

Healthy Beginnings

A Resource Guide for Parents – Nipissing District & Area

Compiled by the Child Abuse Prevention Committee of the District of Nipissing

Purpose

The Child Abuse Prevention Committee of the District of Nipissing is a multi-disciplinary group of volunteers concerned with the issue of child abuse prevention.

Our objective is to ensure increased public and professional awareness and understanding of the problem of child abuse and neglect and to contribute to its prevention. As one of our many projects the committee is proud to produce this pamphlet for the district of Nipissing.

La plupart des organisations offrent des services en français. Composer le numero de telephone en question et demandez pour un(e) propose (e) bilingue.

Participating Agencies 2018

The Child Abuse Prevention is made up of professionals from the following agencies as well as interested citizens from the district of Nipissing:

Children's Aid Society

Child & Youth Advocacy Centre of Nipissing

Community Living North Bay

Conseil scolaire public du Nord-Est de l'Ontario

Crown Attorney's Office

Hands-The Family Help Network

North Bay Military Family Resource Centre

North Bay Parry Sound District Health Unit

North Bay Regional Health Center

North Bay Police Service

One Kids Place

Ontario Provincial Police

True Self/Debwewendizwin Program

Victim Witness Assistance Program

Funding

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"DON'T BREAK THE SPIRIT"
« Ne brisez pas ce cœur d'enfant »

The Child Abuse Prevention
Committee of the District of Nipissing
Le Comité de prévention des mauvais
traitements à l'égard des enfants du
District de Nipissing

Pregnant & Need Help

Birthright – Call 24 Hours <i>For pregnant women requiring assistance with pregnancy resources.</i>	1-800-550-4900
Community Action Program for Children – http://www.parnipcass.org/programs/community-action-program-for-children <i>Ask for CAPC Pre and post natal support for young women (up to age 21 years) and their Child.</i>	705-472-0910
Healthy Babies, Healthy Children Program http://www.myhealthunit.ca/en/childandfamilyhealth/healthybabieshealthychildrenhomevisitingprogram.asp <i>Home visiting program for pregnant women or parents of children under 6 years.</i>	705-474-1400 ext 5351
Mental Health Crisis Line <i>for Children and Youth, their families, caregivers and service providers</i> www.somewheretoturn.ca	1-844-287-9072
Métis Healthy Babies Healthy Children Program http://northbaymetisCouncil.com <i>(Home visiting for pregnant women or parents of children under 6 years.)</i>	705-474-2767 ext 314
Mental Health Crisis Line <i>for Children, Youth, families, caregivers and service providers</i>	705-472-2811
North Bay Indigenous Friendship Centre http://www.nbifc.org/children-family-programs/ <i>Prenatal nutrition and family support program.</i>	1-844-287-9072
Lawrence Commanda Health Centre http://www.nfn.ca/health.php	705-753-3312
North Bay Regional Health Centre http://www.nbrhc.on.ca/programs-services/women-and-children/ <i>Prenatal and maternal/newborn clinics Child Social Worker</i>	705-474-8600 ext 4937 ext 4791,4973
MotherCare Nipissing Prenatal Nutrition Program http://www.parnipcass.org/programs/mothercare <i>A drop in for pregnant mothers and mothers of babies 0-2 months, trinity united Church</i>	705-472-0910 ext 295
Motherisk www.motherisk.org	1-877-439-2744
Alcohol, Nicotine & substance use helpline	1-877-327-4636
North Bay Parry Sound District health Unit Prenatal https://www.myhealthunit.ca/en/public-health-services/prenatal-classes.asp	705-474-1400 ext 5285
Sexual Health Clinic https://www.myhealthunit.ca/en/public-health-services/sexual-health-clinic.asp	705-474-1400 ext 5289
West Nipissing Woodlands Métis Aboriginal Community Action Program for Children <i>Our Children Our Future</i> http://www.nfn.ca/health_early.php	705 753-6420
K'Tigaaning Midwives Ktigaaning.midwives@gmail.com	705-476-2229
Midwives Sages Femmes of North Bay	705-476-6226

