

# Timiskaming District Housing Resource Guide

Last Updated November 2023



# Acknowledgements

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

This guide is intended to help individuals with navigating housing and homelessness resources within the Timiskaming District.

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

# Developmental Services Ontario North East Region (DSONER)

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

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

**Connect with us!**



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

# DSONER Housing Navigation

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

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



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

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

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



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

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# District of Timiskaming Social Services Administration Board

The [District of Timiskaming Social Services Administration Board \(DTSSAB\)](#) is the Service Manager for Timiskaming and the surrounding areas.

The [Housing Services Department](#) delivers social housing programs such as, **rent-geared-to-income assistance housing, affordable housing, home repair programs, homelessness prevention, housing allowance and rent supplement programs** to the district.

## **Timiskaming Shores & Area Office:**

**Located:** 290 Armstrong St., New Liskeard, ON.

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

**Tel:** 705-647-7447

**Toll-Free:** 800-627-2944

## **Kirkland Lake & Area Office:**

**Located:** 29 Duncan Ave. N., Kirkland Lake, ON.

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

**Tel:** 705-567-9366

**Toll-Free:** 888-544-5555

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. There are programs to help residents who are experiencing homelessness, or who are at risk of becoming homeless.



# Homelessness Help

Through the DTSSAB, you may be eligible for programs and benefits that can help if you are experiencing or at risk of experiencing homelessness.

Program	Details	Contact
<b>Community Homelessness Prevention Plan (CHPI)</b>	Provides financial assistance to assist with: utility arrears, rental arrears, minor relocation fees, temporary accommodations and moving expenses. Access to these benefits are subject to funding availability. <b>For more information, visit:</b> <a href="https://www.dtssab.com/ow-more-information">https://www.dtssab.com/ow-more-information</a>	<b>Tel:</b> 705-474-1923 <a href="mailto:CHPI@dtssab.com">CHPI@dtssab.com</a>  *If you are in receipt of ODSP or OW benefits, please contact your caseworker to apply*
<b>Housing Allowance Program</b>	The DTSSAB offers a housing allowance program which provides financial assistance to eligible households up to \$250 per month to help cover rental costs. Access to these benefits are subject to funding availability. <b>For more information and eligibility requirements, visit:</b> <a href="https://www.dtssab.com/hs-types-of-housing/#Affordable">https://www.dtssab.com/hs-types-of-housing/#Affordable</a>	<b>Tel:</b> 705-647-7447 <b>Toll-Free:</b> 800-627-2944
<b>DTSSAB By-Name List</b>	The By-Name List is a secure real-time list of all people experiencing homelessness in the Timiskaming District. This list is used to provide service coordination to individuals and households based on their needs and to ensure no one falls through the cracks. <b>For more information, visit:</b> <a href="#">DTSSAB By-Name List</a>	<b>Tel:</b> 705-647-7447 <b>Toll-Free:</b> 800-627-2944

# 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 shelter services available in the Timiskaming District – this may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Pavilion Women’s Centre</b>	Short term emergency shelter to accommodate women (aged 16+) and children in need. Additional services include: transitional and housing supports, crisis support, outreach, counselling, and more. <b>Hours:</b> Daily, 24 hours (including holidays) <b>For more information, visit:</b> <a href="https://pavilionwc.com/">https://pavilionwc.com/</a>	<b>Located:</b> Haileybury, ON. <b>Tel:</b> 705-672-2128 <b>Toll-Free:</b> 1-888-871-9090 <a href="#">Click here to Chat or Email</a>

# Supportive & Transitional Housing

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



# Supportive & Transitional Housing

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

Program	Details	Contact
<b>CMHA-Cochrane-Timiskaming Recovery Housing</b>	CMHA-CT offer a number of Recovery Housing options in Timmins which provide safe and affordable housing choices where individuals are able to work on their housing related goals and subsequently, to work on their own recovery. Within recovery housing, there are a range of housing options including shared apartments and shared communal living. People sharing living space have an opportunity to learn or enhance their life skills as they share responsibility for the maintenance, up-keep and operation of their home. <b>For more information, visit:</b> <a href="https://cmhact.ca/programs-services/housing-services/">https://cmhact.ca/programs-services/housing-services/</a>	<b>Tel:</b> 705-267-8100 <a href="mailto:cmhatim@cmhact.ca">cmhatim@cmhact.ca</a>
<b>Salvation Army Hope Haven Men's Transitional Housing (Kirkland Lake)</b>	Hope Haven is a six bed transitional housing program for men in Kirkland Lake that guides individuals moving from homelessness to being permanently housed. The program is an innovative partnership between The Salvation Army and the District of Timiskaming Social Services Administration Board.	<b>Tel:</b> 705-567-5877 <a href="mailto:temiskaming@salvationarmy.ca">temiskaming@salvationarmy.ca</a>



# 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 **DTSSAB** provides social housing options to make housing more affordable for individuals with low to moderate incomes, seniors, or people with special needs. To learn more about these housing options, you can visit: [DTSSAB Types of Housing](#)

Program	Details
<b>Rent-Geared-to-Income</b>	Rent Geared to Income (RGI) or Subsidized Housing is provided by the DTSSAB. 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.
<b>Rent Supplements</b>	The Rent Supplement Program through the DTSSAB offers RGI accommodations in privately owned buildings throughout the Timiskaming district. A "rent supplement" is a subsidy provided to landlords to cover the cost of the difference between the market rent for the unit and amount the tenant can pay based on their income. Rent Supplement subsidies are attached to the unit, if a person/household is evicted or chooses to move, they lose the subsidy and must re-apply.



