

Community Resource List
for
**Stormont, Dundas, Glengarry,
Akwesasne and Cornwall**



**Social Development Council
of Cornwall & area**
"building stronger communities"



**Conseil de développement social
de Cornwall et de la région**
"renforcer les communautés"

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ADDICTIONS

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Addiction Services at Cornwall Community Hospital	613-361 6363		www.cornwallhospital.ca/en/addictionservices
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Addiction Services is a community-based program offering a comprehensive range of specialized therapeutic services to address problems associated with substance use, addiction, and problem gambling for individuals ages 12 and over. Our services are geared towards providing services to all those experiencing problematic issues with addiction, including family members and friends of someone who is dealing with alcohol, drug, or gambling abuse.

Al-Anon and Alateen	613-283-1249	ontariosouthwebsitecoordinator@outlook.com	www.al-anon.alateen.on.ca
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Al-Anon Family Groups is a community resource providing support to anyone affected by a relative or friend's drinking. Alateen is designed for the younger relatives and friends of alcoholics through age 19.

Alcoholics Anonymous - Stormont, Dundas and Glengarry, Prescott-Russell	613-938-1984		www.cornwallaa.com
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Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Canadian Mental Health Association	613-933-5845	office@cmha-east.on.ca	www.cmha-east.on.ca
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To provide leadership in "recovery based" mental health and concurrent disorder services through a high quality system that is easily accessible to all citizens in the Counties of S. D. G. & Prescott-Russell. CMHA is committed to working in a partnership with individuals, families and community resources to enhance the development and continued support of mental health for all citizens.

Change Health Care Inc - Cornwall	613-932-9777	info@changehealthcare.ca	www.changehealthcare.ca
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Methadone maintenance treatment and Suboxone substitution therapy for the treatment of opioid dependence.

Cocaine Anonymous	1-877-254-3348		www.drugrehab.ca/cocaine-addiction.html
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Drug Rehab Services is a free resource for drug and alcohol addiction in Canada. We have helped and refer thousands of people to get help with their addiction.

Narcotics Anonymous	1-888-811-3887	info@ottawana.org	www.ottawana.org
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Community-based organization for recovering addicts and those who have a desire to stop using drugs. Members offer peer support to one another on how to live a drug-free life and recover from the effects of addiction.

Recovery Cornwall	613-703-0270	receptionistcornwall@gmail.com	www.recovery.care
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Recovery Cornwall is primarily an opiate replacement therapy center. Our primary mandate is to provide treatment for addiction to opiates, (heroin and other morphine derivatives), and opioids, (synthetic prescription painkillers like codeine, oxycodone, heroin, and fentanyl). However we also offer treatment to persons struggling with addiction to other substances like alcohol and narcotics.

ADDICTIONS

Name	Telephone	Email	Website
Withdrawal Management Services with Cornwall Community Hospital	613-361-6363 ext. 4540	angel.quesnel@cornwall hospital.ca	www.cornwallhospital.ca/en/ WithdrawalManagement

This program provides safe and supportive client-centred community withdrawal management services that are readily accessible, culturally sensitive and provided in both English and French.

CHILD, YOUTH AND FAMILY SERVICE

Name	Telephone	Email	Website
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Akwesasne Child and Family Services	613 575 2341 Ext. 3308	helpdesk@akwesasne.ca	www.akwesasne.ca/community-social-services/akwesasne-child-and-family-services/
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We care, trust and believe in the strength of Akwesasne. As a child protection agency, we are committed to promote the best interests, protection and well-being of children

Akwesasne Child Care Program	613-938-5067	helpdesk@akwesasne.ca	www.akwesasnechildcare.com
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Provide early learning opportunities to enhance growth and development in Akwesasne's children.

Big Brothers Big Sisters of Cornwall and District	613-933-8035	cornwall@bigbrothersbigsisters.ca	www.bigbrothersbigsisters.ca/cornwall
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Our mission is to assist children, from primarily lone parent families in Cornwall and S. D. & G., to achieve their full potential through mentoring programs with caring, responsible adult volunteers.

Boys and Girls Club of Cornwall/SDG	613-935-9015	staff@bgccornwallsdg.com	www.bgccornwallsdg.com
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Mission is to provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

Bridging Gaps	613-933-2121		www.bridginggaps.ca
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Bridging Gaps helps those that are facing difficult times with finding temporary shelter, food, and advocacy services to high-risk/troubled youth of S.D.&G. area

Centre ON y va - Équipe psychosociale	613-938-2000	info@eps-sdg.ca	www.equipepsychosociale.ca/centre-on-y-va/
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Le centre pour l'enfant et la famille ON y va – Francophone de S.D.G. offre dans un cadre souple des programmes gratuits à l'intention des enfants de six ans et moins et des personnes qui s'occupent d'eux, que ce soit leurs parents ou d'autres personnes.

Centre York Center	613-933-1253 / 1-888-426-9177	awalker@centreyorkcentre.ca	www.centreyorkcentre.ca
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Centre York Centre is a Supervised Access Centre which offers families experiencing difficulties, a safe setting where visits and exchanges can take place without the children witnessing conflicts between parties. Centre York Centre provides a safe, neutral and child-focused setting for visits with a child and non-custodial parent and/or other family members.

Child and Youth Mental Health Services - Cornwall Community Hospital	613-361-6363		www.cornwallhospital.ca/en/ChildrenMentalHealth
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Cornwall Community Hospital Child and Youth Mental Health Services (CYMHS) are community-based services which provide assessment, therapy, support, counselling, group therapy and consultation for children and youth and parent education groups. CYMHS has a well-trained, multidisciplinary team of professionals who provide services predominantly in English.

CHILD, YOUTH AND FAMILY SERVICE

Name	Telephone	Email	Website
Child, Youth and Family Crisis Line for Eastern Ontario	1-877-377-7775	crisis@ysb.on.ca	www.icrs.ca/

We provide access to crisis professionals for children and youth aged 18 and under experiencing a crisis, and their families.

Children's Aid Society of Stormont, Dundas & Glengarry	1-866-939-9915	contact@cassdg.ca	www.cassdg.ca
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Our primary focus is the safety and well-being of children and youth. Our agency conducts assessments, offers support services such as counseling and teaching and, whenever possible, provides resources. We also facilitate public adoptions for children and youth whose birth family is unable to care for them.

Children's Treatment Centre	613-933-4400	ctc-sdg@cogeco.net	www.childrenstreatmentcentre.ca
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A community-based, community-supported agency committed to the prevention and treatment of child abuse. We provide free and immediate assessment and treatment to any child in need and that child's family.

City of Cornwall Child Care Division	613-933-6282 ext 3310		www.cornwall.ca/en/live-here/ child-care.aspx
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The department encompasses the following divisions: Child Care, Ontario Works and Social Housing. The Child Care Division plans and delivers quality child care programs and manages the Fee Subsidy Program.

Cornwall Police - Youth Services	613-932-2110		www.cornwallpolice.ca/en/ sections-and-units/youth-services. html
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Works with all youth that police arrest or come into contact with as a result of investigations such as, missing persons (youths), domestic assaults, truancy issues and other related incidents.

Creative Coping for Kids	613-932-4610		www.css-sdg.ca/programs/ creative_coping.html
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Creative Coping for Kids is a response to an identified need to assist children and their mothers who have experienced family violence. This is an 6 week program with a 3 hour session each week. The group is for children who have witnessed mom being abused physically, emotionally and/or verbally by the partner and who want to help their children deal with the impact of the abuse they have witnessed.

Early Childhood Integration Consultation Service, Community Living Stormont County	613-938-9550	info@clstormont.ca	www. communitylivingstormontcounty.ca/ ECICS.php
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Delivers services and supports to children with developmental challenges who are attending licensed child care. Provides supports with the Registered Early Childhood Educator and their team, including the child with developmental challenges in all aspects of their programming with the help of an Integration Advisor for a truly inclusive model.

CHILD, YOUTH AND FAMILY SERVICE

Name	Telephone	Email	Website
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EarlyON Centres- GIAG	1-866-996-0499	OEYCcornwall@giag.ca	www.giag.ca/who-we-are-wtg3c
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The Ontario Early Years Centre of Stormont, Dundas & Glengarry will provide leadership by supporting parents and our communities in raising children and ensuring they reach their full potential.

EarlyON Child and Family Centres	613-933-6282 ext. 3310		www.cornwall.ca/en/live-here/earlyon.aspx
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EarlyON is a combination of four programs – Ontario Early Years Centres, Parenting and Family Literacy Centres, Child Care Resource Centres and Better Beginnings, Better Futures. The programs were reorganized so families can get the same services at any EarlyON centre in Ontario, and also find programs tailored to each community.

EJM/EJS/Adult Diversion Program	613-575-5000		www.akwesasne.ca/justice/ejm-ejs-adult-diversion-program/
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EJMs are interventions that happen without the use of the court system. It is the process of dealing with a young person's offence before being formally charged. It is more commonly known as a pre-charge diversion. EJS may be used only if a young person cannot be appropriately dealt with through EJM due to the extremity of the offence. It is more commonly known as a post-charge diversion.

Family Law Information Centre/ Family Mediation	613-933-7500		www.justice.gc.ca/eng/fl-df/fjs-sjf/view-affic.asp?uid=474&search=
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A Family Law Information Centre (FLIC) is an area in the courthouse where the public can get free information and help about issues related to separation and divorce and other family law matters.

Freehouse Montessori School	613-938-9470	kmcraecraig@gmail.com	www.facebook.com/FreehouseMontessori/
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A unique learning environment for children between the ages of 18 months and 6 years.

JumpStart		jumpstart_admin@cantire.com	www.jumpstart.canadiantire.ca
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CJumpstart is a national charity with a commitment to local communities. Organized sports connect kids to their communities. Canadian Tire Corporation recognized this and makes sure that money raised stays where it is donated. Canadian Tire Corporation is Jumpstart's biggest supporter as it funds all the general administrative expenses of Jumpstart, which means 100% of customer donations go directly to help kids in need.

Kids Help Phone	1-800-668-6868		kidshelpphone.ca/
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Kids Help Phone is Canada's only 24/7 national service offering bilingual (English and French) professional counselling, information and referrals and volunteer-led, text-based support to young people.

Koala Place	613-935-5437	info@koalaplace.ca	www.koalaplace.ca
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Child-friendly and child-focused centre in which multi-disciplinary professionals provide service to children and youth who have experienced sexual abuse, physical abuse, domestic violence and maltreatment.

CHILD, YOUTH AND FAMILY SERVICE

Name	Telephone	Email	Website
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Laurencrest Youth Services	613-933-6362	dan.orourke@laurencrest.ca	www.laurencrest.ca
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We provide support to 'at risk' youth. Our 13-bed residential program is for males between 12 and 18, while our 15 community-based programs are co-ed. Office hours are Monday to Friday from 8:30 am to 4:30 pm. Residence is staffed 24/7.

Licensed Child Care Centres - Cornwall SDG	613-933-6282 ext. 3310		www.cornwall.ca/en/live-here/licensed-child-care-centres.aspx
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In addition to the Richelieu Day Care Centre, the City also purchases services with several licensed Child Care Centres throughout the City of Cornwall and the United Counties of Stormont, Dundas and Glengarry. Visit our website for a complete list. Licensed child care is government-regulated early learning and care that takes place in child care centres. Child care centres provide care for children in a group setting.

Licensed Home Child Care - Cornwall SDG	613-933-6282 ext. 3310		www.cornwall.ca/en/live-here/licensed-home-child-care.aspx
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Our Home Child Care Program is operated by the City of Cornwall and is licensed under the Child Care and Early Years Act, 2014 (CCEYA). We offer full-time and part-time home-based early learning and care in a family setting that is equitable, affordable and accessible to all residents of the City of Cornwall and the United Counties of Stormont, Dundas and Glengarry.

Ottawa's Children Treatment Center (OCTC)	1-800-565-4839		www.cheo.on.ca/en/CTC
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Partnership with community pediatricians for diagnostic assessment for Autism Spectrum Disorder of children 5 and under. Provides a continuum of care for children, youth, and adults with developmental disabilities requiring behavioural strategies and their families within the City of Ottawa.

Partir d'un bon pas	613-938-2000	partir@partirdunbonpas.ca	www.ementalhealth.ca/index.php?m=record&ID=9888
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School enrichment program for francophone children aged 4-8 in 5 local schools. Other prevention programs include: family visits; parent/child workshops on communication, attachment, self-esteem; play groups for francophone parents and their children (aged 0 to 4).

SD&G Developmental Services	613-937-3072	info@developmentalservices.com	www.developmentalservices.ca/
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S.D. & G. Developmental Services Centre provides services to individuals who are developmentally and/or physically challenged and their families/caregivers in the counties of Stormont, Dundas and Glengarry and the City of Cornwall.

Teen Health and Wellness	Suicide Hotline: 1-800-784-2433 Crisis Call Centre: 1-800-273-8255 or text ANSWER to 839863		www.teenhealthandwellness.com/static/hotlines
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Teen Health & Wellness: Real Life, Real Answers is for educational purposes only. Call Crisis line for immediate response.

CHILD, YOUTH AND FAMILY SERVICE

Name	Telephone	Email	Website
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Triple P	1-844 362-8593	info@mytriplep.ca	www.mytriplep.ca/
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Offers practical information and professional support to you and your family to fit your needs - whether you attend public seminars, groups or discussion groups, where you will be provided a 'toolbox' of proven solutions to help make dealing with difficult parenting problems a little less stressful.

Youth in Transition Worker	613-362-9864	yitw@giag.ca	www.facebook.com/GIAGYITW
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The Youth In Transition program will work with youth to connect them with educational, employment, housing, life skills, mental health and other supports in their communities, and support them to navigate the transition from care into adulthood.

