



THE HAVEN OF REST

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

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

ADDICTION RECOVERY RESOURCES EASTERN 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: Addiction Support Group

TYPE: Mental Health & Addictions

LOCATION: Lemarchant House, 192 Lemarchant Road, St. John's NL

NUMBER: 1 (709) 777-5622

WEBSITE: <https://mha.easternhealth.ca/adults/support-groups/>

TIME: Every Wednesday, 7:30pm – 9:00pm

DETAILS: Adults 18 years +. Drop-in support group for drugs, alcohol and/ or gambling struggles.

NAME: Addictions Support Group

TYPE: Mental health & Addictions

LOCATION: Mount Pearl Square- Community Services, 760 Topsail Road, Mount Pearl NL

NUMBER: 1 (709) 834-6944 or 1 (709) 752-6703

WEBSITE: <https://mha.easternhealth.ca/adults/support-groups/>

TIME: Every Wednesday, 6:00pm – 7:30pm

DETAILS: Adults 18 years + who want support in your recovery with a gambling addiction.

NAME: Addiction Support Group

TYPE: Mental Health & Addictions

LOCATION: Villa Nova Plaza, CBS NL

NUMBER: 1 (709) 834-6944

WEBSITE: <https://mha.easternhealth.ca/adults/support-groups/>

TIME: Every Tuesday, 7:00pm – 8:30pm

DETAILS: For Adults 18 years +. Offers in-person, peer-led support for those dealing with substance use or gambling. offers support for people in any stage of recovery.

NAME: Addiction Support Group

TYPE: Mental Health & Addictions

LOCATION: Corpus Christi Church, Waterford Bridge Road (office entrance)

NUMBER: 1 (709) 752-4226

WEBSITE: <https://mha.easternhealth.ca/adults/support-groups/>

TIME: Every Wednesday, 1:30pm – 3:00pm

DETAILS: Adults 18 years of age and older. Drop-in support group for people struggling with use of drugs, alcohol and/ or gambling.

NAME: Al-Anon / Alateen NL

TYPE: Addictions / Peer Support

LOCATION: 306 Thorburn Rd Box G, St. John's NL

NUMBER: 1 (709) 722-2666

CONTACT: info@al-anonnl.ca

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

DETAILS: The Al-Anon Family Groups are a fellowship of relatives and friends of those with alcoholism who share their experiences, strength, and hope.

NAME: Alcoholics Anonymous (AA)

TYPE: Addictions / Peer Support

LOCATION: 183 Kenmount Road, Suite 117, St. John's NL

NUMBER: 1 (709) 579-5215 in St. John's | Toll Free 1-888-579-5215 | Meeting Info 1 (709) 579-6091

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

DETAILS: Alcoholics Anonymous is 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: Assertive Community Treatment (ACT) Team

TYPE: Mental Health

LOCATION: 35 Major's Path, St. John's NL

NUMBER: 1 (709) 752-3511

WEBSITE: <https://mha.easternhealth.ca/adults/assertive-community-treatment-team/>

DETAILS: The ACT team assist adults who have severe and persistent mental illness to live in the community, to better manage their symptoms, achieve personal goals, and maintain optimism.

NAME: Autism Society of Newfoundland and Labrador (Eastern)

TYPE: Mental Health & Support

LOCATION: 105 Manitoba Drive, Clarenville NL / 70 Clinch Crescent, St. John's NL

NUMBER: Clarenville 1 (709) 466-7177 | St. John's 1 (709) 722-2803

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

DETAILS: Provides programs and services to all affected by Autism Spectrum Disorder (ASD)

NAME: Better Days Support Society

TYPE: Mental Health/ Peer Support

LOCATION: The Lantern, 35 Barnes Road, St. John's NL

WEBSITE: <https://www.facebook.com/BetterDaysSupport/>

DETAILS: An organization designed to support, educate and inspire those who suffer from Mental Illness. Through community-based programs such as support groups, workshops and youth programs bringing together and strengthening the Mental Health community.

NAME: Big Brothers Big Sisters

TYPE: Mental Health/ Peer Support

LOCATION: The Village Shopping Centre, 430 Topsail Road, St. John's NL

NUMBER: 1 (709) 368-5437

WEBSITE: <https://newfoundland.bigbrothersbigsisters.ca/>

DETAILS: A mentoring program for children who are paired with a mentoring program for young people age 6-16, BBBS matches youth with adult mentors in developmental relationships who act as a role model to talk to and share the experience of growing up with. The results are a life changing experience for both mentor and mentee. Several program options available.

NAME: Boys & Girls Club of St. John's

TYPE: Mental Health/ Peer Support

LOCATION: 40 Mundy Pond Road, St. John's NL

NUMBER: 1 (709) 579-0181

WEBSITE: <https://www.bgcnl.com/>

DETAILS: A safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life.

NAME: Bridges Program (Ages 13-18)

TYPE: Mental Health

LOCATION: 5th Floor, Southcott Hall, 100 Forest Road, St. John's NL

NUMBER: 1 (709) 777-7715 OR 1 (709) 777-2200

WEBSITE: <https://mha.easternhealth.ca/children-and-youth/the-bridges-program/>

DETAILS: Admission to this program is coordinated through Child and Adolescent Central Intake.