# Applying for DTSSAB Housing

The DTSSAB manages one centralized waitlist for all of their **RGI, Affordable** and **Market housing units**.

To be added to the waitlist, you can complete this [Application Form](#) and submit to your local [Housing Services Team](#) either online or to your local office.

For more information on how to apply for DTSSAB housing programs, visit: [DTSSAB How to Apply for Housing](#).

The [Housing Services Team](#) is available to help you complete your application or answer any questions you may have.

**To apply for DTSSAB housing, you will need the following documents for all household members:**

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

# Affordable Rental Housing

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

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

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

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

Unit Size	Average Market Rent (\$)
Bachelor	\$591
1 Bedroom	\$890
2 Bedroom	\$1034
3 Bedroom	\$1118

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



# Affordable Rental Housing

The following are examples of affordable rental housing options for individuals with low to moderate incomes, seniors, or people with special needs. This may not be an exhaustive (complete) list.

Program		Details
<b>Affordable Rent Units</b>	<p>Affordable rent refers to rents that are set at 80% of private market rental rates. One and two bedroom affordable rent units are available in buildings throughout the Timiskaming District. To learn how to apply for these units, see: <a href="#">Applying for DTSSAB Housing</a>.</p> <p>Information for this program can be found here: <a href="#">DTSSAB Types of Housing</a></p>	<p><b>Tel:</b> 705-647-7447 <b>Toll-Free:</b> 800-627-2944</p>
<b>Canada Ontario Housing Benefit (COHB)</b>	<p>The COHB is a jointly funded, federal-provincial housing allowance program. The purpose of the COHB is to increase the affordability of rental housing by providing an income-tested, portable housing benefit payment directly to eligible households in housing need that are on, or are eligible to be on, a social housing waiting list and to households in housing need living in community housing. Contact DTSSAB to discuss applying for the COHB.</p> <p>To learn more, you can visit: <a href="https://www.dtssab.com/hs-cohb">https://www.dtssab.com/hs-cohb</a></p>	<p><b>Tel:</b> 705-647-7447 <b>Toll-Free:</b> 800-627-2944</p>
<b>Ontario Aboriginal Housing Services</b>	<p>OAHS offers rental opportunities to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-geared-to-income, affordable, and market rent units.</p> <p>For more information, visit: <a href="https://www.ontarioaboriginalhousing.ca/rental-housing">https://www.ontarioaboriginalhousing.ca/rental-housing</a></p>	<p><b>Housing Services Rep:</b> <b>Toll-Free:</b> 1-866-391-1061 <a href="mailto:info@oahssc.ca">info@oahssc.ca</a> <a href="#">Link to Application</a></p>

# Co-Operative Housing

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

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



# Co-Operative Housing

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

Program	Details	Contact
<b>Genesis Housing Co-Operative Corporation (Timmins)</b>	<b>Located:</b> 1065 Bailey Street, Timmins ON.	<b>Tel:</b> 705-264-7090 <a href="mailto:Genesis_housing@ntl.sympatic.ca">Genesis_housing@ntl.sympatic.ca</a>
<b>Goldridge Co-operative Housing Inc.</b>	<b>Located:</b> 150 Kellyann Dr., Timmins ON	<a href="mailto:goldridge@coop@hotmail.com">goldridge@coop@hotmail.com</a>
<b>Kaleidoscope Co-Operative Homes Inc.</b>	<b>Located:</b> 1115 MacLean Dr., Timmins ON. <b>For more information:</b> <a href="#">Guhbawin Co-operative Housing</a>	<b>Tel:</b> 705-523-1306 <a href="mailto:Guhbawinco-op@bellnet.ca">Guhbawinco-op@bellnet.ca</a>
<b>Les Maisons cooperative des Pins Gris Inc.</b>	<b>Located:</b> 400 Shirley St., N., Timmins ON.	<b>Tel:</b> 705-268-3248

# 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 Timiskaming District – this may not be an exhaustive (complete) list.

Program	Details	Contact
<b>Ontario Renovates</b>	<p>Provides forgivable loan assistance to low and moderate income households to assist them in performing eligible major repairs, renovations and accessibility modifications to their homes.</p> <p>For more information, visit: <a href="#">DTSSAB Ontario Renovates Guide</a></p>	<p><b>Tel:</b> 705-647-7447 <b>Toll-Free:</b> 800-647-2944 <a href="#">ORC Application Form</a></p>
<b>Habitat For Humanity Ontario Gateway North</b>	<p>Provides a unique "Habitat for Humanity mortgage" that makes home ownership affordable for lower income families. Homes are sold to families at fair market value with no down payment and no interest. Families provide 500 volunteer hours helping build their home and the homes of others. Mortgage payments are calculated annually, so that shelter costs are never more than 25% of household income.</p> <p>For more information, visit: <a href="https://www.habitatgatewaynorth.com/">https://www.habitatgatewaynorth.com/</a></p>	<p><b>Tel:</b> 705-646-0106</p>
<b>First Time Home Buyer Incentive</b>	<p>The First-Time Home Buyer Incentive helps people across Canada purchase their first home. The program offers 5 or 10% of the home's purchase price to put toward a down payment. This addition to your down payment lowers your mortgage carrying costs, making homeownership more affordable.</p> <p>For more information, visit: <a href="https://www.placetocalhome.ca/fthbi/first-time-homebuyer-incentive">https://www.placetocalhome.ca/fthbi/first-time-homebuyer-incentive</a></p>	<p><b>Toll-Free:</b> 1-877-884-2642 <a href="#">FAQ - How to Apply</a></p>

# Market Rental Housing

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



# Searching for Rental Housing



## Online Search

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

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



## Social Media

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

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

Set alerts to receive notifications on new rentals ads.

