



# THE HAVEN OF REST

- Website: [thehavenofrest.ca](http://thehavenofrest.ca)
- Facebook: [thehavenofrestNL](https://www.facebook.com/thehavenofrestNL)
- Instagram: [thehavendeerlake](https://www.instagram.com/thehavendeerlake)
- Email: [info@thehavenofrest.ca](mailto:info@thehavenofrest.ca)

*Wholistic Addiction Recovery - A place of healing, hope, and refuge for those who have lost their way.*

## ADDICTION RECOVERY RESOURCES CENTRAL NEWFOUNDLAND

- This directory has been prepared by The Haven of Rest. We are a wholistic long-term addiction recovery facility, currently pursuing funding and development in hopes to open as soon as possible.
- Find more information about The Haven of Rest on our website and social media outlined above.
- Included is a compilation of some resources we have found available in this local area. Please note, the resources listed may not fully represent the methodology and beliefs of The Haven of Rest.
- We will update this list to the best of our ability, please let us know changes or additions needed.
- Feel free to share these with individuals, friends or family members in need of support at this time.

### Resources – Mental Health & Addiction

#### **NAME: Al-Anon**

TYPE: Support for Family and Friends of Alcoholics

LOCATION: All of NL (in person and online meetings)

NUMBER: 1 (709) 722-2666

CONTACT: [info@al-anonnl.ca](mailto:info@al-anonnl.ca)

WEBSITE: <http://www.al-anonnl.ca/meeting-schedules>

DETAILS: Families and friends of alcoholics come together to share experience, strength, and hope to find a path toward healing and serenity.

#### **NAME: Alcoholics Anonymous (AA)**

TYPE: Support for Alcoholics

LOCATION: All of NL (in person and online meetings)

NUMBER: 1 (888) 579-5215

WEBSITE: <https://area82aa.org/find-a-meeting/>

DETAILS: A fellowship of people who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

**NAME: Bridge The Gap**

TYPE: Programs for Adults and Youth

LOCATION: Online for all of NL

NUMBER: 1 (866) 470-7111

WEBSITE: [https://nl.bridgethegapp.ca/service-directory/service\\_directory\\_category/central/](https://nl.bridgethegapp.ca/service-directory/service_directory_category/central/)

DETAILS: An easy way to connect with guidance and supports for mental health and addictions in Newfoundland and Labrador.

**NAME: Celebrate Recovery**

TYPE: Recovery Support Group

LOCATION & CONTACTS:

- St. Johns – 10 Canada Drive, [www.worshipcentre.ca](http://www.worshipcentre.ca)

WEBSITE: [www.celebraterecovery.ca/newfoundland-labrador/](http://www.celebraterecovery.ca/newfoundland-labrador/)

DETAILS: Support for hurts, hangups, or habits in mental health, addictions, grief, relationships, etc.

**NAME: Central Counselling & Assessment Services Inc.**

TYPE: Mental Health & Addictions

LOCATION: 115 Roe Ave, Suite C, Gander

NUMBER: 1 (709) 256-4420

CONTACT: Denise Butt, M.Ed., CCC, TITC-CT Registered Psychologist  
Barbara Tucker, Office

WEBSITE: <https://centralcounselling.ca/>

HOURS: Monday - Friday 8:30am - 5:00pm

DETAILS: At Central Counselling & Assessment Services, we provide a wide range of services to men, women, children and adolescents, through individual, family and group counseling. We also provide intervention and assessment services for schools, professional associations, and EFAP plans. Our areas of interest include: Depression & anxiety / Trauma, OSIs & PTSD / Addictions (substance abuse, gambling, sex) / Grief and loss / School & educational settings / Communication and parenting issues / Self-esteem

**NAME: Community-Based Counselling Services**

TYPE: Mental Health & Addictions

LOCATION: Central NL

NUMBER: Service Directory Website Below

WEBSITE: [https://nl.bridgethegapp.ca/adult/service-directory/service\\_director](https://nl.bridgethegapp.ca/adult/service-directory/service_director)

DETAILS: Counsellors are available to support individuals who have mental health or substance use concerns as well as family and friends who are affected. Counsellors aim to match treatment intensity to each individuals' unique journey of mental wellness and recovery. Our counselling teams may include Social workers, Nurses, Psychologists, Occupational Therapists and other professionals.

