

Thunder Bay 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 Ontario Northern Region (DSO NR) Housing Navigators.

This guide is intended to help individuals navigate housing and homelessness resources in the Thunder Bay 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**

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 District of Thunder Bay Social Services Administration Board

[The District of Thunder Bay Social Services Administration Board \(TBDSSAB\)](#) is one of ten DSSABs across the north. The service areas include: Thunder Bay, Geraldton, Kakabeka, Longlac, Manitouwadge, Marathon, Nipigon and Schreiber.

The TBDSSAB is responsible for the provision and delivery of [Ontario Works](#), [Child Care & Early Years](#), and [Housing & Homelessness Programs](#). They assist individuals and families by offering affordable housing and rent options and initiatives that support individuals experiencing or are at risk of homelessness throughout the district.

The TBDSSAB owns and operates a total of **2,473 community housing units** and is responsible for the funding and administration of approximately 1075 community housing units owned and managed by 21 non-profit providers. There are also approximately 495 housing units made available by private landlords under the rent supplement program.

Contact Information:

Located: 231 May Street South, Thunder Bay ON.
Hours: Monday – Friday, 8:30am – 4:30pm
Tel: 705-807-2111
contact.us@tbdssab.ca



THE DISTRICT OF THUNDER BAY
SOCIAL SERVICES ADMINISTRATION BOARD

The Housing Continuum

The **housing continuum** in Ontario refers to the range of housing options available to individuals and families, which vary in terms of affordability, support, and access. The image below is the housing continuum and illustrates the spectrum of housing needs and solutions, from emergency shelters to homeownership.



Homelessness

Homelessness describes the situation of someone who is without stable, permanent and appropriate housing. The TBDSSAB, as well as other local organizations operate programs to help individuals who are experiencing homelessness, or who are at risk of becoming homeless.



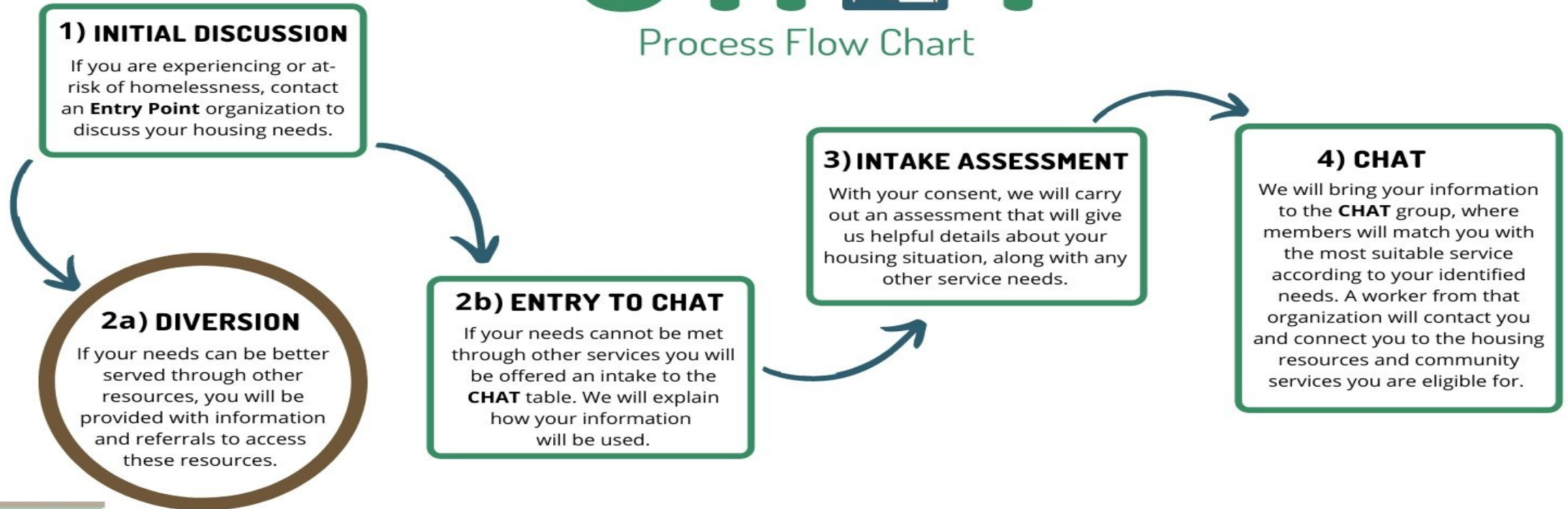
Coordinated Housing Access Table

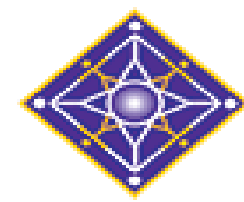
The Coordinated Housing Access Table ([CHAT](#)) is a group of service providers who offer housing and/or housing support services and resources to individuals or families who are experiencing homelessness in Thunder Bay. For a referral to CHAT, contact any of these entry points.

Program	Details	Contact
Alpha Court	Offers case management services for individuals who are struggling with mental health or addictions and wish to work on recovery goals with a community support worker. Rent subsidies are available for clients who are also in need of housing. For more information, visit: http://www.alphacourt.ca/	Intake: 807-683-8200 Contact Us
Beendigen	Beendigen provides FREE support and services to ensure women and children have a safe environment to live in, free from violence. We are a confidential, safe and supportive place where women can explore their options. For more information, visit: https://www.beendigen.com/	Intake: 807-626-6839
CMHA Thunder Bay	Provides case management and rent supplements to individuals with mental health concerns to access safe and affordable housing. For more information, visit: https://thunderbay.cmha.ca/	Kadesha: Intake: 807-632-1928 Hannah: Intake: 807-472-0054
Elizabeth Fry Society	A vibrant charitable organization that supports and advocates for women in prison, women transitioning back into the community, and women at risk of criminalization. Provides services to women, trans, non-binary clients. For more information, visit: https://www.elizabethfrynwo.org/	Intake: Bonnie 807-252-8062
John Howard Society	Supports people who are at risk or involved in the criminal justice system through service, reform, education and advocacy. Housing search and support services available. For more information, visit: https://johnhoward.on.ca/thunderbay/	Intake: 807-623-5355 ext. 1311 or Kaleigh and / or Sarah 807-620-7281
Ontario Native Women's Association	The Nihdawin program assists Indigenous women in Thunder Bay that are at risk of homelessness, and those experiencing homelessness. Nihdawin provides culturally grounded services, geared to individual needs, to empower community members to reach attainable goals. For more information, visit: https://www.onwa.ca/	Intake: 807-623-3442

CHAT

Process Flow Chart





Financial Assistance for Homelessness

If you are experiencing or are at risk of experiencing homelessness, you may be eligible for financial assistance to help find, secure and maintain long-term housing.

Program	Details	Contact
TBDSSAB Housing Security Fund (HSF)	<p>The HSF is available to recipients of OW and ODSP, and low-income families (as defined by income/asset levels) to assist in obtaining a new principal residence, or to prevent eviction or the discontinuance of utilities or heating in an existing residence. The HSF was developed to enable people experiencing homelessness to obtain and retain housing and to enable people at risk of homelessness to remain housed.</p> <p>For more information, visit: http://www.tbdssab.ca/wp-content/uploads/2018/10/HSF-Pamphlet.pdf</p>	<p>Tel: 705-807-2111 TBDSSAB Local Contacts</p>
TBDSSAB Housing Assistance Program: Reaching Home – Rural & Remote	<p>The Housing Assistance Program aims to assist people who are homeless or who are at risk of homelessness residing within the District of Thunder Bay but excluding the City of Thunder Bay. Funding can be used for the following:</p> <ul style="list-style-type: none"> • First and last months' rent • 3 month's rent subsidy • Groceries (up to \$250.00) & Household supplies <p>For more information, visit: https://www.tbdssab.ca/housing/homelessness-prevention/</p>	<p>Tel: 705-807-2111 TBDSSAB Local Contacts</p>

Housing and Outreach Services

Housing and outreach services in Northwestern Ontario are designed to address the needs of individuals experiencing homelessness, housing insecurity, or challenges to mental health, addictions, or other barriers. These services typically encompass a range of supports to help individuals access and maintain stable housing, along with wraparound services to promote overall well-being.



