

Lanark County Community Resource Manual



LCCYSC



Created: Feb 2023

SERVICE SEARCH TOOLS

Agency: Ontario 211

Phone: 2-1-1 or Toll-free: 1-877-330-3213

Agency: Canadian Mental Health Association (CMHA)

Website Link: <https://cmha.ca/>

ADDICTIONS / MENTAL HEALTH SERVICES

Agency: AA

Meetings within the Carleton Place / Smiths Falls / Lanark / Almonte / Merrickville area.

Website link: <https://lanarkleedsaa.org/>

Phone: 613-284-2696 or Toll Free 1-855-267-2696

Email: info@lanarkleedsaa.org

Agency: Al-Anon Family Groups and Alateen

Our regular ('closed') meetings are only open to families and friend of alcoholics; this helps create and maintain a safe place for those who have been directly affected by another person's drinking.

Alateen groups are intended for young people up to the age of 20.

Website link: <https://al-anon.org/>

Phone: Meeting Information: 1-888-4AL-ANON (1-888-425-2666)

Email: wso@al-anon.org

Agency: ARUMA

Provides counselling, psychotherapy, and coaching services that encourage self-compassion as a tool to reconnect you to yourself, and ultimately those around you. By Appointment Only.

Website link: <https://aruma.ca/>

Email: <https://aruma.ca/contact-us/>

Agency: Breaking Free

Confidential wellness and recovery support program for alcohol and drugs. Access to the program is FREE for Ontario residents.

Website Link: <https://www.breakingfreeonline.ca/>

Phone: Toll Free 833-325-1338

Email: info@breakingfreeonline.ca

Agency: CHEO Mental Health Services

CHEO has created this special mental health website to help you navigate the many services and resources available to children, youth and their families.

Website link: <https://www.cheo.on.ca/en/clinics-services-programs/mental-health.aspx>

Phone: 613-737-7600

Email: [CHEO](#)

Agency: *Children's Mental Health of Leeds and Grenville*

Through collaboration, we provide mental health services for children, youth and families that they experience as accessible, timely, effective, inclusive and empowering.

Website link: <https://www.cmhlq.ca/>

Phone: 800-809-2494 or after hours and weekends: 613-345-4600

Email: reachus@cmhlq.ca

Agency: *Connex Ontario*

We are here to connect the people of Ontario to mental health, addictions, and problem gambling services. Whether for yourself, a loved one, or a client, our confidential and free services are available 24/7.

Website link: <https://www.connexontario.ca/en-ca/>

Phone: 1-866-531-2600

Email: <https://www.connexontario.ca/en-ca/send-email>

Online Chat: <https://www.connexontario.ca/Chat>

Agency: *Counselling Connect*

Gives all ages of Ottawa residents and the surrounding area quick access to a free phone or video counselling session.

Website link: <https://www.counsellingconnect.org/>

Email: [Contact Us: Counselling Connect](#)

Agency: *Kids Help Phone*

24/7 e-mental health service offering free, confidential support to young people in English and French.

Website link: <https://kidshelpphone.ca/>

Phone: 1-800-668-6868

Text: 68-68-68

Email: To send an email: <https://kidshelpphone.ca/get-involved/contact-us/>

Agency: *Lanark County Mental Health*

A community based mental health service responding to Lanark County adults and transitional aged youth (17 yrs and over) who experience mental health concerns.

Website link: <https://www.lanarkmentalhealth.com/>

Phone: Smiths Falls: 613-283-2170

Carleton Place: 613-257-5915

Agency: *Lanark, Leeds and Grenville Addictions and Mental Health*

Offers services and programmes to people who are experiencing mental health or addiction issues. Services offered in person, by telephone, and virtually.

Website link: <https://llqamh.ca/>

Phone: 613-342-2262 or 1-800-361-6948

Agency: *MindBeacon*

Can connect you with resources to support you and your mental health journey. This can be beneficial if you are waiting for a more permanent therapy or counselling.

Website link: <https://www.mindbeacon.com/>

Email: <https://www.mindbeacon.com/contact/>

Agency: *Open Doors for Lanark Children and Youth*

Mental health services for ages 0-18 and parents needing support. Talk-in sessions, counselling, and groups available. Services are confidential and without fee to clients. Locations in Perth, Smiths Falls, and Carleton Place.

Website link: <https://www.opendoors.on.ca/>

Phone: 1-877-232-8260

Email: admin@opendoors.on.ca

Agency: *Pivotal Health*

Provides funding for in-person counselling sessions by connecting approved applicants to local certified counsellors in order to help heal from past or present trauma. Pivotal Help currently serves Smiths Falls, Perth and Lanark (village).

Website Link: <https://www.pivotalhelp.ca/>

Email: <https://www.pivotalhelp.ca/contact-us>

Agency: *Planet Youth of Lanark County*

Is not a program but designed (and proven) to reduce or prevent drug and substance abuse and misuse among youth — while helping to build and strengthen communities.

