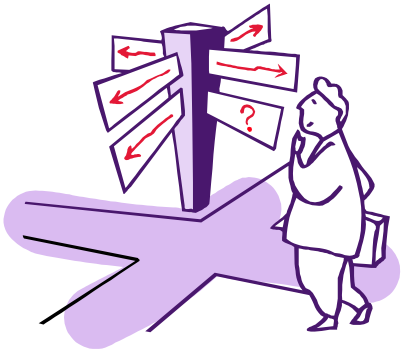
REGIONAL COMMUNITY BRAIN INJURY SERVICES

Information Resources For Acquired Brain Injury



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*The agencies listed within this booklet are for information purposes only and are not endorsed by RCBIS. Absence from this booklet does not signify a lack of contribution from an unlisted agency.

*Internet sites provided are representative of the agencies themselves and not RCBIS. It is important to remember that not all information on the internet is from a reliable source.

Financial Resources

Ontario Disability Support Program (ODSP)
Ministry of Community and Social Services **Fees**: None
Income and Employment Supports Office 613-545-4553
1055 Princess Street, Suite 103, Kingston Toll free 1-800-267-0236
Hours: Mon-Fri 8:30-5:00 pm
Website: www.mcss.gov.on.ca

Government program that assists people with disabilities in financial need by providing financial assistance and other services to those who are eligible. This may include covering basic living expenses, prescription drugs, community start-up and employment start-up funding. To be eligible one must be a resident of Ontario over the age of 16, be in financial need and have a disability that is expected to last one year or more. For help with application see community services and supports section for agencies that may be able to assist with this process.

Ontario Works- Ministry of Community and Social Services **Fees**: None
Social Services Ontario Works 613-546-2695
362 Montreal Street, Kingston
Hours: Mon-Fri 8:30-4:30 pm
Website: www.mcss.gov.on.ca

Government program that provides income and employment assistance for persons in temporary financial need by providing financial assistance and other services to those who are eligible. Some services provided include workshops for job preparation and job searching. To be eligible one must be a resident of Ontario and be in immediate financial need. To participate in Ontario Works a person is required to participate in at least one employment assistance activity. This program strives to help people to get people back to work as quickly as possible. In order to accomplish this, a person can begin working and still receive some benefits from Ontario Works of which 50% income from employment is deducted from those benefits. For help with application see community services and supports section for agencies that may be able to assist with this process.

Canadian Pension Plan (CPP) Disability Benefit **Fees**: None
Cornell Corporate Centre Toll-free 1-800-277-9914/24hrs
299 Concession Street, Kingston
Telephone Agent Hours: Mon-Fri 8:30-4:30pm
Website: www.sdc.gc.ca

Provides a monthly disability benefit for individuals who have made enough contributions to the CPP and whose disability prevents them from working at any job on a regular basis and who are under the age of 65. To be eligible the individual must have a disability that is long-lasting or terminal, contributed to CPP for at least 4 of the last 6 years or contributed to CPP for at least 25 years and made contributions for 3 of the last 6 years. The application process can take as long as 3 months. Application forms available online or by calling the toll-free number above. Applications must be in writing. Portion of application must be completed by a doctor. Benefits are also available to children of individuals who receive CPP benefits.

It is important to remember that that the CPP benefit is taxable. This benefit does not cover drug costs or equipment. Can be received in combination with ODSP.

Disability Tax Credit Certificate Canada Revenue Agency **Fees**: None
Website: www.cra.gc.ca/disability Toll-Free 1-800-959-8281

The disability amount is a non-refundable tax credit used to reduce income tax payable on tax returns. To be eligible for this tax credit an individual must have a qualified practitioner certify that they have a prolonged impairment. The application must be approved by the Canada Revenue Agency. The application form can be found online at www.cra.gc.ca/forms or by calling 1-800-959-2221. The form can be sent at any time during the year and if eligible Canada Revenue Agency will validate a certificate showing the qualification for the disability amount that can be used when filing income taxes.

Income Tax Clinic- Volunteer and Info Kingston **Fees**: None
Canada Post Building Feb-April 613-549-4151
120 Clarence Street, Suite 237, Kingston May-Jan 613-542-8512
Hours: Appointment only
Website: www.volunteerkingston.ca

Provides free assistance to complete income tax for individuals and/or families who have low income (individual less than $25000 and family less than $35000). Income tax clinics are run once per month and increases during the month of April. If an individual cannot attend the tax clinic, a friend or relative can attend on their behalf.

Canada Mortgage and Housing Corporation **Fees**: None
Home Improvement/Accessibility Assistance Programs 416-221-2642
100 Sheppard Avenue E, Suite 500, Toronto Toll-free 1-800-704-6488
Website: www.cmhc.ca

Provides a residential rehabilitation assistance program for persons with disabilities. This program provides financial assistance for home modifications that do not have to be repaid provided certain conditions are met. The program is open to homeowners who meet financial eligibility criteria and on the home to be modified. To apply call the toll-free number.

Share the Warmth **Fees**: None
Available Dec-April
Website: www.sharethewarmth.org

Provides financial assistance for heating to those with low income who are seniors (60+), people with a disability or chronic illness, adults living with a senior or person with a disability and families meeting eligibility criteria. For referral please contact the Salvation Army, North Kingston Community Health Centre, Frontenac Community Mental Health Services or Central Frontenac Community Services Corporation. Proof of income, expenses and relevant medical documents may be needed.

*** Service clubs may be able to provide financial assistance on an individual basis (i.e. Lions Club, Kiwanis, OddFellows, Rotary Club, Royal Canadian Legion, etc).**

Crisis Lines

Crisis Service **Fees:** None
Frontenac Community Mental Health Services 613-544-4229/24hrs
Hours: 24 hrs
Website: www.fcmhs.ca

A free service that provides confidential crisis support, treatment and referrals to any individual in need. If necessary, response will be made by a mobile unit.

Telephone Aid Line Kingston (TALK) Crisis Line **Fees:** None
Hours: 7pm-3am 613-544-1771
Website: http://members.kingston.net/talk/

A free confidential and anonymous listening service for people in crisis or in need of someone to talk to.

Food

Partners in Mission Food Bank **Fees**: None
Kingston Area 613-544-4534
140 Hickson Avenue, Kingston
Office Hours: Mon-Fri 8:30-4:30pm, closed between 12-1pm
Food pick up by appointment Mon, Wed, Fri 3-4pm
Serves areas of Kingston, Gananoque and Sharbot Lake.

Amherstview Area
St.Joseph Regional House 613-389-0275
16 Manitou Crescent E
Office Hours: Mon-Fri 8:30-4:30pm, closed between 12-1pm
Food pick up by appointment Mon, Wed, Fri 2-3pm
Serves areas of Amherstview, Odessa and Bath

Provides 3-6 days worth of food once/month based on Canada's Food Guide to all those who are in need of food. If available, hygiene items may also be provided. Amount of assistance depends on income and cost of living. To access this service must call ahead to make an appointment for food pick-up and provide any necessary information required by food bank.

