

Information and Community Resources - Updated 2023

Title	Description	Website	Phone	E-mail
Access Better Living	Home Help/Maintenance	www.accessbetterliving.ca/home-support/	705-268-2240 ext. 218	inquiries@accessbetterliving.ca
Advance Care Planning Canada	Advance Care Planning	www.advancecareplanning.ca	613-241-3663 1-800-668-2785	info@advancecareplanning.ca
Alzheimer Society	Adult Day Program, Dementia Resources	Canada: www.alzheimer.ca Timmins-Porcupine: www.alzheimer.ca/timmins	Canada: 1-800-616-8816 Timmins-Porcupine: 705-268-4554 Toll-free: 1-844-288-4554	director@alheimertimmins.com
Bayshore Home Health Timmins	Personal Care Services, Medical Services, Dementia Services	www.bayshore.ca	Phone: (705) 269-0289 Toll-free: 1-866-223-3585	jturgeon@bayshore.ca
BeADonor.ca	Organ and Tissue Donation	www.beadonor.ca	1-800-263-2833	
Canadian Blood Services	Blood, Plasma, Stem Cell, Organ and Tissue Donation	www.blood.ca	1-888-236-6283	stemcellregistry@blood.ca philanthropy@blood.ca
Canadian Cancer Society	Cancer Information, Charity	www.cancer.ca	Information: 1-888-939-3333 Donate: 1-800-268-8874	
Canadian Centre on Substance Use and Addiction	Substance Use, Addiction, Workplace Safety	www.ccsa.ca	Phone: 613-235-4048 Toll-free: 1-833-235-4048	
Canadian Hearing Services	Information, Services	www.chs.ca	1-866-518-0000	info@chs.ca
Canadian Liver Foundation	Liver Information, Charity	www.liver.ca	1-800-563-5483	clf@liver.ca
Canadian Lung Association	Lung Health Information, Charity	www.lung.ca	English: 1-866-717-2673 French: 1-866-325-2673	General: info@lung.ca Donations: mbertholds@lung.ca
Canadian Mental Health Association (CMHA) - Cochrane-Timiskaming Region	Mental Health Services, Addiction Services	www.cmhact.ca	Second Ave: (705) 267-8100 Pine Street: 705-264-5202 Sites: www.cmhact.ca/contact-us	cmhatim@cmhact.ca
Canadian Mental Health Association (CMHA) - National	Mental Health Services, Addiction Services	www.cmha.ca	Phone: (416) 646-5557 Suicide: 1-833-456-4566	
Canadian National Institute for the Blind	Programs and Services for the Blind, Charity	www.cnib.ca	1-800-563-2642 Timmins: 705-264-2312	info@cnib.ca
Canadian Red Cross	Charity, Various Services	www.redcross.ca	General: 1-800-418-1111 First Aid Training: 1-877-356-3226 Timmins Branch: 705-267-4900	
Canadian Red Cross - Friendly Calls	Seniors		(705) 759-4547	
Canadian Red Cross - Friendly Visiting	Senior Companionship Services	www.redcross.ca/in-your-community/ontario/ontario-find-a-branch/timmins-and-district-branch	705-267-4900	
Canadian Red Cross - Meals on Wheels	Meal Delivery	www.redcross.ca/in-your-community/ontario/ontario-find-a-branch/timmins-and-district-branch	705-267-4900	
Canadian Red Cross - PATH	Assistance Moving Home Following a Hospital Stay	www.redcross.ca/in-your-community/ontario/ontario-find-a-branch/timmins-and-district-branch	705-267-2131 ext. 2666	
Canadian Red Cross - Rides & Transportation	Transportation	www.redcross.ca/in-your-community/ontario/ontario-find-a-branch/timmins-and-district-branch	705-267-4900	
Care Partners	Personal Care Services	www.carepartners.ca	1-866-288-4788 Region: 1-866-886-4172	info@carepartners.ca

