

211 can help you find resources around money, housing, food, childcare, personal needs and many other issues.

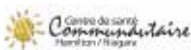
**Available 24 hours a day,
365 days a year.**

When you don't know
where to turn.™



www.informationniagara.com
(search or call 211)

Niagara  Region



PROGRAMS AND SERVICES GUIDE

**Where to go
in Niagara
for help with:
housing, legal
status and
immigration,
money, learning,
and personal needs**

HOUSING

**Niagara Region Hostels and
Homelessness Prevention**

www.niagararegion.ca

Search: housing help

Learn about a list of organizations offering services and programs to help with housing needs

Niagara Regional Housing

www.nrh.ca

905-682-9201

Offers affordable, accessible, and quality housing for Niagara residents who have difficulties affording housing

LEGAL STATUS/ IMMIGRATION

Newcomers to Niagara

www.niagaraimmigration.ca

Provides information on programs and services for recent immigrants or those who are looking to settle in Niagara

Legal Aid Ontario

www.legalaid.on.ca

1-800-668-8258

Legal aid services for low income individuals

MONEY

**Niagara Region – Social Assistance and
Employment**

www.niagararegion.ca

Search: social assistance

905-641-9230

Connects people to income and employment programs offered through Ontario Works

Service Canada

www.servicecanada.gc.ca

1-800-622-6232

Federal programs for all citizens, for every major life event, Employment Insurance (EI), Canada Learning Bond (CLB), applying for Goods & Services Tax (GST) credit and Canada Child Tax Benefit

Ontario Trillium Benefit

www.fin.gov.on.ca

Search: trillium benefit

1-866-668-8297

Provides relief to low income individuals

Canada Benefits

www.canadabenefits.gc.ca

1 800 O-Canada (1-800-622-6232)

Federal benefits such as Employment Insurance (EI), education and training, housing, health, business and links to program websites and application forms

Ontario Drug Benefit Program

www.health.gov.on.ca

Search: drug benefit program

1-866-532-3161

Assistance to people unable to afford medications

Community Volunteer Income Tax Program (CVITP)

www.cra-arc.gc.ca/volunteer/

1-800-959-8281

or 204-989-1912 (Feb. - May)

Free assistance with tax returns for those with low income

LEARNING

Ontario Early Years Centres

www.children.gov.on.ca

Search: early years centres

1-866-821-7770

Programs and activities for children under six and their parents

Learning Disabilities Association of Niagara Region

www.ldaniagara.org

Go to: programs

905-641-1021

List of programs to support children, youth and adults with learning disabilities

Jumpstart

<http://jumpstart.canadianfire.ca/en/>

1-877-616-6600

Helps cover costs for financially disadvantaged children in organized sport or recreation

ProKids

www.niagararegion.ca

Search: ProKids

905-984-3750 or

1-800-263-7215 ext. 3797

Financial assistance for the participation of eligible children and youth in sport, recreational or cultural activity

PERSONAL NEEDS

Niagara Region – Child Care and Assistance

www.niagararegion.ca

Search: child care

905-984-3750 or 1-800-263-7215

- Assistance finding – Licensed child care centres, home care programs, full day learning
- Financial assistance – Child care, recreation/sports, children with special needs, dental

Niagara Region – Parent Talk Line

www.niagararegion.ca

Search: parent talk line

905-688-8248 or

1-888-505-6074 ext. 7555

Telephone information line that gives parents the chance to speak to a public health nurse about any parenting issues. Also a referral resource for physicians.

Niagara Region – Programs for Seniors

www.niagararegion.ca

Search: seniors

905-984-2621 or 1-877-212-3922

- Long-Term Care Homes – Homes for people who need nursing and/or personal care
- Seniors Programs include adult day service, supportive housing, elder abuse prevention, exercise programs

Niagara Nutrition Partners

www.niaganutritionpartners.ca

Provides information on coordinated nutrition programs in elementary and secondary schools