



When you don't know  
where to turn.™



## Where to Find Help in Northumberland County



600 William Street, Suite 700  
Cobourg ON K9A 3A5

905-372-8913; 1-800-396-6626  
fax; 905-372-4417  
[www.fourinfo.com](http://www.fourinfo.com)  
[northumberland@fourinfo.com](mailto:northumberland@fourinfo.com)



United Way  
Northumberland

## Child and Family Services

ABR Autism Services of Northumberland .....	905-372-7759 (H)
Anishnaabe Kwewag Gamig Inc .....	905-352-3898
.....	<i>Toll Free:</i> 1-800-388-5171
.....	<i>TTY:</i> 905-352-3506
.....	<i>Crisis:</i> 905-352-3708
Big Brothers Big Sisters of Northumberland ..	905-885-6422; 905-885-8435
.....	<i>Toll Free:</i> 1-888-278-2484
Broken Arrow Residential Treatment Services .....	905-377-0490
Cornerstone Family Violence Prevention Centre .....	905-372-1545
Shelter Services .....	<i>Toll Free:</i> 1-800-263-3757
.....	<i>Crisis:</i> 905-372-0746
Five Counties Children's Centre	
Campbellford .....	705-653-1334
.....	<i>Toll Free:</i> 1-888-779-9916
Cobourg.....	905-377-0192
.....	<i>Toll Free:</i> 1-877-574-5212
Highland Shores Children's Aid.....	905-372-1821
.....	<i>Toll Free:</i> 1-800-267-0570
Kids Help Phone .....	<i>Toll Free:</i> 1-800-668-6868
Kinark Child and Family Services .....	905-372-4361
.....	<i>Toll Free:</i> 1-800-230-8531
.....	<i>Intake:</i> 1-888-454-6275
Youth Crisis Response Program .....	<i>Toll Free:</i> 1-800-551-0403
Northumberland Child Development Centre.....	905-885-8137
.....	<i>Toll Free:</i> 1-866-218-1427
Northumberland Social Services, Children's Services.....	905-372-6846
.....	<i>Toll Free:</i> 1-800-354-7051
Northumberland Community Counselling Centre .....	905-372-6318
.....	<i>Toll Free:</i> 1-866-748-5720
Northumberland Family Respite Services (call collect).....	905-885-6671
Preschool Speech & Language Program .....	905-885-9100
.....	<i>Toll Free:</i> 1-866-888-4577
Rebound Child and Youth Services .....	905-372-0007
.....	<i>Toll Free:</i> 1-877-688-0007

## Child and Family Services (cont'd)

Service Coordination for Children and Youth.....	<i>Toll Free:</i> 1-888-880-5777
Tri County Community Support Services .....	705-876-9245
.....	<i>Toll Free:</i> 1-888-616-3456
WrapAround Northumberland .....	905-372-2322
.....	<i>Toll Free:</i> 1-866-704-5534

## Drivers License

Brighton .....	613-475-2641
Campbellford .....	705-653-1579
Cobourg .....	<i>Toll Free:</i> 1-800-267-8097
Port Hope .....	905-885-7400
DriveTest .....	<i>Toll Free:</i> 1-888-570-6110

## Education/Literacy/Training

Alderville Learning Centre .....	905-352-2793
Community Training and Development Centre .....	905-372-9967
.....	<i>Toll Free:</i> 1-877-749-2832
Fleming College, Cobourg Campus .....	905-372-6865
.....	<i>Toll Free:</i> 1-866-353-6464
Independent Learning Centre.....	<i>Toll Free:</i> 1-800-387-5512
Kawartha Pine Ridge District School Board.....	705-742-9773
.....	<i>Toll Free:</i> 1-877-741-4577
Learning Disabilities Association, Northumberland Services ....	905-377-9414
.....	<i>Toll Free:</i> 1-866-503-3303
PVNC Catholic District School Board.....	705-748-4861
.....	<i>Toll Free:</i> 1-800-461-8009
Rebound Child and Youth Services .....	905-372-0007
.....	<i>Toll Free:</i> 1-877-688-0007
Triarch Educational Services .....	289-251-8560

