

Sudbury 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 North Region (DSO NR) Housing Navigators.

This guide is intended to help individuals with navigating housing and homelessness resources within The City of Greater Sudbury.

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, Sault Ste. Marie, 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.

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The City of Greater Sudbury



Return

[The City of Greater Sudbury](#) (The City) is responsible for the provision of community housing policies and programs for the area.

The City's [Housing Services Department](#) provides support to local non-profit and co-operative housing corporations that offer social and affordable housing options throughout the City of Greater Sudbury.

The City of Greater Sudbury Housing Services:

- Social and Affordable Housing programs
- Affordable Home Ownership programs
- Emergency Shelters and outreach
- Housing, Financial and Homelessness supports
- Rent Assistance Programs

How to Contact Housing Services:

City of Greater Sudbury Housing Registry
199 Larch St., Suite 603
P.O. Box 5000 Station A
Sudbury, ON, P5A 5P3

Phone: 705-674-4455 ext. 4678

Fax: 705-671-0825

housing.registry@greatersudbury.ca

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 City of Greater Sudbury, as well as other local organizations operate programs to help residents who are experiencing homelessness, or who are at risk of becoming homeless.



Coordinated Access – The Homelessness Network

[The Homelessness Network](#) is a group of local agencies who support The City's [Coordinated Access System \(CAS\)](#) and provide housing case management services to individuals who are chronically homeless within the community.

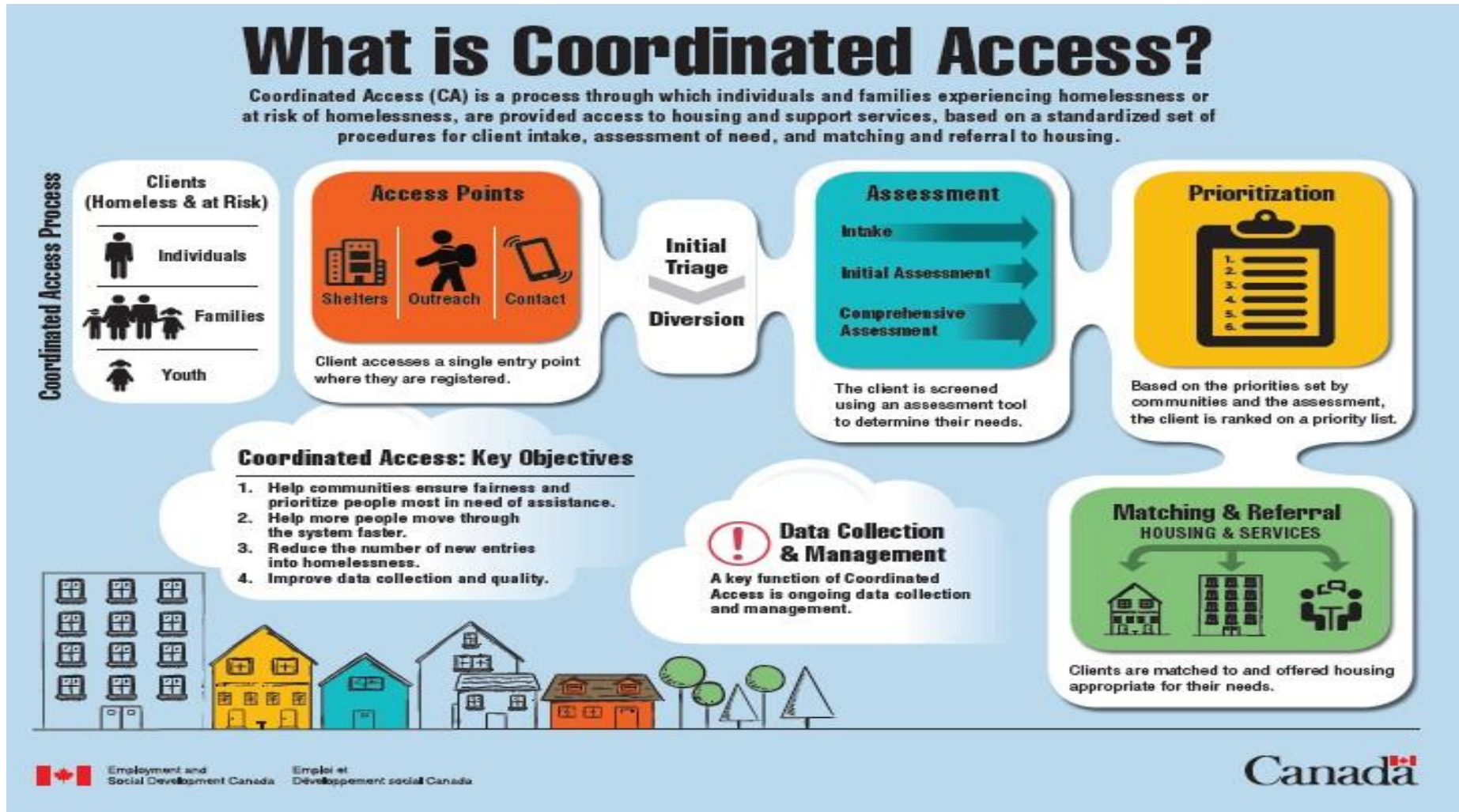
Services & Supports include:

- Supporting individuals resolve their homelessness by finding accommodations;
- Weekly (or more) home visitations;
- Referrals to specialized services where mental health, substance use, or other health issues affect housing retention and successful tenancies.

