides safe, in-person, and virtual programming and activities for youths aged 13-18. There are also events offered for youths aged 13-25.</p> <p>Some examples of their recent events include:            The 2023 Espresso Café with drinks and snacks, art, music and self-care activities, Yoga, Indigenous Art, Paint and Crafts, Movie Nights, Cultural Nights.</p> <p><b>Check out TNO's events page for more information:</b> <a href="https://www.thenorthernoutlet.ca/thenorthernoutletevents">https://www.thenorthernoutlet.ca/thenorthernoutletevents</a></p>	<p><b>Located:</b> 90 Chapple Ave., Sault Ste. Marie  <b>Email:</b> <a href="#">Send an Email</a></p>
<b>Therapeutic Ride Algoma</b>	<p>Provides therapeutic and recreational horseback riding activities in a safe, enjoyable and professional environment. To help improve the physical, social and psychological well-being of people with an assortment of disabilities, including cognitive, developmental, physical, and sensory impairment. TRA provides opportunities for freedom, learning and growth by connecting participants with horses.</p> <p><b>For more information, see:</b> <a href="https://tralgoma.org/">https://tralgoma.org/</a></p>	<p><a href="mailto:therapeuticridealgoma@hotmail.ca">therapeuticridealgoma@hotmail.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>Employment Solutions – Youth Job Connection</b>	<p>This program offers intensive, specialized support to youth between 15 and 29 years of age who are not working, not in school and not in training. While the program is open to all eligible youth, it is intended to assist those who are experiencing significant employment challenges. Youth must be a resident of Ontario and eligible to work in Canada.</p> <p><b>For more information, visit:</b> <a href="https://employment-solutions.ca/job-seekers/youth-job-connection/">https://employment-solutions.ca/job-seekers/youth-job-connection/</a></p>	<p><b>Sault Ste. Marie Office:</b>  <b>Tel:</b> 705-945-0705  <a href="#">Send an Email</a></p>
<b>Sault Community Career Centre – Transition to Independence Program</b>	<p>Through the Transition to Independence Program, youth between the ages of 15-30 get job skills and hands-on paid work experience with local employers. Provides up to 7 weeks (30 hours per week) of customized employment skills training, mental health and wellness support, customer service skills as well as an 8 week paid work placement with a local employer at minimum wage to develop skills through a supportive on-the-job experience based on your employment goals and abilities.</p> <p><b>For more information, see:</b> <a href="https://saultcareercentre.ca/transition-to-independence-program/">https://saultcareercentre.ca/transition-to-independence-program/</a></p>	<p><b>Nathan Muro, Coordinator</b>  <b>Tel:</b> 705-759-0909  <a href="mailto:nathan.muro@saultcareercentre.ca">nathan.muro@saultcareercentre.ca</a></p>
<b>Apatisiwin – Youth Employment Counsellor</b>	<p>Provides employment and training services to Urban Indigenous Youth ages 15-30 including Employment Counselling, Resume/Cover Letters, Application Processing, Training Plan Development, Referrals, Employment Supports, Apprenticeships, Targeted Wage Subsidies, Skills Enhancement, Training Purchase, and Mobility Assistance.</p> <p><b>For more information, see:</b> <a href="http://www.ssmifc.com/education-employment/">http://www.ssmifc.com/education-employment/</a></p>	<p><b>Crystal Derochie, Youth Employment Counsellor</b>  <b>Tel:</b> ext. 2145  <a href="mailto:youthec@ssmifc.ca">youthec@ssmifc.ca</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>SSMIFC– Indigenous Family Court Worker</b>	The goal of the Indigenous Family Court Worker is to assist Indigenous people involved in the Canadian justice system to better understand their rights, options and responsibilities when appearing before the courts. Available to youth aged 12 – 17 on the date of their offence.	<b>Samantha Giuliani, Court Worker</b> Tel: 705-256-5634 ext. 2159 <a href="mailto:nfcw@ssmifc.ca">nfcw@ssmifc.ca</a>
<b>Justice for Children &amp; Youth</b>	Offers Free confidential legal advice for youth under 18 and homeless youth under 25 in Ontario. For more information, see: <a href="https://jfcy.org/en/">https://jfcy.org/en/</a>	<b>Toll Free: 1-866-999-5329</b>

# Financial Assistance for Youth

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>