Housing and Outreach Services

The following are examples of **Housing and Outreach Services** that are operating within the district – this may not be an exhaustive (complete) list.

Program	Details	Contact
CMHA Thunder Bay Outreach Services	Housing and Outreach Services – Using a housing first model with minimal barrier housing service specifically designed for individuals living with concurrent mental illness, addiction, and have experienced chronic homelessness. This Housing First Case Manager will help the client make connections in the community reading food security, mental health support, access to primary care and addictions treatment.	Housing First Case Manager 807-472-0054 or 807-632-1928
CMHA Thunder Bay HIP	Homelessness Initiative Program – This program works in collaboration with clients who at risk of homelessness. The goal of the program is to implement skills and supports to ensure that clients are able to maintain the homes that they are currently residing in. Eligibility: Persons 18 & over with a mental health issue or concern.	HIP Case Manager 807-630-7160
CMHA – GAPPS	Getting Appropriate Personal and Professional Support (GAPPS) services reach out to clients in the community who are not connected to traditional services, are homeless and have serious mental and addiction issues.	Program Coordinator 807-621-2410
Lutheran Community Care (LCC) - Mobile Integrated Team (MIT)	The MIT is an innovative partnership model that provides direct hands-on support to adults with a developmental disability. The program focuses on people who have multi-sector complex needs related to mental health, addictions, homelessness, or involvement with the criminal justice system. Community organizations supporting people with complex needs can contact MIT if they suspect the person with has developmental disability . This type of referral is unique and involves discussion with the MIT Supervisor. All other referrals to MIT go through Developmental Services Ontario.	Lucy Black MIT Supervisor 807-345-6062 ext. 123
Lutheran Community Care (LCC) – Quick Connect Program	Working in partnership with TBDSSSAB and Thunder Bay Police to develop short-term, limited wraparound intervention to mitigate potential crisis situation. MIT receives referrals from TB Police who are struggling, falling through gaps in service, experiencing homelessness.	Lucy Black MIT Supervisor 807-345-6062 ext. 123

Housing and Outreach Services

Program	Details	Contact
<p>TBDHU – Street Outreach</p>	<p>The Thunder Bay District Health Unit Street Outreach team provides free, confidential, non-emergency public health support to anyone who is street-involved, including people who are homeless, under-housed, and/or using substances in the City of Thunder Bay. The Street Outreach Program is like a mobile Health Unit. Staffed by nurses, outreach workers, and a nurse practitioner, the team removes barriers to public health services by going directly to clients in the community. The Street Outreach van makes regular stops throughout Thunder Bay each week and clients can access care without an appointment. Van operates Mon to Fri 8:30 am to 4:30 pm. For more information: https://www.tbdhu.com/streetoutreach</p>	<p>Call the Street Outreach team: (807) 629-2157 or toll-free: 1-888-294-6630</p>
<p>The Care Bus operated by NorWest Community Health Centers</p>	<p>A mobile outreach initiative designed to support individuals experiencing homelessness or housing instability, particularly during the winter months. It provides free transportation to shelters and warming centers, offers a warm and safe space, and connects clients with essential health and social services. The bus is staffed by harm reduction outreach workers and system navigators, the Care Bus distributes necessities such as food, water, hygiene supplies, personal protective equipment, warm clothing, and harm reduction materials. It also facilitates access to medical and social support services. As of December 2, 2024, the Care Bus operates daily from 1:00 PM to 9:00 PM, with the last call for service accepted at 8:30 PM. This schedule is in effect until March 31, 2025. The public can access the Care Bus by locating its predetermined route throughout Thunder Bay during operating hours.</p>	<p>Care Bus Number: 807-355-6012</p> <p>Care Bus Route: https://norwestchc.org/wp-content/uploads/2024/01/Route-Map-2024.pdf</p>
<p>P.A.C.E. Warming Centre</p>	<p>Operates a daytime warming center. Offers access to food, warm clothing, computers, and a telephone. Hours of operation are Mon-Fri 8 am – 8:30 pm and Sat-Sun 9 am – 8:30 pm (may open earlier or stay open later depending on temperature)</p>	<p>807-343-4760 510 Victoria Ave. E</p>
<p>Elevate NWO Warming Center</p>	<p>Provides a safe and warm environment for individuals seeking refuge from cold weather. Hours of Operation: Monday to Friday: 4:00 PM to 8:00 PM. Services Offered: A warm and safe space during operating hours, access to basic amenities, referrals to additional support services as needed</p>	<p>807-345-1515 106 Cumberland St. N Suite 102</p>

Emergency Shelters

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



Emergency Shelters

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

Program	Details	Contact
<p>Shelter House Thunder Bay</p>	<p>A temporary, low barrier, emergency shelter that is open 24 hours a day, 7 days a week, 365 days a year and can accommodate up to 62 men, women, and youth (age 16 to 25) in segregated dorms. Provides access to shower and laundry facilities, and connections to essential support for gaining stability to move forward. For more information, visit: https://www.shelterhouse.on.ca/services/emergency-overnight-shelter/</p>	<p>Located: 420 George St., Thunder Bay ON. Tel: 807-623-8182 info@shelterhouse.on.ca</p>
<p>The Salvation Army Thunder Bay Journey to Life Centre</p>	<p>Provides shelter and support to up to 42 men who find themselves with nowhere else to go. Offers case management support and works with individual to help find safe, stable housing. For more information, visit: https://www.journeytolifecentre.com/</p>	<p>Located: 545 Cumberland St. N., Thunder Bay ON. Tel: 807-345-7319</p>
<p>Urban Abbey</p>	<p>Provides shelter up to 20 women only (low barrier) in need of temporary emergency overnight shelter. No application process. Intake beings at 9 pm. For more information visit https://www.urbanabbey.ca/</p>	<p>Located: 308 Red River Rd Thunder Bay ON. Tel: 807-633-3052</p>
<p>Grace Place</p>	<p>A restricted overflow Out of the Cold Program. Operates Oct – April. Offers low barrier facility, with harm reduction philosophy. 25 emergency overnight beds for those who cannot access any other shelter. For more information visit: https://graceplacethunderbay.com/out-of-the-cold</p>	<p>Located: 203-235 Simpson St. Thunder Bay ON. Tel: 807-473-3538 graceplacetbay@gmail.com</p>

Supportive & Transitional Housing

Supportive and Transitional Housing models combine rental or housing assistance with individualized, flexible and voluntary support services for people with high needs related to physical or mental health, developmental disabilities or substance use. **Transitional Housing** can be described as a **temporary step between emergency services and permanent housing**, while **Supportive Housing** is intended to be **permanent or for as long as an individual chooses**.



Supportive & Transitional Housing

The following are examples of **supportive and transitional housing** options in Thunder Bay – this may not be an exhaustive (complete) list.