## Emergency Services

Anishnaabe Kwewag Gamig Inc.....	905-352-3898
.....	<i>TTY: 905-352-3506</i>
.....	<i>Toll Free: 1-800-388-5171</i>
.....	<i>Crisis: 905-352-3708</i>
Cornerstone Family Violence Prevention Centre.....	905-372-1545
Shelter Services .....	Toll Free: 1-800-263-3757
.....	Crisis: 905-372-0746
Kawartha Sexual Assault Centre.....	1-866-298-7778
Kids Help Phone .....	<i>Toll Free: 1-800-668-6868</i>
Ontario Poison Centre.....	<i>Toll Free: 1-800-268-9017</i>
.....	<i>TTY: 1-877-750-2233</i>
Salvation Army	
Campbellford .....	705-653-4185
Cobourg .....	905-373-9440
.....	<i>Toll Free: 1-866-865-0768</i>
Port Hope.....	905-885-2323
Telecare Distress Centre of Peterborough.....	705-745-2273

## Employment Assistance

Alderville Learning Centre .....	905-352-2793
Career Edge Campbellford .....	705-632-0218
Toll Free.....	1-866-859-9222
Trenton.....	613-392-9157
Campbellford Community Resource Centre .....	705-653-5161
The Help Centre.....	905-372-2646
.....	<i>Toll Free: 1-888-698-3382</i>
Northumberland County Income/Employment Services.....	905-372-6846
.....	<i>Toll Free: 1-800-354-7051</i>
ODSP Employment Supports.....	705-742-9292
.....	<i>Toll Free: 1-800-663-8560</i>
.....	<i>TTY: 705-742-8915</i>
Port Hope Community Employment Services .....	905-885-4842
Watton Employment Services.....	905-372-1901
.....	<i>Toll Free: 1-888-348-8854</i>

## Financial

Alderville First Nation Health & Social Services .....	905-352-2140
Canada Child Tax Benefit .....	<i>Toll Free:</i> 1-800-387-1193
.....	<i>TTY:</i> 1-800-665-0354
The Help Centre .....	905-372-2646
.....	<i>Toll Free:</i> 1-888-698-3382
Northumberland County Community Outreach .....	905-372-6846 ext 2468
.....	<i>Toll Free:</i> 1-800-354-7051 ext 2468
Northumberland County Income/Empl. Services.....	905-372-6846 ext 2468
.....	<i>Toll Free:</i> 1-800-354-7051 ext 2468
Northumberland County, Shelter Benefit .....	905-372-6846 ext 2468
.....	<i>Toll Free:</i> 1-800-354-7051 ext 2468
Office of the Worker Adviser .....	<i>Toll Free:</i> 1-800-268-4343
Ontario Disability Support Program .....	705-742-9292
.....	<i>Toll Free:</i> 1-800-663-8560
.....	<i>TTY:</i> 705-742-8915
Family Responsibility Office .....	<i>Toll Free:</i> 1-800-267-7263
.....	<i>TTY:</i> 1-866-545-0083
Ministry of Revenue, Benefit/Tax Related .....	<i>Toll Free:</i> 1-866-668-8297
.....	<i>TTY:</i> 1-800-263-7776
Service Canada .....	E.I.: 1-800-206-7218
.....	CPP, OAS: 1-800-277-9914
.....	TTY-E.I.: 1-800-529-3742
.....	TTY-CPP,OAS: 1-800-255-4786
Trillium Drug Plan .....	1-800-575-5386
.....	TTY: 1-800-387-5559

## First Aid/CPR Training

Canadian Red Cross, Port Hope.....	905-885-9696
.....	<i>Toll Free:</i> 1-866-491-9696
St. John Ambulance .....	905-372-0564

## Food Programs

7 Hills Community Pantry .....	705-924-2077 (H)
Alderville First Nation Food Bank.....	905-352-2140
Campbellford, Warkworth & District Food Bank .....	705-653-1930 (H)
Community Works .....	905-797-2535 ext 22
Brighton Fare Share Food Bank .....	613-475-4190
Fare Share Food Bank - Cobourg.....	905-372-5308
Fare Share Food Bank - Port Hope .....	905-885-6674
Food 4 All Northumberland Warehouse .....	905-373-8566
Good Food Box Program .....	905-373-9440; 905-372-3832
.....	<i>Toll Free: 1-866-865-0768</i>
Green Wood Coalition.....	905-885-8700
Hastings & Roseneath Ministerial Food Bank .....	705-696-1105 (H)
Port Hope Community Health Centre .....	905-885-2626
.....	<i>Toll Free: 1-866-768-2626</i>
Salvation Army, Cobourg.....	905-373-9440
.....	<i>Toll Free: 1-866-865-0768</i>

