

## HEALTH SERVICES

Telehealth Ontario 1-866-797-0000

### Public Health Units

Middlesex-London 519-663-5317  
Elgin-St. Thomas 519-631-9900

### Centre for Addiction and Mental Health

519-858-5110  
1-888-495-2261  
[www.camh.net](http://www.camh.net)

### London Mental Health Crisis Service

519-433-2023  
1-866-933-2023

### Canadian Mental Health Association

Elgin 519-633-1781  
24 hr crisis line 519-631-2180

### SEARCH Community Mental Health Service

Strathroy 519-245-0120  
1-888-216-6716  
[www.searchcommunityservices.ca](http://www.searchcommunityservices.ca)

### London and District Distress Centre

519-667-6711  
[www.londondistresscentre.com](http://www.londondistresscentre.com)

Drugs & Alcohol Treatment Information Line (DART) [www.dart.on.ca](http://www.dart.on.ca)—1-800-565-8603

Drug Information Centre 519-646-6004

### Women's Mental Health Resources

(WOTCH) 519-642-7630, Ext. 225

### Regional Mental Health Care

St. Thomas 519-631-8510  
Crisis Line 1-800-265-4361

### Poison Information Centre

1-800-267-1373

## ANIMAL CARE

### Ontario Farm Animal Council (OFAC)

Assists farmers in providing adequate or improved care for their animals and/or in following practices that meet industry standards. The Helpline is a farmer helping farmer service of advice and referral. Calls received by the service are given to the appropriate commodity group(s) for follow-up.

Animal Care Helpline: 519-837-1326  
[www.ofac.org](http://www.ofac.org)

### Ontario Society for the Prevention of Cruelty to Animals (OSPCA)

Hotline 1-888-668-7722  
London Humane Society 519-451-0630  
[www.londonhumanesociety.ca](http://www.londonhumanesociety.ca)

For additional information,  
factsheets and resources, contact:

Agricultural Information Contact Centre:  
1-877-424-1300

E-mail: [ag.info.omafra@ontario.ca](mailto:ag.info.omafra@ontario.ca)

Northern Ontario Regional Office:  
1-800-461-6132

[www.ontario.ca/omafra](http://www.ontario.ca/omafra)



## FINANCIAL RESOURCES AND SUPPORT SERVICES FOR FAMILIES In...

*Middlesex and Elgin Counties*



Prepared by:  
Ontario Ministry of Agriculture,  
Food and Rural Affairs  
Client Services Branch  
London Resource Centre  
667 Exeter Rd.  
London Ontario  
N6E 1L3  
Phone: 519-873-4070  
Fax: 519-873-4062

## FAMILY SUPPORT SERVICES cont'd

Women's Rural Resource Centre of  
Strathroy & Area 519-246-1526  
1-800-265-5390  
[www.wrrcsa.org](http://www.wrrcsa.org)

London Food Bank 519-659-4045

### Salvation Army

London 519-672-5597  
St. Thomas 519-631-3206

## EMPLOYMENT SERVICES

Service Canada 1-800-206-7218  
London 519-645-5944  
St. Thomas 519-631-5470  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

Human Resources and Social Development  
Canada [www.hrsdc.gc.ca/en/home.shtml](http://www.hrsdc.gc.ca/en/home.shtml)

### Workplace Safety & Insurance Board (WSIB))

Information and assistance, compensation,  
services & pensions for employees disabled  
through employment, vocational rehabilitation.  
London 1-800-265-4752  
[www.wsib.on.ca](http://www.wsib.on.ca)

### Ontario Farm Safety Association

Guelph 519-823-5600  
1-800-361-8855  
Middlesex 519-666-0736  
Elgin Contact 519-773-3321

## FINANCIAL RESOURCES

### Growing Forward

Growing Forward, a federal-provincial-territorial initiative, supports the development and implementation of best practices in four key areas: Environment and Climate Change; Food Safety and Traceability; Business Development; and Biosecurity. Participants are encouraged to develop strategies across all areas to meet their business goals through a variety of information sessions and workshops as well as one-on-one training and technical assistance.

Business Development for Farm Businesses  
Growing Forward Business Development for Farm Businesses incorporates self-assessment and action plan development with a range of cost-share advisory services and skills development opportunities to help reach your farm business goals.

Business Development for Farm Businesses offers:

#### Growing Your Farm Profits Workshops

- Learn how to do a self-assessment on your farm business. There is no cost to attend this workshop.

#### Action Plan Review and Sign-off

- Having your action plan reviewed and signed off is the next step towards accessing cost-share opportunities.

#### Farm Financial Assessment

- Cost-share funding is available to access a professional Farm Financial Advisor. The program covers up to \$2400 of eligible costs to hire an Advisor. The participant pays \$100.
- If you are experiencing severe financial difficulties, you may be able to access the Farm Financial Assessment without completing the Growing Your Farm Profits Workshop.