The Bridges Program works collaboratively with youth, and their families, to build awareness, skills and the understanding needed to address mental health challenges. What they do: Focused, short-term individual psychotherapy / Family therapy / Skill building groups / Psychiatric Consultation

NAME: Bridge The Gap

TYPE: Programs for Adults and Youth

LOCATION: Online for all of NL

NUMBER: 1 (866) 470-7111

WEBSITE: https://nl.bridgethegap.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: CAST (Concurrent, Addictions, Specialized Treatment) Services

TYPE: Mental Health & Addictions

LOCATION: 657 Topsail Road, St. John's, NL

NUMBER: Referral by calling Intake for Adults- Metro Area (from Trepassey to Pouch Cove and out as far as Conception Bay South) 1 (709) 752-8888 | Holyrood, Whitbourne, St. Mary's Bay & Placentia 1 (709) 227-1624 | Bay Roberts and Harbour Grace 1 (709) 945-6513 | Bonavista 1 (709) 468-5318 | Clarenville 1 (709) 466-5723 | Grand Bank 1 (709) 832-1640 | Marystown 1 (709) 279-7952

Reception: 1(709) 777-5074

Program Manager: 1 (709) 752-4923

Clinical Lead: 1 (709) 752-4203

NAME: Celebrate Recovery

TYPE: Recovery Support Group

LOCATION: St Johns - 10 Canada Dr, <http://www.worshipcentre.ca>, Meetings: Fridays 7 p.m. – 9 p.m.

WEBSITE: www.celebraterecovery.ca/newfoundland-labrador/

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

NAME: Coish Place

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION: Coish Place, Clarenville NL

NUMBER: 1 (709) 466-5700

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

WEBSITE: <https://www.easternhealth.ca/facilities/coish-place/>

DETAILS: Coish Place provides a wide range of outpatient services to the residents of Clarenville and the surrounding area including: Community supports program / Dialysis unit / Family practice clinics Intervention services / Mental health/Addictions services / Nursing services (Community health, Public health and Home and community care) / Cancer navigator / Placement services / Staffing office for Dr. G. B. Cross Hospital

NAME: Community-Based Counselling Services

TYPE: Mental Health & Addictions

LOCATION: Eastern NL

NUMBER: Service Directory Website Below

WEBSITE: https://nl.bridgethegapp.ca/adult/service-directory/service_directory_category/mhas-eastern/

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: Community Support Program

TYPE: Mental Health & Community Services

LOCATION: 114 Cabot Street, St. John's, NL

NUMBER: 1 (709) 738-5590

CONTACT: Stella Circle

WEBSITE: <https://stellascircle.ca/what-we-do/mental-health/>

DETAILS: Our Community Support Program offers the highest level of help to adults with complex mental health needs living in the community. We aim to reduce hospital admissions and incarcerations, enhance housing stability, and improve overall quality of life.

NAME: Doorways

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION & NUMBER - Eastern Locations include:

- St.John's | 1 (709) 752-4903
- St.Mary's, Holyrood, Whitbourne, Placentia, Bay Roberts, Harbour Grace, Old Pelican, Witless Bay, Ferryland & Trepassey | 1 (709) 945-6513
- Clarenville | 1 (709) 466-5700
- Bonavista | 1 (709) 468-5318
- Marystown | 1 (709) 279-7900
- Grand Bank | 1 (709) 832-1640 or 1 (709) 832-1602
- St.Lawrence | 1 (709) 873-4283 or 1 (709) 873-2330
- Placentia West Clinic | 1 (709) 443-2100

WEBSITE: <https://mha.easternhealth.ca/doorways/>

DETAILS: Doorways provides rapid access to mental health and addictions counselling services 'one session at a time.' While most Doorways locations offer a walk-in service, some locations provide same-day or next day services or appointments by phone. Walk-in counselling services are available

without an appointment or referral. If further counselling is required, staff will work with clients to provide access to additional services and supports.

CONTACT NAME: Eastern Health

WEBSITE: <https://mha.easternhealth.ca/adults/cast/>

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

DETAILS: Provide integrated care for clients who are experiencing mental health and addictions issues, known as concurrent disorders, where there is a significant impairment in functioning and/or a high level of distress. Adults 18+ with concurrent disorders involving significant and severe mental health and substance use issues. These issues substantially interfere with or limit one or more major life activities (ex: school, employment, personal safety, and housing).

NAME: Emmanuel House

TYPE: Mental Health & Addictions

LOCATION: 83 Cochrane Street, St. John's, NL

NUMBER: 1 (709) 754-2072

CONTACT: Stella Circle

WEBSITE: <https://stellascircle.ca/what-we-do/mental-health/>

DETAILS: Emmanuel House is the only community-based residential program for mental health and addictions in Newfoundland and Labrador. We offer individual and group counselling through long term stays and day treatment, and support participants as they transition back into the community.

NAME: Hi-Haven Manor

TYPE: Mental Health Services & Rehab Centre

LOCATION: 36 Butter Pot Rd, Holyrood

NUMBER: 1 (709) 229-7992

DETAILS: Community care home specializing in mental health and addiction, with home care workers and personal care attendants on staff.

NAME: Intake For Adults

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION: Eastern NL

NUMBER: Metro Area (from Trepassey to Pouch Cove and out as far as Conception Bay South) 1 (709) 752-8888 | Holyrood, Whitebourne, St. Mary's Bay, and Placentia Bay 1 (709) 227-1624 | Bay Roberts and Harbour Grace 1 (709) 945-6513 | Bonavista 1 (709) 468-5318 | Clarenville 1 (709) 466-5723 | Grand Bank 1 (709) 832-1640 | Marystown 1 (709) 279-7952

WEBSITE: <https://mha.easternhealth.ca/adults/intake-for-adults/>

DETAILS: Adults over the age of 18 years old in the metro area (from Trepassey to Pouch Cove and out as far as Conception Bay South) can call one central phone number if interested in self-referring to any mental health and addiction services. Individuals interested in self-referring can leave a message at 709-752-8888 and an intake worker will return your call. They may ask you some questions to ensure you get connected to the most appropriate service(s).

