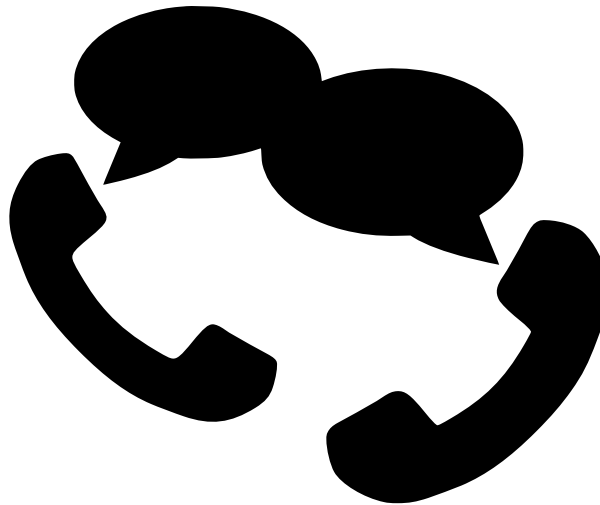




2- 4129 Stanley Avenue Niagara Falls Ontario L2E 7H3
W: www.projectshare.ca E: info@projectshare.ca P: 905-357-5121 F: 905-357-0143

Emergency Resources Booklet



This booklet contains a list of emergency services, such as food, shelter, and community resources.

Information in this booklet is subject to change based on changes in the community.

Food Programs:

<p>Project SHARE – 2-4129 Stanley Ave</p> <p>Food bank open Monday-Friday 10am-3pm Provides a monthly food distribution Identification (for every household member) + Niagara Falls address verification required. 905-357-5121</p>	<p>Project SHARE Satellite Location & Presbyterian Church – 8280 Willoughby Drive (Chippawa)</p> <p>Food bank open Wednesdays 1 p.m. – 6 p.m. Provides a monthly food distribution Identification (for every household member) + Niagara Falls address verification required. 905-357-5121</p>	<p>Third Space Café – 4345 Queen Street</p> <ul style="list-style-type: none"> • Community Breakfast program FREE BREAKFAST • 7:30-8:45 AM (MONDAY – SATURDAY) • TAKEOUT ONLY, EXCEPT FOR TUESDAYS THERE IS A SIT IN OPTION • INTERNET (WIFI) AVAILABLE
<p>Salvation Army Food Truck – Fridays 4 different stops:</p> <ul style="list-style-type: none"> • 3:30pm at Edgecliff Inn (4181 Queen St) • 4:00pm at Niagara Falls Community Centre (4790 Victoria Ave). • 4:45pm at Continental Inn (5756 Ferry St) 5:45pm at Carriage House (8004 Lundy’s Lane) 	<p>Niagara Falls Community Outreach (The Soup Kitchen) – 4865 St. Lawrence Ave</p> <p>Daily take-away lunches starting at 1130am Community Fridge Program every Tuesday 5pm-6pm or until they run out. Pre-packed dinner that will need to be reheated.</p>	<p>Small Scale Farms – 13145 Lundy’s Lane</p> <p>Local food hub/Market - Open Wednesday-Saturday 10am-3pm</p> <p>“Pay what you can” has no requirements and is only available on Saturdays from 10am-3pm orders@smallscalefarms.ca 1-844-769-7333</p>

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Resources provided by the Province, Region, and the City of Niagara Falls

Information Niagara (211) – Information Niagara is a directory of community supports in the Niagara Region. This resource can provide contact information for specific services upon request. 211 can also give information on shelter availability, and connect individuals experiencing homelessness with NASO (Niagara Assertive Street Outreach), which can assess housing needs, and offer supports.

Niagara Outreach Nursing - For vulnerable populations in Niagara who can't access traditional health care, outreach nurses provide a suitable, free alternative. No health card needed. Outreach nurses can visit clients in a public location where they are most comfortable. **905-688-8248** or visit <https://www.niagararegion.ca/mailto.aspx?email=outreach1&name=Outreach+Nurse>

Health811 - Free, secure and confidential service Ontarians can access by calling, chatting online or visiting the service's website 24 hours a day, seven days a week. Call **811** or visit www.ontario.ca/health811

Victoria Avenue Library - Monday-Thursday 10:00am-7:00 pm, Friday 10:00am- 5:00pm, and Saturday 11:00am-3:00pm. Customer service phone available for making emergency calls to doctors, support workers (OW/ODSP etc.). The phone cannot be used for return calls or messages. Free WIFI access for those who do have a phone/ computer. The library is a cooling/ warming centre when the temperatures either spike or significantly drop. When this happens, an additional room will be opened to accommodate more people from 10:00am - 4:00pm.

Public Showers- Shower facilities are available at Gale Centre, 5152 Thorold Stone Road, Mondays and Thursdays (excluding holidays) from 7:00 a.m. to 10:00 a.m. Towels and shower supplies are provided.

The Street Works Van - is available for exchange services Monday to Friday from 9:00 a.m. to 5:00 p.m. Street Works staff can be reached by calling or send text to cell phone number **(905) 328-6715** between 6:00 p.m. and 10:30 p.m. on the designated outreach evenings to speak to a staff member directly. To reach the **Street Works office**, please call **(905) 984-8684**.

Street Works can arrange to meet people where ever they feel most comfortable receiving services.