## General

Beyond the Blue Box .....	905-373-7202
Canadian Anti-Fraud Centre .....	1-888-495-8501
Citizenship and Immigration Canada.....	<i>Toll Free: 1-888-242-2100</i>
.....	<i>TTY: 1-888-576-8502</i>
Crime Stoppers of Peterborough - Northumberland Inc.....	705-745-9000
.....	<i>Toll Free: 1-800-222-8477</i>
Genesis Bereavement Resource Centre.....	905-372-3648
.....	<i>Toll Free: 1-866-924-2458</i>
Green Wood Coalition.....	905-885-8700
Info Northumberland.....	905-372-8913
.....	<i>Toll Free: 1-800-396-6626</i>
Northumberland United Way .....	905-372-6955
.....	<i>Toll Free: 1-800-833-0002</i>
NeighbourLink Northumberland.....	905-373-1558
New Canadians Centre.....	905-377-8100

## General (cont'd)

PFLAG Cobourg/Port Hope Chapter .....	289-251-7715
St. Vincent de Paul, Brighton .....	613-827-6040
Campbellford .....	705-875-6711
Grafton .....	905-377-3263
Port Hope .....	905-373-2940
Victim/Witness Assistance Program .....	705-755-5150

## Government

Municipality of Brighton .....	613-475-0670
Municipality of Port Hope .....	905-885-4544
Municipality of Trent Hills .....	705-653-1900
Lou Rinaldi, M.P.P. ....	905-372-4000
.....	Brighton: 613-475-1040
.....	<i>Toll Free:</i> 1-800-263-3980
Rick Norlock, M.P. ....	905-372-8757
.....	Trenton: 613-392-3382
.....	<i>Toll Free:</i> 1-800-461-6742
Northumberland County .....	905-372-3329
.....	<i>Toll Free:</i> 1-800-354-7050
Service Canada, Government Information Service	<i>Toll Free:</i> 1-800-622-6232
.....	<i>TTY:</i> 1-800-926-9105
Service Ontario, Government Information Centre	<i>Toll Free:</i> 1-800-267-8097
.....	<i>TTY:</i> 1-800-268-7095
Town of Cobourg .....	905-372-4301
.....	<i>Toll Free:</i> 1-888-972-4301
Township of Alnwick/Haldimand .....	905-349-2822
.....	<i>Toll Free:</i> 1-888-685-1464
Township of Cramahe .....	905-355-2821
.....	<i>Toll Free:</i> 1-877-272-4263
Township of Hamilton .....	905-342-2810

## Health Related Equipment

Canadian Red Cross, Port Hope .....	905-885-9696
.....	<i>Toll Free:</i> 1-866-491-9696
Easter Seals .....	<i>Toll Free:</i> 1-888-667-0043
Medigas, .....	<i>Toll Free:</i> 1-866-446-6302
Belleville .....	613-969-4450
Cobourg .....	905-373-4303
Ministry of Health Assistive Devices .....	<i>Toll Free:</i> 1-800-268-6021
.....	<i>TTY:</i> 1-800-387-5559
March of Dimes, .....	<i>Toll Free:</i> 1-866-765-7237
Shopper's Home Health Care .....	<i>Toll Free:</i> 1-800-461-7694
Vitalaire Healthcare .....	905-885-4553
.....	<i>Toll Free:</i> 1-800-567-0202

## Health Services

Aids and Sexual Health Info Line .....	<i>Toll Free:</i> 1-800-668-2437
Alderville First Nation Health & Social Services .....	905-352-2140
Alzheimer Society .....	<i>Toll Free:</i> 1-800-561-2588
Arthritis Society .....	<i>Toll Free:</i> 1-800-321-1433
Aspergers Society of Ontario .....	<i>Toll Free:</i> 1-844-535-4037
Beginnings Pregnancy Care Centre .....	905-373-4575
Bridge Hospice .....	705-924-9222
Canadian Blood Services .....	<i>Toll Free:</i> 1-888-236-6283
Canadian Cancer Society .....	<i>Toll Free:</i> 1-800-463-0432
Cancer Information Service .....	<i>Toll Free:</i> 1-888-939-3333
Peer Support .....	<i>Toll Free:</i> 1-800-263-6750
Canadian Hearing Society, .....	<i>Toll Free:</i> 1-800-213-3848
.....	<i>TTY:</i> 1-888-697-3623
Canadian Liver Foundation .....	<i>Toll Free:</i> 1-800-563-5483
Central East Community Care Access Centre .....	<i>Toll Free:</i> 1-800-263-3877
Campbellford .....	705-653-1005
Port Hope Office .....	905-885-6600
CNIB .....	<i>Toll Free:</i> 1-800-563-0887



