

Second Edition



AGE-FRIENDLY SARNIA-LAMBTON



A SENIORS' GUIDE TO SARNIA LAMBTON

COMMUNITY HEALTH AND SOCIAL SERVICE LISTINGS FOR AGES 55+

SUPPORTING HEALTHY AGING ACROSS EVERY AGE AND STAGE OF LIFE

Funded by



For the most up-to-date service listings information, visit:
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INTRODUCTION

Welcome to the Seniors' Guide to Sarnia-Lambton! This publication is brought to you by Age-Friendly Sarnia-Lambton, a project designed to support active, healthy and engaged living for people through all life stages, with a focus on ages 55+. Here, you'll find over 300 service listings to help you:

- Be engaged in your community
- Stay healthy and active
- Find care and support

The content of this book is based on feedback gathered from community members and care providers. It lists many of the services and supports available to older adults in Sarnia and Lambton County. Additional information is available online at www.agefriendly.sarnialambton.ca.

Service information listed in this booklet and on the Age-Friendly Sarnia-Lambton website have been provided by thehealthline.ca.

For the most up-to-date service listings information, visit www.agefriendly.sarnialambton.ca

TEN WAYS TO LOOK AFTER YOU

To be an active member of your community, it's important to look after yourself. Here are ten tips to keep in mind as you explore this book.

1. Take part in at least two and a half hours of physical activity each week. Take advantage of local fitness classes for seniors – it's more fun to work out together!
2. Manage stress by practicing relaxation techniques such as listening to music, socializing with friends, doing your favourite hobby, or spending time outdoors.
3. Quit smoking.
4. Eat well.
5. Maintain a healthy weight.
6. Stay up-to-date on immunizations and health screenings.
7. Protect your skin from the sun.
8. Get regular dental, vision, and hearing check-ups.
9. Stay socially connected and engaged.
10. Do things that are meaningful to you.

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HOUSING OPTIONS

We all like to feel comfortable in our own homes. Changes to your health, finances, and other personal circumstances may mean having to move. This section outlines the types of accommodations available to you, depending on your situation. If you are able to, and prefer to stay living at your home, there are services listed below and on page 19 under 'In-Home Supports and Staying Healthy' that can help you.

AFFORDABLE HOUSING

Non-profit, public, or co-operative housing organizations that provide housing assistance to people with low incomes.

Alexander Mackenzie Housing Co-operative

1625 Afton Court, Sarnia | 519-381-5134

Co-operative housing. 50-unit building with two- and three- bedroom apartments. Two apartments are wheelchair accessible.

Faethorne Place Housing Co-op

1240 Afton Dr, Suite 111, Sarnia | 519-344-5926

Office: Mon-Fri 8am-12noon, 1:30pm-4pm. Co-operative housing complex with one- and two-bedroom apartments, and two- and three-bedroom houses.

Habitat for Humanity

1787 London Line, Sarnia | 519-339-7957

Office: Mon-Fri 9am-5pm. Builds new homes for low-income families. Homes are built by volunteers and the future home owners with donated materials and services. No-interest mortgage payments.

Hoskins Housing Co-operative

115 Victoria St, Sarnia | 519-344-9363

Office: Mon-Fri 9am-12noon. 40-unit building with two wheelchair accessible units. At least one member of each household must be 60 years and older.

Lambton County - Housing Services

150 Christina St N, Sarnia | 519-344-2062 or 1-800-387-2882

Office: Mon-Fri 8:30am-4:30pm. Provides housing assistance to residents. Administers the non-profit, co-operative, rent supplements and affordable housing programs. Provides property management for 830 units.

Thedford Non-Profit Housing – Meadowview Families

173 Deacon St, Thedford | 519-473-2427

Non-profit, 20-unit townhouses with one accessible unit.

St Clair Meadows Housing Co-op

1250 Wellington St, Sarnia | 519-337-4288

Office: Mon, Wed-Fri 10am-3pm • Tue 3pm-8pm. 50-unit non-profit co-operative housing with two- and three- bedroom units and three wheelchair accessible units.

FALLS ASSESSMENT AND PREVENTION PROGRAMS**Bayshore Home Care Solutions – Sarnia Branch – Falls Prevention**

49 Finch Dr, Unit 8, Sarnia | 519-383-6979 or 1-888-227-5013

Assesses older adults for risk of falls in the home. Falls prevention audit identifies potential hazards in the home. Services include medication review and an activation program to boost strength and balance.

North Lambton Community Health Centre – Home Safety Assessments

59 King St W, Unit 3, Forest | 519-786-4545 ext 265

Occupational therapists conduct home safety assessments for adults 55 years and older. Some modification costs may be covered if eligibility is met.

HOME MAINTENANCE AND REPAIR

Connects older adults and people with disabilities to home maintenance and repair services. Programs may provide referral to pre-screened services.

Habitat for Humanity – Sarnia/Lambton – Habitat Handyman

1787 London Line, Sarnia | 519-339-7957

Low-cost home renovations (repair, installation, removal, painting, and cleaning) for eligible low-income homeowners.

Lambton Elderly Outreach - Home Maintenance

4486 London Line, RR 1, Wyoming | 1-800-265-0203

Provides minor home repairs, heavy house cleaning and regular lawn/yard maintenance.

Lambton Renovates

519-344-2062 ext 2165

Major repairs and rehabilitation required to make your home safe while improving energy efficiency are eligible. Application required.

NeighbourLink - Sarnia-Lambton

519-336-5465

Tue 9am-3pm • Wed, Fri 9am-12noon. Volunteer drivers. Pre-booking required. Network of 25 Christian churches providing services and resources to people in need. Offers dry goods through a food pantry, clothing and household items, and beds and bedding. Volunteers help with household chores, transportation, shopping, and offer companionship.

HOUSING AND CARE FOR PEOPLE WITH INTELLECTUAL DISABILITIES

Residential homes, group, or independent living homes that provide care and support for people living with an intellectual disability.

Community Living Sarnia-Lambton - Supported Independent Living

551 Exmouth St, Sarnia | 519-332-0560

Office: Mon-Fri 8:30am-4:30pm. Provides residential opportunities for people living in varying degrees of independence in the community. The amount of support is tailored to the individual's needs. Facilities include: independent apartments, shared apartments, town houses, and apartments with daily supports.

Lambton County Developmental Services - Residential Services

339 Centre St, Petrolia | 519-882-0933

Office: Mon-Fri 8am-4:30pm. Housing supports for adults with developmental disabilities. Call Developmental Services Ontario at 1-877-480-2726 for referrals.

St Francis Advocates - Lambton/Chatham-Kent/Windsor Essex

7346 Arkona Rd, PO Box 218, Arkona | 519-828-3923

Housing care and residential treatment supports for adults who have autism and/or other developmental disabilities. Operates 12 residential homes in Lambton County, Essex County, and Chatham-Kent.

HOUSING AND RESIDENTIAL CARE FOR PEOPLE WITH MENTAL ILLNESS

Residential care and/or housing supports for people who have a serious mental illness. Services may include symptom monitoring and stabilization, life skills training, and individual, group, or family counselling.

Balas Residential Homes

307 Vidal St, Sarnia | 519-336-9374

Daily 24 hours. Rest home with psychiatric group post-care.

HOUSING REFERRAL AND RIGHTS

Supports to help people and families with low to moderate income find affordable housing, and to be aware of their rights and obligations as tenants.

Lambton County - Housing Services Department

150 Christina St N, Sarnia | 519-344-2062 or 1-800-387-2882

Office: Mon-Fri 8:30am-4:30pm. Community support workers provide outreach and support to tenants and their families. Also assists with maintaining housing and preventing eviction, budgeting and finances, completing forms, mediating tenant issues, home visits, and hoarding issues.

LONG-TERM CARE HOMES

Residential care facilities that provide 24-hour nursing care and supervision to adults who have significant health issues and cognitive impairment. All rates are set by the Ministry of Health and Long-Term Care. Subsidies for basic rates may be available for eligible applicants. Contact Home and Community Care at 1-888-447-4468 to apply.

Afton Park Place Long Term Care Community

1200 Afton Dr, Sarnia | 519-336-2362

Office: Mon-Fri 9am-4pm

Fiddick's Nursing Home

437 First Ave, Petrolia | 519-882-0370

Lambton Meadowview Villa

3958 Petrolia Line, RR 4, Petrolia | 519-882-1470

Office: Mon-Fri 8am-4pm

Marshall Gowland Manor

749 Devine St, Sarnia | 519-336-3720

North Lambton Lodge

39 Morris St, Forest | 519-786-2151

Sumac Lodge

1464 Blackwell Rd, Sarnia | 519-542-3421

Trillium Villa Nursing Home

1221 Michigan Ave, Sarnia | 519-542-5529

Twin Lakes Terrace Long Term Care Community

1310 Murphy Rd, Sarnia | 519-542-9845

Office: Mon-Fri 8am-4pm

Vision Nursing Home

229 Wellington St, Sarnia | 519-336-6551

Office: Mon-Fri 9am-4:30pm

Watford Quality Care Centre

344 Victoria St, Watford | 519-876-2520

Office: Mon-Fri 8am-5pm

RETIREMENT HOMES

Independent living facilities for retired individuals and other older adults that offer access to supportive services. In most cases 24-hour nursing staff, personal care, medication administration, emergency response systems, meals, housekeeping, linens and bed changes, laundry, and social and recreation programs are offered to seniors who are independent or need only minor assistance.

Albany Retirement Village

423 Albany St, Petrolia | 519-882-3157

Provides short stay (i.e. temporary, vacation, convalescent, respite care) when space permits.

Brookside Retirement Living

7835 Confederation Line, Watford | 519-876-3452

64-bed retirement residence with apartment-style accommodations.

Country Manor Estates

66 Victoria St, Thedford | 519-296-4919

96 bed residence with private and semi-private rooms, and private and shared bathrooms. Provides short stay (i.e. temporary, vacation, convalescent, respite care) when space permits.

Fiddick's Retirement Home

437 First Ave, Petrolia | 519-882-0370

34-bed residence with dementia care program. On-site services include physiotherapy, hairdressing, and foot care.

Landmark Village

1370 L'Heritage Dr, Sarnia | 519-542-6757

Office: Mon-Fri 8am-8pm • Sat 8am-4pm • Sun 10am-4pm. 123-unit retirement home with studio, one-bedroom, and two-bedroom units. Provides short stay (i.e. temporary, vacation, convalescent, respite care) when space permits.

Rosewood Village

711 Indian Rd N, Sarnia | 519-332-8877

Office: Mon-Fri 8am-5pm. 53-bed retirement residence that provides short stay (i.e. temporary, vacation, convalescent, respite care) when space permits. Enriched care services available.

Twin Lakes Village - Seniors Living

1310 Murphy Rd, Sarnia | 519-542-2939

Office: Mon-Fri 9am-4pm. 47-bed retirement residence with private and semi-private rooms, and private and shared bathrooms. Provides short stay (i.e. temporary, vacation, convalescent, respite care) when space permits.

Village on the St Clair

170 Front St S, Sarnia | 519-336-1455

Office: Mon-Fri 9am-8pm • Sat 9am-4pm. 72-bed residence that provides short stay (i.e. temporary, vacation, convalescent, respite care) when space permits.

Vision Rest Home

229 Wellington St, Sarnia | 519-336-6551 ext 3

34-bed retirement residence with private and semi-private rooms, and private and shared bathrooms. Couples' rooms also available. Provides short stay (i.e. temporary, vacation, convalescent, respite care) when space permits. Can also accommodate crisis admissions.

SENIORS' APARTMENTS

Apartments for older adults, typically 55 years and older, who are able to live independently. Most buildings provide rent-geared-to-income as well as market-rate units.

Bethel Senior Apartments

1575 London Line, Sarnia | 519-473-2427

50-unit building with two accessible units for adults 65 years and older.

Bluewater Country Adult Lifestyle Community

5700 Blackwell Side Rd, Sarnia | 519-542-0123

Retirement community for adults 50 years and older. On-site amenities include a pool, library, sports facilities, and a clubhouse.

County of Lambton Housing Services Apartments

519-344-2062 or 1-800-387-2882

All County of Lambton seniors' apartments are for adults 65 years and older unless otherwise specified.

Brigden Park Place

2444 Jane St, Brigden

5-unit, one-bedroom seniors' apartments.

Forestview Villa

41 Morris St, Forest

21-unit, one-bedroom seniors' apartments.

Kings Court

412 King St, Petrolia

24-unit, one-bedroom seniors' apartments.

Lambtonian Apartments

3932 Petrolia Line, Petrolia

22-unit, one-bedroom seniors' apartments.

Maxwell Park Place

993 Maxwell St, Sarnia

One- and two-bedroom units. Accessible and modified units available.

Mid Valley Apartments

4335 Petrolia Line, Petrolia

4-unit, one-bedroom seniors' apartments for adults 60 years and older.

Orchard View Apartments

7294 Arkona Rd, Arkona

Two accessible units and rent-geared-to-income available.

Fairwinds Lodge

1218 Michigan Ave, Sarnia | 519-542-8814

Private residence which provides independent living. Amenities include housekeeping, transportation, 3 meals a day, organized leisure programs and fitness along with 24 hour concierge.

Inn on the Park

840 Trillium Park, Sarnia | 519-344-5320

One and two-bedroom apartments for adults 55 years and older. Services offered include meals, housekeeping, laundry, emergency response system, social programming, a beauty salon, seasonal pool, tuck shop, and chauffeur service. No personal care. Call to apply.

Pineview Apartments

1310 Exmouth St, Sarnia | 519-542-9798

Office: Tue 11am-4pm. One and two-bedroom apartments for adults 60 years and older.

St Paul's Outreach Foundation - Sandpiper Apartments

175 Wellington St, Suite 1016, Sarnia | 519-337-9229

Office: Mon-Fri 8am-5pm. 117 one-, two- or three-bedroom life lease units that are purchased by residents 55 years and older.

Thompson Gardens

198 Beckwith St, Corunna | 519-862-2629

Studio, one- and two-bedroom life-lease units available for adults 55 years and older.