Youth Now Intervention Services	613-938-2799	khayward@youthnow.ca	www.youthnow.ca/
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It is the mission of Youth Now to assist children and youth to succeed by enhancing their own strengths and resiliency. They also support persons with disabilities using their passport funding.

Youturn - Youth Support Services	613-789-0123 / 1-877-469-6650		www.youturn.ca
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Youturn provides intensive services and supports to youth in conflict with the law, and their families. Our goal is to help our clients shift to active participation in society — and make choices that will help them remain in the community, avoid future conflict with the law and succeed in their lives.

COMMUNITY SAFETY

Name	Telephone	Email	Website
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EJM/EJS/Adult Diversion Program	613-575-5000		www.akwasasne.ca/justice/ejm-ejs-adult-diversion-program/
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EJMs are interventions that happen without the use of the court system. It is the process of dealing with a young person's offence before being formally charged. It is more commonly known as a pre-charge diversion. EJS may be used only if a young person cannot be appropriately dealt with through EJM due to the extremity of the offence. It is more commonly known as a post-charge diversion.

Akwesasne Community Justice Program	613-575 2250 Ext. 2400	helpdesk@akwasasne.ca	www.akwasasne.ca/akwasasne-community-justice-program/
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Akwesasne Mohawk Police	613-575-2340		www.akwasasne.ca/police/
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The mission of the Akwesasne Mohawk Po-lice Service (AMPS) is the enhance peace, harmony, justice and cultural values through-out Akwesasne. In addition, the Akwesasne Mohawk Police strive to honor and respect all living things and to acquire the highest level of professionalism and accountability in servicing the community members of Akwesasne and surrounding areas.

Cornwall Community Police Service	613-932-2110		www.cornwallpolice.com
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Our Service responds to the needs of our community through a combination of preventative, pro-active and reactive programs, using the philosophy of community policing as our base. This concept embodies the idea that the police and residents work in partnership to find new ways to solve problems in working towards a common goal and our vision of "A safer Cornwall for all to enjoy."

Cornwall Fire Services	613-930-2787 ext. 2311		www.cornwall.ca/en/live-here/fire.aspx
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The Cornwall Fire Service performs services designed to maximize the safety and quality of life for the residents of our community.

Criminal Injuries Compensation Board	1-800-372-7463	info.cicb@ontario.ca	www.sjto.gov.on.ca/cicb/
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The CICB assesses and awards financial compensation for victims and family members of deceased victims of violent crimes committed in Ontario.

Family Law Information Centre - Cornwall (FLIC)	613-933-8666	kwmediation@gmail.com	www.attorneygeneral.jus.gov.on.ca/english/family/infoctr.php
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At the FLIC you can find information about separation and divorce and related family law issues, family justice services, alternative forms of dispute resolution, local community resources and court processes.

Gladue Unit Services	613-575-5000	jennifer.boots@akwasasne.ca	www.akwasasne.ca/justice/gladue-unit-services/
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The Akwesasne Community Justice Program offers the services of a Gladue Writer and a Gladue Aftercare Worker. They prepare Gladue reports for qualifying Aboriginal people and assist with the implementation of the report's recommendations.

COMMUNITY SAFETY

Name	Telephone	Email	Website
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Hogansburg Akwesasne Volunteer Fire Department	1-518-358-2161	havfd1@hotmail.com	www.facebook.com/pg/Havfd/about/?ref=page_internal
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The primary goal of the HAVFD is to extinguish fire and protect life to the best of our ability.

Ontario Provincial Police (Stormont, Dundas and Glengarry Detachment)	613-534-2223		www.opp.ca
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Our officers are responsible for policing over one million square kilometres of land and waterways. We provide expert front-line, investigative and administrative police service to the people of Ontario.

Probation and Parole Services	613-933-6335		www.mcscs.jus.gov.on.ca/english/corr_serv/comm_corr/loc_of_off/CS_pandp_office.html
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Local office for the Ministry of Corectional Services - Probation and Parole.

Superior Court of Justice	613-933-7500	attorneygeneral@ontario.ca	www.ontariocourts.ca/scj/
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The Superior Court of Justice is one of the busiest trial courts in the world. The Court has jurisdiction over criminal, civil, and family cases, and is the largest superior trial court in Canada.

Victim Services of Stormont, Dundas, Glengarry and Akwesasne	613-938-8900	info@vsv-sdga.ca	www.vsv-sdga.ca
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Victim Services of S.D.G. & A. is a non-profit organization dedicated to providing assistance to individuals who have been victimized as a result of a crime or tragic circumstance. Our agency works in partnership with police as well as emergency and other community based services to ensure victims receive the help they need to assist them in the development of their personal path to recovery.

Victim Witness Assistance Program	1-888-579-2888		www.attorneygeneral.jus.gov.on.ca/english/ovss/VWAP-English.html
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The Victim/Witness Assistance Program is here to help. We will talk to you and provide assistance based on your specific case and needs. Our services begin once police have laid charges and will continue until the court case is over.

Victim Support Line	1-888-579-2888		www.ontario.ca/data/victim-support-line-information-and-referral-component
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VSL is a multi-lingual telephone service that provides information for victims of crime about services available throughout Ontario. The support line is open 24 hours a day, 7 days a week.

Roy McMurtry Legal Clinic/Legal Clinic of S.D. & G.	613-932-2703		www.sdglegal.com
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Roy McMurtry Legal Clinic serves low income individuals, groups, and service providers in the counties of Stormont, Dundas, and Glengarry. As a network of 79 provincial legal clinics funded by Legal Aid Ontario, we seek to be a source of light, enlightenment, and a beacon of hope for those seeking justice.

DOMESTIC VIOLENCE

Name	Telephone	Email	Website
Akwesasne Family Violence Program	613-937-4322		www.akwesasne.ca/community-social-services/akwesasne-family-wellness-program/

The mission of lethisten:ha is to provide emergency and long term safe housing for victims of domestic violence, abusive situations, self harm and high risk behaviors. The mandate of the program is to provide educational healing services to women, men and children. There is a separate residential house for males who are victims of domestic violence or self- abuse.

Assault and Sexual Abuse Program (ASAP)	613-938-4240 ext. 4202	asap@cornwallhospital.ca	www.changehealthcare.ca
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Cornwall Community Hospital Assault and Sexual Abuse Program (ASAP) provides around-the-clock services and support for women, men and children who reside in Cornwall or in the United Counties of Stormont, Dundas and Glengarry. Established in 1992, ASAP is one of a number of hospital-based, sexual assault/partner violence victim-care centres in Ontario. It is funded by the Ontario Ministry of Health and Long-Term Care.

Assaulted Women's Helpline	1-866-863-0511		www.awhl.org
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Free, anonymous and confidential 24-hour telephone and TTY crisis telephone line to all women in Ontario who have experienced any form of abuse. We provide crisis counselling, safety planning, emotional support, information and referrals accessible 7 days a week, 365 days a year. We work in tandem with community partners and sister agencies towards bridging gaps in service and identifying emerging issues or trends relevant to the women we work with. #SAFE (#7233) On your Bell, Rogers, Fido or Telus mobile phone.

Community Action Network Against Abuse	613-932-4610 ext. 123	canaa.racca.coordinator@gmail.com	www.canaa-racca.ca
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The Community Action Network Against Abuse (CANAA) is a network of service providers and people from the communities of Stormont, Dundas, Glengarry and Akwesasne who work together to end abuse. We meet regularly to discuss and plan community initiatives against abuse.

Counselling and Support Services of Stormont, Dundas and Glengarry	613-932-4610	admin@css-sdg.ca	www.css-sdg.ca
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Counselling and Support Services of S.D. & G. is a multi-service, non-profit, accredited organization providing a range of support and services to children, youth, adults and families in the city of Cornwall and the counties of Stormont, Dundas and Glengarry.

Creative Coping for Kids	613-932-4610		www.css-sdg.ca/programs/creative_coping.html
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Creative Coping for Kids is a response to an identified need to assist children and their mothers who have experienced family violence. This is an 6 week program with a 3 hour session each week. The group is for children who have witnessed mom being abused physically, emotionally and/or verbally by the partner and who want to help their children deal with the impact of the abuse they have witnessed.

Fem'aide	1-877-336-2433		femaide.ca
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Fem'aide offers French-speaking women who have experienced gender-based violence, support, information and referral to appropriate front-line services within their communities, 24 hours a day, 7 days a week.

DOMESTIC VIOLENCE

Name	Telephone	Email	Website
Maison Baldwin House	613-938-2958	mbh@baldwinhouse.ca	www.baldwinhouse.ca

Maison Baldwin House's Mission is to assist women and their children in the transition from violent and abusive circumstances to a safe and secure environment and a renewed family by providing safe shelter and services, and encouraging them to realize their full human potential.

Maison Interlude House	613-632-1131/ 1-800-267-4101	info@minterludeh.ca	www.minterludeh.ca
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Maison Interlude House a toujours mis les femmes victimes de violence conjugale et leurs enfants au centre de son développement. Aujourd'hui, MIH est devenue une agence multi-services afin de mieux répondre aux nombreux besoins des femmes qui font appel à nos services. Si au départ le territoire desservi par MIH se limitait à Prescott et Russell, depuis 2003 notre mandat a été élargi pour desservir, par le biais de nos Services Externes, les comtés de Stormont, Dundas et Glengarry.

Naomi's Family Resource Centre	613-774-2838	info@naomiscentre.ca	www.naomiscentre.ca
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Naomi's Family Resource Centre, located in Winchester, Ontario in the county of Dundas opened on February 2, 1987 providing emergency shelter, safety and support to abused women with or without children.

Sexual Assault Support Services for Women of SDG&A	613-932-1755	director@sassforwomen.ca	www.sassforwomen.ca
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Sexual Assault Support Services for Women of Stormont, Dundas, Glengarry & Akwesasne is a non-profit, grass-root, feminist organization committed to the support of victims/survivors who have experienced sexual violence; and the prevention and elimination of that form of violence.

Victim Services of Stormont, Dundas, Glengarry and Akwesasne	613-938-8900	info@vsv-sdga.ca	www.vsv-sdga.ca
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Victim Services of S.D.G. & A. is a non-profit organization dedicated to providing assistance to individuals who have been victimized as a result of a crime or tragic circumstance. Our agency works in partnership with police as well as emergency and other community based services to ensure victims receive the help they need to assist them in the development of their personal path to recovery.

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Victim Witness Assistance Program	1-888-579-2888		www.attorneygeneral.jus.gov.on.ca/english/ovss/VWAP-English.html
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The Victim/Witness Assistance Program is here to help. We will talk to you and provide assistance based on your specific case and needs. Our services begin once police have laid charges and will continue until the court case is over.

EDUCATION

Name	Telephone	Email	Website
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Akwesasne Economic Development Agency	613-932-2923	info@aeda.ca	www.aeda.ca
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The Akwesasne Economic Development Agency is a non-profit based organization that delivers training programs to empower and educate First Nations People. We provide a variety of services that promote business and employment opportunities, personal growth, and empowerment through education, employment, and training.

Akwesasne Mohawk Board Of Education	613-933-0409		www.ambe.ca/home
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The Ahkwesâhsne Mohawk Board of Education is responsible, not only for the three district schools in the community, but also for many other programs and services that you may find helpful.

Catholic District School Board of Eastern Ontario	613-258-7757	mail@cdsbeo.on.ca	www.cdsbeo.on.ca
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The Catholic District School Board of Eastern Ontario offers quality Catholic education programs to students in Eastern Ontario. Our schools offer full-day Kindergarten, French immersion, specialized secondary learning opportunities, outstanding extra-curricular activities and athletics programs and a Catholic commitment to social justice.

Centre d'éducation et de formation de l'Est ontarien	1-866-632-4109 / 613-932-3376	administration@educoptions.ca	www.educoptions.ca
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Courses designed for adult learners who want to complete their high school diploma in French and increase their skills.

Conseil des écoles publiques de l'Est de l'Ontario	613-742-8960	info@cepeo.on.ca	www.cepeo.on.ca
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Le Conseil des écoles publiques de l'Est de l'Ontario (CEPEO) est un des conseils les plus avant-gardistes qui soit. Le CEPEO est au service de 43 écoles élémentaires et secondaires réparties entre Trenton, Pembroke, Ottawa, Hawkesbury et Cornwall.

Conseil scolaire de district catholique de l'Est ontarien	1-800-204-4098	courriel@cspdceo.org	www.cspdceo.ca
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Le CSDCEO assure l'éducation à plus de 10 100 élèves, répartis dans plusieurs centres de la petite enfance (garderies), 25 écoles élémentaires, 7 écoles secondaires et le Centre d'éducation et de formation de l'Est ontarien (CÉFEO).

Contact North	1-855-353-2642	cornwall@contactnorth.ca	www.contactnorth.ca
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Since its creation in 1986, Contact North | Contact Nord has delivered significant outcomes for Ontario's students/prospective students, Ontario's 24 public colleges, 22 public universities, 9 Indigenous institutes, 76 district school boards, and 200 literacy and basic skills and training providers, 50 skills development training providers, 600 small, remote, rural, Indigenous and Francophone communities and the Government of Ontario.

Employment Ontario Apprenticeship Office	613-938-9702	appr.cornwall@ontario.ca	www.ontario.ca/page/employment-ontario-apprenticeship-offices
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Registration and support for new apprentices who have arranged a sponsoring employer.

EDUCATION

Name	Telephone	Email	Website
Iohahiio Education and Training	613 575-2754	helpdesk@akwesasne.ca	www.akwesasne.ca/education/io-hahiio-education-training-center/

Since 1989, Iohahi:io Education & Training Centre has offered college and university programs through agreements with public colleges and universities such as St. Lawrence College. Iohahi:io also provides the community with tutoring in Literacy and Basic Skills, in a culturally sensitive manner to increase academic skills for entry into higher levels of education, such as the high school diploma program, and/or to obtain employment.