Parenting / Parent – Child Activities

Aboriginal Healthy Babies, Healthy Children (HBHC)	705-753-9665
Big Brothers & Big Sisters of North Bay & District http://www.bigbrothersbigsistersnorthbay.org/en/Home/default.aspx	705-474-3041
Child Restraint Information http://www.myhealthunit.ca/en/livehealthandprotectyourhealth/carseats.asp	705-474-1400
Community Action Program for Children (CAP-C) http://www.ndds.ca/who-uses-the-ndds/community-action-program-for-children-capc.html	705-472-0910
Early Childhood Development Program	705-753-2050
Nipissing First Nation http://www.nfn.ca/health_early.php	ext. 3001
EarlyON Child and Family Centre	705-474-8910
Family Enrichment Program http://www.ndds.ca/who-uses-the-ndds/family-enrichment-program <i>Support, Guidance, and education for parents and families in a warm & positive environment</i>	705-472-2152
Healthy Babies, Healthy Children North bay Parry Sound District Health Unit. http://www.myhealthunit.ca/en/childandfamilyhealth/healthybabieshealthychildrenhomevisitingprogram.asp <i>Home visiting program for parents and children up to 6 years.</i>	705-474-1400 ext 5351
Mental Health Crisis Line for children, youth, their families, caregivers, and service providers	1-844-287-9072
North Bay Indigenous Friendship Centre <i>Healthy babies healthy children Family support</i> http://www.nbifc.org/children-family-programs/	705-472-2811 ext 204 ext 210
Nipissing First Nation <i>Native Child Welfare Program</i> http://www.nfn.ca/health_early.php	705-753-2691
North Bay Métis Council (HBHC) http://northbaymetisCouncil.com/programs-services/ <i>Home visiting program for pregnant women or parents of children under 6 years.</i>	705-474-2767
North Bay Public Library http://library.cityofnorthbay.ca/youth/childrens-programs/ <i>Story time for children 2 & up. Music for toddlers (1-2 years)</i>	705-474-4830
Parent Help Line	1-778-782-3548
Parenting Programs <i>For parents of children ages 0-12, and teens</i> http://www.myhealthunit.ca/en/clinicsclassesandevents/Parenting-Workshops.asp	705-474-1400 ext 5285
Preschool speech and language services https://www.onekidsplace.ca/	705-476-5437
Supervised access centre http://www.crisiscentre-nb.on.ca/supervised_access.htm	705-472-0678
West Nipissing Woodlands Community Action Program for Children (CAP-C)	705-753-6420

Education

Academic Skills Development / Literacy & Basic Skills <i>Canadore College</i> https://www.canadorecollege.ca/programs	705-474-7600 ext 5469
Anishinabek Education Institute <i>Union of Ontario Indians</i> http://www.anishinabek.ca/	705-497-9127
Conseil Scolaire Catholique Franco-Nord http://www.franco-nord.ca/	705-472-1702
Conseil Scolaire Public du Nord_ est de L'Ontario http://www.cspne.ca/	705-472-3443
Independent Learning Centre English French	1-800-387-5512 1-800-265-0454
<i>Distance education courses in English and in French for Ontario residents who want to earn secondary school diploma credits, upgrade basic skills, or study for personal development.</i> http://www.ilc.org/index-main.php	
Literacy Council <i>Basic literacy skills, upgrading for adults, in class computers an literacy preparation for employment, English as a second language.</i> http://literacynipissing.ca/	705-494-9416
Near North District School Board https://www.nearnorthschools.ca/	705-472-8170
Nbissing Secondary School – Nipissing First Nation http://www.nbisiing.com/	705-497-9938
Laurentian Learning Centre http://www.nearnorthschools.ca/laurentian/	705-472-5419
Nipissing-Parry Sound Catholic District School Board http://www.npsc.ca/	705-472-1201
Nursery Schools	
Montessori Children's House http://montessori-childrens-house.ca/	705-476-5156 705-495-1173
Montessori Learning Centre http://www.northbaymontessori.ca/	

Recreation & Leisure

Kidsport http://www.kidsportcanada.ca/ontario/north-bay/	705-474-0626 ext 2328
Indigenous Friendship Centre http://www.nbifc.org/	705-472-2811
Parks, Recreation & Leisure Services <i>City Hall</i> https://www.cityofnorthbay.ca/cityhall/department/parks-recreation-and-leisure/	705-474-0400 ext 2335
Y.M.C.A. http://www.ymcanorthbay.com/	705-497-9622