How it Works:

1. Individuals can contact any of [The Homelessness Network Partners](#) for information, referrals, and/or support;
2. Individuals will be asked to complete a common intake and consent to add their name to the [By-Name Priority List](#) (must be registered on BNPL to receive supports)
 - The By-Name List is a secure real-time list of all people experiencing homelessness in the Greater Sudbury area. This list is used to prioritize individuals and households based on their needs and to ensure no one falls through the cracks.
3. As services, supports, and housing options become available, individuals will be matched based on their needs and eligibility. Assessment and Matching services and supports continue until the individual is successfully housed.

Coordinated Access System



The Homelessness Network

These are organizations involved in The Homelessness Network. If you are experiencing homelessness in the Greater Sudbury area, these organizations may be available for support.

Organization	Contact
Association des jeunes de la rue – Community Outreach	Located: 307 Cedar Street, Sudbury ON. Tel: 705-669-1502 or 705-207-8285
John Howard Society of Sudbury	Access point for services and performs central intake. Located: 204 Pine Street, Sudbury ON. Tel: 705-673-9576 sarajaneb@johnhowardsudbury.com
Centre de santé communautaire du Grand Sudbury	Access point for services and performs central intake. Located: 307 Cedar Street, Sudbury ON. Tel: 705-675-6422
Elizabeth Fry Society N.E.O.	Located: 204 Elm Street, Sudbury ON. Tel: 705-673-1364
Sudbury Action Centre for Youth	Located: 194 Pine Street, Sudbury ON. Tel: 705-673-1364
N'Swakamok Friendship Centre	Located: 110 Elm Street, Sudbury ON. Tel: 705-674-2128

Homelessness Financial Assistance



Through The City, You may be eligible for benefits that will help with rent or housing related bills. Access to the programs listed below is subject to funding availability.

Program	Description	Contact
Community Homelessness Prevention Initiative (CHPI)	<p>Provides financial assistance to help individuals or families establish a residence in the community or to help those at risk of homelessness and may be facing eviction, disconnection of utilities, unsafe or unaffordable accommodations. Funds may also be available for rental arrears, utility arrears, utility connection fees, or last month's rent deposits for persons who are homeless or at risk of homelessness.</p> <p>For more information, visit: CGS Financial Assistance</p> <p>*If you are in receipt of social assistance, either Ontario Works (OW) or Ontario Disability Support Program (ODSP) benefits, please contact your caseworker to apply*</p>	<p>Centre de Santé Communautaire du Grand Sudbury: Located: 307 Cedar Street, Sudbury ON. Tel: 705-618-8810</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 – may not be an exhaustive (complete) list. The City also provides a [Guide to Homelessness Services in Greater Sudbury](#)

Program	Description	Contact
CMHA Sudbury/Manitoulin – Off the Street Shelter	A 30 bed shelter with outreach and referral services to individuals 16+ of all genders who are homeless and unable to access other shelter services. Hours: 10:00pm to 8:00am, 7 days per week (including holidays) For more information, visit: https://sm.cmha.ca/programs-services/200-larch/	Located: 200 Larch St., Sudbury ON. Tel: 705-675-7252 Toll-Free: 1-866-285-2642 info@cmha-sm.on.ca
Cedar Place	Emergency women’s shelter (ages 20+). Provides a safe place to sleep, three meals, access to washrooms and showers, and housing-focused referral services. Hours: 24 hours per day, seven days per week (including holidays)	Located: 261 Cedar St., Sudbury ON. Tel: 705-586-3293 cedarplace@eastlink.ca
Nest Youth Overnight Shelter	Provides overnight drop-in services, food, hygiene supplies, and a safe place to rest for youth aged 16 to 24 years. Hours: 10pm – 10am, 7 days a week (including holidays)	Located: 95 Pine St., Sudbury ON. Tel: 705-673-4396
Elizabeth Fry Society Safe Harbour House	Provides 9 emergency shelter beds for women and gender-diverse individuals aged 19 and over.	Located: 288 Kingsmount Blvd., Sudbury ON. Tel: 705-673-1364
Extreme Cold Weather Alert	When an Extreme Cold Weather Alert is issued, the Homelessness Network Team operates an outreach van overnight to transport people to safe shelter or provide clothing and blankets	Tel: 705-669-1502

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



Canadian Mental
Health Association
Sudbury/Manitoulin
Mental Health &
Addiction Services

Association canadienne
pour la santé mentale
Sudbury/Manitoulin
Services de santé mentale
& de toxicomanie

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

Program	Description	Contact
CMHA-SM Supportive Housing	<p>Moonlight Avenue Home is an 8 bedroom, shared living home at 297 Moonlight Avenue. It provides permanent housing in a cooperative living environment, where there is shared responsibility of managing the household. The Residential Support Team also provides 14 hours of support per day, including peer outreach, skill-building and case management.</p> <p>For more information, visit: https://sm.cmha.ca/programs-services/housing-programs-residential/</p>	<p>Tel: 705-675-7252 Toll-Free: 1-866-285-2642 info@cmha-sm.on.ca</p>
CMHA-SM Transitional Housing	<p>Victoria Street Place is a 7 bedroom shared living home that provides transitional housing with an occupancy term of 8 months. Residential Support Team provides opportunities to link individuals to community resources and to receive assistance in securing housing.</p> <p>For more information, visit: https://sm.cmha.ca/programs-services/housing-programs-residential/</p>	<p>Tel: 705-675-7252 Toll-Free: 1-866-285-2642 info@cmha-sm.on.ca</p>
CMHA-SM Community Homes for Opportunity	<p>Community Homes for Opportunity, Community Homes for Opportunity (CHO) provides tenants who have a serious mental illness with a recovery oriented supportive housing environment. It offers 24/7 support services to maintain housing stability. There is one 12-bed CHO home in the Greater Sudbury area supporting residents 18 years of age and older.</p> <p>For more information, visit: https://sm.cmha.ca/programs-services/housing-programs-residential/</p>	<p>Tel: 705-675-7252 Toll-Free: 1-866-285-2642 info@cmha-sm.on.ca</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 City of Greater Sudbury and other community agencies provide access to **RGI** housing units and **Rent Supplements** to offer affordable housing to individuals with low to moderate incomes, seniors, or people with special needs.

