



PARENT
SUPPORTS
ON MANITOULIN ISLAND



Make it a
**Healthy
Day!**

Sudbury & District Health Unit
Service de santé publique de Sudbury et du district

TABLE OF CONTENTS

Addictions Assessment and Treatment	1
Daycares/Nursery Schools	1
Education.....	1
Employment.....	1
Family Support.....	2
Family Violence	2
Food Banks	2
Helplines.....	3
Housing	3
Legal Support	3
Libraries.....	3
Medical Health.....	4
Mental Health	4
Pharmacies	4
Prenatal Care.....	4
Public Health/Community Health Centres.....	5
Sexual Health.....	5
Social Services.....	5
Used Clothing	5
Helpful Websites	6



ADDICTIONS ASSESSMENT AND TREATMENT

Al-Anon

(705) 377-4892

(705) 859-1679

Alcoholics Anonymous

(705) 282-2656 or (705) 674-6217

Aundeck Omni Kaning Health Centre (NNADAP)

(705) 368-3171

Birch Island Health Centre (NNADAP)

(705) 285-4354

M'Chigeeng First Nation, M'Nendamowin (Mental Health)

(705) 377-5347

(705) 377-4485

Manitoulin Community Withdrawal Management Services

(705) 368-0058

1-800-570-5574

Methadone Maintenance Treatment

(705) 370-1000

Ngwaagan Gamic Recovery Centre Inc. (Rainbow Lodge)

(705) 859-2324

Pregnancy and Parenting Outreach Program

(705) 674-8159

Sheguiandah Health Centre (Alternatives Coordinator)

(705) 368-2781

Sheshegwaning Health Centre (NNADAP)

(705) 283-3030

Hôpital Regional de Sudbury Regional Hospital (HRSRH)

Addictions & Gambling Services

(705) 368-0756 ext. 231

DAYCARES/NURSERY SCHOOLS

Gore Bay Child Care Centre

(705) 282-8669

M'Chigeeng Day Care

(705) 377-5383

Negaan'abik Daycare

(705) 368-2196

Magic Rainbow Little Current

(705) 368-3400

Manitoulin Home Child Care Family Resources Inc

(705) 377-5532

Wikwemikong Hub Centre

(705) 859-3797

EDUCATION

Academic Upgrading (Cambrian College)

(705) 368-3194

Kenjgewin Teg

(705) 377-4342

1-800-536-5439

EMPLOYMENT

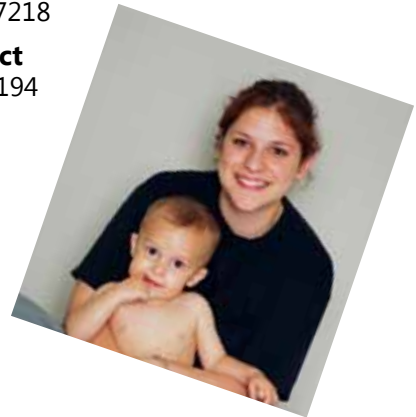
Espanola Service Canada Centre

(705) 869-7030

1-800-206-7218

Job Connect

(705) 368-3194



FAMILY SUPPORT

Child and Family Centre

(705) 368-2002
(705) 869-1564

Child Care Resources

(705) 377-4844
1-877-996-1599

Children's Community Network

(705) 368-2002
(705) 869-1564

Community Living Manitoulin

(705) 377-6699

Family Health Program (SDHU)

(705) 370-9200

Healthy Babies Healthy Children (SDHU)

(705) 370-9200

ICAN Independence Centre and Network

(705) 673-0655 ext. 207
1-866-439-4226

Infant Development

(705) 377-6005
(705) 523-7184
(705) 859-3122

Manitoulin Family Resources

(705) 377-5532

Manitoulin-Sudbury District Social Services Administration Board (DSSAB)

(705) 862-7850, ext. 244
1-800-667-3145

Little Current Satellite Office

(705) 368-0238
1-800-690-5512

Manitoulin Supervised Access Centre

(705) 377-6080

Wikwemikong Family Centre

(705) 859-3122

FAMILY VIOLENCE

Anishnaabe Police Service (Sagamok Detachment)