Food Banks / Nutrition Resources

Eat right Ontario https://www.eatrightontario.ca/en/MenuPlanner.aspx#	1-877-510-5102
North Bay Food Bank	705-495-3290
Pantry Swap program	705-471-1442
Pro-Cathedral Catholic Charities	705-472-3970
Redeemer Lutheran Church	705-472-9169
Salvation Army	705-474-7859
St. Andrew's United Church Food Bank	705-472-7680
St Brice's Anglican Church	705-474-4005
St John's Anglicans Church	705-472-6070
St Vincent de Paul society Food bank	705-497-9784
St Peter's catholic Church	705-472-1817
Trinity United Church http://nbayfoodbank.wixsite.com/north-bay-food-bank/schedule-of-food-banks-in-north-bay	705-474-3310

Special Needs

Canadian Hearing Society https://www.chs.ca/	705-474-8090
Canadian National Institute for the Blind (CNIB) http://www.cnib.ca/en/Pages/default.aspx	705-472-2710
Community Counselling Centre http://www.ccnip.com/	705-472-6515
Community Living North Bay https://www.communitylivingnorthbay.org/	705-476-3288
Hands – www.thefamilyhelpnetwork.ca	705-476-2293
North Bay Indigenous Friendship Center http://www.nbifc.org/	705-472-2811
Infant and Child Development Services https://www.parnipcas.org/programs/infant-child-development-services	705-472-0910
One Kids Place- Children's Treatment Centre https://www.onekidsplace.ca/	705-476-5437
Inclusion Support Program	705-474-8910 ext 0
Special Services at home http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx	705-474-3540

Health Care

Aids Committee of North Bay and Area http://aidsnorthbay.com/	705-497-3560
Breast Feeding Support	705-474-8910 ext 0
EarlyON Child and Family Centre https://www.communitylivingnorthbay.org/services/ontario-early-years-centre-nipissing/	
North Bay Parry Sound District Health Unit http://www.myhealthunit.ca/en/index.asp	705-474-1400 ext 5351
Mothercare http://cpnp-pcnp.phac-aspc.gc.ca/details-eng.php?project=214	705-472-0910
Immunizations program all ages http://www.myhealthunit.ca/en/clinicsclassesandevents/immunizationclinics.asp	705-474-1400 ext 5252
Medicine Healthy way Clinic (nbifc) http://www.nbifc.org/	705-472-2811 ext 242
Infant child CPR	
St John's Ambulance http://www.sja.ca/English/Pages/default.aspx	705-495-3626 ext 5158
Algonquin Safety Training https://www.algsafety.ca/	705-223-0120
Health Card Information – Service Ontario https://www.ontario.ca/page/serviceontario	705-494-4130
Near North Hearing Centre http://www.lifestylehearing.ca/find-your-nearest/ontario/near-north-hearing-centre/	705-494-9900
The Hearing Aid Centre http://rayshearing.com/	705-474-8441
North Bay Audiology Clinic https://www.northbayaudiology.ca/	705-472-1801
North Bay Regional Health Centre http://www.nbrhc.on.ca/	705-474-8600
Sexual Assault Domestic Violence Program http://www.nbrhc.on.ca/programs-services/medical-services-2/sexual-assault-treatment-centre/	705-474-8600 ext 4478 or 4500
Healthy Smiles Ontario	1-800-563-2808
North Bay Parry Sound District Health Unit Community Information	705-474-1400 ext 5282
The Clinic http://www.myhealthunit.ca/en/index.asp	ext 5289
Northeast LHIN Home and Community Care http://healthcareathome.ca/northeast/en	705-476-22222
Telehealth Ontario	1-866-797-0000
Nurture North MAR clinic	705-478-7197
North Bay Nurse Practitioner Led Clinic http://www.nbnplc.com/	705-478-7671
Northern Shores Medical Clinic	705-478-0968

Medical Clinics

Near North Medical Clinic <i>Monday to Friday 4:45pm – 8:00 pm</i>	705-495-2685
Ferris Medical Clinic <i>Monday to Friday 9:00am – 5:00pm * call for appointment</i>	705-495-4000
Head to Toe Clinic <i>Monday to Friday 9:00am – 5:00pm * call for appointment</i>	705-495-0300
Good Doctors Medical Walk in Clinic** <i>Monday to Friday 9:00am – 3:00pm</i>	705-980-0121
Blue Sky After Hours Clinic** (Blue Sky Patients only) <i>Monday to Thursday 5:00pm – 8:00pm</i> <i>Saturday and Sunday 10:00am – 1:00pm</i>	705-476-1413