Wellings

180 Bunker Ave, Corunna | 1-877-428-9849

Mon-Fri 8:30am-4:30pm. One-bedroom, one-bedroom plus den, and two-bedroom units available for adults 55 years and older.

Widder Court Seniors

172 Deacon St, Thedford | 519-344-2062

8-unit seniors' apartments. One- and two-bedroom units. Two accessible and modified one-bedroom units available. For adults 65 years and older.

SHELTERS AND TRANSITIONAL HOUSING

Shelters and transitional housing offer accommodation along with other supports, such as counselling, meals, recreation, and emergency transportation.

Inn of the Good Shepherd - The Good Shepherd's Lodge

950 Confederation St, Sarnia | 519-344-1679

A twenty-five bed emergency shelter with two private family rooms. Provides two hot meals per day, computer access, laundry facilities, showers, private secured locker area, free phone calls and assistance searching for permanent housing.

River City Vineyard - Sanctuary

260 Milton St N, Sarnia | 519-383-8323

Provides shelter, food, clothing and showers to people in need.

Women's Interval Home of Sarnia-Lambton

681 Oxford St, Sarnia | 519-336-5200

Provides an immediate alternative to an abusive, or potentially abusive family setting, for women and their children.

SUPPORTIVE HOUSING

Personal care provided in designated residential buildings for people who need daily personal support and essential homemaking. Personal care is available up to 24 hours a day.

Kettle and Stony Point Health Services- Wiidsemshin Assisted Living Facility

6275 Indian Lane, Kettle Point | 519-786-5647

Assisted living facility for the frail elderly and people with disabilities. For members of Chippewas of Kettle and Stony Point First Nation.

March of Dimes Canada - Supportive Housing - Standing Oaks

1212 Michigan Ave, Sarnia | 519-541-0082

10-bed group home with 24-hour personal care. Services include on-site attendants, medication monitoring, assistance with bathing, dressing, grooming, simple wound dressings, basic homemaking, laundry, light housekeeping and recreation. Call to apply. Assessment required.

TRANSPORTATION OPTIONS

Transportation is a critical component in a healthy, engaged lifestyle. If you can't get where you're going, you can quickly become isolated from friends and community. This is especially true if you no longer drive a car.

If you have never taken the bus before, now is the time to start! You can also consider options such as getting a ride from a friend or using taxis or Ubers. If you are able, try active transportation such as walking, cycling, or using an e-bike.

If you're concerned about getting to medical appointments, there are several services available to help. Check out the listings that follow to see what's available.

Whatever options you choose, make safety a top priority.

The following section lists local services information about accessible and non-accessible travel in and out of town to medical and personal appointments.

NON-ACCESSIBLE AND/OR VOLUNTEER TRANSPORTATION

Transportation services for older adults and people with special needs who are mobile. Most services are volunteer-based and may charge a nominal fee. Some providers may accompany clients to health-related appointments.

Aamjiwnaang First Nation - Non-Insured Health Benefits and Medical Transportation

1300 Tashmoo Ave, Sarnia | 519-332-6770

Mon-Fri 8:30am-4:30pm. Serves all members of Aamjiwnaang living on-reserve. Transportation to dialysis, cancer treatments, and methadone maintenance programs will need to be approved ahead of time. Advanced booking is required.

Canadian Cancer Society – Sarnia-Lambton – Wheels of Hope Transportation Service

556 Christina St N, Sarnia | 519-332-0042

Office: Mon-Fri 9am-5pm. Volunteer drivers transport patients to cancer-specific medical appointments at designated hospitals and cancer centres

Canadian Red Cross – Transportation Program

416 East St N, Sarnia | 519-332-6380

Mon-Fri 8:30am-4:30pm. Provides door-to-door rides for older adults or adults who have a disability to attend medical and therapeutic appointments, social activities and perform other daily tasks such as shopping trips. Set fee. Pre-booking required.

Lambton Elderly Outreach

4486 London Line, RR1, Wyoming | 519-845-1353

Mon-Fri 8:30am-4:30pm. Supports for older adults, and adults with disabilities * helps people remain independent in their own homes for as long as possible * referral to other community services. Fees depend on the service, no referral required.

NeighbourLink - Sarnia-Lambton

519-336-5465

Tue 9am-3pm • Wed, Fri 9am-12noon. Volunteer drivers. Pre-booking required.

Shine at Home - Transportation

746 Exmouth St, Unit 1, Sarnia | 519-336-9898

Transportation to doctor's appointments, shopping, hospitals, and social outings. All rides are tracked and one invoice is provided at the end of the month. A tax credit document can be provided if needed. All rides include full assistance in and out of vehicles and into and out of appointments. 24-hour notice is required. Services are available to Shine at Home clients only.

PATIENT TRANSFER

Non-emergency transfer services for people with stable, non-urgent health conditions who may require stretchers, chair lifts or oxygen. Transportation may include transfers to or from a hospital, long-term care home, or other healthcare facilities.

Lambton Elderly Outreach

4486 London Line, Wyoming | 519-845-1353 ext 1

Stretcher van transportation for adults 60 years and older and adults with disabilities 18 years and older. Advanced booking is required.

PUBLIC TRANSPORTATION

Provides transportation to the public for a fee, on set routes and schedules. Public transportation may provide specialized services for people with mobility limitations.

Sarnia Transit

1169 Michener Rd, Sarnia | 519-336-3271

Office: Mon-Fri 8:30am-5pm. Services: Mon-Fri 6:30am-10:15pm • Sat 8am-10:15pm • Sun 8:30am-6:15pm.

Care-A-Van

Point Edward and Sarnia | 519-336-3789

Office: Mon-Fri 8am-3pm. Service: Mon-Fri 6:30am-10:15pm • Sat 8am-10:15pm • Sun 8:30am-6:15pm. Door-to-door public transportation for people who are unable to use regular Sarnia Transit service due to a physical disability. Uses lift-equipped vehicles.

VIA Rail Sarnia Train Station

125 Green St, Sarnia | 1-888-842-7245

Unstaffed station that opens 60 minutes prior to the first train's arrival and remains open for 30 minutes after last train's departure. Discounts available for adults 60 years and older, and students and youth 12 to 25 years old.

WHEELCHAIR ACCESSIBLE TRANSPORTATION

Wheelchair-accessible transit provided by public transportation, community groups, and private companies.

Aamjiwnaang First Nation

1300 Tashmoo Ave, Sarnia | 519-332-6770

Non-Insured Health Benefits and Medical Transportation - Serves all members of Aamjiwnaang living on-reserve. Transportation to dialysis, cancer treatments, and methadone maintenance programs will need to be approved ahead of time. Advanced booking is required.

Wheelchair Accessible Van - Provides transportation services to people with a physical, functional, or mobility challenge. Must be a band member of the First Nation community or the spouse of a member. Advanced booking is required.

Canadian Red Cross – Transportation Program

416 East St N, Sarnia | 519-332-6380

Mon-Fri 8:30am-4:30pm. Provides door-to-door rides for older adults or adults with a disability to attend medical or therapeutic appointments, social activities, and other daily tasks like shopping. Advanced booking is required.

Care-A-Van

Point Edward and Sarnia | 519-336-3789

Office: Mon-Fri 8am-3pm. Service: Mon-Fri 6:30am-10:15pm • Sat 8am-10:15pm • Sun 8:30am-6:15pm. Door-to-door public transportation for people who are unable to use regular Sarnia Transit service due to a physical disability. Uses lift-equipped vehicles.

Lambton Elderly Outreach

4486 London Line, Wyoming | 519-845-1353 ext 360

Accessible van transportation for adults 60 years and older or adults with disabilities 18 years and older with mobility challenges. Transportation to medical appointments and daily tasks like shopping. Advanced booking is required.

OUTDOOR SPACES AND PUBLIC BUILDINGS

Sarnia–Lambton is a vibrant area, with beautiful natural areas, parks and beaches and great museums, galleries, libraries, seniors' centres, and other community facilities. Whenever you can, get out and enjoy this wonderful area! This section will help you get active by exploring nature and visiting local community and cultural spaces.

COMMUNITY RESOURCE CENTRES AND SENIORS' CENTRES

Community access to a range of health and social services including recreational and educational programs for seniors.

Strangway Community Centre

260 East St N, Sarnia | 519-332-0656

Mon-Fri 8:30am-4:30pm. Recreational, social and educational programs and regular weekly activities for adults 20 years and older. Special programs for adults 50 years and older. Educational classes, recreational activities, volunteer opportunities, Hobby Shop, Cafe and luncheons. Fees vary per program or event. Membership available to adults 50 and older.

Arkona Seniors Centre

7355 Arkona Rd, Arkona | 519-243-1400 press 3

Seniors' centre with social activities such as shuffleboard, cards, small social gatherings and meetings featuring a multipurpose room and kitchen. Emergency Reception Centre for the Arkona area. Fees vary per program or event.

Cruickshank Centre

198 Beckwith St, Corunna | 519-862-2629

Mon-Thu 8am-4pm • Fri 8am-11am. Community centre for adults 55 years and older. Activities may include: bingo, card games, sing-alongs, book club, luncheons, exercise classes, scrabble, and hair and esthetic services.

River City Vineyard

260 Mitton St N, Sarnia | 519-383-8463

Church and community centre. Outreach services include community meals, a community garden, food bank, clothing store, and shower ministry.

LIBRARIES

The Lambton Public Library system has 25 branches. Library cards are free, but fees apply to other services. Computers, photocopying and printing available. First Nations library branches are also listed below.

Due to COVID-19, in-person library services may be suspended. Call branch prior to arrival.

Alvinston Library

3251 River St, Alvinston | 519-898-2921

Arkona Library

16 Smith St, PO Box 12, Arkona | 519-828-3406

Bkejwanong First Nation Public Library

136 Tecumseh Rd, Walpole Island | 519-627-7034

Brigden Library

1540 Duncan St, Brigden | 519-864-1142

Brights Grove Library

2618 Hamilton Rd, Brights Grove | 519-869-2351

Camlachie Library

6745 Camlachie Rd, Camlachie | 519-899-2202

Corunna Library

417 Lyndoch St, Corunna | 519-862-1132

Courtright Library

1533 Fourth St, Box 182, Courtright | 519-867-2712

Florence Library

6213 Mill St, Florence | 519-692-3213

Forest Library

61 King St W, Forest | 519-786-5152

Grand Bend Library

15 Gill Rd, PO Box 117, Grand Bend | 519-238-2067

Inwood Library

6504 James St, Inwood | 519-844-2491

Kettle and Stony Point Library

53 Indian Lane, Forest | 519-786-2955

Mon, Wed, Fri 10am-2pm • Tue, Thu 4pm-8pm

Mallroad Library

1362 Lambton Mall Rd, Sarnia | 519-542-2580

Mooretown Library

1166 Emily St, Mooretown | 519-867-2823

Oil Springs Library

4596 Oil Springs Line, Oil Springs | 519-834-2670

Petrolia Library

4200 Petrolia Line, Petrolia | 519-882-0771

Point Edward Library

220 Michigan Ave, Point Edward | 519-336-3291

Port Franks Library

9997 Port Franks Rd, Unit 2, Port Franks | 519-243-2820

Port Lambton Library

507 Stoddard St, Port Lambton | 519-677-5217

Sarnia Library

124 Christina St S, Sarnia | 519-337-3291

Sarnia Children's Library

122 Christina St S, Sarnia | 519-337-3291

Books, activities and programming for children and youth.

Shetland Library

1279 Shetland Rd, Florence | 519-695-3330

Sombra Library

3536 St Clair Pkwy, Sombra | 519-892-3711

Thedford Library

Legacy Centre, 16 Allen St, Thedford | 519-296-4459

Watford Library

5317 Nauvoo Rd, Watford | 519-876-2204

Wilkesport Library

1349 Wilkesport Line, Wilkesport | 519-864-4000

Wyoming Library

536 Niagara St, PO Box 357, Wyoming | 519-845-0181

IN-HOME SUPPORTS AND STAYING HEALTHY

In-home medical care, social supports, and community fitness and wellness programs.

ADULT DAY PROGRAMS

Part-of-the-day supervised group programming for dependent adults, such as frail seniors, people with Alzheimer's, and people with disabilities. Services may include meals, personal care, and leisure activities. Call Home and Community Care at 1-888-447-4468 to assess the needs of applicants.

Lambton Meadowview Villa - Adult Enrichment Centre - Petrolia Site - Adult Day Program

3958 Petrolia Line, RR 4, Petrolia | 519-882-1470 ext 5029

Tue-Fri 9am-3pm. Social, recreational, and therapeutic activities for people with Alzheimer's disease and other related dementias in a group setting for part of the day. Set fee per day. Subsidy available for eligible participants.

Marshall Gowland Manor - Adult Enrichment Centre - Sarnia Site - Adult Day Program

749 Devine St, Sarnia, ON | 519-336-3720 ext 2

Mon-Fri 9am-3pm. Social, recreational, and therapeutic activities for older adults and people with disabilities in a group setting for part of the day. Set fee per day.

ONE CARE - Grand Bend Adult Day Centre

69 Main St E, Grand Bend | 1-877-502-8277

Office: Mon-Fri 8am-5pm. Social, recreational, and therapeutic activities for older adults, adults with disabilities, and people with Alzheimer's disease and related dementias. Programs may include exercise, music, meals, guest speakers, games, crafts, entertainment, health information and community outings.

Victorian Order of Nurses - Sarnia-Lambton - Adult Day Program

845 Trillium Park, Unit 105, Sarnia | 519-332-8621

Mon-Fri 9am-3pm. Social, recreational, and therapeutic activities for adults with Alzheimer's disease or other related dementias. Programs may include exercise, walking, music, pet therapy, blood pressure screening, flu immunizations, and foot care. A free trial day is available. Set fee per day and a subsidy may be available for eligible participants.

CONGREGATE DINING

Community dining programs for seniors that provide social interaction outside the home.

Lambton Elderly Outreach - Diner's Club

4486 London Line, RR 1, Wyoming | 1-800-265-0203 ext 258

Group meals and social activities for adults 60 years and older. Meals held in Port Lambton, Corunna, Petrolia, and Alvinston.

