



Community Resource List for LaCloche Foothills

Health and Well-being Services available and supporting:
Town of Espanola: 705.869.1540 Township of Baldwin: 705.869.0225
Township of Sables-Spanish Rivers: 705.865.2646
Township of Nairn & Hyman: 705.869.4232

Health and Social Service providers in the area have come together to compile a list of resources serving the LaCloche Foothills, that may be helpful to residents during this challenging time following the announcement of the Domtar Espanola Pulp and Paper Mill idling its operations. There are many more services that exist in the region beyond the ones included here. The resources included are helpful services that can provide support for anyone in need of assistance. Residents are encouraged to reach out to an organization to find out more about services they offer and/or to seek help getting in touch with services appropriate to their needs. Funding was generously provided by FCR Freelandt, Caldwell, Reilly LLP, 30 McCulloch Drive, Espanola 705-869-3351, and the Community Safety and Well-being Plan. Residents are encouraged to retain this resource for future use. All information contained within was accurate at the time of publication, November 2023; subject to change.

Mental Health Supports

Canadian Mental Health Association Sudbury/Manitoulin (CMHA-S/M): 705-675-7252 or 1-866-285-2642. Email: info@cmha-sm.on.ca. Website: <https://sm.cmha.ca/> Location: 407 Centre Street, Espanola. Hours: 8:30am-4:30pm. Provides both in-person and virtual mental health and substance use services including: Intake/Brief services (age 16+), Case Management (age 16+), and Justice Services (18+). In-person services are provided within a 40 km catchment area from the Espanola office location. For information about Health Promotion Services contact: education@cmha-sm.on.ca.

Health Sciences North's - Espanola Mental Health and Addictions: 705-869-1564 x 4221

Brief support, referral assistance, and supportive counselling is available. Service offered face to face, virtual, telephone; self-referral accepted. Call for more information.

Espanola & Area Family Health Team: 705-862-7991 (Reception) Location: 801 McKinnon Dr, Espanola. For a list of programs and services: <https://espanolaregionalhospital.ca/programs-and-services/family-health-teams/programs-and-services-fht>. **Mental Health Navigator**: Contact: Ashley Lindsay 705-862-7991 ext 4247 An access point for all mental health, addictions, and community resources. Walk in's M-F 8:30am-4:30pm, self-referrals by calling, or contact your primary care provider. **Community Health Navigator**: Contact: Susanne Cassidy 705-869-1420 ext 3112. M-F 8am-4pm. Coordination of the LaCloche Foothills Community Safety and Well-being Plan.

Espanola Regional Hospital and Health Centre: 705-869-1420; 825 McKinnon Dr, Espanola

Crisis Intervention Services: 705-675-4760 or 1-877-841-1101 Hours: 8:30am-10:00pm 7 days/week, no appointment necessary. Immediate mental health support (24/7, 365 days/year) if you are in crisis or feeling overwhelmed. Service is free and available for all ages. Call, meet or speak virtually. Mobile crisis service may be an option. Visit in person at one of our locations including: Downtown Sudbury, Ramsey Lake Health Centre, or Manitoulin Island. Online: <http://www.crisishelp.ca/>

Compass / Boussole / Akii-Izhinoogan: 705-869-1564 Ext 4234 – Email: contactus@compassne.ca. Location: 407 Centre St, Espanola. Toll free: 1-800-815-7126. Providing Children's Mental Health Counselling ages 0-18; mental health, developmental and community services for children, youth, and families. Serves: City of Greater Sudbury, Espanola, Manitoulin Island and Chapleau. www.compassne.ca. Child + Youth mindSPACE is a safe and inclusive space to talk one-on-one; free and available without an appointment for children and youth under 18 and their families. In person, virtual, or by phone mindSPACE available Tues/Thurs 11am-6:30pm at 62 Frod Rd, Sudbury.

Noomowin Teg Health Centre: Espanola Office 705-869-1564 ext. 4260 - Website: www.noojmowin-teg.ca Offers Cultural Support, Mental Health and Addiction counselling, Youth Counselling, Traditional Knowledge Keepers, and Food Security programs to Indigenous clients. Addiction Support workers offer service to indigenous / non-indigenous clients. Mental Health and Addictions Intake Care Coordinator 705-368-0083 ext 327, mobile 705-968-0791. Cultural Support Worker 705-869-1564 ext 4262, mobile 705-968-0181. Location: 407 Centre St, Espanola and at 48 Hillside Rd., Aundek Omni Kaning First Nation / Little Current, Manitoulin Office.

Maamwesying North Shore Community Health Services Inc.: 1-844-864-0523 www.maamwesying.ca. Supporting the indigenous population and residents (18+ years) of First Nation communities along the North Shore, in determining their own vision and path to maintaining wholistic health and well-being through traditional and contemporary mental health counselling and treatment services. Central intake 1-844-864-0523.