NAME: Intake For Children & Youth

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION: Eastern NL

NUMBER:

- Metro Area (Trepassey to Pouch Cove and Conception Bay South) - 1 (709) 777-2200
- Holyrood, Whitebourne, St. Mary's Bay, and Placentia Bay - 1 (709) 227-1624
- Bay Roberts and Harbour Grace - 1 (709) 945-6513
- Bonavista - 1 (709) 468-5318
- Clarenville - 1 (709) 466-5723
- Grand Bank - 1 (709) 832-1640
- Marystown - 1 (709) 279-7952

WEBSITE: <https://mha.easternhealth.ca/children-and-youth/intake-for-children-and-youth/>

DETAILS: Individuals under the age of 18 years old in the metro area (from Trepassey to Pouch Cove and out as far as Conception Bay South) can call one central phone number if interested in self-referring to any mental health and addictions services. Please call 709-777-2200 and an intake worker will return your call. They may ask you some questions to ensure you get connected to the most appropriate service(s). Individuals looking for mental health and addictions services outside of metro can call your local mental health and addictions office.

NAME: Lifewise Peer Support Centre

TYPE: Mental Health / Peer Support

LOCATION: 70 The Blvd, St. John's

NUMBER: 1 (709) 753-1109

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

HOURS: Warmline hours 10am-12am / Peer Virtual Group is Tuesday 6-8pm / Family Virtual Support Group Thursday 6-8. Available across NL / in person in St. John's, Grand-Falls Windsor, Stephenville.

DETAILS: Facilitated by trained staff, peer groups offer structure, consistency and positive reinforcement of living within recovery. Delivered from a holistic approach, our wide range of topics include isolation, medication and finances and also include food, art and music.

NAME: Long Pond Community Care Centre

TYPE: Mental Health / Housing

LOCATION: 56 Mineral's Road, Conception Bay South

NUMBER: 1 (709) 834-0801 / 1 (709) 834-0802

WEBSITE: <https://www.easternhealth.ca/facilities/long-pond-community-care-centre/>

DETAILS: The Community care program is an initiative of Eastern Health's Long Term Care Program. It is a community based supportive housing program for individuals who require support as a result of a severe and persistent mental illness. The Community Care Program provides residential, psychiatric, case management and therapeutic recreation services to voluntary residents. Community Care Homes are privately owned and operated with the majority being located in Conception Bay area.

NAME: McSheffrey Resource Centre

TYPE: Community Services

LOCATION: 10 Brother McSheffrey Lane, St. John's

NUMBER: 1 (709) 722-1168

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

HOURS: Monday – Friday, 9am – 4:30pm

DETAILS: A non-profit organization dedicated to providing programs, services, and resources for the local community. Food Bank, Newcomer services, Employment Supports, Family Support Services, Administrative Services, Tax Clinics, etc.

NAME: Mount Pearl Square- Community Services

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION: 760 Topsail Road, Mount Pearl

NUMBER: 1 (709) 752-4317

WEBSITE: <https://www.easternhealth.ca/facilities/mount-pearl-square-community-services/>

HOURS: Monday – Friday 8:00am – 4:00pm

DETAILS: This office offers a variety of support programs to residents including: Public health nursing services / Community health services / Mental health and addictions

NAME: Opioid Treatment Centre

TYPE: Mental Health & Addictions

LOCATION: Building 532, 80 Charter Avenue, Pleasantville

NUMBER: 1 (709) 752-4478 (can also be accessed through Telehealth)

WEBSITE: <https://mha.easternhealth.ca/adults/opioid-treatment-and-naloxone/>

DETAILS: Rapid access to medication-assisted treatment (such as Suboxone® or methadone). Services can also include peer support, counselling and links to other services. Referral is not needed. Call directly or discuss with your health-care provider.

NAME: Psychiatric Assessment Unit (PAU)

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION: Mental Health and Addictions Centre,
Acute Care – 1st Floor, 300 Prince Philip Drive, St. John's

NUMBER: 1 (709) 777-3021

WEBSITE: <https://mha.easternhealth.ca/adults/psychiatric-assessment-unit/>

HOURS: 24 / 7

DETAILS: We see individuals who are in crisis. The Psychiatric Assessment Unit (PAU) is a mental health emergency unit located in St. John's that provides assessment of urgent mental health concerns on a walk-in basis. Please enter through the main entrance of the Mental Health and Addictions Centre (MHAC) to access the PAU. All clients are seen by a psychiatric nurse, physician and or psychiatric resident/psychiatrist. The PAU is the only psychiatric emergency room in NL. This is a walk-in service. A referral is not necessary. Individuals who are in crisis can present to the PAU. Self-present to the emergency room. A referral is not necessary.

NAME: Recovery Centre

TYPE: Mental Health & Addictions (Opioid Treatment Centre – Eastern Health)

LOCATION: 80 Charter Avenue, St. John's NL

NUMBER: 1 (709) 752-4980 / Toll-free - 1 (877) 752-4980

WEBSITE: <https://mha.easternhealth.ca/children-and-youth/treatment-centres-for-children-and-youth/the-recovery-centre-16/>

DETAILS: Available to anyone 16 years of age and older, who is intoxicated or experiencing withdrawal from alcohol, drugs and/or gambling. The Recovery Centre is a 19-bed provincial inpatient treatment and withdrawal management centre. We offer a non-threatening, non-judgmental environment that encourages you to begin a recovery process. The program focuses on stabilizing your physical and psychological health through the withdrawal process. An addictions counsellor is available to meet with you while at the Recovery Centre for assessment, crisis counselling and discharge planning purposes. You will also have access to in-house education and group sessions, as well as onsite self-help meetings. The length of stay is determined by individual need. Self Referrals are accepted.