North Lambton Community Health Centre - Young at Heart Seniors Dinner

59 King St W, Unit 3, Forest | 519-786-4545 ext 0

First Wednesday of the month 12noon-2pm (Oct-Jun). Group meals and social activities for older adults. Set fee.

ONE CARE Home and Community Support Services - Dining for Seniors
St John's by the Lake Anglican Church, 70642 Ontario St N, Grand Bend
1-877-502-8277

Group meals and social activities, entertainment, conversation, and companionship. Call in advance to register.

Strangway Community Centre - Strangway Café

260 East St N, Sarnia | 519-332-0656

Mon-Fri 11am-1pm. Breakfast for Men's Morning: First Thu of the month 9am. Home cooked meals at reasonable prices.

DIABETES EDUCATION PROGRAMS

Self-management and education programs for people with diabetes to help them properly manage their condition. Services are usually provided by a registered nurse and a dietitian who work with family doctors and diabetes care experts.

Chatham-Kent Health Alliance - Diabetes Education Centre - Walpole Island Diabetes Outreach

Walpole Island Health Centre, 1603 River Rd, RR 3, Wallaceburg
519-437-6086

Second and third Thursday of the month 8am-4pm. Supports for people living with prediabetes or diabetes. One-on-one consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices.

Grand Bend Area Community Health Centre - Diabetes Education Program

69 Main St E, Grand Bend | 519-238-1556 ext 4

Supports for people living with prediabetes or diabetes. One-on-one consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices.

North Lambton Community Health Centre - Diabetes Education Programs

Supports for people living with prediabetes or diabetes. One-on-one consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices.

59 King St W, Unit 3, Forest | 519-786-4545 ext 307

536 Simcoe St, PO Box 689, Watford | 519-333-2747

6275 Indian Lane, Kettle Point | 519-786-2700

429 Exmouth St, Suite 100, Sarnia | 519-344-3017 ext 259

Rapids Family Health Team – Diabetes Education

1150 Pontiac Dr, Suite 4, Sarnia | 519-339-8949

One-on-one counselling for people living with diabetes. Certified Diabetes Nurse Educators and Registered Dietitians can help manage care and support.

EXERCISE AND FALLS PREVENTION CLASSES

Group exercise and falls prevention classes for older adults to help improve balance and strength, prevent falls, maintain independence, and learn how to keep bones healthy. Sessions include overviews of bone health, dietary and medication regimens to maintain strong bones, and home safety tips. Programs run by a regulated healthcare provider.

Alzheimer Society – Sarnia-Lambton – Minds in Motion

Various Locations | 519-332-4444

Exercise and education program for adults 50 years and older to keep bones healthy and prevent falls. Call to register.

North Lambton Community Health Centre – Boosting Balance and Bone Health

59 King St W, Unit 3, Forest | 519-786-4545

Exercise and education program for adults 50 years and older to keep bones healthy and prevent falls. Call to register.

Rapids Family Health Team - Corunna Site - Boosting Balance and Bone Health Program

1150 Pontiac Dr, Suite 4, Sarnia | 519-339-8949

Program schedules vary. Exercise and education program for adults 50 years and older to improve balance and strength to avoid falls, maintain independence, and learn how to keep bones healthy Call to register.

Victorian Order of Nurses – SMART (Seniors Maintaining Active Roles Together) Exercise and Falls Prevention Class

1705 London Line, Sarnia | 519-542-2310 or 1-855-285-2990

For adults 55 years and older with mobility challenges. Various locations throughout the county.

Victorian Order of Nurses – IN-SMART (Seniors Maintaining Active Roles Together) Visiting Program

1705 London Line, Sarnia | 519-542-2310 or 1-855-285-2990

Volunteer visits home weekly for 12 sessions to teach stretches and exercises designed to reduce the risk of falls.

West Lambton Community Health Centre - Boosting Balance and Bone Health Program

429 Exmouth St, Suite 100, Sarnia | 519-344-3017 ext 259

Exercise and education program for adults 50 years and older to keep bones healthy and prevent falls. Call to register.

FITNESS CENTRES AND PROGRAMS

Centres and services that offer physical fitness programs.

Grand Bend Area Community Health Centre - Exercise Programs

69 Main St E, Grand Bend | 519-238-1556 ext 231

Health promoters coordinate exercise programs to improve the quality of life and well-being of participants. Classes available in Grand Bend and Port Franks.

Lambton Shores (Municipality of) - Port Franks Community Centre

7883 Amtelecom Pkwy, Forest | 1-866-943-1400 ext 3

Community centre with library on-site, halls and kitchen for rentals and gatherings. Social and outdoor activities including tennis courts, playground, soccer field, skateboard park. Available for rentals.

Lambton Shores (Municipality of) - Shores Recreation Centre

7883 Amtelecom Pkwy, Forest | 1-866-943-1400 ext 3

Sports and leisure facility. Features include an NHL-size hockey rink, and meeting rooms. Available for rentals.

Lambton Shores YMCA | 519-786-9622

Fitness and community centre. Includes gym, fitness centre and indoor walking track.

North Lambton Community Health Centre – Low Impact Exercise

59 King St W, Unit 3, Forest | 519-786-4545

Free low-impact exercise program designated for all fitness levels and abilities. Locations across Sarnia and Lambton County. Call for details.

Sarnia-Lambton YMCA - Jerry McCaw Family Centre

1015 Finch Dr, Sarnia | 519-336-9622

Multi-service community and fitness centre that includes aquatics, adult fitness and group classes, preschool and youth programs, childcare and community programs. Membership fee required for some programs.

West Lambton Community Health Centre - Low Impact Exercise

429 Exmouth St, Suite 100, Sarnia | 519-344-3017

Free low-impact exercise program designated for all fitness levels and abilities. Locations across Sarnia and Lambton County. Call for details.

YMCA Petrolia

360 Tank St, Petrolia | 519-882-2232

Mon-Fri 5:30am-9pm • Sat-Sun 7am-5pm • Holidays: 9am-4pm. Multi-service community and fitness centre with aquatics, adult fitness and group classes, preschool and youth programs, childcare, and community programs. Membership fee required for some programs.

FITNESS, RECREATIONAL AND SOCIAL PROGRAMS FOR PEOPLE WITH DISABILITIES

Centres and services that provide physical fitness and leisure activities to people with disabilities.

Grand Bend Golden Age Club

Grand Bend Legion, 20 Municipal Dr, Grand Bend | 519-238-6865

Community centre for older adults. Activities include luncheons, card games, shuffleboard, and sing-alongs.

Lambton County Development Services – Day Options

339 Centre St, Petrolia | 519-882-0933

Office: Mon-Fri 8am-4:30pm. Recreation, fitness, life management skills, and community outings for people with developmental disabilities.

Lambton Mental Wellness Centre – Peer to Peer Support Program

109 Durand St, Sarnia | 519-344-5602

Mon-Fri 10:30am-2:30pm. Support groups for people with mood disorders (i.e. depression, anxiety, bipolar disorder). Social activities include board games, colouring, trivia, and bingo.

New Beginnings ABI and Stroke Recovery Association - Sarnia - Therapeutic Pool Program

Pool: 1240 Murphy Rd, Sarnia | 519-491-2668

Mon-Fri 8:30am-4pm. Aquatics exercise program for survivors of stroke or an acquired brain injury (ABI). Pool is located off-site.

Pathways Health Centre for Children

1240 Murphy Rd, Sarnia | 519-542-3471 or 1-855-542-3471

Mon-Fri 8am-4:30pm.

Therapeutic Aquatics: Aquatics program offers several different programs to clients and the community for both children and adults.

Therapeutic Recreation: Programs and activities that promote physical well-being, independence, social interaction and the development and maintenance of recreation skills. For both children and adults.

FITNESS, RECREATIONAL AND SOCIAL PROGRAMS FOR SENIORS

Centres and services that provide exercise programs and leisure activities for seniors.

Andrew's Seniors

St Andrew's Presbyterian Church, 261 Christina St N, Sarnia

519-332-2662

Office: Wed, Fri 8am-1pm. Lunch: First and third Wednesday of each month at 12noon. Social club for older adults.

Grand Bend Area Community Health Centre – Functional Fitness Exercise Program

69 Main St E, Grand Bend | 519-238-1556 ext 243

Mon, Thu 1pm-2pm. Exercise program for older adults who have limited mobility.

North Lambton Community Health Centre – Coffee Time

519-786-4545

Scheduled meeting place for older adults to gather for coffee, socializing and health information.

Crozier Hall

59 King St W, Unit 3, Forest – Fri 9:30am-11am

Orchard View Apartments

7294 Arkona Rd, Arkona – Fri 9:30am-11am

Elder's Lodge

6275 Indian Lane, Kettle Point – Every other Monday 10am-11am

North Lambton Community Health Centre – Low Impact Exercise Program

59 King St W, Unit 3, Forest | 519-786-4545 ext 273

Fitness and recreation programs, with gentle programs for older adults. Call for hours.

North Lambton Community Health Centre – Trail Walking

59 King St W, Unit 3, Forest | 519-786-4545 ext 273

Outdoor trail walking program run in partnership with the Trail Committee of Lambton County. Call for details.

Strangway Community Centre

260 East St N, Sarnia | 519-332-0656

Various fitness, recreational and social programs offered for seniors.

FRIENDLY VISITING

Volunteers provide companionship to seniors and people with disabilities who live alone.

Alzheimer Society - Sarnia-Lambton - Side by Side Companion Program

420 East St N, Sarnia | 519-332-4444

Visits: Mon-Sat 8am-10pm. Trained volunteers pay regular visits to people with Alzheimer's disease or dementia, for respite and companionship.

Lambton Elderly Outreach - Friendly Visiting

4486 London Line, RR 1, Wyoming | 519-845-1353 or 1-800-265-0203
Mon-Fri 8am-4:30pm. Regular volunteer visits and phone calls to older adults and adults with disabilities who live alone, to provide companionship and reassurance.

Victorian Order of Nurses – Sarnia-Lambton – Storytelling Program

1705 London Line, Sarnia | 519-542-2310 or 1-855-285-2990

Volunteer visits 7 to 8 times to gather information about older adult's life story. Responses are compiled and copies are provided to the family.

Victorian Order of Nurses – Sarnia-Lambton – Virtual Visiting

1705 London Line, Sarnia | 519-542-2310 or 1-855-285-2990

Regular visits via Zoom or other platform for older adults or people with disabilities.

Victorian Order of Nurses - Sarnia-Lambton - Volunteer Visiting Program

1705 London Line, Sarnia | 519-542-2310 or 1-855-285-2990

Mon-Fri 8am-4:30pm. Regular volunteer visits to older adults and people with disabilities, who live alone.

HOME HELP AND HOMEMAKING

Services to help people live independently in their own homes by assisting with household tasks, such as meal preparation, housekeeping, and shopping.

Angel Care Home Visits

519-332-7380

Daily 24 hours. Assistance with daily chores, such as laundry, light housekeeping, errands, shopping, and meal preparation. Offers companionship, respite care, personal support, and dementia care.

Bayshore Home Care Solutions - Sarnia Branch - Home Help

49 Finch Dr, Unit 8, Sarnia | 519-383-6979 or 1-888-227-5013

Assistance with daily chores, such as laundry, light housekeeping, errands, shopping and meal preparation.

Home Instead Senior Care – Sarnia

327 Wellington St, Sarnia | 519-704-1471

Assistance with daily activities. Services include: Companionship care, personal care, meals and nutrition, transportation, household duties, respite care for seniors, home hospice care services, Alzheimer's and dementia care, Parkinson's care services, 24-hour home care and live-in care.

Lambton Elderly Outreach - Home Help

4486 London Line, RR 1, Wyoming | 519-845-1353 or 1-800-265-0203

Assistance with light housekeeping and organization, errands, meal preparation, and laundry.

Shine at Home – Housekeeping

746 Exmouth St, Unit 1, Sarnia | 519-336-9898

Assistance with daily chores such as laundry and light housekeeping.

Daily 24 hours. Provides assistance with daily living, such as daily chores, laundry, light housekeeping, errands, shopping, and meal preparation.

Spectrum Health Care – Seniors for Seniors – Sarnia-Lambton

519-585-0845

Services include personal care, meal preparation, light housekeeping

and outdoor handiwork, shopping and grocery assistance, pet and house sitting.

IN-HOME DENTAL SERVICES

Provides dental care in the home, in long-term care homes, or in retirement residences. Treatment is typically limited to dental hygiene services and denture care.

Brenda DiMuzio - Mobile Registered Dental Hygienist

889 Exmouth St, Unit 5, Sarnia | 519-491-1081

By appointment. Provides dental hygiene services to people in long-term care homes, group homes, and hospitals.

IN-HOME FOOT CARE

Basic and advanced foot care provided in the client's home. Services typically offered by a registered foot care nurse.

Amy Campbell Footcare Nurse

2009 Green St, Brights Grove | 519-339-6717

Mon-Fri 9am-5pm. Foot care includes care of corns, calluses, fungal nails, and filing and trimming of nails.

Bayshore Home Health

265 Front St N, Unit 407, Sarnia | 226-216-2485

Daily 24 hours. Footcare includes corn and callus care, nail care (cutting and filing), preventative screening and education and foot care assessments and consultations.

Victoria Order of Nurses – Sarnia-Lambton – Foot Care Clinics

1705 London Line, Sarnia | 519-542-2310 | 1-855-285-2990

Mon-Fri 8am-4:30pm. Footcare includes assessments, clipping and filing of toe nails, treatment of corns, calluses, ingrown and thickened nails, padding as necessary, preventative foot care for high-risk clients with diabetes, arthritis and circulation problems, referral to doctors, podiatrists or other health care professionals

IN-HOME NURSING

Nursing services provided in the client's home. Type of care available may include therapy, respite care, palliative care, rehabilitation, homemaking, personal care, speech and language therapy, dietitian services, social work, oxygen and respiratory services, and foot care. Contact the Erie St Clair Local Health Integration Network - Home and Community Care at 1-888-447-4468 to initiate service.