North Frontenac Food Bank **Fees:** None
Hours: Mon-Fri 8:30-4:30, closed 12-1pm 613-279-3151
Food Pick-up: Tues and Fri

Please call for assistance with basic food requirements.

Good Food Box **Fees**: for baskets only
Kingston 613-530-2239
Amherstview 613-389-4546
Bath 613-389-2820
Napanee/Northbrook 613-354-7633
Sharbot Lake 613-279-2244
Sydenham 613-376-6477

Provides various sized baskets of fresh fruits and vegetables at wholesale costs. Available produce depends on season. Baskets available third Thursday of every month. All welcome. Call for locations to order and pickup.

Meals on Wheels- Victorian Order of Nurses **Fees**: $5.75/meal (includes dessert)
737 Arlington Park Place, Lower Level, Kingston 613-634-0123
Hours: Mon-Fri 8:30 - 4:30pm
Website: www.von.ca

Provides hot meals at a low cost during weekdays to those living in the Kingston area. Meals are delivered at noon to those who are in need (i.e. difficulty getting groceries and/or cooking). Those eligible for this service include seniors and persons recovering from an illness or those with a disability. No referral needed

Martha's Table **Fees**: $1/meal
629 Princess Street, Kingston 613-546-0320
Meal Hours: Mon, Tues, Wed, Fri 3:30-5:15pm
Friendship Room Hours: Mon-Fri 10-3pm
Website: www.marthastable.ca

Three course meals served in a restaurant style atmosphere at a cost of $1. The friendship room is a drop in center where people can socialize and come in from the weather to enjoy coffee and refreshments free of charge. Everyone is welcome. Note: Friendship room and restaurant washroom are not accessible.

Society of St. Vincent de Paul **Fees**: None
85 Stephen Street, Kingston Hospitality Centre 613-544-9967
Meal Hours: Sept-June, Mon-Fri 9-1pm Warehouse 613-546-3333
Lunch served at 11:30 am
July-Aug Emergency Food: Tues 9-12pm
Website: www.svpkingston.com

Provides hot meals, groceries as well as clothing and other household items to those in need. Financial assistance may also be available. Food pantry for groceries is available to individuals once per month.

St. Andrew's Presbyterian Church **Fees**: None
130 Clergy St. E., Kingston 613-546-6316
Meal Hours: Sept-mid June Sundays 4:30
Office Hours: Mon-Thurs 9-4pm

Provides a free hot meal for those in need. Everyone welcome.

St. Mary's Cathedral Hot Meal Program **Fees**: None
St.John's Parish Hall 613-548-3869
94 Patrick Street, Kingston
Hours: Saturday doors open at 10:15 meal served at 11:15

Provides a free hot meal every Saturday. All are welcome. Building is not accessible.

St. George's Anglican Cathedral- LUNCH by George **Fees**: None
St.George's Hall 613-548-4617 ext.30
129 Wellington Street, Kingston
Hours: Mon-Fri Doors open at 9am, Meal served at 11am
Website: www.stgeorgescathedral.on.ca

Provides a free hot meal and morning drop in center. Doors open at 9am for coffee and snacks, soup is served at 10am and a two-course meal is served at 11am. All are welcome year round. No fee for service.

Food Not Bombs **Fees**: None
Queen Street United Church
221 Queen Street, Kingston
Hours: Winter Sunday 1pm @ Queen Street United Church
Summer Sunday 1pm @ McBurney Park (Clergy Street and Ordnance)

Provides a free vegan meal year round.

Clothing

Free Clothing Drop In and Textile Recycling Centre **Fees**: $1/visit
QECVI 613-549-1348
145 Kirkpatrick Street, Kingston
Hours: Sept- June Tues-Thurs 8-2pm closed March Break and Christmas Break

Provides clothing, shoes, books and small appliances for families and individuals in need. All are welcome. Donate 5 items and get a free visit.

Winter Coat Drive – Hotel Dieu Hospital **Fees**: None
166 Brock Street, Kingston 613-544-3400
Hours: 1-3pm from November 1st until the end of January
Website: www.hoteldieu.com

Provides winter coats, mittens and hats donated by the community. Everyone is welcome to browse for themselves and for their families during distribution times. From the main entrance of the hospital ask for directions to drop in. Confidential service.

Westbrook United Church Clothing Depot **Fees**: Small fee
3526 Princess Street, Kingston 613-389-3883
Hours: August to June, Thursday 9-12pm, closed in July

Provides clothing for a small fee (shopping bag of clothes $2, coats $4) to anyone. There is no limit to the number of times this service can be accessed.

Value Village **Fees:** for service
1300 Bath Road, Unit A1C, Kingston 613-536-5051
Hours: Mon - Sat 9-9pm, Sun 10-6pm
Website: www.valuevillage.com

Thrift store offering new and gently used vintage clothing, accessories, and collectibles.

Phase 2 Clothing and Uniforms **Fees:** for service
353 Princess Street, Kingston 613-542-8755
Hours: Mon-Wed 10 -7pm, Thurs & Fri 10- 9 pm, Sat 10-6 pm, Sun10-4 pm
Website: www.phase2clothing.com

Store provides quality recycled and new clothing, uniforms and costumes.

Salvation Army **Fees:** for service
277 Bath Road, Kingston 613- 544-4396
Hours: Mon, Tues & Sat 9:30-6pm, Wed-Fri 9:30-8pm
472 Division Street 613-531-5002
Hours: Mon-Sat 10-5:30pm

Used clothing, furniture and household items at a low cost. All welcome.

The Salvation Army Community and Family Services **Fees:** None
362 Alfred Street, Kingston 613-548-4411
Hours: Mon- Fri 9-4pm, closed between 12-1pm

Provides emergency food and clothing assistance as well as rent assistance. When applying, applicant must have income and expense statements to be eligible for assistance.

Home Support Services

Community Care Access Centre – Southeast **Fees**: None
Main office 613-544-7090
1471 John Counter Blvd. Suite 200, Kingston Toll free 1-800-869-8828
Hours: Please call office
Website: www.se.ccac-ont.ca

The CCAC is an organization established by the Ministry of Health and Long term care to provide government funded home and community services to help people live independently at home or apply for long-term care homes. Services offered include personal support, occupational therapy, physiotherapy, nursing, speech language pathology, respite, adult day services, and transportation services and supported housing. Anyone can make a referral to the CCAC this includes: the individual requiring service, family member, caregiver, friend or health care professional. To be eligible for in home services an individual must have a valid health care, a medical condition that can be treated at home, their needs cannot be met by outpatient services, one personal support or professional support is required and family/friends are willing to help with care as needed. Please call office for specific services and number of hours of service that can be provided.