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



## Look for Signage

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

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

# Things to Consider Before Renting a Unit



## FOLLOW DIRECTIONS IN THE AD

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



## CALLING THE LANDLORD

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



## VIEWING THE RENTAL UNIT

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



## PREPARE YOUR DOCUMENTS

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



## APPLYING FOR THE RENTAL

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



## SIGNING THE LEASE

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

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

# Landlord Responsibilities

According to Canada Mortgage and Housing Corporation (CMHC):

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



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

# Tenant Responsibilities

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

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



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

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

# Eviction Process

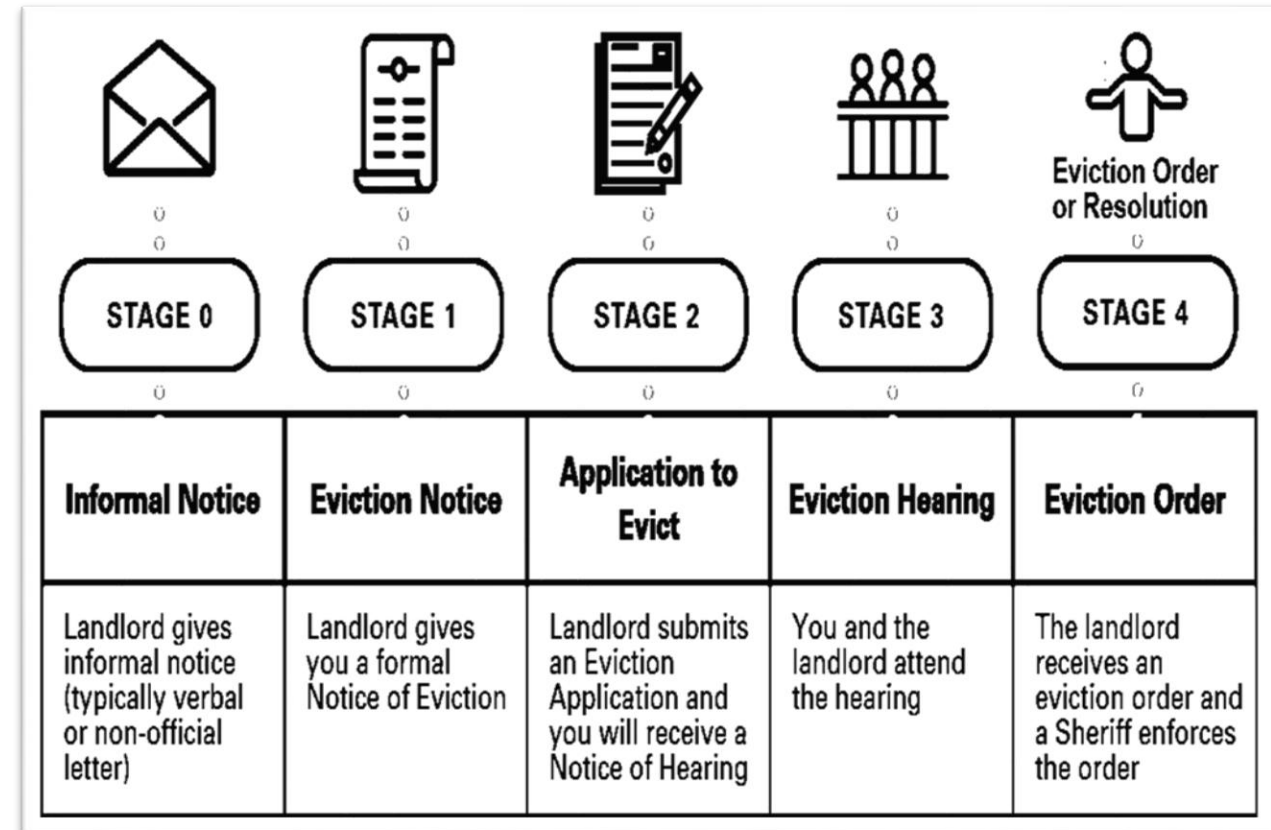
Eviction is the removal of a tenant from a rental property by the landlord.