NAME: St. Clare's Mercy Hospital, LeMarchant House

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION: 192 LeMarchant Road, Downtown St. John's

NUMBER: 1 (709) 777-5622

HOURS: Monday - Friday 8:30am – 4:00pm

WEBSITE: <https://www.easternhealth.ca/facilities/le-marchant-house/>

DETAILS: LeMarchant House provides community-based mental health services for adults. LeMarchant House offers short-term services for adults with mental health concerns and/or mental illness, such as anxiety and stress, depression, anger control, and addictions. A variety of therapy sessions for individuals, groups, couples and/or families are also offered.

NAME: The Adolescent House

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION: 204 LeMarchant Road, St. John's

NUMBER: 1 (709) 777-5180

WEBSITE: <https://www.easternhealth.ca/facilities/adolescent-house/>

DETAILS: The Adolescent House on LeMarchant Rd. in St. John's, provides mental health and addiction services for the adolescent population up to 18 years of age. Individual, family and group interventions are available. Other mental health and addictions programming and added hours of operation may be offered at this location.

NAME: The Grace Centre

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION: 50 Lady Lake Rd, Harbour Grace

NUMBER: 1 (709) 945-4500

WEBSITE: <https://mha.easternhealth.ca/adults/treatment-centres-and-withdrawal>

DETAILS: The Grace Centre is a provincial inpatient addictions treatment centre for male and female adults aged 18 years and older. The Grace Centre offers a 28-day treatment service. This is a voluntary program for individuals who require an intensive and structured program. Referrals for admission are required.

NAME: Thrive

TYPE: Youth and Young Adult Outreach

LOCATION: 807 Water Street, St. John's

NUMBER: 1 (709) 754-0536

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

DETAILS: Thrive (formerly Community Youth Network) is a St. John's, NL-based non-profit providing targeted support to vulnerable youth and young adults, especially those experiencing poverty, housing instability, or limited access to services. Established in 2001, it offers outreach, education, and community programs focusing on personalized, "wraparound" care.

NAME: Tuckamore Centre

TYPE: Mental Health & Addictions (Eastern Health)

LOCATION: 7 Mallow Drive, Paradise

NUMBER: 1 (709) 752-3914

WEBSITE: <https://www.easternhealth.ca/facilities/tuckamore-centre/>

DETAILS: Located in the town of Paradise, the Tuckamore Centre provides services youth from all over Newfoundland and Labrador. Tuckmore Centre is a residential treatment centre for children aged 12 to 18 years old, with complex mental health challenges. The average length of stay is between six months and one year. Tuckamore Centre provides a safe and home-like environment, complete with an on-site school, a multipurpose room, a physical fitness area and an apartment for family visiting overnight. Open 24 / 7

NAME: U-Turn Drop-In Centre

TYPE: Mental Health & Addictions

LOCATION: 19 Industrial Crescent, Carbonear

NUMBER: 1 (709) 595-3223 / Tammy Bourne - 1 (709) 597-3236 / Jeff Bourne - 1 (709) 597-0256

CONTACT: Tammy Bourne, Peer Support Lead / Jeff Bourne, Executive Director

WEBSITE: <https://uturnaddictions.org/>

DETAILS: U-Turn is a registered non-profit organization committed to assisting individuals and families with substance use disorder. The well-being approach at U-Turn, is based on lived and living experience of addiction and recovery. Call contacts above for information on U-Turn Drop-in hours, Recovery meetings, Naloxone Kits and training, and to schedule a one-on-one Peer Support session.

NAME: Youth Outreach Program (The Dr. L.A. Miller Centre)

TYPE: Mental Health & Addictions

NUMBER:

- St. John's Metro - 1 (709) 777-2200
- Holyrood, Whitbourne, St. Mary's Bay & Placentia Bay - 1 (709) 227-6832
- Bay Roberts & Harbour Grace - 1 (709) 954-6513
- Bonavista - 1 (709) 468-5318
- Clarenville - 1 (709) 466-5723
- Grand Bank - 1 (709) 832-1640
- Marystown - 1 (709) 279-7952

WEBSITE: <https://mha.easternhealth.ca/children-and-youth/youth-outreach-program/>

DETAILS: We provide brief intervention outreach services to youth within the division of child and adolescent mental health. Some of our goals are to reduce harm associated with substance use, as well as help youth to stay in school. We see children and youth between the ages of 10 and 17 years old. Admission is determined and coordinated through child and youth intake for St. John's metro.

Resources – Homelessness**NAME: Brian Martin Housing Resource Centre**

TYPE: Homelessness & Housing

LOCATION: 84 Prescott Street, St. John's

NUMBER: 1 (709) 738-0457

CONTACT NAME: Stella Circle

WEBSITE: <https://stellascircle.ca/what-we-do/housing/>

DETAILS: A vital resource for people looking for stable housing. Our walk-in service connects those experiencing homelessness with Stella's Circle housing and other rental options. We also work to prevent evictions, helping people stay safe and secure in their homes.

NAME: Choices for Youth

TYPE: Housing and support for at risk youth

LOCATION: 16 Carters Hill Pl #12, St. John's

NUMBER: 1 (709) 754-3047

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

DETAILS: Dedicated to supporting at-risk youth aged 16–29. It provides comprehensive services—including housing, mental health, and employment support—designed to help young people move from instability to secure, independent lives.

