



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 WESTERN 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

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: Blomidon Place

TYPE: Youth Mental Health & Support

LOCATION: 133 Riverside Drive, Corner Brook

NUMBER: 1 (709) 634-4171

WEBSITE: <https://www.westernhealth.nl.ca/blomidon-place/>

DETAILS: Blomidon Place is an interagency counseling service that provides mental health promotion, education and prevention services, consultation, coordination, assessment, and counseling services to children, youth (under age 19 years), and their families.

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/western/

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:

- Deer Lake - 45 Bennett Ave, 1 (709) 635-3061, contact to confirm details
- Corner Brook - 71 Philip Drive, www.sonriseministries.ca/celebrate-recovery

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

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

NAME: Community-Based Counselling Services

TYPE: Mental Health & Addictions

LOCATION: Western NL

NUMBER: Service Directory Website Below

WEBSITE: https://nl.bridgethegap.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 & Addictions

LOCATION & NUMBER:

- Deer Lake - 20 Farm Road, 1 (709) 635-7830
- Corner Brook - 35 Boones Road, 1 (709) 634-4506
- Corner Brook (Children & Youth) - Blomidon Place, 133 Riverside Drive, 1 (709) 634-4171
- Port Aux Basques - 3-9 Barhaven Drive, 1 (709) 695-6250

- Burgeo - Calder Health Care Centre, 1 (709) 886-2185
- Norris Point - Bonne Bay Health Centre, 1 (709) 458-2381
- Port Saunders - Rufus Guinchard Health Centre, 1 (709) 861-9125
- Stephenville - 127 Montana Drive, 1 (709) 643-8740

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: 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

LOCATION & NUMBERS:

- Deer Lake - 20 Farm Road, 1 (709) 635-2804
- Corner Brook - 1 Brookfield Ave, Monaghan Hall, 1 (709) 784-6822
- Stephenville - 142 Minnesota Drive, Sir Thomas Roddick Hospital, 1 (709) 643-5111 ext. 7294

WEBSITE: <https://westernhealth.nl.ca/flexible-assertive-community-treatment-fact/>

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: Humberwood Treatment Centre

TYPE: Addictions

LOCATION: 35 Boones Road, Corner Brook

NUMBER: 1 (709) 634-4506

WEBSITE: <https://westernhealth.nl.ca/humberwood-treatment-centre/>

DETAILS: Free of charge to individuals age 19 and older experiencing substance abuse or gambling.

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: Narcotics Anonymous

TYPE: Drug Support Group

LOCATION: In Person and Online Groups

NUMBER: 1 (709) 728 9084

CONTACT: 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: Opioid Dependence Treatment Hub

TYPE: Addictions Treatment & Counselling / Methadone Maintenance

LOCATION: In person and telehealth

- Corner Brook: 35 Boones Road, 1 (709) 634-4506
- Stephenville: 127 Montana Drive, 1 (709) 643-8740

WEBSITE: <https://westernhealth.nl.ca/home/health-topics-main/addiction-services/>

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

DETAILS: Help with concerns related to opioid use or wanting help to reduce physical, mental and emotional withdrawal symptoms.

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: Pioneer Group

TYPE: A.A. Group

LOCATION: Salvation Army Church, 20 Church Street, Deer Lake

NUMBER: Hector L. 1 (709) 636-0622 / Harry C. 1 (709) 635-3969

WEBSITE: <https://area82aa.org/meetings/pioneer-group/>

DETAILS: Closed meetings are for A.A. members only, or for those who have a drinking problem and a desire to stop drinking. Monday 8pm. Enter front of building, single door left of main entrance.

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

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: The Rec House Youth Centre

TYPE: Mental Health & Addictions (Youth)

LOCATION: 5 Ocean View Lane, Port Aux Basques

CONTACT: 1 (709) 695-6901 / Krista Loveless

WEBSITE: <https://www.portauxbasques.ca/recreation/youth-centre/>

DETAILS: A youth centre operated by the Rec House Community Youth Network. This facility is open to youth ages 12-18 and offers recreation-based programming. Offers The Youth Outreach Program.