Program	Details
Rent Geared to Income (RGI)	<p>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://www.greatersudbury.ca/live/community-housing/housing-services1/apply-for-community-housing/</p>
CMHA-SM Rent Supplement Program	<p>Rent Supplement is a provincially funded service that provides a rent subsidy to individuals who require financial assistance to obtain or maintain suitable housing. The purpose of the service is to assist individuals in accessing decent, safe, affordable and secure housing. The service operates in partnership with landlords who operate in the Sudbury/Manitoulin district in CMHA approved units.</p> <p>For more information and how to apply, visit: https://www.greatersudbury.ca/live/community-housing/housing-services1/apply-for-community-housing/</p>

Applying for Social Housing



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You can apply for The City's RGI Housing Units through the [Online Application for Social Housing](#) or you can complete this [Application Form](#) and submit in-person.

Applicants will be assessed for eligibility and placed on the **Centralized Waiting List**. When there is a vacancy, a unit is offered to the next eligible household on the list.

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

To apply for Rent-Geared-to-Income housing, you will need make sure you have the following documents for all household members:

- [Legal status in Canada documentation](#) for all household members (Drivers License and Health Cards are **NOT** accepted)
- The Consent and Declaration form for all household members over 16 years of age (provided in the application)
- Income ([Notice of Assessment](#)), including income generated from assets is to be declared in the application
- Information about any money owed to, or re-payment plans with a Social Housing Provider (for those who have accessed social housing in the past)

Affordable Rental Housing

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

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

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

2024 Greater Sudbury Average Market Rent (AMR)

Unit Size	Average Market Rent (\$)
1 Bedroom	\$1043
2 Bedroom	\$1367
3 Bedroom	\$1469

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

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



Affordable Rental Housing



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The following are examples of **Affordable Rental Housing** options within Greater Sudbury – may not be an exhaustive (complete) list.

Program	Details	Contact
<p>City of Greater Sudbury – SHARP Housing Benefit</p>	<p>SHARP is a benefit that can be paid directly to low-income applicant households to help make the rent more affordable. To qualify for this housing allowance, an applicant household must be on the centralized wait list for community housing, reside in Greater Sudbury, be in receipt of either Ontario Works or Ontario Disability Support Program, a senior, or qualified as being on the Urgent or Special Priority wait list. The set amount for this housing allowance is \$250 for a single person who lives in a self-contained unit where the rent does not exceed \$1,134.</p> <p>For more information: CGS SHARP Housing Benefit</p>	<p>Tel: 705-671-2489 ext. 3870 housing.registry@greatersudbury.ca</p>
<p>Canada Ontario Housing Benefit (COHB)</p>	<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 City manages COHB benefits for the area.</p> <p>To learn more, you can visit: Canada Ontario Housing Benefit</p>	<p>Tel: 807-223-6500 Toll-Free: 1-800-461-5766</p>
<p>Ontario Aboriginal Housing Services</p>	<p>OAHS offers rental opportunities to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-geared-to-income, affordable, and market rent units.</p> <p>For more information, visit: https://www.ontarioaboriginalhousing.ca/rental-housing</p>	<p>Housing Services Rep: Toll-Free – 1-866-391-1061 info@oahssc.ca Link to Application</p>
<p>Native People of Sudbury Development Corporation</p>	<p>Provides housing opportunities for Native families, Elders, single individuals, and couples in Sudbury and Espanola, Ontario.</p> <p>For more information, visit: http://www.nativehousing.org/index.htm</p>	<p>Tel: 705-674-9996 Toll-Free: 1-800-300-6713 info@nativehousing.org Link to Application</p>

Co-Operative Housing

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

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



Co-Operative Housing

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

Program	Details	Contact
Ashwood Co-operative Homes Inc.	A 44 unit co-operative housing unit for families. Includes 17 two bedroom townhouses, 23 three two bedroom townhouses and 4 four bedroom townhouses. Located: 905 Cambrian Heights, Unit #34, Sudbury ON. For more information: Ashwood Co-Operative Housing	Tel: 705-524-2155 ashwoodcooperative@outlook.com
Co-Operative Homes of Prosperity and Equality (HOPE) Inc.	Co-operative Homes of Prosperity and Equality has 46 apartment and townhouse units for seniors, couples, singles and families a wide range of units including: 19 one-bedroom apartments (one is modified for wheelchair access), 1 two-bedroom apartment (modified for wheelchair access), 4 one-bedroom stacked apartments and more. Located: 80 Barry St., Sudbury ON. For more information: Co-Operative Homes of Prosperity and Equality	Tel: 705-525-2276 hopecoop@hopecoop.biz
Guhbawin Co-operative Housing	Guhbawin Co-operative Housing has 50 townhouses for seniors, couples, singles and families including: 16 one-bedroom townhouses (two are wheelchair accessible), 17 two-bedroom townhouses, 17 three-bedroom townhouses. Located: 2120 Wayne Road, Unit 51, Sudbury ON. For more information: Guhbawin Co-operative Housing	Tel: 705-523-1306 Guhbawinco-op@bellnet.ca
Balfour Co-Operative Homes Inc.	Balfour Co-operative Homes has 45 semi-detached homes for families and seniors including: 21 two-bedroom units (two are wheelchair accessible), 20 three-bedroom units, 4 four-bedroom units. Located: 3604 Keith Ave., Chelmsford ON For more information: Balfour Housing Co-Op	Tel: 705-855-8997 Coop.balfour@eastlink.ca

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 that may be available in the district or across Ontario – may not be an exhaustive (complete) list.

