



Community Resources for Students

Emergency Services

Emergency:

Telephone: 911

RCMP:

Telephone: (800) 709-7267

RNC:

Telephone: (800) 206-7218

Addiction Services:

Telephone: (709) 752-4919

Child Protection:

Telephone: (709) 752-4619

Communicable Diseases:

Telephone: (709) 752-4882

Crime Stoppers:

Telephone: (800) 363-8477

Hospitals:

Health Science Centre: (709) 777-6300

HB Murphy Cancer Centre: (709) 777-6480

LA Miller Centre: (709) 777-6555

St. Claire's: (709) 777-5000

Waterford: (709) 777-3300

Western Memorial Hospital: (709) 637-5000

Mental Health Crisis Line:

Telephone: 1-888-737-4668

-can be contacted for emergency support with mental health or addictions concerns. *This service is available 24 hours a day*

Mobile Crisis Response Team (St. John's Region)

Telephone: 1-888-4668

-supports individuals in a mental health crisis directly in a person's home or community setting. *This service is available 24 hours a day*

CHANAL Peer Support Warm Line:

Telephone: (855) 753-2560 or (709) 753-2560

-a non-emergency, non-crisis telephone support line, and referral service. This is a support line that is operated by people with lived experience with mental health challenges who receive training to offer support to peers.

Newfoundland Sexual Assault Crisis and Prevention Care:

Telephone: (800) 726-7543 or (709) 747-7757

www.nlsacpc.com

-supports clients through crisis, and provides general support to individuals impacted by sexual violence.

This service is available 24 hours

WOW: Warn Other Workers

Telephone: (800) 726-2743

-a call-in service that can be contacted to share information about incidents encountered by sex workers, or to get support from a crisis line volunteer.

This service is available 24 hours

Central Intake for Adult Mental Health and Addictions Services (St. John's)

Telephone: (709) 752-8888

-to arrange services with addictions counsellors, psychiatrists, support groups, and workshops. Please leave a message and they will return your call.

This is not a crisis line or emergency line

Central Intake for Child and Adolescent Mental Health and Addictions Services (St. John's)

Telephone: (709) 777-2200

-arranges services with addictions counsellors, psychiatrists, support groups, and workshops for youth until their 18th birthday.

Advanced Education, Skills and Immigration

Telephone: (709) 729-7888

After-hours line: (888) 566-1997

www.aesl.gov.nl.ca

Community Outreach Programs

Stella's Circle:

Telephone: (709) 738-8390

-assists community members with securing housing, employment, and general community support. Stella's Circle works in conjunction with various organizations in St. John's area.

St. John's Women's Centre:

Telephone: (709) 753-0220

www.sjwomenscentre.ca

-provides services to women of all race, ancestry, age, sexual orientation. Inclusive of indigenous women, women of colour, trans women, sex workers, and women with disabilities. Services range from housing, support groups, community support, counselling, and more.

The Gathering Place:

Telephone: (709) 753-3234

kindnesswanted.ca

-offer community support services such as hot meals, group activities, access to a doctor, ID clinics, laundry services and other various needs.

Refugee and Immigrant Advisory Council (RIAC):

Telephone: (709) 754-4122

www.riac.ca

-refugee services offer support to any individual who has come to Newfoundland from elsewhere, regardless of when they arrived or their status. They assist refugees, immigrants, temporary foreign workers, international students, and members from other provinces in Canada.

Newfoundland and Labrador Legal Aid Commission:

Telephone: (709) 753-7860

www.legalaid.nl.ca

-legal aid is a program available to assist individuals with serious legal problems who may be facing financial difficulty and cannot afford legal counsel.

Citizens Advocacy Newfoundland:

Telephone: (709) 729-7647 or (800) 559-0079

-can be contacted to file complaints about unfair treatment by government offices and agencies.