NAME: Youth Outreach Program

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

LOCATION: Western NL

LOCATION & CONTACTS:

- Corner Brook - David Jones, 1 (709) 639-1710
- Stephenville - Adrienne Benoit, 1 (709) 643-4595
- Bonne Bay - Nicholas Whelan, 1 (709) 458-2381
- Port Aux Basques - Krista Loveless, 1 (709) 695-6901

WEBSITE: <https://westernhealth.nl.ca/youth-outreach-services/>

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: Aunt Jean's Place

TYPE: Emergency Housing

LOCATION: Stephenville, NL

NUMBER: Office 1 (709) 649-2533 / NLHC Emergency Housing Line 1 (833) 724-2444

CONTACT: auntjeansplace@yahoo.ca

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

DETAILS: A transitional and emergency housing for individuals struggling with homelessness. By referral only, which can be made by the RCMP, Churches, or other service providers in the area.

NAME: Corner Brook Homeless Shelter (Through Western Health)

TYPE: Emergency Shelter

LOCATION: Corner Brook

NUMBER: 1 (709) 637-5000

WEBSITE: <https://nlhealthservices.ca/> (this service is not available through the website)

DETAILS: If you are 100% homeless, no resources or no where to go, you can call western health and they will put you up in the Corner Brook Hotel for a maximum 2-week period. Note, this is in an extreme emergency, living in the streets with no where to go.

NAME: Elm Place

TYPE: Emergency Shelter

LOCATION: Corner Brook, NL

NUMBER: Office Number 1 (709) 388-4000 / Jade Kearly (Interagency Coordinator) 1 (709) 634-4117
Emergency Housing Line 1 (833) 724-2444

WEBSITE: <https://nl.211.ca/detail/82850483/>

DETAILS: Emergency Shelter for anyone experiencing homelessness.

Application process requires you to call the Emergency Housing Number (listed above).

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.nlhc.nl.ca/about-nlhc/>

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:

- Corner Brook - Joe Mullins Building, 34 Boones Road, 1 (709) 639-5201
- Stephenville - 58 Oregon Dr, 1 (709) 643-6826

WEBSITE: <https://www.nlhc.nl.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: Willow House

TYPE: Transition House (Domestic Violence Shelter)

LOCATION: Corner Brook

NUMBER: 24hr Crisis line 1 (866) 634-4198

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

DETAILS: They offer:

- 24-hour crisis line, answered by a crisis worker
- A safe place to stay, at no cost, where necessities are provided
- Transportation to the shelter
- Accommodations in a communal living setting for up to six weeks
- Supportive counselling by experienced, non-judgemental staff
- Exploring options, decisions, accessing information about housing, finances, legal issues, etc.
- Referrals to other agencies and supports, no matter what you decide

Resources – Other Services**NAME: Ambulance**

TYPE: Emergency Ambulance service

NUMBER: 911

WEBSITE: <https://www.westernhealth.nl.ca/home/health-topics-main/ambulance-services/>**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: Child & Youth Services (CSSD)

TYPE: Social Supports and Well-being

LOCATION: 20 Farm Rd, Deer Lake

NUMBER: Office number 1 (709) 635-7841

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

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

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

DETAILS: Supports individuals, families and communities in NL in achieving improved health, social well-being and reduced poverty; protection of children, youth and adults from abuse or neglect.

NAME: Churches - Pentecostal

TYPE: Church & Community Services

LOCATION & CONTACTS:

- Deer Lake - 45 Bennett Avenue, 1 (709) 635-3061, www.epcdeerlake.com
- Pasadena - 3 Fourth Avenue, 1 (709) 686-2530, www.pasadenapentecostalchurch.org
- Corner Brook - 37 Elizabeth St, 1 (709) 634-2513, <https://westsidetabernacle.ca/>
- Corner Brook - 58 Premier Drive, www.firstpentecostalchurch.nl
- Stephenville - 51 Carolina Avenue, 1 (709) 643-2744, www.zionstephenville.com
- Rocky Harbour - 40 Main St South, 1 (709) 293-1261 Facebook: [grosmornecommunitychurch](https://www.facebook.com/grosmornecommunitychurch)

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

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

NAME: Churches – Salvation Army

TYPE: Church & Community Services

LOCATION & CONTACTS:

- Deer Lake - 20 Church Street, 1 (709) 635-3452
- Corner Brook - 177 O'Connell Drive, 1 (709) 634-5204
- Stephenville - 147 Hansen Memorial Hwy, 1 (709) 643-3482
- And many other locations across western 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: Churches – Sonrise Church

TYPE: Church & Community Services

CONTACT: 1 (709) 634-2341 / office@sonriseministries.ca / Pastor Jonathan Rogers

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

LOCATION: Corner Brook, 71 Philip Drive

DETAILS: Sunday gathering 11am & 6:30pm / Newcomers at Connection Café Sundays 10:30am.