Program	Description	Contact
Habitat For Humanity Gateway North	Provides a unique "Habitat for Humanity mortgage" that makes home ownership affordable for lower income families. Homes are sold to families at fair market value with no down payment and no interest. Families provide 500 volunteer hours helping build their home and the homes of others. Mortgage payments are calculated annually, so that shelter costs are never more than 25% of household income. For more information, visit: https://www.habitatgatewaynorth.com/	Tel: 705-646-0106

Market Rental Housing

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



Searching for Rental Housing



Online Search

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

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



Social Media

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

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

Set alerts to receive notifications on new rentals ads.

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



Community Resources

The Homelessness Network of Sudbury releases an updated weekly Housing list with information on available affordable market rental units for the Greater Sudbury area to support individuals with finding housing.

To access the Housing List, visit:
<https://homelessnessnetwork.ca/housing-list/>



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

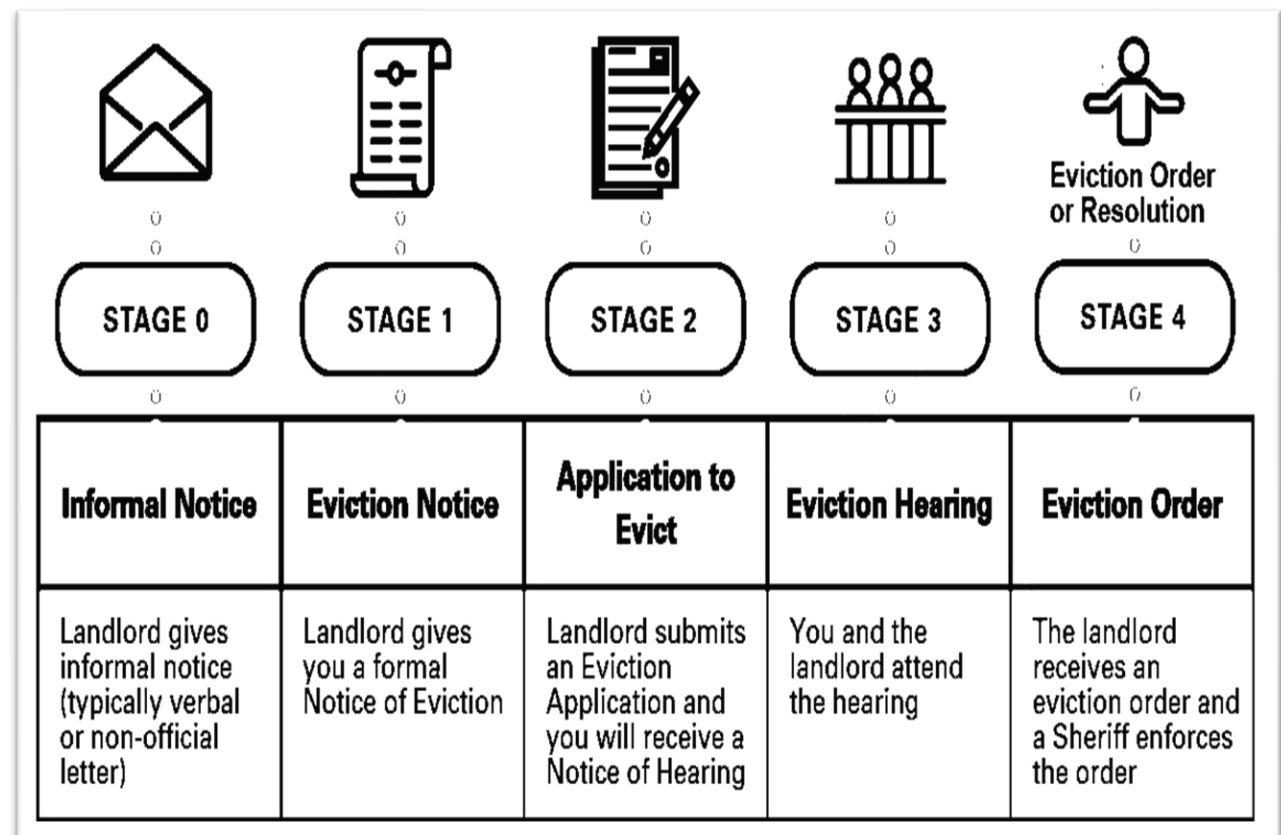
Eviction is the removal of a tenant from a rental property by the landlord.

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

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	Description & Website
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

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CLEO produces clear, accurate and practical legal information to help people understand and exercise their legal rights.

Visit their website for more details:

<https://www.cleo.on.ca/en>



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

Visit their website for more details:

<https://housingrightscanada.com/>

Legal Aid



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

Program	Details	Contact
Sudbury Community Legal Clinic	Provides free legal services for low income residents of the District of Sudbury in both French and English. Offers legal advice in areas of Housing Law, ODSP and OW issues and Health and Disability issues. For more information, visit: https://www.sudburylegalclinic.com/	Tel: 705-674-3200 Toll-Free: 1-800-697-8719
Ontario Legal Information Centre	Offers a free 30 minute phone meeting with a lawyer and is available to anyone in Ontario. Lawyers can provide general legal information to help you understand your legal situation and learn about your options and can refer you to local organizations or resources that may be helpful. For more information, visit: https://legalinfocentre.ca/	Tel: 1-613-842-7262 Toll-Free: 1-844-343-7462
Pro Bono Ontario – Free Legal Advice Hotline	The Free Legal Advice Hotline offers 30 minutes of free legal advice and assistance to those who cannot afford a lawyer. The Hotline can help tenants with legal issues surrounding housing and tenant rights. For more information, visit: https://www.probonoontario.org/housing/	Toll-Free: 1-855-255-7256
The Law Society of Ontario – Referral Service	Connects individuals looking for legal assistance with a lawyer in Ontario and provides a free 30 minute consultation to discuss your concerns and ask questions. For more information, visit: https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service?lang=en-ca	Link to Application

Market Home Ownership

Market Home Ownership is housing that is for sale in the open housing market and the cost of the housing is not subsidized (reduced) in any way.