Program	Details	Contact
<p>Alpha Court Housing Programs</p>	<p>Alpha Court provides supportive and transitional housing units available to individuals who struggle with a serious mental illness and/or addictions and who are homeless or at risk of being homeless. Units are subsidized by Alpha Court and are located throughout the City of Thunder Bay. In order to qualify for this program the Applicant must be in need of case management services. Case managers are guided by psychosocial rehabilitation principles and work with clients of the program to sustain housing and achieve individual goals.</p> <p>For more information, visit: http://www.alphacourt.ca/article/housing-programs-119.asp</p>	<p>To make an online referral: https://northwestaccesspoint.ca/</p> <p>Tel: 807-683-8200 Send an email: AC Online Email</p>
<p>HAGI Community Services for Independence</p>	<p>HAGI currently has 44 rent geared to income apartments through two housing buildings. The facilities are designed to be completely barrier free, allowing tenants to make independent choices about their lifestyle. The buildings offer key accessibility features such as modified kitchens and bedrooms, widened doorways, and wheel-in showers. Additionally, each building has units with 24-hour support care provided by Community Services for Independence North West (CSINW).</p> <p>For more information and the application, visit: https://www.hagi.ca/</p>	<p>Tel: 807-343-0414 info#@hagi.ca</p>
<p>St Josephs Care Group</p>	<p>Manages 181 apartments in a supportive living environment. Persons over the age of 60 or under the age of 60 with a disability, who can live independently with or without support services are eligible. Both market rent and RGI units are available. RGI units are managed through the TBDSSAB.</p> <p>For more information, visit: https://sjcg.net/services/long-term-care/housing/main.aspx</p>	<p>Tel: 807-768-4405</p>
<p>Elizabeth Fry Society Northwestern Ontario</p>	<p>The Elizabeth Fry Society Northwestern Ontario provides short term transitional housing for up to 4 homeless and gender diverse individuals in a 4-bedroom, shared apartment. Occupants are allowed to reside there until they find long term housing or for up to a year, while working on an individualized service plan to help them become more independent.</p> <p>For more information, visit: https://www.elizabethfrynwo.org/programs-services/</p>	<p>Located: 705 Victoria Ave. East, Thunder Bay ON. Tel: 807-623-1319 Toll-Free: 1-888-885-4072</p>

Supportive & Transitional Housing

The following are examples of **supportive and transitional housing** options in Thunder Bay – this may not be an exhaustive (complete) list.

Program	Details	Contact
CMHA Thunder Bay – FSHP	Forensic Supportive Housing Program – provides intensive case management services to clients who are admitted to the hospital. This program will assist people when they are residing in the transitional unit and assist them when they are ready to graduate into living independently in the community. For more information: CMHA	FSH Case Manager: 807-632-1025
CMHA Court Rent Supplement	This program provides rent supplements for clients to access safe and affordable housing in the community. This program works in partnership with the Court Diversion Case Management to assist individuals involved in the court diversion program. Referrals to the program are received internally through the Court Diversion Program staff.	Court Rent Supplement Worker: 807-472-8679 or 807-632-9120
Dilico LT Residential Recovery Facility	Provides a range of responsive individual, family and community programs and services for the complete life journey of all Anishinabek people. Operates a long-term residential facility for chemically dependent adult males. Operates a 12-bed supportive housing facility with an average length of stay of 6 months. Provides a 12-step recovery program. Provides a comfort fund to clients with no means of support to assist them with their basic needs.	807-767-4172
Matawa Training & Wellness Centre	Provides 21 supportive housing units in Thunder Bay. These units provide access to a community kitchen and free meals, cooking lessons, job training, life skills, traditional and cultural activities. These units support Indigenous families who are in crisis. Applications are open to those enrolled at the Centre. Visit Matawa Housing	Located: 523 Algoma St. N., Thunder Bay Tel: 1-807-633-6540

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

Rent Geared to Income (RG) and **Rent Supplement** housing units are available through the TBDSSAB for the Thunder Bay district.

Program	Details
Rent Geared to Income (RGI)	<p>Rent Geared to Income (RGI) or Subsidized Housing is provided by TBDSSAB. 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.tbdssab.ca/housing/social-housing/</p>
Rent Supplement	<p>The Rent Supplement Program through the TBDSSAB offers RGI accommodations in privately owned buildings in Thunder Bay. 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>For more information, visit: https://www.tbdssab.ca/housing/social-housing/</p>

Applying for TBDSSAB Housing



THE DISTRICT OF THUNDER BAY
SOCIAL SERVICES ADMINISTRATION BOARD

The application for housing can be found [here](#). Completed applications can be submitted:

- **In person:** 231 May Street South, Thunder Bay
- **Fax:** 807-345-7921
- **Email:** intake@tbdssab.ca

The Housing team will assess the needs of applicants and place them on the **Centralized Waiting List**. When there is a vacancy, the unit is offered to the next eligible household on the list.

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

To apply for 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 (Drivers License & 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 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.

2024 Thunder Bay Average Market Rent (AMR)

Unit Size	Average Market Rent (\$)
1 Bedroom	\$1054
2 Bedroom	\$1322
3 Bedroom	\$1488

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

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

Program	Details	Contact
Canada Ontario Housing Benefit (COHB)	<p>This portable housing benefit is a monthly subsidy provided to low-income households to assist with housing costs. It is tied to the household and can be used to help pay rent anywhere in Ontario. The TBDSSAB manages COHB benefits for the area.</p> <p>To learn more, you can visit: https://www.ontario.ca/page/affordable-housing-ontario</p>	<p>Tel: 705-807-2111 intake@tbdssab.ca TBDSSAB Local Contacts</p>
Ontario Aboriginal Housing Services	<p>OAHS offers rental opportunities to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-g geared-to-income, affordable, and market rent units.</p> <p>For more information, visit: https://www.ontarioaboriginalhousing.ca/rental-housing</p>	<p>Housing Services Rep: Toll-Free – 1-866-391-1061 info@oahssc.ca Link to Application</p>

Co-Operative Housing

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

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



Co-Operative Housing

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

Program	Details	Contact
Castlegreen Housing Co-Operative	Castlegreen is member-owned and self-governed and is committed to a community atmosphere of participation, volunteerism, co-operation, fairness, integrity, diversity, respect and environmental sustainability. Includes 215 units from bachelor to 4 bedrooms. Located: 213 Castlegreen Dr., Thunder Bay ON. For more information: https://www.castlegreen.on.ca/	Tel: 807-767-6214
Superior View Housing Co-Operative	Superior View Housing Co-operative offers five buildings containing between 14 and 20 apartment units, each equipped with a fridge, stove, washer and dryer. Located: 110 Castlegreen Dr., Thunder Bay ON. For more information: http://www.superiorview.ca/	Tel: 807-767-8051 info@superiorviewhousing.com
Tahwesin Housing Co-Operative	Located: 515 Black Bay Rd., Thunder Bay ON.	tahwesinhousing@outlook.com

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
Ontario Renovates	Ontario Renovates is available through the TBDSSAB to help low to moderate income homeowners make urgently-needed home repairs to address home health and safety problems, or to make modifications to their home to accommodate members with disabilities. For more information, visit: https://www.tbdssab.ca/ontariorenovates/	Tel: 705-807-2111 TBDSSAB Local Contacts
Habitat For Humanity (HFH) Thunder Bay	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://habitatbay.com/	Tel: 807-345-5520 ext. 307

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.



Rentals.ca

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

They compile options from multiple sources together on one listing.