Child and Youth Advocate:

Telephone: (709) 753-3888 or (800) 753-3888

Ches Penney Centre for Hope:

Telephone: (709) 739-0290 or

-offer services and essential care such as supportive housing units, health care, employment training, mental-health and addictions services, kitchen and dining area, and foodbank for those in need.

Housing and Emergency Shelters

Newfoundland and Labrador Housing Corporation:

Telephone (Avalon Regional Office): (709) 724-3000

Emergency Housing Line: (833) 724-2444

www.nlhc.nf.ca

-supports the people of NL who are in need of housing support, either on a permanent or emergency basis. Applications for low-income housing can be found on their website.

Non-Profit Housing St. John's:

Telephone: (709) 576-8196

Emergency Housing Line: (833) 724-2444

housing@stjohns.ca

www.stjohns.ca/living/city-services/non-profit-housing

-provides housing in the St. John's and surrounding areas for low-income families. Dwellings range in size from one to four-bedroom units. Applications are available online or at City Hall Annex, New Gower Street.

Stella's Circle – Brian Martin Housing Resource Centre:

Telephone: (709) 738-0457

Emergency Housing Line: (833) 724-2444

www.stellascircle.ca/need-help/real-homes/

housing@stellascircle.ca

operates Monday – Friday 9am-4:30pm

-the resource centre is staffed by Housing Support Workers, Case Managers, and Tenant Relations Specialists who can offer counselling, advocacy and other support services to help people find and stay in secure housing.

Naomi Centre (For Young Women):

Telephone: (709) 579-8641

Emergency Housing Line: (833) 724-2444

www.stellascircle.ca/need-help/real-homes/

naomi@stellascircle.ca

-an emergency placement shelter that offers safe and supportive temporary housing for women aged 16-30. The center follows a harm reduction model and provides supportive counselling services to current and former residents of Naomi Centre.

Choices for Youth Shelter (For Young Men & Gender Non-Conforming Youth):

Telephone: (709) 757-3050

Emergency Housing Line: (833) 724-2444

www.choicesforyouth.ca/home

-provides emergency housing to youth between the ages of 16-29 who identify as male or who are gender non-conforming. Young people may stay at the shelter for up to a month while working closely with shelter staff on their housing plan, and connecting with support services to help them when their shelter stay ends.

Iris Kirby House:

Telephone: (709) 753-1492

Emergency Housing Line: (833) 724-2444

www.iriskirbyhouse.ca

-offers support to women who have experienced domestic and/or intimate partner violence. Iris Kirby House is open to women and their children who have been exposed to physical, emotional, sexual, psychological or financial abuse.

Tommy Sexton Shelter (AIDS Committee NL):

Telephone: (709) 579-8656

Emergency Housing Line: (833) 724-2444

<https://acnl.net/services/tommy-sexton-shelter/>

-provides emergency housing to individuals aged 16+ under a harm reduction model. Priority is given to individuals living with, affected by, or considered to be high risk of contracting HIV/HCV.

Wiseman Centre (The Salvation Army):

Telephone: (709) 739-8355

Emergency Housing Line: (833) 724-2444

www.wisemancentre.ca

-provides both emergency and supportive housing for adults facing housing barriers in the St. John's area. The Wiseman Center offers access to programs such as alcoholics anonymous, narcotics anonymous, mental health and addictions counsellor, assistance with income support application and many other services.

Out of the Cold Overnight Shelter (The Gathering Place):

Telephone: 709-753-3234

Emergency Housing Line: (833) 724-2444

172 Military Road

-operates 8pm-8am, 7-days a week. Out of the Cold offers temporary low barrier emergency shelter to individuals of all gender aged 25 years and older. This service is based on the principles of harm reduction.

Connections for Seniors – Kavanagh Place:

Telephone: (709) 699-8099

Emergency Housing Line: (833) 724-2444

info@connectionsforseniors.ca

-connections for seniors operates an emergency shelter that is a safe place for seniors (55+) who are experiencing homelessness. Individual and couples' rooms are available. Support staff offer assistance with finding permanent housing, attending appointments, and financial planning. They also provide transportation for housing and medical appointments.