Financial Assistance for Homeowners

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

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](#).



The N'Swakamok Native Friendship Centre



The Friendship Centre Movement (FCM) is the country's most significant off-reserve Indigenous service delivery infrastructure. 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 N'Swakamok Native Friendship Centre offers wholistic and cultural based supportive programs and services that are needed in their community. Programs and services are provided in the areas of housing and legal support as well as culturally based health and wellness programs.

Programs offered by the Centre include:

- [Translation & Healing Wellness Program](#)
- [Urban Aboriginal Healthy Lifestyles Program](#)
- [Community Support Program](#)
- [Aboriginal Homelessness & Housing Support Program](#)
- See all programs here:
<http://www.nfcsudbury.org/home.htm>

Contact Information:

Located: 110 Elm St., Sudbury ON.
Tel: 705-674-2128

www.nfcsudbury.org

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

Indigenous Mental Health/Crisis Resources

Return



Shkagamik-Kwe
HEALTH CENTRE

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
Shkagamik-Kwe Health Centre	Shkagamik-Kwe Health Centre Provides health and social services to First Nations, Métis and Inuit individuals within the community. For more information, visit: https://skhc.ca/	Located: 105 Elm Street, Suite E4, Sudbury ON. Tel: 705-675-1596 info@skhc.ca
Noojimo Health	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. For more information: https://noojimohealth.ca/index.php	Tel: 1-833-277-5678 Contact Link
Hope for Wellness Helpline	A helpline service available to all Indigenous people across Canada. 24/7 Access to talk with experienced and culturally competent counsellors. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inuktitut. For more information, visit: https://www.hopeforwellness.ca/about-us/	Toll-Free: 1-855-242-3310
Talk4Healing	A 24/7 confidential helpline for Indigenous women available in 14 Indigenous languages, English, and French across Ontario. The helpline provides culturally sensitive and non-judgmental crisis counselling, advice, support, and referrals.	Toll-Free: 1-855-554-HEAL

Indigenous Legal Resources

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
N'Swakamok – Aboriginal Courtwork Program	<p>The Aboriginal Courtwork Program provides assistance to all Aboriginal people who are in conflict with the law, whether they are Status, Non-status or Metis.</p> <p>For more information: http://www.nfcsudbury.org/Brochures/Aboriginal%20Courtwork%20Program.pdf</p>	<p>Tel: 1-705-674-2128 Margaret Linklater, Court Worker courtworker@nfcsudbury.org</p> <p>Norman Beauvais, Court Worker courtworker@on.aibn.com</p>
The Humans Right Legal Support Centre – Indigenous Services	<p>The HRLSC established an Indigenous Services and Outreach Committee and has implemented culturally appropriate service guidelines in order to increase usage of the human rights system by Indigenous peoples. The HRLSC is committed to providing Indigenous people with an accessible legal service. Services are provided in 140 languages including Cree, Oji-Cree, Mohawk, and Ojibway.</p> <p>For more information: https://hrlsc.on.ca/indigenous-services/ or Indigenous Services Brochure</p>	<p>Toll Free: 1-866-625-5179 TTY Toll Free: 1-866 612-8627</p>
Steps to Justice: Your Guide to Law in Ontario	<p>This resource provides answers to frequently asked questions regarding the rights as an Indigenous person in contact with the criminal justice system. At the bottom of the page, you will find additional tools and resources to help Indigenous people navigate supports and services.</p> <p>Find the resource here: https://stepstojustice.ca/?s=indigenous</p>	

Indigenous Employment Supports

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

Program	Details	Contact
N'Swakamok – Apatisiwin Indigenous Employment and Training Program	<p>To assist Aboriginal people (over the age of 15) in identifying and securing employment opportunities. To identify and access education and training with the ultimate goal of obtaining meaningful employment. To identify and breach the barriers Aboriginal people face in competing and maintaining employment in the job market.</p> <p>Find information for the youth program here: Youth Employment Programs</p> <p>For more information: Apatisiwin Program Brochure</p>	<p>Tel: 1-705-674-2128</p> <p>Rachel Flamand, Employment Coordinator nokiwin@on.aibn.com</p> <p>Lorraine Migwans, Career Developer ccd@nfcsubury.org</p>
Gezhtoojig Employment and Training	<p>This resource centre provides employment, training and business services to Anishnabek people. Learn more here: https://gezhtoojig.ca/</p>	<p>Email: getinfo@gezhtoojig.ca</p> <p>Telephone: 705-524-6772</p>

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
N'Swakamok – Translation Program	Operates jointly with health professionals and agencies ensuring that a more effective and efficient service is provided to the urban Aboriginal population who request translation services. For more information: Program Brochure	Tel: 1-705-674-2128 Bridget Elliot, AHWS Worker ahwp@on.aibn.com
N'Swakamok – Healing & Wellness Program	Ensures that the Healing & Wellness needs of the Aboriginal community are addressed by implementing the Aboriginal Healing & Wellness Strategy at the local level in order to reduce family violence, promote healthy lifestyles and provide culture based programming. For more information: Program Brochure	Tel: 1-705-674-2128 Ann-Marie Recollet, AHWS Worker ahws@nfcsudbury.org
N'Swakamok – Drug and Alcohol Program	Assists Aboriginal people in addressing alcohol & drug issues and preventing/minimizing the negative effects of addictive substances in the Aboriginal individual, family and community. For more information: Drug and Alcohol Program Brochure	Tel: 1-705-674-2128 Lisa Osawamick, Drug and Alcohol Worker daap@on.aibn.org Brain Nootchtai, Drug and Alcohol Worker daap@nfcsudbury.org
Hope for Wellness Helpline	A helpline service available to all Indigenous people across Canada. 24/7 Access to talk with experienced and culturally competent counsellors. Both telephone and online services are available, telephone services are available in Cree, Ojibway and 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