Website link: <https://planetyouthlanark.ca/>

Phone: 1-800-660-5853

Email: info@planetyouthlanark.ca

Agency: *Serendipity Group*

On demand care and coaching from licenced professionals to support teens when they need immediate support. Personalized confidential therapy through texting or video. Ultimate care coaching and therapy from mental health professionals.

Website Link: [Facebook](#) or [Instagram](#)

Phone: 613-513-7574

Email: hello@serendipitygroup.ca

Contact: Timothy Laflamme

Email: tlafamme@serendipitygroup.ca

Agency: *THRIVE*

We work with service users ages 14+ in the therapy/counselling/coaching programs. Hypnosis and tapping are available to all ages. Online Booking available.

Website link: <https://www.thrivesmithsfalls.ca/>

Phone: 613-205-0822

Email: thrivesmithsfalls@gmail.com

Agency: *Togetherall*

A safe, online community where people support each other anonymously to improve mental health and wellbeing.

Website link: <https://togetherall.com/en-ca/>

Agency: *Wellness Together Canada*

A free mental health and substance use support site. Services range from basic wellness information, to one-on-one sessions with a counsellor, to community support.

Website link: <https://www.wellnesstogether.ca/en-CA>

Phone: 1-866-585-0445

Immediate Crisis Support: Text WELLNESS to 741741

Agency: *Youthab: Transitional Aged Youth Program (TAY)*

Offer confidential and free support for youth ages 16-24 who are struggling with their mental health. Assistance with connecting to supports and services for mental health, housing, employment, education etc.

Website link: <https://www.youthab.ca/transitional-aged-youth>

Phone: Lanark: 613-283-2170 x248

Leeds & Grenville: 613 342 2262

Email: Lanark: taylanark@youthab.ca

Leeds & Grenville: hallk@llgamh.ca

Agency: *Youthab Presents: Quick Connections - Virtual Single Session Counselling*

Virtual single-session counselling for youth aged 16 - 24. Receive same day mental health support offered via phone or video call on Tuesdays and Thursdays. There are two time slots available: 4:00 - 5:00 PM and 5:00 - 6:00 PM. First come, first served basis.

Website link: <https://www.youthab.ca/articles/youthab-presents-quick-connections-virtual-single-session-counselling>

Phone: 613-969-0830 x 210

Email: Emilyb@youthab.ca

CHILDREN/ YOUTH/ FAMILIES

Agency: ABA Connections

Offers a variety of services that focus on communication, social and play skills, daily living skills, and more that will support our clients throughout their development.

Website link: <https://www.abaconnections.ca/>

Phone: 613-224-8476

Email: info@abaconnections.ca

Agency: Big Brothers Big Sisters of Lanark County

Not-for-Profit volunteer organization which helps children develop to their unique potential through consistent, dependable and non-conditional adult friendship.

Website link: <https://lanark.bigbrothersbigsisters.ca/>

Phone: 613-283-0570

Email: jennifer.hogan@bigbrothersbigsisters.ca

Contact: Jen Hogan (Office Coordinator)

Agency: Children's Resources on Wheels/ EarlyOn

Not-for-Profit organization with two main streams of service: Ontario Early Years and Licensed Home Child Care. Dedicated to supporting and strengthening childcare, family life, child development and community links in Lanark County.

Website link: <https://crowlanark.com/>

Phone: 613-283-0095 or 1-800-267-9252

Email: info@crowlanark.com

Contact: Jennifer Coughlin (Receptionist)

Agency: Connect Youth Inc.

Services and programs seek to help youth adjust through difficult periods in their lives, to enable them to reach their full potential and be productive adults in their communities. A safe drop-in space for youth to access social and recreational activities, life skills education, as well as basic needs items such as food, clothing and toiletries. See 'Housing' section for information on the Youth Housing Program.

Website link: <https://connectyouth.ca/>

Phone: 613-918-0173

Email: ed@connectyouth.ca

Agency: *Family and Children's Services of Lanark, Leeds, and Grenville*

Committed to engaging families and the community in the safety, permanency and well-being of our children and youth.

Website link: <https://fcsllg.ca/>

Phone: 1-855-667-2726

Email: info@fcsllg.ca

Agency: *HOPE – Helping Other Parents Everywhere*

Offers virtual support groups serving parents throughout Ontario.

Website: <https://www.hope4parents.ca/>

Phone: 1-866-492-1299

Email: info@hope4parents.ca

Agency: *KidsInclusive: Centre for Child & Youth Development*

Provide rehabilitation and support services for children and youth with physical, neurological and/or developmental challenges in the Kingston, Frontenac, Lennox and Addington counties as well as communities in Lanark, Leeds and Grenville counties.

Website link: <https://kidsinclusive.ca/>

Phone: 613-544-3400 ext. 3175

Email: General inquiries only go to: <https://kidsinclusive.ca/contact-us/>

Agency: *ConnectWell Community Health*

Not-for-Profit organization providing support to adults, children and families, especially those made more vulnerable by developmental, physical or economic limitations.