#### Agriculture Skills Development

- Identifying a specific need for farm-related training and skills development in your action plan enables you to access cost-share funding up to 50 per cent to a maximum of \$3000.

## FINANCIAL RESOURCES cont'd

### Advanced Business Planning

- Eligible farm businesses will receive cost-share funding to work with an Advanced Planning Consultant for up to 50 per cent to a maximum of \$8000.

### Business Plan Implementation

- To help you implement elements of your Advanced Business Plan, eligible farm businesses can receive cost-share funding for up to 50 per cent to a maximum of \$3000 for one-time non-capital costs.

### For more information:

To learn more about other Growing Forward Programs like environment and climate change, food safety and traceability, and biosecurity, please contact the Ontario Ministry of Agriculture Food and Rural Affairs by:

Phone: 1-888-479-3931

Website: [www.ontario.ca/growingforward](http://www.ontario.ca/growingforward)

Email: [growingforward@ontario.ca](mailto:growingforward@ontario.ca)

*Growing Forward, a federal-provincial-territorial initiative*

### Farm Credit Canada

Head Office/Regina London  
1-888-332-3301  
519-681-1130  
[www.fcc-sca.ca](http://www.fcc-sca.ca)

### Farm Debt Mediation

The Farm Debt Mediation Service provides farmers and their creditors with mediation services pursuant to the Federal Farm Debt Mediation Act (FDMA) to help them arrive at a mutually satisfactory arrangement. The service is private and confidential.  
1-866-452-5556  
[www.agr.gc.ca/fdms](http://www.agr.gc.ca/fdms)

## EMOTIONAL SUPPORT AND REFERRAL

### The Farm Line

The Farm Line is a confidential emotional support, information and counselling telephone service that is available across Ontario for farmers and their families.  
1-888-451-2903

[www.thefarmline.ca](http://www.thefarmline.ca)

Email: [farmline@thefarmline.ca](mailto:farmline@thefarmline.ca)

## EMOTIONAL SUPPORT AND REFERRAL cont'd

### Bereaved Families of Ontario

Southwest Region 519-686-1573  
[www.bfo.london.on.ca](http://www.bfo.london.on.ca)

### Bereavement Resource Council of Elgin

St. Thomas 519-633-2149 or 1-800-463-1810  
[www.brce.ca](http://www.brce.ca)

Vanier Children's Services 519-433-0334  
[www.vanier.com](http://www.vanier.com)

### Victim Support Line (SW Ontario)

1-888-579-2888

Information line sponsored by Ontario Government to assist victims of crime.

Family Service Thames Valley 519-433-0183

Counselling and support services for individual, families and organization.

Credit Counselling Program 519-433-0159

Family & Children's Services of St. Thomas and Elgin 519-631-1492

Support and counseling for individuals, couples and families.

## FAMILY SUPPORT SERVICES

### Alcoholics Anonymous

Middlesex 519-438-9006  
Elgin 519-633-0430

### Ontario Problem Gambling Help Line

1-888-230-3505

[www.opgh.on.ca](http://www.opgh.on.ca)

### Childrens Aid Society of London & Middlesex

London 519-455-9000  
Children with Severe Disabilities 1-800-646-3209  
Kids Help Line (up to 21 yrs.) 1-800-668-6868

### Child & Family Counselling Centre of Elgin

519-637-2673

[www.cfcc-elgin.com](http://www.cfcc-elgin.com)

## FAMILY SUPPORT SERVICES cont'd

Daya Counselling Centre 519-434-0077

[www.dayacounselling.on.ca](http://www.dayacounselling.on.ca)

A non-profit community counseling agency offering short term professional therapeutic counselling on a slide scale.

John Field, Counsellor, London/St. Marys  
519-284-2263

Gabe DelBianco, Innerfit Counselling & Consulting, Auburn Phone/Fax 519-526-7625

Gabe & John are available to meet with rural clients to discuss counseling services, career transitions and crisis management.

### Regional Sexual Assault & Domestic Violence Treatment Centre

519-646-6100, Ext. 64224

### Sexual Assault Centre London Crisis Line

519-438-2272

### Violence Against Women

Emergency Shelter and Counselling Services  
Elgin County—24 hrs crisis line 519-633-0155  
or 1-800-265-4305

[www.vawsec.on.ca](http://www.vawsec.on.ca)

### Women's Community House

London 519-642-3003  
24 hours crisis line 519-642-3000  
or 1-800-265-1576

[www.shelterlondon.org](http://www.shelterlondon.org)

### Women's Shelters

Rotholme Women's and Family Shelter  
519-673-4114

[www.missionsservices.ca](http://www.missionsservices.ca)

### Second Stage Housing

London 519-642-3003, Ext 3221  
St. Thomas 519-637-2288

### My Sisters' Place Transitional Support Centre

for women who are homeless and/or at risk of homelessness  
519-679-9570

### Zhaawanong Shelter—519-432-2270

Crisis Line 519-432-0122  
1-800-605-7477