****Must register no later than 1 hour before closing**

Housing

Geared to Income/market rent	
Native People of Nipissing Housing	705-497-1773
Nipissing District Housing Corporation Registry http://www.dnssab.on.ca/services/Pages/Subsidized-Housing.aspx	705-478-2826
Transitional Housing Support https://nipissingtransitionhouse.com/programs-services/transitional-housing-support-program/	705-474-8853
Immediate And Short Term Housing	
Crisis Centre residence http://www.crisiscentre-nb.on.ca/index2.htm	705-474-1031
Futures Residence for Youth	705-476-4502
Shelters For Women and Children	
Nipissing Transition House https://nipissingtransitionhouse.com/	705-476-2429
Ojibway Women's Lodge http://www.ojibwaywomenslodge.ca/	705-472-3321
Sturgeon Falls Family Resource Centre	705-753-1154
Women's Resource Centre Mattawa http://mwrc.ca/	705-744-5567
Tenants Rights	
Landlord and Tenant Board http://www.sito.gov.on.ca/ltb/	1-888-332-3234
Low Income People Involvement (LIPI) http://lipinipissing.com/	705-472-1337
Nipissing Community Legal clinic http://yourlegalrights.on.ca/organization/nipissing-community-legal-clinic	705-476-6603

Child Care

Child Care Subsidy Office	705-474-2151
Licensed Daycare Centres	
Couchie Memorial Daycare	705-474-9860
Fairview Learning Centre & School Program	705-724-5462
Garderie Soleil – Main & satellite centres http://centrecompagnons.ca/nos-emplacements/	705-472-5589
Tree House Learning Centre	705-478-6680
Lindsay Weld Centre & School Age Programs http://www.lwcc.ca/	705-497-0296
Little Wings http://www.northbaymfr.ca/little-wings-childcare-centre/	705-494-2011 ext 2060
Mattawa Childcare Centre & School Age Program http://www.godaycare.com/daycare_in/ontario/mattawa	705-744-5366
North Bay Daycare & School Age Program	705-474-1850
Place du Passage	705-474-8809
West Ferris Day Nursery & School Age Program	705-497-3004
YMCA Services <i>Early learning licensed home child care</i> <i>And children's school age programs</i> http://www.ymcnorthbay.com/#	705-497-1915

Mental Health

Amelia Rising (Sexual Assault Centre)	705-840-2403
Crisis line	705-476-3355
TTY Crisis Line	705-840-5877
http://www.ameliarising.ca/	
North Bay Regional Health Centre	705-474-8600
http://www.nbrhc.on.ca/	ext 3509
Outpatient Mental Health Clinic	705-476-6240
http://www.nbrhc.on.ca/programs-services/mental-health-programs-services/mental-health-addictions/addiction-services/community-treatment-services/	ext 6889
Canadian Mental Health Association (CMHA)	705-474-1299
http://nipissing.cmha.ca/	
Mental Health Crisis Line for children, youth, families, caregivers and service providers	1-844-287-9072
Nipissing First Nation	
<i>Right Path Counselling and Prevention Services</i>	705-753-1375
http://www.nfn.ca/health_right.php	
<i>True Self Debwewendizwin Program</i>	705-474-4058
http://www.trueself.ca/	
Community Counselling Centre	705-472-6515
http://www.cccnip.com/	
Nipissing Crisis Intervention Services	1-800-352-1141
(24 hours/7 days /week)	
http://www.nbrhc.on.ca/programs-services/mental-health-programs-services/mental-health-addictions/crisis-24-hours-7-days-per-week-outpatient/	
Hands – the family help network	705-476-2293
http://www.thefamilyhelpnetwork.ca/home	
North Bay Indigenous Friendship Centre	705-472-2811
http://www.nbifc.org/	
Nipissing Mental Health and Housing Support Services	705-476-4088
http://www.nmhss.ca/site/	
Nipissing Post Partum Mood Disorder Network	705-474-1400
http://www.myhealthunit.ca/en/childandfamilyhealth/mentalhealth.asp	ext 2351
People for Equal Partnership in Mental Health (PEP)	705-494-4774
http://pepplace.org/contact-us/	

