



United Way
Thunder Bay
uwaytbay.ca

2016 REGIONAL OUTREACH PROGRAMS

1006-715 Hewitson Street,
Thunder Bay, ON, P7B 6B5
807-623-6420

United Way of Thunder Bay is leading the way to a better community by improving the quality of life for all local people. By collaborating with community partners, we are leading the way to addressing social issues and investing in three critical areas: **Poverty, Kids and Strong Communities.**

Donations to the United Way are strategically invested into many vital programs and initiatives in these areas, creating a social safety net that works to achieve lasting change for our neighbours, families and friends.

United Way of Thunder Bay works to make a difference in the lives of thousands of people in our communities, from Wawa to the Manitoba Border. Your support of United Way can help people in your community to overcome challenges, make positive choices and to create a bright future for themselves and their families.

This booklet lists United Way Funded Agencies which operate in, or offer services to regional communities outside of the City of Thunder Bay.

****bolded programs receive funding from the United Way Community Fund Allocations****

A complete listing of the 29 agencies and 60 programs and services supported through your donations to the United Way's Community Fund can be found in our *Community Investment Guide*.

There are many ways to give to the United Way that will suit your particular needs and budget and will in turn help people in your community. In addition to your gift to United Way's Community Fund, you may also choose to support any registered Canadian charity of your choice through your gift to United Way—including those in your local community. Please contact us to learn more about making a "Donor Designation".

For more information on the United Way, to learn how you can get involved, or to make a secure donation online, please visit our website: www.uwaytbay.ca or phone the office at 807-623-6420.

Give. Volunteer. Act.

BIG BROTHERS & BIG SISTERS OF THUNDER BAY

Website: www.thunderbaybigbrotherbigsister.ca

E-mail: bbbbsa@tabytel.net, **Phone:** 807-623-1112

Traditional Mentoring Program. We are committed to improving the quality of life of children by fostering friendship between children and adult volunteer mentors. We serve clients in Kakabeka Falls, Oliver Paipoonge, Red Rock and most of the surrounding townships of Thunder Bay.

CANADIAN HEARING SOCIETY

Website: www.chs.ca **E-mail:** info@chs.ca, **TTY:** 807-623-5639

Toll-free phone: 1-866-646-0514 , **Toll-free TTY:** 1-877-634-0183

Canadian Hearing Society is a leading provider of services, products, and information to culturally Deaf, oral Deaf, deafened, and hard-of-hearing people living in NW Ontario (White River to the Manitoba border) with services such as **General Support Services, Outreach and Public Education to Communities Program, Hearing Care Counselling and Adult literacy for culturally Deaf Adult learners** offered directly in Thunder Bay and indirectly, as able, via on-site visits in Kenora and other communities as well as through video-conferencing.

CANADIAN MENTAL HEALTH ASSOCIATION

Website: www.cmha-tb.on.ca

E-mail: cmhatb@cmha-tb.on.ca, **Phone:** 807-345-5564

CMHA offers Applied Suicide Intervention Training twice a year in Thunder Bay. The workshop is open to professionals and students from communities in the region.

CATHOLIC FAMILY DEVELOPMENT CENTRE

Website: www.catholicfamilycentre.ca

E-mail: cfdc@catholicfamilycentre.ca, **Phone:** 807-345-7323

We provide professional counselling services on a sliding scale to everyone across the lifespan. We serve the City of Thunder Bay and surrounding area but we also provide services whenever possible across Northwestern Ontario. We have travelled both East and West of Thunder Bay to deliver workshops on parenting, bullying and team-building. Our E-Counselling program affords us the opportunity to offer professional counselling to those struggling with issues such as Sexual Abuse, Stress, Grief and Parenting to individuals who can access our services from their own homes while using their home computer.

CNIB

Website: www.cnib.ca/en/ontario

E-mail: Robert.gaunt@cnib.ca, **Phone:** 807-345-3341

CNIB provides community-based services and support to those persons who are blind or partially sighted so they have the confidence, skills and opportunities to fully participate in life throughout all of Northwestern Ontario, from White River to the Manitoba Border, from James Bay to the U.S. border.

Services include:

Assistance with **Independent Living Skills, Early Intervention Services, Orientation & Mobility Services, Low Vision Services program, Volunteer Services**, Independent Travel, Consumer Products, Assistive Technology and Library Services,

CHILDREN'S CENTRE THUNDER BAY

Website: www.childrenscentre.ca

E-mail: info@childrenscentre.ca, **Phone:** 807-343-5000

Children's Centre Provides a variety of evidence-informed children's mental health, developmental and parenting services that aim to strengthen and ultimately improve the quality of life for children age 0 to 18, and families living in the City and District of Thunder Bay.