Operating Engineers Training Institute of Ontario - Morrisburg Campus	1-877-543-3549	marketing@oetio.com	www.oetio.com
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The Operating Engineers Training Institute of Ontario (OETIO) is a progressive organization dedicated to the provision of quality training consistent with evolving industry needs and government standards in order to ensure a safe, efficient and effective construction industry.

St-Lawrence College - Cornwall Campus	613-933-6080	ASK@SL.ON.CA	www.stlawrencecollege.ca
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Rooted in our communities, we will be a globally recognized college delivering innovative learning opportunities and preparing career-ready graduates to be leaders in their fields. We are pleased to offer a full suite of credentials, certificates, diplomas, degrees, as well as apprenticeship training, and graduate certificates to meet the learning interests of our diverse student population.

TR Leger School of Adult, Alternative and Continuing Education	1-877-875-3437	trleger@ucdsb.on.ca	www.trleger.ucdsb.on.ca
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School of Adult, Alternative and Continuing Education. The school boasts some 15 learning sites spread out across Eastern Ontario. We are proud to say that we graduate just over 300 people each academic year. This represents the largest number of graduates of any school in Eastern Ontario!

Upper Canada District School Board (UCDSB)	613-342-0371	inquiries@ucdsb.on.ca	www.ucdsb.on.ca
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The Upper Canada District School Board is a high quality educational organization comprised of 81 schools, with approximately 4,200 staff educating around 27,000 students in the counties of Lanark, Leeds-Grenville, Stormont-Dundas-Glengarry, and Prescott-Russell.

EMPLOYMENT

Name	Telephone	Email	Website
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Akwesasne Area Management Board	613-575-2626		www.aamb.ca
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AAMB supports Akwesasne members through employment & training initiatives with the goal of helping clients secure long-term employment both inside and outside their communities. AAMB has supported both individual and group training, career and employment assistance, skill development training, Youth work experience and mentoring for thousands of Akwesasne members.

Akwesasne Economic Development Agency	613-932-2923	info@aeda.ca	www.aeda.ca
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The Akwesasne Economic Development Agency is a non-profit based organization that delivers training programs to empower and educate First Nations People. We provide a variety of services that promote business and employment opportunities, personal growth, and empowerment through education, employment, and training.

Akwesasne Employment Resource Center	1-518-358-3047	aerc@srmt-nsn.gov	www.myaerc.org
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The AERC was established in April 2009 to create a central employment resource center that would service the community in assisting in their job search.

Cornwall Business Enterprise Centre	613-930-2787 ext. 2277	cpollard@cornwall.ca	www.businessenterprisecentre.ca
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We help business owners and entrepreneurs succeed in Cornwall, Stormont, Dundas, Glengarry and Akwesasne by offering information, tools and support during start-up and growth stages of business operation. We also offer seminars, workshops and networking opportunities that are designed with the entrepreneur in mind.

Drake	613-938 4777	jjesmer@na.drakeintl.com	www.ca.drakeintl.com
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Drake International Cornwall serves Cornwall and area within all aspects of recruitment and employment solutions for your business.

Eastern Ontario Training Board	613-932-0210	info@eotb-cfeo.ca	www.eotb-cfeo.on.ca
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Drug Rehab Services is a free resource for drug and alcohol addiction in Canada. We have helped and refer thousands of people to get help with their addiction.

Employment Ontario Apprenticeship Office	613-938-9702	appr.cornwall@ontario.ca	www.ontario.ca/page/employment-ontario-apprenticeship-offices
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Registration and support for new apprentices who have arranged a sponsoring employer.

Glengarry Interagency Group - Employment Services	613-525-1533	employment@giag.ca	www.jobgiag.ca
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If you are looking for a job or thinking of making a career change, we can help! Visit our resource centre, participate in workshops and/or make an appointment with an Employment Consultant to get maximum benefit of all the services and opportunities available to you.

EMPLOYMENT

Name	Telephone	Email	Website
Job Zone d'emploi	613-933-9675	info@jobzonedemploi.ca	www.jobzonedemploi.ca

Job Zone d'emploi is a non-profit organization that prepares, guides and assists individuals, in English and in French, to find employment through employment and career counselling, information resources, job opportunities and access to community and outreach services.

END OF LIFE

Name	Telephone	Email	Website
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Canadian Hospice Palliative Care Association	613-241-3663	info@chpca.net	www.chpca.net
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The CHPCA is the national voice for Hospice Palliative Care in Canada. Advancing and advocating for quality end-of-life/hospice palliative care in Canada, its work includes public policy, public education and awareness.

Compassionate Friends of Canada Inc.	613-612-4951	nationaloffice@TCFCanada.net	www.tcfcanada.net
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The Compassionate Friends is an international, non-profit, non-denominational, self-help organization, offering friendship, understanding, grief education and HOPE for the future to all families who have experienced the death of a child at any age, from any cause.

Cornwall Hospice	613-938-2763		www.cornwallhospice.com
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Hospice Cornwall believes it is the right of every individual to have access to comprehensive, palliative and end-of-life care.

Iakhisohta Home	613-575 2507	helpdesk@akwesasne.ca	www.akwesasne.ca/health/iakhisohta-home/
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Our facility has 20 Long Term Care beds and 8 Respite Care beds and 1 Palliative Care Room. Iakhisohta provides a safe, clean, pleasant and home-like environment for our Mohawk Elders in need of long term care services.

Dundas County Hospice	613-535-2215	info@dundascountyhospice.ca	www.dundascountyhospice.ca
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Hospice staff and volunteers offer free, in-home, non-medical care and support to qualifying individuals, family members, caregivers and the bereaved.

Carefor Health & Community Services	613-932-3451	info@carefor.ca	www.carefor.ca
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Carefor is a local charitable non-profit home health care and community support service organization. We offer a wide range of programs and services, supporting clients of all ages—and their caregivers too. Our skilled staff work closely with clients, caregivers and other members within the circle of care, to create and deliver a flexible care plan that is tailored to the individual's needs.

ENVIRONMENT

Name	Telephone	Email	Website
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Alternative Land Use Services	613-938-3611	ontarioeastalus@gmail.ca	www.alus.ca
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ALUS Canada makes it possible to offset your environmental footprint through agricultural stewardship. ALUS invests in farmers and ranchers who are producing acres of clean air, clean water, wildlife habitat and other ecosystem services in communities across Canada.

Cooper Marsh Conservators	613-347-1332	ianmacintosh@sympatico.ca	www.facebook.com/pg/coopermarshconservators
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The Cooper Marsh Conservators, a non-profit registered charity, was established in March, 2003 as a non-profit corporation and in 2008 registered as a charitable organization to help in protection, conservation, education and restoration at Cooper Marsh and to raise awareness and funding for this wetland.

Cornwall and Area Birding Club	613-932-4007	mattice.connie@gmail.com	www.facebook.com/CornwallBirdingClub/
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To share information with like minded birders.

Edible Cities Cornwall	613-930-0211	ediblecitiescornwall@gmail.com	www.facebook.com/ediblecitiescornwall/
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To convert seldom used, public facing spaces into edible ecosystems and to provide educational services around the production of food within city limits.

Great River Network		oharapatricia06@gmail.com	
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Raisin Region Conservation Authority	613-938-3611	info@rrca.on.ca	www.rrca.on.ca
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The RRCA is committed to the development and implementation of action plans in order to achieve this vision. The RRCA mission statement has been developed to guide staff in their day-to-day activities and in their planning for the future.

SDG Chapter of Ontario Woodlot Association	613-984-2948 ext. 285	sdgowawood@gmail.com	www.ontariowoodlot.com/get-to-know-owa/chapters/stormont- dundas-glengarry-chapter
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The S.D.&G. Chapter of the OWA (S.D.&G. OWA) is a Not-for-Profit service organization of private woodlot owners within the United Counties of Stormont, Dundas & Glengarry (S.D.&G.) that promotes responsible and long-term forest management practices.

Sharing Nature Network	613-984-2948 ext. 313	info@nation.on.ca	www.nation.on.ca/event/sharing- nature-network
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The Sharing Nature Network will co-ordinate and promote co-operation amongst eastern Ontario environmental organizations.

South Nation Conservation Authority	613-984-2948 / 1-877-984-2948	info@nation.on.ca	www.nation.on.ca
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Improved Water Quality for a Healthy Ecosystem: Our vision encompasses water levels which satisfy the needs of humans and the environment, healthy rivers and natural shorelines, and safe wastewater management practices.

ENVIRONMENT

Name	Telephone	Email	Website
St. Lawrence River Institute of Environmental Sciences	613-936-6620 / 613-936-1803	info@riverinstitute.ca	www.riverinstitute.ca

River Institute is a non government organization established in 1994 as a unique community partnership among governments, educators, business and industry, and the Mohawks of Akwesasne. With the St. Lawrence River as our natural laboratory, we have earned an international reputation for research excellence. Our scientific work contributes locally, nationally and internationally to the greater understanding of how large river ecosystems and their components function.

St. Lawrence River Restoration Council	613-936-6620 ext. 229	kcooper@riverinstitute.ca.	www.rrca.on.ca/slrrc/index.php
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The St. Lawrence River Restoration Council (SLRRC) was formed in 1998 in order to complete the 64 recommended remedial actions and address the BUI's identified within the St. Lawrence River Area of Concern at Cornwall.

GOVERNMENT

Name	Telephone	Email	Website
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Canada Pension Plan Old Age Security	1-800-277-9914		www.canada.ca/en/employment-social-development/programs/old-age-security.html
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The OAS pension is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements.

City of Cornwall	613-932-6252	cityhall@cornwall.ca	www.cornwall.ca
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The City of Cornwall provides relevant and inclusive municipal services and programs in partnership with our community. Vision: Proud of our heritage and focused on our future, Cornwall strives to be the progressive, sustainable city of choice along the St. Lawrence River in Eastern Ontario.

Immigration and Citizenship Canada	1-888-242-2100		www.canada.ca/en/immigration-refugees-citizenship.html
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Immigration, Refugees and Citizenship Canada facilitates the arrival of immigrants, provides protection to refugees, and offers programming to help newcomers settle in Canada.

Immigration Direct	1-604-227-9490		www.immigrationdirect.ca
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Empowers immigrants to successfully prepare their immigration applications for submission to Immigration, Refugees and Citizenship Canada (IRCC) (formerly known as Citizenship and Immigration Canada (CIC)). Immigration Direct makes it easier, more accurate and less stressful to complete the IRCC application forms.

Member of Parliament (MP) for Stormont, Dundas, and South Glengarry - Guy Lauzon	613- 937-3331	guy.lauzon@parl.gc.ca	www.guylauzon.ca
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Conservative MP for Stormont, Dundas and South Glengarry.

Member of Provincial Parliament (MPP) for Stormont, Dundas and South Glengarry - Jim McDonell	613-933-6513	jim.mcdonellco@pc.ola.org	www.jimmcdonellmpp.ca
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Ontario PC MPP for Stormont, Dundas and South Glengarry.

Mohawk Council of Akwesasne	613-575-2348	helpdesk@akwesasne.ca	www.akwesasne.ca
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Sustaining our inherent rights, facing challenges together to build a strong and healthy future. Mission: The Mission of the MCA is to provide consistent quality services that will enhance the quality of life for all Akwesasronon today, while protecting our rights and preserving our resources for the next seven generations.

Service Canada - Cornwall	1-800-622-6232		www.servicecanada.gc.ca/tb-sc-fsco/sc-dsp.jsp?rc=3625&lang=eng
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One-stop service delivery for a wide range of federal programs and services.

GOVERNMENT

Name	Telephone	Email	Website
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Service Ontario - Cornwall	1-800-267-8097		www.ontario.ca/page/serviceontario
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Driver's licences, plate stickers, health cards, birth certificates and other services provided by the Ontario government.

St. Regis Mohawk Tribe	518-358-2272	communications@srmt-nsn.gov	www.srmt-nsn.gov/
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Overseeing the United States Portion of Akwesasne.

Township of North Dundas	613-774-2105	info@northdundas.com	www.northdundas.com
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Located in the heart of Eastern Ontario, North Dundas has a diversified rural economy and prides itself on having some of Eastern Ontario's finest agricultural land.

Township of North Glengarry	613-525-1110		www.northglengarry.ca
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The Township of North Glengarry is a unique and vibrant community in a strategic location, with an unsurpassed quality of life reflected in the rural and small town character and enhanced by a commitment to preserving agricultural and natural resources, historical and cultural heritage and quality municipal services.

Township of North Stormont	613-984-2821		www.northstormont.ca
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The Township of North Stormont is located between Cornwall and Ottawa Ontario and provides a relaxed getaway from the big cities. The Township includes the communities of Avonmore, Berwick, Crysler, Finch, Monkland and Moose Creek among other smaller towns. Each of these communities offers their own unique charm and activities to residents interested in living in a rural, family orientated and safe environment.

Township of South Dundas	613-543-2673 / 1-800-265-0619	mail@southdundas.com	www.southdundas.com
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Located along the shores of the St. Lawrence River, the Municipality of South Dundas is a picturesque, vibrant and growing community. We enjoy a rich heritage and an unbeatable lifestyle, with a combination of rural setting, strategic location and safe neighborhoods.

Township of South Glengarry	613-347-3411		www.southglengarry.com
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A historically unique and proud community committed to an innovative future. Mission: The Corporation of the Township of South Glengarry is committed to excellence in the efficient delivery of municipal services in a fiscally responsible manner that maximizes the quality of life of our unique community and residents.

Township of South Stormont	613-534-8889 / 800-265-3915	info@southstormont.ca	www.recovery.care
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South Stormont, offering quality services and facilities in a progressive rural setting. Our vision is Growth and innovation through responsible, caring leadership.