**NAME: Doorways**

TYPE: Mental Health &amp; Addictions

LOCATION &amp; NUMBER:

- Baie Verte - Baie Verte Peninsula Health Centre, 7 Hospital Road, 1 (709) 532-5271
- Botwood - Exploits Community Health Centre, 2 Airbase Road, 1 (709) 257-4900
- Buchans - A.M. Guy Memorial Health Centre, Water Street, 1 (709) 672-3304
- Gander - Community Health Centre, 80 Dickins Street, 1 (709) 256-5438
- Glovertown - Glovertown Medical Clinic, 114 Main Street, 1 (709) 533-2372
- Grand Falls-Windsor - Community Health Building, 36 Queensway, 1 (709) 489-8841
- Lewisporte - Lewisporte Community Health Centre, 394-412 Main Street, 1 (709) 535-0905
- New-Wes-Valley - Dr. Y. K. Jeon Kittiwake Health Centre, Rte 320-36, 1 (709) 536-2405
- Springdale - Green Bay Health Centre, 83 Little Bay Road, 1 (709) 673-4974
- St. Albans - St. Alban's Health & Community Services, 4 Cormier Avenue, 1 (709) 538-3738

WEBSITE: <https://www.westernhealth.nl.ca/doorways/>

OTHER: Monday-Friday 8:30 am-4:30 pm. Walk ins Everyday (call first in the morning for apt)

DETAILS: Doorways provides rapid access to mental health and addictions counselling services 'one session at a time' for youth and adult (12+). While most locations offer a walk-in service, some locations provide same-day, next day, or appointments by phone. If further counselling is required, staff will work with you to provide access to additional services and supports.

**NAME: Dr. Brian Adams Community Health Centre**

TYPE: Health Care / Mental Health and Addictions (NL Health Services)

LOCATION: 318-320 JR Smallwood Blvd, Gambo

NUMBERS: Main Desk - 1 (709) 674-4403

Public Health/Community Health Nurse - 1 (709) 674-4568

Public Nurse - 1 (709) 674-5373

Switchboard - 1 (709) 674-4403

WEBSITE: <https://nlhealthservices.ca/facility/dr-brian-adams-memorial>

HOURS: Open: Monday - Friday 8:30am - 4:30pm

DETAILS: The centre offers a wide range of health-care services within the Central health zone. From in-patient and acute care to patient safety and access to midwives, the centre prioritizes the well-being of its clients and residents.

**NAME: Emergency Mental Health Line**

TYPE: Emergency Mental Health Line

LOCATION: All of NL

NUMBER: 811 or 1 (877)-999-7589

WEBSITE: <https://www.811healthline.ca/mental-health/>

DETAILS: HealthLine nurses are there to listen, provide support and offer suggestions to help you or your loved ones. They will help connect you with services in your community or online programs that can be used anytime, anywhere.

### **NAME: FACT Team**

TYPE: Mental Health & Addictions

NUMBER: Central Health - 709-489-4300

WEBSITE: <https://nl.bridgethegapp.ca/service-directory/flexible-assertive-community-treatment-fact-teams/>

DETAILS: FACT teams provide long-term care for people with serious mental illness. Flexible Assertive Community Treatment (FACT) is a comprehensive biopsychosocial model that provides treatment of illness and symptoms, hands-on assistance with daily living activities, and recovery support for individuals, age 18 years+, with serious mental illness and concurrent disorders.

### **NAME: Gander Community Health Centre**

TYPE: Mental Health and Addictions

LOCATION: 80 Dickins Street, Gander

NUMBER: Mental Health and Addiction - 1 (709) 256-5438

WEBSITE: <https://nlhealthservices.ca/facility/gander-community-health-centre/>

HOURS: Monday - Friday 8:30am - 4:30pm

DETAILS: The Gander Community Health Centre provides access to a range of health-care services, including the Gander/Gander Bay Family Care Team and community- based mental health and addictions services.

### **NAME: Grand Falls-Windsor Community Health Centre – Queensway**

TYPE: Mental Health and Addictions

LOCATION: 36 Queensway, Grand Falls-Windsor

NUMBER: Population and Public Health Nursing - 1 (709) 489-8150

Continuing Care Nursing Services - 1 (709) 489-8161

Community Supports Social Work - 1 (709) 489-8161

Mental Health and Addiction Services - 1 (709) 489-8841

Opioid Treatment and Naloxone - 1 (709) 489-8178

Doorways - 1 (709) 489-8841

Janeway Outreach Clerk - 1 (709) 489-4254

Janeway Outreach Physiotherapist - 1 (709) 489-4535

Janeway Outreach Occupational Therapist - 1 (709) 489-8183

WEBSITE: <https://www.centralhealth.nl.ca/grand-falls>

HOURS: Open on: Monday - Friday 8:30am - 4:30pm

DETAILS: This facility offers and coordinates the following community-based services: Population and Public Health Nursing (school, child and adult health and community development nursing) / Continuing Care Nursing Services / Community Supports Social Work / Behavioral Management / Mental Health and Addiction Services / Opioid Treatment and Naloxone

### **NAME: Hope Valley Centre**

TYPE: Youth Addiction Treatment

LOCATION: 15 Lincoln Road, Grand Falls-Windsor

NUMBER: 1 (709) 292-8360

WEBSITE: <https://www.centralhealth.nl.ca/hope-valley-centre>

DETAILS: Provides specialized inpatient addictions treatment services for youth between the age of 12 - 18 years. Following an assessment by a physician, admission is available when a person's needs cannot be safely met in community. Services include assessment, diagnosis, treatment and connection to treatment and supports after discharge.