City of Kingston – Community and Family Services **Fees**: None if eligible
362 Montreal Street, Kingston 613-546-2695
Hours: 8:30-4:30, closed between 12-1pm
Website: www.cityofkingston.ca

Services include homemaking, housing, childcare and Ontario works. For homemaking service call ComCare 1-888-298-0772 ex 2701 or 613-542-2897 to determine eligibility. For Ontario Works services call office to make an appointment.

Victorian Order of Nurses (VON) – Eastern Lake Ontario Branch **Fees**: Program
737 Arlington Park Place. Lower Level, Kingston 613-634-0130
Hours: Mon-Fri 8:30-4:30pm
Website: www.von.ca

Provides a variety of services including: home support services, meals on wheels, transportation services program, nursing services and a SMART exercise program. Self-referrals are accepted. Fees for some programs. Please call or visit website for further information on specific programs and their fees.

Canadian Red Cross **Fees**: Program fees for some services
Kingston and Quinte Homemaking Branch 613-354-0755
Hours: Mon-Fri 8:30-4:30, closed for lunch
Website: www.redcross.ca

Services offered include personal care, home management (meal preparation, grocery shopping, laundry and light housekeeping), respite and companion care. Call for more information on services, application and eligibility.

ParaMed Home Health Care **Fees:** for service
Kingston Branch 613-549-0112/24hrs
375 Select Drive, Kingston Toll-free 1-800-267-7853
Hours: Mon-Fri 8:30-4:30pm
Website: www.extendicare.com

Provides a variety of in-home and community health services. Available 24hrs/day 7 days/week. Services include: home support, respite, nursing assessment, etc. All are welcome.

Saint Elizabeth Health Care **Fees**: None
1471 John Counter Blvd., Kingston 613-530-3400
Hours: Mon-Fri 8:30-4:30pm Toll-free 1-866-619-4063
Website: www.saintelizabeth.com

Provides in-home support services. Apply through CCAC first and if not covered contact office directly.

Counselling

K3C Community Counselling Centre **Fees**: Some free, some paid services
Unison Place, 417 Bagot Street, Kingston 613-549-7850
Hours: Mon & Thurs 8:30-8pm
Tues & Wed 8:30-5pm, Fri 8:30-4pm
Website: www.k3c.org
Credit Counselling Website: www.cantpayyourbills.org

Services offered include:
Adult Protective Services program provides advocacy, case management and counselling to adults 18 years and older who have a developmental disability. No fees for service.

Credit Counselling service provides free and confidential financial counselling to clients and their families. The service assists with budgeting, setting financial priorities, and includes a debt-repayment program. All are welcome. Fees for some services.

Family counselling service provides counselling to individuals, couples, parents, families, and youth. Counselling groups are also offered, and may include topics such anger and self-esteem. Program fees. Fee assistance is available.

Women's Counselling program provides individual confidential counselling for women who have been in an abusive relationship. Small support groups are also offered on topic such as: healthy relationships, building self-esteem, life after trauma, and women at mid-life.

Occasionally half-day workshops and art therapy, and journaling offered. Open to women 16 years and older. No fees for service.

North Frontenac Community Services Corporation **Fees**: None
1020 Elizabeth Street, Sharbot Lake 613-279-3151
Hours: Mon- Fri 8:30-4:30pm

Adult services include family counselling, in home respite, day away program, community support for seniors and people with physical disabilities, mental health services, addictions counselling, credit counselling, Ontario Works and ODSP assistance. Call for eligibility, to make an appointment or for more information.

Information Services

Volunteer and Information Kingston **Fees**: None
Canada Post Building Suite 237 Community Helpline: 613-542-1001
120 Clarence Street, Kingston
Hours: Mon-Fri 8:30-4:30 pm
Website: www.volunteerkingston.ca

The Community helpline is a confidential service that provides information on programs, services and activities in the KFL&A area. These services can include things such as where to get hot meals, financial aide, and other local business information. All are welcome. No fees for this service.

Independent Living Center Kingston **Fees**: None
298 Concession St., Kingston 613-542-8353
Hours: Sept. 2 -June 15 Mon-Fri 9 -4:30pm Toll-free: 1-800-553-4572
June 16 -Sept. 1 Mon-Thurs 9-4:30pm, Fri 9-12noon
Website: www.ilckingston.com

The Independent Living centre is part of network of agencies across Canada dedicated to enhancing community participation and independence for persons with disabilities. It provides free services that include peer-support, information services and linking to services in the community, skill-building opportunities (dealing with barriers in the community, including help with ODSP and Ontario works), Access-to-Technology program (use of a computer lab on-site with adaptive technology), Direct-funding program for Self-Managed Attendant Services (the person with a disability becomes an employer of their own personal attendants), and a drop-in centre. Services are open to individuals with a disability of any nature. The person with a disability must have a desire to be actively engaged in the services. Education awareness training is also provided to the greater community. No fees for service.

Equipment

Assistive Devices Program (ADP)- Ontario Ministry of Health & Long Term Care
Fees: Remaining balance.
Website: www.health.gov.on.ca Toll-free in Ontario: 1-800-268-6021
Follow links to ADP OR Search ADP or Assistive Devices Program

The ADP program in funded by the Ontario Ministry of Health and Long Term Care, and provides funding for over 8000 different types of equipment or supplies to people with long term disabilities (including wheelchair, walkers, hearing aids, orthotics etc.). Up to 75% of the cost of equipment may be covered. To be eligible a person must be a resident of Ontario with a valid health card and the person must have a physical disability of 6 months or longer. Specific eligibility criteria apply to each category of equipment. To access this funding a professional who is deemed an ADP Authorizer must assess and prescribe appropriate equipment or supplies, AND application must be made to ADP before the equipment is purchased. ALSO the equipment must be purchased from a registered ADP vendor. There are a number of different vendors in different regions that supply equipment from various categories. For more information on this service, local ADP authorizers, and for a list of vendors, call the toll free number of visit the website. The remaining balance of cost is expected to be paid by the individual; however there are additional sources that may cover the remaining costs such as: Ontario March of Dimes, Easter Seals Society, Lions Clubs, Kingston Oddfellows, Veterans Affairs, Insurance Companies and other charitable organizations.

Ontario March of Dimes - Assistive Devices Program **Fees**: Remaining balance
920 Princess Street, 3rd Floor, Kingston 613-549-4141 ext. 234
Hours: Mon-Fri 8:30 -4:30 Toll-free 1-866-765-7237
Website: www.marchofdimes.ca

Provides partial financial assistance to purchase equipment, as well as providing a recycled rental equipment program, home and bath aids and mobility equipment are for rent. To be eligible an individual must be over the age of 19, living in Ontario with a valid health and an ongoing physical limitation. For further information on application and eligible equipment please call or visit the website.