United Counties of Stormont, Dundas and Glengarry	613-932-1515 / 1-800-267-7158	info@sdgcounties.ca	www.sdgcounties.ca
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The United Counties of Stormont, Dundas and Glengarry (SDG) is an upper-tier municipality located in the Canadian Province of Ontario. Six local municipalities comprise SDG.

HEALTH SUPPORT SERVICES

Name	Telephone	Email	Website
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Aids and Sexual Health Information	1-800-668-2437		www.sexualhealthontario.ca
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Anonymous and non-judgemental counseling. Current, accurate and detailed information and support on: HIV/AIDS, pre-test and post-test options, safer sex activities, risk assessment, STIs, birth control options, emergency contraception, sexuality, relationship concerns, pregnancy and options, sexual orientation, issues related to harm reduction, including injection drug use and needle exchange programs. Referral to appropriate clinics and community agencies. Crisis intervention. Assistance in problem solving and decision making. Individualized time to address each client's needs.

Akwesasne Community Health Program	613 575 2341 ext. 3281	helpdesk@akwesasne.ca	www.akwesasne.ca/health/community-health/
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The Community Health program provides a wide range of public health services to the Community of Akwesasne. Services include: infection prevention and control, environmental health, maternal child health, diabetes prevention, diabetes management, smoking cessation, falls prevention education, communicable disease services, and vaccine preventable disease services.

Akwesasne Holistic Health and Wellness Program	613-575-2341 ext. 3101	helpdesk@akwesasne.ca	www.akwesasne.ca/health/wholistic-health-and-wellness/
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This service assists the community by providing resources to help with: Medical, Physical, Addiction/Mental Health, Prevention and Traditional Medicines options.

Akwesasne Non-Insured Health Benefits Program	613 575 2341 ext. 3241	helpdesk@akwesasne.ca	www.akwesasne.ca/health/akwesasne-non-insured-health-benefits/
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The program provides a range of health benefits to meet medical or dental needs not covered by provincial or other third party health plans. These benefits and services complement provincially insured health care programs such as doctors' visits, diagnostic tests and hospital services.

Alzheimer Society of Cornwall and District	613-932-4914	alzheimer.info@one-mail.on.ca	www.alzheimer.ca/cornwall
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Family support and advocacy for those with Alzheimer Disease or other related dementia.

Bayshore Home Health - Cornwall	1-866-613-8607	cornwall@bayshore.ca	www.bayshore.ca/locations/bayshore-home-health-cornwall-on/
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Bayshore HealthCare is one of the country's leading providers of home and community health care services and is a Canadian-owned company.

Canadian Cancer Society - Cornwall - SDG & Prescott-Russell	613-932-1283	sdgprescott@ontario.cancer.ca	www.cancer.ca
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We are a national, community based organization of volunteers serving the communities of Stormont, Dundas, Glengarry and Prescott Russell. Our mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

HEALTH SUPPORT SERVICES

Name	Telephone	Email	Website
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Canadian Hearing Society- Cornwall Office	1-866-518-0000	info@chs.ca	www.chs.ca/locations/cornwall
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Canadian Hearing Services (CHS) is Canada's preeminent provider of clinical services, products, education, and source of information for the Deaf and hard of hearing.

Canadian Liver Foundation - Eastern Ontario Chapter - Cornwall Chapter	1-844-316-6990	mdarroch@liver.ca	www.liver.ca/
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National Help Line: 1 (800) 563-5483 : The support resource gives you and your loved one somewhere to turn for answers after diagnosis, helps you understand your disease, and provides you with the resources you need.

Carefor Health & Community Services	613-932-3451	info@carefor.ca	www.carefor.ca
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Carefor is a local charitable non-profit home health care and community support service organization. We offer a wide range of programs and services, supporting clients of all ages—and their caregivers too. Our skilled staff work closely with clients, caregivers and other members within the circle of care, to create and deliver a flexible care plan that is tailored to the individual's needs.

CNIB - Cornwall Office	613-936-2300		www.cnib.ca
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The CNIB Foundation provides an opportunity for limitless possibilities, providing you with the knowledge, skills, and confidence to smash barriers in pursuit of the life you choose.

Cornwall Radiology Associates	613-933-7255		
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Medical imaging clinic, bone mineral DXA, radiology, vascular ultrasound, general ultrasound and echocardiography.

Eastern Ontario Dialysis Services	613-937-4555		
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Hemodialysis Clinic. Independent health facility.

Eastern Ontario Health Unit (EOHU)	613-933-1375	info@eohu.ca	www.eohu.ca
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The EOHU promotes and protects the health and wellness of our community by preventing diseases and injuries.

Epilepsy Cornwall and Area	613-932-4615	maube@cogeco.ca	
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Epilepsy Ontario is the voice of epilepsy in the province. Since 1956, we have been serving the province as a registered health charity incorporated under the statutes of Ontario as a non-profit and non-governmental organization. We aim to raise public awareness and improve education through publications, conferences, outreach initiatives and our website.

HearingLife	1-800-439-2260		www.hearinglife.ca
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We offer free, no obligation hearing tests, and all styles of the latest brand-name digital hearing aids, which come with everything you need, lowest price and satisfaction guaranteed! Our Expert Care Guarantee is superior to our local competitors.

HEALTH SUPPORT SERVICES

Name	Telephone	Email	Website
Heart and Stroke Foundation	613-938-8933	lynn.kenney@heartandstroke.ca	www.heartandstroke.ca

For over 60 years, Heart & Stroke has been dedicated to fighting heart disease and stroke.

La Leche League Canada - Cornwall	613-662-4243	lalecheleague.cornwall@gmail.com	www.lllc.ca/lllc-cornwall
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Breastfeeding information and support through monthly meetings, phone and e-mail contact.

Multiple Sclerosis Society of Canada - Cornwall and District	613-938-6777	mssociety.cornwall@bellnet.ca	www.mssociety.ca
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The MS Society provides services to people with multiple sclerosis and their families and funds research to find the cause and cure for this disease.

Ontario Poison Control Centre	1-800-268-9017		www.ontariopoisoncentre.ca
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Expert poison advice is available to all of Ontario, 24 hours a day.

ParaMed Home Health Care	613-932-4661		www.paramed.com/cornwall/
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At ParaMed Cornwall Home Health Care, we believe that our home health care services allow clients to remain in their own home or environment of choice with as much independence as possible. Our ParaMed Cornwall staff are passionate about what they do and treat clients with the utmost dignity and respect.

HELPLINES

Name	Telephone	Email	Website
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Aids and Sexual Health Information	1-800-668-2437		www.sexualhealthontario.ca
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Anonymous and non-judgemental counseling. Current, accurate and detailed information and support on: HIV/AIDS, pre-test and post-test options, safer sex activities, risk assessment, STIs, birth control options, emergency contraception, sexuality, relationship concerns, pregnancy and options, sexual orientation, issues related to harm reduction, including injection drug use and needle exchange programs. Referral to appropriate clinics and community agencies. Crisis intervention. Assistance in problem solving and decision making. Individualized time to address each client's needs.

Assaulted Women's Helpline	1-866-863-0511		www.awhl.org
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Free, anonymous and confidential 24-hour telephone and TTY crisis telephone line to all women in Ontario who have experienced any form of abuse. We provide crisis counselling, safety planning, emotional support, information and referrals accessible 7 days a week, 365 days a year. We work in tandem with community partners and sister agencies towards bridging gaps in service and identifying emerging issues or trends relevant to the women we work with. #SAFE (#7233) On your Bell, Rogers, Fido or Telus mobile phone.

Child, Youth and Family Crisis Line for Eastern Ontario	1-877-377-7775	crisis@ysb.on.ca	www.icrs.ca
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We provide access to crisis professionals for children and youth aged 18 and under experiencing a crisis, and their families.

Distress Centre of Ottawa and Region	1-866-996-0991	info@dcontario.org	www.dcottawa.on.ca
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We are the people who are here 24/7 to answer calls from those who are reaching out for help. Regardless of their issue, individuals are welcome to call our confidential, non-judgmental and open-minded telephone lines to talk about what they're facing in their lives.

Fem'aide	1-877-336-2433		www.femaide.ca
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Fem'aide offers French-speaking women who have experienced gender-based violence, support, information and referral to appropriate front-line services within their communities, 24 hours a day, 7 days a week.

Kids Help Phone	1-800-668-6868		www.kidshelpphone.ca
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Kids Help Phone is Canada's only 24/7 national service offering bilingual (English and French) professional counselling, information and referrals and volunteer-led, text-based support to young people.

Lesbian Gay Bi Trans Youth Line	1-800-268-9688	programs@youthline.ca	www.youthline.ca
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LGBT Youth Line is a Queer, Trans, Two-Spirit* youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario by providing anonymous peer support and referrals; training youth to provide support to other youths and resources so youth can make informed decisions.

Mental Health Crisis Line	1-866-996-0991		www.crisisline.ca
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Our professionally trained Crisis Line Responders are there to answer your call 24 hours a day, seven days a week. A crisis can include difficulty dealing with stress, overwhelming feelings, symptoms of depression, anxiety or psychosis, suicidal thoughts, or any concerns regarding your mental health or that of your loved ones.

HELPLINES

Name	Telephone	Email	Website
Ontario Poison Control Centre	1-800-268-9017		www.ontariopoisoncentre.ca

Expert poison advice is available to all of Ontario, 24 hours a day.

Seniors' Safety Line	1-866-299-1011		www.elderabuseontario.com/what-is-elder-abuse/help-for-seniors/
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The SSL provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Trained counsellors also provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse. Family members and service providers can also call for information about community services.

Teen Health and Wellness	Suicide Hotline: 1-800-784-2433 Crisis Call Centre: 1-800-273-8255 or text ANSWER to 839863		www.teenhealthandwellness.com/static/hotlines
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Teen Health & Wellness: Real Life, Real Answers is for educational purposes only. Call Crisis line for immediate response.

Telehealth Ontario	1-866-797-0000		www.ontario.ca/page/get-medical-advice-telehealth-ontario
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Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.

Victim Support Line	1-888-579-2888		www.ontario.ca/data/victim-support-line-information-and-referral-component
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VSL is a multi-lingual telephone service that provides information for victims of crime about services available throughout Ontario. The support line is open 24 hours a day, 7 days a week.

HOSPITALS, CLINICS AND HOME CARE

Name	Telephone	Email	Website
Bayshore Home Health	613-938-1691 / 1-866-227-3121	cbennis@bayshore.ca	www.bayshore.ca/locations/bayshore-home-care-solutions-cornwall-hawkesbury-on/

“Core Health Care Services include: 24-7 Service; companionship; free care assessments; funding investigations; home support; nursing; occupational health and safety solutions; personal care; and respite care.”

Carefor Health & Community Services	613-932-3451	info@carefor.ca	www.carefor.ca
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Carefor is a local charitable non-profit home health care and community support service organization. We offer a wide range of programs and services, supporting clients of all ages—and their caregivers too. Our skilled staff work closely with clients, caregivers and other members within the circle of care, to create and deliver a flexible care plan that is tailored to the individual’s needs.

Centre de santé communautaire de l’Estrie	613-937-2683		cscestrie.on.ca
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The Centre de santé communautaire de l’Estrie is committed to full accessibility of health services in French by relying on a community of attentive professionals dedicated to improving the health, well-being and quality of life of its clientele and the communities it serves. Services include: nutrition; cardiac rehabilitation; lung health; diabetes education program; community health; mental health; physical health; aging at home; low back pain pilot.”

Cornwall and S.D. & G. Paramedic Services	613-937-0245		www.cornwall.ca/en/live-here/paramedic.aspx
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Cornwall SDG Paramedic Services provides 24-hour 365-day emergency coverage to the over 111,000 residents and visitors to our community.

Cornwall Community Hospital	613-938-4240	communications@cornwallhospital.ca	www.cornwallhospital.ca
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Our health care team collaborates to provide exceptional patient centred care. 140-bed acute care hospital. Serves acute, in-patient, out-patient and community based clients.

Cornwall Health Care Centre - Walk-in Medical Centre	613-936-1564		www.on.skipthewaitingroom.com/walk-in-clinic/cornwall/cornwall-health-care-centre/cornwall-health-care-centre
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Walk-in family health centre.

Cornwall Medical Practice and Walk-in-Clinic	613-209-4949		www.cornwall-medical-practice.business.site/
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Walk-in family health clinic.

Cornwall Naturopathic Clinic	613-932-4734	jesposito@pthealth.ca	www.cornwallnaturopathicclinic.com
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We strive to provide quality holistic family medicine. We are passionate about helping you achieve a quality state of health. Our goal is to provide you with the tools to take charge of your own health and feel confident in the choices you make about your health care.

HOSPITALS, CLINICS AND HOME CARE

Name	Telephone	Email	Website
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Glengarry Memorial Hospital	613-525-2222		www.hgmh.on.ca
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Hôpital Glengarry Memorial Hospital (HGMH) is a patient-centred primary care hospital that has been established in Alexandria, Ontario for over 50 years. HGMH provides acute care, complex continuing care, 24-hour emergency services, and rehabilitation to over 23,000 residents every year. Our team includes 150 staff members, who all take pride in bringing quality health care to our local Eastern Ontario community.

Glengarry Nurse Practitioner-Led Clinic	613-347-1260	info@glengarryclinic.ca	www.glengarryclinic.ca
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The Glengarry Nurse Practitioner-Led Clinic is an innovative organization that provides access to high quality, client-centered health services, using a team-based approach.

Health Care Connect	1-800-445-1822		www.health.gov.on.ca/en/ms/healthcareconnect/pro/
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Health Care Connect refers Ontarians who don't have a physician to a family health care provider who may be accepting new patients.