### **NAME: Juniper Place Therapeutic Residence**

TYPE: Mental Health & Addictions (Transition Housing)

LOCATION: Grand Falls-Windsor

NUMBER: 1 (709) 489-6651

WEBSITE: <https://nl.bridgethegapp.ca/service-directory/juniper-place>

DETAILS: Juniper Place Therapeutic Residence is a voluntary program designed for adults with complex mental health issues or addictions. It is a 3-bedroom home located in Grand Falls Windsor with the focus on learning skills, improving function and community engagement. The program is transitional in nature with an average length of stay 3 months.

### **NAME: Lewisporte Community Health Centre**

TYPE: Health care / Community support / Mental health and addictions / Social work

LOCATION: 394-412 Main Street, Lewisporte

NUMBER: Mental Health and Support Services - 1 (709) 535-3082

Public Health - 1 (709) 535-6795

Switchboard - 1 (709) 535-0905

Community Support Services - 1 (709) 535-0910

Main desk - 1 (709) 535-0905

Alternate main desk - 1 (709) 535-0906

Home Support Services - 1 (709) 535-3062

CONTACT: [cheryl.peckford@centralhealth.nl.ca](mailto:cheryl.peckford@centralhealth.nl.ca)

WEBSITE: <https://nl.healthservices.ca/facility/lewisporte-community-health-centre/>

HOURS: Open: Monday - Friday 8:30am - 4:30pm

DETAILS: Primary health care services including: Mental Health and Support Services / Public Health Services / Continuing care nursing / Community development nursing / Child Youth and Family Services / Social work (Community Supports and Family Rehabilitation) / Behavioural management / Primary health care

### **NAME: Lifewise Peer Support Centre**

TYPE: Mental Health / Peer Support

LOCATION: 2A Bank Road, Grand Falls-Windsor

NUMBER: 1 (709) 489-6983

WEBSITE: <https://lifewisenl.ca/>

DETAILS: Facilitated by trained staff, peer groups follow a set structure, offering consistency and positive reinforcement of living within recovery. Delivered from a holistic approach, our wide range of group topics include discussions on issues such as isolation, medication and finances and also include engagement through food, art and music. Our peer groups are available virtually across the province and in-person in the Metro St. John's Area, Grand-Falls Windsor, and Stephenville.

Warmline hours are 10am - 12am

Peer Virtual Group is Tuesday 6pm - 8pm

Family Virtual Support Group is Thursday 6pm - 8pm

### **NAME: Lifewise Warm Line**

TYPE: Mental Health

LOCATION: Telephone, all of NL

NUMBER: 1 (855) 753-2560 or 753-2560

DETAILS: Non-emergency, non-crisis telephone support for people in the province who are living with mental health issues. Available between 11:00 am and 11:00 pm daily.

### **NAME: McCurdy Complex (Opioid Treatment and Naloxone)**

TYPE: Mental Health and Addictions

LOCATION: Level 2, 1 Markham Place, Gander

NUMBER: 1 (709) 256-1359

WEBSITE: <https://nlhealthservices.ca/facility/mccurdy-complex/>

HOURS: Monday - Friday 8:30am - 4:30pm

DETAILS: Help is available for you and your family if you are a youth or adult and have concerns related to opioid use. The Opioid Dependency Treatment Hubs offer a variety of services aimed at a holistic approach to client care. Services offered include opioid agonist therapy (OAT) which involves taking medications such as, Suboxone, Methadone or Sublocade. Individuals can also avail of addictions counselling services and Take-Home Naloxone training.