Addictions

Al-Anon Family Group/Alateen	1-888-425-2666
Community Counselling Centre	705-472-6515
North Bay Indigenous Friendship Centre	705-472-2811
http://www.nbifc.org/	
North Bay Recovery Home	705-472-2873
http://nbrh.org/	ext 201
Addiction Supportive Housing	705-472-2873
http://nbrh.org/services/addiction-supportive-housing-program/	ext 206
Nipissing Detox and Substance Abuse Program	705-476-6240
Ontario Problem Gambling Helpline	1-888-230-3505
Smoker's Helpline	1-877-513-5333
Tobacco Control Unit	705-474-1400
http://www.myhealthunit.ca/en/index.asp	ext 2372
Alcoholics Anonymous- North eastern Ontario area 84	705-474-7940
True Self Debwewendizwin Program	705-474-4058
http://www.trueself.ca/	

Peer Support

Amelia Rising	705-840-2403
http://www.ameliarising.ca/	
Assaulted Women's Hotline	1-866-863-0511
TTY	1-866-863-7868
AIDS Committee/Hep-c	705-497-3560
http://aidsnorthbay.com/	1-800-387-3701
Brain Injury Association	705-840-8882
http://www.bianba.ca/	
Canadian Hearing Society	705-474-8090
TTY	1-877-634-0174
northbay@chs.ca	
Co-Dependency	705-845-1062
March of Dimes	705-498-6296
TTY	705-474-8487
http://www.marchofdimes.ca/EN/Pages/default.aspx	
Breastfeeding Support	705-474-1400 ext 5351
North Bay Parry Sound District Health Unit	
Telehealth Ontario	1-866-797-0000
Near North Palliative Care	705-497-9239
True Self Debwewendizwin Program	705-474-4058
http://www.trueself.ca/	
Nipissing Down Syndrome Society	705-752-4810
Nipissing Family Program	705-494-4774
	ext 226
Nipissing Transition House	705-476-2429
https://nipissingtransitionhouse.com/	
Ojibway Women's Lodge	705-472-3321
http://www.ojibwaywomenslodge.ca/	
People for Equal Partnership in Mental Health (PEP)	705-494-4774
http://pepplace.org/contact-us/	
Warmline (24 hours a day)	1-866-856-9276
http://nisa.on.ca/services/the-regional-warm-line/	

The Law

Custody Application	705-495-8309
http://ontariocourtforms.on.ca/en/search?q=child+custody	ext 209
Crime Stoppers	1-800-222-TIPS
https://www.nearnorthcrimestoppers.com/	(8477)
Crown Attorney's Office	705-493-8313
North Bay Indigenous Friendship Centre	705-472-2811
<i>Criminal and Family Court Program</i>	
http://www.nbifc.org/legal-programs/	
Legal Aid Ontario	705-472-4893
http://www.legalaid.on.ca/en/	
Nipissing Community Legal Clinic	705-476-6603
http://www.cleo.on.ca/en/about/about-cleo	
Victim Witness Assistance Program	705-495-8339
http://www.victimservicesnipissing.com/content.asp?id=102	

Money

Child tax benefit http://www.cra-arc.gc.ca/bnfts/ccb/menu-eng.html	1-800-387-1193
Credit and Debt Counselling	705-472-6515
DNSSAB http://www.dnssab.on.ca/Pages/default.aspx	705-474-2151
Family Responsibility Office (FRO)	
Automated information system	1-800-267-7263
Child support client service associate http://www.mcsc.gov.on.ca/en/mcss/programs/familyResponsibility/	1-800-267-4330
GST Credit (cheques) https://www.canada.ca/en/services/taxes/gsthst.html	1-800-959-1953
Income tax forms https://www.canada.ca/en/services/taxes/income-tax.html	1-800-959-2221
Income tax information (individual)	1-800-959-8281
LEAP https://www.northbayhydro.com/residential/assistance-programs/	705-474-2151
Ontario childcare supplement for working families http://www.edu.gov.on.ca/childcare/paying.html	1-800-263-7965
Special services at home and assistance for children with severe disabilities http://www.children.gov.on.ca/htdocs/English/specialneeds/specialservices.aspx	705-474-3540 ext 237