Kanonhkwat'sher:io Health Facility	613-575-2341 ext. 2351	helpdesk@akwesasne.ca	www.akwesasne.ca/content/medical-clinic
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Health centre focused on family and community health

LifeLabs	1-877-849-3637	contactus@lifelabs.com	www.lifelabs.com
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Medical laboratory services. Each year we perform over 112 million laboratory tests to help diagnose, treat, monitor and prevent diseases for millions of Canadians.

Long Sault Telemedicine Walk-In Clinic For Minor Ailments	613-534-3777		www.long-sault-telemedicine-clinic.com
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Telemedicine Walk-In-Clinic for minor ailments in Long Sault for ages 4 and up. No appointments necessary. Free for those with a valid OHIP card.

Mohawk Council Ambulance Unit	613 575 2341 ext. 3121	helpdesk@akwesasne.ca	www.akwesasne.ca/health/akwesasne-mohawk-ambulance/
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The Akwesasne Mohawk Ambulance (AMA) is a Basic Life support ambulance service that operates 24 hours a day, 7 days a week and 365 days a year, employing 12 staff on 2 –12 hour shifts. AMA is currently applying for Advanced Life Support status which will allow AMA to bring the highest level of EMS care to Akwesasne by Akwesasronon. AMA currently employs 3 Critical Care level technicians and 1 Paramedic . When ALS level service Akwesasne will not have to wait for ALS service from non natives.

Moose Creek Medical Centre	613-538-2710		
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Walk-in family health centre.

HOSPITALS, CLINICS AND HOME CARE

Name	Telephone	Email	Website
Pitt Street Medical Clinic	613-932-6163	dianne@pittstreetmedicalcentre.ca	www.on.skipthewaitingroom.com/walk-in-clinic/cornwall/pitt-street-medical-centre/pitt-street-medical-centre

Walk-in family health centre.

Saint Elizabeth Health Care - Eastern Counties	613-936-8668 ext. 5381	CommunicationsSEHC@sehc.com	www.ehc.com
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Deliver quality, trusted home care to people where and when they need it. Design, develop and deliver excellence in Seniors' Lifestyle.

Seaway Valley Community Health Centre	613-936-0306	info@seawayvalleychc.ca	www.seawayvalleychc.ca
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We provide a wide range of health and wellness services and programs to families and individual who live in the communities we serve. We deliver care in many ways: one-on-one, personal development groups and community initiatives.

St. Lawrence Medical Clinic	Morrisburg: 613-543-2963 Iroquois 613-652-4884 Ingleside: 613-537-2044		www.slmc-med.ca
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The St. Lawrence Medical Clinic comprises a group of Family Physicians working from 3 offices in the Eastern Ontario communities of Iroquois, Morrisburg and Ingleside. The Physicians provide comprehensive care including inpatient care at Winchester and District Memorial Hospital.

Winchester District Memorial Hospital	613-774-2420	info@wdmh.on.ca	www.wdmh.on.ca
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We're here for you! That's the message that Winchester District Memorial Hospital (WDMH) wants to share with patients and families in our surrounding communities. We are proud of the care we provide – close to home.

HOUSING

Name	Telephone	Email	Website
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Akwesasne Family Violence Program	613-937-4322		www.akwesasne.ca/community-social-services/akwesasne-family-wellness-program/
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The mission of lethinsten:ha is to provide emergency and long term safe housing for victims of domestic violence, abusive situations, self harm and high risk behaviors. The mandate of the program is to provide educational healing services to women, men and children. There is a separate residential house for males who are victims of domestic violence or self- abuse.

Akwesasne Group Home	518-358-9184		www.srmt-nsn.gov/akwesasne_youth_group_home
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To provide confidential services to strengthen, support and protect Onkwehonwe and their families in all stages of life for seven generations by providing the knowledge and the tools needed to become independent and self-empowered, incorporating traditional values, language and culture.

Akwesasne Housing	613 575 2250 ext. 2300	helpdesk@akwesasne.ca	www.akwesasne.ca/housing/
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The Mohawk Council Housing Authority is established to develop and implement a fair and equitable housing policy and to ensure that the members of the Akwesasne community have equal access to affordable and quality housing.

Cornwall & Area Housing Corporation	613-938-7717	info@cahousing.ca	www.cornwall.ca/en/live-here/social-housing-division.aspx
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Social Housing is a division of the Social and Housing Services Department which delivers programs and services to residents of both the City of Cornwall and the United Counties of SDG. Social Housing helps people who are in need.

Habitat for Humanity Cornwall and the Counties	613-938-0413		www.habitatcornwall.org
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Habitat for Humanity Cornwall & The Counties is a community-based, nonprofit, faith-based organization working for a world where everyone has a safe and decent place to live. We believe that access to safe, decent and affordable housing is a basic human right that should be available to all.

Housing Access Center	613-937-7512	HAC@cornwall.ca	www.cornwall.ca/en/live-here/social-housing-division.aspx
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Manages the centralized waiting list for geared-to-income housing in the area.

Kinsmen Community Residence	613-938-3378	bjackson.kinsmen@cogeco.net	www.kinsmenresidence.com
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The Kinsmen Community Residence offers an enhanced quality of life to adults with developmental challenges by providing the opportunity to learn and practice independent living skills and by increasing their participation and involvement in their community.

Maison Baldwin House	613-938-2958	mbh@baldwinhouse.ca	www.baldwinhouse.ca
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Maison Baldwin House's Mission is to assist women and their children in the transition from violent and abusive circumstances to a safe and secure environment and a renewed family by providing safe shelter and services, and encouraging them to realize their full human potential.

HOUSING

Name	Telephone	Email	Website
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Maison Interlude House	613-632-1131 / 1-800-267-4101	info@minterludeh.ca	www.minterludeh.ca
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Maison Interlude House a toujours mis les femmes victimes de violence conjugale et leurs enfants au centre de son développement. Aujourd'hui, MIH est devenue une agence multi-services afin de mieux répondre aux nombreux besoins des femmes qui font appel à nos services. Si au départ le territoire desservi par MIH se limitait à Prescott et Russell, depuis 2003 notre mandat a été élargi pour desservir, par le biais de nos Services Externes, les comtés de Stormont, Dundas et Glengarry.

March of Dimes Canada	1-877-695-7999		www.marchofdimes.ca
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Provides a wide range of services to people with physical and other disabilities. We are a one-stop service provider, helping consumers achieve or sustain independence and remain active community participants.

Naomi's Family Resource Centre	613-774-2838	info@naomiscentre.ca	www.naomiscentre.ca
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Naomi's Family Resource Centre, located in Winchester, Ontario in the county of Dundas opened on February 2, 1987 providing emergency shelter, safety and support to abused women with or without children.

Open Hands Residential Services	613-933-0012 / 613-577-2180 after hours		www.ocapdd.on.ca
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OCAPDD provides support to hundreds of persons with developmental disabilities, in every aspect of life whether seeking work opportunities, securing living arrangements or dealing with day-to-day tasks. Since fully a third of OCAPDD's clients are also affected by physical disabilities and other medical considerations, the scope of the organization's support is in direct response to level of need.

Williamsburg Non-profit Housing Corp.	613-535-2924 / 1-877-881-5888		www.wnphc.ca
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Williamsburg Non-Profit Housing Corporation has been keeping seniors and other adults in their communities longer by providing suitable housing and community support services.

LGTBQ+

Name	Telephone	Email	Website
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Bridging Gaps	613-933-2121		www.bridginggaps.ca
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Bridging Gaps helps those that are facing difficult times with finding temporary shelter, food, and advocacy services to high-risk/troubled youth of S.D.&G. area

Diversity / Diversité Cornwall		cornwall.diversity@gmail.com	www.facebook.com/diversitycornwall
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Diversity Cornwall is a non-profit organization founded to coordinate the annual Cornwall Pride Festival and other community events with the goal of fostering diversity, unity, and visibility.

LGBTQ+ Cornwall SDG Akwesasne - Seaway Valley Community Health Centre	613-936-0306	info@seawayvalleychc.ca	www.seawayvalleychc.ca/our-programs/lgbtq/
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SVCHC is an inclusive environment for every one in our community offering training, workshops, resources and group gatherings.

PFLAG Canada - Prescott-Russell and Stormont, Dundas and Glengarry	613-524-4085	operations@pflagcanada.ca	www.pflagcanada.ca
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PFLAG Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ+ children.

LITERACY

Name	Telephone	Email	Website
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Akwesasne Cultural Center Library	518-358-2240		www.akwesasnecculturalcenter.org
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Serves the people of akwesasne, the surrounding communities and the visiting public by providing access to educational and cultural resources and services.

Centre d'éducation et de formation de l'Est ontarien	1-866-632-4109 / 613-932-3376	administration@eduoptions.ca	www.eduoptions.ca
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Courses designed for adult learners who want to complete their high school diploma in French and increase their skills.

Centre Moi j'apprend	613-936-2227	moijapprends@bellnet.ca	www.mojapprends.ca
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Note vision: Être un centre de formation qui permet aux adultes francophones des comtés de Prescott et Russell, des villes d'Ottawa et Cornwall de prendre leur place dans la vie sociale, culturelle et économique de leur communauté.

Contact North	1-855-353-2642	cornwall@contactnorth.ca	www.contactnorth.ca
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Since its creation in 1986, Contact North | Contact Nord has delivered significant outcomes for Ontario's students/prospective students, Ontario's 24 public colleges, 22 public universities, 9 Indigenous institutes, 76 district school boards, and 200 literacy and basic skills and training providers, 50 skills development training providers, 600 small, remote, rural, Indigenous and Francophone communities and the Government of Ontario.

Cornwall Public Library	613-932-4796	generalmail@library.cornwall.on.ca	www.library.cornwall.on.ca
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Anyone is entitled to use the library and its resources, including access to the Internet, for no charge. A membership for borrowing is free if you live in the City of Cornwall. Identification with a current Cornwall address is required as proof of residency. A fee is charged for borrowing privileges to persons not residing within the City of Cornwall.

Stormont, Dundas and Glengarry County Library	613-936-8777	generalinfo@sdglibrary.ca	www.sdglibrary.ca
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The SDG Public library offers books (including large type), magazines, government publications, recorded books, DVDs and videos. Membership is free for residents of the United Counties.

TR Leger Skills Training and Employment Preparation	613-933-9626 ext. 4220	karin.touchette@ucdsb.on.ca	www.trlegeralepp.ca
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Academic skill building to prepare for secondary school, apprenticeships and post-secondary education. Digital skill building including document use for workplace communications. Important soft skills, such as: conflict resolution strategies, critical thinking, customer service, time management and team working. Occupational curriculum for a variety of career pathways using authentic workplace materials. Preparation for college or university.

Tri-County Literacy Council	613-932-7161	tri-countyliteracy@on.aibn.com	www.tricountyliteracycouncil.ca
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Community-based, non-profit organization that enriches both community and individuals by addressing literacy needs.

MENTAL HEALTH

Name	Telephone	Email	Website
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Bridging Gaps	613-933-2121		www.bridginggaps.ca
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Bridging Gaps helps those that are facing difficult times with finding temporary shelter, food, and advocacy services to high-risk/troubled youth of S.D.&G. area

Canadian Mental Health Association	613-933-5845	office@cmha-east.on.ca	www.cmha-east.on.ca
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To provide leadership in “recovery based” mental health and concurrent disorder services through a high quality system that is easily accessible to all citizens in the Counties of S. D. G. & Prescott-Russell. CMHA is committed to working in a partnership with individuals, families and community resources to enhance the development and continued support of mental health for all citizens.

Child and Youth Mental Health Services - Cornwall Community Hospital	613-361-6363		www.cornwallhospital.ca/en/ChildrenMentalHealth
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Cornwall Community Hospital Child and Youth Mental Health Services (CYMHS) are community-based services which provide assessment, therapy, support, counselling, group therapy and consultation for children and youth and parent education groups. CYMHS has a well-trained, multidisciplinary team of professionals who provide services predominantly in English.

Community Conex	613-262-1534	communityconex@gmail.com	www.communityconex.com
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Community Conex is an organization that strives to provide the highest level of quality programs and services to our local community. We offer a variety of specialized and enhanced services in the areas of mental health and addictions. Some of the programs include individual, couples, family, and group private psychotherapy, therapeutic gaming groups (Roll for Recovery), and private case management for mental health and addiction issues.

Cornwall Community Hospital - Community Addiction and Mental Health Services	613-361-6363 / 1-844-361-6363		www.cornwallhospital.ca/en/ServicesdeSantéMentale
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Cornwall Community Hospital’s (CCH) Addiction and Mental Health Services offer a wide variety of services to meet the needs of individuals within our catchment’s area of 75 000 people. Feel free to give the Centre a call at 613-361-6363 or 1-844-361-6363, stop by in person at 850 McConnell Ave. Cornwall Ontario, K6H 4M3 Monday to Thursday 8h00-17h30 and Friday 8h00-16h00 or see menu for information about our programs to learn more.

Counselling and Support Services of Stormont, Dundas and Glengarry	613-932-4610	admin@css-sdg.ca	www.css-sdg.ca
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Counselling and Support Services of S.D. & G. is a multi-service, non-profit, accredited organization providing a range of support and services to children, youth, adults and families in the city of Cornwall and the counties of Stormont, Dundas and Glengarry.

Équipe psycho-sociale pour enfants, adolescents et familles de S D G	613-938-7112 / 613-525-3952	eps@equipepsychosociale.ca	www.equipepsychosociale.ca
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L’équipe psycho-sociale a comme mission de développer, d’établir et de maintenir des services en santé mentale pour les enfants et les jeunes qui rencontrent des difficultés dans leur vécu affectif, scolaire et/ou social.

MENTAL HEALTH

Name	Telephone	Email	Website
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Men & Healing	613-482-9363	info@menandhealing.ca	www.menandhealing.ca
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We offer counselling services to men. All of our services are facilitated by accredited psychotherapists and are designed to meet men's needs in a way that speaks to men. (Located in Ottawa)

MentalK / K homme'unique	613-937-3132 ext. 232	mhfmen19@gmail.com	
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Everyone deserves support. Are you sometimes discouraged by what life gives you? If so, maybe we can help! With the help of facilitators, this men's only group will be run by you, with you and for you. Open group now started.