NAME: Ches Penney Centre of Hope – Salvation Army

TYPE: Community Services

LOCATION: 18 Springdale Street, St. John's

NUMBER: 1 (709) 739-0290

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

Direct Info: <https://www.thrivecyn.ca/directory-of-services/health/new-hope-community-centre/>

DETAILS: The Salvation Army Ches Penney Centre of Hope exists to promote the opportunity for personal growth and empowerment by responding to the physical, emotional and spiritual needs of the individual. They offer a variety of services, including:

- Community Meals, Tuesday/ Wednesday/ Thursday 11:30am – 12:30pm
- Monthly Food Hampers to individuals and families
- Food Bank, Tues & Thurs 12:30 – 3:00pm | Wed 9:00am – 11:30am & 12:30pm – 3:00pm
- Pathway Of Hope, case management and spiritual care to individuals and families.
- Phone: (709) 237-0270
- Chiropractic services, Tuesday & Thursday Mornings
- Clinical Counselling for mental health and addictions. Phone: 1(709) 237-0255
- Corrections and justice services.
- Employment training for people receiving income support.
- Contact Employment Readiness Program Coordinator 1 (709) 237-0075
- Social Worker / Community Navigator. Phone: 1 (709) 726-5026
- Spiritual Care. Counselling, prayer, spiritual resources, referrals to faith communities. Spiritual care group, 1st Tuesday monthly 10:00am – 11:00am. Mindful Movement, Wednesday 1:00pm – 2:00pm. Director of Spiritual Care Phone: 1 (709) 237-0227

NAME: Harvey House (First Light)

TYPE: Transitional Housing

LOCATION: 716 Water St, St. John's

NUMBER: 1 (709) 726-5902

WEBSITE: <https://firstlightnl.ca/community-supports/transitional-housing/>

DETAILS: First Light has opened a 10-unit transitional housing facility dedicated to supporting women and 2SLGBTQIA+ relatives who have lived experience of violence. This safe and inclusive space is staffed 24/7 by Inclusion Case Managers who provide support with developing skills in daily living, wellness goals, and culturally inclusive programming.

NAME: Horizons at 106

TYPE: Transitional Housing

LOCATION: 106 Airport Rd, St. John's

NUMBER: Housing Outreach Team (EHSJ) - 1 (709) 685-4651 / 1 (709) 777-1764

CONTACT: airportheights@wecanendit.com

WEBSITE: <https://wecanendit.com/106>

DETAILS: This initiative provides transitional housing, which typically lasts from one to three years. Residents sign a one-year lease, which can be renewed if they choose. The facility has been leased until December 31, 2026, so that is the end date for leases.

NAME: Iris Kirby House

TYPE: Women's Shelter

LOCATION: Iris Kirby House, St. John's

O'Shaughnessy House, Carbonear

NUMBER: St. John's - 1 (877) 753-1492 / Carbonear - 1 (888) 596-8709

WEBSITE: <https://iriskirbyhouse.ca/index.php/about-us/>

DETAILS: The Iris Kirby House provides a safe and secure refuge for women with or without children who are experiencing intimate partner violence.

NAME: Naomi Centre

TYPE: Emergency Shelter

LOCATION: 4 Patrick Street, St. John's

NUMBER: 1 (709) 579-8641

CONTACT NAME: Stella Circle

WEBSITE: <https://stellascircle.ca/what-we-do/housing/>

DETAILS: Naomi Centre is the only emergency shelter in Newfoundland and Labrador for young women and gender-diverse people ages 18-29. We provide safe, temporary housing using a harm-reduction approach. Our staff offer personalized housing support to both current and former residents of Naomi Centre.

NAME: Newfoundland and Labrador Housing

TYPE: Homelessness & Housing

LOCATION: 2 Canada Drive, St. John's

NUMBER: 1 (709) 724-3000

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

DETAILS: NLHC is a crown corporation whose mandate is to develop and administer housing assistance policy and programs for the benefit of low to moderate income households throughout the province. Through the Rental Housing Program, we help households with low income that cannot obtain suitable and affordable rental housing on the private market.

NAME: The Gathering Place

TYPE: Homelessness

LOCATION: 176 Military Rd, St. John's

NUMBER: 1 (709) 753-3234

WEBSITE: <https://kindnesswanted.ca/what-we-do/programs-services/>

DETAILS: Programs and services are presented by community volunteers, staff, and by personnel from partner agencies. Through collaborative efforts, Guests of The Gathering Place may avail of the following programs:

- Meal program – 7 Days a Week
- Services of doctors, nurses and social workers
- Laundry service with the use of washers/ dryers
- Informal social activities (safe, comfortable places to read, listen to music, watch TV, play cards, enjoy bingo and other games, play guitar and piano)

- Art classes, craft sessions and other creative pursuits
- Access to showers
- Clothing Boutique
- Home Support Program
- Literacy Programs provided by the Murphy Centre
- Sewing services for those who need minor clothing repairs
- Designated area for female Guests
- Legal Clinic
- Annual Flu Clinic
- Annual Income Tax Clinic
- Message centre for Guests who have no fixed address
- Advocacy with government and health/social agencies
- Elevator and other aids to enable people with disabilities to access services
- Shelter and Housing for over 90 individuals

NAME: Wiseman Centre- Salvation Army

TYPE: Emergency Shelter

LOCATION: 714 Water Street, St. John's

NUMBER: 1 (709) 739-8355

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

DETAILS: To provide emergency shelter and supportive housing to individuals experiencing homelessness. Adults 25 and up (flexibility in age range on a case-by-case basis).

Resources – Other Services

NAME: Ambulance Eastern

TYPE: Ambulance service

LOCATION: Eastern NL

NUMBER: Call 911

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

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

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: CSSD, Child & Youth Services

TYPE: The Department of Social Supports and Well-being

LOCATION: 100 Prince Philip Dr, St. John's

NUMBER: 1 (709) 729-6382

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: 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 Bank

TYPE: Food Resources

LOCATION & NUMBER:

- Clarenville – 281 Balbo Drive, 1 (709) 466-2776
- Marystown- 407 Creston Blvd, 1 (709) 567-2085
- Burin – 46 Topsail Road, 1 (709) 567-8800
- Port Rexton – 1 (709) 427-7928
- Bonavista – 24 White's Lane, 1 (709) 468-7166

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

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

DETAILS: Call for a pick-up appointment.