## Reasons for eviction recognized under the Residential Tenancies Act

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

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

## How Eviction Works



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

# Facing Eviction - Resources

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

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

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



# Tenant Rights



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

**Visit their website for more details:**

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



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

**Visit their website for more details:**

<https://housingrightscanada.com/>

# Legal Aid



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

Program	Details	Contact
<b>Timmins-Temiskaming Community Legal Clinic</b>	<p>Provides free legal services in French and English for low income residents of Timmins-Temiskaming areas. Offers legal advice in areas of landlord and tenant issues, ODSP and OW issues, and disability law. They also offer income tax services.</p> <p><b>Hours:</b> Monday – Friday, 8:30am – 4:30pm.</p> <p><b>For more information, visit:</b> <a href="https://www.timminslegalclinic.ca/">https://www.timminslegalclinic.ca/</a></p>	<p><b>Located:</b> 3 Pine St. S., Suite 202, Timmins  <b>Tel:</b> 705-267-0300  <b>Toll-Free:</b> 1-866-382-0300</p>
<b>Ontario Legal Information Centre</b>	<p>Offers a free 30 minute phone meeting with a lawyer and is available to anyone in Ontario. Lawyers can provide general legal information to help you understand your legal situation and learn about your options and can refer you to local organizations or resources that may be helpful.</p> <p><b>For more information, visit:</b> <a href="https://legalinfocentre.ca/">https://legalinfocentre.ca/</a></p>	<p><b>Tel:</b> 1-613-842-7262  <b>Toll-Free:</b> 1-844-343-7462  <a href="#">Book an Appointment Online</a></p>
<b>Pro Bono Ontario – Free Legal Advice Hotline</b>	<p>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.</p> <p><b>For more information, visit:</b> <a href="https://www.probonoontario.org/housing/">https://www.probonoontario.org/housing/</a></p>	<p><b>Toll-Free:</b> 1-855-255-7256</p>
<b>The Law Society of Ontario – Referral Service</b>	<p>Connects individuals looking for legal assistance with a lawyer in Ontario and provides a free 30 minute consultation to discuss your concerns and ask questions.</p> <p><b>For more information, visit:</b> <a href="https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service?lang=en-ca">https://lso.ca/public-resources/finding-a-lawyer-or-paralegal/law-society-referral-service?lang=en-ca</a></p>	<p><a href="#">Link to Application</a></p>

# Market Home Ownership

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



# Financial Assistance for Homeowners

Financial Assistance	Details	Website
<b>Ontario Trillium Benefit</b>	A tax-free payment that helps low-to moderate-income Ontario residents pay for energy costs, sales and property tax.	<a href="https://www.ontario.ca/page/ontario-trillium-benefit#section-0">https://www.ontario.ca/page/ontario-trillium-benefit#section-0</a>
<b>Other Financial Help to Pay Utility Bills</b>	High utility bills put low-income homeowners and tenants at risk. The programs listed below may be able to provide financial help. For more details on eligibility and applying contact the program directly.	<a href="#">Ontario Electricity Support Program</a> <a href="#">saveONenergy Home Assistance Program</a> <a href="#">Rogers 'Connected for Success'</a>
<b>Money For Energy Conservation Renovations</b>	People on Ontario Works or ODSP may receive a one-time payment of up to \$50 to reimburse the cost of items such as: <ul style="list-style-type: none"> <li>▪ caulking</li> <li>▪ sealing or weather-stripping for doors and windows</li> <li>▪ insulation for hot water pipes and hot water tanks, and flow restrictors for shower heads</li> </ul>	<a href="https://bit.ly/OWEnergyWaterConservation">https://bit.ly/OWEnergyWaterConservation</a> <a href="https://bit.ly/ODSPEnergyConservation">https://bit.ly/ODSPEnergyConservation</a>
<b>Money to Buy Smoke Alarms and Carbon Monoxide Detectors</b>	Homeowners receiving Ontario Works Assistance may receive a one-time payment to buy smoke alarms or carbon monoxide detectors. <ul style="list-style-type: none"> <li>▪ up to \$25 per family for a smoke alarm/smoke detector</li> <li>▪ up to \$50 per family for a carbon monoxide detector</li> </ul>	<a href="https://bit.ly/3xZIEXV">https://bit.ly/3xZIEXV</a>

# Indigenous Resources

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

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



# The Timmins Native Friendship Centre

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

The Timmins 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:

- Indigenous Alcohol & Drug Worker Program
- Indigenous Healing and Wellness Strategy Program
- Cultural Resource Program
- See all programs here:  
<https://www.tnfc.ca/programs/>

## Contact Information:

**Located:** 179 Kirby Avenue, Timmins ON.

**Tel:** 705-268-6262

**Toll-Free:** 1-844-200-2686

[reception@tnfc.ca](mailto:reception@tnfc.ca)

[TNFC Website](#)



TIMMINS NATIVE  
FRIENDSHIP CENTRE

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

# Indigenous Mental Health/Crisis Resources



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

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

Program	Details	Contact
<b>Noojimo Health</b>	<p>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.</p> <p><b>For more information:</b> <a href="https://noojimohealth.ca/index.php">https://noojimohealth.ca/index.php</a></p>	<p><b>Tel:</b> 1-833-277-5678</p> <p><a href="#">Contact Link</a></p>
<b>Hope for Wellness Helpline</b>	<p>A helpline service available to all Indigenous people across Canada. 24/7 Access to talk with experienced and culturally competent counsellors. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inuktitut.</p> <p><b>For more information, visit:</b> <a href="https://www.hopeforwellness.ca/about-us/">https://www.hopeforwellness.ca/about-us/</a></p>	<p><b>Toll-Free:</b> 1-855-242-3310</p>
<b>Talk4Healing</b>	<p>A 24/7 confidential helpline for Indigenous women available in 14 Indigenous languages, English, and French across Ontario. The helpline provides culturally sensitive and non-judgmental crisis counselling, advice, support, and referrals.</p>	<p><b>Toll-Free:</b> 1-855-554-HEAL</p>