## Health Services (cont'd)

Community Care Northumberland Administration .....	<i>Office:</i> 705-653-0955 <i>Toll Free:</i> 1-866-514-5774
Brighton .....	613-475-4190
Cobourg .....	905-372-7356
Colborne .....	905-355-2989
Hastings .....	705-696-3891
Port Hope .....	905-885-9860
Trent Hills .....	705-653-1411
Hospice and Palliative Care ( <i>Please contact Community Care nearest you</i> )	
Cystic Fibrosis Canada .....	<i>Toll Free:</i> 1-800-378-2233
Eat Right .....	<i>Toll Free:</i> 1-877-510-5102
Four Counties Brain Injury Association.....	<i>Toll Free:</i> 1-800-854-9738
Gamma-Dynacare Medical Laboratories .....	905-885-0697
HKPR District Health Unit .....	<i>Toll Free:</i> 1-866-888-4577
Brighton .....	613-475-0933
Port Hope .....	905-885-9100
Prenatal Classes .....	<i>Toll Free:</i> 1-866-888-4577
Sexual Health Clinic Services .....	905-885-9100 ext 1205 <i>Toll Free:</i> 1-866-888-4577 ext 1205
Health Cards	
Brighton .....	613-475-2641
Campbellford .....	705-653-1579
Cobourg .....	<i>Toll Free:</i> 1-888-376-5197
Port Hope .....	905-885-7400
Health Care Connect.....	1-800-445-1822
Heart and Stroke Foundation .....	<i>Toll Free:</i> 1-888-473-4636
Kidney Foundation of Canada .....	<i>Toll Free:</i> 1-800-387-4474
LifeLabs .....	<i>Toll Free:</i> 1-877-849-3637
Lung Association .....	<i>Toll Free:</i> 1-888-344-5864
Lupus Ontario.....	<i>Toll Free:</i> 1-877-240-1099
ME/MF Association of Peterborough .....	705-742-0562
Multiple Sclerosis Society, Northumberland .....	905-797-2013(H)
Nightingale Nursing Registry .....	289-252-2121

## Health Services (cont'd)

Northumberland Hills Hospital Dialysis Services .....	905-372-6811
Northumberland PATH.....	905-377-7791
Northumberland Prostate Cancer Support Group.....	905-372-8237 (H)
Ontario Federation for Cerebral Palsy.....	<i>Toll Free:</i> 1-877-244-9686
Osteoporosis Canada.....	705-740-2776
Parkinson Society, Northumberland .....	905-885-6243(H)
Parkinson Society, Brighton Support .....	<i>Toll Free:</i> 1-800-565-3000 ext 3301
PARN .....	<i>Toll Free:</i> 1-800-361-2895
PRHC - Women's Health Care Centre.....	<i>Toll Free:</i> 1-800-419-3111
Port Hope Community Health Centre .....	905-885-2626
Port Hope Walk-In Clinic .....	905-885-0611
Quinte Down Syndrome Support Network .....	613-962-9332 (H)
Schizophrenia Society of Ontario.....	705-749-1753
Spinal Cord Injury Ontario.....	<i>Toll Free:</i> 1-888-643-2507
Telehealth Ontario .....	<i>Toll Free:</i> 1-866-797-0000
.....	<i>TTY:</i> 1-866-797-0007
Trillium Drug Program.....	<i>Toll Free:</i> 1-800-575-5386
VON.....	<i>Toll Free:</i> 1-888-279-4866
Willow Breast Cancer Support Canada .....	<i>Toll Free:</i> 1-888-778-3100

## Hospitals

Campbellford Memorial Hospital .....	705-653-1140
Northumberland Hills Hospital .....	905-372-6811
Peterborough Regional Health Centre.....	705-743-2121
Trenton Memorial Hospital .....	613-392-2540

## Housing

Campbellford Non-Profit Housing Inc .....	705-653-0343
Cobourg Non-Profit Housing .....	905-372-1855
.....	<i>Toll Free:</i> 1-800-708-3557
Habitat for Humanity Northumberland .....	905-373-4663