Bayshore Home Care Solutions - Sarnia Branch - Nursing

49 Finch Dr, Unit 8, Sarnia | 519-383-6979 or 1-888-227-5013

Services: Daily 24 hours. Personal support workers help with meal preparation, housekeeping, medication reminders, and personal care.

Victorian Order of Nurses - Sarnia-Lambton – Nursing

1705 London Line, Sarnia | 519-542-2310 or 1-855-285-2990

Office: Mon-Fri 8am-4:30pm. Services: Daily 24 hours. Nursing in the home, school, or workplace for people with all types of health conditions including post-surgical care, infusion therapy, diabetic, cardiac, respiratory, dialysis, cancer, and palliative clients.

IN-HOME PERSONAL SUPPORT

Personal support services provided in the client's home. Care may include bathing, dressing, grooming, health monitoring, medication assistance, transferring and movement assistance, respite care, and home help and homemaking services.

Angel Care Home Visits

232 Bessborough Dr, Sarnia | 519-332-7380

Daily 24 hours. Assistance with daily chores, such as laundry, light housekeeping, errands, shopping, and meal preparation. Offers companionship, respite care, personal support, and dementia care.

Bayshore Home Care Solutions

49 Finch Dr, Unit 8, Sarnia | 519-383-6979 or 1-888-227-5013

Daily 24 hours. In-home care services include meal preparation, light housekeeping, nursing services, medications, respite care, companionship and dementia care

Canadian Red Cross - Sarnia-Lambton Branch - Hospital Transition to Home Support

416 East St N, Sarnia | 519-332-6380

Mon-Fri 8:30am-4:30pm. Assistance for adults 65 years and older returning home after a hospital stay. Services may include help with transportation, home configuration, shopping, and finding other support services.

CarePartners - Sarnia

1317 Exmouth St, Sarnia | 519-332-6561

Personal support services provided in the client's home. Services may include bathing, dressing, grooming, health monitoring, medication assistance, transferring and movement assistance, and respite care.

Home Instead Senior Care – Sarnia

327 Wellington St, Sarnia | 519-704-1471

Assistance with daily activities. Services include: Companionship care, personal care, meals and nutrition, transportation, household duties, respite care for seniors, home hospice care services, Alzheimer's and dementia care, Parkinson's care services, 24-hour home care and live-in care.

Lambton Elderly Outreach - Home Support

4486 London Line, RR1, Wyoming | 519-845-1353 ext 360 or 1-800-265-0203

In-home supports for the activities of daily living, such as bathing, dressing, and eating. Assistance with laundry, light housekeeping, shopping, and appointments.

March of Dimes Canada - Sarnia-Lambton, Chatham-Kent

1050, 1086 Modeland Rd, Sarnia

Sarnia: 519-332-4702 | Chatham: 519-351-8464

Mon-Fri 8:30am-4:30pm. Personal support services for medically fragile older adults, such as essential homemaking and assistance with daily activities. Call to book an assessment.

Shine at Home – Housekeeping

746 Exmouth St, Unit 1, Sarnia | 519-336-9898

Mon-Fri 8:30am-4:30pm. Personal support services for medically fragile older adults, such as essential homemaking and assistance with daily activities. Call to book an assessment.

Spectrum Health Care – Seniors for Seniors – Sarnia-Lambton

519-585-0845

Services include personal care, meal preparation, light housekeeping and outdoor handiwork, shopping and grocery assistance, short- and long-term live-in companionship, overnight companionship, drop-in companionship, dementia care, respite care, hospice care, pet and house sitting.

Victorian Order of Nurses - Sarnia-Lambton - Home Support Program

1705 London Line, Sarnia | 519-542-2310 or 1-855-285-2990

Mon-Fri 8am-4:30pm. Assistance with daily chores such as laundry, light housekeeping, pet care, errands, shopping, and meal preparation. Service is offered weekly, bi-weekly, monthly, or seasonally.

IN-HOME SUPPORTS AND STAYING HEALTHY FOR INDIGENOUS PEOPLES

In-home supports and wellness services for Indigenous communities, whether on or off-reserve. Services are often a combination of traditional healing, primary care, health promotion programs, cultural programs, community development initiatives, and social supports services.

Aamjiwnaang First Nation

1300 Tashmoo Ave, Sarnia | 519-332-6770 or 1-888-220-2262

Congregate Dining

Community dining for social interaction outside of the home.

Health Centre

Mon-Fri 8:30am-4:30pm. Health centre providing family medicine and community health programs. Referral to other regional health services. For members of the Aamjiwnaang First Nation. Valid health card and certificate of status may be required.

Home and Community Care

Supports for older adults and adults with disabilities that are culturally appropriate for Indigenous peoples. Helps clients with personal care activities and homemaking to maintain their independence at home.

Aamjiwnaang First Nation - Community Services - Maawn Doosh Gumig Community and Youth Centre

1972 Virgil Ave, Sarnia | 519-491-2160

Mon-Fri 8:30am-4:30pm. Facilities include a fitness centre, arts and crafts rooms, seniors' lounge, skatepark, and splashpad.

Bkejwanong First Nation - Walpole Island Health Centre

1604 River Rd, RR3, Wallaceburg | 519-627-0765

Mon-Fri 8:30am-4:30pm. Provides family medical care, community-based health programs, and referral to other regional health services. Culturally appropriate programs and services for Indigenous peoples combining traditional health and Western medical practices.

Bkejwanong First Nation - Home and Community Care

115 Tahgahoning Rd, Walpole Island | 519-627-8421

Support services for older adults and adults with disabilities that are culturally appropriate for Indigenous peoples. Helps clients with personal care activities and homemaking to maintain their independence at home.

Bluewater Health - Indigenous Navigation Services

Level 1, Russell Building (Resource Centre), 89 Norman St, Sarnia
519-464-4400 ext 8815

Mon-Fri 8am-4pm. Assistance for Indigenous patients, and their families and caregivers, to move through the hospital system and back into the community in a culturally relevant and safe manner.

Chippewas of Kettle and Stony Point

6275 Indian Lane, Kettle Point

Adult Day Program | 519-786-5647

Social, recreational, and therapeutic activities for older adults who are members of the Chippewas of Kettle and Stony Point. Program offered in a group setting for part of the day.

Congregate Dining | 519-786-5647

Community dining for social interaction outside of the home.

Health Services (including Mental Health) | 519-786-5647

Mon-Fri 8:30am-12noon, 1pm-4:30pm. Health services for members of Chippewas of Kettle and Stony Point First Nation.

Home and Community Care | 519-786-5647

Health services provided in a home or community setting for older adults, persons with disabilities, or injured persons. Includes nursing care, personal support, foot care, homemaking, meal preparation, and respite care.

MEAL DELIVERY SERVICES

Hot and frozen meal delivery for people who require regular delivery of meals. These services are able to accommodate special dietary needs, such as low sodium and diabetic.

Canadian Red Cross - Sarnia-Lambton Branch - Meals on Wheels

416 East St N, Sarnia | 519-332-6380

Mon-Fri 8:30am-4:30pm. Delivers affordable and nutritious meals to members of the community who are unable to prepare their own food.

Heart to Home Meals - London-Sarnia

Forest | 1-877-404-4246

Mon-Fri 8:30am-5pm. Commercial meal delivery service. Offers frozen meals (including soups and desserts), caters to multiple dietary needs, and has texture modified options (pureed, minced). Regular size, hearty, and mini meals available.

Lambton Elderly Outreach - Meals on Wheels

4486 London Line, RR 1, Wyoming | 519-845-1353 or 1-800-265-0203
Delivers hot or chilled meals, with special diet types available. Hot meals are available in some towns, within town limits. Frozen meals are offered throughout rural Lambton County (excludes Sarnia, Point Edward, and Brights Grove).

Piquette Frozen Meals

140 Christina St N | 519-466-3672
Tue-Fri 11am-5pm. Frozen meal delivery service. Clients choose from a menu but custom meal plans are available. Set fee.

SCREENING

Services focusing on detecting disease by examining people before they show symptoms.

Bluewater Health - Diagnostic Imaging - Ontario Breast Screening Program (OBSP)

416 East St N, Sarnia | 519-464-4400 ext 4515
Mon-Fri 8am-4pm. Breast screening for early detection of breast cancer in women that includes mammography (x-rays of breast tissue).

SELF-MANAGEMENT SUPPORT PROGRAMS

Services providing education about self-management of chronic diseases. Goal is to help clients make realistic goals, gain confidence in managing their condition, and lead an active and fulfilling life.

COPD Rehab Program | 519-786-4545 ext 265

Self-management, exercise, and education programs for people living with Chronic Obstructive Pulmonary Disease. Services provided by a nurse, respiratory therapist, occupational therapist, and social worker.

North Lambton Community Health Centre

59 King St W, Unit 3, Forest

East Lambton Community Health Centre

536 Simcoe St, Watford

West Lambton Community Health Centre

429 Exmouth St, Suite 100, Sarnia

Grand Bend Area Community Health Centre - Persistent Pain Group

69 Main St E, Grand Bend | 519-238-1556 ext 223
6-week program for people living with chronic pain. Program includes information about coping, medication use, stress management, relaxation techniques, and better sleep.

Master Your Health

Workshops and education for people living with chronic disease. Program includes information about coping, health guidelines, medication usage, working with health professionals, and informed treatment decisions.

North Lambton Community Health Centre

59 King St W, Unit 3, Forest | 519-786-4545 ext 307

West Lambton Community Health Centre

429 Exmouth St, Suite 100, Sarnia | 519-344-3017 ext 259

Rapids Family Health Team - Living Well with Lung Disease

1150 Pontiac Dr, Suite 4, Sarnia | 519-339-8949

10-week education and exercise program to help people with Chronic Obstructive Pulmonary Disease (COPD) manage their condition.

Victorian Order of Nurses - Chronic Pain Management Assessment and Referral Program

1705 London Line, Sarnia | Program Intake: 519-254-4866 ext 4

Referral: 1-855-419-5200 ext 4

Mon-Fri 8am-4:30pm. Pain management options and resources for people who have chronic pain that has lasted more than 3 consecutive months. Options may include medications, therapy, and assistive devices. Participants also learn how to cope with the daily stress of living with chronic pain. Medical referral required.

SENIORS' INTERVENTION AND ASSISTANCE SERVICES

Assistance for seniors to access services to help them live independently for as long as possible. Supports may include information, advocacy, forms filling, referrals, income tax clinics, crisis intervention, and coordination of other services.

Home Response Collaborative - Vulnerable Seniors

519-344-2062 ext 2174 or 519-332-1122 ext 4312

Services for vulnerable older adults. Responds to calls regarding concerns about seniors living in challenging situations, which may include complex physical and/or mental health issues, unsafe or unsanitary living conditions or high-risk of eviction or becoming homeless.

Lambton Elderly Outreach - Client Intervention and Assistance

4486 London Line, RR 1, Wyoming | 519-845-1353 ext 801 or

1-800-265-0203

Mon-Fri 8am-4:30pm. Assistance for seniors and adults with disabilities in abusive situations, those needing behavioral supports, or those needing support in transitioning home from long-term care.

SHOPPING AND GROCERY ASSISTANCE

Programs and services to help seniors and people with disabilities with shopping and errands.

Canadian Red Cross - Sarnia – Lambton Branch - Nutritional Networking

416 East St N, Sarnia | 519-332-6380

Mon-Fri 8:30am-4:30pm. Volunteers assist seniors with their grocery needs by shopping for the client from a list that the client provides.

Home Instead Senior Care – Sarnia

327 Wellington St, Sarnia | 519-704-1471

Assistance with grocery shopping and errands. Meal preparation, organizing groceries, and other home management services also included.

NeighbourLink

Sarnia | 519-336-5465

Tue 9am-3pm • Wed, Fri 9am-12noon. Volunteers help with shopping, household chores, transportation, and offer companionship. Offers dry goods through a food pantry, clothing and household items, and beds and bedding. Network of 25 Christian churches providing services and resources to people in need.

Spectrum Health Care – Seniors for Seniors – Sarnia-Lambton

519-585-0845

Services include shopping and grocery assistance, meal preparation, and other personal support services, including companionship.

TELEPHONE REASSURANCE AND SECURITY CHECKS

Family Counselling Centre – Tel-Check

1086 Modeland Rd, Bldg 1030 | 519-336-0120

Daily telephone to call to check on the health and safety of people who live alone. Checks are done by trained and screened personnel 365 days per year.

HEALTH SERVICES

ALCOHOL AND DRUG ADDICTION ASSESSMENT AND TREATMENT

Treatment, counselling, and residential services for people affected by substance abuse or dependence.

Bkejwanong Territory Ojibways of Walpole Island - Community Service Program

1604 River Rd, Wallaceburg | 519-627-0767

Mon-Fri 8:30am-12noon, 1pm-4:30pm. Assists people having difficulty coping with daily living due to drug and alcohol abuse by offering counselling, referral, and prevention services. Services for members of the Bkejwanong First Nation.

Bluewater Health – Addiction and Problem Gambling Services Russell Building, Level 6, 89 Norman St, Sarnia

Mon-Fri 8am-4pm • some evening sessions available. Assesses and treats youth and adults who have alcohol, drug, and gambling problems. Individual and group programming.

Bluewater Health – Specialized Geriatric Services

Russell Building, Level 2, 89 Norman St, Sarnia | 519-464-4400 ext 8532

Mon-Fri 8am-4:30pm. Assistance for seniors and adults with disabilities in abusive situations, those needing behavioral supports, or those needing support in transitioning home from long-term care.

Bluewater Health - Withdrawal Management Services

Level 6, Russell Building, 89 Norman St, Sarnia

Community Withdrawal Management

519-332-4673

Mon-Fri 8am-8pm • Sat-Sun 8am-4pm. Assessment and referral to residential treatment facilities and other community supports. Outpatient and walk-in appointments.

Residential Withdrawal Management

519-464-4487

Daily 24 hours. 7-bed facility for people to withdraw from substances. Average length of stay is 3 to 5 days.