# Indigenous Health & Wellness Supports

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

Program	Details	Contact
<b>TNFC – Indigenous Healing &amp; Wellness Program</b>	<p>The Healing and Wellness program focuses on the improving Indigenous health and reduction of family violence which is achieved through the provision of services for those most at risk, notably women and children. The delivery of programs and services are culturally appropriate and address the prevention, aftercare and concurrent impacts of family violence on health. Services include but are not limited to: healing circles, peer counselling, crisis intervention, education, and training.</p> <p><b>For more information:</b> <a href="https://www.tnfc.ca/indigenous-healing-and-wellness-strategy-program/">https://www.tnfc.ca/indigenous-healing-and-wellness-strategy-program/</a></p>	<p><b>Located:</b> 179 Kirby Avenue, Timmins ON.  <b>Tel:</b> 705-268-6262  <b>Toll-Free:</b> 1-844-200-2686  <a href="mailto:reception@tnfc.ca">reception@tnfc.ca</a></p>
<b>TNFC – Urban Indigenous Healthy Lifestyles Program</b>	<p>The Healthy Living program is designed to improve the health and wellbeing of urban Indigenous communities through the delivery of programs and services that provide access to culture-based health promotion activities. The Healthy Living worker will achieve this through partnering with other Friendship Centre programs and community agencies who also promote health and wellness.</p> <p><b>For more information:</b> <a href="https://www.tnfc.ca/urban-aboriginal-healthy-lifestyles-program/">https://www.tnfc.ca/urban-aboriginal-healthy-lifestyles-program/</a></p>	<p><b>Located:</b> 179 Kirby Avenue, Timmins ON.  <b>Tel:</b> 705-268-6262  <b>Toll-Free:</b> 1-844-200-2686  <a href="mailto:reception@tnfc.ca">reception@tnfc.ca</a></p>
<b>TNFC – Life Long Care Program</b>	<p>The Life Long Care Program (LLCP) ensures meeting individual needs through physical, mental, emotional and spiritual aspects of everyday life by providing support services to all urban Indigenous clients, regardless of age, who are disabled, chronically ill, frail elderly and/or require acute/chronic continuum of care.</p> <p><b>For more information:</b> <a href="https://www.tnfc.ca/life-long-care-program/">https://www.tnfc.ca/life-long-care-program/</a></p>	<p><b>Located:</b> 179 Kirby Avenue, Timmins ON.  <b>Tel:</b> 705-268-6262  <b>Toll-Free:</b> 1-844-200-2686  <a href="mailto:reception@tnfc.ca">reception@tnfc.ca</a></p>
<b>Hope for Wellness Helpline</b>	<p>A helpline service available to all Indigenous people across Canada. 24/7 Access to talk with experienced and culturally competent counsellors. Both telephone and online services are available, telephone services are available in Cree, Ojibway and Inuktitut.</p> <p><b>For more information, visit:</b> <a href="https://www.hopeforwellness.ca/about-us/">https://www.hopeforwellness.ca/about-us/</a></p>	<p><b>Toll-Free:</b> 1-855-242-3310</p>
<b>Talk4Healing</b>	<p>A 24/7 confidential helpline for Indigenous women available in 14 Indigenous languages, English, and French across Ontario. The helpline provides culturally sensitive and non-judgmental crisis counselling, advice, support, and referrals.</p>	<p><b>Toll-Free:</b> 1-855-554-HEAL</p>



# Indigenous Legal Resources



The following are examples of Indigenous Legal Support services that are available to provide legal information and advice – not an exhaustive (complete) list.

Program	Details	Contact
<b>Nishnawbe Aski Legal Services Corporation</b>	Delivers a wide range of law-related services including legal, paralegal, public legal education, and law reform services to members of Nishnawbe Aski Nation. <b>For more information, visit:</b> <a href="https://nanlegal.on.ca/">https://nanlegal.on.ca/</a>	<b>Located:</b> 119 Pine St. S., Timmins ON. <b>Tel:</b> 705-268-1105
<b>The Human Right Legal Support Centre – Indigenous Services</b>	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. <b>For more information:</b> <a href="https://hrlsc.on.ca/indigenous-services/">https://hrlsc.on.ca/indigenous-services/</a> or <a href="#">Indigenous Services Brochure</a>	<b>Toll Free:</b> 1-866-625-5179 <b>TTY Toll Free:</b> 1-866 612-8627
<b>Steps to Justice: Your Guide to Law in Ontario</b>	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. <b>Find the resource here:</b> <a href="https://stepstojustice.ca/?s=indigenous">https://stepstojustice.ca/?s=indigenous</a>	

# 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
<b>TNFC – Apatisiwin Employment &amp; Training Program</b>	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. <b>For more information:</b> <a href="https://www.tnfc.ca/apatisiwin-employment-training-program/">https://www.tnfc.ca/apatisiwin-employment-training-program/</a>	<b>Located:</b> 179 Kirby Avenue, Timmins ON. <b>Tel:</b> 705-268-6262 <b>Toll-Free:</b> 1-844-200-2686 <a href="mailto:reception@tnfc.ca">reception@tnfc.ca</a>

# Indigenous Housing Supports



The following are organizations that provide housing services and supports to Indigenous individuals. May not be an exhaustive (complete) list.

Program	Details	Contact
<b>Ontario Aboriginal Housing Services</b>	OAHS offers rental opportunities across Ontario to self-identifying First Nations, Métis, and Inuit people as well as non-Indigenous people. OAHS homes range from rent-geared-to-income, affordable, and market rent units. <b>For more information, visit:</b> <a href="https://www.ontarioaboriginalhousing.ca/rental-housing">https://www.ontarioaboriginalhousing.ca/rental-housing</a>	<b>Toll-Free – 1-866-391-1061</b> <a href="mailto:info@oahssc.ca">info@oahssc.ca</a> <a href="#">Link to Application</a>

# The Métis Nation of Ontario

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

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

# Timiskaming 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 Timiskaming district, but rather as a resource prepared with information sourced by the DSO Housing Navigators for the North East Region.