Website link: <https://connectwell.ca/services/child-youth-and-family/>

Phone: 613-257-7121 or 1-800-667-2617

Email: info@connectwell.ca

Agency: *Lanark County Child and Youth Services Collaborative*

The collaborative provides leadership and collaboration to enable optimal development and healthy living for Lanark County children, youth and their families.

Website Link: <https://lanarkkids.ca/>

Phone: 613-264-1558

Contact: Sharon Halladay (Coordinator)

Email: shalladay@opendoors.on.ca

Agency: Lanark County Social Services

Provides guidance, support and resources to the people of Lanark County, to promote empowered and fulfilled lives.

Website link: <https://www.lanarkcounty.ca/en/family-and-social-services/family-and-social-services.aspx>

Phone: 613-267-4200 or Toll Free 1-888-9-LANARK

Email: ss@lanarkcounty.ca

Agency: Language Express Preschool Speech and Language Services

Provides services for preschool children with speech, language and communication difficulties. These services are free and available to children from birth until the end of Junior Kindergarten.

Website link: <https://healthunit.org/health-information/language-express/>

Phone: 1-888-503-8885 or 613-283-2742

Email: language.express@healthunit.org

Agency: Perth Community Services Hub

A place where organizations are working together to offer multiple services, increase accessibility, and better meet the needs of our local residents. 1881 is the office headquarters for both YAK Youth Services and Lanark County Community Justice. Inside, residents will find Perth Fire Services, Firedawgs, the Table's CFC Free Food Pantry, the Perth Union Library's Youth Book Nook, and 4 Bay Fitness. As well as, shared meeting space and offices currently utilized by the CFUW, QCL, Open Doors, Girl Guides Canada, and Community Living; with hopes of more service providers joining within the next two years.

Phone: 613-264-8381

Email: perthcommunityhub@gmail.com

Contact: Michael Couchman

Agency: Pleo (Parent's Lifeline of Eastern Ontario)

A non-profit family peer support organization for parents whose children to age 25 are facing mental health challenges.

Website Link: <https://www.pleo.on.ca/>

Phone: 613-321-3211 or 855-775-7005

Agency: *Queer Connection Lanark County*

Purpose is to increase the visibility of the 2SLGBTQI+ community. Queer Connection Lanark County values and encourages participation from 2SLGBTQI+ people of all ages: youth to seniors.

Website Link: <https://www.queerconnectionlanark.ca/>

Email: gclanark@gmail.com

Agency: *Trans Student Educational Resources*

Is a youth-led organization dedicated to transforming the educational environment for trans and gender non-conforming students through advocacy and empowerment.

Website link: <https://transstudent.org/>

Email: tser@transstudent.org

Agency: *YAK Youth Services (YYS)*

Not-for-Profit Charitable Youth Organization focused on the well-being of local youth through a variety of support services and connections. YYS provides assistance to local youth in building opportunities, supports, resources, information, training and encouragement, while strengthening youth voice and promoting awareness on youth issues. Programs at YYS include: Youth and Parent Referral Services, March and Summer Day Camps (7-11year olds), Food Security Initiatives, Tutoring, Community Response Action Projects, and Youth Service Provider Trainings.

Website link: <https://yakyouth.ca/>

Phone: 613-264-8381

Email: yakstaff@gmail.com

COMMUNITY RESOURCES

Agency: *Alzheimer Society Lanark Leeds Grenville*

Offers support, education, and advocacy for families of people with Alzheimer's disease and other dementias.

Website link: <https://alzheimer.ca/lanark/en>

Phone: Brockville: 613-345-7392 or Toll-free: 1-866-576-8556

Email: alz@alzllg.ca (Brockville/ Perth)

Perth: 613-345-7392 or Toll-free: 1-866-576-8556

Satellite Office – Almonte: 613-345-7392 or Toll-free: 1-866-576-8556

Email: gsmith@alzllg.ca

Satellite Office - Smiths Falls: 613-345-7392 or Toll-free: 1-866-576-8556

Email: rhull@alzllg.ca

Agency: *Community Advocacy Office*

Offers resources, referrals, and support on a wide array of issues from applying for help with utility bills, to replacing lost identification, to helping fill out paperwork, to conducting a housing search, to discussing your options in a difficult situation. The office is open to all community members and no appointment is needed.

Website link: <http://thetablecfc.org/advocacy>

Phone: 613-267-6428 x111

Email: advocacy@thetablecfc.org

Agency: *Rural FASD*

Our purpose is to connect and provide caregivers and individuals impacted by FASD with appropriate local supports. These supports are in collaboration with medical professionals, community service providers, support groups, local media, researchers, educators, as well as government ministries and representatives.