Look for Signage

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

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

Things to Consider Before Renting a Unit



FOLLOW DIRECTIONS IN THE AD

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



CALLING THE LANDLORD

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



VIEWING THE RENTAL UNIT

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



PREPARE YOUR DOCUMENTS

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



APPLYING FOR THE RENTAL

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



SIGNING THE LEASE

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

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

Landlord Responsibilities

According to Canada Mortgage and Housing Corporation (CMHC):



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

Tenant Responsibilities

According to [Settlement.Org](https://www.settlement.org), as a tenant it is important to make sure that you:

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



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

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

Eviction Process

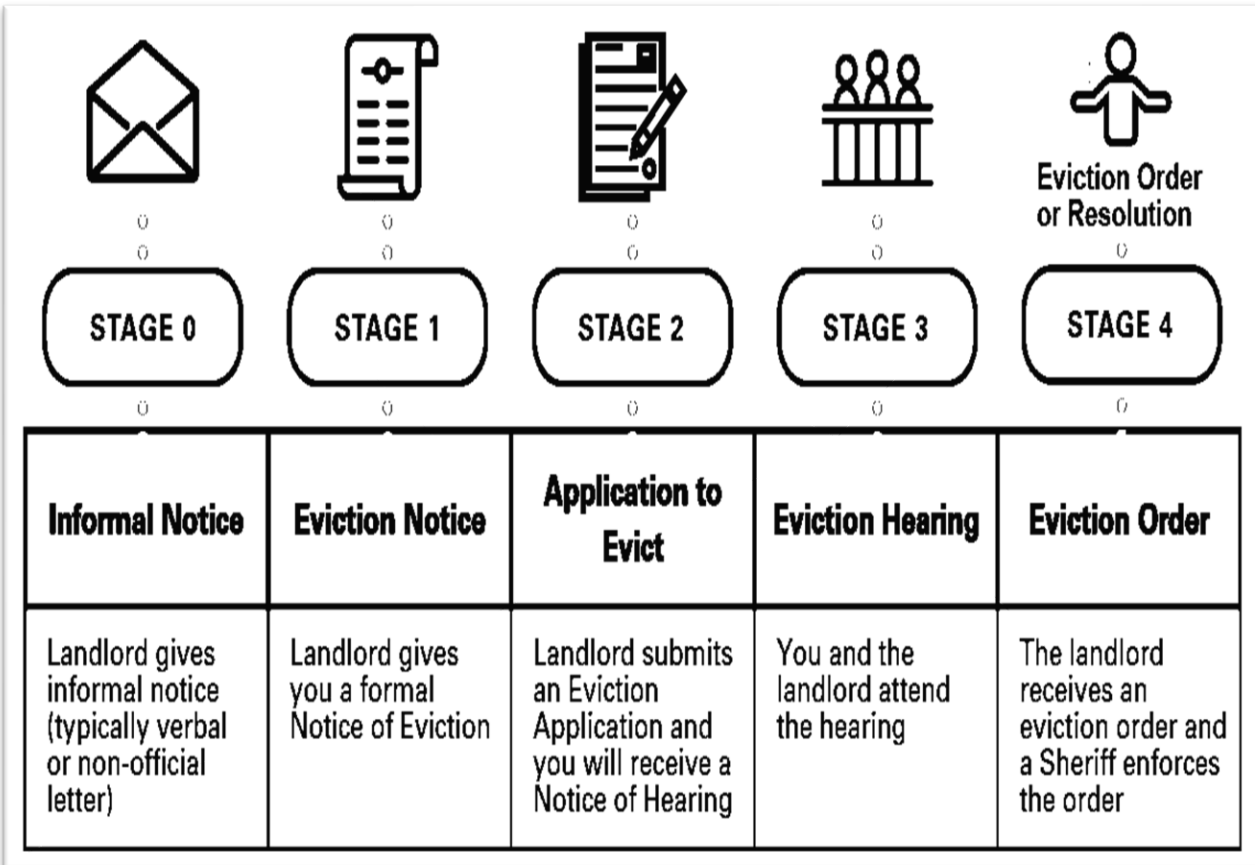
Eviction is the removal of a tenant from a rental property by the landlord.

Reasons for eviction recognized under the Residential Tenancies Act

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

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

How Eviction Works



For more information, visit: <https://www.cleo.on.ca/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 – this may not be an exhaustive (complete) list.

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

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

Tenant Rights

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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 **free legal services** available in Thunder Bay and across Ontario – this may not be an exhaustive (complete) list.

Program	Details	Contact
Thunder Bay Legal Aid Ontario	Provides free legal services in French and English for low income residents in the Thunder Bay district. Legal services include providing legal advice, referral and representation in the areas of housing, health and disability, wills and POAs, and more. Hours: Monday – Friday, 8:30am – 4:30pm. For more information, visit: https://www.legalaid.on.ca/legal-aid-offices/thunder-bay-district-office/	Located: 114 Centennial Square, Thunder Bay ON. Tel: 807-345-1972
Kinna-aweya Legal Clinic	Offers legal advice and assistance to residents of the District of Thunder Bay, particularly Indigenous people, who need assistance with poverty law issues. For more information, visit: https://www.kalc.ca/	Located: 86 Cumberland St., Thunder Bay ON. Tel: 807-344-2478
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	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: law-society-referral-service	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](#)**.



Indigenous Friendship Centres

Friendship Centres are not-for-profit and charity corporations that are mandated to serve the needs of Urban Indigenous People. They offer wholistic and cultural based supportive programs and services that are needed in their community. Programs and services are provided in the areas of housing and legal support as well as culturally based health and wellness programs.

The Indigenous Friendship Centres local to the Thunder Bay District are the [Thunder Bay Indigenous Friendship Centre](#) and the [Thunder Bird Indigenous Friendship Centre](#). Use [this tool](#) to find local Friendship Centres in Ontario.

The Thunder Bay Indigenous Friendship Centre

Programs offered by the TBIFC include:

- Indigenous Healing and Wellness
- Community Support Program
- Cultural Resource Coordinator
- Gladue Services Program (Writer and Aftercare)

See all programs here: [Thunder Bay IFC Programs and Services](#)

Contact Information:

Located: 401 N. Cumberland St., Thunder Bay ON.
Tel: 807-345-5840
info@tbifc.ca



The Thunder Bird Indigenous Friendship Centre

Programs offered by the TBIFC include:

- Cultural Resource Coordinator
- Aboriginal Community Mental Health Program
- Alcohol & Drug Awareness Program
- Apatisiwin – Employment and Training Program

See all programs here: [Thunder Bird IFC Programs and Services](#)

Contact Information:

Geraldton Office:
Located: 301 Beamish Ave. W., Geraldton ON.
Tel: 1-807-854-1060
reception@thunderbirdfriendshipcentre.ca

Longlac Office:
Located: 153 Kenogami Dr., Longlac ON.
Tel: 1-807-876-4342
recpt2@bellnet.ca



Indigenous Mental Health/Crisis Resources

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

Program	Details	Contact
Anishnabe Women’s Crisis Home & Family Healing Agency	Offers support, referrals, counselling, safety planning, and more. Our programs align with our mission to provide safety, security, and opportunities for healing to Indigenous families who are in need of support. For more information, visit: https://www.beendigen.com/programs/	Located: Thunder Bay ON. Tel: 807-622-1121
Thunder Bay IFC - Indigenous Mental Health & Wellness Program	The Indigenous Mental Health and Wellness Program (IMHWP) provides holistic and culturally-informed mental health and wellness support and programming. This program provides trauma-informed and strengths-based cultural approaches that address community-based mental health and wellbeing concerns for indigenous individuals 16 and older. For more information, visit: https://tbifc.ca/program/indigenous-mental-health-and-wellness-program/	Tel: 1-807-345-5840 ext. 9096
Thunder Bird IFC - Aboriginal Community Mental Health Program	Implements trauma-informed and strength-based cultural approaches to address community based mental health and well-being concerns. Located in Geraldton and Longlac. For more information, visit: https://tbfc.ca/portfolio/aboriginal-community-mental-health-program/	See Thunder Bay IFC Contact Information
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 Health & Wellness Resources