Teen Health and Wellness	Suicide Hotline: 1-800-784-2433 Crisis Call Centre: 1-800-273-8255 or text ANSWER to 839863	www.teenhealthandwellness.com/ static/hotlines
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Teen Health & Wellness: Real Life, Real Answers is for educational purposes only. Call Crisis line for immediate response.

MISCELLANEOUS

Name	Telephone	Email	Website
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Akwesasne Cultural Center Museum	518-358- 2461		www.akwesasnecculturalcenter.org
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Serves the people of akwesasne, the surrounding communities and the visiting public by providing access to educational and cultural resources and services.

Association canadienne-française de l'Ontario - Cornwall	613-933-8104		www.acfosdg.ca
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Fondée en 1990, l'Association canadienne-française de l'Ontario, Régionale de l'Estrie devient l'Association canadienne-française de l'Ontario — Stormont, Dundas et Glengarry en 2001. L'ACFO-SDG est un organisme de l'Ontario au service des francophones et francophiles de notre région. Elle intervient dans cinq champs d'action principaux :

Canadian Red Cross	613-932-0231	WeCare@redcross.ca	www.redcross.ca
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The Canadian Red Cross mission is to improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world.

Cornwall Transit/Handi-Transit pwd	613-930-2636		www.cornwall.ca/en/live-here/cornwall-transit.aspx
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Cornwall Transit is committed to providing effective and efficient service with emphasis on energy conservation and environmental preservation. The City-operated transit system transports approximately 800,000 passengers every year.

Linking Hands Dundas	613-989-3830	scasselman@houseoflazarus.com	www.linkinghandsdundas.ca
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Linking Hands acts as a voice for people living in poverty in our communities by raising awareness, networking, empowering and supporting.

Ontario SPCA	613-936-0072	sdg@spca.on.ca	www.sdg.ontariospca.ca/sdg-home.html
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For over a century, the Ontario SPCA and Humane Society has provided province-wide leadership on matters relating to the prevention of cruelty to animals and the promotion of Animal Welfare.

Social Development Council of Cornwall and Area	613-930-0211	info@sdccornwall.ca	www.sdccornwall.ca
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SDC exist to build and strengthen vibrant communities. Our mission is to collaborate with partners to incubate, connect and strengthen social development enterprises across Cornwall Stormont, Dundas, Glengarry and Akwesasne.

Transition Cornwall +		transitioncornwallarea@gmail.com	www.transitioncornwall.com
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Transition Cornwall+ is part of a vibrant, international grassroots movement that has spread to hundreds of communities around the world. We are one of the many Canadian communities associated with the international Transition Network. Transition Cornwall+ supports Cornwall and neighbouring communities in facing challenges such as the rising cost of energy and food, extreme weather, and financial uncertainty. By working together right now, we can create a more affordable, caring, healthy and secure future for all.

MISCELLANEOUS

Name	Telephone	Email	Website
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United Way of Stormont, Dundas & Glengarry

613-932-2051

info@unitedwaysdg.com

www.unitedwaysdg.com

Our mission is to improve lives and build our community by working together. Our vision is one where individuals, families and groups live together in a healthy, safe and respectful community.

Warm Up Cornwall

613-571-7925

Warmupcornwall@gmail.com

www.warm-up-cornwall.business.
site

We are warming up Cornwall one person at a time. From daycare centres, and schools to nursing homes. On the street and at public events to community agencies. From the person that ran out quickly to the bus stop, to the child sliding down the hill. A warm pair of gloves on your hands will warm up your heart.

PERSONS WITH DISABILITIES

Name	Telephone	Email	Website
Befriending Program - Carefor	613-932-3451	Infoeasterncounties@carefor.ca	www.carefor.ca

The Befriending Program matches volunteers with people with physical disabilities. Through this new relationship, both individuals have the opportunity to explore mutual interests, enjoy each other's company and enhance their quality of life.

Beyond 21 (The Hub for Beyond 21 Foundation)	613-935-3121		www.beyond21.org
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We are dream chasers. We partner with our program participants to identify their dreams and help them learn the skills and build the connections they need to achieve them. Our vision is to enable adults with developmental disabilities to live connected, respected and contributing to our community.

Community Living Dundas County	613-543-3737	cldc@cldc.ca	www.cldc.ca
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Community Living Dundas County advocates for the inclusion of people with an intellectual disability, providing training and resources for families and self -advocates. CLDC provides supports and services to adults with an intellectual disability to promote opportunities for personal growth within their community.

Community Living Glengarry	613-525-4357	info@clglen.on.ca	www.clglen.on.ca
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We provide residential and day services and supports for individuals with a developmentally disability residing in Glengarry counties. The agency is primarily funded by the government of Ontario, Ministry of Community & Social Services.

Community Living Stormont County	613-938-9550	info@clstormont.ca	www. communitylivingstormontcounty.ca
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We provide residential, vocational, and recreational services to adults and daycare integration for children as well as advocacy services for all ages.. It is the Vision of Community Living Stormont County that: All citizens can live in and be part of a competent and caring community where all people have equal rights and opportunities for growth.

Community Support Services	613-932-4610 / 1-855-647-8483		www.css-sdg.ca/programs/ community_integration.html
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The Case Management program is a specialized community-based support program for adults with an intellectual disability or a dual diagnosis (adults with a developmental disability and mental health needs), who have little or no supports.

Early Childhood Integration Consultation Service, Community Living Stormont County	613-938-9550	info@clstormont.ca	www. communitylivingstormontcounty.ca/ ECICS.php
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Delivers services and supports to children with developmental challenges who are attending licensed child care. Provides supports with the Registered Early Childhood Educator and their team, including the child with developmental challenges in all aspects of their programming with the help of an Integration Advisor for a truly inclusive model.

Greenview Manor	613-933-2117	simonlavictoire@hotmail.com	
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Group home for adults with special needs (18-65).

PERSONS WITH DISABILITIES

Name	Telephone	Email	Website
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Inclusion Alliance	613-933-9675		www.inclusionalliance.ca
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The Inclusion Alliance assists persons with complex disabilities focus on their strengths in the workplace while helping employers maintain a competitive business advantage.

Initiation à la vie	613-938-1881		www.equipepsychosociale.ca/initiation-a-la-vie/
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Initiation à la Vie is a day program for adults of SD&G, the program is tailored to improve the quality of life of developmentally challenged adults. Working with individualised learning modules geared to maximise the development of their abilities and community integration. - Initiation à la Vie est un programme de jour desservant des adultes de la région SD&G ayant une déficience intellectuelle. Le programme est orienté vers l'amélioration de la qualité de vie. Nous travaillons avec des modules d'apprentissages individualisés visant le développement maximum de leurs capacités et l'intégration dans la communauté.

Kinsmen Community Residence	613-938-3378	bjackson.kinsmen@cogeco.net	www.kinsmenresidence.com
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The Kinsmen Community Residence offers an enhanced quality of life to adults with developmental challenges by providing the opportunity to learn and practice independent living skills and by increasing their participation and involvement in their community.

March of Dimes Canada	1-877-695-7999		www.marchofdimes.ca
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Provides a wide range of services to people with physical and other disabilities. We are a one-stop service provider, helping consumers achieve or sustain independence and remain active community participants.

Ontario Disability Support Program	613-932-3381 / 1-800-565-5374		www.mcass.gov.on.ca/en/mcass/programs/social/odsp/
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Assisting people with disabilities who need help with living expenses, and aiding in seeking and retaining employment.

Open Hands Residential Services	613-933-0012/ 613-577-2180 after hours		www.ocapdd.on.ca
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OCAPDD provides support to hundreds of persons with developmental disabilities, in every aspect of life whether seeking work opportunities, securing living arrangements or dealing with day-to-day tasks. Since fully a third of OCAPDD's clients are also affected by physical disabilities and other medical considerations, the scope of the organization's support is in direct response to level of need.

SD&G Developmental Services	613-937-3072	info@developmentalservices.com	www.developmentalservices.ca
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S.D. & G. Developmental Services Centre provides services to individuals who are developmentally and/or physically challenged and their families/caregivers in the counties of Stormont, Dundas and Glengarry and the City of Cornwall.

Youth Now Intervention Services	613-938-2799	khayward@youthnow.ca	www.youthnow.ca
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It is the mission of Youth Now to assist children and youth to succeed by enhancing their own strengths and resiliency. They also support persons with disabilities using their passport funding.

SENIOR SERVICES

Name	Telephone	Email	Website
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Adult Day Programs	613-933-3384 ext. 4234		www.cornwall.ca/en/live-here/adult-day-programs.aspx?_mid_=20722
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Our services include transportation to and from the programs within the City of Cornwall, social/recreational activities, exercise classes, health promotion, educational opportunities, a nutritious meal and community resources

Beek Lindsay House	613-936-1200	beek.lindsay@bellnet.ca	www.cornwall.ca/en/live-here/social-housing-division.aspx
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Non-profit housing provider offering a six floor, 50-unit apartment building for seniors.

Carefor Health & Community Services	613-932-3451	info@carefor.ca	www.carefor.ca
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Carefor is a local charitable non-profit home health care and community support service organization. We offer a wide range of programs and services, supporting clients of all ages—and their caregivers too. Our skilled staff work closely with clients, caregivers and other members within the circle of care, to create and deliver a flexible care plan that is tailored to the individual's needs.

Centre Charles-Emile Claude	613-932-1035	centrecharlesemileclaud@gmail.com	www.centrecharlesemileclaud.com
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Le CCEC offre une multitude de services et des programmes pour les personnes âgées francophones de 50 ans et plus. On est ouvert du lundi au vendredi de 9:00 à 16:00. Joignez-vous à nous pour vous divertir, vous faire des amis et socialiser.

Chartwell Chateau Cornwall	613-937-7275	chateaucornwall@chartwell.com	www.chartwell.com/en/retirement-residences/chartwell-chateau-cornwall-retirement-residence/overview
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We offer a full complement of independent supportive care options, ensuring peace of mind for our residents and their families. With spacious studio, one-bedroom and one-bedroom-plus-den suites available, our bilingual residence is the choice of independent, active seniors searching for excellent on-site amenities and convenient services.

Chartwell McConnell Retirement Residence	613-937-7277	info@chartwell.com	www.chartwell.com/en/continuum-of-care/chartwell-mcconnell-retirement-community
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Chartwell McConnell Retirement Community offers a range of living and care options to ensure our residents' needs can be met with convenience, flexibility and peace of mind. Living options at Chartwell McConnell include independent living apartments as well as independent supportive living suites.

Cornwall Senior Citizens Club - Branch 353	613-932-0980		
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Seniors club, sponsors activities to provide entertainment and fellowship for older adults in the Cornwall area.

SENIOR SERVICES

Name	Telephone	Email	Website
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Dundas Manor Long-term Care Home	613-774-2293	info@dundasmanor.ca	www.dundasmanor.ca
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Retirement facility - Affordable housing and innovative, timely and high quality community support services to seniors and adults with disabilities in Dundas County and surrounding areas.

Encore seniors	613-937-1525	encore@bellnet.ca	www.encoreseniors.ca
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“Encore” - an award winning program offers a unique learning experience for adults 50+, with no term papers, no exams and no grades! There are no educational prerequisites; classes are enhanced by discussions based on the broad experiences of the participants and are taught in a relaxed, friendly classroom environment.

Garden Villa Retirement Residence	613-448 1116 / 1-866-575 2728		http://www.gardenvilla.ca/
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At Garden Villa we offer our residents service and support to ensure an independent lifestyle. Our friendly team of specially trained and experienced staff and customized services, we ensure that Garden Villa residents feel at home.

Glen-Stor-Dun Lodge	613-933-3384 ext. 4223	nquenneville@cornwall.ca	www.cornwall.ca/en/live-here/glen-stor-dun-lodge.aspx?_mid_=10916
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Nonprofit long term care home.

Glengarry Interagency Group - Seniors Programs	613-525-1533 ext. 232	mahrens@giag.ca	www.giag.ca/seniors-program
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Our program has provided countless adults/families with activation and respite. Our program’s objective is to help maintain and enhance an individual’s physical, intellectual, & social needs by delivering meaningful activities.

Heartwood	613-933-7420	heartwood@reveraliving.com	www.reveraliving.com/long-term-care/locations/heartwood
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Enhancing your personal well-being in every way – physically, intellectually, emotionally, and socially – is at the heart of our home. We offer a friendly and safe environment, where our experienced staff support you in your daily activities, and we embrace and celebrate each resident as a unique individual.

Heritage Heights Retirement Home	613-932-7786	info@heritageheights.ca	www.heritageheights.ca
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Heritage Heights is a full service retirement home in Cornwall, Ontario with a capacity of 82 residents offering furnished, unfurnished, private, semi-private rooms and suites

Heritage Lodge Retirement Residence	613-678-2690	heritagelodge2@reveraliving.com	www.reveraliving.com/retirement-living/locations/heritage-lodge
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Situated on two-acres in Vankleek Hill, halfway between Ottawa and Montreal, Heritage Lodge offers a quiet country setting for retirement living in Vankleek Hill in Eastern Ontario. Opened in 1988, this retirement residence features 67 Independent Living suites and offers a range of services, amenities and choices to fit your lifestyle.

SENIOR SERVICES

Name	Telephone	Email	Website
Heritage Manor Retirement Home	613-932-4416	info@heritagemanor.ca	www.heritagemanor.ca

Heritage Manor offers independent retirement, assisted and memory care living.