(705) 865-2868

Children's Aid Society of the Districts of Sudbury and Manitoulin

(705) 368-2810
1-800-461-3583

Foster Care Division

(705) 859-1010

Kina Gbezhgomi Child and Family Services

(705) 859-2100
1-800-268-1899

Manitoulin Family Resources Shelter Crisis Line

(705) 377-5160 or 1-800-465-6788

Ontario Provincial Police (OPP)

9-1-1
1-888-310-1122

United Chiefs and Councils of Manitoulin Island (UCCM) Police Services

(705) 377-7135

Victim Crisis Assistance and Referral Services (VCARS)

(705) 368-9945

Wikwemikong Police Service

(705) 859-3141

FOOD BANKS

Faith Charities of Ontario Tehkummah

(705) 859-2188

Manitoulin Community Help Centre

(705) 377-4444

M'Chigeeng Food Bank

(705) 377-5891

Wikwemikong Food Bank

(705) 859-3122

HELPLINES

Assaulted Women's Help Line

1-866-863-0511

Consumer Health Information Service

1-800-667-1999

EatRight Ontario

1-877-510-5102

Kids Help Phone

1-800-668-6868

Parent Helpline

1-866-603-9100

Poison Information

1-800-268-9071

Telehealth

1-866-797-0000

Warm Line

1-866-859-9276

HOUSING

Ontario Aboriginal

Housing Management

1-800-869-3262

Manitoulin Nonprofit

Special Needs Housing

(705) 368-3728

(705) 368-2814

Manitoulin-Sudbury District Social Services Administration Board (DSSAB)

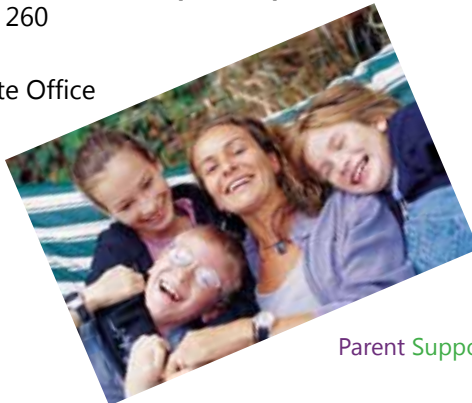
(705) 862-7850, ext. 260

1-800-862-7805

Little Current Satellite Office

(705) 368-0238

1-800-690-5512



LEGAL SUPPORT

OPP Manitoulin Detachment

(705) 859-3155

Manitoulin Legal Clinic

(705) 368-3333

Manitoulin Supervised Access Centre

(705) 377-6080

LIBRARIES

Assiginack Public Library

859-2110

Billings Public Library

282-2944

Gore Bay Union Public Library

282-2221

M'Chigeeng First Nations Public Library

377-5540

Mindemoya Public Library

377-5334

NEMI Public Library

368-2444

Providence Bay Public Library

377-4503

Tehkummah Public Library

859-3301

Wikwemikong First Nations Public Library

859-2692, ext. 12



MEDICAL HEALTH CENTRES

Physicians' Offices

Gore Bay Health Centre

(705) 282-2262

Northeastern Manitoulin Family Health Team

(705) 368-2450

Manitoulin Health Centre Little Current Site

(705) 368-2300

Manitoulin Health Centre Mindemoya Site

(705) 377-5311

Manitowaning Family Health Team

(705) 859-2170

Mindemoya Medical Clinic

(705) 377-5371

Dr. Marlene Spruyt/ Dr. Kathleen Howard

(705) 377- 4819

MENTAL HEALTH

Adult Mental Health Services

(705) 368-0756

Canadian Mental Health Association (CMHA)

(705) 368-0756

Child and Family Centre

(705) 368-2002

Children's Community Network

(705) 368-2002

Community Mental Health Programs

(705) 368-0756

Housing

(705) 368-0756, ext. 236

Justice Program

(705) 368-0756, ext. 237

M'Chigeeng First Nation, M'Nendamowin (Mental Health)