Bluewater Methadone Clinic - Sarnia-Lambton

118 Victoria St N, Sarnia | 519-337-5000

Mon 9am-6pm • Tue, Fri 9am-5pm • Thu 9am-7pm • Wed by appointment. Community-based opiate addictions clinic. Uses methadone and suboxone to treat opioid dependency. Services include case management and one-on-one counselling. Clinic visits covered by OHIP and may accept extended benefits for medication coverage.

Grand Bend Area Community Health Centre - Choices for Change

69 Main St E, Grand Bend | 1-877-218-0077

Assessment and treatment for people with substance abuse and gambling problems. Offers adult, youth, and family counselling. Call to apply.

Kettle and Stony Point Health Services- Mental Health and Addictions

6275 Indian Lane, Kettle Point | 519-786-5647

Mon-Fri 8:30am-12noon, 1pm-4pm. Supports the well-being of individuals and families through the coordination of professional counselling services, within or outside the community. Provides art and play therapies targeting children and youth, case management services for individuals seeking mental health and/or addictions services in addition to addictions counselling and referral to treatment centres, medical detoxification, medical care and/or methadone programs. Services for members of Chippewas of Kettle and Stony Point First Nation only.

New Beginnings Clinic

130 Mitton St N, Sarnia | 226-778-6013

Mon, Tue, Thu 9am-4pm • Wed 9am-2pm. Primarily assists people with opioid dependence and focuses on harm reduction.

Ontario Addiction Treatment Centres

373 Vidal St S, Sarnia | 519-491-2109

Mon, Fri 8am-12:30pm • Tue, Thu 1pm-6pm • Sat 9am-12noon. Opioid addiction treatment centre and naloxone program on-site.

Wiltshire Opioid Program

940 Murphy Rd, Sarnia | 519-491-1922

Mon-Fri 9am-7pm • Sat 9am-3pm • Sun 10am-4pm. Team of counsellors, psychiatrists, and addiction medicine specialists assess and treat people who are experiencing problems related to opioids.

ADDICTION SUPPORT GROUPS

Alcoholics Anonymous

Sarnia and Lambton County | 519-337-5211

Meetings for people with problem drinking that follow the twelve steps to recovery to help alcoholics become and stay sober. Call for meeting locations and hours.

Bkejwanong Territory Ojibways of Walpole Island - Community Service Program

RR 3, Walpole Island | 519-627-0767

Mon-Fri 8:30am-12noon, 1pm-4:30pm. Prevention, counselling, and support groups for people struggling with addictions to alcohol, drugs or gambling. Provides referrals to treatment services and other community supports.

Narcotics Anonymous – Sarnia Meetings

1-888-811-3887

Support groups for people who consume addictive substances or any other mood-altering substances. Call for meeting locations and hours.

North Lambton Community Health Centre – Harm Reduction and HEP C Team

519-786-4545

Support for people living with addiction. Provides mobile outreach with harm reduction van. Naloxone kits available. Call for times and locations.

BEREAVEMENT

Programs and services offering emotional support, problem-solving assistance, information, and guidance for people grieving the death of a loved one.

Grand Bend Area Community Health Centre – Coping with Grief

69 Main St E, Grand Bend | 519-238-1556 ext 223

Group supports for people who have experienced the loss of a family member or loved one. Program facilitated by a social worker.

McKenzie and Blundy Funeral Home and Cremation Centre – Bereavement Support

431 Christina St N, Sarnia | 519-344-3131

Individual and group bereavement support sessions for children, youth, and adults. Offers a lending library with books, video, and audio tapes for personal and professional use.

St Joseph’s Hospice of Sarnia-Lambton – Bereaved Drop In

475 Christina St N, Sarnia | 519-337-0537

Drop-in supportive conversations for people who are grieving the death of a loved one.

St Joseph’s Hospice of Sarnia-Lambton – Bereavement Support Groups

475 Christina St N, Sarnia | 519-337-0537

8-week closed support groups for people grieving the death of a loved one. Participants share stories and feelings in order to provide healing, while developing coping skills to re-adjust to life after the loss.

St Joseph’s Hospice of Sarnia-Lambton – Grief Counselling for Adults and Children

475 Christina St N, Sarnia | 519-337-0537

Short-term counselling services for those with a life-limiting illness, those caring for them or those who are grieving the death of a significant person. Available by telephone or virtually.

CARE FOR THE CAREGIVER

Are you a “Caregiver”?

Do you help your spouse get washed, dressed and toileted? Do you take your aging parents to medical appointments and grocery shopping? Do you help your neighbour with early-stage dementia maintain his house and yard?

When you support someone dealing with health challenges or disabilities, you are a caregiver, even if you’ve never thought about it that way before! More than eight million Canadians provide care to family members or friends with long-term health conditions, disabilities, or problems associated with aging. Chances are, we will all be caregivers at some point in our lives. Caregiving can be challenging but also deeply satisfying. If you are a caregiver, there are support services available to help, and legal rights, and tax benefits you should be aware of.

The following section lists supports for people caring for a sick, frail, or disabled relative, friend, or neighbour. Services may include informal counselling, support groups, and information resources.

Alzheimer Society - Sarnia-Lambton

420 East St N, Sarnia | 519-332-4444

Mon-Fri 8:30am-5pm. Supports for people with Alzheimer’s disease and other dementias, and their caregivers. Seminars, workshops and training sessions. One-on-one care plan consultations with healthcare professionals and advanced care planning for future healthcare needs.

Alzheimer Society – Sarnia-Lambton – Adult Children as Care Partners Support Group

420 East St N, Sarnia | 519-332-4444

Second Tuesday of the month 6:30pm-8:30pm. Peer support and discussion for adult caregivers of a parent with Alzheimer’s disease or related dementia.

Alzheimer Society – Sarnia-Lambton – Beyond Home Care Partners Support Group | 519-332-4444

Peer support and discussion for caregivers to address challenges when their friend or family member with dementia has transitioned or is considering transitioning out of their home into long-term care or retirement residence. Groups available in Sarnia and Petrolia.

Alzheimer Society of Sarnia-Lambton – Care Partners Support Group 519-332-4444

Peer support and discussion for spouses, family members, and friends caring for someone with dementia. Groups available in Sarnia, Petrolia, and Forest.

Alzheimer Society of Huron County - Grand Bend Caregiver Support Group

Grand Bend Community Health Centre, 69 Main St E, Grand Bend
519-482-1482 or 1-800-561-5012

First Monday of the month 1pm, 7pm. Support group for caregivers of people living with any form of dementia. Offers a safe space to share concerns, experiences and learn from each other. Skilled facilitation ensures confidentiality.

Alzheimer Society – Sarnia-Lambton – Frontotemporal Dementia Care Partners Support Group

420 East St N, Sarnia | 519-332-4444

Fourth Tuesday of the month 6:30pm-8:30pm. Peer support and discussion for caregivers of someone with a confirmed or suspected diagnosis of Frontotemporal dementia (disorders that primarily affect the front and temporal lobes of the brain). Participants discuss specific coping strategies.

Alzheimer Society – Sarnia-Lambton – Respite

420 East St N, Sarnia | 519-332-4444

Days, evenings and weekends. Caregiver respite for those providing care for a person with Alzheimer’s disease or related dementia.

Lambton Elderly Outreach - Caregiver Support Training Education Information

4486 London Line, RR 1, Wyoming | 519-845-1353 or 1-800-265-0203

Mon-Fri 8am-4:30pm. Peer support groups, education, and training for family members, service providers, and caregivers. Sessions may include information such as advanced directives and safety issues.

Lambton Mental Wellness Centre - Lambton Family Initiative

109 Durand St, Sarnia | 519-344-5602

Office: Mon-Fri 10:30am-2:30pm. Support services for family members and caregivers of people who have a mental illness. Services may include peer support groups and education programs for people to understand and support their loved one with a mental illness while maintaining their own well-being.

St Joseph’s Hospice of Sarnia-Lambton – Caregiver Support Groups

475 Christina St N, Sarnia | 519-337-0537

4-week education and support group for people who are caring for a friend or loved one who has a life-limiting illness. Pre-registration required.

Victorian Order of Nurses - Sarnia-Lambton - Caregiver Respite

1705 London Line, Sarnia | 519-542-2310 or 1-855-285-2990

Supports for those caring for an older adult or adults with a disability.

COMMUNITY HEALTH CENTRES

Non-profit organizations that offer primary healthcare and health promotional programs to individuals, families, and communities. Service providers include physicians, nurse practitioners, nurses, counsellors, dietitians, and community workers.

Chatham-Kent Community Health Centres – Walpole Island Site

785 Tecumseh Rd, Unit 16, Walpole Island | 519-397-5455

Office: Mon 9am-8pm • Tue-Fri 9am-4:30pm.

East Lambton Community Health Centre

536 Simcoe St, Watford | 519-333-2747

Mon, Wed, Thu 8:30am-4:30pm • Tue 12:30pm-8pm

Grand Bend Area Community Health Centre

69 Main St E, Grand Bend | 519-238-2362

Mon-Thu 9am-7pm • Fri 9am-4pm. Walk-In: Sat 9am-11:30am.

Kettle and Stony Point Health Services

6275 Indian Lane, Kettle Point | 519-786-5647

Mon, Wed, Fri 8:30am-12noon, 1pm-4pm • Tue 1pm-4:30pm, 5pm-7:30pm • Thu 8:30am-12noon, 1pm-4pm and 5pm-7:30pm. Services for members of Kettle and Stony Point First Nation.

North Lambton Community Health Centre

59 King St W, Unit 3, Forest | 519-786-4545

Mon, Wed-Fri 8am-4:30pm • Tue 8am-7:30pm

West Lambton Community Health Centre

429 Exmouth St, Suite 100, Sarnia | 519-344-3017

Mon, Fri 8am-4:30pm • Tue-Thu 8am-7:30pm

COUNSELLING – FAMILY, COUPLE AND INDIVIDUAL

Non-profit or government-funded services that provide general and family counselling in areas such as relationships, anger, conflict, trauma, or abuse.

Aamjiwnaang First Nation – Mental Wellness Team

1300 Tashmoo Ave, Sarnia | 519-332-6770

Mon-Fri 8:30am-4:30pm. On-site grief and trauma counsellor for members of the Aamjiwnaang First Nation.

Canadian Hearing Services – Sarnia - CONNECT Counselling

420 East St N, Suite 10, Sarnia | 1-866-518-0000

Mental health counselling for people who are deaf, oral deaf, deafened, and hard-of-hearing, and their families.

Family Counselling Centre

1086 Modeland Rd, Building 1030, 2nd Floor, Sarnia | 1-844-864-8343

Offers a variety of professional counselling, prevention, and coordination services to assist people in resolving psychosocial problems, in learning strategies to deal with life stresses and disabilities, and in developing more satisfying interpersonal relationships.

Rapids Family Health Team – Counselling Services

1150 Pontiac Dr, Suite 4, Sarnia | 519-339-8949

Mon-Thu 8am-4:30pm • Fri 8am-12noon. Offers individual, couple and family counselling services. No referral required.

Sexual Assault Survivors' Centre

420 East St N, Unit 11, Upper Level, Sarnia | 1-888-231-0536

Mon-Thu 9am-5pm • Fri 9am-4pm. Agency social workers provide individual and group counselling for survivors 16 years and older of sexual assault, sexual abuse, incest, and sexual harassment. Assistance with victim impact statements and criminal injuries applications.

CRISIS INTERVENTION

In-person and telephone services that provide immediate assistance in personal crisis and life-threatening situations.

Canadian Mental Health Association – Lambton-Kent – Lambton Mental Health Crisis Line

210 Lochiel Street, Sarnia | 519-336-3445 or 1-800-307-4319

24 hour phone support, including weekends and holidays. Available to anyone in Sarnia-Lambton who is experiencing mental health problems or crisis.

Family Counselling Centre – Distress Line

1086 Modeland Rd, Building 1030, 2nd Floor, Sarnia | 1-888-347-8737

24-hour telephone support and crisis intervention to callers who remain anonymous.

Réseau-femmes du sud-ouest de l'Ontario (RFSOO)

180 College Ave N, Suite 101, Sarnia | 519-328-2436

Support services for francophone women victims or at-risk of violence and abuse.

Sexual Assault Survivors' Centre - 24-Hour Crisis Line

420 East St N, Unit 11, Upper Level, Sarnia | 519-337-3320

Trained volunteers are available daily 24 hours to provide callers who are survivors of sexual assault and abuse with information, emotional support, non-directive counselling, and accompaniment to the hospital if necessary.

Victim Services of Sarnia-Lambton

555 Christina St N, Sarnia | 519-344-8861 ext 5238

Volunteer-run network of crisis responders supporting people affected by a criminal act, disaster, or traumatic event. Referral from police, emergency services, or community agencies required.

DIAGNOSTIC IMAGING CLINICS

Medical clinics that specialize in diagnostic imaging, such as x-rays, ultrasound, bone mineral densitometry, magnetic resonance imaging (MRI), and mammography. Most services covered by OHIP. Walk-ins may be accepted for x-rays, all other services require an appointment. Medical referral required.

Accurate Imaging Diagnostics

59 King St W, Unit 3, Forest | 519-786-4545 ext 265

Tue, Wed, Fri 8am-4pm.

Bluewater Health - Charlotte Eleanor Englehart Hospital - Diagnostic Imaging

450 Blanche St, Petrolia | 519-882-4325 ext 2428

Mon-Fri 8am-4pm.

Bluewater Health - Diagnostic Imaging

Norman Building, Lvl 1, 89 Norman St, Sarnia | 519-464-4400 ext 5269

Mon-Fri 8am-4pm.

MIC Medical Imaging Centre

481 London Rd, Sarnia | 519-336-8110

Mon-Fri 8am-4pm.

Sarnia Diagnostic Imaging

704 Mara St, Unit 102, Point Edward | 519-491-8377

Mon-Fri 9am-4pm. Walk-ins accepted for x-rays, all other services require an appointment.