## Housing (cont'd)

The Help Centre .....	905-372-2646
.....	<i>Toll Free:</i> 1-888-698-3382
Landlord and Tenant Board.....	<i>Toll Free:</i> 1-888-332-3234
Northumberland County Housing Services.....	905-372-3329
.....	<i>Toll Free:</i> 1-800-354-7050
Port Hope Non-Profit Housing .....	905-885-7477
Sutherland Place Cooperative Homes .....	905-372-7775
Transition House .....	905-377-0378
Trinity Housing of Cobourg Corp .....	905-372-9433

## Legal Services

Criminal Injuries Compensation Board.....	<i>Toll Free:</i> 1-800-372-7463
Court Services for the County of Northumberland .....	905-372-3751
Family Law Information Centre, Cobourg.....	905-372-3751 ext 128
Four Counties Family Court Mediation Service ...	<i>Toll Free:</i> 1-888-605-1393
Lawyer Referral Service .....	<i>Toll Free:</i> 1-855-947-5255
Legal Aid Ontario .....	<i>Toll Free:</i> 1-800-662-8258
Northumberland Community Legal Centre.....	905-373-4464
.....	<i>Toll Free:</i> 1-800-850-7882
Office of the Public Guardian and Trustee .....	<i>Toll Free:</i> 1-800-366-0335
.....	<i>TTY:</i> 416-314-2687

## Meals on Wheels

Canadian Red Cross, Port Hope.....	905-885-9696
Community Care	
Brighton .....	613-475-4190
Cobourg .....	905-372-7356
Colborne .....	905-355-2989
Hastings .....	705-696-3891
Trent Hills .....	705-653-1411

## Mental Health Services

4 County Crisis.....	<i>Crisis:</i> 705-745-6484
.....	<i>Toll Free:</i> 1-866-995-9933
Campbellford Community Mental Health .....	705-632-2015
.....	<i>Toll Free:</i> 1-877-632-2015
Canadian Mental Health Association:	
Hastings and Prince Edward Branch .....	613-969-8874
Peterborough Branch.....	705-748-6711
Centre for Addiction and Mental Health .....	<i>Toll Free:</i> 1-800-463-6273
Centre for Family Preservation and Wellness, Brighton.....	613-967-9944
.....	<i>Toll Free:</i> 1-877-823-5515
Community Mental Health, Supportive Housing Services .....	905-377-9891
ConnexOntario Mental Health Services .....	<i>Toll Free:</i> 1-866-531-2600
Community Mental Health Services.....	905-377-9891
.....	<i>Toll Free:</i> 1-888-294-7579
Northumberland Community Counselling Centre .....	905-372-6318
.....	<i>Toll Free:</i> 1-866-748-5720
Northumberland County Assertive Community Treatment .....	905-377-9891
.....	<i>Toll Free:</i> 1-888-294-7579

## Ontario Early Years Centres

Brighton .....	613-475-2234
Campbellford .....	705-632-1144
Cobourg.....	905-377-1271
.....	<i>Toll Free:</i> 1-866-301-6392
Hastings .....	705-696-1353
Port Hope .....	905-885-8856

## Public Libraries

Alderville Public Library.....	905-352-2488
Bewdley Public Library.....	905-797-2535 ext 23
Brighton Public Library.....	613-475-2511

## Public Libraries (cont'd)

Campbellford Public Library .....	705-653-3611
Castleton Public Library .....	905-344-7320
Centreton Public Library .....	905-349-2976
Cobourg Public Library .....	905-372-9271
Codrington Public Library .....	613-475-5628
Colborne Public Library .....	905-355-3722
Garden Hill Public Library .....	905-797-2473
Gores Landing Public Library .....	905-342-9996
Grafton Public Library .....	905-349-2424
Hastings Public Library .....	705-696-2111
Port Hope Public Library .....	905-885-4712
Roseneath Public Library .....	905-352-3876
Warkworth Public Library .....	705-924-3116

## Recreation/Leisure

Cobourg Community Centre .....	905-372-7371
Jack Burger Sports Complex .....	905-885-2474
Port Hope Town Park Recreation Centre .....	905-885-7908
YMCA, Cobourg .....	905-372-0161
Brighton .....	613-475-2887
Quinte West .....	613-394-9622

## Services for Newcomers and Immigrants

Business Advisory Centre Northumberland .....	905-372-9279
Career Edge .....	705-632-0218
Filipino Canadians and Friends .....	905-885-5170
.....	<i>Cell:</i> 905-269-1417
Horizons of Friendship .....	905-372-5483
.....	<i>Toll Free:</i> 1-888-729-9928
Immigration Consultants of Canada Regulatory Council .....	
.....	<i>Toll Free:</i> 1-877-836-7543