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



# Post-Secondary Education Resources

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

Program	Details	Contact
<p><b>Ontario Bursary for Students with Disabilities (BSDW)</b></p> <p><b>Canada Student Grant for Services and Equipment – Students with Disabilities (CSG-DSE)</b></p>	<p>Eligible individuals may receive funding to help pay for disability-related educational services and/ or equipment needed to participate in postsecondary studies. Eligible individuals can receive <b>up to \$2,000 from the BSDW or up to \$20,000 from the CSG-DSE</b>. In order to be eligible, individuals must have a permanent disability or a persistent or prolonged disability and must be have applied and be eligible for funding through OSAP or an institution-based bursary. <b>For more information, visit:</b> <a href="https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/PRDR019233.html">https://osap.gov.on.ca/OSAPPortal/en/A-ZListofAid/PRDR019233.html</a></p>	<p><a href="#">Application Form</a></p>
<p><b>Doreen Kronick Scholarship</b></p>	<p>Available to post-secondary students with learning disabilities who are enrolled in full-time or part-time study programs. The amount of this award is \$1,000. The Doreen Kronick Scholarship (DKS) may be awarded to a person who is pursuing a program of graduate study in a university that will assist learning disabled students. Applications are reviewed according to the following criteria: the student’s future educational program leading towards assisting persons with learning disabilities; the submission of a satisfactory academic record; the student’s contribution to his or her community and to campus life. <b>For more information, visit:</b> <a href="https://www.ldac-acta.ca/scholarships/">https://www.ldac-acta.ca/scholarships/</a></p>	<p><b>Tel:</b> 613-238-5721 <a href="mailto:info@ldac-acta.ca">info@ldac-acta.ca</a></p>
<p><b>Toronto Metropolitan University - Tuition Waiver for Youth in Extended Care</b></p>	<p>If interested in attending Toronto Metropolitan University, they offer tuition waivers for <b>students who grew up in extended society care</b> (previously known as Crown Wards) in Canada, and are currently enrolled in an OSAP-eligible program at the institution. The tuition waiver will cover full tuition and ancillary costs. Students must be in an OSAP-approved program to be considered for the tuition waiver. <b>For more information, visit:</b> <a href="#">Tuition Waiver for Youth in Extended Care</a></p>	<p><a href="mailto:awards@torontomu.ca">awards@torontomu.ca</a></p>
<p><b>Transition Resource Guide for Students with Disabilities</b></p>	<p>This guide is a comprehensive tool to help students with disabilities arm themselves with the knowledge they need to access resources at all colleges and universities in Ontario and make a successful transition to post-secondary education. It is aimed to support students as they make the transition by providing information on supports and services available at post-secondary institutions and steps on how to prepare for the transition to post-secondary education.</p>	<p><a href="#">Transition Resource Guide for Students with Disabilities</a></p>

# Employment Support



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

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

Provider	Support	Contact
<b>Community Living Temiskaming South – Temiskaming Employment and Mentorship Services (TEAMS)</b>	Assists individuals with intellectual disability to explore employment opportunities through supportive resume writing, work skills development, career counselling, placement matching, on-the-job training, as well as monitoring individual’s progress through follow-up. <b>For more information, visit:</b> <a href="https://www.clts.ca/t-e-a-m-s">https://www.clts.ca/t-e-a-m-s</a>	<b>Suzanne Fournier:</b> <b>Located:</b> 513 Amwell St., Haileybury ON. <a href="mailto:sfournier@clts.ca">sfournier@clts.ca</a>
<b>Employment Options</b>	Assists individuals with developing the skills to secure employment. Supports include: access to employment consultants, job postings, skills workshops and resources and information. <b>For more information, visit:</b> <a href="https://www.northerncollege.ca/employment-options/">https://www.northerncollege.ca/employment-options/</a>	<b>New Liskeard Office:</b> <b>Located:</b> 290 Armstrong St., New Liskeard ON. <b>Tel:</b> 705-672-5244 <a href="mailto:NL.EmploymentServices@northern.on.ca">NL.EmploymentServices@northern.on.ca</a>

# Community Supports



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

Program	Details	Contact
<p><b>North East Association for Community Living</b></p>	<p>North East Association for Community Living (NEACL) is an Agency serving adults and children with an intellectual disability in the geographical area from Cochrane to Opatatika.  <b>For more information, visit:</b> <a href="https://www.neacl.ca/">https://www.neacl.ca/</a></p>	<p><b>Kapuskasing Office:</b>  <b>Located:</b> 12 Kimberly Dr., Kapuskasing ON.  <b>Tel:</b> 705-337-1417</p> <p><b>Cochrane Office:</b>  <b>Located:</b> 18 Aurora Ave., Cochrane ON.  <b>Tel:</b> 705-272-2999</p>
<p><b>Cochrane Temiskaming Resource Centre</b></p>	<p>The Cochrane Temiskaming Resource Centre offers a variety of services designed to provide supported individuals a fair and equal opportunity to live, work and play within the community, as determined by personal interest.  <b>For more information, visit:</b> <a href="https://www.ctrc.on.ca/">https://www.ctrc.on.ca/</a></p>	<p><b>Located:</b> 600 Toke St., Timmins ON.  <b>Tel:</b> 705-267-8181  <a href="mailto:general@ctrc.on.ca">general@ctrc.on.ca</a></p>
<p><b>Transit &amp; Transportation</b></p>	<p>Municipalities and transit services may offer accessible transportation options for individuals in the community who are unable to use regular transit services.            To learn more about accessible transit in your area, visit the links to the side or contact your local transit service provider.</p>	<p><a href="#">Temiskaming Shores City Transit Services</a></p>