Website link: <https://ruralfasd.ca/>

Phone: 1-877-708-2047

Email: info@ruralfasd.ca

Agency: *Lanark Transportation*

Provides transportation to families, seniors, children, youth and others living in Lanark County and the Town of Smiths Falls so they may attend: Medical appointments, Day programs, Counseling services, Social service appointments, Food programs, and we also help people return home from hospital. (non-emergency / non-stretcher transportation). Online Booking available.

Website Link: <https://lanarktransportation.com/>

Phone: 613-264-8256 or Toll Free: 1-877-445-5777

Agency: *Local Immigration Partnership: Lanark & Renfrew*

Aims to strengthen the role of local communities across Lanark and Renfrew in integrating and serving our newcomer population.

Website Link: <https://liplanarkrenfrew.ca/>

Phone: 613-735-4308 x 2878

Email: <https://liplanarkrenfrew.ca/contact/>

CRISIS/ EMERGENCY/ HELPLINES SERVICES

Agency: *Assaulted Women's Helpline*

Get 24/7 crisis counselling and referrals to shelters, legal advice and other help. Support is available in over 200 different languages, including 17 Indigenous languages.

Website link: <https://www.awhl.org/>

Phone: Toll-free: 1-866-863-0511

TOLL-FREE TTY: 1-866-863-7868

Agency: *Distress Centre Lanark, Leeds and Grenville*

A non-judgemental and empathic volunteered ran free, confidential and anonymous telephone support service. The distress line allows a safe and comfortable space to reach someone in your time of need.

If you are feeling alone, and don't know where to turn call the Distress Centre.

Website link: <https://developmentalservices.com/services-distress>

Phone: (800) 465-4442

Email: lostler@dslq.ca

Agency: *Emergency Assistance (Lanark County Social Services)*

If you live in Ontario (not a visitor or tourist), are in a crisis or emergency situation, and do not have enough money for things like food and housing.

Website link: <https://www.lanarkcounty.ca/en/family-and-social-services/emergency-assistance.aspx>

Phone: 613-267-4200 ext. 2140

Email: ss@lanarkcounty.ca

Agency: *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.

Website link: <https://femaide.ca/english/>

Phone: 1-866-863-0511 – TTY 1-866-863-7868

Email: Info@Femaide.ca

Agency: *Hope for Wellness Helpline*

Is available 24/7, all year around to all Indigenous people across Canada.

Website link: <https://www.hopeforwellness.ca/>

Phone: 1-855-242-3310

Chat: Available on their home page.

Agency: *LGBT YouthLine*

Is a *2SLGBTQ+ youth-led organization that affirms and supports the experiences of youth (29 and under) across Ontario. Offers anonymous peer support and referrals; training youth to provide support to other youth; and providing resources so youth can make informed decisions.

Website link: <https://www.youthline.ca/>

Phone: 416-962-2232 or Toll Free: 1-888-687-9688

Email: info@youthline.ca

Agency: *Male Survivors Of Sexual Abuse: The Centre for Sexual Violence Response, Support & Education*

A 24/7 crisis and referral hotline, individual and group counselling, peer support, and telephone and online counselling.

Phone: 1-866-887-0015

SMS: #SAFE (#7233)

Agency: *NeedHelpNow*

If you (or a friend, peer or sibling) have been negatively impacted by a sexual picture/video being shared by peers, we are here to help. Designed to provide youth (13 to 17 years old) with practical steps to regain control over the situation.

Website link: <https://needhelpnow.ca/app/en/>

Email: <https://needhelpnow.ca/app/en/contact>

Agency: *Regional 24/7 Mental Health Crisis Line (LLGAMH)*

Website link: <https://llgamh.ca/>

Phone: 1-866-281-2911

Agency: *Talk Suicide Canada*

Provides nationwide, 24-hour, bilingual support to anyone who is facing suicide.

Website link: <https://talksuicide.ca/>

Phone: Toll: 1-833-456-4566 (24/7)

Text: 45645 (4pm – Midnight)

Email: <https://talksuicide.ca/contact-us>

Agency: *The Hope for Wellness Helpline*

Is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week.

Website link: <https://www.hopeforwellness.ca/>

Phone: 1-855-242-3310

Online Chat: <https://www.hopeforwellness.ca/>

Agency: *The Missing and Murdered Indigenous Women and Girls Crisis line*

Available 24/7.

Website link: <https://www.mmiwg-ffada.ca/contact/>

Phone: 1-844-413-6649

Agency: *Trans LifeLine*

Provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.

Website Link:

Phone: 1-877-330 6366

Email: <https://translifeline.org/contact/>

DEVELOPMENTAL SERVICES

Agency: *Community Home Support Lanark County*

Agency for seniors, adults with physical disabilities and persons who have been diagnosed with a life-limiting illness and/or palliative diagnoses. Offered is Meals on Wheels, assisted transportation, footcare, home help, respite, congregate dining, and support groups.