(705) 377-5347, ext. 230

Nadmadwin Mental Health Clinic

(705) 859-2330

Outpatient Addiction and Gambling Service

(705) 368-0756, ext. 231

Seniors Mental Health Community Consultation Services

(705) 368-0756

PHARMACIES

Central Pharmacy

(705) 282-2409

Island IDA Pharmacy

(705) 368-2466

Little Current Guardian Pharmacy

(705) 368-2530

MNIS IDA Pharmacy

(705) 859-2866

Manitowaning Guardian Pharmacy

(705) 859-2323

1-800-461-0110

Mindemoya Guardian Pharmacy

(705) 377-5411

Robertson's I.D.A. Drug Store

(705) 282-2147

PRENATAL CARE

Northeastern Family Health Team

(705) 368-2450

Manitoulin Midwifery

(705) 859-2300

PUBLIC HEALTH/COMMUNITY HEALTH CENTRES

Aundeck Omni Kaning First Nation Health Centre
(705) 368-3171

M'Chigeeng Health Centre
(705) 377-5347

Mnaamodzawin Health Centre
(705) 368-2182

Nahndahweh Pchigehgamig Health Centre (Wikwemikong)
(705) 859-3164

Noojmowin Teg Health Centre
(705) 368-2182, ext. 204

Northeast Community Care Access Centre
(705) 869-3790
1-800-370-0952

Sheguiandah Health Centre
(705) 368-2781

Sheshegwaning Health Centre
(705) 283-3030

Sudbury & District Health Unit (Manitoulin Branch)
(705) 370-9200

Whitefish River Health Centre (Birch Island)
(705) 285-4354

Zhiibaahaasing Health Centre
(705) 283-3963

SEXUAL HEALTH

Sudbury & District Health Unit Sexual Health Clinic
(705) 370-9200

SOCIAL SERVICES

Aundeck Omni Kaning First Nation
(705) 368-2228

First Nations Band Offices United Chiefs and Councils of Manitoulin Tribal Council
(705) 377-5307

M'Chigeeng First Nation
(705) 377-5362

Manitoulin-Sudbury District Social Services Administration Board (DSSAB)
(705) 368-0238
1-800-690-5512

Little Current Satellite Office
(705) 862-7850, ext. 222
1-800-667-3145

Sheguiandah First Nation
(705) 368-2781

Sheshegwaning First Nation
(705) 283-3292

Whitefish River First Nation
(705) 285-4335

Wikwemikong Unceded Indian Reserve
(705) 859-3122

USED CLOTHING

Everything Under the Sun Consignment Store
(705) 377-4414

Manitoulin Community Help Centre
(705) 377-4444

Wikwemikong Family Centre
(705) 859-3122

HELPFUL WEBSITES

Consumer Product Safety

Health Canada

<http://www.hc-sc.gc.ca/cps-spc/index-eng.php>

Child Safety/Child Info

Best Start: Ontario's Maternal Newborn and Early Child Development Resource Centre

<http://www.beststart.org>

Canadian Parenting Community

<http://www.canadianparents.com>

Child and Youth Health Information from Canada's Pediatric Experts

<http://www.caringforkids.cps.ca>

Health Canada/Severe Allergy Reactions

<http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/allerg-eng.php>

Healthy Parenting Home Study Program

<http://healthyparenting.sk.ca>

Multiple Births Canada

<http://www.multiplebirthscanada.org/english/index.php>

Nutrition for Kids

<http://nutritionforkids.com>

Ontario Children and Youth Services

www.ontarioearlyyears.ca

Safe Kids Canada

www.safekidscanada.ca

Today's Parent Magazine

<http://www.todayparent.com>

Transport, Infrastructure and Communities Portfolio

www.tc.gc.ca

Family Support

Assaulted Women's Helpline

www.awhl.org

Kids Help Phone

<http://www.kidshelpphone.ca>

Newman Breastfeeding Clinic and Institute

www.nbcionline.org

Ontario Association of Children's Aid Societies

<http://www.useyourvoice.ca/>

Ontario Ministry of Health and Long-Term Care/Telehealth Ontario

<http://www.health.gov.on.ca/en/public/programs/telehealth/>

Parentbooks

http://www.parentbooks.ca/Parenting_Ages_2_to_6.html

Health Resources

Best Start

www.healthbeforepregnancy.ca

Dietitians of Canada

<http://www.dietitians.ca>

Eat Right Ontario

www.ontario.ca/EatRight

Folic Acid

www.folicacid.ca

Ontario Early Years

www.alcoholfreepregnancy.ca

Pregnancy Health Centre

www.womenshealthmatters.ca/centres/pregnancy

Ontario Ministry of Children and Youth Services

http://www.childrensinfo.ca/eng/ages_and_stages/ages_and_stages_newborns/index.html

Motherisk/Treating the Mother – Protecting the Unborn

www.motherisk.org

Sudbury & District Health Unit

www.sdhu.com