Veteran's Affairs Canada **Fees**: None
Kingston District Office Toll-free 1-866-522-2122
Federal Building, 86 Clarence Street, 2nd Floor Kingston
Website: www.vac-acc.gc.ca

Program which offers assistance to veterans and their spouses/dependents in the areas of disability pension, equipment purchase and rental, home modifications, nursing, rehabilitation and medical services, caregiver assistance and home maintenance. Assessment required for some benefits.

Independent Order of OddFellows **Fees**: None
Cataraqui-Granite Lodge #10 613-546-1937
218 Concession Street, Kingston

Provides a loan service of some types of equipment including wheelchairs, hospital beds, crutches and commode chairs free of cost to those in need. Please call for information on available equipment, eligibility and how to apply.

Employment Services

KEYS Employment Services **Fees**: None
Job Connect and Employment Resource Centre 613-546-5559
182 Sydenham Street, Kingston
Hours: Mon-Fri 8:30-4:30pm, Tues 8:30-6pm
Website: www.keys.ca

Provides assistance through three main services: the Employment Planning and Preparation (EPP) programs assists individuals in understanding employments needs, and assists with creating a plan and searching for a job; the Job Development and Placement Support (JDPS) helps individuals gain work experience through job placements; and the Information And Resource (IRS) service provides workshops, information and resources on careers opportunities, training and job search strategies, and information on apprenticeship training. To be eligible for the EPP and JDPS service a person must be 16 years or older, out of school and unemployed, and not receiving EI benefits. The IRS service is open to anyone in the community, and drop-ins are welcome to the centre. Drop in for a one hour information session daily at 2pm. To apply drop in or call to make an appointment.

KEYS Employment Services **Fees**: None
Opportunities fund program 613-546-5559
182 Sydenham Street, Kingston
Hours: Mon-Fri 8:30-4:15pm
Website: www.keys.ca

The Opportunities Fund program is funded by the government to help those individuals with disabilities with a service that helps to prepare, obtain, and maintain employment. Counsellors assist individuals to define their own education and employment goals, job search support and development and work placements. To be eligible a person must have a self-identified permanent disability, must not be working more than 20 hours per week, and require assistance to prepare for, obtain and maintain employment. Those on employment insurance (EI) may not be eligible. For more information call to make an appointment or drop-in.

Vocational Rehabilitation Services - Providence Care **Fees:** for service
28 Barrie Street, Kingston 613-548-2327
Hours: Mon-Fri 8-4pm Toll-free 1-866-671-8939
Website: www.providencecare.ca

Provides vocational testing, employment and career planning, job site analysis, case management, occupational therapy, etc. Open to Providence Care inpatients and community members. Referral generally comes from ODSP, WSIB, insurance and lawyers.

Employment Resource Centre- Ontario March of Dimes **Fees**: None
920 Princess Street, 3rd Floor, Kingston 613-544-9410
Hours: Mon – Fri 8:45 – 4:15pm
Website: www.marchofdimes.ca

This is a free service that provides individuals who are unemployed with access to computers in order to prepare resumes and to research job opportunities and careers. Other services include: printing, faxing, photocopying and referrals to other employment services. Staff are available to assist individuals. Also offered are monthly job searching workshops where topics include: interviewing, resume writing, portfolios, cover letters etc. This service is open to anyone in the community.

Job Finding Club- Ontario March of Dimes **Fees**: None
920 Princess Street, 3rd Floor, Kingston 613-544-9410
Hours: Mon-Fri 8:30-4pm
Website: www.marchofdimes.ca

A three week program run by certified instructors who offer assistance to individuals in the areas of: skill identification, effective resume and cover letter writing, application forms and references, networking, interviewing skills, personal strengths and confidence building etc. Access to computers and the internet, photocopying, printing, telephones and faxing are provided. Job search resources are also available. Open to anyone in the community who is 18 years or older, and who is unemployed.

Frontenac Employment Resource Centre **Fees**: None
Taylor Plaza, 2779 Rutledge Road, Sydenham 613-376-6592
Hours: Mon, Tue, Thurs, & Fri 9-4pm
Wed 9-2pm
Website: www.ferc.ca

The centre provides services to assist individuals in the Frontenac municipalities with: job search, resume and cover letter writing, employment referrals, career guidance and information, training, and education information. Individual assistance is available. Access to computers, internet and computer career search programs are available. Printing, photocopying, telephones and faxing are available. A youth section and a pre-employment preparation service are available for all online. Workshops and tutorials are also offered. All are welcome.

Ontario Disability Support Program (ODSP) **Fees**: None
Ministry of Community and Social Services
Income and Employment Supports Office 613-545-4383
1055 Princess Street, Suite 103, Kingston Toll-free 1-800-267-0236
Hours: Mon-Fri 8:30-5:00 pm
Website: www.mcss.gov.on.ca

Employment supports also available from ODSP to individuals with disabilities that may or may not be receiving income supports in order to prepare for and find jobs. Eligible to persons 16+ with barriers to employment due to a disability.

Addiction Services

Options for Change Community Addictions Treatment Services **Fees**: None
LaSalle Mews, 303 Bagot Street 613-546-1758
Suite 300, Kingston
Hours: Mon 8:30-8pm, Tues-Fri 8:30-4:30
Website: www.options-for-change.org

An outpatient program for individuals who experience substance use or gambling problems, and family members and friends concerned about the individual. Services include: assessment, referral, and individual counselling. The program is a one-month daily (3 hours/day) treatment program, and groups are also offered. Groups offered include: support groups, problem-solving, managing powerful emotions, family groups, relapse prevention, women' group etc. All are welcome.

First Step Kingston **Fees**: None with valid health card.
208 Wellington Street, Kingston 613-549-2525
Hours: Mon 8-4pm, Wed 8-3pm

An addiction treatment centre open to those individuals with a valid health card.

Change Health Care Inc. **Fees**: None with OHIP
559 Princess Street, Kingston 613-549-6060
Hours: Mon-Fri 7-3pm
Sat, Sun & Holidays 9-12noon

A treatment centre specifically for those individuals who have an addition to opiates. A methadone program is also offered. Self-referral is accepted, but an individual will need to be assessed to enter the program. No fees with OHIP (Ontario Health Insurance Plan).

Salvation Army Harbour Light- Residential Treatment Program **Fees:** None
562 Princess Street, Kingston 613-546-2333/24hrs
Office Hours: 8-4pm
Intake Hours: 4pm-11pm
Website: www.kingstonharbourlight.org

Provides a residential treatment centre for men 18+ who have substance abuse issues. Program includes assessment, treatment and rehabilitation in a smoke, alcohol and drug-free environment. Also provides an 8 bed emergency shelter to men 18+ for up to 5 days. For shelter come in person at 4pm each day for bed availability.