Website Link:

Phone: Perth: 613-267-6400

Smiths Falls: 613-283-6745

Email: <https://www.chslc.ca/contact>

Agency: *Community Living Association Lanark County*

Is a charity supporting individuals with intellectual disabilities to enable and assist them to live a quality life in their community with dignity and respect.

Website link: <https://www.clalanark.com/>

Phone: 613-257-8040

Email: admin@clalanark.ca

Agency: ConnectWell Community Health

Provides a variety of clinical and support services for children, youth and adults with developmental/intellectual disabilities to develop their potential within their communities.

Website link: <https://connectwell.ca/services/child-youth-and-family/>

Phone: 613-257-7121 or 1-800-667-2617

Email: info@connectwell.ca

Agency: Developmental Services of Leeds and Grenville

Provides a variety of clinical and support services which will enable persons with developmental/intellectual disabilities to develop their potential within their communities.

Website link: <https://developmentalservices.com/aboutus>

Phone: 613-345-1290 or Toll Free 866-544-5614

Email: lostler@dslg.ca

Agency: Lanark County Support Services

Provides supports to youth and adults with developmental disabilities living throughout Lanark County.

Website link: <https://www.lanarkcountysupportservices.com/>

Phone: Smiths Falls: 613-283-2297

Perth: 613-267-6048

Carleton Place: 613-253-0090

Almonte: 613-256-8581

Email: info@lcss.agency

Agency: The Developmental Support Services Program (DSS)

Helps adults with a developmental disability who live on their own to, live as independently, safely and securely as possible. The DSS program is voluntary.

Website link: <https://www.lanarkcounty.ca/en/family-and-social-services/adults-with-developmental-disabilities.aspx>

Phone: 613-267-4200 ext. 2140

Email: ss@lanarkcounty.ca

DOMESTIC VIOLENCE/ SEXUAL ASSAULT

Agency: Assault Response & Care Centre

Is a program of Brockville General Hospital. Provides services that optimize the self-worth, the dignity, and the recovery of each child, woman and man who seeks our support, and fosters the creation of a community free from sexual and domestic violence.

Website link: <https://www.arc-c.ca/home-s1.php>

Phone: 613-345-3881 or Toll Free: 1-800-567-7415

Email: bgharcc@brockvillegeneralhospital.ca

Agency: Lanark County Interval House and Community Support

Offers emergency and on-going programs to women and children living in or escaping from domestic violence.

Website link: <https://lcih.org/>

Phone: 613-257-3469

Email: info@lcih.com

**Agency: Lanark County Sexual Assault & Domestic Violence Program
(Hospital Based)**

***You do not have to involve Police to access our services.**

Provides specialized medical and nursing care to victims of sexual and intimate partner violence 24 hours a day, 7 days a week. For all gender identities and ages through any of the emergency departments in Lanark County; Perth and Smiths Falls District Hospitals, Carleton Place & District Memorial Hospital and the Almonte General Hospital.

Website link: <https://psfdh.on.ca/sexualassault>

Phone: 613-283-2330 ext. 1258 from 8 a.m. to 4 p.m. (after hours call/text the on call nurse confidential phone at 613-284-6656.

Email: lanarkcountysadv@psfdh.on.ca

EMPLOYMENT/ EDUCATION

Agency: Adult Learning & Training Centre

Non-profit, community based agency that provides personalized training and skills for adults in Lanark County and Smiths Falls.

Website link: <https://altclanark.com/>

Phone: 613-284-2121

Email: info@altclanark.com

Agency: Canadian Career Academy

A one-stop shop that offers a full suite of FREE employment services under the Employment Ontario umbrella including: Full logistics support, confidential career counselling, workshops and seminars, funded training and supports and access to a fully equipped resource centre.

Website link: <https://canadacareer.ca/>

Phone: 613-257-3237

Email: cca@canadacareer.ca

Agency: Career Services

Is both a business and service dedicated to expanding employment opportunities for individuals facing barriers to employment. We support individuals, employers, and community partners to help people realize their work and life goals.

Website link: <https://careerservices.ca/>

Phone: 613-342-5775

Email: <https://careerservices.ca/request-a-quote/>

Agency: Community Employment Services | Perth

Offers one-to-one career direction and job search assistance and full suite of free employment services to people of all ages, regardless of your educational level or past work experience.

Website link: <https://www.algonquincollege.com/perth-employment/>

Phone: 613-267-1381 ext. 0

Email: esperth@algonquincollege.com

Agency: LearningHUB

Is a free, online Literacy and Basic Skills (LBS) program for English speaking adults living in Ontario.

Website link: <https://www.learninghub.ca/>

Phone: 1-844-470-7877

Email: [Send a Message | The LearningHUB](#)

Agency: Ontrac Employment Resource Service

Offers free professional employment services to job seekers and employers. Workshops and events are available.