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:

- Deer Lake - 12 Pennel's Lane, 1 (709) 635-2620
- Gros Morne - 38 Main Street, 1 (709) 458-3420
- Port Saunders - 2 Church Street, 1 (709) 290-4187
- St. Anthony - 2 Maraval Drive, 1 (709) 454-4099
- Pasadena - 3 Fourth Avenue, 1 (709) 686-2530
- Corner Brook - 6 Herald Avenue, 1 (709) 639-1719
- Stephenville - 129 Montana Drive, No public telephone number
- Port Aux Basques - 98 Main Street, 1 (709) 695-7153

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

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

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

TYPE: Legal Services

LOCATION: All of NL

LOCATION & NUMBERS:

- Toll free (24-Hours a day) 1 (800) 563-9911
- Corner Brook (General) - 1 (709) 639-9226 OR Toll free 1 (844) 639-9226
- Corner Brook (Family and Child Legal Aid) - 1 (709) 634-4391
- Stephenville - 1 (709) 643-5200 OR Toll free 1 (844) 304-5263

CONTACT: 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
- Deer Lake - 41 Old Bonne Bay Road, 1 (709) 635-2173
- Corner Brook - 9 University Drive, 1 (709) 637-4100
- Stephenville - 40 Oregon Drive, 1 (709) 643-2118
- Port aux-Basques - 1 Trans Canada Hwy, 1 (709) 695-2149
- Burgeo - 2 Church Road, 1 (709) 886-2241
- Port Saunders - 148 Main Street, 1 (709) 861-3555
- Flowers Cove - 200 Viking Trail, 1 (709) 456-2500
- St. Anthony - 57-65 West Street, 1 (709) 454-3543

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

NAME: Salvation Army Family Service Centre

TYPE: Affordable store - clothing and household items

LOCATION & NUMBERS:

- Deer Lake - 17 Main Street N, 1 (709) 635-3377
- Pasadena - W End Industrial Park, 1 (709) 686-3443
- Corner Brook - 6 Herald Avenue, 1 (709) 634-6153
- Stephenville - 136 Main Street, 1 (709) 643-6611
- St. Anthony - West Street, 1 (709) 454-3910

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

NAME: Tree House Family Resource Centre

TYPE: Family Resources & Programs for children and parents

LOCATION & NUMBERS:

- Deer Lake - 1 Poplar Road, 1 (709) 635-5808, treehousefrc.fa@gmail.com
- Pasadena - 16 Tenth Avenue, 1 (709) 695-5808
- Gros Morne - 1 (709) 695-5808, treehousefrc.gm@gmail.com
- White Bay - 1 (709) 635-5808, treehousefrc.wb@gmail.com
- Long Range - 1 (709) 635-5808, treehousefrc.lr@gmail.com
- Bonne Bay South (Trout River) - 1 (709) 635-5808, treehousefrc.ppc@gmail.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.

NAME: Vine Place Community Centre

TYPE: Youth Services (Youth & Young Adults)

LOCATION: 30 Crestview Ave, Corner Brook

NUMBER: 1 (709) 634-0050

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

DETAILS: For NL Housing tenants, low-income families, and youth. It offers diverse social, recreational, and health-related programming, including community suppers, a pantry, and after-school activities, and now operates as a Becket Youth Services Hub for ages 12-29.

Resources – Naxoline Kits

LOCATION: Birchy Head

White Fire Hall Building, 144 Tableland Drive

NUMBER: 1 (709) 453-7220

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

LOCATION: Burgeo

Calder Health Care Centre, 7 Peddle Place

Mental Health & Addictions Clinic: 1 (709) 886-1550, Mon – Friday, 8:30am – 4:30pm, apt required

Emergency Department: 1 (709) 886-2898, available 24 / 7, walk-in at anytime

LOCATION: Cormack

Town of Cormack, 280 Veterans Drive

NUMBER: 1 (709) 635-7025

HOURS: Monday – Friday, 9am – 4pm, Walk-in or appointment whichever recipient prefers

LOCATION: Corner Brook

35 Boones Road

NUMBER: 1 (709) 634-4506

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

LOCATION: Corner Brook

SWAP, 98 Broadway

NUMBER: 1 (709) 634-7927

HOURS: Apt: Monday – Friday, 8:30am – 4:30pm / Walk-In: Tuesday & Thursday, 7pm – 9:30pm