# Home Supports

The following are examples of home support services available in the area – this may not be an exhaustive (complete) list

For a detailed list of in-home personal support services available in the area, you can visit: [Caregiver Exchange](#)

Program	Details	Contact
<b>Home and Community Care Support Services North East</b>	Provides access and referrals to other community services, and manage Ontario's long-term care home placement process. <a href="#">Guide to Home and Community Services</a> For more information, visit: <a href="https://www.healthcareathome.ca/region/north-east">https://www.healthcareathome.ca/region/north-east</a>	<b>Tel:</b> 705-476-2220 <b>Toll-Free:</b> 1-888-533-2222
<b>CarePartners – New Liskeard Nursing Program</b>	Provides Nursing Care for individuals of all ages who are living in the community. For more information, visit: <a href="https://www.carepartners.ca/Nursing-Care.htm">https://www.carepartners.ca/Nursing-Care.htm</a>	<b>Located:</b> New Liskeard, ON <b>Tel:</b> 705-560-5926 <b>Toll-Free:</b> 1-866-886-4172 <a href="#">Send an Email</a>
<b>Closing the Gap Healthcare</b>	Provides health and home care services to individuals of all ages to support independent living within an individual's home and community. Services include home care, personal support, home support, nursing, and more. For more information, visit: <a href="https://www.closingthegap.ca/services/">https://www.closingthegap.ca/services/</a>	<b>Located:</b> New Liskeard, ON <b>Tel:</b> 705-647-4315 <b>Toll-Free:</b> 1-844-618-3185 <a href="mailto:timiskaming@closingthegap.ca">timiskaming@closingthegap.ca</a>

# Mental Health Services

The following are agencies that provide mental health and/or crisis intervention services within the Timiskaming district.

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

Resource	Details	Contact
<b>CMHA Cochrane-Timiskaming</b>	CMHA Timiskaming-Cochrane offers a variety of mental health and addictions programs and services which are safe, inclusive and accessible and that promote healthy people and communities. <b>For more information, visit:</b> <a href="https://cmhact.ca/programs-services/">https://cmhact.ca/programs-services/</a>	<b>Located:</b> 330 Second Ave., Timmins ON. <b>Tel:</b> 705-267-8100 <a href="#">CMHACT Additional Contact Info</a>
<b>Timiskaming Crisis Response Line</b>	Provides immediate phone assistance to individuals experiencing crisis 24 hours, 7 days a week. <b>For more information visit:</b> <a href="https://www.timiskaminghu.com">https://www.timiskaminghu.com</a>	<b>Toll-Free:</b> 1-888-665-8888
<b>Ontario Online &amp; Text Crisis Services</b>	Online chat or text service for those looking for mental health support across Ontario. <b>Hours:</b> 2:00pm – 2:00am, daily <b>For more information visit:</b> <a href="http://www.dcontario.org/ontx.html/">http://www.dcontario.org/ontx.html/</a>	<b>Visit to chat:</b> <a href="#">DCO Chat Line</a> <b>Text “SUPPORT” to:</b> 258258
<b>Northern Initiative for Social Action (NISA) Warm Line</b>	Offers peer support and addresses some of the challenges facing people with lived experience of mental illness. One central line connects individuals to operators in Parry Sound, North Bay, Sudbury, Sault Ste. Marie and Timmins and surrounding areas. <b>For more information, visit:</b> <a href="#">NISA Warm Line Information</a>	<b>Toll-Free:</b> 1-866-856-9276 (WARM)
<b>Hope for Wellness Helpline</b>	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. <b>For more information, visit:</b> <a href="https://www.hopeforwellness.ca/about-us/">https://www.hopeforwellness.ca/about-us/</a>	<b>Toll-Free:</b> 1-855-242-3310

# Food Banks



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

Provider	Details	Contact
<b>Haileybury Food Bank</b>	<p><b>Located:</b> 500 Broadway Street, Haileybury, ON. <b>Hours:</b> Thursdays, 10:00am-12:00pm <b>For more information, visit:</b> <a href="https://www.facebook.com/profile.php?id=100079872927404&amp;sk=about">https://www.facebook.com/profile.php?id=100079872927404&amp;sk=about</a></p>	<p><b>Tel:</b> 705-672-2119</p>
<b>The Salvation Army New Liskeard Food Bank</b>	<p><b>Located:</b> 260 Whitewood Avenue, New Liskeard, ON. <b>Hours:</b> Wednesdays, 1:00pm – 3:00pm <b>by appointment only.</b> <b>For more information, visit:</b> <a href="https://www.facebook.com/TSAtemiskaming">https://www.facebook.com/TSAtemiskaming</a></p>	<p><b>Tel:</b> 705-647-4030</p>
<b>Cobalt Food Bank</b>	<p><b>Located:</b> 22 Earle Street, Cobalt, ON. <b>Hours:</b> Wednesdays, 9:00am – 12:00pm</p>	<p><b>Tel:</b> 705-679-1197</p>