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The following are examples of **Indigenous health and wellness resources** in the Thunder Bay district – this may not be an exhaustive (complete) list

Program	Details	Contact
Anishnawbe Mushkiki Aboriginal Health Access Centre	Provides opportunities to strengthen the sense of sharing and belonging by increasing opportunities for participation by Native families and community members in improving areas of economic, political, social, cultural, educational and recreational life in Thunder Bay. For information on programs and services, visit: https://mushkiki.com/	Located: 1260 Golf Links Rd., Thunder Bay ON. Tel: 807-623-0383
ONWA - Mindimooyenh Health Clinic	The Ontario Native Women’s Association (ONWA) offers a holistic community member driven approach to vaccination and healthcare in a safe space. The clinic is open to everyone who is Indigenous, lives in an Indigenous household, or work in an Indigenous community. Hours: Monday – Friday 9:00am – 4:30pm (closed 12pm – 1pm) For more information, visit: https://www.onwa.ca/covid-19-resources	Located: 380 Ray Blvd., Thunder Bay ON Tel: 1-807-697-1753 vaccine@onwa.ca
Thunder Bay IFC – Indigenous Healing & Wellness	This program promote growth and healing for Aboriginal peoples via Aboriginal specific services. The mandate of the strategy is to reduce family violence, promote healthy lifestyles, and deliver culture based programs and services to promote holistic healing. For more information, visit: https://tbifc.ca/program/indigenous-healing-wellness/	Indigenous Healing & Wellness Coordinator: Tel: 1-807-345-5840
Thunder Bay IFC – Indigenous Healthy Living Program	This program is taking major strides to help community members to increase their physical activity levels and their cardio-vascular health; to become smoke-free; to increase their knowledge of nutrition, healthy eating practices and weight management; and, to enhance the leadership ability of our youth. For more information, see: https://tbifc.ca/program/urban-aboriginal-healthy-living-program/	Tel: 1-807-345-5840
Thunder Bird IFC – Health Outreach Program	Health Outreach Workers ensure that the health needs of community members are addressed in a cultural and wholistic way that addresses the physical, mental, emotional, and spiritual aspects of individuals. These services are available on a one-on-one basis or in a group setting where action plans are developed to help meet short and long-term goals of participants. For more information, see: https://tbfc.ca/portfolio/health-outreach-program/	See Thunder Bay IFC Contact Information

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
Kinna-aweya Legal Clinic	Offers legal advice and assistance to residents of the District of Thunder Bay, particularly Indigenous people, who need assistance with poverty law issues. For more information, visit: https://www.kalc.ca/	Located: 86 Cumberland St., Thunder Bay ON. Tel: 807-344-2478
Thunder Bay IFC – Victim Advocate Program	Provides support, advocacy, and programming to victims of crime, including those currently involved in the main stream criminal justice system, Indigenous Community Council Program and the Indigenous Peoples’ court. For more information: https://tbifc.ca/program/victim-advocate-program/	Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840
Thunder Bay IFC – The Gladue Services Program (Writer & Aftercare)	The Gladue Services Writer prepares Gladue reports for Indigenous accused persons who are looking at doing six months or more of incarceration upon sentencing. The Gladue Services Aftercare Worker provides supportive services to Indigenous accused persons during the preparation of a Gladue Report, at sentencing, and those following release from custody. For more information: https://tbifc.ca/program/gladue-services-program/	Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840
The Humans Right Legal Support Centre – Indigenous Services	The HRLSC established an Indigenous Services and Outreach Committee and has implemented culturally appropriate service guidelines in order to increase usage of the human rights system by Indigenous peoples. The HRLSC is committed to providing Indigenous people with an accessible legal service. Services are provided in 140 languages including Cree, Oji-Cree, Mohawk, and Ojibway. For more information: https://hrlsc.on.ca/indigenous-services/ or Indigenous Services Brochure	Toll Free: 1-866-625-5179 TTY Toll Free: 1-866 612-8627
Steps to Justice: Your Guide to Law in Ontario	This resource provides answers to frequently asked questions regarding the rights as an Indigenous person in contact with the criminal justice system. At the bottom of the page, you will find additional tools and resources to help Indigenous people navigate supports and services. Find the resource here: https://stepstojustice.ca/?s=indigenous	

Indigenous Employment Supports



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

Program	Details	Contact
Thunder Bay IFC - Apatisiwin Employment 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, visit: https://tbifc.ca/program/apatisiwin-employment-program/	Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840
Thunder Bird IFC - Apatisiwin Employment Program	Apatisiwin supports Urban Indigenous people to gain education, experience, and skills to achieve and maintain meaningful employment. For more information, visit: https://tbifc.ca/program/apatisiwin-employment-program/	See Thunder Bay IFC Contact Information
Anishnabek Employment & Training Services	Provides guided education and training pathways, towards inclusive employment opportunities respectful of culture. For more information, visit: https://www.aets.org/	Located: Thunder Bay ON. Tel: 807-346-0307 Toll-Free: 1-866-870-2387

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	OAHS offers rental opportunities to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-geared-to-income, affordable, and market rent units. For more information, visit: https://www.ontarioaboriginalhousing.ca/rental-housing	Housing Services Rep: Toll-Free – 1-866-391-1061 info@oahssc.ca
Indigenous Youth Transitional Housing	The Indigenous Youth Transitional Housing Project is designed to support urban Indigenous youth and young adults ages 18 – 29 experiencing homelessness or at risk of homelessness, as well as youth living with mental health and addictions to transition into independence. Supports youth and young adults in identifying, accessing, and navigating adult service systems relevant to their housing needs and transition to adulthood For more information, visit: Housing and Homelessness Support Program Brochure	Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840
Native People of Thunder Bay Development Corporation	Provides housing opportunities for Indigenous families, Elders, single individuals, and couples in the Thunder Bay district. For more information, visit: http://www.nptbdc.org/rental-portfolio	Stephanie Ashamock, Tenant Placement Worker Tel: 807-343-9401 ext. 668 sashamock@nptbdc.org
Matawa Training & Wellness Centre	Provides 21 supportive housing units in Thunder Bay. These units provide access to a community kitchen and free meals, cooking lessons, job training, life skills, traditional and cultural activities. These units support Indigenous families who are in crisis. Applications are open to those enrolled at the Centre.	Located: 523 Algoma St. N., Thunder Bay Tel: 1-807-633-6540
Dilico Anishinabek Family Care	Provides services for Anishinabek people including operating a 15-unit rent-geared-to-income apartment building for males. This building provides housing in a sober-living facility for individuals following the completion of a substance use disorder treatment and post treatment program.	Post Treatment Services Manager: Carleigh Taylor 807-629-8365 carleightaylor@dilico.com