Website link: <https://www.getontrac.ca/>

Phone: 613-283-6978

Email: smithsfalls@getontrac.ca

FOOD

Agency: Lanark Highlands Food Pantry and Thrift Store

Provides food baskets to families and individuals in need.

Phone: 613-259-3285

Location: 49 George Street, Lanark, ON, K0G 1K0

Agency: *Smiths Falls Community Food Bank*

Helps families and individuals in need by providing safe and nutritious emergency food as our supplies allow. The only requirement for use of the Smiths Falls Community Food Bank is need. We provide food for residents of Smiths Falls, Jasper, Lombardy, Montague Township, Merrickville, Toledo, and surrounding areas.

Website Link: <https://www.smithsfallscommunityfoodbank.org/>

Phone: (613) 283-6695

Email: [Contact Us – Smiths Falls Community Food Bank](#)

Agency: *The Hunger Stop: Lanark County Food Bank (Carleton Place)*

Is a non-denominational, non-political organization sustained solely by private donations. We are a needs-based food bank; we will provide food to everyone who comes to our door asking for help.

Website link: <https://lanarkcountyfoodbank.ca/>

Phone: 613-257-8546

Email: lcfb.thehungerstop@gmail.com

Agency: *The Table Community Food Centre*

Works to improve access to healthy food and improve skills and food literacy. We educate, engage and advocate on social policies to address food insecurity and poverty. Offered are Community Meals, Good Food Bank, Fresh Food Boxes, After School Program, Drop-In Community Kitchen, and a Community Advocacy Office.

Website link: <http://thetablecfc.org/>

Phone: 613-267-6428

Email: <http://thetablecfc.org/contact>

HEALTH

Agency: *ConnectWell Community Health – Carleton Place Site*

Provides community-based primary health care and health promotion programs and services and a range of developmental and social services.

Website link: <https://connectwell.ca/>

Phone: (613) 257-7121 or Toll-Free – (800) 667-2617

Email: info@connectwell.ca

Agency: *ConnectWell Community Health – Lanark Site*

Provides community-based primary health care and health promotion programs and services and a range of developmental and social services.

Website link: <https://connectwell.ca/>

Phone: 613-259-2182 and Toll Free: (866) 762-0496

Email: info@connectwell.ca

Agency: Country Roads Community Health Centre

CRCHC is “one stop shopping” for family and community health. Services emphasize access to health for everyone including our most vulnerable residents: seniors, families on low income, people with disabilities and people who are isolated.

Website link: <https://www.crchc.on.ca/>

Phone: Portland: 613-272-3302

Westport: 613-273-9850

Agency: Perth Medical Clinic

Offers health services and programs. Do not offer walk-in or drop-in services.

Online Booking system available.

Website link: <http://www.perthmedicalclinic.com/>

Phone: (613) 267-1200

Agency: Rideau Community Health Services

Is a non-profit, community-governed community health centre that provides comprehensive primary care, health promotion and community development services.

Website link: <https://www.rideauchs.ca/>

Phone: Perth: 613-264-1576

Smiths Falls: 613-283-1952

Email: <https://www.rideauchs.ca/contact-us>

Agency: Sexual Health Clinic's

Offer non-judgemental and youth-friendly information and support. Services provided are strictly confidential. All ages, genders and sexual orientations are welcome.

Same-day appointments and/or walk-ins may be available.

Website link: <https://healthunit.org/clinics-classes/sexual-health-clinic/> (To find location)

Phone: Perth: 613-283-2740

Smiths Falls: 613-283-2740

Carleton Place: 613-256-1203

Email: areyousafe@healthunit.org

Agency: Tay River Health Centre

Offers physician services to home care, massage therapy and counselling, you'll find it at the new Tay River Health Centre. Online Booking system available.

Website: <https://www.tayriverhealthcentre.ca/>

Phone: 613-201-9300

Email: <https://www.tayriverhealthcentre.ca/contact>

HOUSING

Agency: Carebridge Community Support

Is a non-profit that offers senior services, developmental services, and affordable housing to adults, seniors with developmental disabilities and those who need affordable housing, within the Lanark County area.

Website link: <https://carebridge.ca/>

Phone: (613) 256-1031

Email: info@carebridge.ca

Agency: Connect Youth

Offers a wide range of services for youth who are currently experiencing or at risk of homelessness in Leeds & Grenville. Our agency operates 5 transitional apartments for youth ages 16-24 with units located in Prescott, Spencerville, Kemptville and Brockville.

Website link: <https://connectyouth.ca/>

Phone: 613-246-2092

Email: ed@connectyouth.ca

Agency: Cornerstone Landing

Is a community-based, non-profit charitable organization providing assistance to youth age 16-24 who are experiencing or are at risk of homelessness in Lanark County.

Website link: <https://www.cornerstonelanding.com/>

Phone: 613-285-9292

Contact: Terrilee Kelford

Email: info.cornerstonelanding@gmail.com

Agency: Lanark County Housing Services

Information on housing programs and subsidies, subsidized housing, and tenant resources. Includes programs like Housing Assistance Program (HAP).