ABI Education

Brain Injury Resource Foundation
http://www.birf.info

This website provides a variety of free information and articles in the areas of brain injury prevention, education, support and advocacy. Brain injury reference tools are available to provide quick access to brain injury facts. These tools include an interactive brain map, a brain injury glossary, pharmacology guide, and information on the disability rating scale and other assessment tools a person with a brain injury may encounter. There are a number of education articles in variety of areas such as: fitness, relationships, independent living, family issues, nutrition, transportation, etc. Education links are also provided for caregivers in areas such as: caregiver burnout, help for caregivers, home security issues, forms to keep of track of information, consent to treat, contact information, medication lists, and printable emergency cards for caregiver to give to loved ones. Also under education are a number of different "MIND GAMES" which individuals can play to help with memory, critical thinking, words, and coordination. An advocacy tool box and library is also available online.

Ontario Brain Injury Association
www.obia.on.ca

This website provides information about what an acquired brain injury is and a directory of brain injury services by location. Unique to this association is the Caregiver Information and Support Link (CISL). The CISL is a free service offering support, empowerment, advocacy and education to survivors, family members and friends. Free membership is given exchange for completing an annual questionnaire. To become a CISL call toll-free at 1-800-263-5404 or visit the website to download a membership package.

The Brain Injury Association of Canada
http://biac-aclc.ca

Provides information in English or French on brain injury (i.e. effects, treatment and rehabilitation), links to provincial associations in Canada, information about conferences and other interesting links.

Brain Injury Association, Quinte District
http://www.biaqd.ca/resources.htm

Provides information on upcoming events and a weekly schedule of activities for the areas of Napanee, Picton, Belleville, Trenton and Bancroft. Other features include monthly newsletters, brain injury facts, safety and prevention and links to other sites.

Brain Injury Association of Southeastern Ontario
C/O Epilepsy Kingston 613-536-1555
100 Stuart Street, Kingston

Stroke Self-Support Group **Fees**: None
Seniors Association Center 613-548-7810 ext. 225
56 Francis Street, Kingston
Hours: First Thursday morning of every month
Website: www.seniors-kingston.on.ca

Provides the opportunity for education and peer support for those who have had a stroke. Must call before attending.

Enablelink
http://www.enablelink.org

Website provides links to a variety of resources for persons with disabilities on topics such as: community information, magazines, arts, education, employment, family life, health, housing, law and social policy, transportation/travel, recreation and many more.

Caregiver/Family Support

Stroke Caregiver Group Support **Fees**: None
Seniors Association Center 613-548-7810 ext. 225
56 Francis Street, Kingston
Hours: 2nd Wednesday morning of every month, Sept-June
Website: www.seniors-kingston.on.ca

A support group for individuals providing daily support to a stroke survivor at home or in a Long Term care facility. Group provides an opportunity to share experiences, information and resources amongst participants. Must call to register for group.

The Love Group-RCBIS **Fees:** None
LaSalle Mews 613-547-6969
303 Bagot Street, 4th Floor, Kingston
Hours: Alternate first Wed and Thurs of every month

Self-help group for caregivers of persons who have sustained a brain injury who are a current or past client of RCBIS. Group provides an opportunity to discuss the effects of the injury on caregivers, relationships with the individual with a brain injury as well as with other

family members and friends. Personal experiences with various supports and services are also shared. For more information please call above number (ext. 134).

Medical Centres, After Hour Clinics Drug Plan Assistance and Pharmacies

Telehealth Ontario **Fees**: None
Ontario Ministry of Health and Long-Term Care Toll-free 1-866-797-0000/24hrs
Hours: 24hrs
Website: www.health.gov.on.ca

A Registered Nurse (RN) provides free and confidential health advice and general health information. The RN can help assess symptoms that a person is experiencing and help decide the appropriate course of action (i.e. whether immediate medical attention is needed or not). All are welcome. No fees for service.

Find a Doctor Service **Fees**: None
College of Physicians and Surgeons of Ontario 1-800-268-7096 ext.626
80 College Street, Toronto
Hours: Mon-Fri 8-5pm
Website: www.cpso.on.ca
Service provides a list of physicians that an individual can contact in their area that may be accepting new patients. Individual may need to call physician's office directly to be put on waiting list. Serves all of Ontario. All are welcome. No fees for service.

KFL&A Public Health **Fees**: Some free services, some paid services.
221 Portsmouth Avenue, Kingston 613-549-1232
Hours: Mon-Fri 8:30 -4:30 pm Toll-free: 1-800-267-7875
Website: www.kflapublichealth.ca

The Public health unit provides a number of health information services and programs. Of interest, the Dial-a-Dietician program provides free answers to questions regarding food, nutrition and diet (ext. 224), Freeway to Physical Activity phoneline which provides information about how to stay or become physical active (ext. 401), a free sexual health clinic (ext. 213) and information on free flu clinics and other immunizations (ext. 451) and a tobacco information line (ext. 333). Fee assistance is available for some services.

North Kingston Community Health Centre **Fees**: None
Rockcliffe Plaza, 400 Elliott Avenue, Kingston 613-542-2949
Hours: Mon, Wed, Fri 8-5pm, Tues & Thurs 8-8pm
Website: www.kchc.ca

Provides health care and health promotion services to North Kingston residents (Princess Street to 401). Services include family medicine, counselling, occupational therapy, nutrition services, seniors programs, sexual health clinic winter warmth heating assistance program etc. All are welcome call for more information.

Street Health Center **Fees**: None for most services
235 Wellington Street, Kingston 613-549-1440
Hours: Mon-Fri 9-4pm closed between 12-1pm
Website: www.kchc.ca

Services include primary medical care, psychiatric care, counselling, needle exchange, and methadone and Hepatitis C treatment. No referrals are necessary.

Greater Kingston After Hours Medical Clinics **Fees**: None - Covered by OHIP
Kingston Township Clinic
Bayridge Plaza West, 775 Strand Blvd., Kingston
Hours: Mon-Fri 6pm-9:30pm, Sat, Sun and Holidays 9:30-4:30pm

Midtown Clinic
Medical Arts Building
800 Princess Street, Suite 101A, Kingston
Hours: Sat, Sun & Holidays, 9:30-4:30pm

Walk-in clinics for urgent and non-life threatening medical issues. All welcome with an Ontario health card. Drop in only, no appointments.

Urgent Care & Family Medicine Centre **Fees**: None with OHIP
Cataraqui Town Centre 613-389-3348
945 Gardiners Road, Kingston
Hours: Mon-Fri 10-8pm, Sat 10-4pm, Sun 12-4pm
Closed Christmas Day, New Years Day, Good Friday, Easter Monday

Provides urgent care services and family medicine. Must have a valid health card. Fees for non-OHIP insured services.