Indigenous Youth Resources

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



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Program	Details	Contact
Matawa Training & Wellness Centre – Next Steps Program	<p>The Next Steps Program is a post-majority support services assist youth aging out of care and young adults formerly in care, from the age of majority up to and including the age of 25. The goal of post-majority support services is to provide wrap-around support that meets the distinct needs of First Nations youth and young adults and promotes and supports holistic positive outcomes for thriving youth and young adults. Services include: housing, food, employment, mental health, addictions, cultural based teachings, etc.</p> <p>For more information, visit: Matawa Services</p>	<p>Tel: 1-807-620-6233 or 1-807-344-4575</p>
Indigenous Youth Transitional Housing	<p>The Indigenous Youth Transitional Housing Project is designed to support urban Indigenous youth and young adults ages 18 – 29 experiencing homelessness or at risk of homelessness, as well as youth living with mental health and addictions to transition into independence. Supports youth and young adults in identifying, accessing, and navigating adult service systems relevant to their housing needs and transition to adulthood</p> <p>For more information, visit: Housing and Homelessness Support Program Brochure</p>	<p>Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840</p>
Thunder Bay IFC - Apatisiwin Employment 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>For more information, visit: https://tbifc.ca/program/apatisiwin-employment-program/</p>	<p>Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840</p>
Thunder Bird IFC - Apatisiwin Employment Program	<p>Apatisiwin supports Urban Indigenous people to gain education, experience, and skills to achieve and maintain meaningful employment.</p> <p>For more information, visit: https://tbifc.ca/program/apatisiwin-employment-program/</p>	<p>See Thunder Bay IFC Contact Information</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	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. For more information, visit: Home Buyers Contribution Program	Housing Programs Team: Tel: 705-722-5022 Ext. 302 housingprograms@metisnation.org
Emergency Repair Program (ERP)	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. For more information, visit: Emergency Repair Program (ERP)	Housing Programs Team: Tel: 705-722-5022 Ext. 302 ERP@metisnation.org
Métis Housing Stabilization Program	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. For more information, visit: Housing Stabilization Program	Housing Stabilization Team: Toll-Free: 1-800-263-4889 Ext. 350 housingstabilization@metisnation.org

Thunder Bay Community Resources

Developmental Services Ontario does not promote nor endorse any of these private services. Please note that this is not intended to serve as an exhaustive list of all services offered in 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

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

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

Program	Support	Contact
Community Living Thunder Bay	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. For more information, visit: https://cltb.ca/employment-services/	Tel: 807-630-6420
YES Employment Services	The Employment Service program is open to individuals of all ages and all levels of need. Through this program, YES offers free resources, supports and assistance to respond to the training, career and employment needs of individuals. To access this service, just walk in. For more information, visit: https://yesjobsnow.com/programs/job-seekers/employment-service/	Located: 1116 Waterford St., Thunder Bay ON. Tel: 807-623-0768 resources@yesjobsnow.com
Anishnabek Employment & Training Services	Provides guided education and training pathways, towards inclusive employment opportunities respectful of culture. For more information, visit: https://www.aets.org/	Located: Thunder Bay ON. Tel: 807-346-0307 Toll-Free: 1-866-870-2387
Thunder Bay IFC - Apatisiwin Employment 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, visit: https://tbifc.ca/program/apatisiwin-employment-program/	Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840
Northwest Employment Works	Employment programs and services for all individuals. Wide range of resources, supports, and service components to respond to career and employment needs. For more information, visit: www.northwestworks.ca	Located: 1450 Nakina Dr., Thunder Bay ON. Tel: 1-807-473-3829
Independent Living Resource Centre Employment Programs	Program options: Creating Employability Options Program ; ODSP Employment Supports ; Customized Skills Program ; and Skill Development . Staff work one-on-one with all participants to find sustainable and rewarding employment. For more information, visit: www.ilrctbay.com	Located: 130 Brodie St. S., Thunder Bay ON. Tel: 1-807-577-6166

Education Programs and Resources

The following are educational programs and resources that are available to individuals in Thunder Bay . May not be an exhaustive (complete) list.

Program	Details	Contact
Thunder Bay Literacy Group	Adult learning centre to help individuals 19+ to improve basic reading, writing, math, and computer skills. Individualized training plans, one-to-one instruction in a classroom setting, and one-to-one tutoring available. Free. For more information, visit: https://tblg.org/	Located: 2100 Nipigon Rd., Thunder Bay ON. Tel: 807-475-7211
Anishnawbe Skills Development Program – Literacy and Basic Skills, Thunder Bay Indigenous Friendship Centre	Literacy, numeracy, and essential skills services to assist in transitioning to employment, apprenticeship, secondary-school credit, post-secondary education or independence. For individuals 18+. For more information, visit: https://tbifc.ca/program/anishnawbe-skills-development-program/	Tel: 807-345-5840 ext. 9073 Info@tbifc.ca
March of Dimes – Warehouse Project – Thunder Bay	The Warehouse Project is a fun and engaging local program that provides a safe, accessible, non-judgmental environment for individuals living with disabilities. We offer daily in-person activities and workshops in three areas: <ul style="list-style-type: none"> • Skills development (e.g. budgeting, health and wellness, nutrition, goal setting) • Pre-employment skills (e.g. resumes, interviews, determining employment/volunteer interests) • Recreation – activities and community engagement outings (e.g. arts, crafts, bowling, gardening, parks, museum, themed events) 	To Register: reg form 237 Camelot Street Thunder Bay, Ontario P7A 4B2 For more info: https://www.marchofdimes.ca/en-ca/programs/ddlsp/warehouse

Post-Secondary Education Resources

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

Program	Details	Contact
Confederation College – Community Integration Through Co-Operative Education (CICE)	<p>Confederation College’s Community Integration through Co-operative Education (CICE) program is designed to help anyone with learning, social and intellectual challenges find ways to overcome them. This program is tailored to fit each student’s particular academic needs with supports in and out of the classroom. Classes include skills for life & work, computers, writing for success, and personal & professional growth. Supervised field placements give work experience needed for a résumé and show off their talents to potential employers.</p> <p>For more information, visit: CICE Program Confederation College</p>	<p>Rose Hankkio Tel: 807-475-6697 rhankkio@confederationcollege.ca</p>
<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.</p> <p>For more information, visit https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/POCONT1_067672</p>	<p>Application Form</p> <p>Confederation College Student Accessibility Services</p> <p>Lakehead Student Accessibility Services</p>
Doreen Kronick Scholarship	<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>
Transition Resource Guide for Students with Disabilities	<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

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

Program	Details	Contact
Avenue II Community Support	Supports individuals with participating in community programs, grocery shopping (menu planning, list preparation, food storage, food safety), using community services (ex. public transportation, financial institutions), participating in community volunteer opportunities throughout the community. For more information, visit: http://www.avenueii.com/community-support	Located: 122 South Cumberland St., Thunder Bay ON. Tel: 807-345-9933 avenueii@tbaytel.net
Lutheran Community Care – Mobile Integrated Team (MIT)	The Mobile Integrated Team (MIT) is an innovative partnership model that provides direct hands-on support to adults with a developmental disability. Support is flexible, mobile, and responsive to people who fall through the gaps of service. The program focuses on people who have multi-sector complex needs related to mental health, addictions, homelessness, or involvement with the criminal justice system. For more information, visit: https://www.lccare.ca/programs-services/mobile-integrated-team/	Located: 245B Bay St., Thunder Bay ON. Tel: 807-345-6062 Toll-Free: 1-855-376-6673 info@lccare.ca
Independent Living Resources Centre Thunder Bay	We create and deliver unique programs that increase self-directed skill development, employment and recreation opportunities for people with disabilities. Most services are completely free to eligible participants. For more information, visit: http://www.ilrctbay.com/	Tel: 807-577-6166 Toll-Free: 1-800-461-3153
City of Thunder Bay Adult Inclusion Services	Offers limited free facilitation services to adults in Thunder Bay with accessibility needs who want to participate in City programming. Fees access to facilities and programs still required. For more information, visit: https://www.thunderbay.ca/en/recreation/adult-inclusion-services.aspx	Tel: 807-684-3388 Application form
Transit & Transportation	Municipalities and transportation services may offer accessible transportation options for individuals in the community who are unable to use regular transit services.	Thunder Bay LIFT + Specialized Transit
Affordable Access for Recreation and Transit Program	Residents aged 25-59 can apply through the Lakehead Social Planning Council. Successful applicants can purchase an adult monthly buss pass for half of the regular price. For recreation, individuals will receive a \$350 credit to use towards any City of Thunder Bay recreation and culture program or facility. For more information and the application, visit: LSPC Affordable Recreation & Transit Program	Tel: 807-624-1726 trintake@office.lspc.ca