LOCATION: Corner Brook

Emergency Department, 100 Health Care Crescent

NUMBER: 1 (709) 637-5000

HOURS: Available 24 / 7, walk-in at anytime

LOCATION: Corner Brook

The Medicine Shoppe, 13 Union Street

NUMBER: 1 (709) 632-2442

HOURS: Monday – Friday, 8:30am – 5:30pm, walk-in

LOCATION: Corner Brook

Status of Women Council, 2 Carmen Avenue

NUMBER: 1 (709) 639-8522

HOURS: Monday – Friday, 8:30am – 4:00pm, walk-In or appointment

LOCATION: Corner Brook

Vine Place Community Centre, 30 Crestview Avenue

NUMBER: 1 (709) 634-0050

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

LOCATION: Cow Head

Town of Cow Head, 192 Main Street

NUMBER: 1 (709) 243-2446

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

LOCATION: Deer Lake

20 Farm Road

NUMBER: 1 (709) 635-7830 (Mental Health & Addictions) / 1 (709) 635-2804 (FACT)

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

LOCATION: Gilliams

Gilliams Town Office, 166 North Shore Highway

NUMBER: 1 (709) 783-2800

HOURS: Monday-Wednesday 9am-5pm / Thursday 10am – 6pm / Friday 9am – 2pm, walk-in

LOCATION: Howley

Town of Howley & Howley Volunteer Fire Dept, 2 Third Ave

NUMBER: 1 (709) 635-5555 / 1 (709) 635-5350

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

LOCATION: Humber Arm South

Town of Humber Arm South, 103 Hillview Rd, Benoit's Cove

NUMBER: 1 (709) 789-2981

HOURS: Monday - Friday, 9am - 4pm, walk-in

LOCATION: Norris Point

Bonne Bay Health Centre, 131-133 Main Street

NUMBER: 1 (709) 458-2211 (ext. 260)

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

Emergency Department: Available 24 / 7, walk-in at anytime

LOCATION: Port Au Port East

Town of Port Au Port East, 9 Hynes Road

NUMBER: 1 (709) 648-2731

HOURS: Monday – Friday, 8am – 3pm, walk-in available

LOCATION: Port Aux Basques

Dr. Charles LeGrow Health Centre, 2 Grand Bay Road

Mental Health & Addictions Clinic: 1 (709) 695-4558, appointment required

Emergency Department: 1 (709) 695-2175, available 24 / 7, walk-in at anytime

LOCATION: Port Aux Basques

Youth Outreach Worker, 25 Grand Bay Road

NUMBER: 1 (709) 695-6901

HOURS: Various times available, call to arrange an appointment

LOCATION: Port Aux Basques

Rec House Community Youth Network, 5 Oceanview Lane

NUMBER: 1 (709) 695-6901 / EMAIL: rechousecyn@gmail.com

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

LOCATION: Port Aux Basques

Gateway Women Centre, 4 Anderson Lane

NUMBER: 1 (709) 695-7505

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

LOCATION: Port Saunders

Rufus Guinchard Health Centre, 157 Route 430-26

Mental Health & Addictions Clinic: 1 (709) 861-9125, Monday – Friday, 8:30am – 4:30pm

Emergency Department: 1 (709) 861-3139, available 24/7, walk-in at anytime

LOCATION: Port Saunders

NorPen Status of Women Council, 212 Main Street

NUMBER: 1 (709) 861-4842

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

LOCATION: St. Georges

Flat Bay Band Office, 10 Indian Band Road

NUMBER: 1 (709) 647-1370

HOURS: Monday – Friday, 9am – 4pm, appointment only

LOCATION: Steady Brook

Steady Brook Town Hall, 1 Wilton Street

NUMBER: 1 (709) 634-7601

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

LOCATION: Stephenville

Bay St. George Medical Clinic, 29 Montana Drive

NUMBER: 1 (709) 643-6635

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

LOCATION: Stephenville

Mental Health & Addictions, 127 Montana Drive

NUMBER: 1 (709) 643-8740

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

LOCATION: Stephenville

Sir Thomas Roddick Hospital, Emerg Dept, 142 Minnesota Drive

NUMBER: 1 (709) 643-5111

HOURS: Available 24 / 7, walk-in at anytime

LOCATION: Stephenville

People of Dawn Indig Friendship Centre, 35 Carolina Avenue, Suite 10

NUMBER: 1 (709) 643-3902

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

LOCATION: Stephenville

White's Pharmasave, 83 Georgia Drive

NUMBER: 1 (709) 283-2510

HOURS: Monday – Friday 9am – 5:30pm / Saturday 12pm – 4pm / all walk-in

LOCATION: Trout River

Town of Trout River, 104 Main Street

NUMBER: 1 (709) 451-5376

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