FOOT CARE CLINICS

Medical clinics that specialize in foot care, providing non-invasive treatments and general skin care advice. Most common services include care of corns, calluses, fungal nails, and filing and trimming of nails. See also, '*In-Home Foot Care*' services on page 27.

Arkona Foot Clinic

7335 Arkona Rd, Arkona | 519-828-3192 or 519-333-3301

Mon, Wed 8:30am-5pm • Tues 9am-8pm • Fri 8:30 am-12noon. Chiropody clinic providing care of corns, calluses, fungal nails, filing and trimming of nails. Services include custom orthotic and orthopedic footwear.

BioPed

153 Christina St S, Sarnia | 519-337-8887

Tue-Thu 9am-5pm • Fri 9am-4pm • Sat 9am-2pm.

Basic and advanced foot care provided by a foot care nurse at a community clinic. Foot care includes care of corns, calluses, fungal nails, and filing and trimming of nails.

Petrolia Foot Clinic

4347 Petrolia Line, Petrolia | 519-882-0019

Tue, Thu 9am-12noon • Wed 8:30am-5pm. Chiropody clinic providing care of corns, calluses, fungal nails, and filing and trimming of nails. Services include custom orthotic and orthopedic footwear.

Foot Specialist Dr. Chris Williams – Chiropodist

224 Vidal St N, Sarnia | 519-383-0314

Mon 9am-5pm • Wed 9am-4pm • Thu 9am-12noon. Chiropody clinic providing care of corns, calluses, fungal nails, and filing and trimming of nails. Services include diabetic and arthritic foot care, pediatric foot care, and orthotics. Appointment required.

In Motion

1150 Pontiac Dr, Unit 6, Sarnia | 519-542-6060

Assessment and treatment of lower limb and foot conditions

Maczko Chiropody and Orthotic Centre

559 Exmouth St, Sarnia | 519-337-9540

Mon-Thu 8am-12noon, 1pm-5pm. Custom orthotics, custom footwear, orthopedic extra depth footwear, biochemical assessments and gait analysis. Appointment required.

Strangway Community Centre – Foot Care Clinics

260 East St N, Sarnia | 519-332-0656

Two Friday's each month 9am-4pm. Advanced foot care provided to adults 20 years and older. Conditions treated: Reduced callouses, thickened nails, removed corns, athlete's foot, ingrown toenails, fungus, trim and file nails. Appointment required.

Victorian Order of Nurses – Sarnia-Lambton – Footcare Clinics

1705 London Line, Sarnia | 519-542-2310 or 1-855-285-2990

Clinics at various locations and times. Nurse-provided services for foot care. In-home care available. Fee for service.

HEALTH CENTRES AND PROGRAMS FOR INDIGENOUS PEOPLES

Health programs and services for Indigenous communities, whether on or off-reserve. Services are often a combination of traditional healing, primary care, health promotion programs, cultural programs, community development initiatives, and social supports services.

Aamjiwnaang First Nation

1300 Tashmoo Ave, Sarnia | 519-332-6770 or 1-888-220-2262

Congregate Dining

Community dining for social interaction outside of the home.

Health Centre

Mon-Fri 8:30am-4:30pm. Health centre providing family medicine and community health programs. Referral to other regional health services. For members of the Aamjiwnaang First Nation. Valid health card and certificate of status may be required.

Home and Community Care

Supports for older adults and adults with disabilities that are culturally appropriate for Indigenous peoples. Helps clients with personal care activities and homemaking to maintain their independence at home.

Aamjiwnaang First Nation - Community Services - Maawn Doosh Gumig Community and Youth Centre

1972 Virgil Ave, Sarnia | 519-491-2160 or 519-491-1374

Office: Mon-Fri 8:30am-4:30pm. Facilities include a fitness centre, arts and crafts rooms, seniors' lounge, skatepark, and splashpad.

Bkejwanong First Nation - Walpole Island Health Centre

1604 River Rd, RR3, Wallaceburg | 519-627-0765

Mon-Fri 8:30am-4:30pm. Provides family medical care, community-based health programs, and referral to other regional health services. Culturally appropriate programs and services for Indigenous peoples combining traditional health and Western medical practices.

Bkejwanong First Nation – Home and Community Care

RR3, Walpole Island | 519-627-8421

Support services for older adults and adults with disabilities that are culturally appropriate for Indigenous peoples. Helps clients with personal care activities and homemaking to maintain their independence at home.

Bluewater Health - Indigenous Navigation Services

Level 1, Russell Building (Resource Centre), 89 Norman St, Sarnia | 519-464-4400 ext 8815

Mon-Fri 8am-4pm. Assistance for Indigenous patients, and their families and caregivers, to move through the hospital system and back into the community in a culturally relevant and safe manner.

Chippewas of Kettle and Stony Point

6275 Indian Lane, Kettle Point

Adult Day Program | 519-786-5647

Social, recreational, and therapeutic activities for older adults who are members of the Chippewas of Kettle and Stony Point. Program offered in a group setting for part of the day.

Congregate Dining | 519-786-5647

Community dining for social interaction outside of the home.

Health Services (including Mental Health) | 519-786-5647

Mon-Fri 8:30am-12noon, 1pm-4:30pm. Health services for members of Chippewas of Kettle and Stony Point First Nation.

Home and Community Care | 519-786-5647

Health services provided in a home or community setting for older adults, persons with disabilities, or injured persons. Includes nursing care, personal support, foot care, homemaking, meal preparation, and respite care.

HEARING AIDS AND COMMUNICATION DEVICES

Organizations that dispense or provide maintenance for hearing aids and other assistive listening devices. Services may include hearing tests.

Activears Hearing Centre

270 Christina St N, Sarnia | 519-337-2679

Mon-Fri 8:30am-5pm. Appointment required. Evening and Saturday appointments available by request. Services include diagnostic evaluations and hearing tests for adults, computerized hearing aid analysis, hearing aids, hearing accessories such as ear molds, water protection earplugs, noise protection for musicians and athletes, as well as seminars and support groups.

Bluewater Hearing | 519-344-8887

348 Lydoch St, Corunna

Tue, Thu 9am-4pm

4130 Glenview Rd, Petrolia

Mon, Wed 9am-4pm

714 London Rd, Sarnia

Mon-Fri 9am-5pm

Complete diagnostic hearing tests for children and adults. Services include central auditory processing testing, ear wax removal, hearing aid selection, fitting, programming and repairs, personal FM systems, home visits/house calls, rehabilitation, off-site audiometric testing, and custom hearing protection (noise, musician, and swim plugs). Custom devices include cell phone, iPod, and radio earpieces, amplified telephones, caller display, amplified telephone ringers, television systems - infrared and Bluetooth, hearing aid batteries, smoke detectors and home alerting systems. Appointment required.

Canadian Hearing Services – Sarnia – Communication Devices

420 East St N, Suite 10, Sarnia | 1-800-518-0000

Mon, Tue, Thu 9am-5pm • every other Wed 9am-5pm. Advice, sale, installation, and training on various communication devices for people who are culturally Deaf, oral deaf, deafened, or hard of hearing.

Connect Hearing

1379 London Rd, Unit 7, Sarnia | 519-542-5550 or 1-800-563-4317

Mon-Fri 9am-12noon, 1pm-5pm. Provides hearing tests and sales and service of hearing aids and assistive listening devices. Free hearing tests for adults 50 years and older.

HearingLife

1380 London Rd, Sarnia | 1-888-443-2515

Mon-Fri 9am-5pm. Services include full hearing assessments, hearing aid prescriptions, hearing aid re-checks and adjustments, hearing aid repairs and cleanings, and hearing aid and assistive listening device sales.

Lambton Audiology Associates

1433 London Rd, Suite 102, Sarnia | 519-542-0569

4119 Petrolia Line, Unit 4, Petrolia | 226-210-4316

Hearing tests and aural rehabilitation. Sale and service of hearing aids and assistive listening devices.

Schneiker Audiology Services

1403 Michigan Ave, Unit 3, Sarnia | 519-491-6676

Mon-Thu 9am-4pm • Fri 9am-1pm. Services include hearing assessments, hearing aid and assistive listening device sales, and hearing aid repairs and cleanings.

Sound Therapy - Grand Bend

22 Ontario St N, Grand Bend | 548-483-5641

Mon 9am-3:30pm • Tue-Thu 8:30am-4:30pm • Fri – by appointment only. Sales and services of hearing aids, assistive devices for everyday living, and custom hearing protection. Team includes a clinical audiologist, hearing instrument practitioner and a communicative disorders assistant. Partial or complete coverage may be provided under some government programs or private insurance.

MEDICAL EQUIPMENT AND SUPPLIES

Organizations that sell or rent medical equipment to people recovering from surgery or living with mobility limitations.

Hogan Pharmacy - Sarnia - Home Health Care Services and Supplies

457 London Rd, Sarnia | 519-336-2224

Mon-Fri 8:30am-7pm • Sat 9am-2pm. Surgical stockings, ostomy supplies, bathroom aids, wound and dressing supplies, mobility devices and diabetic testing machines.

Motion - Sarnia

49 Finch Dr, Unit 7, Sarnia | 519-336-7781

Mon-Fri 8:30am-5pm. Medical equipment rentals, including bathroom safety products, patient lifts, wheelchairs, transport chairs, and hospital beds.

Sarnia Home Respiratory Service

1258 Michigan Ave, Sarnia | 519-332-5889

Sales and service of home respiratory care equipment including compressors, airway clearance devices, positive airway pressure systems, suction devices, and apnea/cardiorespiratory monitors.

Wellwise- Sarnia

516 Exmouth St, Sarnia | 519-344-9797

Mon-Sat 9am-5pm • Sun 11am-5pm. Sales, rental and repairs of medical equipment and supplies. Provides transport chairs, walkers, rollators, raised toilet seats, commodes, ostomy and incontinence supplies, lifts, bathroom safety, first aid supplies, CPAP supplies, and mobility products and supplies.

True North Home Health

1139 Confederation St, Sarnia | 519-383-9900

Mon-Fri 9am-5pm. Rental, sales, and service of medical equipment.

MEDICAL LABORATORIES

Clinics that provide non-diagnostic testing and screening, such as blood work and specimen collection, by referral from a healthcare professional.

Bluewater Health

Charlotte Eleanor Englehart Hospital, 450 Blanche St, Basement,
Petrolia Norman Building, Level 2, 89 Norman St, Sarnia

519-464-4400 ext 4510

Mon-Fri 8am-4pm. Provides services for patients from hospital-based clinics and programs as well as to community patients who need blood tests. Medical referral required for most tests, provide doctor's (OHIP) order form.

LifeLabs Medical Laboratory Services | 1-877-849-3637

704 Mara St, Point Edward

Mon-Thu 8am-4pm • Fri 8am-1pm

429 Exmouth St, Suite 3, Sarnia

Mon-Fri 7am-3:30pm • Sat 8am-11:30am

Rapids Family Health Team - Corunna site - Laboratory Services

233 Cameron St, Corunna | 519-813-9800

Mon-Fri 8am-11am. Medical referral required for most services. No appointment necessary.

Rapids Family Health Team – Sarnia site - Laboratory Services

1150 Pontiac Dr, Suite 4, Sarnia | 519-339-8949

Medical referral and appointment required for most services.

MENTAL HEALTH FOR SENIORS

Canadian Mental Health Association – Lambton–Kent – Geriatric Mental Health Outreach Team

210 Lochiel Street, Sarnia | 1-855-211-2642

Services for older adults with complex mental health needs who live in Lambton County. Healthcare team works with care staff and family to support client's stabilization. Medical referral required.

Lambton Mental Wellness Centre

109 Durand St, Sarnia | 519-344-5602

Mon-Fri 10:30am-2:30pm. Community-based services for people with mental health issues, and family and education supports for caregivers of people with mental illness.

West Lambton Community Health Centre - Opening Doors

429 Exmouth St, Suite 100, Sarnia | 519-344-3017 ext 277

Physical activity and healthy eating program for people living with a mental illness. Activities include basketball, cooking classes, geocoaching, resistance training, scavenger hunts, stretching and relaxation, urban poling, volleyball, walking club, Zumba.

West Lambton Community Health Centre - Living with Depression and Anxiety

429 Exmouth St, Suite 100, Sarnia | 519-344-3017

8-week supportive program for people living with depression and anxiety. Uses cognitive behavioural techniques to teach people the skills needed to manage their condition.

NURSE PRACTITIONER-LED CLINICS

Primary healthcare clinics where nurse practitioners work with other professionals, including a consulting physician, to deliver healthcare services. Nurse practitioner works with other health professionals to assess and treat non-life threatening injuries or illnesses. Appointments required.

Aamjiwnaang First Nation - Health Centre - Primary Health Care

1300 Tashmoo Ave, Sarnia | 519-332-6770 or 1-888-220-2262

Mon, Thu 8:30am-4:30pm • Wed 1pm-4:30pm. Medical clinic focused on family and community health. Services for band members of Aamjiwnaang First Nation or the spouse of a member.

Twin Bridges Nurse Practitioner-Led Clinic

153 Christina St S, Sarnia | 226-776-9030

Mon, Wed, Thu 8am-5pm • Tue 8am-8pm • Fri 8am-1pm. Medical clinic focused on family and community health.

OXYGEN AND RESPIRATORY SERVICES

Programs and services that sell or provide financial assistance toward home oxygen supply systems and respiratory equipment.

Lambton ProResp

435 Exmouth St, Sarnia | 519-332-3325 or 1-800-265-1471

Mon-Fri 9am-5pm. Emergency services available daily 24 hours. Some services include home oxygen, CPAP therapy, airway management, ventilation, and inhalation therapy. Some costs may be covered, either partially or completely, by government sponsored organizations or through private insurance. Medical referral required for Home Oxygen and CPAP therapy.

Sarnia Home Respiratory Service

1258 Michigan Ave, Sarnia | 519-332-5889

Sale and service of home respiratory care equipment including compressors, airway clearance devices, positive airway pressure systems, suction devices, and apnea/cardiorespiratory monitors.

