

Rainy River Support Services and Mental Well-Being Directory

Adult and Children

Riverside Community Counseling Services/Rainy River office: Individuals, couples, family and group counseling – for all ages and concerns. **Contact 274-4807 (Ext 3)**

Community Care Access Centre: Coordinates information about other services available within the community and links you with these services when appropriate. Determines access to health care services provided in the home, admission to Long Term Care Facilities (homes for the aged, nursing homes), as well as access to health support services provided in schools for children with special needs.

Contact 852-3955, nw.ccac-ont.ca

Adult

LaVerendrye Non Profit Supportive Housing: Landlord/Tenant units; psychiatric, developmental, physically challenged. Transitional housing; individuals living with a mental health issue/addictions, Community case management; individuals exhibiting psychiatric symptoms. **Contact (807) 274-2606, riversidehealthcare.ca**

Nelson House: (Transitional housing) in partnership with Kenora-Rainy River crisis response services offers 1 crisis stabilization bed within transitional housing program. Referrals for this bed can be made through Kenora-RR Crisis response at **1-866-888-8988**.

The Canadian Mental Health Association - Fort Frances Branch: Will promote and enhance the mental health of individuals and families in the Kenora and Rainy River District through consumer involvement, programs, services, education and advocacy. Programs that are offered include; Can-Help, Court diversion and support program, Older Adults Program, psycho-geriatric resource consultant, STEP centre and social rehab program. For more information please **Contact 274-2347 or cmhaff.ca**

Community Living, Transitions Program: Developmental Disability, 18+, service coordination, resources, individual and family planning, school to work/community transitions planning and advocacy.
Contact 852-4117 or communitylivingfortfrances.com

Children

Children's Mental Health: Ages 0-18, assessments, treatment, counseling, family and school support. Intake via **Firefly Services at (807) 274-7787, facsrr.ca**

Healthy Babies Healthy Children: Home visiting with Public Health Nurse and Parenting Partner for pregnant moms and families with young children 0-6yrs. **Contact 852-3268**

Learn, Laugh, Play Children's Center: Daycare services for children 18 months to school age, subsidy available. **Contact: 852-3362 (Ext 1)**

Rainy River Best Start Hub: Parent/child drop in center, play programs, resources, workshops.
Contact: 852-3362 (Ext 2)

North Words Preschool Speech & Language Program: Ages 18 months to school age. **Contact: 274-4454**

FIREFLY: Intake and Case Management for Children Ages 0-18. Case Management for eligible Adults 18+.
Contact: (807) 274-7787, facsrr.ca

Other Services Available to Rainy River

First Nations

Health Canada First Nations & Inuit Health
(Traditional Services Community Health Nurse): **274-7771**

Metis' Nation of Ontario
(Long Term Care Program): **274-6505**

Maa' aawichige Agaming Counselling
(for First Nation people & Traditional Approaches):
274-9839

United Native Friendship Centre: **274-8541**

Weechi-it-Te-Win FN Family & Children Services:
1-800-465-2911 or 274-3201

Treaty Three Police: **274-1565**

Health/Addictions

NW Ontario Palliative Pain & Symptoms
Management Consultant Network: **1-800-319-7246**

Palliative Care Services via CCAC: **1-800-626-5406**

Non-Cancerous Chronic Pain Program:
(runs once every 3 months) **1-807-683-4922**

TELEHEALTH Ontario:
(Government Run Health Information Line):
1-866-797-0000

Ontario Problem Gambling Helpline: **1-888-230-3505**

Drug & Alcohol Information Line: **1-800-565-8603**

Methadone Clinic (Fort Frances): **274-8305**

Methadone Clinic (Dryden): **1 807-223-5107**

Dryden Crisis Stabilization Unit:
(Short Term Detoxification Services): **1-866-888-8988**

Morning Star Detoxification Unit: **1-807-468-5749**

Migisi Alcohol & Drug Treatment Centre:
1-807-548-5959

Valley Diabetes Education Centre: **274-3266 (Ext. 4543)**

Canadian National Institute for the Blind/CNIB:
1-800-411-3337

Canadian Cancer Society: **1-888-939-3333**

POISON CONTROL: **1-800-268-9017**

O.P.P. 1-888-310-1122 or 911

O.P.P. (Rainy River Detachment): **852-3271**

O.P.P. (Victim Support Line): **1-888-579-2888**

O.P.P. (Assaulted Women's Hotline): **1-866-863-0511**

O.P.P. (Mental Health Crisis Hotline): **1-888-893-8333**

Seniors

Older Adults Program (Seniors' Services): **274-9400**

Seniors' Shuttle Van: **274-3261 (Ext. 2547)**

Public Trustee (Seniors' Protective Services):
1-807-343-8563 (Ext 10)

Elder Abuse Consultants: **1-807-343-8563**

LIFELINE (Seniors' Emergency Response Services):
852-3872

Adult/Family

Shelter of Hope (Atikokan for emotionally and physically
abused women and children): **1-800-465-3348**

Supervised Access Line: **1-800-465-7764**

Sexual Assault Crisis Line (24 Hours): **1-800-565-6161**

Crisis Response Services: **1-866-888-8988**

Critical Incident Stress Management Team
Community and First Responders Trauma Services:
274-4807 (Ext 1)

Skills & Employment Source: **274-2034**

Lake of the Woods Psychiatric Services:
(807) 468-9861 (Ext 2262)

Victim Services & Crisis Supports: **274-5687**

Legal Aid (FREE ½ hour Consults with related practicing
lawyers): **1-800-268-8326**

Human Rights or Ontario Human Rights Commission:
1-800-999-6899 or 1-800-387-9080

Mental Health Rights Advisor: **1-800-578-2343**

Northern Independent Living Services: **1-888-939-0993**

Riverview Manor (Assisted Living):
852-4747 or 274-5349 (Ext 225)

Children/Family

Child Abuse Hotline: **1-800-387-5437**

Kids Helpline: **1-800-668-6868**

ASK-Youth Program

Kenora Youth Addiction Services: **1-807-467-3555**

AIDS/Sexual Health Information Line: **1-800-668-2437**