Employment

DEOC (Disability Employment Opportunities Centre) http://deoc.ca/	705-494-4774 ext 221
DNSSAB Employment Services http://www.letstalkemployment.com/	705-474-2151
March of Dimes http://www.marchofdimes.ca/EN/Pages/default.aspx	705-498-6296
Ministry of labour – Employment standards https://www.labour.gov.on.ca/english/es/	1-800-531-5551
North Bay Indigenous Friendship Centre http://www.nbifc.org/education-employment/	705-472-2811
Service Canada https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html	705-472-3700
True Self Debwewendizwin Program http://www.trueself.ca/	705-474-4058
Yes! Employment Services http://yesnorthbay.com/	705-476-3234

Canadian Forces Base (22 Wing) North Bay Important Telephone Numbers

Military Family Resource Centre	705-494-2011 ext 2053
Little Wings Child Care Centre	705-494-2011 ext 2060
CFB Chaplain	705-494-2011 ext 6096
CFB Chapel Administrative Assistant	705-494-2011 ext 2028
CFB Social Worker	705-494-2011 ext 2592
CFB Military Police	705-494-2011 ext 2188

Resources and Help Links

Birth Certificate https://www.ontario.ca/page/get-or-replace-ontario-birth-certificate	705-474-2270
Human Rights Commission http://www.ohrc.on.ca/en	1-800-387-9080
North Bay Parry Sound District Health Unit http://www.myhealthunit.ca/en/clinicsclassesandevents/Resources-in-Your-Community.asp	
MS Society https://mssociety.ca/uploads/files/2014-on-and-nu-community-resource-guide.pdf	
Crisis Centre http://www.crisiscentre-nb.on.ca/Moving_Forward.pdf	
The Mothers Program http://www.themothersprogram.ca/resources-and-information/for-your-region/north-eastern-ontario/north-bay-parry-sound-district	
Family Navigator (Military) http://www.familynavigator.ca/index.php/resources/medical_-_north_bay_-_children_youth	
Labour Market Group	
Mental Health Crisis Line for children, youth, families, caregivers, and service providers http://thelabourmarketgroup.ca/wp-content/uploads/2015/10/Nipissing-Community-Employment-Guide.pdf	1-844-287-9072
<i>Nipissing</i> http://thelabourmarketgroup.ca/wp-content/uploads/2015/10/Parry-Sound-Community-Employment-Guide.pdf	
<i>Parry Sound</i> http://thelabourmarketgroup.ca/wp-content/uploads/2015/10/Parry-Sound-Community-Employment-Guide.pdf	
Ontario Network of Sexual Assault/Domestic Violence Treatment Centres http://www.satcontario.com	

Area Resources

Mattawa

Ambulance	911
Child Care Centre	705-744-5366
Family Resource Centre	705-744-4027
Fire Department	911
Food Bank	705-744-6706
Hospital	705-744-5511
Ontario Works	705-744-0395
Parent/Child Program	705-744-4027
Police/OPP	1-888-310-1122
Town Hall	705-744-5611
True Self Debwewendizwin Program	705-474-4058
Victim Services of Nipissing District	705-472-2649
Women's Resource Centre	705-744-5567

South River

Ambulance	911
EarlyON Program	705-386-0570
Espirit Place – Family Resource Centre	705-386-2303
First Steps Child Care Centre	705-386-0553
Great Beginnings	705-384-0160 ext 224
Medical Centre	705-386-0512
O.P.P.	1-888-310-1122
Ontario Works	705-386-2358
Victim Services of Nipissing District	705-472-2649
Women's Own Resource Centre	705-386-9672

Sturgeon Falls

Ambulance	911
Community Living West Nipissing	705-753-1665
Centre Alliance (Counselling)	705-753-2271
Centre d'Alphabetisation ALEC du Nipissing	705-753-1566
Family Resource Centre	705-753-1154
Fire Department	911
Food Bank	705-753-0314
Hospital	705-753-3110
Literacy Alliance	705-753-0537
Non Profit Housing	705-753-1550
EarlyOn Child and Family Centre	705-753-4144
Ontario works	705-753-5400
Police	705-753-1234
Resource Teacher Program	705-753-4144
Stepping Stones Program	705-753-4144
Town Hall	705-753-2250
Victim Services of Nipissing District	705-753-9194
Women's Outreach Services	705-753-5571
West Nipissing Child Care Corporation	705-753-4144