VitalAire Health Care

1150 Pontiac Dr, Unit 8, Sarnia | 519-383-1575

Mon-Fri 9am-5pm. Provides respiratory related services as well as the sale of compressors, oxygen, sleep apnea machines, and suction devices.

PHARMACIES WITH EXTENDED HOURS

Pharmacies that are open either 24 hours or on statutory holidays.

Pharmasave

19 King St W, Forest | 519-786-5161

Statutory holidays: 10am-2pm, with the exception of Christmas Day, New Year's Day and Good Friday.

Shoppers Drug Mart

510 Exmouth St, Sarnia | 519-344-2409

Daily 8am-12midnight. Call for holiday hours.

260 Indian Rd, Sarnia | 519-337-3727

Daily 8am-12midnight. Call for holiday hours.

Vidal Pharmacy

373 Vidal St S, Sarnia | 519-344-2222

Statutory holidays: 9am-2pm

PHYSIOTHERAPY SERVICES (PUBLICLY-FUNDED CLINICS)

Physiotherapy clinics that provide OHIP-funded services. These clinics may also offer private-pay physiotherapy services. No referral required for private-pay services, but a medical referral is required for OHIP coverage for those 19 years and under, 65 years and older, ODSP or Ontario Works recipients, and people hospitalized for at least one night due to an injury. A medical referral may be required for third-party insurance.

Pt Health - Petrolia Rehabilitation

4119 Petrolia Line, Unit 3, Petrolia | 519-704-5009

Mon, Wed, Thu 8am-6pm • Tue, Fri 8am-4pm

pt Health - Sarnia Community Care Physiotherapy

460 Christina St N, Unit 3, Sarnia | 519-704-5011 or 1-888-764-3235

Mon, Wed, Thu 8am-6pm • Tue 8am-4pm • Fri 8am-1pm

Sam Shuqair Physiotherapy

195 Harkness St, Sarnia | 519-344-7581

Call ahead for hours.

SEXUAL HEALTH SERVICES

Non-profit, community, and public health programs specializing in sexual and reproductive health. Services may include birth control, pregnancy tests and counselling, sexual health education, sexuality counselling and support, and the prevention, detection, and treatment of sexually transmitted infections.

Lambton Public Health – Forest Sexual Health Clinic

59 King St W, Forest | 519-786-2148

Second and fourth Tuesday of the month 9am-4pm.

Lambton Public Health – Petrolia Sexual Health Clinic

Charlotte Eleanor Englehart Hospital, 450 Blanche St, 2nd Fl, Petrolia
519-882-4844

Nursing Clinic: Mon 9am-12noon • Thu 9am-1pm, 2pm-4pm

Physician Clinic: Second Thu of the month 10am-1pm • Fourth Thu of the month 2pm-4pm

Lambton Public Health – Point Edward Sexual Health Clinic

160 Exmouth St, Point Edward | 1-800-667-1839

Call ahead. Hours vary.

SMOKING CESSATION

Services to help people stop smoking.

Central Lambton Family Health Team - STOP Program

4130 Glenview Rd, Unit 3, Petrolia | 519-882-2500

Mon-Fri 9am-4pm. Provides nicotine patches, gum, lozenges, and inhalers for people who wish to quit smoking.

Grand Bend Area Community Health Centre - Smoking Cessation

69 Main St E, Grand Bend | 519-238-1556 ext 284

One-on-one and group support to help quit smoking. Services include counselling support and nicotine replacement therapy (patch, gum, lozenge and inhaler).

North Lambton Community Health Centre - Smoking Cessation

59 King St W, Unit 3, Sarnia | 519-786-4545

Support to help quit smoking. Various methods are discussed.

Rapids Family Health Team - Smoking Cessation

1150 Pontiac Dr, Suite 4, Sarnia | 519-339-8949

Education program for people considering, or who are ready to quit smoking. Nurses discuss strategies to quit smoking, ways to overcome challenges, how to develop a quit plan, and how to prevent a relapse.

SUPPORT GROUPS

Alzheimer Society – Early Stage Support for Persons with Dementia

420 East St N, Sarnia | 519-332-4444

Every other Thursday 2pm-3:30pm.

Peer support and discussion for people diagnosed with dementia.

Interview required prior to attendance.

Multiple Sclerosis Society – Support Group Program

Chris Dawson Centre, 420 East St N, Sarnia | 1-800-268-7582

Office: Mon-Thu 9am-4pm.

Monthly support group for people with Multiple Sclerosis and their caregivers.

Parkinson's Support Group

Provides people with Parkinson's disease and their loved ones with support, information, and the tools needed to cope with the challenges related to the disease.

Grand Bend and Area Community Health Centre, 69 Main St E, Grand Bend | 519-238-1556 ext 241

Last Monday of each month from 2pm-3:30pm, excluding, June, July, August, and December.

Canadian Cancer Society – Sarnia-Lambton - Prostate Cancer Support Group

Lochiel Kiwanis Community Centre, 180 College St N, Sarnia
519-332-0042

Group meets the second Tuesday of the month 7:30pm-9pm.
Support group for prostate cancer patients and their families.

Sarnia Adult Brain Tumour Support Group

St Giles Presbyterian Church, 770 Lakeshore Rd, Sarnia | 519-642-7755
Fourth Thursday of the month from 7:30pm-9pm, excluding July, August,
September, and December.

Support group for people affected by brain tumours - survivors, patients,
families, and loved ones.

Sarnia-Lambton Ostomy Support Group

Wellwise, 516 Exmouth St, Sarnia | 519-344-9797

Second Tuesday of each month at 6:30pm.

Peer support group for people who have had ostomy surgery, and their
families, partners, caregivers, and friends.

WALK-IN MEDICAL CLINICS

Walk-in medical services for people who need medical care for minor
illnesses or injuries. Appointments are not required and most fees are
covered by OHIP.

Good Doctors Medical Clinic

206 Maxwell St, Sarnia | 226-778-4811

Hours updated daily

5299 Nauvoo Rd, Watford | 226-799-3184

Hours updated daily

MD Connected Walk-in Clinic | 1-877-406-9362

29 King St W, Forest

Wed-Sat 10am-2pm

460 Christina St N, Sarnia

Mon-Fri 9am-5pm

889 Exmouth St, Unit 3, Sarnia

Mon-Fri 9am-2pm

Rapids Family Health Team – Access to Care

481 London Rd, Sarnia | 519-491-6188

Mon-Fri 8am-5pm. Walk-in medical clinic. Nurse practitioners assess and
treat minor illness and injuries.

Wiltshire Walk-In Clinic

940 Murphy Rd, Sarnia | 519-491-1922

Mon-Fri 9am-7pm • Sat 9am-3pm • Sun 10am-4pm

GETTING INVOLVED AND VOLUNTEERING

Whether it's shovelling a senior's walkway, taking the time to listen to a grieving friend, or taking on a volunteer leadership job with a community organization, giving back to your community is meaningful. The **Community That Cares** initiative in Sarnia-Lambton fosters both informal helping and formal volunteering. Many organizations need volunteers to meet the growing demand for their services. Community members can also make a difference by finding simple opportunities in daily life to help others out. Here are some of the benefits of helping out:

- Pride and satisfaction in sharing your time and talents
- The opportunity to maintain existing skills and develop new ones, such as leadership and communication skills (perhaps even leading to paid employment in a new area!)
- An enhanced sense of belonging
- An enhanced sense of well-being - the "helper's high"
A reason to stay active and involved
- A better understanding of the people and issues in your community
- More self-confidence
- New friendships
- More fun!

When you give back, you make your neighbourhood and community stronger and more vibrant, and that benefits you too. To find out how you can give back, contact: Volunteer@leohelps.ca,

VOLUNTEER REFERRAL NETWORKS

Organizations that offer volunteer referral programs and services.

Volunteer Coordinators' Association of Sarnia-Lambton

560 Exmouth St, Unit 110, Sarnia | www.volunteersarnia.com

Network of community organizations that coordinate volunteers, and people who are interested in or actively work in the field of volunteerism. Offers public education and professional development on volunteering.

EMPLOYMENT OPTIONS

Looking to stay in the workforce for a few more years? Older adults have a lot to offer, but the job search process can be daunting. Here are a few tips:

- Consider refreshing your skills. Embrace new technologies and be willing to learn.
- Stay in the know about your industry or profession.
- Make your resume short and impactful. (Check the Internet for tips.)
- If you haven't already, establish a digital presence – join LinkedIn.
- Network, network, network. (And don't forget the power of social media).
- Do your research. Explore new industries, consider smaller organizations, including non-profits and start-ups. Be flexible.
- Temper your salary expectations. Be prepared to make less. Negotiate for non-monetary benefits, such as flexible hours.
- Prepare carefully for interviews. Know the company and the industry.
- Address the age issue directly. Emphasize the value of your experience.

Gain new skills and broaden your network with job opportunities.

EMPLOYMENT ASSISTANCE

Non-profit and government-funded programs that offer employment counselling and career planning services.

The Workplace Group

265 Front St N, Suite 107, Sarnia | 519-337-7377

Non-profit that helps link employers with job seekers. Provides employment assistance for people with or without a disability. Services include workshops, resume and cover letter writing, interview preparation, networking, workplace training, and referrals.

Goodwill Industries Ontario Great Lakes – Goodwill Career Centre - Sarnia

1249 London Rd, Sarnia | 519-332-4333

Mon-Fri 8am-4:30pm. Job search and skills development services. Assists with resume preparation, job placement, employer expectations, and networking and interviewing skills.

Lambton College - Community Employment Services

4248 Oil Heritage Rd, Petrolia | 519-882-4333 or 1-877-797-4333

Mon, Tue, Thu, Fri 8:30am-4:30pm • Wed 8:30am-7pm

Employment Consultant Drop-In: Mon-Thu 9am-3pm

One-stop access point for job search resources and training and skills development. Employment consultants available for tailored assistance.

EMPLOYMENT ASSISTANCE FOR PEOPLE WITH DISABILITIES

Non-profit and government-funded programs that offer employment counselling and career planning services to people who have disabilities.

The WorkPlace Group

265 Front St N, Suite 107, Sarnia | 519-337-7377

Non-profit that helps link employers with job seekers. Provides employment assistance for people with or without a disability.

Services include workshops, resume and cover letter writing, interview preparation, networking, workplace training, and referrals.

Community Living Sarnia-Lambton - Employment Transitions

551 Exmouth St, Suite 202, Sarnia | 519-332-0560

Mon-Fri 8:30am-4:30pm. Provides assistance to people with disabilities to obtain and maintain competitive employment. Job coaching, orientation, basic training and ongoing support to employer and employee. Additional on-the-job support when roles change. Must be able to provide proof of disability and be legally entitled to work in Canada.

Employment Ontario

1-800-387-5656

Information about employment and training services offered in Ontario for apprentices, employees, employers and job seekers.

Lambton County Developmental Services - Petrolia Enterprises

339 Centre St, Petrolia | 519-882-2711

Mon-Fri 8am-4:30pm. Provides employment opportunities to people with developmental disabilities. Services include job readiness, initial support, and ongoing maintenance. Contact Development Services Ontario at 1-877-480-2726. Documentation of a developmental disability required.

EMPLOYMENT ASSISTANCE FOR INDIGENOUS PEOPLES

Non-profit and government-funded programs that offer employment counselling and career planning services to Indigenous peoples.

Aamjiwnaang First Nation - Employment and Training Programs

978 Tashmoo Ave, Sarnia | 519-336-8410 ext 5

Mon-Fri 8:30am-4:30pm. Access to career assessments, counselling, referral, job search supports, job board, labour market info, and job coaching services. Transportation and childcare available. For members of Aamjiwnaang First Nation that are 16 to 65 years old.

DIVERSITY AND INCLUSION

Sarnia-Lambton welcomes and includes people of all nationalities, races, faiths, sexual orientations and gender identities, abilities, education and socio-economic status. There are a variety of supports and services to help everyone fit in and feel a sense of belonging. We recognize that diversity offers many benefits, including:

- Promoting understanding and mutual respect, and eliminating discrimination
- Creating a wider pool of talent and increasing productivity
- Fostering innovation and new ideas
- Enriching our cultural life

In this section you will find culturally diverse services and supports that will help you feel welcome in your community.

ADVOCACY AND SOCIAL ACTION FOR PEOPLE WITH DISABILITIES

Organizations that protect and promote the rights and interests of people with disabilities. Areas of focus may include accessible and affordable housing/services, finances, and physical and mental health.

Community Living Sarnia-Lambton

551 Exmouth St, Suite 202, Sarnia | 519-332-0560

Mon-Fri 8:30am-4:30pm. Provides services and programs to ensure that people with developmental disabilities live in a state of dignity, share in all elements of living in the community, and have the opportunity to participate effectively.

Family Counselling Centre – Advocacy, Planning and Support Services

1086 Modeland Rd, Bldg 1030, Sarnia | 519-336-0120

Provides advocates for a range of community-based services for people with developmental disabilities.

Lambton County Developmental Services

339 Centre St, Petrolia | 519-882-0933

Provides and advocates for a full range of community-based services for people with intellectual disabilities including accommodation, employment, respite, community access, planning and family supports.

St Francis Advocates

7346 Arkona Rd, PO Box 218, Arkona | 519-828-3923

Provides supports for adults with autism and developmental disabilities with a focus on helping people realize their abilities to live an active and rewarding lifestyle in their own communities.

ADVOCACY AND SOCIAL ACTION FOR SENIORS

Organizations that protect and promote the rights and interests of seniors. Areas of focus may include affordable housing, elder abuse and neglect, finances, healthy aging, mental health, and pensions.

Lambton Elderly Outreach – Client Intervention and Assistance

4486 London Line, RR 1, Wyoming | 519-845-1353 ext 801 or 1-800-265-0203

8am-4:30pm. Assistance for seniors and adults with disabilities in abusive situations, those needing behavioral supports, or those needing support in transitioning home from long-term care.

ENGLISH/FRENCH AS A SECOND LANGUAGE (ESL/FSL) TRAINING PROGRAMS

Programs and services that provide English or French as a second language instruction.

