

Addiction Counselling and Support Services

Catholic Family Services of Peel/Dufferin

1-888-940-0584 (Dufferin)
www.cfspd.com

MWF

CMHA Peel Dufferin

1-877-451-2123
www.cmhapeeldufferin.ca

YMW

Dufferin Area Family Health Team

519-938-8802
www.dafht.ca/

MWY

Dufferin Child and Family Services

519-941-1530
www.dcafs.on.ca/

YF

Elizabeth Fry Society of Peel-Halton

905-459-3115
www.efrypeelhalton.ca/

YW

Family Transition Place

519-942-4122 x 226
www.familytransitionplace.ca

W

Homewood-CADS

(519) 824-1010
www.homewoodhealth.com

MWF

Peel Addiction Assessment & Referral Centre

647-462-1567
www.paarc.com/programs

MW

Punjabi Community Health Services

905-677-0889
www.pchs4u.com/

MWF

SHIP-Service & Housing in the Province

519-307-8700
www.shipshey.ca/

MW

White Owl Native Ancestry Association

519-772-4399 x 2798
www.wonaa.ca/

FY

William Osler Addiction Counselling Services

905-796-3005
www.williamoslerhc.on.ca

MW

Crisis/Information Support Services

24/7 Crisis Peel-Dufferin

1-888-811-2222

MWIFY

Caledon Dufferin Victims Services

519-942-1452
www.cdvs.ca/

MWIFY

Community Torchlight Crisis Line

519-821 0149 (Crisis) 519-821-3760 (Distress)
www.torchlightcanada.org/

MWIFY

Dufferin Child and Family Services

519-941-1530
www.dcafs.on.ca

MWIFY

Drug and Alcohol Helpline

1-800-565-8603
www.drugandalcoholhelpline.ca/

MWIFY

Family Transition Place

519-941-4357
www.familytransitionplace.ca

MWIFY

Support Groups

Al-Anon Family Groups

(416) 410-3809
www.al-anon.org/

F

Alcoholics Anonymous

1-866-715-0005
www.aanorthhaltonerin.org/

MWY

Bereaved Families of Ontario

519-603 0196
www.bereavedfamilies.ca/

MWF

Born to be Free

519-942-0736
www.goodfriendschurch.com/born-to-be-free/

MW

Cocaine Anonymous

1-866-622-4636

MW

Family Association for Mental Health Everywhere

(FAME) 905-488 7716 or 905-276-8316
www.fameforfamilies.com/

MWF

Support Groups (cont'd)

Mind Forward Brain Injury Services

519-942-0111
www.phdabis.org/

MWF

Narcotics Anonymous

1-888-811-3887
www.orscna.org/english/index.php

MW

Emergency Services

911 – Police, Fire and Ambulance services

Dufferin OPP

519- 925-3838
www.opp.ca

Dufferin Paramedic Services

519-941-9608
www.dufferincounty.ca

Orangeville Police Services

519 941-2522
www.orangevillepolice.ca/

Shelburne Police Services

519-925-3312
www.shelburnepolice.com/

Health Services

Freedom Trail Addiction Methadone Clinic

519-942-8333
www.freedomtrailaddictionclinic.com/

MW

Headwaters Health Care Centre

519-941-2410
www.headwatershealth.ca/

MWIFY

Rapid Access Addictions Clinic

1-877-451-2123
www.cmhapeeldufferin.ca

MWY

Transgender Health Care

519-780-5298

MWY

Wellington Dufferin Guelph Public Health

1-800-265-7293
www.wdgpulichealth.ca/

MWIFY

Food Support Services

Lighthouse Soup Kitchen

519-942-0736

www.goodfriendschurch.com/lighthouse/

MWY

Orangeville Food Bank

519-942-0638

www.orangevillefoodbank.org/

MWFY

Salvation Army New Hope Community Church

519-943-1203

MWFY

Shepherds Cupboard

519-925-2600 x350

MWFY

Housing & Financial Services

Choices Youth Shelter

519-942-5970

www.choicesyouthshelter.com/

Y

Community Services, County of Dufferin

519-941-6991

www.dufferincounty.ca/residents/

MWY

Family Transition Place

519-941-4357

www.familytransitionplace.ca

W

Salvation Army

519-943-1203

www.salvationarmy.ca/

SHIP - Services & Housing in the Province

519-307-8700

www.shipshey.ca/

MWY

Legend:

M

Men Only

Y

Youth Only

W

Women Only

F

Families

SIGNS AND SYMPTOMS OF SUBSTANCE ABUSE

Psychological

- Anxiety, depression, moodiness
- Irritability, insomnia, suicidal thinking

Social

- Family dysfunction or break-up
- Job loss, legal problems, financial problems

Cardiovascular

- Elevated blood pressure
- Dyshythmia cardiomyopathy

Gastro-Intestinal

- Fatty Liver
- Chronic gastritis, gastro-intestinal bleeding, pancreatitis

Behavioural

- Drug-seeking (prescription or non-prescription)
- Frequent hospitalization, injection site marks (track marks), bruises

This information pamphlet was prepared by several collaborating not-for-profit agencies and organizations in Dufferin-Caledon.



DUFFERIN COUNTY Addiction Support Services

Are you or someone you know experiencing concerns with substance use and need some support?