Hotel Dieu Hospital Urgent Care Centre **Fees**: None with OHIP
166 Brock Street, Kingston 613-544-3310
Hours: 8am-10am daily, 365 days/year Crisis/Emergency 613-546-1240
Website: www.hoteldieu.com

Provides urgent care services for emergencies that are non-life threatening. Must have a valid health card. Fees for non-OHIP insured services.

Ontario Drug Benefits Program **Fees**: Co-payment by client
Ontario Ministry of Health and Long Term Care Toll-free 1-866-811-9893
Hours: 8:30-5pm Seniors Line 1-888-405-0405
Website: www.health.gov.on.ca

Service provides assistance for approved prescription drugs and some nutrition and diabetic products. See website for a full list of approved items. To be eligible must have a valid Ontario health card and be: on social assistance, receiving services from home care program, resident of long-term care, and/or over 65 years of age.

Trillium Drug Program **Fees**: Paid deductible
Ontario Ministry of Health and Long Term Care Toll-free 1-800-575-5386
Hours: Mon-Fri 8:30-5pm
Website: www.health.gov.on.ca

This service provides a drug benefit program for individuals who have high drug costs relative to income and are not eligible for Ontario Drug Benefits Program. Participants pay a deductible based on the annual net income of the household and the number of individuals living in that household. Eligible participants pay $2.00/prescription. The annual fee is paid in quarterly instalments. To be eligible participant must have a valid Ontario health card and not have an insurance plan that does not cover any/or all prescription drugs AND a large part of income is spent on these prescription drugs. To apply see website or a visit a local pharmacy.

*** Pharmacies may waive $2 co-payment fee for those on social assistance upon request**

Legal Aid

Kingston Community Legal Clinic **Fees**: None or small fees
345 Bagot Street, Kingston 613-541-0777
Hours: Mon-Thurs 8:30-4:30, closed 12-1pm, Fri 1-4:30pm

Provides legal services for people with low income in the areas of: income support, housing, health, employment, education and human rights. To be eligible must meet financial criteria and be living in the regions of Kingston, Frontenac Islands and South Frontenac. No fees or clients may be asked to assist financially in some areas if possible.

Legal Aid Ontario **Fees**: None
507 Princess Street, Kingston 613-546-1179
Hours: Mon-Fri 8:30-4pm Provincial Toll-free 1-800-668-8258
Website: www.legalaid.on.ca

Provides assessment of financial need for assistance with legal fees. Legal Aid will pay for a lawyer if assessment demonstrates a financial need and it is an issue covered by Legal Aid such as: criminal charges, family matters, civil cases and appeals (i.e. social benefits, tribunal, and employment insurance and mental health hearings). The Legal Aid office may be able to provide a list of lawyers that can assist with a specific case. Call or see website for further information. When applying applicants will require identification, documents relating to the case, proof of current income, up-to-date bank book or statements, proof of monthly expenses and bills, a deed for house (for home-owners), and proof of any other expenses including medical costs.

ARCH Disability Law Centre **Fees**: None
425 Bloor Street E, Suite 110, Toronto 1-416-482-8255
Hours: Mon-Fri 9-5pm Toll-free 1-866-482-2724
Website: www.archdisabilitylaw.ca

A legal resource centre for people with any disability. Provides free confidential legal information in areas such as: disability supports, transportation, human rights, employment, estate planning, mental health, tax, home care, etc. ARCH can refer individuals to lawyers for assistance with personal injuries, family law, criminal law, medical malpractice, wills, and power of attorney. ARCH will also engage in test case litigation for issues that affect a large number of people. ARCH can also refer individuals to local community legal aid clinics for assistance with ODSP, CPP, tenant issues and worker's compensation. Any person with a disability is eligible for services as well as there family members and community advocates. Services can be provided over the phone or in person.

Queen's Legal Aid **Fees**: None for service- Fees for reports
Queen's University Faculty of Law 613-533-2102
MacDonald Hall, Queen's University
128 Union Street, Room 406, Kingston
Telephone Service Hours: Mon-Thurs 9-4:30pm, Fri 1-4:30pm
Website: http://law.queensu.ca

Provides free legal services to those who meet financial eligibility and have a legal issue in the areas that are serviced such as: tenant's rights, certain criminal offences, social assistance, appeals, employee's disputes, and small claims court matters, etc. Legal services are provided by supervised law students. Fees may be associated with copies of reports or cost of court and tribunals. Interviews can be arranged at the following location during set clinic hours: MacDonald Hall, North Kingston Community Health Centre, and in Napanee at the Legal Aid Ontario Office. No legal advice is provided during these interviews. If individuals are not eligible, Queen's Legal will attempt to redirect to appropriate services.

Estate Planning **Fees**: For service.

There are a number of lawyers in the Kingston area who specialize in Estate Planning that can be found listed in the Yellow Pages. **TIP**- Look under the heading "Lawyers" and the subheading "Estates, Wills, and Trusts".

Personal Injury Lawyers **Fees**: For service.

There are a number of lawyers in the Kingston area who specialize in Personal Injury Litigation that can be found listed in the Yellow Pages. **TIP-** Look under the heading "Lawyers" and the subheading "Personal Injury Litigation". Many large ads for personal injury lawyers can also be found within the "Lawyers" section. When selecting a lawyer ask if there is fee assistance available or negotiate a fee payment only upon receipt of a claim.

Insurance Ombudsmen **Fees**: None
General Insurance OmbudService (GIO) Toll-free 1-877-225-0446
Website: www.giocanada.org

Provides dispute resolution services both in French and English for consumers of home, vehicle and business insurance. Consumers should access the services provided by GIO only after having first tried to resolve the complaint directly with those involved. Consumers can access GIO's services by telephone, mail, email or fax.

Canadian Life and Health Insurance OmbudService (CLHIO) **Fees**: None
20 Toronto Street, Suite 710, Toronto 1-416-777-9002
Website: www.clhio.ca Toll-free 1-888-295-8112
Consumer Assistance Centre 1-416-777-2344
Toll-free 1-800-268-8099

Consumer Assistance Centre (CAC)
A service which allows individuals to enquire about life and health insurance products and/or services. Information provided includes industry practices, life and health insurance companies and their products and services and assistance locating lost policies of a recently deceased family member. Enquiries can be made by phone or by web to the CAC.

Complaints
The CLHIO also provides assistance in dealing with concerns and complaints about life and health insurance that cannot directly be resolved with the insurance company. Assistance can be provided by telephone or in writing.

Motor Vehicle Accident Claims Fund **Fees**: None
Financial Services Commission of Canada
5160 Yonge Street, 16th Floor, Toronto 1-416-250-1422
Website: www.fsco.gov.on.ca Toll-free 1-800-268-7188

Fund which provides compensation as a "payer of last resort" to individuals injured in automobile accidents when there is no automobile insurance to file a claim with. The fund provides accident benefits and compensation for personal injury or property damage to those involved in an accident with an uninsured driver or unidentified driver or a stolen vehicle. This includes pedestrian and cyclist accidents. Forms and applications can be obtained by calling or visiting the website.