### **NAME: Mental Health and Addictions Acute Care Services**

TYPE: Mental Health and Addictions

LOCATIONS & NUMBERS:

125 Trans Canada Highway, Gander

NUMBER: 1 (709) 256-5438

1 (709) 256-2813

WEBSITE: <https://nl.bridgethegapp.ca/service-directory/mental-health-and-addictions-acute-care-services-gander/>

DETAILS: Provides assessment and therapeutic counselling to individuals of all ages in the areas of mental health and addiction



### **NAME: Mental Health & Addictions Counselling**

TYPE: Mental Health & Addictions

LOCATION & NUMBERS:

- Baie Verte: 7 Hospital Road, 1 (709) 532-5271
- Brookfield Bonnews Health Centre: Rte 320-36, New-Wes-Valley, 1 (709) 266-2221
- Fogo: Main Street, 1 (709) 266-2221
- Springdale: 83 Little Bay Road, 1 (709) 673-4974
- Twillingate: Hospital Lane, 1 (709) 884-1370

WEBSITE: <https://nl.bridgethegapp.ca/service-directory/mental-health-and-addictions>

HOURS: Monday - Friday 8:30am - 4:30pm

DETAILS: Provides assessment and therapeutic counselling to individuals of all ages in the areas of mental health and addiction

### **NAME: Mental Health and Addictions Triage Line**

TYPE: Mental Health and Addictions

LOCATION: Gander Community Health Centre, 80 Dickins Street

NUMBER: 1 (844) 353-3330

HOURS: Monday - Friday 8:30 am - 4:30 pm

WEBSITE: <https://www.centralhealth.nl.ca/mental-health-addictions>

DETAILS: Mental Health and Addictions triage is a process to provide quick assessment and timely access to an appropriate mental health and addictions health professional.

### **NAME: Narcotics Anonymous**

TYPE: Drug Support Group

LOCATION: In Person and Online Groups

NUMBER: 1 (709) 728 9084

CONTACT: [nlarea.na.publicinformation@gmail.com](mailto:nlarea.na.publicinformation@gmail.com)

WEBSITE: <https://www.nlareana.ca>

DETAILS: Fellowship of individuals living with drug addiction.

### **NAME: National Overdose Response Service (NORS)**

TYPE: Drug Support Line

LOCATION: In Person and Online Groups

NUMBER: 1 (888) 688-6677 (NORS)

WEBSITE: <https://www.nors.ca/>

DETAILS: Overdose prevention hotline for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs. The service is free and available 24/7.

**NAME: Psychiatry Emergency Services**

TYPE: Mental Health Support

LOCATION: Throughout NL

DETAILS: Psychiatric emergency services are available in any emergency department and staffed 24/7. A health professional, such as a doctor or nurse, assess all patients who present with mental health and addiction concerns. Visit the emergency department nearest you.

**NAME: Thrive (Personal Support. Community Growth)**

TYPE: Mental Health and addictions

LOCATION: All of NL (Main office in St. Johns)

CONTACT: 1 (709) 754-0536 / [info@thrivecyn.ca](mailto:info@thrivecyn.ca)

WEBSITE: <https://www.thrivecyn.ca/>

DETAILS: a non-profit organization dedicated to supporting vulnerable youth and young adults (primarily ages 12 and up) through personal growth (individual empowerment) and community growth (social development and capacity building). Thrive operates in the St. John's metro region and you can also find resources for anyone available on their website online (listed above).

**NAME: Youth Outreach Program**

TYPE: Mental Health & Addictions (Youth and Young Adult)

LOCATION: Central NL

LOCATION & CONTACTS:

- New-Wes-Valley 1 (709) 536-1120
- Springdale 1 (709) 673-5545
- St. Alban's 1 (709) 538-3682
- Twillingate 1 (709) 884-4101

WEBSITE: <https://nl.bridgethegapp.ca/service-directory/youth-outreach-workers-central/>

DETAILS: Youth Early Intervention and Outreach Workers provide support to youth (12-29), support to parents of youth and other family members concerned about their teen, and presentations and programs to schools/community groups on addictions prevention and mental health promotion.

**Resources – Homelessness****NAME: Cara Transition House**

TYPE: Emergency Women's Shelter

LOCATION: Gander

NUMBER: Cara Transition House Crisis Line - 1 (877) 800-2272 / Office - 1 (709) 256-7707

WEBSITE: <https://carahouse.com/>

DETAILS: Cara Transition House is located in Gander, Newfoundland. We provide shelter and security to women and their dependent children who are fleeing family violence. We are a registered non-profit charity governed by a volunteer Board of Directors and staffed by trained lay counsellors. All services are free of charge and confidential.



### **NAME: Journey House**

TYPE: Men's Emergency Shelter

LOCATION: Gander

NUMBER: Provincial Emergency Housing Number - 1 (833) 724-2444

Church number - (709) 256-4762

CONTACT: Hilda Normore

WEBSITE: <https://www.evangelgander.ca/journeyhouse>

DETAILS: The Journey House is a 12-bed emergency home for men, ran by the Evangel Pentecostal Community Church.