Emergencies- North Bay

General Emergencies	911
Children's Aid Society	705-472-0910

	1-877-303-0910
Crisis Centre	705-474-1031
Crisis Intervention Program – NBRHC	705-495-8198 or 705-495-8148

Kids Help Phone	1-800-668-6868
Nipissing Transition House	705-476-2429
Ojibway Women's Lodge	705-472-3321
O.P.P	705-495-3878

Poison Information Line	1-800-268-9017
Sexual Assault	705-476-3355
Sexual Assault TTY Line	705-840-5877
Warmline	1-866-856-9276

City Police	705-472-1234
Fire Prevention	705-474-0400
Salvation Army Social Services	705-474-7859
Support Link	705-472-8391

Victim Services of Nipissing District	705-472-2649
Victim Support Line	1-888-579-2888

Faith

Almaguin Missionary Church	705-386-0651
Arnstein Baptist Church	705-757-2182
Bethel Gospel Chapel	705-474-4920
Bethel Pentecostal Church	705-384-7706
Burk's Falls United Church	705-382-3325
Callander Bay Evangelical Missionary Church	705-752-1649
Calvary Pentecostal Temple	705-472-0923
Calvin Presbyterian Church	705-474-4750
Carmichael United Church	705-495-4702
Chalmers United Church	705-386-2308
Chisholm United Church	705-724-2815
Christ Church	705-495-4659
Christ the King Chapel	705-494-2166
Church of Christ	705-472-7040
Corner Gospel Pentecostal	705-729-5515
Eau Claire Missionary Church	705-744-2447
Emmanuel Christian Fellowship	705-845-8148

Emmanuel United Church	705-472-1806
Faith Chapel	705-476-5704
First Baptist Church	705-474-2490
Gateway Pentecostal Church	705-494-4735
Grace Pentecostal Church	705-724-1720
Greenwood Baptist Church	705-478-6522
Harbour Church	705-472-1894
Higher Heights Christian Fellowship	705-386-1999
Holy Name of Jesus	705-495-1501
House of all Nations	705-498-6060
Jehovah's Witnesses	705-724-3193
Jehovah's Witnesses	705-497-1639
Jehovah's Witnesses	705-474-1073
Kingdom Hall of Jehovah's Witnesses	705-753-5787
Knox Presbyterian Church	705-384-7452
Lakeshore Evangelical Missionary Church	705-472-2150
Laurentian Wesleyan Church	705-494-9710
Laurier Avenue United Church	705-472-5020
Near North Baptist Church	705-474-4980
New Apostolic Church	705-495-2557
North Bay Mosque	705-472-6399
Omond Memorial United Church	705-472-2070
Our Lady of Sorrows	705-753-0644
Paroisse Saint Vincent De Paul	705-472-2580
Paroisse Ste Bernadette	705-776-2244
Pentecostal Church MCLC	705-744-2341
Phelps United Church	705-663-1873
Pro Cathedral of the Assumption Church	705-472-3970
Redeemer Lutheran Church	705-472-9169
Sacred Heart of Jesus Parish	705-723-5352
St. Peter the Apostle Roman Catholic Church	705-472-1817
Salvation Army	705-474-7859
Seventh Day Adventist Church	705-476-3513
Son of Jacob Synagogue	705-472-0608
South Shore Evangelical Missionary Church	705-752-5971
St Alban Anglican Church	705-744-6510
St. Andrew's United Church	705-472-7680
St. Andrew's United Church	705-753-0283
St. Anne's Roman Catholic Church	705-744-5391
St. Brice's Anglican Church	705-474-4005
St. John's Anglican Church	705-472-6070
St. Joseph's Church	705-724-2118
St. Mary Magdalene Anglican Church	705-753-4249
St. Mary's Anglican Church	705-724-2789
St. Paul's United Church	705-757-2577
St. Peter's Anglican Church	705-752-2430
Trinity United Church	705-474-3310
United Pentecostal Church	705-474-5933
Wesleyan Church	705-474-5933
Zion United Church	705-384-5220
Sturgeon Falls Pentecostal Church	705-753-9469
Eldee Community Church	705-981-0796