NORS (NATIONAL OVERDOSE RESPONSE SERVICE) - NORS is a peer-run, peer-led overdose prevention hotline. NORS makes overdose support available to Canadians 24/7. Call the hotline from anywhere in Canada before using for affirming, confidential, respectful support. With NORS, the person who answers your call will request your address and other details to know how and where to send help to you if something goes wrong. This line is used to keep those who are using substances by themselves safe from overdose, while upholding substance users' right to dignity, respect and confidentiality.

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They will stay on the line with you for anywhere between 15-45 minutes after using depending on the drug being used. Call (**Canada only**): [1-888-688-NORS\(6677\)](tel:1-888-688-NORS(6677)) Use Brave Technology Coop's Mobile App (**Global**): [The Brave App](#) for people without cellphone service and using only Wi-Fi

Niagara Community Legal Clinic- Provides legal assistance regarding tenant rights/ housing law, employment insurance, ODSP, OW, CPP and debt, among others. Can be reached at **905-692-6635** or toll free at **1-877-801-5956** or visit their website at www.niagaracommunitylegalclinic.com

Birth Certificate Clinic @ Niagara Falls Community Health Centre- located at **4790 Victoria Avenue**. The ID clinic is held on Fridays between 1-4pm. This is a first-come, first-serve service. No appointments. For information on community programs, please see their website: <https://www.nfchc.ca/>

Crisis Resources

Niagara Region Sexual Assault Centre – C.A.R.S.A crisis intervention services are open to male and female survivors. Offers **24-hour crisis line (905) 682-4584** and provides support to victims at the hospital. Short-term crisis counselling for individuals and groups available to clients 16-years and over. Community Referrals and information available.

Sexual Assault / Domestic Violence Treatment Program Niagara – Located at The Niagara Health Systems St. Catharines Site, Unit D, at Emergency Services. Open 24 hours a day, 7 days a week. **S.A.D.V** is a regional program, which provides immediate, confidential, and individual services to any gender that has recently been sexually assaulted. Call: **(905) 684-7271 ext. 45300**.

Niagara Regional Police Services – Bad Date Line – Anonymous reporting line for serial sexual assault offenders. Does not subscribe to caller ID and no attempts will be made to identify callers. Call **1-888-818-4808** for the hotline. If you wish to speak with an officer regarding assault or receive more information regarding an investigation, please contact the Investigative Analysis Unit directly at **(905) 688-4111 ext. 5142**

9-8-8 Suicide Crisis Helpline – Government funded hotline for Suicide Prevention. Available to call or text, in English and French, 24 hours a day and seven days a week, across Canada.

Niagara Gatekeepers – Niagara Gatekeepers is a phone line that anyone in the community can call to help connect at-risk older adults (seniors) with programs and services. The Niagara Gatekeeper program works with local partner agencies. Referrals are made by the Niagara Gatekeeper program to the most appropriate partner agency. Call **905-684-0968**; 8:30 a.m. - 8:30 p.m., 365 days a year

COAST - COAST is a mobile crisis outreach and intervention service that offers immediate telephone counselling and on-site crisis outreach intervention as needed. COAST is not a rapid-response service. For life-threatening emergencies call 9-1-1. Call COAST 24/7 at **1-866-550-5205**.

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SHELTERS - After hours contact 2-1-1 for emergency shelter referrals. *Niagara Assertive Street Outreach (NASO) can assist individuals experiencing homelessness with case management and community referrals.*

Shelter Name	Address	City	Phone Number
YWCA (women and children)	6135 Culp Street	Niagara Falls	905-988-3528
YW Shelter (men)	8004 Lundy's Lane	Niagara Falls	905-988-3528
YW Family Shelter (two parent and male led families)	UNDISCLOSED	Niagara Falls/STC	905-988-3528
Nightlight Youth Services (16-30 years)	5519 Ontario Avenue	Niagara Falls	905-358-3678
Birchway (women and children experiencing abuse)	UNDISCLOSED	Niagara Falls	905-356-5800
Gillian's Place (women and children experiencing abuse)	15 Gibson Place	St. Catharines	905-684-8331
Southridge Shelter (co-ed)	201 Glenridge Avenue	St. Catharines	905-682-2477
Summer Street Shelter (Housing Focused; men & women)	5925 Summer St.	Niagara Falls	289-969-1464
Silver Spire Church (temporary shelter; men & women)	366 St. Paul Street	St. Catharines	289-783-9350
The Salvation Army Booth Centre (men)	184 Church Street	St. Catharines	905-684-7813
The RAFT Shelter (co-ed 16 – 24 years)	17 Centre Street	St. Catharines	905-984-4365
The Hope Centre	570 King Street	Welland	905-788-0744
Women's Detox	264 Welland Avenue	St. Catharines	905-687-9721
Men's Detox	264 Welland Avenue	St. Catharines	905-682-7211
CMHA Safe Beds (Co-ed 16 years and older in mental health crisis)	264 Welland Avenue	St. Catharines	1-866-550-5205x2
Abbey House (Indigenous women 16 years and older)	UNDISCLOSED	UNDISCLOSED	905-688-6484
Chez Marie Refugee Assistance Centre (Refugees)	16 Pelham Road	St. Catharines	905-682-5795
Casa El Norte (Refugees)	281 Central Avenue	Fort Erie	905-871-4483
Matthew House (Refugees)	183 Central Avenue	Fort Erie	905-871-6059

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