## Services for Newcomers and Immigrants (cont'd)

Immigration Portal ( <i>www.welcometonorthumberland.ca</i> )	
.....	<i>Toll Free: 1-800-354-7050 ext 6249</i>
Multicultural Centre .....	905-376-5800
New Canadians Centre, Cobourg .....	905-377-8100
Northumberland Hispanic Cultural Club.....	289-251-0680
Port Hope Community Employment Services.....	905-885-4842
Quinte Immigration Services.....	613-968-7723
Watton Employment Services .....	905-372-1901

## Services for People with Developmental Challenges

ABR Autism Services of Northumberland .....	905-372-7759 (H)
Access Community Services Inc .....	905-885-6358
Christian Horizons, Cobourg, Port Hope.....	705-741-1977
Community Advocacy Services, Adult Protective Services, Brighton .....	<i>Toll Free: 1-866-475-5620</i>
Campbellford.....	705-653-4244
Cobourg.....	905-372-4822
Community Living West Northumberland .....	905-372-4455
Employment Assistance Resource Network.....	905-377-9920
Community Living - Campbellford/Brighton.....	705-653-1821
.....	<i>Toll Free: 1-866-528-0825</i>
Northumberland Family Respite Services (Call collect) .....	905-885-6671
Northumberland Ontario Special Olympics .....	613-475-3036 (H)
Tri County Community Support Services .....	<i>Toll Free: 1-888-616-3456</i>

## Substance Abuse/Gambling

Alcoholics Anonymous, Northumberland .....	<i>Toll Free: 1-866-951-3711</i>
Centre for Addicition and Mental Health .....	<i>Toll Free: 1-800-463-6273</i>
ConnexOntario Health Services Information, Drug and Alcohol Helpline.....	<i>Toll Free: 1-800-565-8603</i>
Ontario Problem Gambling Helpline.....	<i>Toll Free: 1-888-230-3505</i>

## Substance Abuse/Gambling (cont'd)

Four Counties Addiction Services Team .....	<i>Toll Free:</i> 1-800-461-1909
Campbellford Office .....	705-653-3352
Cobourg Office .....	905-377-9111
Narcotics Anonymous .....	<i>Toll Free:</i> 1-888-811-3887
Pinewood Centre .....	905-723-8195

## Transportation

A-1 Taxi .....	905-372-4449
Cobourg Train Station (VIA Rail) .....	<i>Toll Free:</i> 1-888-842-7245
Cobourg Transit .....	905-372-4555
Cobourg Wheels .....	905-373-0582
Community Care Northumberland	
Brighton .....	613-475-4190
Cobourg .....	905-372-7356
Colborne .....	905-355-2989
Hastings .....	705-696-3891
Port Hope .....	905-885-9860
Transportation Scheduling Office .....	<i>Toll Free:</i> 1-866-768-7778
Trent Hills .....	705-653-1411
First Choice Taxi .....	905-375-8816
GO Transit .....	<i>Toll Free:</i> 1-888-438-6646
.....	<i>TTY:</i> 1-800-387-3652
Port Hope Rolls .....	1-877-284-7433
Port Hope Taxi .....	905-885-7264
Port Hope Transit .....	905-885-2431
Quinte Access Transportation .....	<i>Toll Free:</i> 1-855-283-9640
Spectrum Patient Services .....	<i>Toll Free:</i> 1-866-527-9191
Uneda Cab .....	905-355-5888
Via Rail .....	<i>Toll Free:</i> 1-888-842-7245
.....	<i>TTY:</i> 1-800-268-9503



**For more information visit**

**[www.fourinfo.com](http://www.fourinfo.com)**



**What do you do when you or someone you care about needs help, but you don't know where to turn?**

The answer is simple: Call **211** or go to **[www.211ontario.ca](http://www.211ontario.ca)** for information about local community and social services.

- { Does my neighbourhood have any drop-in programs for moms and babies?**
- { I am worried about my immigration status. Where can I go for help?**
- { Can you give me any information on home care for my dad?**
- { Are there any homework programs for teens where I live?**
- { Where can I find counseling to help me with my gambling addiction?**

**Why call 211?**

- Phone lines open **24 hours a day**, seven days a week.
- Free, confidential access to information about thousands of agencies and services.
- You will **speak to a person**, not a machine.
- Our specialists speak **more than 150 languages**.
- You will receive **friendly, sensitive and informed service**.

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