

Addiction Counselling and Support Services

Caledon Exchange

905-584-2300, ext. 276
www.caledonexchange.org

MWFY

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

MWFY

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

Peel Addiction Assessment & Referral Centre

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

MW

Peel Children's Aid Society

905-363-6131
www.peelcas.org

YF

Punjabi Community Health Services

905-677-0889
www.pchs4u.com

MWF

SHIP-Services & 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

Crisis/Information Support Services

24.7 Crisis Support Peel Dufferin

1-888-811-2222
www.cmhapeeldufferin.ca/programs-services/
24-7-crisis-support-peel/

MWFY

Caledon/Dufferin Victim Services

905-951-3838/519-942-1452/1-888-743-6496
www.cdvs.ca

MWFY

Community Torchlight Crisis Line

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

MWFY

Dufferin Child and Family Services

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

MWFY

Drug and Alcohol Helpline

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

MWFY

Family Transition Place

519-941-4357
www.familytransitionplace.ca

MWFY

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

Mind Forward Brain Injury Services

519-942-0111
www.phdabis.org

MWF

Support Groups (cont'd)

Narcotics Anonymous

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

MW

SMART Recovery Groups

416-628-9185
www.smartrecoverytoronto.com

MW

Emergency Services

911 – Police, Fire and Ambulance services

Caledon OPP Dufferin OPP

905-584-2241 519-925-3838
www.opp.ca www.opp.ca

Dufferin Paramedic Services

519-941-9608
www.dufferincounty.ca

Shelburne Police Service

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

MWFY

Peel Public Health

905-791-7800 or 1-888-919-7800
www.peelregion.ca/public-health

MWFY

Rapid Access Addictions Medicine Clinic

1-877-451-2123
www.cmhapeeldufferin.ca/programs-services/rapid-access-addiction-medicine-clinic-raam

MWY

Transgender Health Care

519-780-5298

MWY

Wellington Dufferin Guelph Public Health

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

MWFY

William Osler Health Systems (Brampton Civic)

905-494-2120
www.williamoslerhs.ca

MWFY

Food Support Services

Caledon Exchange

905-584-2300, ext. 276
www.caledonexchange.org

MW FY

Caledon Meals on Wheels

905-857-7651
www.cmow.org

MW FY

Choices Youth Shelter

226-917-4017
www.choicesyouthshelter.website

Y

Dufferin County Meals on Wheels

519-925-5452

MW Y

Lighthouse Soup Kitchen

519-942-0736
www.goodfriendschurch.com/lighthouse

MW Y

Orangeville Food Bank

519-942-0638
www.orangevillefoodbank.org

MW FY

Salvation Army New Hope

Community Church
519-943-1203

MW FY

Shepherds Cupboard

519-925-2600 x350

MW FY

Housing & Financial Services

Choices Youth Shelter

226-917-4017
www.choicesyouthshelter.com

Y

Community Services, County of Dufferin

519-941-6991
www.dufferincounty.ca/residents

MW Y

Family Transition Place

519-941-4357
www.familytransitionplace.ca

W

Salvation Army

519-943-1203
www.salvationarmy.ca

MW FY

SHIP - Services & Housing In the Province

519-307-8700
www.shipshey.ca

MW Y

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
- Dysrhythmia cardiomyopathy

Gastro-Intestinal

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

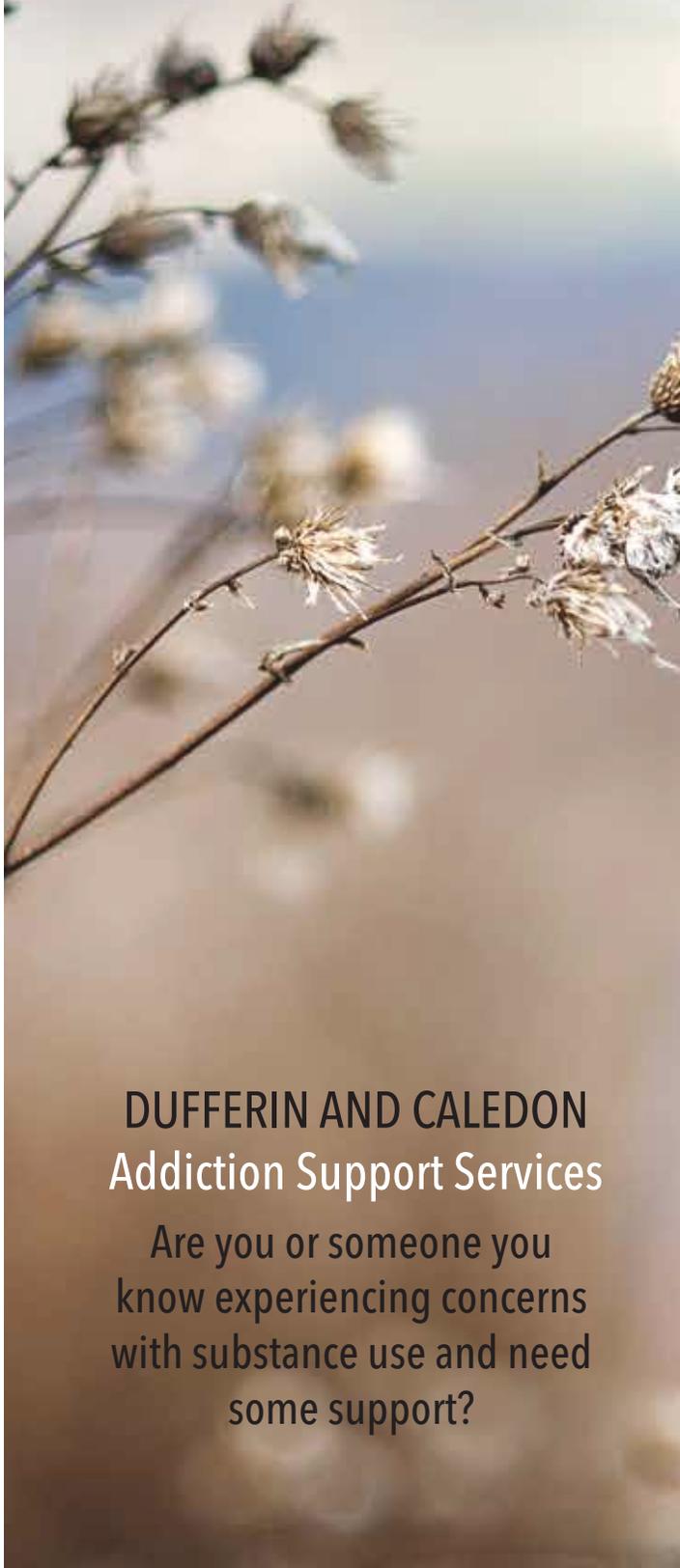
Behavioural

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

Legend:

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|----------|------------|----------|------------|
| M | Men Only | Y | Youth Only |
| W | Women Only | F | Families |

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



DUFFERIN AND CALEDON Addiction Support Services

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