Marguerite's Place (Supportive Housing):

Telephone: (709) 753-0220

<https://sjwomenscentre.ca/programs/marguerites-place/>

-assists women and non-binary individuals over the age of 30 without dependents in their care who are living on low income to face barriers that they encounter in finding stable housing.

Food Banks – St. John's & Metro Area

Bridges to Hope Food Aid Centre:

Telephone: (709) 722-9225
<https://www.bridgestohope.ca/>
39 Cookstown Road, St. John's

CBS:

Telephone: (709) 834-2800
81 Conception Bay Highway, CBS

Corpus Christie Conference:

Telephone: (709) 364-4116
260 Waterford Bridge Road, St. John's

Emmaus House:

Telephone: (709) 753-6380
26 Mount Batten Drive, St. John's

Mary Queen of Peace:

Telephone: (709) 726-9924
101 McDonald Drive, St. John's

Mary Queen of the World:

Telephone: (709) 364-7140
775 Topsail Road, Mount Pearl

North East Avalon Family Aid Group:

Telephone: (709) 437-6367
60 Convent Lane, Torbay

Salvation Army Mount Pearl:

(709) 364-6465
106 Ashford Drive, Mount Pearl

Bridges to Hope (Salvation Army St. John's):

Telephone: (709) 237-0270
18 Springdale Street, St. John's

Single Parents Food Bank:

Telephone: (709) 729-0709
472 Logy Bay Road

St. Kevin's Parish Food Bank:

Telephone: (709) 745-2460
454 Main Road, Goulds

St. Paul's Family Aid:

Telephone: (709) 754-1980
340A Newfoundland Drive

St.Peter's Parish:

Telephone: (709) 747-3320
110 Ashford Drive, Mount Pearl

St.Puis X Food Bank (Macmorrان Centre):

Telephone: (709) 722-1168 Ext. 8
10 Brother McSheffrey Lane, St. John's

St.Teresa's:

Telephone: (709) 579-7201
120 Mundy Pond Road

Food Banks – Outside Metro Area

Botwood Interfaith Goodwill:

Telephone: (709) 257-3406
48 Commonwealth Drive, Botwood NL

Cape Freels Ministerial:

Telephone: (709) 536-2574
41-45 Main Street, New Wes Valley NL

Caring by Sharing:

Telephone: (709) 488-2656
Bell Island

Cartwright Food Bank – St.Peter's:

Telephone: (709) 938-7224
2 Willow Lane, Cartwright NL

Catalina Area Community Care & Share:

Telephone: (709) 425-1130
150-154 Main Street, Catalina NL

Communities Food Bank:

Telephone: (709) 468-7747 (Town Hall)
Church Street, Bonavista NL

Deer Lake Regional Food Bank:

Telephone: (709) 635-2620
13c North Main Street, Deer Lake NL

Food Bank Network of Bay of Islands:

Telephone: (709) 639-1719
6 Herald Avenue, Corner Brook NL

Gander & Area Food Bank Inc:

Telephone: (709) 651-3663
113 Memorial Drive, Gander NL

Grand Bank/Fortune Community Care Centre:

Telephone: (709) 832-4550
2 Smallwood Drive, Grand Bank NL

Grand Falls-Windsor/Bishop's Falls Community:

Telephone: (709) 489-2618
20 Lincoln Road, Grand Falls NL

Green Bay Food Bank:

Telephone: (709) 673-3805
135 Main Street, Springdale NL

Helping Hand Food Bank:

Telephone: (709) 893-2257
239 Main Street, Bay View NL

Helping Hand Goodwill Centre:

Telephone: (709) 786-0740
Patterson Street, Bay Roberts NL

Holy Cross Parish Community Services:

Telephone: (709) 229-6250
7 Byrne's Lane, Holyrood NL

Interfaith Goodwill Centre & Food Bank:

Telephone: (709) 535-2551
133 Main Street, Lewisporte NL

Labrador Friendship Centre Food Bank:

Telephone: (709) 896-8302 Ext. 201
49 Grenfell Street, Happy Valley-Goose Bay NL

Labrador West Food Bank:

Telephone: (709) 944-6444
610 Hudson Drive, Labrador City NL

Pasadena Pentecostal Church:

Telephone: (709) 686-2530
3 Forth Avenue, Pasadena NL

Peninsula Used Clothing & Food Bank:

Contact: pucfb2013@gmail.com
85 Highway 410, Baie Verte NL

Placentia & Area Freshwater Community Centre:

Telephone: (709) 213-5333

Freshwater Crescent, Freshwater NL

Salvation Army – Buchan's:

Telephone: (709) 672-3904

18 Lakeview Avenue, Buchan's NL

Salvation Army – Carbonear:

Telephone: (709) 596-0100

100 Water Street, Carbonear NL

Salvation Army – Clarenville:

Telephone: (709) 746-3618

277 Marine Drive, Clarenville NL

Health Services

Athena Clinic:

Telephone: (709) 754-3572

www.morgentaler.ca

-provides safe and compassionate abortion services to Canadians. The clinic offers a wide range of abortion care and related services including counselling, contraceptive education, and testing for sexually transmitted infections. These clinics perform abortions to individuals who are approximately 7-19 weeks pregnant (guidelines vary by province). *Services are covered by MCP*

Alzheimer's Society:

Telephone: (709) 576-0608

<https://alzheimer.ca/en/Home>

-non-profit health organization that works nationwide to increase education and awareness about Alzheimer's disease. Their goal is to improve quality of life and advance the search for a cause and cure for Alzheimer's and dementia.

Kidney Foundation:

Telephone: (709) 753-8999

www.kidney.ca

-aims to increase public awareness about kidney health, and organ donation. The foundation does fundraising, research and offers support and resources to those impacted by kidney disease.

Canadian Diabetes Society:

Telephone: (709) 754-0953

www.diabetes.ca

-advocates for and brings awareness about diabetes and how it impacts the lives of Canadians. They offer support, resources and programs to help those who have been diagnosed with diabetes, or as being pre-diabetic.

Autism Society:

Telephone: (709) 722-7803

www.autism.nf.net

-offers programs, resources and supports to autistic individuals and their families.

Heart and Stroke:

Telephone: (709) 753-8521

www.heartandstroke.ca

-conducts research and aims to educate the public of the risks of heart disease and stroke, they advocate to leaders and policy makers so that all Canadians may live healthier lives and reduce the risk of stroke and heart disease.

Cancer Society:

Telephone: (709) 753-6520

www.cancer.ca

-provides information and support to individuals who's lives have been impacted by cancer. They advocate for the health of all Canadians by working with government to influence public policies that help prevent cancer. Funds raised contribute to research and education about treatment of cancer.

Aids Committee of Newfoundland:

Telephone: (709) 757-7927

www.acnl.net

-supports people living with and/or affected by HIV/AIDs or Hepatitis C. Their programs offer non-judgemental education and support, encouraging responsible decision making and personal empowerment.

Sexual Assault Nurse Examiner (SANE):

Telephone: (709) 777-5865

St.Clare's Emergency Room (24hr) SANE on call: (709) 777-5502

<https://www.thrivecyn.ca/directory-of-services/justice/sexual-assault-nurse-examiner-program-sane-eastern-health/>

-provides healthcare services to individuals who have been sexually assaulted. A medical examination will treat any injuries from the sexual assault at the patient's choice, and medication is offered for prevention of sexually transmitted diseases and pregnancy if required. A forensic exam may also be completed if the patient chooses. *Service is provided to all genders 16 years and older. *

Disability Resources

The Vera Perlin Society:

Telephone: (709) 739-6017

Email: veraperlinsociety@nfld.net

www.veraperlinsociety.ca

-aims to secure and/or provide quality service and support for all individuals with a developmental disabilities, and their families in the St. John's and surrounding areas. The goal is to enable individuals to participate in all areas of community living.