Home Care Home Support	613 575 2250 ext. 1069	helpdesk@akwesasne.ca	www.akwesasne.ca/health/home-care-home-support/
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The Home Support Program assists people whose capabilities are diminished due to acute or chronic conditions. Program personnel assist with activities of daily living such as personal care, meal preparation, grocery shopping, housekeeping, and assist with medical appointments. Family support and the promotion of independence are strongly encouraged. The Home Care Program provides in-home nursing care visits for clients who are referred by a physician with specific needs and for post-operative patients who require continued care when released from hospitals.

J.W. MacIntosh Seniors' Support Services	613-535-2924		www.wnphc.ca/jwmacintosh/
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Since 1991, J.W. MacIntosh Seniors' Support Centre has provided a range of community support services to help seniors, convalescents and adults with physical disabilities to maintain independent lives at home in the communities of Dundas County and area. These services also support family & friends in their caregiving roles. Services are provided by dedicated, trained staff and volunteers.

Meals on Wheels	613-933-3384 ext. 4263	abreuers@cornwall.ca	www.cornwall.ca/en/live-here/meals-on-wheels.aspx#
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Meals on Wheels is a non-profit, volunteer-based support service that delivers hot, nutritious meals to homebound citizens of Cornwall who are unable to prepare meals for themselves.

Nor-Dun Seniors' Support Centre - Carefor	613-774-2105		www.carefor.ca
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One-on-one supports for coordinating services, including personal advocacy, filling out forms, and income tax clinics * interventions for people facing homelessness, critical life changes, abuse, or isolation * referrals to other community support services as necessary.

North-Stor Seniors' Support Centre	613-984-2436	mmorgan@carefor.ca	www.carefor.ca
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Referrals to homemaking and respite care services, as well as local services such as snow removal, yard work, window washing, house cleaning, grocery shopping, and minor repairs

Parisien Manor	613-933-2592	alauzon@southbridgecare.ca	www.parisienmanor.ca/
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Parisien Manor is a 65 bed accredited and licensed long-term care home located in the beautiful community of Cornwall, Ontario. Parisien Manor offers a warm, friendly and home-like environment.

Sandfield Place	613-933-6972 ext. 24		www.sandfieldplace.com
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The retirement section at Sandfield Place opened in 1991 and has always been family owned. David and Stephanie Kinnear, the current owners, are also 3rd generation in charge of operations. Taking care of others is a major component of the family history which allow residents at Sandfield Place, to live in a one of a kind, welcoming home.

SENIOR SERVICES

Name	Telephone	Email	Website
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Seaway Senior Citizen's Club	613-932-4969	seawayseiors@gmail.com	www.seawayseiors.ca
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All of Seaways Seniors 50+ programs offer some form of mental or physical benefit.

Seaway Valley Community Health Centre	613-936-0306	info@seawayvalleychc.ca	www.seawayvalleychc.ca/
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We provide a wide range of health and wellness services and programs to families and individual who live in the communities we serve. We deliver care in many ways: one-on-one, personal development groups and community initiatives.

Seniors' INFOline	1-888-910-1999	infoseniors@ontario.ca	www.ontario.ca/page/information-seniors
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See what programs and services are available to help you lead a healthy, active and engaged life over 65.

South Stormont Seniors' Support Centre	613-537-8644 / 1-888-440-7168		www.southstormont.com/english/community/south-stormont-seniors-support-centre.html
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Serving seniors and adults with physical disabilities in the Township of South Stormont.

Telephone Assurance Program	613-933-3384 ext. 4234		www.cornwall.ca/en/live-here/telephone-assurance-programs.aspx?_mid_=20720
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We provide a caring telephone call to isolated seniors in our community by pairing trained and screened volunteers with clients.

Williamsburg Non-profit Housing Corp.	613-535-2924 / 1-877-881-5888		www.wnphc.ca
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Williamsburg Non-Profit Housing Corporation has been keeping seniors and other adults in their communities longer by providing suitable housing and community support services.

SERVICE CLUBS

Name	Telephone	Email	Website
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Army, Navy Air Force Club

613-938-5020

The Army Navy Air Force Club is located at 14 Marlborough St in Cornwall.

Catholic Women's League

alexcorndiocesanawl@gmail.com

www.alexcorn.cwl.on.ca/index.html

The Catholic Women's League of Canada is a national organization rooted in gospel values calling its members to holiness through service to the people of God.

Cornwall Optimist Club

president@optimistclubofcornwall.org

www.optimistclubofcornwall.org/

To develop Optimism as a philosophy of life utilizing the tenets of the Optimist Creed; to promote an active interest in good government and civic affairs; to inspire respect for law; to promote patriotism and work for international accord and friendship among all people; to aid and encourage the development of youth in the belief that the giving of one's self in service to others will advance the well-being of humankind, community life and the world.

Cornwall Richelieu Club Richelieu de Cornwall

Cornwall Rotary Club

www.cornwallrotary.com

We are Rotarians working together for the benefit of our community, and in support of the international community service initiatives of Rotary International.

Cornwall Sunrise Rotary Club

rotaryclubofcornwallsunrise@gmail.com

www.portal.clubrunner.ca/493/

Rotarians are proud of the varied opportunities to serve humanity within their immediate community and farther afield. Over the years members of Cornwall Sunrise have participated in hands-on activities and made financial contributions to a variety of organizations that share goals which are in harmony with Rotary's philosophy.

Kinette Club of Cornwall

cornwallkinettes@hotmail.com

www.facebook.com/
CornwallKinettes

The Kinette Club of Cornwall is a Non-Profit service organization made up of community volunteer women volunteer their time to make Cornwall and area a better place to live by "Serving the Community's Greatest Need".

Kinsmen Club of Cornwall

613-209-9582

www.cornwallkin.com

The Kinsmen Club of Cornwall has a rich history where we have been dedicated to 'Serving the Community's Greatest Need' since 1933. As one of Cornwall's premiere service clubs the Kinsmen are known to support many organizations and events in Cornwall and SD&G such as Kinsmen Music Festival, Kinsmen Farmers' Market, Kinsmen Girl's Hockey, Kinsmen Girls Minor Softball, Cornwall Community Hospital Foundation, Beyond 21, Camp Kagama, Boys and Girls Club of SD&G, and Big Brothers/Big Sisters, to name a few.

SERVICE CLUBS

Name	Telephone	Email	Website
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Kiwanis Club		kiwaniscornwall@gmail.com	www.facebook.com/kiwaniscornwall/
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Kiwanis Club of Cornwall is dedicated to serving the youth of SDG. We proudly support the Sea, Air, and Army Cadets, as well as fundraise for community projects.

Knights of Columbus Council 755	613-932-7600		www.kofc755.com/
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If you're interested in helping those in need, serving your parish, growing in your faith or having exclusive access to top-rated insurance protection for your family, then the Knights of Columbus is the organization for you.

Optimist Club of Lancaster	613-347-7585		www.facebook.com/pages/category/Community/Optimist-Club-of-Lancaster-198810507434363/
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Mandate: To improve the lives of children, helping them grow into responsible young adults. We raise funds & host activities for local initiatives.

R.C.A.F. Association Wing 424	613-932-5334		www.rcafacornwall.com
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On top of being a place for veterans to gather together, the RCAFA has many objectives. Please visit our website to learn more.

Rotary Club of D7040 Passport		d7040passport@gmail.com	www.d7040passport.org/
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We're a new kind of Rotary Club in District 7040 with greater meeting flexibility and lower costs. We only meet a few times per year and encourage members to engage in humanitarian service - however that works best for you. We make Rotary fit your life!

Royal Canadian Legion Branch 297	613-933-2362	office@cornwall-legion.ca	www.legion-cornwall.com
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The Royal Canadian Legion Branch 297 is one of the largest branches in the district and over the years it has had a strong presence within the Legion.

Service Club Council of Cornwall			www.cornwallserviceclubcouncil.com/
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SOCIAL SERVICES

Name	Telephone	Email	Website
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Akwesasne Community Support Program	613-575-2341 ext. 3262	helpdesk@akwesasne.ca	www.akwesasne.ca/community-social-services/community-support-program/
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Provides financial assistance for basic and related needs and to promote self-sufficiency through education or employment.

Bridging Gaps	613-933-2121		www.bridginggaps.ca
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Bridging Gaps helps those that are facing difficult times with finding temporary shelter, food, and advocacy services to high-risk/troubled youth of S.D.&G. area

Canada Pension Plan Old Age Security	1-800-277-9914		www.canada.ca/en/employment-social-development/programs/old-age-security.html
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The OAS pension is a monthly payment available to seniors aged 65 and older who meet the Canadian legal status and residence requirements.

Community Food Share (Dundas and Stormont Counties)	613-898-0781	admin@communityfoodshare.ca	www.communityfoodshare.ca
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Community Food Share is a registered charity created to help fight hunger in our community. We distribute food and sundries from two food banks in Morrisburg and Winchester and food cupboards in Finch and Crysler to individuals and families in Dundas and Stormont Counties.

House of Lazarus	613-989-3830	cashby@houseoflazarus.com	https://hol.community/
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The House of Lazarus is a community outreach mission that offers food, clothing, and household goods to those in need, serving not only HOL food bank clients, but those of neighbouring food banks as well.

Immigration and Citizenship Canada	1-888-242-2100		www.canada.ca/en/immigration-refugees-citizenship.html
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Immigration, Refugees and Citizenship Canada facilitates the arrival of immigrants, provides protection to refugees, and offers programming to help newcomers settle in Canada. Rehab Services is a free resource for drug and alcohol addiction in Canada. We have helped and refer thousands of people to get help with their addiction.

Immigration Direct	1-604-227-9490		www.immigrationdirect.ca
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Empowers immigrants to successfully prepare their immigration applications for submission to Immigration, Refugees and Citizenship Canada (IRCC) (formerly known as Citizenship and Immigration Canada (CIC)). Immigration Direct makes it easier, more accurate and less stressful to complete the IRCC application forms.

LEAP/OESP	613-932-2051	admin@unitedwaysdg.com	www.unitedwaysdg.com/how-we-help/leap/
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Low-income customers may be eligible for up to \$500 in emergency assistance for your electricity or natural gas bills. The assistance is only available if you are behind, in arrears or may face service disconnection. It is for emergency situations only and is not meant to provide you with ongoing help to pay your bill

SOCIAL SERVICES

Name	Telephone	Email	Website
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Linking Hands Dundas	613-989-3830	scasselman@houseoflazarus.com	www.linkinghandsdundas.ca
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Linking Hands acts as a voice for people living in poverty in our communities by raising awareness, networking, empowering and supporting.

Ontario Disability Support Program	613-932-3381 / 1-800-565-5374		www.mcass.gov.on.ca/en/mcass/programs/social/odsp/
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Assisting people with disabilities who need help with living expenses, and aiding in seeking and retaining employment.

Ontario Works	613-933-6282		www.cornwall.ca/en/live-here/ontario-works.aspx
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Ontario Works is a division of the Social and Housing Services Department which delivers programs and services to residents of both the City of Cornwall and the United Counties of SDG. Ontario Works (OW) helps people who are in need. It offers employment and financial assistance.

Roy McMurtry Legal Clinic/Legal Clinic of S.D. & G.	613-932-2703		www.sdglegal.com
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Roy McMurtry Legal Clinic serves low income individuals, groups, and service providers in the counties of Stormont, Dundas, and Glengarry. As a network of 79 provincial legal clinics funded by Legal Aid Ontario, we seek to be a source of light, enlightenment, and a beacon of hope for those seeking justice.

Saint Vincent de Paul - Alexandria	613-525-3466	saintvincentalexandria@gmail.com	www.ssvp.ca
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Food bank offering occasional support.

Society of St. Vincent-de-Paul - Cornwall	613-932-9345	national@ssvp.ca	www.ssvp.ca
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Food bank offering occasional support.

The Agape Centre	613-938-9297	info@agapecentre.ca	www.agapecentre.ca
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A food bank, soup kitchen and thrift store. Our purpose is to help reduce the impact that poverty has on the lives of people in our community by providing free and nutritious food.

The Salvation Army	613-932-7515	julie_leroux@can.salvationarmy.org	www.salvationarmy.ca
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The Salvation Army offers practical assistance for children and families, often tending to the basic necessities of life, provides shelter for homeless people and rehabilitation for people who have lost control of their lives to an addiction.

TR Leger Immigrant Services	613-933-9626 / 1-877-875-3437	info@trlimmigrantservices.ca	www.trlimmigrantservices.ca
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TR Leger Immigrant Services has been assisting newcomers to Eastern Ontario since August 2008. TRLIS is a part of the Upper Canada District School Board and operates under the TR Leger School. TRLIS is funded by Immigration, Refugees and Citizenship Canada, and is dedicated to serving Permanent Residents, Live-in-Caregivers and Convention Refugees with settlement and immigration needs.

SOCIAL SERVICES

Name	Telephone	Email	Website
Trinity Drop in Center/Center 105	613-933-3991 ext. 30	trinitydropin@gmail.com	www.holytrinityanglican.ca/wp/trinity-drop-in-day-program/

Trinity Anglican Church's Drop In program provides a hearty meal and some meaningful connection for those who need it most.

United Way of Stormont, Dundas & Glengarry	613-932-2051	info@unitedwaysdg.com	www.unitedwaysdg.com
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Our mission is to improve lives and build our community by working together. Our vision is one where individuals, families and groups live together in a healthy, safe and respectful community.

Warm Up Cornwall	613-571-7925	warmupcornwall@gmail.com	www.warm-up-cornwall.business.site
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We are warming up Cornwall one person at a time. From daycare centres, and schools to nursing homes. On the street and at public events to community agencies. From the person that ran out quickly to the bus stop, to the child sliding down the hill. A warm pair of gloves on your hands will warm up your heart.