English Language Classes

YMCA Learning and Careers Centre, 660 Oakdale Ave, Sarnia
519-336-5950 ext 234

English as a Second Language (ESL) and Language Instruction for Newcomers to Canada (LINC) classes for newcomers whose first language is not English. Language assessment and proof of status in Canada required. Newcomers 18 years and older who are one of the following: landed immigrant, refugee, a provincial nominee or their dependent, a temporary work permit holder approved through the Canadian experience class, a foreign domestic worker admitted under the Live-in Caregiver Program, or a naturalized Canadian citizen.

IMMIGRANT, NEWCOMER AND REFUGEE SERVICES

Non-profit and government programs that focus on the immigration, refugee, and citizenship process. Services may include a citizenship test.

Across Languages Translation and Interpretation

1-866-833-7247

Information and referral services for newcomers settling in Sarnia. Services include social and professional networking through the Community Connections program, pre-employment services, English language classes, and settlement supports.

Sarnia-Lambton YMCA - Immigrant Services

660 Oakdale Ave, Sarnia | 519-336-5950 ext 234

Information and referral services for newcomers settling in Sarnia. Services include social and professional networking through the Community Connections program, pre-employment services, English language classes, and settlement supports.

Community Connections

519-336-5950 ext 234

Helps newcomers develop social and professional contacts to help them feel at home in Canada. Connects newcomers to community organizations, resources, events and activities. Monthly activities and events.

Newcomer Settlement Program (NSP)

519-336-5950 ext 234

Provides personal information and referrals to partnering organizations to help newcomers with settlement needs, such as housing, health, legal services, finances, and employment and education support.

Orientation Services

519-336-5950 ext 234

Information to newcomers on government programs and services, community and social services, education, immigration, housing, employment, and community connections. Service include: Needs assessment, settlement plans and goals, one-on-one supports, information sessions and interpretation (Arabic, Spanish).

LESBIAN, GAY, BISEXUAL, TRANSGENDER, TWO SPIRITED, QUEER LGBTQ+

Programs and services specifically for lesbian, gay, bisexual, transgender, two spirited, and queer (LGBTQ+) communities, including healthcare, social and emotional support, and advocacy.

Rainbow Health Ontario

www.rainbowhealthontario.ca

Service directory that lists health and social service providers, as well as programs that have expressed commitment to providing care to LGBT2SQ people in Ontario.

Sarnia Pride and Transgender Association

519-402-8478

Community-based education, advocacy, and support for people who identify as, or have questions and/or concerns about being lesbian, gay, bisexual, transgender, two spirited, queer or questioning, and their families. Organizes social events, fundraisers, speakers and presentations.

SOCIAL ACTION GROUPS

Non-profit and government groups that coordinate responses to social issues, such as human rights, homelessness, poverty, mental health, and hunger and food insecurity.

Sarnia Speaks

519-328-2220

Non-profit organization that employs open dialogues and digital media to create awareness about mental illness, addiction, grief and loss, gender identity, poverty eradication and other social issues.

United Way of Sarnia-Lambton

1362 Lambton Mall Rd, Unit 10, Sarnia | 519-336-5452

Mon-Fri 8:30am-4:30pm. Raises and distributes funds to various community agencies through volunteer-based campaigns and allocation process. Consultation and assistance to human care services. Leadership in community problem solving, service development and coordination, inter-agency networking and information sharing, and research and identification of priority human care service needs.

FINANCIAL AND LEGAL SERVICES

Help yourself through hard times by accessing basic needs, financial assistance, and low-cost legal services.

Inn of the Good Shepherd – Income Tax Clinic

115 John St, Sarnia | 519-344-1746

Provides free tax support and services. Open by appointment and through mobile clinics from March to mid-May.

CLOTHING AND HOUSEHOLD ITEMS

Free or low-cost distribution of clothing and household goods to people in need, on a seasonal, regular, or emergency basis.

Inn of the Good Shepherd - Genesis Program

115 John St, Sarnia | 519-344-1746

Tue 12noon-2pm. Services can be accessed once every 21 days.

NeighbourLink - Sarnia Lambton

519-336-5465

Tue 9am-3pm • Wed, Fri 9am-12noon.

Salvation Army - Sarnia Community and Family Services – Thrift Store

122 Christina St N, Sarnia | 519-344-3781

Tue 9am-3pm • Wed, Fri 9am-12noon.

St Vincent de Paul Help Centre

228 Davis St, Sarnia | 519-337-1058

Mon, Wed 11am-3pm • Fri 1pm-4pm.

COMMUNITY LEGAL CLINICS

Free or low-cost legal services including legal advice, legal representation, and public legal education.

Community Legal Assistance Sarnia

201 Front St N, Suite 407, Sarnia | 519-332-8055 or 1-888-916-2527

Thu 8:30am-4:30pm • Fri 8:30am-12:30pm. Legal advice and representation in several areas of law including: housing and tenant rights, Ontario Works, Ontario Disability Support Program, Canadian Pension Plan, Employment Insurance, Human Rights, and Consumer Protection Notary Services.

Legal Aid Ontario - Sarnia Family Law Service Centre

201 Front St N, Suite 204, Sarnia | 519-336-4432

Mon-Fri 8:30am-4:30pm. Offers low-income individuals assistance with family law matters including child custody, access, child support, and Children's Aid matters.

FINANCIAL ASSISTANCE**Lambton County – Ontario Works**

150 Christina St N, Sarnia | 1-800-387-2882

Mon-Fri 8:30am-4:30pm. Social assistance for eligible people and families. Provides income support to cover food, shelter, basic needs, and prescription drugs. Provides employment support to help people find, prepare for, and keep a job.

FINANCIAL ASSISTANCE FOR PEOPLE WITH DISABILITIES

Government and community programs that provide financial assistance to people with disabilities, both as income support and to help pay for assistive devices and home modification.

March of Dimes Canada

Sarnia–Lambton | 519-332-4702

Chatham–Kent | 519-351-8464

1050, 1086 Modeland Rd, Sarnia

Mon-Fri 8:30am-4:30pm. Provides financial help to buy, repair and maintain a wide variety of mobility equipment or devices that increase functional independence.

Multiple Sclerosis Society - Southwestern Ontario Chapter

Chris Dawson Centre, 420 East St N, Sarnia | 1-800-268-7582

Funds services for people with a confirmed diagnosis of Multiple Sclerosis. Quotes for purchases or repairs must be submitted prior to funding, and other funding sources must have been explored before chapter funding is issued. Must be a resident of Lambton County.

Quality of Life Grant for Equipment - Funds equipment, rental, purchase, and/or repairs.

Ontario Disability Support Program (ODSP)

150 Christina St N, Sarnia | 519-337-3735

Mon-Fri 8:30am-5pm. Income supports for people in financial need who have permanent disabilities, or disabilities expected to last longer than one year. People receiving Ontario Works benefits should apply at their local office, where medical documentation and proof of income are required. For Ontario residents 18 years and older who met financial and other eligibility requirements.

FINANCIAL ASSISTANCE FOR RENT AND UTILITIES

Non-profit and government programs providing financial assistance to people needing to pay their rent and utilities on an emergency or urgent basis. Proof of all sources of income, recent bills, utility statements, and current bank statements are required.

Inn of the Good Shepherd - Rent and Utility Assistance

115 John St, Sarnia | 519-344-1746

Reception: Mon-Fri 8:30am-4:30pm. Assistance with rent and utility payments. Also offers emergency food packages to offset monthly costs. Referrals to community resources.

Salvation Army - Sarnia - Community and Family Services

970 Confederation St, Sarnia | 519-344-1142

Office: Tue-Fri 9am-12noon, 1pm-3:30pm Food bank by appointment.
Financial assistance for people to help pay for rent, utilities, dental, and medical costs.

FOOD BANKS

Organizations that distribute food items on an emergency basis to individuals and families in need. Identification for each household member and proof of income and/or residency may be required.

Aamjiwnaang First Nation - Health Centre - Food Bank

1300 Tashmoo Ave, Sarnia | 519-332-6770 or 1-888-220-2262

Mon 9am-12noon • Thu 1pm-4pm. Distributes food to those who have difficulty purchasing enough food to avoid hunger. Registration required. For low-income residents of Aamjiwnaang First Nation.

Alvinston Food Bank

3236 River St, Alvinston

Wed 11am-1pm. Provision of food and personal care items for people in need.

Contact House Food Bank

6276 Townsend Line, Forest

Tue 9:30am-11:15am. Community-funded emergency food bank.

Inn of the Good Shepherd - Food Bank

115 John St, Sarnia | 519-344-1746

Mon-Fri 9:30am-11:15am. Provides food items to all people in need in a grocery store type setting. Requires identification for everyone in household, rent, and income receipts.

Inn of the Good Shepherd - Mobile Market

115 John St, Sarnia | 519-344-1746

Weekly distribution of fresh garden produce at various locations throughout Sarnia-Lambton from July to mid-November to food bank clients.

Petrolia Food Bank

4156 Petrolia Line, Petrolia | 519-882-3950

Mon 9am-11:30am. Food bank for residents of Petrolia and Lambton County.

River City Vineyard Food Bank

260 Mitton St N, Sarnia | 519-383-8463

Hours vary. Food bank providing food items to individuals

Salvation Army - Sarnia - Community and Family Services - Food Bank

970 Confederation St, Sarnia | 519-344-1142

Tue-Fri 1pm-3:30pm. Food bank providing food items to individuals and families in need.

St Andrew's Presbyterian Church - Community Food Bank

437 Colborne Dr, Corunna | 519-862-3641

Mon-Thu 9am-12noon. Provision of food for people in need.

St Vincent de Paul Help Centre - Food Bank

228 Davis St, Sarnia | 519-337-1058

Mon, Wed 11am-3pm • Fri 1pm-4pm.

Voice of Truth Church - We Care Food Bank

2554 Elizabeth St (rear entrance), Oil Springs | 519-834-2984

Tue 9am-11:30am. Food bank for anyone in need living in Lambton County. Must bring identification.

Watford Food Bank

Watford United Church, 555 Ontario St, Watford | 519-876-2837

Wed 11am-1pm. Provision of food for people in need.

HOSPITALITY MEALS

Programs that provide free or low-cost sit-down meals for individuals and families in need.

Inn of the Good Shepherd - Soup Kitchen

115 John St, Sarnia | 519-344-1746

Mon-Fri 1pm-2:15pm • Sat-Sun 4:30pm-5:30pm. Serves a hot meal and provides an opportunity for interaction with others.

River City Vineyard - Quickbite Cafe

260 Mitton St N - Wellness Room, Sarnia | 519-383-8463

Last Wednesday of the month 4:30pm-5:30pm • Last Saturday of the month 10am-11am.

PERSONAL IDENTIFICATION, CERTIFICATES AND LICENCES

Government-run programs that process registration of birth, marriage, and death certificates, as well as identity documents.

Sarnia Service Canada Centre

529 Exmouth St, Sarnia | 1-800-622-6232

Mon-Fri 8:30am-4pm

ServiceOntario

4178 Petrolia Line, Petrolia | 1-800-267-8097

Mon-Fri 9am-12noon, 1pm-4pm

Bayside Mall, 150 Christina St N, Sarnia | 1-800-267-8097

Mon-Fri 8:30am-4pm

5288 Nauvoo Rd, Watford | 1-800-267-8097

Mon-Fri 9am-12noon, 12:30pm-4pm

VETERANS' SERVICES

Non-profit and federal government programs and services providing community supports and social activities for veterans, including active military and RCMP members and their families. A membership fee may apply.

Royal Canadian Legion - Alvinston - Branch 249

3237 River St N, Alvinston | 519-898-2100

Royal Canadian Legion - Forest - Branch 176

58 Albert St, Forest | 519-786-5357

Tue, Thu 1pm-6pm • Wed 1pm-9pm • Fri, Sat 1pm-7pm

Royal Canadian Legion - Grand Bend - Branch 498

20 Municipal Dr, Grand Bend | 519-238-2120

Mon-Sat 3pm-7pm

Royal Canadian Legion - Sarnia - Branch 62

286 Front St N, Sarnia | 519-336-2841

Mon-Sat 11am-7pm

Royal Canadian Legion - Thedford - Branch 278

42 Nelson St, Thedford | 519-296-4939

Royal Canadian Legion - Watford - Branch 172

5275 Nauvoo Rd, Watford | 519-876-2351

Lounge: Tue, Thu 7pm-9pm • Fri 2pm-6pm • Sat 12noon-6pm

General Meeting: Second Wednesday of the month at 7:30pm, Sep-June

Executive Meeting: Fourth Monday of the month at 7pm

War Veterans and Friends Club

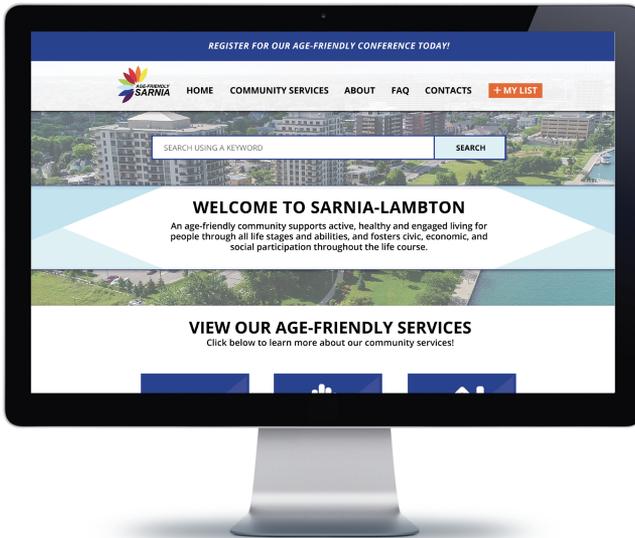
Nick's Family Restaurant, 1716 London Line, Sarnia

Second Tuesday of the month at 12noon, from March through December.

Social club for military veterans and their friends.



AGE-FRIENDLY SARNIA-LAMBTON



FOR THE MOST UP-TO-DATE SERVICE LISTINGS INFORMATION

VISIT OUR WEBSITE

www.agefriendlysarnialambton.ca