

# **Addiction Supports in Niagara**

*\*CALL Connex Ontario for the most up to date programs and services in your area- 1-866-521-2600\**

## **264 Welland Avenue, St. Catharines location**

- **Withdrawal Management (Detox)** - 905-682-7211
  - Open 24/7, crisis intervention, assessments, community relapse prevention, treatment referrals, and discharge planning in a supervised setting for alcohol & substance use.
- **Hepatitis C Clinic** - 905-378-4647 ext. 32554
  - Treatment of Hep C infection, case management, and individual/group counselling.
- **Out & About Clinic** - 289-479-5090
  - Opiate agonist therapy with Methadone or Suboxone
- **ABC – A Better Choice Program** - 905-378-1075
  - Case management for pregnant/parenting women with substance use and their family (ages 0-6 years).
- **Canadian Mental Health Association (CMHA)** - 905-641-5222
  - Safe Beds, Urgent Support Services, and CMHA programs

## **Community Addiction Services of Niagara (CASON)** - 905-684-1183 (self-referral)

- 60 James St, Suite #401 St. Catharines - offices throughout Niagara Region - Individual, couples, & family substance use counselling, Day treatment program, children's group, after care, and referrals to residential treatment.

## **New Port Centre- Residential Treatment** - 905-378-4647 ext. 32500

- 260 Sugarloaf Street (attached to Port Colborne Hospital) 21-day co-ed, residential program, non-smoking facility.
- Provincial assessments and intake package must be completed. (Contact CASON to complete).

## **RAAM Clinic (Rapid Access Addiction Medicine)** - 905-378-4647 ext. 49463

- Prescribes medication assisted treatment for substance use including alcohol, cannabis, opioids, stimulants, benzodiazepines, etc.

**Daily Walk-in Clinics:** **Mondays** 9am-11am & **Wednesdays** 1pm-3pm (264 Welland Ave); **Tuesdays** 1pm-3pm (CASON 60 James St. 4<sup>th</sup> Floor) virtual appt with your CASON worker); **Wednesdays** 9am-11am (GNGH Outpatient Mental Health Unit #5546); **Thursdays** 9am-11am (Marotta Family Hospital 1200 Fourth Avenue St. Catharines Outpatient Mental Health); **Fridays** 9am-11am (Welland Hospital McLean Bldg 1<sup>st</sup> Floor #115)

## **YWCA Niagara Region - Women's Addiction Recovery Mediation (WARM)** - 905-359-1045

- Women 16+ with substance use or affected by the addiction of a loved one.
- Trauma-informed, harm reduction, art therapy, CBT and DBT models

## **Self-Help Groups**

- |                            |   |
|----------------------------|---|
| • Alcoholics Anonymous     | 905-682-2140 or 1-866-311-9042 (24/7 answering line)                        |
| • Al-Anon (Family support) | 905-328-1677  |
| • Narcotics Anonymous      | 905-685-0075  |
| • Gamblers Anonymous       | 905-351-1616  |
| • Nicotine Anonymous       | 1-877-879-6422  |
| • In the Rooms App         | Online Addiction Recovery Meetings  |
| • Bridging the Gap AA      | <a href="https://aaniagara.org/btg.html">https://aaniagara.org/btg.html</a> |

**Celebrate Recovery** - Christ centred program address depression, anxiety, addictions, abuse, co-dependency etc

- **Niagara Worship Centre (Niagara Falls)** - 6846 Frederica Street  
Tuesdays at 7:00pm  
Phone (text or call) 905-356-0635
- **Rice Road Community Church (Welland)** - 305 Rice Road  
Mondays 7:00pm-9:00pm (online only)  
Contact Gloria Robinson – 905-401-9959B
- **Bethany Community Church (St. Catharines)** - 1388 Third Street  
Thursdays at 6:30pm-8:30pm

**Positive Living Niagara** - 905- 984-8684 - 120 Queenston Street, St. Catharines

- Outreach Van “Street Works” (Harm Reduction program provides safe injection/ inhalation supplies)  
Hours: Monday- Friday 6:00pm-10:30pm- 905-328-6715
- Call for Needle Exchange/ Harm Reduction Support @ 1-800-686-7544

**Consumption Treatment Site (CTS)- Safe Injection Site** - 105 Queenston Street St. Catharines (back entrance on right)

- Open daily 9:30am-8:30pm

**Sober Living Transitional Homes** - (call to self-refer)

- **ARID (men)** Thorold Home - 905-227-1113  
Fort Erie Home – 905-871-7041
- **Wayside (men)** St. Catharines – 905-684-9248  
Limit on methadone & suboxone  
Pre-admit 5-7 days abstinence  
No outstanding legal issues  
ODSP/OW clients pay a set amount/day  
No prescribed opiates or benzodiazepines
- **WISH (women)** Welland - 289-820-8192

**Family Addiction Support** - 1-(855) 377-6677 Ext. 207

- Monday to Friday 1:00-3:00pm

**Grief/ Resources for Families**

1. Grief Recovery After a Substance Passing or GRASP was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose. Local meetings, book recommendations and tributes are featured on their website.
2. Eluna Network may be especially helpful if you have children who have lost a loved one or been impacted by substance use. They offer camps and other resources families can use to help children understand grief & loss.
3. Facebook: After the Storm: Grief Support from Loss through Addiction is a private Facebook group specifically for parents who have lost children to substance use.
4. Help & Hope by Text for Loss. Have you wondered how other people get through the loss of their child to substances? Receive text messages of hope, encouragement, and resources created by our peer parent coaches who have walked in your shoes. To join, text LOSS to 55753 to get started.
5. Families for Addiction Recovery <https://www.farcanada.org/>