Rural Legal Services (North Frontenac) **Fees**: None
14064, Road 38, Sharbot Lake 613-279-3252
Hours: Mon- Fri 9-5pm, closed between 12-1pm Toll-free 1-888-777-8916

Provides free advice and information on a number of legal issues funded by Legal Aid Ontario. Provides legal representation only for those who meet financial eligibility criteria. All are welcome for legal advice and information.

Law Society of Upper Canada Lawyer Referral Service **Fees**: $6 for referral
Hours: Mon-Fri 9-5pm 1-416-947-3300
Lawyer Referral Phone 1-900-565-4577 ($6 fee) Crisis Line 1-800-268-8326
Website: www.lsuc.on.ca

Provides 30 minutes (max) of legal consultation- not legal advice or a second opinion. Disabilities can be accommodated. A referral to a lawyer with the proper expertise can be provided by calling the 1-900 # but a $6 fee will be added to the telephone bill. The crisis line is available for those in an institution, under age, incarcerated, for domestic abuse, crisis and child protection issues. Serves all of Ontario. Lawyer contact information can also be found online.

Transportation/Travel

Accessible Parking Permit Program **Fees**: None
Ontario Ministry of Transportation Toll-free 1-800-387-3445
Hours: Mon-Fri 8:30-5pm
Website: www.mto.gov.on.ca

Provides a special parking permit to individuals with a physical disability that can be used in any vehicle that they transfer in. A health professional such as a physician, chiropractor, physiotherapist, occupational therapist or nurse practitioner must verify the disability on the application. To be eligible a person must have a verified condition that limits mobility or vision. Please call or visit website for specific eligible conditions. Application form can be found on the website or at any driver and vehicle licensing office.

Driver Evaluation Rehabilitation Centre **Fees**: for service
Limestone Health Consultants 613-389-2350
541 Days Road, Kingston Toll-free 1-800-334-3326
Website: www.limestonehealth.ca

Provides on and off-road driver evaluations by an occupational therapist and driving evaluator. Individual must have a physician's referral to complete assessments.

Retail Sales Tax (RST) **Fees**: None
Website: www.ontario.ca/revenue 1-866-668-8297

There are certain pieces of equipment used for people with chronic illness or who have a permanent disability that are exempt from Retail Sales Tax. Equipment may include mobility aids, bath equipment, lifts, physician prescribed items, automatic door openers, etc. Please see website for full list. There is no longer a government Retail Sales Tax refund on the purchase of a new vehicle. Purchases made on or before May 18th 2004 or earlier may still qualify for refund. Certain vehicle modifications may qualify for Retail Sales Tax refunds such as raising a roof, lowering a floor and lift access doors. Some items are still taxable without refund. Please visit website or call for more information.

The Home and Vehicle Modification Program **Fees**: Remainder of balance
Ontario March of Dimes
Website: www.marchofdimes.ca Toll-free 1-877-369-4867

An Ontario government funded program which provides financial assistance to make necessary modifications to home or vehicle. Eligible individuals and families must be residents of Ontario and need to assist a child or adult with a disability that limits mobility. Program is geared to those who need the most assistance. For home modifications those who are eligible could receive up to $15000 for home and vehicle modifications directly related to the person's disability. Examples of home modifications include ramps, lifts, elevating devices, and bathroom modifications. Examples of vehicle modifications include raising the roof, lowering the floor, foot and hand controls, lifts and other safety devices. To determine eligibility and apply fill out application online or by calling toll-free number above. Applicants must have a T1 general tax return form for the last tax year and a notice of assessment related to the income of the applicant and their spouse and photographs of area of the home needing modification and photographs of all entrances into the home, major grade elevations, over all condition of the home and any accessible entrances. For our vehicle modifications a photocopy of the front and back of driver's license for any person who will be a vehicle driver and a photograph of the vehicle full exterior including license plate and vehicle type. Photos can be sent electronically or by regular mail. Applicant would be required to pay for remainder of balance not covered by program.

Disability Travel Card **Fees**: None
Easter Seals Canada 1-416-932-8382
90 Eglinton Avenue E, Suite 208, Toronto
Website: www.easterseals.ca

The Disability Travel Card allows an adult attendant travelling with a person with a permanent disability to travel at no cost on the lines of participating Motor Coach Companies and Via Rail. Reduced fares are also given to the person with a permanent disability unable to travel alone if approved by Easter Seals Canada or one of their affiliated members. For air travel contact airlines (Air Canada, West Jet) directly about reduced fairs and accommodations. To be apply for the Disability Travel Card download application form online. Application must be mailed in. The disability must be verified by a health care provider.

Leisure and Recreational Programs

Access 2 Entertainment Card **Fees**: $20 admin fee
C/O Easter Seals Canada 1-416-932-8382
90 Eglinton Avenue E, Suite 208, Toronto
Website: www.access2.ca

The Access 2 Entertainment Card provides free admission or a significant discount for support persons accompanying a person with a permanent disability at participating movie theatres across Canada. In Kingston these include Cineplex Odeon and Empire Theatre. To apply for this card download application from online. Application must be mailed. The

disability must be verified by a health care provider. An administrative fee of $20 will apply for the card (valid for 5 years) and a voucher for 2 free movie passes. If applicant has a Disability Travel Card this can be photocopied and sent with application instead of health care provider verification.

YMCA **Fees**: Membership. Fee assistance available.
100 Wright Crescent, Kingston 613-546-2647
Hours: Mon-Fri 5:30am-11pm, Sat & Sun 7:30am-8:30pm
Website: www.kingston.ymca.ca

Provides a variety of health, fitness and recreational programs for all ages. All are welcome.

Able Sail Kingston **Fees**: For service- fee assistance available.
Kingston Yacht Club 613-531-1767
1 Maitland Street, Kingston OR 613-548-3052
Open June to August
Website: www.ablesailkingston.ca

A sailing program for adults and youths with disabilities. Persons with a physical disability who are cognitively aware are eligible. Apply online or call for more information.

City of Kingston Culture and Recreation **Fees**: For some services- fee assistance
City Hall, 216 Ontario Street, Kingston 613-546-4291 ext.1700
Website: www.cityofkingston.ca

Provides information on a variety of facilities and programs available in the Kingston area for people of all ages. All are welcome. Fees associated with some services. Fee assistance is available for some services.

Hildegarde Day Centre – Providence Care **Fees**: Program
Providence Manor Site 613-549-4164 ext. 3118
275 Sydenham Street, Kingston
Adult Day Program Hours: Mon-Fri 7:30-4:45
Website: www.providencecare.ca

Provides a variety of activities, a noon meal and refreshments, as well as personal care services. Provide individuals with an opportunity to socialize and maintain or enhance their well-being and abilities. Adult Day program is open to adults with physical disabilities, memory loss, sensory limitations, or social or emotion problems. There is an application process which includes a T.B. Mantoux test and a medical report.