Easter Seals Newfoundland and Labrador:

Telephone: (709) 754-1399

Toll Free: 1-888-601-6767

Email: info@eastersealsnl.ca

-works towards creating a community where all people with disabilities live full, healthy and active lives. They offer programs and services such as recreation programs, camps, career and educational services and much more.

Empower:

Telephone: (709) 722-4031

www.empowernl.ca

-provide support and resources for employment and independent living to individuals with disabilities. Services are aimed at making the individual's community more accessible.

Learning Disabilities Association of Newfoundland LDANL:

Telephone: (709) 753-1445

ldanl.ca

-provides resources, community referrals, and support to individuals with learning disabilities, and their families. LDANL offers weekly support groups, accessible technology sessions, tutoring, and more.

Resources for Newcomers

Association for New Canadians:

Tel: (709) 722-9680

www.ancnl.ca/

-non-profit, community-based organization that offers settlement and integration services to immigrants and refugees in Newfoundland and Labrador. English second language classes are offered for free to new Canadians.

Multicultural Woman's Organization of Newfoundland and Labrador:

Tel: (709) 726-0321

www.mwonl.org/

- delivers specialized gender based, culturally appropriate programs and services to women, that help integrate immigrant and newcomer women/women-identified and their families.

The Muslim Association of NL (MANAI):

Tel: (709) 754-7526

www.manal.ca/

-The Muslim Association of Newfoundland and Labrador endeavours to establish a Muslim community adhering to Islamic values and is committed to the general welfare of its members so that they may contribute to the well-being of the community at large.

To Get A Driver's License in NL St. John's/Avalon Region:

Tel: 1-877-636-6867

<https://www.gov.nl.ca/motorregistration/new-drivers/licence-application-process/>

-information at this web address will outline the process for getting a drivers license in Newfoundland. Each step is explained from the Learner's Permit to the Road Test.

Canadian Immigration and Citizenship:

Tel: 1-888-242-2100

Website: Study in Canada as an international student - Canada.ca

Embassies and Consulates

Embassies and Consulates varies from Country to Country – please refer to the following links.

Embassies and consulates - Travel.gc.ca

Embassies and Consulates Around the World - Embassy-WorldWide.com

Counselling Services

Ruah Counselling Centre:

Telephone: (709) 579-0168

<https://ruahcounselling.ca/request-for-services-process/>

-offers individual, couple, and family counselling, psychosocial groups, workshops and community presentations. There is a fee for service, however Ruah offers a rate based on a sliding scale, including a reduced fee or no fee depending on the individual's ability to pay. Ruah also accepts self-referrals.

St. John's Women's Center:

Telephone: (709) 753-0220

170 Cashin Avenue Extension

-the St. John's Women's Center offers *free* women-centred community based programs and supports that address issues such as social isolation, mental health, violence, marginalization, poverty, housing, trauma, and system navigation. The Women's Center offers drop-in or call-in counselling to women and non-binary individuals aged 18 and older.

Jacob Puddister Memorial Foundation:

Telephone: (709) 689-3452

www.jpmemorialfoundation.com

-offers free counselling to youth ages 12-35. Clients schedule regular sessions with the same mental health care provider across 10 sessions of therapy. JPMF also runs a peer support program, wherein peer workers use their own experiences to offer validation, acceptance and encouragement to others. Referrals for counselling are temporarily closed, however peer support is accepting self-referrals.

Request for Counselling Services form: <https://www.jpmemorialfoundation.com/how-do-i-request-counselling>

Request for Peer Support form:

<https://form.jotform.com/212144838298059>