Community Supports

Return

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

Program	Details	Contact
Independent Living Resources Centre Thunder Bay	We create and deliver unique programs that increase self-directed skill development, employment and recreation opportunities for people with disabilities. Most services are completely free to eligible participants. For more information, visit: http://www.ilrctbay.com/	Tel: 807-577-6166 Toll-Free: 1-800-461-3153
City of Thunder Bay Adult Inclusion Services	Offers limited free facilitation services to adults in Thunder Bay with accessibility needs who want to participate in City programming. Fees access to facilities and programs still required. For more information, visit: https://www.thunderbay.ca/en/recreation/adult-inclusion-services.aspx	Tel: 807-684-3388 Application form
Thunder Bay Therapeutic Ride	TBTRA is an organization of volunteers committed to providing an opportunity for children, youth and adults with various special needs to improve their physical and mental health as well as their overall wellness by participating in horseback riding. For more information, see: http://thunderbaytherapeuticriding.org/	Tel: 807-472-5650

Home Supports

The following are examples of **home supports** available 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
Ontario Health at Home – North West	Provides access and referrals to other community services, and manage Ontario’s long-term care home placement process in the North West region. For more information, visit: https://ontariohealthathome.ca/region/north-west/	Toll-Free: 800-626-5406
ParaMed – Personal In-Home Care Program	ParaMed’s personal home support services are available for clients of all ages, across a wide spectrum of life stages. The program offers a range of customized services designed to meet an individual needs, allowing clients to remain in their own home or environment of choice with as much independence as possible. For more information, visit: https://www.paramed.com/services/help-at-home/personal-home-care/	Located: Thunder Bay ON. Tel: 807-346-0633 Toll-Free: 1-866-346-0633

Mental Health and Crisis Services

The following are examples of **mental health and crisis services** in Thunder Bay – this may not be an exhaustive (complete) list.

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

Program	Details	Contact
Canadian Mental Health Association Thunder Bay (CMHA-TB)	CMHA-A provides services to individuals in the Thunder Bay area. 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://thunderbay.cmha.ca/	Located: 200 Van Norman St., Thunder Bay ON. Tel: 807-345-5564 Toll-Free: 1-866-888-8988 (24hr Crisis Line) cmhatb@cmha-tb.on.ca
Thunder Bay Regional Health Sciences Centre – Adult Mental Health Services	Provides acute care adult mental health services including: emergency services; short-term inpatient assessment; assessment, stabilization and short-term inpatient treatment; discharge planning; outpatient services; and, consultation, education, coordination, and integration with other healthcare services including with primary care providers. For more information, visit: https://tbrhsc.net/programs-services/mental-health-program	Tel: 807-346-8282 Toll-Free: 1-888-269-3100
ConnexOntario	ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol & drugs, mental illness or gambling in Ontario. For more information, visit: https://www.connexontario.ca/en-ca/	Toll-Free: 1-866-531-2600

Free Community Meals

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

[The Thunder Bay + Area Food Strategy](#) Organization has created a [Where to get Food](#) guide to share information about accessible food in Thunder Bay.

Program	Details	Contact
St. Andrew's Dew Drop Inn	The Dew Drop Inn is a safe, warm and welcoming place where hungry people can come to eat daily with no questions asked. They provide a nourishing take-home hot meals or bagged lunches for anyone in need. Located: 292 Red River Road, Thunder Bay ON. Hours: Open daily, 9:00am – 3:30pm For more information, visit: https://dewdropinnthunderbay.ca/	Tel: 807-346-0809 standrewddi@tbaytel.net
Salvation Army Soup Van	Provides a daily dinner meal to those in need at Wilson Park and Minnesota Park. Hours: Minnesota Park, 6:00pm – 6:30pm; Wilson Park, 7:00pm – 7:30pm	Tel: 807-345-7319
Urban Abbey/The Habit	Open to the public. Located: 308 Red River Rd, Thunder Bay ON. Hours: Lunch meals, Monday-Friday at 12:30pm ; Dinner meals, Saturdays at 5:30pm .	Tel: 807-768-8923
Grace Place	Located: 235 Simpson Street, Thunder Bay ON. Hours: Dine-in meals are served Monday, Tuesday and Wednesday, 1:00pm – 4:00pm .	Tel: 807-473-3538
Shelter House Soup Kitchen	All meals are served daily to clients. Daily takeout lunch dinner is available to the public. Provides 24 hour access to sandwiches and pastries. Located: 420 George St., Thunder Bay ON. Hours: Daily lunch, 1:30pm – 2:30pm ; Daily dinner, 7:00pm – 8:00pm .	Tel: 807-623-8182

Food Banks in Thunder Bay

Thunder Bay uses a community-wide registration process where individuals must call 2-1-1 to register and choose which one (1) food bank to access. Refer to the [Where to Get Food in Thunder Bay](#) guide for more information.

Program	Details	Contact
Thunder Bay Food Bank	<p>Located: 129 Miles Street East, Thunder Bay ON. Hours: Every second Friday, 9:00am – 11:00am For more information, visit: https://www.thunderbayfoodbank.com/access-services</p>	<p>Tel: 807-626-9231 info@thunderbayfoodbank.com</p>
The Bread Box	<p>Individuals can access once every two weeks. Located: 75 Walkover St., Thunder Bay ON. Hours: Every second Wednesday, 10:00am – 12:00pm</p>	<p>Tel: 807-767-3961</p>
Redwood Park Church	<p>Individuals can access once every two weeks. Located: 2609 Redwood Avenue East, Thunder Bay ON. Hours: Every second Thursday, 12:30pm – 2:30pm</p>	<p>Tel: 807-577-3463 foodbank@redwoodpark.org</p>
Society of Saint Vincent De Paul	<p>Individuals can access once every two weeks. Located: 1019 Brown Street, Thunder Bay ON. Hours: Every second Friday, 9:00am – 10:30am</p>	<p>Tel: 807-629-7404</p>
The Gathering Place	<p>Located: 239 Amelia St., Thunder Bay ON. Hours: Every second Tuesday, 10:00am – 1:00pm</p>	<p>Tel: 807-623-8184 contact@thegatheringplacetbay.ca</p>
Salvation Army Food Bank	<p>Located: 545 North Cumberland St., Thunder Bay ON. Hours: Every Thursday, 11:00am – 2:00pm</p>	<p>Tel: 807-345-7319</p>

Food Banks in Thunder Bay Continued

Return

Thunder Bay uses a community-wide registration process where individuals must call 2-1-1 to register and choose which one (1) food bank to access. May not be an exhaustive (complete) list of food banks in the area.

Program	Details	Contact
Gathering Table Food Cupboard	Located: 228 Pearl St., Thunder Bay ON. Hours: Second and Fourth Sunday on month, 11:30am – 12:15pm	Tel: 807-345-6898
Family Giving Centre – St. Thomas Anglican Church	Located: 1400 South Edwards St., Thunder Bay ON. Hours: Every second Friday, 10:00am – 11:30am	Tel: 807-623-3608
Our Kids Count	Can be accessed 1x per month. Located: 704 McKenzie St., Thunder Bay ON Hours: Every Thursday.	Tel: 807-767-3961
The Losier Centre – Thunder Bay Methodist Church	Located: 920 Sprague St., Thunder Bay ON. Hours: Thursdays, 10:00am – 11:00am	Tel: 807-577-3463 foodbank@redwoodpark.org
Thunder Bay Indigenous Friendship Centre	Located: 401 Cumberland St., Thunder Bay ON. Hours: Every third Thursday, by appointment only.	Tel: 807-629-7404
Current River Churches Food Cupboard	Located: 361 Hodder Ave., Unit C, Thunder Bay ON. Hours: Every second Saturday, 8:30am – 11:30am.	Tel: 807-344-3391



Other Food Banks

The following are examples of **food banks available outside of the city of Thunder Bay** – this may not be an exhaustive (complete) list. [The Thunder Bay + Area Food Strategy](#) Organization has created a [Where to Get Food in Thunder Bay](#) guide for more information about accessing food banks in the area.