Seniors Association Kingston Region **Fees:** Membership - For some services
The Seniors Centre 613-548-7810
56 Francis Street, Kingston
Office Hours: Mon-Fri 8:30-4:30pm
Café Hours: 8:30-4pm
Dining Room Hours: Mon-Fri 11:30-1pm
Website: www.seniors-kingston.on.ca

Provides a variety of services for seniors including fitness classes, bridge, dance, day trips, crafts, tai chi, a drop in center, legal and financial services, diners club, frozen meals and hearing health clinics, etc.

Lennox and Addington

Lennox and Addington Addiction and Community Mental Health Services
Napanee Office **Fees**: None
37 Dundas Street W, Napanee 613-354-6624
Hours: Mon-Fri 8:30-4:30, closed 12-1pm Toll-free 1-800-420-9734
Extended Hours: Tues 5:30-9pm Crisis Service 613-354-7388
Amherstview Satellite Office 613-634-0666

Offers outpatient counselling for addictions such as alcohol and drug misuse, gambling, smoking cessation, family support and relapse prevention. Groups offered for women, children and youth. Mental health assessment, counselling and programs are also provided. All are welcome. No fees for service.

Career Edge Napanee **Fees**: None
95 Advance Avenue, Napanee 613-354-0425
Hours: Mon-Fri 8:30-4:30, closed between 12-1pm
Website: www.careeredge.on.ca

Provides employment supports, programs and counselling services. Appointments appreciated but not required. All are welcome.

Community Living Lennox and Addington **Fees**: Program
99 Richmond Blvd., Napanee 613-354-2184
Hours: Mon-Thurs 8:30-4pm, Fri 8:30-2pm

Provides day support and services and also family support to adults 18+ with a developmental and/or a physical disability who are receiving ODSP. Referral needed. Call for more information.

Community Advocacy & Legal Centre **Fees**: None
45 Dundas Street E, Napanee 613-354-0144
Hours: Appointment only Toll-free- 1-877-966-8686
Website: www.communitylegalcentre.ca

Provides free legal information, advice, assistance and representation for those with low income. To apply and make an appointment call toll-free number listed above.

Legal Aid Ontario-Napanee **Fees**: None
116 John Street, 3rd Floor, Napanee 613-354-4773
Hours: Mon-Fri 9-4:30pm Toll-free 1-866-294-0658
Website: www.legalaid.on.ca

Provides a certificate to eligible clients that will cover costs to hire a lawyer to deal with serious civil or criminal offences. This may include separation or child custody, indictable offences but does not include divorce. The Legal Aid office may also be able to provide a list of lawyers that can assist with a specific case. Eligible to all who are not able to pay for required legal assistance. All applicants must be financially assessed prior to provision of certificate. Call or see website for further information. When applying applicants will require identification, documents relating to the case, proof of current income, up-to-date bank book or statements, proof of monthly expenses and bills, a deed for house (for home-owners), proof of any other expenses including medical costs.

Lennox and Addington Community Volunteer and Information Centre
45 Dundas Street E, Unit D, Napanee **Fees**: None
Hours: Mon-Thurs 10-3pm 613-354-2052
Website: www.volunteerkingston.ca

Provides information on services available in the Lennox and Addington area.

Lennox and Addington Seniors Outreach **Fees**: Program
310 Bridge Street W, Napanee 613-354-6668
Hours: Mon-Fri 8:30-4:30pm Toll-free 1-800-991-0141

Adult Day Centre
Provides a respite program for seniors and adults 18+ with a physical or cognitive impairment or those who are socially isolated. Program provides social, physical and recreational opportunities in a safe environment with qualified attendants. Service provided in Napanee Mon, Wed, Thurs, Fri and on Tues at the Helen Henderson Care Centre in Amherstview. Call for appointment. Program fees.

In Home Caregiver Relief Service
Provides temporary relief for caregivers of seniors 55 or older between the hours of 7am-7pm Mon-Sun. Qualified staff provides personal care, social interaction and meal preparation. Please call to apply. Fees apply.

Meals on Wheels
Hot meals delivered at noon in Napanee on Mon, Wed, Fri, in Amherstview on Tues and Fri and in Bath on Tues only. Monthly frozen meals also available. Services available to seniors and adults with a disability. Call to apply. Fees for service.

Bus Service and Transportation
Provides transportation on Tues to seniors and adults with a disability who live in Napanee to attend local health appointments and to shop. Wheelchairs can be accommodated. Call for more information. May be fees for some services.

Other services include free income tax and form assistance, free library delivery service, emergency Lifeline system (fees apply), foot care clinic (fees apply) and a free friendly visiting service. Open to seniors and persons with disabilities. Other social activities may be available.

Salvation Army Community and Family Services **Fees**: None
82 Richard Street S, Napanee 613-354-7633
Hours: by appointment Mon, Thurs, Fri 9-3:30pm, closed 12-1pm

Provides counselling, emergency food and clothing to any one in need. Must make an appointment to apply and must have identification, income statement and rent and utility bills at appointment.

Salvation Army Thrift Store **Fees**: For clothing
12 Mill Street E, Napanee 613-354-2550
Hours: Mon-Thurs 10-4pm, Fri 9-3pm

Provides low cost clothing. All are welcome.

MorningStar Relief Mission Inc. **Fees**: None
59 Water Street W, Napanee Mission 613-354-6355
Hours: Meals served Sat 4:30-6pm, Wed 12-1pm After Hours 613-329-4119
Drop In Hours: Mon-Wed 7-9pm
Website: www.morningstarmission.ca

Provides a free hot meal to anyone in need. All are welcome to the drop in centre to enjoy a game of cards, movies, coffee and socialization.

Government Resources and Contacts

Canada 1-800-O Canada **Fees**: None
Website: www.canada.gc.ca Toll-free 1-800-622-6232

A telephone service which provides up to date info on government of Canada programs and services. All are welcome. Call or visit website to obtain information.

Service Canada **Fees**: None
Website: www.servicecanada.gc.ca 613-545-8559
Toll-free 1-800-622-6263

Online click on "I am: A person with a disability"- guide to government of Canada services for people with disabilities and their families. Service Canada provides components include human resource centre, income security programs (i.e. CPP) and social insurance numbers.

Canada Revenue Agency **Fees**: None
Tax Services Office 1-800-959-8281
31 Hyperion Court, Kingston
Hours: Mon-Fri 8:15-4:30pm by appointment only
Phone Service Hours: Mon-Fri 8:15-5pm
Website: www.cra-arc.gc.ca

Provides information on the income tax system and income tax programs such as the Disability Tax Credit.