- **Public education and training**
- **Parenting courses and programs**
- **Single session, brief** and long term counselling and treatment services which address a variety of issues such as depression, anxiety, grief, trauma, abuse, self-regulation, relationship issues, autism, speech, etc..
- A variety of specialized mental health and developmental assessments
- Services for children and families involved in the youth justice, addictions or child welfare systems
- Intensive home and school-based programs
- Residential Services
- Pre School Speech and Language Services
- Special Needs Resources Program, which supports child care programs in the City and District of Thunder Bay

FAYE PETERSON HOUSE

Website: www.fayepeterson.org

E-mail: dzweep@fayepeterson.org, **Phone:** 807-345-0450

FAYE (Faye Peterson House) provides a safe shelter and caring services giving Women and their Children the opportunity to transform their lives by nurturing, sheltering, building self-confidence and growth through the offering of self-soothing, healthy choices; turning crisis into opportunity for change.

FAYE is an inclusive community based feminist organization which operates within an Anti Racism/Anti Oppression framework and collaborating with men who are also striving to these same goals. We are committed to societal change to achieve social justice for all women, youth and children through public education, policy development and advocacy, mentoring mindfulness attitudes with our colleagues joining passions to hold people who are abusers of violence against women and children accountable through fair application of the laws (including prosecution) and provision of therapeutic programming.

The Faye Peterson Transition House (FPTH) provides a safe and supportive temporary shelter environment, crisis services, **counselling, Outreach, transitional support, advocacy, early childhood education, and support groups to women, youth and their children.**

HOSPICE NORTHWEST

Website: www.hospicenorthwest.ca

E-mail: joan@hospicenorthwest.ca, **Phone:** 807-626-5570

Hospice Northwest's trained palliative care volunteers truly know how to help, providing an authentic human connection at a very difficult time in people's lives. Our volunteers offer compassionate support to those living with a life limiting or chronic illness in homes, hospitals and long-term care facilities in Thunder Bay and district.

Every individual is treated as a person, not as an illness, by volunteers who listen with their hearts and help make every moment matter. Support for persons in need of palliative care and for those experiencing grief and bereavement is available in Thunder Bay and the communities of Nipigon, Terrace Bay/Schreiber, Nakina, Geraldton, Manitouwadge and Marathon.

INDEPENDENT LIVING RESOURCE CENTRE THUNDER BAY

Website: www.ilrctbay.com

E-mail: info@ilrctbay.com, **Phone:** 807-577-6166

Pre School Speech and Language services.

Special Needs Resources program, which supports child care programs in the City and District of Thunder Bay.

LAKEHEAD SOCIAL PLANNING COUNCIL

Website: www.211north.ca

E-mail: circ@tbaytel.net, Phone: 807-623-2330

211 is an easy-to-remember telephone number that connects people to a full range of non-emergency social, health, community and government services in their community. It is free, confidential, multilingual and answered by live operators, certified information specialists, who assess each caller's needs and link them to the best available services and programs, 24 hours a day, seven days a week.

Complementing the 211 helpline is an online Directory of Human Services @ www.211north.ca allowing users to find their own way to programs and services. 211 North is available to residents in Northern Ontario that reside west from the Manitoba border, east to North Bay, south to the USA border and north to James Bay.

MARCH OF DIMES CANADA

Website: www.marchofdimes.ca

E-mail: tkennedy@marchofdimes.ca, Phone #: 807-345-6595 ext 105

Toll Free: 800-335-0715 ext 105

MODC provides the following services for persons living with disabilities throughout the region:

Assistive Devices Program - ADP can help people buy, repair and maintain a wide variety of mobility or assistive equipment (including wheel-chairs). The Program may also have contact information or resources to help find alternate funding sources in a specific area. The Program can also help an individual obtain funding from local service groups through partnerships with other organizations. **The Assistive Devices Program is funded by the United Way in certain locations.**

Home & Vehicle Modification® Program - provides funding for basic home and/or vehicle modifications. The program is intended to assist permanent Ontario residents with a substantial impairment expected to last one year or more. By reducing or eliminating life safety risks, these modifications enable children and adults with mobility restrictions to continue living in their homes, avoid job loss and participate in their communities.