### **NAME: Newfoundland Housing – Emergency Line**

TYPE: Emergency Housing Line

LOCATION: All of NL

NUMBER: 1 (833) 724-2444 (Avalon region are asked to call 709-724-3400)

WEBSITE: <https://www.nlhcnl.ca/about-nlhcnl/>

DETAILS: Their mandate is to develop and administer housing assistance policy and programs for the benefit of low to moderate income households throughout the province.

### **NAME: Newfoundland Housing - Rental Program**

TYPE: Rental Housing Program

LOCATION & NUMBER:

- Gander - 5 Garrett Dr, 1 (709) 256-1300
- Grand Falls Windsor - 5 Hardy Ave, 1 (709) 292-1000

WEBSITE: <https://www.nlhcnl.ca/housing-programs/rental-housing-program/>

DETAILS: Through the Rental Housing Program, we help households with low income that can't obtain suitable and affordable rental housing on the private market. Applications available online.

### **NAME: NL Housing & Homelessness Network**

TYPE: Housing & Homelessness

LOCATION: 83 King Street, Grand Falls-Windsor

NUMBER: 1 (709) 290-1368

CONTACT: Sherri Chippett - [executivedirector@nlhcnl.org](mailto:executivedirector@nlhcnl.org)

WEBSITE: <https://nlhcnl.org/resources/>

HOURS: Monday - Friday 8:30am - 4:30pm

DETAILS: We work with regional Community Advisory Boards, front-line agencies, all levels of government, and other stakeholders to identify and address issues and challenges related to housing and homelessness in rural and remote communities across our province.

## Resources – Other Services

### **NAME: Ambulance**

TYPE: Ambulance service

LOCATION: Central NL

NUMBER: 911

WEBSITE: <https://www.centralhealth.nl.ca/paramedicine-medical-transport>

### **NAME: Bridge The Gap – Strongest Families**

TYPE: Free Programs for Parenting, Children, and Youth

LOCATION: Online for all of NL

NUMBER: 1 (866) 470-7111

WEBSITE: [www.strongestfamilies.com](http://www.strongestfamilies.com)

DETAILS: An award-winning charity providing skill-based educational programs to children, youth, adults, and families seeking help to improve mental health and well-being. We provide timely care to families by equipping them with skills through our unique distance coaching approach – over the phone, the internet, or via a secure website in the privacy and comfort of their homes.

### **NAME: Child & Youth Services (CSSD)**

TYPE: Social Supports and Well-being

LOCATION & NUMBERS:

Grand Falls-Windsor - 3 Cromer Ave, 1 (709) 292-1210

Gander - 121 Airport Blvd, 1 (709) 651-1146

To Access a Social Worker call toll-free - 1 (833) 552-2368

To Access the Income Support Program call toll-free - 1 (877) 729-7888

WEBSITE: <https://www.gov.nl.ca/sswb/>

DETAILS: The Department of Social Supports and Well-Being supports individuals, families and communities in Newfoundland and Labrador in achieving improved health and social well-being and reduced poverty; and ensures the protection of children, youth and adults from abuse or neglect.

### **NAME: Churches - Pentecostal**

TYPE: Church & Community Services

LOCATION & CONTACTS:

- Gander - 130 Magee Rd, 1 (709) 256-4762, <https://www.evangelgander.ca/>
- Grand Falls-Windsor - 97 King St, 1 (709) 489-6635, <https://evangelpt.org/>
- Grand Falls-Windsor - 131 Grenfell Heights, 1 (709) 489-6604, <https://windsorchurch.ca/>

DETAILS: Community church and support groups. Services and events on website or Facebook Page.

OTHER: Contact PAONL at [www.paonl.ca/church-locator/](http://www.paonl.ca/church-locator/) or (709) 753-6314 for a church near you

## **NAME: Churches - The Salvation Army**

TYPE: Church & Community Services

LOCATIONS & CONTACTS:

Gander - Gander Main Church, 165 Airport Blvd, 1 (709) 256-8474

- Gander Community & Family Services / Foodbank - 157 Airport Blvd
- Grand Falls-Windsor - 33 Circular Rd, 1 (709) 489-2887
- Grand Falls-Windsor - 27 Park St, 1 (709) 489-4432
- 21 Centennial Dr, Lewisporte, 1 (709) 535-2504
- Community & Family Services/ Foodbank - 1 (709) 256-4480
- And many other locations across central NL

WEBSITE: <https://salvationarmy.ca/>

WEBSITE: <https://salvationarmy.ca/you-can-bring-hope>

DETAILS: The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence in the communities of our world. Help for different needs is available on their website or phone call to find out local services & events.

## **NAME: Domestic Violence Helpline**

TYPE: Telephone Help

CONTACT: 1 (888) 709-7090 (call or text)

WEBSITE: <https://www.gov.nl.ca/vpi/domestic-violence-help-line/>

DETAILS: A 24/7 helpline for individuals experiencing domestic violence.