NAME: Home Again Furniture Bank

TYPE: Furniture Bank

LOCATION: Northeast Avalon

NUMBER: 1 (709) 325-4040

EMAIL: info@homeagainfb.com

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

DETAILS: A nonprofit organization that provides gently-used furniture to individuals and families in need. If you are located in the Northeast Avalon of Newfoundland, you will need a referral from one of Home Again's partners, listed here: <https://www.homeagainfb.ca/i-need-furniture>

NAME: Legal Aid Commission (Eastern)

TYPE: Legal Services

LOCATION: Suite 200, 251 Empire Avenue, St. John's

NUMBER: Toll free - 1 (800) 563-9911 (24-hours a day) / Office Number - 1 (709) 753-7863

EMAIL: SJintake@legalaid.nl.ca

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

DETAILS: This program provides people with legal services, including: 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, 24 hours a day, for any person 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: 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: 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: Office of the Child Youth Advocate

TYPE: Children's Rights

LOCATION: 20 Crosbie Place, St. John's

NUMBER: 1 (877) 753-3888

EMAIL: office@ocya.nl.ca

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

DETAILS: We help children and youth in Newfoundland and Labrador by independently standing up for their rights and interests in dealing with child serving systems.

NAME: RCMP

TYPE: Federal Police, NL / Local Police Department

LOCATION:

- St. John's - 100 E White Hills Rd, 1 (709) 772-5400
- Mount Pearl - 59 Clyde Ave, 1 (709) 729-8000
- Clarenville - 174 Trans-Canada Hwy, 1 (709) 466-3211
- Whitbourne - 400 Brigus Rd, 1 (709) 759-2600
- Placentia - 72 Prince William Dr, 1 (709) 227-2000
- Harbour Grace - 140 Cathedral St, 1 (709) 596-5014
- Bay Roberts - 163 Conception Bay Hwy, 1 (709) 786-2118
- Ferryland - 606 Southern Shore Hwy, 1 (709) 432-2440

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:

- Bonavista - 134 Confederation Drive, vistafamily11@gmail.com, (709) 468-2540
- Carbonear - 9 Newfoundland Drive, losmondcapc@hotmail.com, (709) 596-0712
- Conception Bay - 974 CB Highway, admin@cbfrp.com, (709) 744-4621
- Clarenville - 86 Manitoba Drive, neighborhood@nf.aibn.com, (709) 466-1511
- Dover - 100 Wellington Drive, frcdover@yahoo.ca, (709) 537-2990
- Fortune Bay - Water Street, fbnsr@nf.sympatico.ca, (709) 881-2181
- Killbridge - 177 Bay Bulls Road, St. John's, executivedirector@kffrc.com, (709) 747-8532
- Placentia - 61 Block House Road, serenapomeroy@nf.aibn.com, (709) 227-1010
- St. John's - 44 Torbay Road, Nuport Building, roxanne@brighter-futures.net, (709) 739-8096
- St. John's - 74 The Boulevard, mbethel@daybreakcentre.com, (709) 726-8383
- St. John's - 40 Quidi Vidi Road, kathy@firstlightnl.ca, (709) 726-5902

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: Avondale

Town of Avondale, 7 Station Road

NUMBER: 1 (709) 229-4201

HOURS: Monday – Friday, 8:00am – 4:30pm, Walk-In

LOCATION: Bay Roberts

Dawe Building, Bay Roberts Regional Centre, 11-17 Bareneed Road

NUMBER: 1 (709) 786-5219

HOURS: Monday – Friday, 8:30 – 4:30, Appointment preferred

LOCATION: Bell Island

Community Health, Bell Island Hospital

NUMBER: 1 (709) 488-2700 / 1 (709) 488-2720

HOURS: Monday – Friday, 8:30am – 4:30pm, Appointment preferred but can accommodate Walk-In

LOCATION: Bell Island

Bell Island Support Network, The Hug, 173 Main Street

NUMBER: 1 (709) 488-9220

HOURS: Monday – Friday, 9:00am – 4:00pm, Walk-in

LOCATION: Bonavista

Bonavista Peninsula Health Care Complex, 20 – 24 Hospital Road

NUMBER: 1 (709) 468-5318 (Hayley Building) / 1 (709)-468-7881 (Emergency Department)

HOURS: Monday – Friday, 8:30am – 4:30pm (Hayley Building)

Emergency Department available 24 / 7, Walk-In or Appointment

LOCATION: Burin

Emergency Department, Burin Peninsula Health Care Centre, 85 Main Street

NUMBER: 1 (709) 891-1040

HOURS: 24 / 7, Walk-in

LOCATION: Cape Broyle

Town Hall, 47 Harbour Road

NUMBER: 1 (709) 432-2288

HOURS: Monday – Friday, 9:00am – 2:45pm, Walk-In

LOCATION: Carbonear

U-Turn Drop-In-Centre, 19 Industrial Crescent

NUMBER: 1 (709) 597-3236 / 1 (709) 597-0256

HOURS: Tuesday – Saturday, 12:00 – 4:00 (Can distribute outside those times), Walk-in or apt

LOCATION: Carbonear

Emerg Department, Carbonear General Hospital, 86 Highroad South
NUMBER: 1 (709) 945-5111
HOURS: 24 / 7, Walk-in

LOCATION: Chapel Arm

Town Council Office, 282 Main Road
Email: town@chapelarm.ca
NUMBER: 1 (709) 592-2720
HOURS: Monday – Friday, 9:00am – 12:00pm and 1:00pm – 4:30pm, Walk-In

LOCATION: Clarenville

Clarenville Family Care Team, 105 Manitoba Drive, Suite 204
NUMBER: 1 (709) 466-1281
HOURS: Monday – Friday, 8:30am – 4:30pm, Walk-in or Appointment