Post-Polio Canada - a program of March of Dimes. Since 1951, March of Dimes has worked to eradicate the threat of polio in Canada and provide support services to polio survivors. Post-Polio Canada works with peer support groups nationwide to connect polio survivors. The program also provides education for those unfamiliar with polio and resources to caregivers helping those with post-polio syndrome.

Stroke Recovery Canada - a national service offering support, education and community programs for stroke survivors, their caregivers and families. Stroke Recovery Canada will connect folks with a network of support that can help reclaim independence, sense of community and ability to thrive.

MARCH OF DIMES CANADA con't

Survivors of stroke, their family members, as well as their caregivers can connect with a network of support that can help them.

Information Resources - through contacting our regional office in Thunder Bay (1.800.335.0715 ext 105). We may also provide some insight on resources on a wide spectrum of topics and related services for persons living with physical disabilities.

REGIONAL FOOD DISTRIBUTION ASSOCIATION

Website: www.foodbanksnorthwest.ca

E-mail: rfdacentre@tbaytel.net, Phone: 807-622-7440

Providing emergency and short term food security relief to Northwestern Ontario, as a member of the Ontario Association of Food Banks and as an affiliate of Food Banks Canada; serving in excess of 50 organizations and communities, 29 of these are in Thunder Bay. We work to assist our members that collectively serve 14,000 people every month; striving to mitigate hunger.

United Way funding allows the RFDA to provide practical grassroots opportunities, within their community kitchen environment to: learn cooking skills, prepare meals for 4 feeding programs in Thunder Bay, and give volunteers a venue for meaningful service. Our hands up approach is designed to help move those living in poverty, towards a healthier and productive quality of life. We believe that everyone is entitled to have access to nutritious food.

ST. JOHN AMBULANCE

Website: www.sja.ca/tbn

E-mail: thunder.bay@on.sja.ca, Phone: 807-345-1712

The Medical First Responders – Well-trained and well-equipped, St John Ambulance volunteers attend countless public events to provide basic and advanced first aid care when illness or injury occurs. They are first on the scene to provide care in the critical minutes before advanced emergency medical assistance arrives.

Carseat Safety Program – At our St John Ambulance car seat events our trained educators teach parents and guardians how to properly install a car seat so baby can ride safe in any vehicle.

Therapy Dogs – reaches out to thousands of people across the region on a daily basis bringing comfort, joy and companionship to members of the community who are sick, lonely, reside in long-term care and mental health facilities; are in hospitals, schools and library settings. Clients reap the therapeutic benefits of the unconditional companionship of a four-legged friend.

St. John Ambulance also offers First Aid Training, AED Training and Training on the Babysitting Basics.

THUNDER BAY & AREA VICTIM SERVICES

Website: www.tbayvictimservices.com

E-mail: vcars@tbaytel.net, Phone: 807-684-1051

Victim Crisis Assistance Ontario:

-free, immediate, confidential emotional & practical support & community referrals to victims of crime and tragedy in Thunder Bay and the surrounding area (Dorion, Nipigon, Red Rock & Lake Helen).

-immediate financial assistance in the form of counselling & emergency & funeral expenses to victims of crime in the above locations.

THUNDER BAY COUNSELLING CENTRE

Website: www.tbaycounselling.com

E-mail: community@tbaycounselling.com, Phone: 807-684-1880

Thunder Bay Counselling Centre has many programs and services that are offered in the Region through face to face appointments, on line counselling or counselling by phone. They include:

Addiction Services – provides comprehensive assessment, counselling, relapse prevention and education for people who are concerned about their substance use.

Alternative Dispute Resolution – For families involved with Child Protection Services. Thunder Bay Counselling Centre offers Family Group Decision Making and Child Protection Mediation in Northern Ontario.

Child Victim Witness Program – provides support to children and youth under the age of 18 who are called to testify in court as a result of being a victim or witness of a crime.

Youth-in-Transition Worker Program – provides support to young people between the ages of 16 – 24 as they move out of the care of child protection services.

Counselling – counselling is available in the Region through face to face appointments, by phone or through on-line counselling for issues such as violence against women, anxiety & depression, grief, parent-child conflict, relationships, separation & divorce, stress.

Credit Counselling Program - Regional services for our credit counselling program are offered through Toll Free: 1-888-204-2221. Services include: Debt Management & Repayment Plans; Bankruptcy Information; Spending Plans & Budgeting; Financial Coaching, Advocacy and Intervention.

Employee and Family Assistance Programs – support businesses and their employees address difficult issues in the workplace such as mental health, addictions, crises and trauma, workplace conflict.