Mnaamodzawin Health Services Inc.: 705-368-2182 Hours: Mon-Fri 8:30-4:00 receptionist@mnaamodzawin.com Website: www.mnaamodzawin.com. Provides home and health care services to 5 First Nation communities on Manitoulin Island. Nurses and personal support workers provide clinical and home care, chefs prepare and deliver meals on wheels, mental health clinicians provide individual and family counselling, diabetes health promotion programs, healthy family

workers that provide support to parents/guardians of children age 0-6 and pregnant mothers, sex and gender diversity program, Traditional Healing, Footcare, and Psychiatry services for adults and children. Self-referrals are accepted for all programs. Service delivery can be in-person, telephone, virtual, self-referral.

Whitefish River First Nation Health Centre: 705-285-4354 Services include: Cultural supports, Traditional Knowledge Keepers, and access to counselling services for registered community members.

Sagamok Anishnawbek Mental Health & Addictions: 705-865-2171 Serving Sagamok community and their partners/family members. Children/Youth/Adult mental health and addiction counselling; grief, trauma, general counselling. Email: admin_support@sagamok.ca. Hours: M-F 9:00-4:30. Parking available. Services offered in office/face-to-face/telephone/safe location within community. Self-referrals encouraged.

Unemployment and Family Services

Manitoulin-Sudbury District Services Board (MSDSB): 705-862-7850 - www.msdsb.net for full list of services.

Location: 210 Mead Blvd. Espanola, ON Phone: 705-862-7850 Ext 1, Fax: 705-862-7805

Hours: 8:30am – 4:30pm Mon – Fri (closed 12-1pm) Email: EspanolaIPAgrou@msdsb.net. Services are provided: In Office, In Community, Virtual when necessary. Serving Espanola/Manitoulin/Sudbury North/Sudbury East. Provides Child Care Subsidy, Ontario Works, Community Housing, Our Kids Count, Homelessness Prevention Program, Paramedic Services, and Community Paramedicine.

LaCloche EarlyON Child and Family Center – Our Children Our Future (OCOF): 705-869-5545 Location: 273 Mead Blvd., Espanola. Email: Lacloche@ocof.net. Contact by phone between 8:30am-4:00pm M-F, Parking available. Serving families with children 0-6 years of age in the LaCloche area including Community Kitchens, Infant Food Cupboard, Car Seat Inspections, Playgroups, Parenting Programs etc.

Manitoulin Family Resources is a multi social services agency: Violence against Women Prevention – Haven House Shelter, 24/7 Crisis line 705-377-5160 or 1-800-465-6788, Outreach Counselling, Transitional & Housing Support; Building Bridges; Children’s Services – Centre-Based & Home Childcare, EarlyON Child & Family Centre: Emergency Food Assistance – Food Bank & Thrift Store. Contact: 705-368-3400 Mon-Fri 8:30-4:30, Email: info@mfresources.net, visit facebook.com/manitoulinfamilyresources, www.mfresources.net.

Community Living Espanola: 705-869-0442 Serving Adults age 18+ with developmental disabilities; provides/advocates for a full range of community-based services: accommodation, employment, respite, community access, planning and family supports. Location: 345 Centre Street Espanola. Email: Debbie.langlois@clespanola.ca. M-F 8-4

Manitoulin Northshore Victim Services: 705-370-3378 or 1-866-392-7733 Serving Manitoulin and the Northshore. Location: 54 Boosneck Rd, Little Current, ON, Email: mnvsinfo@vianet.ca Hours of operation: 24/7 Police Referral ONLY Mon-Fri 8:30 to 4:30 community agencies/medical facilities or self-referral. Provides crisis intervention services to victims of crime and tragic circumstance.

North East Behavioural Supports Ontario (BSO): 1-855-276-6313

Provides behavioural healthcare services for older adults in Ontario with/at risk of, responsive behaviors or personal expressions associated with dementia, complex mental health, substance use and/or other neurological conditions. Call the Regional Central Intake Office at: 1-855-276-6313. Available from 8:30-4:30 Mon-Fri Contact: Kendra Bourcier, Clinical Behaviour Response Specialist, 705-869-1420 ext.3094, (Family Health Team, Espanola)

Employment Options Emploi Program: 705-869-4113 Cambrian College Espanola Campus, 101-91 Tudhope St. Free Employment Services to both Job Seekers and Employers in Espanola, Manitoulin, Massey, Nairn Centre, Whitefish Falls with Job Search resources, Resume assistance, Interview Prep, Assistance attaching to the hidden labour market, Job readiness workshops, access to Better Jobs Ontario, Adult Literacy and Academic Upgrading program. Youth Job Connection programs for ages 15-29. Call for details. Check our website www.1job.ca.

Email: espanola@cambriancollege.ca Hours: 8:30am-4:00pm Mon-Fri, Parking available.

Food Banks

Espanola: 705-583-3045; Massey: 705-865-2450; Mindemoya: 705-368-3400 ext. 242. Free and confidential.

Local Government Offices

MP Carol Hughes – Algoma-Manitoulin-Kapuskasing NDP Member of Parliament – Call 705-848-8080

MPP Michael Mantha – Algoma-Manitoulin Member of Provincial Parliament – Call 1-800-831-1988