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
Ontario Aboriginal Housing Services	<p>OAHS offers rental opportunities to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-geared-to-income, affordable, and market rent units.</p> <p>For more information, visit: https://www.ontarioaboriginalhousing.ca/rental-housing</p>	<p>Housing Services Rep: Toll-Free – 1-866-391-1061 info@oahssc.ca Link to Application</p>
N'Swakamok -Housing Support Program	<p>This program looks to develop a support system for Homeless Aboriginals, assist clients in developing basic life skills which will help in self motivation and increase the awareness of homelessness in the City of Greater Sudbury.</p> <p>Can be accessed through The Homelessness Network.</p> <p>For more information, visit: Housing and Homelessness Support Program Brochure</p>	<p>Tel: 705-674-2128 Olivia Perry, Support Worker Nfc_outreach@bellnet.ca</p> <p>Darren McGregor, Support Worker uahi@on.aibn.com</p> <p>Wanda Beaudry, Case Manager cityhome@nfcsudbury.com</p>
Native People of Sudbury Development Corporation	<p>Provides housing opportunities for Indigenous families, Elders, single individuals, and couples in Sudbury and Espanola, Ontario.</p> <p>For more information, visit: http://www.nativehousing.org/index.htm</p>	<p>Tel: 705-674-9996 Toll-Free: 1-800-300-6713 info@nativehousing.org Link to Application</p>

The Métis Nation of Ontario

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

Program	Details	Contact
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: Metis Nation Housing Programs</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: Metis Nation Emergency Repair</p>	<p>Housing Programs Team: Tel: 705-722-5022 Ext. 302 ERP@metisnation.org Link to Application</p>
Métis Housing Stabilization Program	<p>Addresses homelessness and housing instability by providing housing loss prevention and housing stabilization services and supports individuals and families who are homeless, at immediate risk of becoming homelessness, or in an unstable housing situation. Services include: housing crisis intervention, eviction prevention support, support with housing applications, resource and information support, and much more.</p> <p>For more information, visit: Metis Nation Housing Stabilization Program</p>	<p>Housing Stabilization Team: Toll-Free: 1-800-263-4889 Ext. 350 housingstabilization@metisnation.org</p>

Greater Sudbury 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** – may not be an exhaustive (complete) list

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



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Program	Details	Contact
Adult Enrichment Centre	Provides employment support to adults with intellectual disabilities and assists in exploring job opportunities within the community. For more information, visit: https://www.adulthenrichment.ca/	Located: 125 Durham St., Sudbury ON. Tel: 705-470-7475
YMCA of Northeastern Ontario	Offers employment programs and services to support individuals with finding meaningful job opportunities. For more information, visit: https://www.ymcaneo.ca/employment-services/	Tel: 705-674-2324 Employment-info@ymcaneo.ca
Northern Vocational Services	Provides employment services and supports to help individuals overcome barriers to employment and develop the skills needed to be successful in the workforce. For more information, visit: https://www.northernvocationalservices.com/	Tel: 705-674-4141
N'Swakamok – Apatisiwin Indigenous Employment and Training Program	To assist Aboriginal people (over the age of 15) in identifying and securing employment opportunities. To identify and access education and training with the ultimate goal of obtaining meaningful employment. To identify and breach the barriers Aboriginal people face in competing and maintaining employment in the job market. For more information: Apatisiwin Program Brochure	Tel: 1-705-674-2128 Rachel Flamand, Employment Coordinator nokiiwin@on.aibn.com Lorraine Migwans, Career Developer ccd@nfcsudbury.org

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
<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 have applied and be eligible for funding through OSAP or an institution-based bursary. For more information, visit https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/POCONT1_067672</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.</p> <p>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.</p> <p>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>

Community Supports

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



Program	Details	Contact
Sudbury Community Service Centre	Provides programming for adults with intellectual disabilities including Case Management, Advocacy, Emotional Support, Crisis Management and Life skills. For more information, visit: https://sudburycommunityservicecentre.ca/	Located: 1166 Roy Ave., Sudbury ON. Tel: 705-560-0430 Toll-Free: 1-800-685-1521 scsc@vianet.on.ca
Community Living Greater Sudbury	Day Support Centers offer a wide range of supports and opportunities for individuals to experience new opportunities and learn life skills component through instruction and training in a number of areas. For more information, visit: https://communitylivinggreatersudbury.ca/	Located: 450 Notre Dame Ave., Sudbury ON. Tel: 705-671-7181 genrealemail@clgs.ca
Independent Living Sudbury Manitoulin (ILSM)	Provides programs and activities that are available to the members, essentially to provide them with information, awareness and education. For more information, visit: https://www.ilsm.ca/ab	Located: 125 Durham St., Sudbury ON. Tel: 705-675-2121 info@ilsm.ca
Adult Enrichment Centre	The programming includes life skill training, enabling individuals to become more independent in their home and community. For more information, visit: https://www.adultenrichment.ca/	Located: 125 Durham St., Sudbury ON. Tel: 705-470-7475
Transit & Transportation	Municipalities and transportation services may offer accessible transportation options for individuals in the community who are unable to use regular transit services.	GOVA Plus Transit

