

# Haldimand Norfolk Housing Corporation: Tenant Resources

## Health Services

Health and Social Services, Haldimand-Norfolk	Simcoe: 519-426-6170 Caledonia: 905-318-6623 Dunnville: 905-318-6623	Health and Social Services provides supports for residents in areas like parenting and pregnancy, alcohol and drug use, sexual health, and healthy eating. Classes and clinics are also available. Their website is currently a great resource for information on the COVID-19 vaccine including eligibility and where to get your shot once eligible. A comprehensive list of services can be found online at <a href="http://www.hnhu.org">www.hnhu.org</a>
Norfolk General Hospital	519-426-0130	Emergency department and healthcare including obstetrics, complex care, and surgery. Organizational website can be found at <a href="http://www.ngh.on.ca">www.ngh.on.ca</a>
West Haldimand General Hospital	905-768-3311	Emergency department and services including acute care, physiotherapy, diagnostic imaging, and lab. Comprehensive list of services can be found at <a href="http://www.whgh.ca">www.whgh.ca</a>
Haldimand War Memorial Hospital	905-774-7431	Emergency department and services including lab, diagnostic services, chronic pain clinic, and physiotherapy. Comprehensive list of services can be found at <a href="http://www.hwmh.ca">www.hwmh.ca</a>
Telehealth	1-866-797-0000 TTY: 1-866-797-0007	Free and confidential medical advice from licensed professionals. For more information on the Telehealth program please visit the provincial webpage at <a href="http://www.ontario.ca/page/get-medical-advice-telehealth-ontario">www.ontario.ca/page/get-medical-advice-telehealth-ontario</a>

## Mental Health & Addictions

Community Addiction and Mental Health Services (CAMH)	Simcoe: 519-426-8760 or 1-877-909-4357 Townsend: 519-587-4658 or 1-877-244-3094	Variety of mental health and addictions services for families, children, and adults. CAMH offers various crisis response services including CAST crisis line (1-866-487-2278) and a MCRRT (Mobile Crisis Rapid Response Team). The Wellness and Recovery Centre is available for those over the age of 16 dealing with mental illness or mental health challenges and addictions. For further information on programs please visit the CAMHS website at <a href="http://www.camhs.ca">www.camhs.ca</a>
Canadian Mental Health Association of Brant, Haldimand-Norfolk (CMHA)	Simcoe: 519-428-2380 or 1-888-750-7778 Dunnville: 905-701-9119 CAST Crisis Line: 1-866-487-2278	Services include crisis stabilization bed programs, court support, and community support programming. For a full list of services, please visit <a href="http://www.bhn.cmha.ca/programs-services">www.bhn.cmha.ca/programs-services</a>
Haldimand-Norfolk REACH	1-800-265-8087 or 519-587-2441	Haldimand Norfolk REACH provides services in areas such as Child and Youth Crisis, childcare and school-aged programming, student nutrition programs, child and youth mental health services, and family counselling. For an extensive list of supports through REACH, please visit <a href="http://www.hnreach.on.ca">www.hnreach.on.ca</a>

COMMUNITY HOUSING



## Families & Children

Alzheimer's Society of Haldimand-Norfolk	1-888-343-1017	Supports and services for those experiencing symptoms of dementia or Alzheimer's, as well as their families. More information can be found at <a href="http://www.alzhn.ca">www.alzhn.ca</a>
EarlyOn Child and Family Centres of Haldimand-Norfolk	1-866-463-2759	Through Haldimand Norfolk REACH, a range of programming for families and children including activities such as storytelling and arts, professional advice, and connections with other families. EarlyON can be found on Facebook at REACHEarlyON, or on the web at <a href="http://www.hnreach.on.ca/earlyon-child-and-family-centres">www.hnreach.on.ca/earlyon-child-and-family-centres</a>
Children's Aid Society of Haldimand-Norfolk	519-587-5437 or 1-888-CAS-KIDS (227-5437)	Haldimand-Norfolk's Children's Aid Society offers services in the areas of child protection, foster care, adoption, and youth programming focused on skill development, counselling, and advocacy. More information can be found at <a href="http://www.cashn.on.ca">www.cashn.on.ca</a>
Pflag Canada	Norfolk County: 1-888-530-6777 ext. 587 Dunnville: 1-888-530-6777 ext. 578	Pflag Canada focuses on services for those in the LGBTQ+ community and their families, providing peer-to-peer support and education. Information for the local chapters can be found by emailing <a href="mailto:norfolkon@pflagcanada.ca">norfolkon@pflagcanada.ca</a> , or on Facebook @ "PFLAG Canada Norfolk County Ontario Chapter" or "PFLAG Canada Dunnville Chapter". For more information on Pflag, visit <a href="http://www.pflagcanada.ca">www.pflagcanada.ca</a>

## Food Banks

Caledonia and District Food Bank	905-765-9287	<a href="mailto:caledoniafoodbank1@gmail.com">caledoniafoodbank1@gmail.com</a> or Caledonia and District Food Bank on Facebook
Hagersville Food Bank	1-289-758-3789	<a href="http://www.hagersvillefoodbank.org">www.hagersvillefoodbank.org</a>
Salvation Army Food Bank (Dunnville & Simcoe)	Simcoe: 519-426-5420 Dunnville: 905-774-4521 ext. 21	<a href="http://www.salvationarmysimcoe.ca/foodbanksimcoe.html">www.salvationarmysimcoe.ca/foodbanksimcoe.html</a>
Simcoe Caring Cupboard	519-428-1713 or 519-410-2068	Please note that amid pandemic restrictions, food banks have had to adjust accordingly. Some are offering curbside pick-up for boxed food items.  We recommend calling ahead for information regarding registrations, required information, and hours of operation.
Lifeline Food Bank (Port Dover)	519-909-2845	
Mission Food Bank (St. Williams/Pt Rowan)	519-586-3003	
Delhi Sharing Pantry	519-582-2559	
Waterford and District Food Cupboard	519-443-5307	



*We hope that this list provides you and your families with community resources to support you through difficulties you may be facing. The wellbeing of tenants is a priority to us at HNHHC, and we encourage you to let us know how we have done. If there are any organizations you would like to see on our website or in the next installment of the tenant newsletter, feel free to reach out by phone or email!*

**(519) 426-7792 • 1-800-265-2819 • [hnhc@hnhousing.ca](mailto:hnhc@hnhousing.ca)**

**Or visit [www.hnhousing.ca](http://www.hnhousing.ca)**