Website link: <https://www.lanarkcounty.ca/en/family-and-social-services/housing.aspx>

Phone: 613-267-4200 ext. 2402

Email: <https://www.lanarkcounty.ca/en/family-and-social-services/housing.aspx>

LEGAL SERVICES

Agency: Finding a Legal Aid Lawyer

Website link: <https://www.legalaid.on.ca/lawyers/>

Phone: 416-979-1446 or toll-free 1-800-668-8258

Agency: Lanark County Community Justice

Offer Youth and Adult Court Diversion Programs. We bring the accused, the victim, support persons, and community members together to discuss what happened and how to repair the harm. Programming and workshops are available relating to Restorative Parenting and Families.

Website link: <https://www.commjustice.org/>

Phone: 613-264-1558 or Toll Free: 1-888-264-1558

Email: sheri@commjustice.org

Contact: Sheri Halladay (Community Justice Program Coordinator)

Agency: Lanark County Mental Health

Offers both court support and court diversion services for those who have severe and persistent mental illness and are in conflict with the law.

Website link: <https://www.lanarkmentalhealth.com/services/support-services/>

Phone: Smiths Falls: 613-283-2170

Carleton Place: 613-257-5915

Agency: Law Society Referral Service

Connects people looking for legal assistance with a lawyer or paralegal. A lawyer or licensed paralegal who will provide a free consultation of up to 30 minutes to help you determine your rights and options, provided we have a match available.

Website link: www.findlegalhelp.ca

Phone: Tel: 416-947-3330

Toll-free: 1-800-268-8326

Agency: RNJ Youth Services

We are a not-for-profit community service organization with a small but mighty staff of professionals and dedicated volunteers. We collaborate with many stakeholders and community partners with the common goal of successful development of youth and our adult clients. We provide service to residents throughout Lanark, Leeds and Grenville.

Website link: <https://www.rnjyouth.com/>

Phone: Smiths Falls: 613-284-8304

Brockville: 613-342-4238 or Toll free: 1-866-349-0539

Email: <https://www.rnjyouth.com/contact-form.php>

Agency: The Legal Clinic (Perth, Sharbot Lake, Brockville)

Provides no-fee legal services for low-income residents of Lanark County and the United Counties of Leeds & Grenville, as well as the Townships of North and Central Frontenac in Frontenac County and the Township of Addington Highlands in the County of Lennox & Addington.

Website link: <https://www.legalclinic.ca/>

Phone: 613-264-8888 or 1-888-777-8916

Text Only: 613-390-0229

LIBRARIES

Agency: Carleton Place Public Library

Offers wireless internet access, interlibrary loans through Ontario Interloan Network, local history and genealogical information, talking books for the seeing impaired, shut-In delivery service, photocopying capabilities, children's programs, DVD library, museum and park passes, newspapers, magazines and books. The library offers a wide variety of programs and events to people of all ages.

Website link: <https://www.carletonplacelibrary.ca/>

Phone: 613-257-2702

Email: library@carletonplace.ca

Agency: Lanark Highlands Public Library

Offers numerous reading material resources both online and physical books for all ages, children's programs, DVD/ TV show library, puzzles, museum and park passes, wheelchair access, internet Access, PCs with common internet and productivity applications, fax and photocopier, and proctor services.

Website link: <https://lanarklibrary.ca/>

Phone: 613-259-3068

Email: general@lanarklibrary.ca

Agency: Mississippi Mills Public Library

Offers numerous reading material resources both online and physical books for all ages, both in English and French, computers, internet, tech tutor, printing, scanning & 3d printing, a number of services of particular interest to seniors, and programing. Almonte branch, there's a meeting room that accommodates 25 people.

Website link: <https://www.missmillslibrary.com/>

Phone: 613-256-1037

Email: almontelib@missmillslibrary.com

Agency: Perth & District Union Public Library

Offers numerous reading material resources both online and physical books for all ages, computers, internet, printing, scanning & copying, a book club, museum and park passes, meeting rooms, interlibrary loans, and home delivery.

Website link: <https://www.perthunionlibrary.ca/>

Phone: 613-267-1224

Email: info@perthunionlibrary.ca

Agency: Rideau Lakes Public Library (South Elmsley Branch: Lombardy)

Offers public access computers, free Internet access, meeting rooms, study carrels and tables, photocopiers, DVDs, books, eBooks, magazines, large-print books, audiobooks, Audiobooks, children's programs, technology workshops, free museum passes, interlibrary loan, used book sales, and more. Offers a variety of adult and children's programs including playgroups, book clubs, summer programs, special event programs, and more.

Website link: <https://rideaulakeslibrary.ca/>

Phone: (613) 359-5334

Email: info@rlpl.ca

Agency: Smiths Falls Public Library

Offers public access computers, free Internet access, meeting rooms, study carrels and tables, photocopiers, videos, books, magazines, large-print books, books on cassette or CD, newspapers, interlibrary loan, used book sales, and more. Offers a variety of adult and children's programs including throughout the year.