# Meal Services

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

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

Provider	Details	Contact
<b>Timiskaming Home Support – Meals on Wheels</b>	<p><b>Hot Meal Delivery:</b> 3 times/week, between 4:00pm – 5:00pm Hot meals consist of milk, soup, salad, main plate and dessert.</p> <p><b>Frozen Meal Delivery:</b> 1 time/week, between 4:00pm – 5:00pm</p> <p>Rates are subsidized and based on income:</p> <ul style="list-style-type: none"><li>• \$6.50 for an income less than \$18,599.99</li><li>• \$7.50 for an income between \$18,600 and 22,295.99</li><li>• \$8.50 for an income over \$22,296.00</li></ul> <p>For more information, visit: <a href="https://homesupportservices.ca/meals-on-wheels-program/">https://homesupportservices.ca/meals-on-wheels-program/</a></p>	<p><b>North Timiskaming Region:</b> <b>Located:</b> Kirkland Lake, ON <b>Toll-Free:</b> 1-877-318-9678</p> <p><b>South Timiskaming Region:</b> <b>Located:</b> Haileybury, ON <b>Toll-Free:</b> 1-877-318-9678</p> <p><a href="mailto:info@homesupportservices.ca">info@homesupportservices.ca</a></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	Details	Contact
<b>The Salvation Army Temiskaming Community Church – Thrift Store</b>	Offers donated clothing and household items at affordable low prices. <b>Located:</b> 101 Whitewood Ave., New Liskeard ON. <b>Hours:</b> Wednesdays, 1:00pm – 3:00pm <b>For more information, visit:</b> <a href="https://www.facebook.com/NewLiskeardThriftstore">https://www.facebook.com/NewLiskeardThriftstore</a>	<b>Tel:</b> 705-647-4030 <a href="mailto:temiskaming@salvationarmy.ca">temiskaming@salvationarmy.ca</a>
<b>Hidden Treasure Second Hand Store</b>	<b>Located:</b> 883365 Hwy 65 E., New Liskeard ON. <b>Hours:</b> Tuesday, Thursday, Friday, Saturday, 12:00pm – 5:00pm. <b>For more information, visit:</b> <a href="https://www.facebook.com/profile.php?id=100057131932908">https://www.facebook.com/profile.php?id=100057131932908</a>	<b>Tel:</b> 705-647-2982 <a href="mailto:hiddentreasureanimalrescue@yahoo.com">hiddentreasureanimalrescue@yahoo.com</a>
<b>Ceridian Cares</b>	Ceridian Cares offers grants to individuals in need of financial assistance to cover the costs for the following types of needs: Clothing & Footwear, Food & household Needs (ex. blankets, mattresses, cookware & dishes, small appliances, personal hygiene items, etc.), eligible medical costs and recreational programs. <b>For more information, visit:</b> <a href="https://www.ceridiancares.ca/evaluation">https://www.ceridiancares.ca/evaluation</a>	<a href="#">Link to Application</a>

# Resources for Transitional Aged Youth

The following section provides information about the resources, programs and services that are available to youth aged 16-24 as they transition into adult services. The Developmental Services Ontario does not promote nor endorse any of these private services.

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



# Youth Community Groups & Recreation



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

Program	Details	Contact
<b>Timmins Youth Wellness Hub</b>	The Timmins Youth Wellness Hub (TYWH) is a safe, inclusive and welcoming space for all youth aged 12-25 to access mental health, addictions and wellbeing services, resources and support. For more information, see: <a href="https://ywhtimmins.ca/about/">https://ywhtimmins.ca/about/</a>	<b>Located:</b> 45 Spruce St., S. Timmins ON. <b>Tel:</b> 705-268-0400 <a href="mailto:info@ywhtimmins.ca">info@ywhtimmins.ca</a>

# Youth Employment Programs

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

Program	Details	Contact
<b>Northern College Youth Job Connection</b>	<p>The Youth Job Connection program serves youth aged 15 to 29 who experience multiple and/or complex barriers to employment by providing more intensive supports beyond traditional job search and placement opportunities. This program offers 60 hours of paid pre-employment training, throughout two weeks, to promote job-readiness, job matching and paid job placements, mentorship services, and education and work transitions supports..</p> <p>For more information, visit: <a href="https://www.northerncollege.ca/program/youth-job-connection/">https://www.northerncollege.ca/program/youth-job-connection/</a></p>	<p><b>Timmins Office:</b> <b>Located:</b> 4715 Highway 101 E., South Porcupine ON. <b>Tel:</b> 705-235-3211</p>



# Youth Legal Supports

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

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

# 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
<b>LGBT Youth Line</b>	<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><b>For more information:</b> <a href="https://www.youthline.ca/">https://www.youthline.ca/</a></p>	<p><b>Tel:</b> 1-800-268-9688 <b>Text:</b> 647-694-4275 <a href="#">Live Chat</a></p>
<b>Trans Life Line</b>	<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><b>For more information:</b> <a href="https://www.translifeline.org/">https://www.translifeline.org/</a></p>	<p><b>Tel:</b> 1-877-330-6366</p>

# Financial Assistance for Youth

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

Program	Details	Contact
<b>Telus Mobility for Good</b>	Mobility for Good® helps youth aging out of care achieve independence by providing them with a free phone and a \$0 plan. This enables them to stay in touch with friends and vital support networks, search for somewhere to live, find education and job opportunities, and build credit. For more information, see: <a href="https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth">https://www.telus.com/en/social-impact/connecting-canada/connecting-for-good-programs/youth</a>	<a href="#">Telus Mobility for Good</a>