Home Supports

The following are examples of **home support services** offered in the Greater Sudbury area – may not be an exhaustive (complete) list

Program	Details	Contact
Ontario Health at Home – North East	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://healthcareathome.ca/region/north-east/	Toll-Free: 800-461-2912
ParaMed	Provides home support and nursing services for clients of all ages. Home support services include: bedside care, hygiene (bathing, grooming, dressing), feeding, medication assistance, mobility. For more information, visit: https://www.paramed.com/services/help-at-home/personal-home-care/	Tel: 705-525-5934 Toll-Free: 1-866-728-1903 Assessment Application Link
Canadian Shield Health Care Services	Provides home care and nursing services for individuals, no matter their age. Home care services include: personal care, mobility, medication, light meal preparation, education, support and safety. For more information, visit: Canadian Shield Services	Northern Ontario Office: Tel: 705-618-7233 Toll-Free: 1-888-840-1188 info@canadianshieldhealth.com
Right at Home	Provides Companion Care, Personal Care, Nursing Care and Specialty Care for individuals of all ages who are living in the community. For more information, visit: https://www.cbihealth.ca/clients/all-services	Tel: 705-302-0089 Send an Email
Universal Home Care and Associates.	Provides Companion Care, Personal Care, Nursing Care and Specialty Care for individuals of all ages who are living in the community. For more information, visit: https://universalhomecare.ca/	Tel: 705-523-9100 Send an Email

Mental Health and Crisis Services

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

Provider	Details	Contact
Sudbury Community Service Centre	Provides crisis management and assists service users in adapting to and/or coping with unexpected life changes. For more information, visit: https://sudburycommunityservicecentre.ca/	Located: 1166 Roy Ave., Sudbury ON. Tel: 705-560-0430 Toll-Free: 1-800-685-1521 scsc@vianet.on.ca
Canadian Mental Health Association Sudbury/Manitoulin	CMHA-SM provides services to individuals within the Sudbury and Manitoulin districts. Promotes healthy people and communities through advocacy and the provision of safe, inclusive and accessible mental health and addictions services. For more information, visit: https://sm.cmha.ca/programs-services/	Located: 11 Meredith St., Little Current ON Tel: 705-675-7252 Toll-Free: 1-866-285-2642 info@cmha-sm.on.ca
Northern Initiative for Social Action (NISA) Warm Line	Offers peer support and addresses some of the challenges facing people with lived experience of mental illness. For more information, visit: NISA Warm Line Information	Toll-Free: 1-866-856-9276 (WARM)
Health Sciences North – Crisis Intervention	Provides free 24/7 crisis intervention support to individuals in the Sudbury and Manitoulin Districts. No appointments necessary. Mobile Services provides outreach from 10:00am to 8:30pm, 7 days a week. For more information, visit: http://www.crisishelp.ca/	Located: 127 Cedar Street, Sudbury ON. Tel: 705-675-4760 Toll-Free: 1-877-841-1101
Hope for Wellness Helpline	The Hope for Wellness Helpline is a crisis prevention/intervention service available to all Indigenous people across Canada. They offer experienced and culturally competent counsellors who are reachable 24/7. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inukitut. For more information, visit: https://www.hopeforwellness.ca/about-us/	Toll-Free: 1-855-242-3310

Food Banks

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

[Sudbury Food Bank](#) provides an up-to-date list of operating food banks in the Greater Sudbury area.

Provider	Details	Contact
Better Beginnings Better Futures – Emergency Food Cupboard	Located: 1169 Dollard St., Sudbury ON. Hours: Monday to Friday, 8:30am-4:30pm	Tel: 705-675-7550
New Sudbury Food Bank	Located: 1169 Dollard St., Sudbury ON. Hours: Tuesdays, 10:00am – 12:00pm	Tel: 705-675-7550
Inner City Home of Sudbury	Located: 251 Elm St., Sudbury ON. Hours: Monday to Friday, 1:00pm – 4:00pm	Tel: 705-675-7550
Salvation Army Family Services	Located: 643 Notre Dame Ave., Sudbury ON. Hours by appointment only: Monday to Friday., 9:05am – 12:15pm No appointment necessary: Monday and Friday, 1:00pm – 2:00pm	Tel: 705-673-5893 ext. 204
Holy Redeemer Minnow Lake Food Bank	Located: 1887 Bancroft Dr., Sudbury ON. Hours: Thursdays, 3:0pm – 5:00pm	Tel: 705-566-9409
Grace Family Church	Located: 426 Burton Ave., Sudbury ON. Hours: Every second Wednesday, 10:30am – 12:00pm For more information, visit: http://www.gracefamilysudbury.com/	Tel: 705-673-1512

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.

Provider	Description	Contact
Elgin Street Mission	Located: 344 Elgin Street, Sudbury ON. Hours: Breakfast - Monday – Friday, 8:00am – 9:30am (Coffee until 11:30am) Brunch - Saturdays & Sundays, 10:00am – 11:30am Dinner – Daily, 5:30pm to 7:00pm	Tel: 705-673-2163
Blue Door Soup Kitchen	Located: 344 Elgin Street, Sudbury ON. Hours: Lunch - Monday – Friday, 11:00am – 2:00pm For more information, visit: https://bluedoorsoup.ca/	Tel: 705-675-5300 bluedoorsoup@eastlink.ca

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 – may not be an exhaustive (complete) list.