Website link: <https://www.smithsfallslibrary.ca/>

Phone: 613-283-2911

Email: info@smithsfallslibrary.ca

VICTIM SERVICES

Agency: Victim Services

We are a 24 / 7 agency that provides immediate, confidential, crisis intervention services, practical assistance, information, referrals and emotional support to persons affected by crime, tragedy and / or disaster.

Website link: <https://victimserviceslanark.ca/home.php>

Phone: 613-284-8380 & Toll-Free 1-866-575-0067

Email: info@victimserviceslanark.ca

Agency: Victim Services of Leeds & Grenville

Helps to reduce victim trauma by providing emotional and practical support, referrals and resources after a crime or tragedy has occurred. We will also provide a single point of entry to other programs and services within a victim's community, assisting with navigating the system and thereby helping to reduce an individual's sense of helplessness, confusion, and stress.

Website link: <https://www.vslg.ca/>

Email: info@vslg.ca

Agency: *Victim Support Line (VSL)*

The multilingual Victim Support Line provides services to victims of crime across Ontario, in most languages spoken in the province. Victims of crime and their families have access to a wide range of services, including counselling, financial assistance and other supports.

Website link: <https://www.ontario.ca/page/get-help-if-you-are-experiencing-violence>

Phone: 1-888-579-2888 (toll-free)

Agency: *Victim/Witness Assistance Program*

Provides information, assistance, and support to victims and witnesses of crime in order to increase their understanding of, and participation in, the criminal justice process.

VWAP services include needs assessment, referrals to community agencies, emotional support, case specific information (court dates, bail hearings) and court preparation and orientation. These services are available to adult and child victims and witnesses of crime, after charges have been laid.

Website link: <https://www.ontario.ca/page/victimwitness-assistance-program>

Phone: 613-264-8387 or Toll Free: 1-866-296-0166

Agency: *The Canadian Resource Centre for Victims of Crime*

Provides support, research, and education to survivors of serious crime and stakeholders in Canada. All services are free of charge and confidential. We offer bilingual assistance and advocacy regardless of whether the perpetrator of the crime has been identified, apprehended, prosecuted or convicted.

Website link: <https://crcvc.ca/>

Phone: 613-233-7614 or Toll free: 1-877-232-2610

Text: 613-208-0747

Email: CRCVC@CRCVC.ca

YOUTH CENTRES

Agency: *Carleton Place & District Youth Centre*

Providing free and low-cost programs, services, fundraisers, and community-building initiatives both in person and online to children and youth aged 8 to 17. Free snacks and meals provided.

Website link: <https://cpyouthcentre.org/>

Phone: 613-257-8901

Email: cpyouthcenter@gmail.com

Agency: Lanark Highlands Youth Centre

Provides a free, safe and supportive environment where youth have opportunities to enhance their potential and contribute positively to the larger community. Open 2pm-8pm on Tuesday and Fridays, and open 2pm-6pm on Thursdays.

Website link: <https://www.lhyici.ca/>

Phone: 613-259-2012

Email: lhyici@storm.ca

Agency: Mississippi Mills Youth Centre

Offers fun and inclusive community space for youth aged 10-18. During Drop-in hours, nutritious snacks and meals are provided, homework help, planned activities, engaging programs, special guests, skills-based workshops, free trainings and more!

Website link: <https://www.mmyc.ca/>

Phone: 613-256-5959

Email: <https://www.mmyc.ca/contact-us/>

Agency: WAK Youth Programming

A FREE program with all youth in grade 7 thru 12 (age 12 to 18) in the Smiths Falls Area. Included is a healthy snack, some form of physical activity and mental health promotion.

Website link: <https://lanark.bigbrothersbigsisters.ca/story/youth-school-program/>

Phone: 613-283-0570

Email: jennifer.hogan@bigbrothersbigsisters.ca

Agency: Perth Youth Centre

Managed by YAK Youth Services located within the Perth Community Services Hub at 1881 Rogers Rd. A safe and supportive space where local youth in grades 6-12 can elevate their skills and self-confidence, explore new opportunities, and develop positive relationships while getting more involved in the community. The Perth Youth Centre offers both an Ontario Ministry Registered After School Program (2pm-5pm) and a Youth Drop In (5pm-7pm) Mondays to Fridays. Dinner is served nightly between 4-5PM and a Free Shuttle Service to the centre is offered through Lanark Transportation. A variety of sports (basketball, skating, soccer, and frisbee golf) are offered, inside there is a weight room, pool table, art section, computer lab and lounge, ping pong, kitchen, gaming systems, a piano, multiple guitars and shuffleboard. We have something for everyone!

Website link: <https://yakyouth.ca/>

Phone: 613-264-8381

Email: yakstaff@gmail.com