Program	Details	Contact
Rural Cupboard Food Bank – Conmee Community Complex	For rural residents outside of Thunder Bay. Must show I.D. of each family member and verification of address. Located: 19 Holland Rd., Kakabeka Falls ON. Hours: Every third Wednesday, 9:00am – 11:00am.	Tel: 807-285-0836
Greenstone Harvest Centre – Food Bank	Located: 401 Main Street, Greenstone ON. Hours: Second and Fourth Thursday of every month, 6:00pm – 8:00pm	Tel: 807-854-3663
Manitouwadge Food Bank	Located: 51 Ohsweken Road, Manitouwadge ON. Hours: Drop-in, no appointment required	Tel: 807-826-4326

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. The following are examples of these services offered in the area – this may not be an exhaustive (complete) list.

Program	Details	Contact
The City of Thunder Bay	<p>Hot meal which consists of a hot entrée, soup and dessert. Meal Delivery: Monday-Friday, 10:30am – 12:30pm; cold, ready to eat weekend meals are delivered on Friday. Price: \$8.00 per hot meal; \$5.50 per weekend meal For more information, visit: https://www.thunderbay.ca/en/city-services/mealsonwheels</p>	Located: Thunder Bay, ON. Tel: 807-625-3667

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 for purchasing these items – may not be an exhaustive (complete) list.

Program	Details	Contact
<p>Community Clothing Assistance</p>	<p>Available to assist in the relief of poverty among families and people in crisis through community-supported clothing assistance programs. Located: 404 May Street North, Thunder Bay ON. Hours: Monday – Friday, 11:00am – 5:00pm; Sunday, 12:00pm - 5:00pm For more information, visit: https://clothingassistance.com/main_website/</p>	<p>Tel: 807-474-3583 admin@clothingassistance.com</p>
<p>The Gathering Place</p>	<p>Free clothing and household are available on alternate Tuesdays of Food bank. Located: 239 Amelia Street West, Thunder Bay ON. Hours: Every second Tuesday, 10:00am – 1:00pm For more information, visit: https://thegatheringplacetbay.ca/food-and-clothing/</p>	<p>Tel: 807-623-8184 contact@thegatheringplacetbay.ca</p>
<p>Dayforce Cares</p>	<p>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</p>	<p>Link to Application</p>

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

The following are resources offered within the district for youths aged 16-24. May not be an exhaustive (complete) list.

Program	Details	Contact
Thunder Bay IFC – Wasa Nabin	Wasa-Nabin promotes cultural identity, self-esteem, educational values and career goals, and to enhance healthy choices for Indigenous and non-Indigenous Youth. We encourage our youth to lead by example and build a positive atmosphere for other youth to follow. For more information, see: Thunder Bay IFC Wasa Nabin Program	Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840

Youth Housing Supports

Program	Details	Contact
Indigenous Youth Transitional Housing	The Indigenous Youth Transitional Housing Project is designed to support urban Indigenous youth and young adults ages 18 – 29 experiencing homelessness or at risk of homelessness, as well as youth living with mental health and addictions to transition into independence. Supports youth and young adults in identifying, accessing, and navigating adult service systems relevant to their housing needs and transition to adulthood For more information, visit: Housing and Homelessness Support Program Brochure	Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840

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
<p>YES Employment – Youth Job Connection</p>	<p>The Youth Job Connection program offers employment training and supports to youths aged 15-29 who experience barriers to finding and maintaining employment. Included in the training are soft skills including communications, problem-solving, conflict resolution, communication, workplace ethics, professional image, dealing with change and team building. Training is diverse and is specifically designed to prepare youth for success in the workplace.</p> <p>For more information, visit: https://yesjobsnow.com/</p>	<p>Tom Nesti, Program Supervisor Located: 1116 Waterfod St., Thunder Bay ON Tel: 1-807-624-1953 tnesti@yesjobsnow.com</p>
<p>Thunder Bay IFC - Apatisiwin Employment Program</p>	<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>For more information, visit: https://tbifc.ca/program/apatisiwin-employment-program/</p>	<p>Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840</p>
<p>Thunder Bird IFC - Apatisiwin Employment Program</p>	<p>Apatisiwin supports Urban Indigenous people to gain education, experience, and skills to achieve and maintain meaningful employment.</p> <p>For more information, visit: https://tbifc.ca/program/apatisiwin-employment-program/</p>	<p>See Thunder Bay IFC Contact Information</p>

Youth Legal Supports

The following are legal services available to support youth who are in conflict with the criminal justice system or need legal advice. May not be an exhaustive (complete) list.

Program	Details	Contact
Justice for Children & Youth	Offers Free confidential legal advice for youth under 18 and homeless youth under 25 in Ontario. For more information, see: https://jfcy.org/en/	Toll Free: 1-866-999-5329

Financial Assistance for Youth

The following are examples of programs that are available across Ontario that provide financial assistance for transitional aged youth (ages 16-24) who are transitioning into adult services and supports. May not be an exhaustive (complete) list.

Program	Details	Contact
Telus Mobility for Good	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: https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth	Telus Mobility for Good

Resources for LGBTQ2S+ Youth

The following are supports and programs that are available in the community to support youth who identify as a member of the LGBTQ2S+ community – may not be an exhaustive (complete) list.

Program	Details	Contact
<p>Thunder Bay IFC - Two-Spirit & LGBTQ+ Mentor Program</p>	<p>The Two-Spirit & LGBTQ+ Mentor provides support, resources, programming, and support such as sharing circles or one on ones to those who identify as Two-Spirit or LGBTQIA+. The Mentor can provide information sessions for parents/guardians/relations or to those who want to learn more, as well as education and resources for non-indigenous/non-LGBTQIA+ individuals to help create a safer environment and community.</p> <p>For more information, see: https://tbifc.ca/program/two-spirit-lgbtq-mentor/</p>	<p>Located: 620 Victoria Ave. East, Thunder Bay ON. Tel: 1-807-345-5840</p>
<p>LGBT Youth Line</p>	<p>The Lesbian Gay Bi Trans Youth Line exists to provide service for youth, by youth that affirms the experiences and aspirations of lesbian, gay, bisexual, transsexual, transgender, 2-spirited, queer and questioning youth in Ontario. Working within an anti-oppression and anti-racist framework, they provide leadership opportunities, outreach, confidential peer support and referrals by telephone, texting and online. Youth Line is a toll-free Ontario-wide peer-support (for youth by youth) service. Youth Line’s number will not show up on a phone bill.</p> <p>For more information: https://www.youthline.ca/</p>	<p>Tel: 1-800-268-9688 Text: 647-694-4275 Live Chat</p>
<p>Trans Life Line</p>	<p>Trans Lifeline is a non-profit dedicated to the well-being of transgender people. The toll-free hotline is staffed by trans people for trans people. Trans Lifeline volunteers are ready to respond to whatever support needs members of the trans community might have.</p> <p>For more information: https://www.translifeline.org/</p>	<p>Tel: 1-877-330-6366</p>