Chateau Georgian Retirement Residence	Retirement Residence		(705) 267-7935	
Cochrane District Social Services Administration Board	Housing, Children's Services	www.cdssab.on.ca	Timmins: 705-268-7722 Toll-free: (877) 259-7722	
Crohn's and Colitis Canada	Crohn's and Colitis Information, Charity	www.crohnsandcolitis.ca	1-800-2387-1479	support@crohnsandcolitis.ca
Diabetes Canada	Diabetes Information, Charity	www.diabetes.ca	Information: 1-800-226-8464 Clothing Donations: 1-800-505-5525	info@diabetes.ca
Health Connect Ontario	Government, 24/7 Health Advice	health811.ontario.ca	Toll-free: 811 TTY: 1-866-797-0007	
Heart and Stroke Foundation of Canada	Heart Condition and Stroke Information, Healthy Living Resources, Charity	www.heartandstroke.ca	1-888-473-4636	
Home and Community Care Support Services North East (Previously CCAC)	Adult Home Care Services, Personal Support	www.healthcareathome.ca/region/north-east/	Toll-free: 1-800-461-2919	HCCSSInfo@hccontario.ca
Horizon Timmins Palliative Care	Palliative Care	www.horizon-timmins.ca	705-267-3434	
Independent Instacart	Grocery Delivery Meal Delivery, Grocery Delivery	www.yourindependentgrocer.ca/online-grocery-shopping www.instacart.ca	(705) 264-8233	
Kidney Foundation of Canada	Kidney Information, Charity	www.kidney.ca	1-800-387-4474	info@kidney.ca
Levi's Foodland	Grocery Delivery		Timmins: 705-268-5020 Iroquois Falls: 705-232-4071	
March of Dimes - ABI Adult Day Program	Acquired Brain Injury Adult Day Program		705-267-2183	
March of Dimes Canada	Disability Services	www.marchofdimes.ca	National: 416-425-3463 Toll-free: 1-800-263-3463 Timmins: (705) 267-2183 Toll-free: 1-866-314-3463	info@marchofdimes.ca
Medigas	Special Equipment	www.medigas.com	705-268-0622 Toll-free: 1-866-446-6302	
Meti Nation of Ontario - Healing & Wellness Branch	Indigenous Health	www.metisnation.org/programs-and-services/healing-wellness	1-800-263-4889 Ext. 7	contactus@metisnation.org
Ministry of Health / Ministry of Long-Term Care	Government	www.health.gov.on.ca		
Motion	Special Equipment	motioncares.ca/location/timmins	(705) 360-1941	timmins@motioncares.ca
Multiple Sclerosis Society	Multiple Sclerosis Information, Charity	www.msCanada.ca	1-844-859-6789	msnavigators@msCanada.ca
Muscular Dystrophy Canada	Neuromuscular Disorders Information, Charity	www.muscle.ca	1-800-567-2873	info@muscle.ca
North East Support	Independent Living Support Services	www.northeastssupport.ca	1-800-461-2919	
Ontario Community Support Association	Independent Living Supports	www.ocsa.on.ca/find-services	416-256-3010 1-800-267-OCSA	info@ocsa.on.ca
Ontario Health	Government, Various Services	www.ontariohealth.ca	Toll-free: 1-877-280-8538 TTY: 1-800-855-0511	
Ontario Health - CCO	Cancer and Kidney Information	www.ccohealth.ca	1-855-460-2647	
Ontario Health - CorHealth Ontario	Cardiac, Stroke, and Vascular Information	www.corhealthontario.ca	416-512-7472	

Ontario Health - Trillium Gift of Life Network	Organ and Tissue Donation	www.giftoflife.on.ca	416-363-4001	
Parachute	Injury Prevention, Concussion, Falls, Charity	www.parachute.ca	Phone: 647-776-5100 Toll-free: 1-888-537-7777	info@parachute.ca
Pick of the Crop	Grocery Delivery		705-268-3635	
Porcupine Health Unit	Government	www.porcupinehu.on.ca	Phone: 705-267-1181 Toll-free: 1-800-461-1818	
Public Health Agency of Canada	Government	www.canada.ca/en/public-health	Toll-free: 1-844-280-5020	
Public Health Ontario	Government	www.publichealthontario.ca	1-877-543-8931	
Rehab Plus	Rehabilitation and Fitness Centre, Senior Wellness Program	www.rehabplustimmins.ca		
Riverpark Laundry	Laundry Service		(705) 268-7435	
Seizure and Brain Injury Centre	Adult Day Program (for those with seizure or brain injuries)	www.sabic.ca	705-264-2933	info@sabic.ca
Shoppers Drug Mart	Meal Delivery, Grocery Delivery		Algonquin E: (705) 264-6511 Algonquin W: (705) 264-4311	
Speedwash Laundry	Laundry Service		(705) 268-9405	
Talk Suicide Canada	Crisis Services, Resources, Volunteer	www.talksuicide.ca	Hotline: 1-833-456-4566 Text: 45645 (4:00pm-12:00am ET)	
The Lung Health Foundation	Lung Health Information, Charity	www.lunghealth.ca	416-864-9911	info@lunghealth.ca
Timmins and District Hospital		www.tadh.com		
Timmins and District Victims Services	Domestic Violence, Sexual Violence, and Human Trafficking Services	www.timminsvictimservices.ca	1-877-264-4208 (705-360-8700)	melissa@timminsvictimservices.ca
Timmins Consumers Survivor Network	Mental Health, Substance Use		705-268-3220	
Timmins Police Service - Violence & Victim Services Page	Domestic Violence Assistance, Crisis Services, Assault Helplines, Women's Shelters	www.timminspolice.ca/community-safety/violence	See website for available services and their contact information	
Timmins Senior Recreation Centre	Health and Well-Being Classes, Cards and Games, Socials, Note: 55+, \$20 annual membership fee (optional for those 80+)	timminscentre.wixsite.com/timmins-seniors	705-267-4234	
Timmins Transit	Transportation	www.timmins.ca/our_services/timmins_transit	(705) 360-2654	transit@timmins.ca
Timmins Transit - Handy Transit	Transportation (Individuals with Disabilities)	www.timmins.ca/our_services/timmins_transit/handy_transit	705-360-2600 ext. 3504	
UnlockFood.ca	Nutrition Information, Dietitians	www.unlockfood.ca	Telehealth Ontario: 811	
UpToDate for Patients and Caregivers	Information on Various Medical Conditions and Treatments	www.wolterskluwer.com/en/solutions/uptodate/who-we-help/individuals/patients-caregivers		
Veteran's Affairs Canada	Government	www.veterans.gc.ca	English: 1-866-522-2122 French: 1-866-522-2022	information@veterans.gc.ca
Victorian Orders of Nurses	Primary Care, Health and Wellness Promotion	www.von.ca/en/locations/timmins	705-267-8444	timothea.culhane@von.ca
Vital Aire	Special Equipment	www.vitalaire.ca/timmins-clinic	705-268-5512	
Wellwise by Shoppers	Special Equipment	shop.wellwise.ca	(705) 268-6893	