## **NAME: Food Banks**

TYPE: Food Services & Meals

LOCATION & NUMBERS:

- Grand Falls-Windsor – 16 Hardy Ave. 1 (709) 489-1995
- Triton – 246 Hwy 380, 1 (709) 441-2141
- Botwood – 48 Common Wealth Drive, 1 (709) 257-3406
- Port Saunders- 2 Church Street, 1 (709) 290-4187
- Lewisporte – 133 Main Street, 1 (709) 535-2551
- St. Albans – 10 Church Road, 1 (709) 538-7936
- Summerford – 172 Main Street, 1 (709) 629-7249
- Gander – 111 Memorial Ave, 1 (709) 651-3663
- New-Wes-Valley – 41-45 Main Street, 1 (709) 536-3095
- Gambo – 455 J R Smallwood Blvd, 1 (709) 674-0028
- Grand Bank – 2 Smallwood Drive, 1 (709) 832-4615

WEBSITE: <https://nl.211.ca/>

WEBSITE: <https://salvationarmy.ca/you-can-bring-hope/feeding-people-in-need/>

**NAME: Health and Community Services (Gander Community Health Centre)**

TYPE: Community Services

LOCATION: 3 Bell Place, Gander

NUMBER: 1 (709) 651-3306

HOURS: Monday - Friday 8:30am - 4:30pm

DETAILS: Serving communities from, Eastport to Gander Bay, including Fogo

**NAME: Kids Help Phone**

TYPE: Emergency Crisis Line

LOCATION: Telephone, all of NL

NUMBER: 1 (800) 668-6868 / Youth can text 686868 and adults can text 741741.

WEBSITE: <http://kidshelpphone.ca/>

DETAILS: Connect by text, email, live chat, download the free “Always There App”. Speak with a trained volunteer crisis responder about anything you are going through.

**NAME: Legal Aid Commission (Central)**

TYPE: Legal Services

LOCATION: 7A Queensway Dr, Grand Falls-Windsor

NUMBER: Toll free (24-Hours a Day) - 1 (800) 563-9911

Office Number - 1 (709) 489-9081

EMAIL: [nlac@legalaid.nl.ca](mailto:nlac@legalaid.nl.ca)

WEBSITE: <https://www.legalaid.nl.ca/>

DETAILS: This program provides people with legal services, including the following:

- Access to a duty counsel lawyer at court for any person, adult or youth, who makes a first appearance before the provincial and youth court
- Telephone access to a lawyer, 24hrs a day, for any being questioned or detained by police
- Legal help for people who cannot afford a private lawyer. These services include adult and youth criminal offences, most family law cases, and assistance with some Workplace NL claims or appeals, Canada Pension Plan claims or appeals, Refugee Board hearings, and AESL appeals
- Help for families responding to an intervention by a child and youth social worker
- Legal help for people with mental health issues

**NAME: NL Health Services**

TYPE: Health Services, Hospitals, Mental Health & Addiction Support

WEBSITE: <https://nlhealthservices.ca/find-health-care/>

DETAILS: Search the web page above to locate services in your local area throughout Newfoundland

**NAME: NL Public Libraries**

TYPE: Public Service

LOCATION: Throughout NL

WEBSITE: <http://www.nlpl.ca>

DETAILS: Our materials on a wide variety of health topics are available on loan for free with a valid library card. You can apply for a library card online. Each library also has public computers that you can use to access the Internet. Find a location near you through the website listed above.

**NAME: RCMP**

TYPE: Federal Police, NL (Local Police Departments)

LOCATION & NUMBERS:

- All NL - 911
- Gander - 450 James Blvd, 1 (709) 256-6841
- Grand Falls-Windsor - 100 Trans-Canada Hwy, 1 (709) 489-2121

WEBSITE: <https://rcmp.ca/en>

**NAME: Salvation Army Family Service Centre**

TYPE: Affordable store - clothing and household items

WEBSITE: <https://salvationarmy.ca/you-can-bring-hope>

**NAME: Tree House Family Resource Centre**

TYPE: Family Resources & Programs for children and parents

LOCATION & NUMBERS:

- Baie Verte – 5 Water Street, 1 (709) 532-4519, [bvpfrp@gmail.com](mailto:bvpfrp@gmail.com)
- Fogo Island – Joe Batts Arm, 1 (709) 266-1522, [familyresourcecentre@hotmail.com](mailto:familyresourcecentre@hotmail.com)
- Gander – 316 Airport Boulevard, 1 (709) 381-9501, [crossroadsfamilyresourcecentre@gmail.com](mailto:crossroadsfamilyresourcecentre@gmail.com)
- Gander Bay – 57 Rodgers Cove Road, 1 (709) 676-2396, [ganderbayfrc@eastlink.ca](mailto:ganderbayfrc@eastlink.ca)
- Grand Falls-Windsor, 30 Bartle Place, 1 (709) 489-8940, [evcc@familyresourcecentres.ca](mailto:evcc@familyresourcecentres.ca)
- Lewisporte – 395 Main Street, 1 (709) 535-0606, [lewisporteandareafrp@bellaliant.com](mailto:lewisporteandareafrp@bellaliant.com)
- Springdale – 83 Little Bay Road, 1 (709) 673-3984, [trainingwheels\\_frc@nf.aibn.com](mailto:trainingwheels_frc@nf.aibn.com)

WEBSITE: <https://childcare.gov.nl.ca/public/ccr/centres>

DETAILS: Free programs, resources, and support for families during pregnancy and children ages 0-6.

## Resources – Naxoline Kits

### LOCATION: Appleton

Town of Appleton, 62 Bowater Drive

NUMBER: 1 (709) 679-2289

HOURS: Monday – Friday, 8:30am – 12pm, walk-in or appointment

### LOCATION: Badger's Quay

Dr. Y.K. Jeon Kittiwake Health Centre, 57-61 Main Street, Brookfield

NUMBER: 1 (709) 536-1135 / 1 (709) 536-1136

HOURS: Monday – Friday, 8:30am – 4:30pm, walk-in or appointment

### LOCATION: Baie Verte

Baie Verte Peninsula Health Care Center, 1 Columbus Drive

NUMBER: 1 (709) 532-5219

HOURS: Monday – Friday, 8:30am – 4:30pm, by appointment

### LOCATION: Birchy Bay

Town Office, 33 Main Street

NUMBER: 1 (709) 659-3221

HOURS: Monday – Thursday, 9am – 12pm & 1pm – 4pm, walk-in

### LOCATION: Brookfield

Kittiwake PharmaChoice, 54A Main Street

NUMBER: 1 (709) 536-3100

HOURS: Monday – Saturday, 8:30am – 9pm / Sunday, 12pm – 3pm, walk-in

### LOCATION: Buchans

A.M. Guy Memorial Health Centre, Water Street

NUMBER: 1 (709) 672-3343 (Public Health Nurse) / 1 (709) 672-2225 (Emergency Department)

HOURS: Monday – Friday, 8:30am – 4:30pm / Emergency Department available 24 / 7

DETAILS: Appointment preferred for Public Health Nurse. Emergency Department is walk-in

### LOCATION: Burlington

Burlington Town Council Office, 257 Bridge Street

NUMBER: 1 (709) 252-2607

HOURS: Monday & Tuesday, 9am – 5pm, walk-in

### LOCATION: Botwood

Hoyles Pharmachoice, 255 Water Street

NUMBER: 1 (709) 257-2002

HOURS: Mon-Friday 9am-8pm / Saturday 10am-6pm / Sunday 12pm-5pm, walk-in or appointment



**LOCATION: Centreville**

Centreville Medical Clinic, 26 Smallwood Dr

NUMBER: 1 (709) 678-2574

HOURS: Monday – Friday, 8:30am – 4:30pm, appointment required

**LOCATION: Coachman's Cove**

Town Hall, 26 Main Street

NUMBER: 1 (709) 253-6300

HOURS: 24 / 7, call Town Clerk, Council, or Fire Brigade and go to community hall

**LOCATION: Conne River**

Conne River Health & Social Services, 66 Miawpukek Drive

NUMBER: 1 (709) 882-2710

HOURS: Monday – Friday, 9am – 5pm, walk-in or appointment

**LOCATION: Fogo Island**

Fogo Island Health Centre, 9 Centre Island Road North

NUMBER: 1 (709) 266-2221

HOURS: Various Times available, call for appointment

**LOCATION: Fogo Island**

Fogo Island Pharmachoice, 13 Centre Island Road North

NUMBER: 1 (709) 266-2500

HOURS: Monday – Friday, 8:30am – 6pm / Saturday, 2pm – 5pm, walk-in or appointment