LOCATION: Clarenville

Mental Health and Addictions, 5 Coish Place
NUMBER: 1 (709) 466-5711 / 1 (709) 466-5723 / 1 (709) 466-5757
HOURS: Monday – Friday, 8:30am – 4:00pm, Walk-in or Appointment

LOCATION: Clarenville

Emerg Dept, Dr. G.B. Cross Memorial Hospital, 67 Manitoba Drive
NUMBER: 1 (709) 466-3411
HOURS: 24 / 7, Walk-in

LOCATION: Conception Bay South

Villa Nova Plaza, 130 Conception Bay Hwy
NUMBER: 1 (709) 834-7949
HOURS: Monday – Friday, 8:30am – 4:30pm, Appointment Required

LOCATION: Ferryland

Witless Bay Health and Community Services Centre
NUMBER: 1 (709) 334-3944
HOURS: Monday – Friday, 8:30am – 4:30pm, Walk-In or Appointment

LOCATION: Frenchman's Cove

Town of Frenchman's Cove Town Office, 42 Main St
NUMBER: 1 (709) 826-2190
EMAIL: Townoffrenchmanscove@persona.ca
HOURS: Monday – Friday, 8:30am – 2:30pm, Walk-In or email for private appointment.

LOCATION: Garnish

Garnish Town Council Office, 614 Sunset Drive

NUMBER: 1 (709) 826-2330 / 1 (709) 277-2733

HOURS: Monday – Thursday, 8:00am – 4:00pm and Friday, 8:00am – 12:00pm, Walk-In

LOCATION: Grand Bank

Dr. S Beckley Health Care Center, Emerg Dept, 53 Grandview Blvd.

NUMBER: 1 (709) 832-2500 (ext. 2)

HOURS: 24 / 7, Walk-in

LOCATION: Harbour Grace

Taylor Building, Harbour Grace Regional Centre, 33 Cathedral St

NUMBER: 1 (709) 945-6581

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

LOCATION: Holyrood

Mental Health and Addictions, c/o Whitbourne Community Services

NUMBER: 1 (709) 759-3362 / 1 (709) 759-3373

HOURS: Flexible Hours, Appointment Required

LOCATION: Marystown

Community Health Building, 10 – 12 Harris Drive Business Park

NUMBER: 1 (709) 279-7955

HOURS: Monday – Friday, 8:30am – 4:30pm, Walk-In or Appointment

LOCATION: Mount Pearl

Family Care team West, 850 Topsail Road (Floor 2)

NUMBER: 1 (709) 752-6248

HOURS: Monday – Friday, 8:30am – 4:30pm, Walk-In or Appointment

LOCATION: Norman's Cove-Long Cove

Town Council of Norman's C-L Cove, 10 Hilltop Lane

NUMBER: 1 (709) 592-2490

HOURS: Monday – Friday, 9:00am – 4:30pm, Walk-In

LOCATION: Old Perlican

Emergency Department, Dr. A.A. Wilkinson Memorial Health Centre

NUMBER: 1 (709) 587-2200

HOURS: 24 / 7, Walk-in

LOCATION: Old Perlican

Town Council Office, 299 Blow Me Down Drive

NUMBER: 1 (709) 587-2266

HOURS: Monday – Friday, 8:30am – 4:00pm, Walk-In

LOCATION: Placentia

Mental Health and Addictions, c/o Whitbourne Community Services

NUMBER: 1 (709) 759-3362 / 1 (709) 759-3373

HOURS: Flexible Hours, Appointment Required

LOCATION: Placentia

Placentia Community Health Centre, 1 Corrigan Place

NUMBER: 1 (709) 227-1624 / 1 (709) 227-2013 (Emergency Department)

HOURS: Monday – Friday, 8:30am – 4:30pm / Emergency Department Available 24 / 7, Walk-In

LOCATION: Placentia

Placentia West Medical Clinic, c/o Burin Peninsula Health Care Centre

NUMBER: 1 (709) 443-2100

HOURS: Monday – Friday, 8:30am – 4:00pm, Walk-In or Appointment

LOCATION: Point Lance

Town of Point Lance, 35 Main Road

NUMBER: 1 (709) 338-2186

HOURS: Monday – Friday, 9:00am – 5:00pm, Walk-In

LOCATION: Renews-Cappahayden

Town Office, 47 Back Road

NUMBER: 709-363-2500

HOURS: Monday – Thursday, 8:00am – 3:30pm, Walk-In

LOCATION: South River

South River Town Hall, 26 Salmon Cove Road

NUMBER: 1 (709) 786-6761 / 1 (709) 683-4732

HOURS: Monday & Thursday, 9:00am – 4:00pm (Appointment only)

Tuesday & Wednesday, 11:00am-5:00pm / Friday, 9:00am-4:30pm, Walk-in and appointment

LOCATION: St. John's

SWAP, Tommy Sexton Centre, 47 Janeway Place

NUMBER: 709-579-8656

HOURS: Monday – Friday, 9:00am – 12:30pm & 1:30pm – 4:00pm

Tuesday & Thursday 7:00pm – 10:00pm (Mobile Van Operation)

Walk-in or appointment. Mail out options also available

LOCATION: St. John's

Choices for Youth, 12-16 Carter's Hill Place

NUMBER: 1 (709) 754-3047

HOURS: Monday – Friday, 8:30am – 4:30pm / DETAILS: Walk-In or Appointment

LOCATION: St. John's

First Light St. John's – Native Friendship Centre, 70 Brookfield Road

NUMBER: 1 (709) 699-5858 / 1 (709) 853-2923

HOURS: Monday – Friday, 8:30am – 4:30pm, Walk-In

LOCATION: St. John's

Thrive & Street Reach, 807 Water Street

NUMBER: 1 (709) 743-2536 / 1 (709) 754-0536 ext. 204

HOURS: Mon-Thurs 10:00am-4:00pm / Thurs 5:00-7:00pm / Fri, 12:30-4:00pm, Walk-In or Apt