Provider	Description	Contact
Independent Living Sudbury Manitoulin – Meals on Wheels	<p>Hot Meal: Available Monday to Friday. Hot meals consist of main entrée, soup, salad, bread, and a dessert and a drink. Price: \$7.75 - \$8.25/meal</p> <p>Frozen Meals: Available to ordered and delivered bi-weekly. Frozen meals consist of entrée, soup and dessert. Price: \$8.50/meal</p> <p>Services the areas of Greater Sudbury, Valley East, Capetrol, Walden, Copper Cliff, Coniston, Garson, Falconbridge, Rayside Balfour, Levack, Onaping Falls, Skead, and Wahnapiatae.</p> <p>For more information, visit: https://sudburymeals.org/</p>	<p>Located: 1127 Bancroft Drive, Sudbury ON.</p> <p>Tel: 705-525-4554</p> <p>meals25@sudburymeals.org</p>
Independent Living Sudbury Manitoulin – Grocery Program	<p>Provides personalized weekly grocery shopping right to the clients' door.</p> <p>For more information, visit: https://sudburymeals.org/</p>	<p>Located: 1127 Bancroft Drive, Sudbury ON.</p> <p>Tel: 705-525-4554</p> <p>meals25@sudburymeals.org</p>
Meals on Wheels (Sudbury) – Hot Meal Program	<p>Hot Meal Delivery: Monday to Friday</p> <p>Hot meals consist of main entrée, soup, salad, bread, and a dessert and a drink.</p> <p>Price: \$7.75 - \$8.25/meal</p> <p>For more information, visit: https://sudburymeals.org/</p>	<p>Tel: 705-525-4554</p> <p>meals25@sudburymeals.org</p>

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.

Provider	Description	Contact
Better Beginnings Sudbury – Community Closet	Provides access donated clothing and household goods to the community at no charge and a safe and confidential place where community members can meet and access other community resources. Hours: Mondays and Tuesdays, 10:00am – 3:00pm, by appointment only For more information, visit: https://betterbeginningssudbury.ca/community-closet/	Located: 450 Morin Ave., Sudbury ON. Tel: 705-671-1941 ext. 235
Jarrett Value Centre	Hours: Monday to Friday 10:00am – 3:30pm, Saturday 9:30am-4:00pm	Located: 760 Notre Dame Ave., Sudbury ON. Tel: 705-525-5100
Value Village	Hours: Monday to Saturday 10:00am – 9:00pm, Sunday 10:00am-7:00pm	Located: 799 Notre Dame Ave., Sudbury ON. Tel: 705-525-2339
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

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

Program	Details	Contact
K'Swakamok - Wasa Nabin Youth Program	<p>The Wasa-Nabin Program is designed to improve the quality of life if urban Aboriginal youth through the delivery of culturally appropriate services and programs. The program is specifically designed to provide a comprehensive set of activities for at risk urban Aboriginal youth ages 13-18 yrs.</p> <p>For more information, see: Wasa Nabin Program Brochure</p>	<p>Tel: 705-674-2128 Darryl Walker, Program Coordinator wasanabin@nfcsudbury.org</p>
YMCA NEO – Youth in Transition	<p>Youth aged 16-24 in Sudbury who have been in the care of a Children's Aid Society or are leaving care, will work with the Youth in Transition Worker and develop a plan based on personal goals and needs.</p> <p>For more information: https://www.ymcaneo.ca/community-youth-in-transition/</p>	<p>Tel: 249-377-5648 yit@ymcaneo.ca</p>

Youth Housing Supports

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

Youth Employment Programs

Program	Details	Contact
Community Living Ontario – Student Links Program	<p>Student Links is a collaborative program that provides an opportunity for students (ages 14 to 21) who have an intellectual disability to explore ideas for their future after high school. It matches students and mentors who share a common passion or interest. The goal is to enhance their capacity to make informed decisions about their future prior to leaving school and to support the natural development of relationships and connections to their community.</p> <p>For more information, visit: https://communitylivingontario.ca/what-we-do/student-links/</p>	<p>Brigitte Labby Tel: 705-674-0224 (text or call) blabby@communitylivingontario.ca</p>
N'Swakamok – Apatisiwin Indigenous Employment and Training Program	<p>To assist Aboriginal people (over the age of 15) in identifying and securing employment opportunities. To identify and access education and training with the ultimate goal of obtaining meaningful employment. To identify and breach the barriers Aboriginal people face in competing and maintaining employment in the job market. For more information: Apatisiwin Program Brochure</p>	<p>Tel: 1-705-674-2128 Rachel Flamand, Employment Coordinator nokiwin@on.aibn.com</p>

Financial Assistance for Youth

Program	Details	Contact
Telus Mobility for Good	<p>Mobility for Good® helps youth aging out of care achieve independence by providing them with a free phone and a \$0 plan. This enables them to stay in touch with friends and vital support networks, search for somewhere to live, find education and job opportunities, and build credit.</p> <p>For more information, see: Telus Youth Programs</p>	<p>Telus Mobility for Good</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
CMHA Sudbury/Manitoulin – Youth Mental Health Court Outreach	Youth Mental Health Court Outreach is a service that provides support to youth aged 12 to 17 years of age, who are involved in the court system, by providing court support, mental health diversions, advocacy and education etc. Community education regarding youth mental health is provided, as requested. For more information: https://sm.cmha.ca/programs-services/justice-program/	Caitlin Germond, Coordinator, Justice Services cgermond@cmha-sm.on.ca
N'Swakamok – Aboriginal Courtwork Program	The Aboriginal Courtwork Program provides assistance to all Aboriginal people who are in conflict with the law, whether they are Status, Non-status or Metis. For more information: http://www.nfcsudbury.org/Brochures/Aboriginal%20Courtwork%20Program.pdf	Tel: 1-705-674-2128 Margaret Linklater, Court Worker courtworker@nfcsudbury.org Norman Beauvais, Court Worker courtworker@on.aibn.com
Justice for Children & Youth	Offers Free confidential legal advice for youth under 18 and homeless youth under 25 in Ontario. For more information, see: https://jfcy.org/en/	Toll Free: 1-866-999-5329