SPIRITUALITY

Name	Telephone	Email	Website
Al-Rashid Islamic Institute	613-931-2895	edu@alrashid.ca	www.alrashid.ca
Institute of Higher Islamic Education and Secondary School			
Alexandria United Church	613-525-2651	gepc.ucc.mail@gmail.com	www.facebook.com/pages/ category/Religious-Organization/ Alexandria-United-Church-Church- On-The-Hill-324783451291036/
Church in Alexandria.			
Blessed Sacrament Parish	613-932-2996	info@blessedsacramentchurch.ca	www.blessedsacramentchurch.ca
Catholic parish			
Breadalbane Baptiste Church	613 677-4342		www.breadalbanechurch.com
Church in Dalkeith.			
Christ Church Seaway	613-534-2560	thereverendpatrickstephens@ gmail.com	www.christchurchseaway.org/
Anglican church in Long Sault.			
Christ of Church United	613-448-2532		https://www.facebook.com/ ChristChurchUnited/
United church in Chesterville.			
Church of Christ	613-933-8445	albojarski@hotmail.com	www.churchofchristcornwall.ca
Catholic church in Cornwall			
Church of St. Andrew	613-932-9226		
Catholic church in Cornwall			
Church of St. Anthony	613-527-2058	stanthony_stmichael@hotmail.com	
Roman Catholic church in Apple Hill.			
Church of St. Michael	613-527-2058		
Church in Monkland.			
Church of St. Raphael	613-347-2352		
Church in Williamstown.			

SPIRITUALITY

Name	Telephone	Email	Website
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Community Christian Reformed Church

613-652-2400

Church in Brinston.

Cornwall Interfaith Partnership

cornwallinterfaith@gmail.com

<https://www.facebook.com/CornwallInterfaithPartnership/>

Fostering multi-faith dialogue, community education and addressing the collective human concerns of poverty, care of the environment and peace.

Cornwall Pentecostal Church

613-937-3737

lwilson.cpc@cogeco.net cpc@cogeco.net

www.cornwallpc.ca

Pentecostal church in Cornwall

Cornwall Seventh Day Adventist Church

613-937-0205

www.cornwallon.adventistchurch.org/

The Seventh-day Adventist Church is a mainstream Protestant church

Cornwall Wesleyan Church

613- 936-9166

www.cornwallwesleyanchurch.on.ca

The Wesleyan Church is an evangelical, holiness Christian denomination . The church is part of the holiness movement and has roots in the teachings of John Wesley.

Église de Notre-Dame des Anges

613-538-2348

Church in Moose Creek.

Église de Notre-Dame du Rosaire

613-987-2870

Roman Catholic church in Crysler.

Église de Sainte-Marie de l'Assomption

613-525-1471

Church in Green Valley

Fellowship Baptist Church

613-938-2663

www.fellowshipbaptistcornwall.com

Protestant church

First Baptist Church

613-936-6643

fstbaptist@cogeco.net

www.firstbaptistcornwall.ca/wp/

First Baptist Church is a place of community and worship

SPIRITUALITY

Name	Telephone	Email	Website
Fountaingate Christian Assembly	613-362-2216	fountaingate@bell.net	www.fountaingate.org/site/
Catholic church on Mohawk Drive.			
Good News Centre	613-703-3279	contact_us@goodnewscornwall.ca	www.goodnewscornwall.ca
Christian church in Cornwall			
Hallville United Church	613-989-2825		www.4unitedchurches.ca/worship-with-us/regular-worship-services/item/4-st-andrew-s-united-church-hallville
United church in Hallville.			
Harmony Community Church	613-774-5170		www.harmony-church.org
Missionary church in Winchester.			
Harvest Christian Fellowship	613-932-7320	info@hfcornwall.ca	www.hfcornwall.ca
A relational church, with a heart for the harvest.			
Holy Trinity Church	613-543-0608		www.holytrinityanglican.ca/wp/
Church in Morrisburg.			
Inkerman United Church	613-989-2825		www.4unitedchurches.ca/worship-with-us/regular-worship-services/item/5-inkerman-united-church
United church in Inkerman.			
Inkerman Wesleyan Church	613-989-5311	melody.trolly@gmail.com	www.facebook.com/InkermanWesleyanChurch/
Wesleyan church in Inkerman.			
Iroquois United Church	613-652-2056		www.facebook.com/pages/Iroquois-United-Church/517689848402292
Church in Iroquois.			
Jami Masjid Zakariya	613-931-2895	contact@alrashid.ca	www.alrashid.ca/masjid-zakariya.php
Congregational prayers are held there five times a day along with Jumuá prayer.			

SPIRITUALITY

Name	Telephone	Email	Website
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Jamia Masjid Al Aqsa	613-936-1616	info@alaqsamasjid.ca	www.alaqsamasjid.ca
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Masjid Al Aqsa is a mosque in the heart of downtown Cornwall and easily accessible by public transit, serving a large and diverse Muslim community.

Kenyon Presbyterian Church	613-527-1620	jim_olga@sympatico.ca	www.kenyondunvegan.ca
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Church in Dunvegan.

Kirk Hill United	613-525-3801		www.glengarrycounty.com/ kirkhil150.html
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Church in Dalkeith.

Knox Presbyterian Church	613-931-2545		www.pccweb.ca/knoxpc- moosecreek/
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Church in Moose Creek.

Knox-St. Paul's United Church	613-938-3704	office@knoxstpauls.ca	www.knoxstpauls.ca
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A congregation of the United Church of Canada.

Lakeshore Drive United Church	613-543-3079	jean.macdougal@sympatico.ca	www.ucmorrisburg.com/
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Church in Morrisburg.

Lifecentre Cornwall	613-932-4502	info@lifecentre.org	www.lifecentre.org/about/times- locations/
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Christ-centered community with heart-felt worship, rich teaching, and honest friendships across all stages of life. The mission of Lifecentre is Growing People With Jesus and Others.

Long Sault Pentecostal Church	613-534-2622		www.facebook.com/pg/ longsaultchurch/about/?ref=page_ internal
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A Pentecostal community church where all generations and nationalities are welcome. Part of the Pentecostal Assemblies of Canada.

Marcoux Rd Bible Church	613-525-0876		
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Church in Alexandria.

Masjid Baitun Nasir	613-361-9243		www.ahmadiyya.ca/mosques/ masjid-baitun-nasir
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Ahmaddiya muslim mosque in Cornwall

SPIRITUALITY

Name	Telephone	Email	Website
Maxville United Church	613-527-1589	ghermann@cogeco.ca	www.maxvilleunitedchurch.ca/index.html

Church in Maxville.

Mohawk Assembly of God	1-518-358-2456	mohawkaog@gmail.com	https://www.facebook.com/MohawkAssemblyofGod/
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Al-Anon Family Groups is a community resource providing support to anyone affected by a relative or friend's drinking. Alateen is designed for the younger relatives and friends of alcoholics through age 19.

Morewood Presbyterian Church			www.morewoodpresbyterian.ca
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A community of faith in Morewood, Ontario

Morrisburg Pentecostal Tabernacle	613-543-2681	mail@mptonline.ca	www.mptonline.ca
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Church in Morrisburg.

Nationside Pentecostal Church	613-843-9653		www.nationside.org/
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Pentecostal church in Chesterville.

Nativite Parish	613-932-7505		
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Roman Catholic parish

New Life Christian Church	1-518-358-1514		https://www.facebook.com/pages/New-Life-Christian-Church/200008730064922
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Catholic church in the Akwesasne Region.

Newington Wesleyan Church	613-346-2490	newwesch@gmail.com	
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Church in Newington.

Our Lady of Grace	613-537-2244		https://eng.alexandria-cornwall.ca/photoalbums/our-lady-of-grace
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Church in Ingleside.

Paroisse de St-Albert	613-987-2044		
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Church in Crysler.

SPIRITUALITY

Name	Telephone	Email	Website
Paroisse du Sacré-Cœur	1-613-525-3609		
Roman Catholic church in Alexandria.			
Paroisse Sainte-Thérèse-de-Lisieux	613-933-0664		www.stetherese.ca
Francophone Roman Catholic Church * holds daily services			
Precious Blood Parish	613-931-1424	preciousblood@bell.net	www.preciousbloodparish.ca
Roman Catholic parish in Glen Walter.			
Revive Alexandria	613-525-2073		www.revivealexandria.com
Church in Alexandria.			
Sainte Catherine de Sienne	613-525-1340		
Catholic church in Greenfield.			
Salem United Church		slprevg@gmail.com	https://www.facebook.com/salemunitedchurchsummerstown/
Church in Summerstown.			
South Dundas Lutheran Community Church	613-535-2569	mosesprashad78@yahoo.com	www.easternsynod.org/node/1580
Church in Williamsburg.			
South Mountain United Church	613-989-2825		www.4unitedchurches.ca
United church in South Mountain.			
Southgate Church – Winchester Campus	613-258-6123	office@southgatechurch.com	www.southgatechurch.com
Wesleyan church in Winchester.			
St Andrew's - St Mark's United Church	613-534-2134		https://www.facebook.com/pages/St-Andrews-St-Marks-United-Church/994091207347068
Church in Long Sault.			

SPIRITUALITY

Name	Telephone	Email	Website
St Andrew's Presbyterian Church	613-346-1055		
Presbyterian church in Martintown.			
St Andrew's Presbyterian Church	613-538-2582		
Church in Maxville.			
St Andrew's United Church	613-347-2063	secretary@standrewsunited.org	www.standrewsunited.org
Community oriented church in Williamstown.			
St Andrews Presbyterian Church		padre_07@hotmail.com	http://pccweb.ca/chesterville/
Presbytarian church in Chesterville.			
St Bernard Catholic Church	613-537-2244		
Catholic church in Finch.			
St Cecilia's Church	613-543-2544		www.stmary-stcecilia-parish.ca
Church in Iroquois.			
St Clare's Anglican Church	613-774-2236	Rev.Wilcox@StClaresAnglican.ca	www.stclaresanglican.ca
Anglican church in Winchester.			
St Columba Presbyterian	613-527-1226	jim_olga@sympatico.ca	www.stcolumbakirkhill.ca
Church in Kirk Hill.			
St Columban Catholic Church	613-932-9616	stcolumban@cogeco.ca	
Roman Catholic Church			
St Daniel the Martyr	613-448-3262		
Roman Catholic church in South Mountain.			
St Felix De Valois Church	613-932-2777		www.saintfelix.ca
La paroisse Saint-Félix-de-Valois est une communauté catholique de croyant(e)s unis par un même baptême			

SPIRITUALITY

Name	Telephone	Email	Website
St Finnans Catholic Church Church in Alexandria.	613-525-1340		https://eng.alexandria-cornwall.ca/parish-mass-times
St Francis De Sales Parish Catholic church in Cornwall	613-932-0756		www.stfrancisdesalescornwall.weebly.com
St James Anglican Church Anglican church in Morrisburg.	613-543-3904	stjames072013@gmail.com	www.southdundasanglicans.ca
St James Catholic Church Church in Maxville.	613-612-5862	bwensink@grwtransport.com	
St John the Baptist Anglican Church Anglican church in Iroquois.	613- 652-4249		
St John the Evangelist Church Church in Ingleside.	613-347-3804		www.saintlawrenceparish.org/st-john-the-evangelist
St John's Presbyterian Church A Congregation of the Presbyterian Church	613-932-8693	admin@stjohnscornwall.ca	www.stjohnscornwall.ca
St Joseph Catholic Church Church in Lancaster.	613-347-2027		www.preciousbloodparish.ca/#home
St Luke's-Knox Presbyterian Church Presbyterian church in Finch.	613-984-2201		
St Margaret of Scotland Parish Roman catholic church in Lancaster.	613-347-2247		https://eng.alexandria-cornwall.ca/parish-mass-times
St Martin De Tours Catholic Church Catholic church in Glen Robertson.	613-874-2930		

SPIRITUALITY

Name	Telephone	Email	Website
St Mary of the Presentation	613-448-3262		
Roman Catholic church in Chesterville.			
St Mary's Church	613-347-3511		
Church in Williamstown.			
St Matthew's Presbyterian Church	613-537-2892	stmatthewschurch@cogeco.net	www.stmatthews-ingleside.ca
Church in Ingleside.			
St Michael and all Angels			
Anglican church in Maxville.			
St Paul's Presbyterian Church	613-774-3333		www.presbyterian-winchester.ca
Presbyterian church in Winchester.			
St Peter's Parish	613-938-3100	stpeter_alex@yahoo.ca	www.stpeterscornwall.ca
We are a Catholic Christian family, diverse, active and welcoming. Our generosity, inclusiveness, and pastoral outreach reflect our love. We are committed to grow as disciples of Christ.			
St Pius X Church	613-537-2244	ourladygrace.piusx@on.aibn.com	
Church in Long Sault.			
St Regis Catholic Church	613-575-2753	st.regis.1752@gmail.com	http://stregismission.org/
Both Christian faith and Mohawk traditions are represented within the St. Regis Mission Church. Celebrates masses, wakes, and funerals in the Mohawk language			
St William Church	613-347-3511	louis.fr.gro@hotmail.com	
Church in Martintown.			
The Fountain Church	613-525-0659		
Church in Alexandria.			
Trinity Anglican Church	613-933-3991	info@trinityanglicancornwall.ca	www.trinityanglicancornwall.ca
Anglican church			

SPIRITUALITY

Name	Telephone	Email	Website
Trinity United Church Church in Ingleside.	613-537-2412		
Winchester Baptist Church Baptist church in Winchester.	613-989-6078		https://www.facebook.com/pages/Winchester-Baptist-Church/1165042350196472
Winchester Springs United Church United church in Winchester.	613-269-4255	info@winchesterunited.ca	http://www.winchesterunited.ca/hope-springs-uc.html
Winchester United Church United church in Winchester.	613-269-4255	info@winchesterunited.ca	www.winchesterunited.ca
Zion United Church Church in Apple Hill.	613-527-1620		