LOCATION: St. John's

Mental Health and Addictions, 657 Topsail Road

NUMBER: 1 (709) 777-5074

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

LOCATION: St. John's

Safe Harbour Outreach Project/S.H.O.P

NUMBER: 709-771-1077 / 709-771-7171

HOURS: Monday – Friday, 9:00 – 5:00 / Wednesday evenings – Flexible hours, Call for appointment

LOCATION: St. John's

Emergency Department, Health Science Centre, 300 Prince Phillip Drive

NUMBER: 1 (709) 777-6300

HOURS: 24 / 7, Walk-in

LOCATION: St. John's

Emerg Department, St. Clare's Mercy Hospital, 154 LeMarchant Road

NUMBER: 1 (709) 777-5000

HOURS: 24 / 7, Walk-in

LOCATION: St. John's

Emergency Department, Janeway Health Centre, 300 Prince Phillip Drive

NUMBER: 1 (709) 777-6300

HOURS: 24 / 7, Walk-in

LOCATION: St. John's

Psychiatric Assessment Unit, Health Science Center, First floor,
300 Prince Philip Drive
NUMBER: 1 (709) 777-3021
HOURS: 24 / 7, Walk-in

LOCATION: St. John's

The Gathering Place, 172 Military Road
NUMBER: 1 (709) 753-3234
HOURS: Mon – Sun Main Entrance- 8:00am – 8:00pm / Shelter- 8:00pm – 8:00am, 24/7 Walk-in

LOCATION: St. John's

The Newfoundland Embassy Pub and Eatery, 79-81 New Gower Street
NUMBER: 1 (709) 237-9200
HOURS: Monday – Sunday, 12:00pm – 2:00am, Walk-In

LOCATION: St. John's

The Salvation Army Ches Penney Centre of Hope, 18 Springdale Street
NUMBER: 1 (709) 237-0255
HOURS: Monday – Friday, 8:30am – 4:30pm, Walk-In or Appointment

LOCATION: St. John's

Shea Heights Pharmacy, 55B Linegar Avenue #2
NUMBER: 1 (709) 739-7432
HOURS: Monday – Friday, 9:00am – 6:00pm, Appointment

LOCATION: St. John's

Planned Parenthood NL Sexual Health Centre, 47 St. Clare Avenue
NUMBER: 1 (709) 579-1009
HOURS: Mon, Wed & Fri 9:00am-4:30pm / Thurs, 12:00-7:00pm / Sat, 12:00-6:00pm, Walk-in or Apt

LOCATION: St. John's

Paul Lane MHA Mount Pearl Southlands, Confederation Building East Block – West Wing – 5th Floor
NUMBER: 1 (709) 729-2231
HOURS: Monday – Friday, 9:00am – 4:00pm, Walk-In

LOCATION: St. John's

MHA James Dinn's Office 5th Floor, Confederation Building
NUMBER: 1 (709) 729-2638
HOURS: Monday – Friday, 9:00am – 4:00pm, By Appointment

LOCATION: St. John's

McSheffrey Resource Centre, 10 Brother McSheffrey Lane

During Food Bank Hours

NUMBER: 1 (709) 722-1168

HOURS: Tuesday & Thursday 12:00pm – 1:30pm (During Food Bank Hours), Walk-In

LOCATION: Torbay

Torbay Common Community Centre, 8 Kinsmen Place

NUMBER: 1 (709) 437-6532 (Ext. 262 or Ext. 302)

HOURS: Monday – Friday, 8:30am – 4:00pm (Kit Distribution and Training), walk-In or appointment

Saturday – Sunday, 8:30am – 10:30am (Kit Distribution only), Walk-In or Appointment

LOCATION: Torbay

Town of Torbay Town Hall – Municipal Office, 1288 Torbay Road

CONTACT: Allison Augot

NUMBER: 1 (709) 437-6532 (Ext. 468)

HOURS: Monday – Friday, 8:30am – 4:00pm, Walk-In or Appointment

LOCATION: Trepassey

Mental Health and Addictions, c/o Witless Bay Health and Community Services Centre

NUMBER: 1 (709) 334-3944

HOURS: Monday – Friday, 8:30am – 4:30pm, Walk-In or Appointment

LOCATION: Trepassey

Town Office, 3 Meadowpoint Road

NUMBER: 1 (709) 438-2641

HOURS: Monday – Friday, 8:30am – 4:00pm, Walk-In or Appointment

LOCATION: Trepassey

Trepassey Public Library, Molloy's Road

NUMBER: 1 (709) 438-2224

HOURS: Monday – Thursday, 11:00am – 3:30pm, Walk-In or Appointment

LOCATION: Whitbourne

Community Services Building, 39 Main Street

NUMBER: 1 (709) 759-3362 / 1 (709) 759-3373

HOURS: Monday – Friday, 8:30am – 4:30pm, Walk-In or Appointment

LOCATION: Whitbourne

Dr. WH Newhook Community Health Centre, Emergency Department

NUMBER: 1 (709) 759-2300

HOURS: 24 / 7, Walk-In or Appointment

LOCATION: Witless Bay

Health and Community Services Centre, 294 Southern Shore Highway

NUMBER: 1 (709) 334-3944

HOURS: Monday – Friday, 8:30am – 4:30pm, Walk-In or Appointment

LOCATION: Witless Bay

Town of Witless Bay, 219 Southern Shore Highway

NUMBER: 1 (709) 334-3407

HOURS: Monday – Friday, 8:30am – 4:30pm (Closed lunch 12:30 – 1:30), Walk-In or Appointment