**LOCATION: Fogo Island**

Fogo Island Mental Health and Addictions Centre, Island Road North

NUMBER: 1 (709) 266-3426

HOURS: Monday – Friday, 8:30am – 4:30pm, appointment required

**LOCATION: Fogo Island**

The Medicine Shoppe, 106 Iceberg Arena Road

NUMBER: 1 (709) 266-1010

HOURS: Monday – Friday, 9am – 6pm / Saturday & Sunday, 2pm – 5pm, walk-in

**LOCATION: Gambo**

Gambo Town Hall, 4 Centennial Road

NUMBER: 1 (709) 674-4476

HOURS: Monday – Friday, 9am – 5pm, walk-in

**LOCATION: Gambo**

Dr. Brian Adams Community Health Centre, 320 J. R. Smallwood Blvd

NUMBER: 1 (709) 533-7643

HOURS: Monday – Friday, 8:30am – 4:30pm, appointment required

**LOCATION: Gander**

Doorways Counselling Services, James Paton Memorial Regional Health Centre, 125 Trans-Canada

NUMBER: 1 (709) 256-5438

HOURS: Monday – Friday, 9am – 3pm, walk-in or appointment

**LOCATION: Gander**

Opioid Dependence Treatment Hub, McCurdy Complex, 1 Markham Place

NUMBER: 1 (709) 256-1356

HOURS: Monday – Friday, 8:30am – 4:30pm, walk-in or appointment

**LOCATION: Glovertown**

Dr. CV Smith Community Health Centre, 114 Main Street South

NUMBER: 1 (709) 533-2374

HOURS: Monday – Friday, 8:30am – 4:30pm, appointment required

**LOCATION: Grand Falls-Windsor**

Mental Health and Addictions, 36 Queensway

NUMBER: 1 (709) 489-4389

HOURS: Monday – Friday, 8:30am – 4:30pm, appointment required

**LOCATION: Grand Falls-Windsor**

Emerg Dept, Central NL Regional Health Centre, 50 Union St

NUMBER: 1 (709) 292-2500

HOURS: 24 / 7, walk-in

**LOCATION: Grand Falls-Windsor**

Grand Falls Drug Store, 8 High Street

NUMBER: 1 (709) 489-2101

HOURS: Mon-Fri 9am – 5:30pm & 7-9pm / Sat 10am – 5:30pm & 7pm – 9pm / Sun 1-6pm, walk-in

**LOCATION: Lewisporte**

Community Health Centre, 394-412 Main Street

NUMBER: 1 (709) 535-3082

HOURS: Monday – Friday, 8:30am – 4:30pm

DETAILS: Walk-in or appointment

**LOCATION: Pacquet**

Town of Pacquet, 97 Main St

NUMBER: 1 (709) 251-5496 / 1 (709) 297-1206 / 1 (709) 572-2579

HOURS: Monday – Friday, 9am – 5pm, walk-in

**LOCATION: Peterview**

Municipal Office, Town of Peterview, 7 Abbott Street

NUMBER: 1 (709) 257-2926

HOURS: Monday – Friday, 9am – 12pm & 1pm – 5pm, walk-in

**LOCATION: Robert's Arm**

Town of Robert's Arm, 14 School Road

NUMBER: 1 (709) 652-3331

HOURS: Monday – Friday, 8:30am – 4:30pm, walk-in or appointment

**LOCATION: Springdale**

Mental Health & Addictions, GBHC College Building, 140A Little Bay Rd

NUMBER: 1 (709) 673-4973

HOURS: Monday – Friday, 8:30am – 4:30pm, walk-in or appointment

**LOCATION: Springdale**

Youth Outreach Worker, 140A Little Bay Road

NUMBER: 1 (709) 673-5545

HOURS: Monday – Friday, 8:30am – 4:30pm, appointment required

**LOCATION: Springdale**

Main Street Medical, 165 Main Street

NUMBER: 1 (709) 700-0998

HOURS: Monday – Friday, 8:30am – 4:30pm, walk-in

**LOCATION: St. Alban's**

Mental Health & Addictions, Community Health Centre, 4 Cormier Ave

NUMBER: 1 (709) 538-3624

HOURS: Monday – Friday, 8:30am – 4:30pm, appointment required

### **LOCATION: Twillingate**

Notre Dame Bay Health Centre, 6 Hospital Lane

NUMBER: 1 (709) 884-5426 (Public Health Nurse)

1 (709) 884-5348 (Public Health Nurse)

1 (709) 884-4253 (Mental Health & Addictions)

1 (709) 884-4101 (Youth Outreach Worker)

1 (709) 844-2131 (Emergency Department)

HOURS: Monday – Friday, 8:30am – 4:30pm / Emergency Department available 24 / 7

DETAILS: Public Health Nurse is walk-in or appointment. Mental Health & Addictions and Youth Outreach worker requires appointment. Emergency Department Is Walk-in

### **LOCATION: Woodstock**

Woodstock Town Hall, 19 Park Street

NUMBER: 1 (709) 251-3176

1 (709) 251-3132

1 (709) 532-5714

1 (709) 297-0200

HOURS: Monday – Friday, 9am – 1pm, walk-in