

Wellness Resources

This resource page has been developed to provide a list of resources available in the Niagara Community to all staff and faculty at Brock University. This is not a comprehensive list of all resources available, however, it has been designed to provide staff with some additional supports that they may not be aware of. Should you have any questions regarding this information, please contact Kathryn Walker, Manager, Health Management & Wellness at extension 6086.

Community Mental Health Services

Access Line

1-866-550-5205 x2

www.accesslineniagara.com

Mental Health Helpline - Connex Ontario

1-866-531-2600

www.connexontario.ca

Assertive Community Treatment (ACT) Team - Niagara Region

905-688-2854 x 7262

www.niagararegion.ca/health

Bridges Community Health Centre

905-871-7621 or 289-479-5017

www.bridgeschc.ca

Canadian Mental Health Association - Niagara

905-641-5222

www.cmhaniagara.ca

Centre de Sante Communautaire

905-734-1141

<http://www.cschn.ca/>

Wellness Resources

Centre for Addictions & Mental Health (CAMH)

1-800-463-6273

www.camh.ca

Family Counselling Centre Niagara

905-937-7731

www.fccniagara.on.ca

Family Support Network Niagara

905-894-6808

www.familysupportniagara.com

Gateway Supportive Housing

905-735-4445

www.gatewayofniagara.ca

Grief Network Niagara

griefnetworkniagara@outlook.com

Grimsby Life Centre

905-309-0944

www.grimsbylife.org

Niagara Falls Community Health Centre

905-356-4222

www.nfchc.ca

Niagara Health

905-378-4647

www.niagarahealth.on.ca

Wellness Resources

Niagara Life Centre

905-934-0021

www.niagaralifecentre.ca

Niagara Sexual Assault Centre

905-682-7258

www.niagarasexualassaultcentre.com

Oak Centre

905-788-3010

www.oakcentre.ca

Victim Services Niagara

905-682-2626

www.victimservicesniagara.on.ca

West Niagara Mental Health (West Lincoln Memorial Hospital)

905-309-3336

www.westniagramentalhealth.com

Ontario Division of Canadian Mental Health Association

www.ontario.cmha.ca

Community Addiction Services

Access Line

1 866-555-5205 x 2

www.accesslineniagara.com

Alcoholics Anonymous (AA)

1-866-311-9042

Wellness Resources

Al-Anon
905-328-1677
wso@al-anon.org

ARID Homes - Male/Female
905-227-1113
www.aridhomes.ca

Community Addiction Services of Niagara (CASON)
905-684-1183
www.cason.ca

Niagara Health
905-378-4647
www.niagarahealth.on.ca

Positive Living Niagara
905-984-8684
www.positivelivingniagara.com

QUEST Community Health Centre
905 688-2558
www.questchc.ca

Towards Recovery Clinics Inc. (TRC)
905-684-9339
www.towardsrecovery.com

Women's Addiction Recovery Mediation (WARM)
905-988-3528 x4022
www.ywcaniagararegion.ca

Wellness Resources

Wayside House (Men)
905-684-9248

Ontario Drug and Alcohol Line
1-800-565-8603

Crisis Lines

Distress Centre

St. Catharines, Niagara Falls & Area 905-688-3711
Port Colborne, Wainfleet & Area 905-734-1212
Fort Erie & Area 905 382-0689
Grimsby, West Lincoln 905-563-6674

Crisis Outreach and Support Team Niagara (COAST)
1-866-550-5205 x 1

Kids Help Phone 1-800-668-6868

Niagara Sexual Assault Centre 905-682-4584

Gillian's Place Support Line 905-684-8331 (call or text)

National Child Abuse Hotline 1-800-422-4453

Victim Services Crisis Supports 905-682-2626

Wellness Resources

Arthritis Information

[Arthritis Society](#)

Cancer Resources

[Niagara Breast Cancer Support](#)

[Niagara Chapter of the Canadian Cancer Society](#)

[Wellspring Niagara](#)

Children's Activities at Brock

[Brock Badgers Sports Camps](#)

[Youth University](#)

Diabetes

[Canadian Diabetes Association](#)

Heart Health

[Heart & Stroke Foundation](#)

HIV/AIDS Awareness

[AIDS](#)

Provincial Disability Parking Permit Process

<http://www.ontario.ca/page/get-accessible-parking-permit>

Wellness Resources

Parenting, Breastfeeding, Post Partum Depression, Child Development

[Niagara Region - Parenting Resources](#)

[Niagara Region - Triple P Positive Parenting Program](#)

Dental Health

[Dental Health in Niagara](#)

Niagara Inspection Results - Restaurants, Hair Salons & Esthetics, Tattoo and Piercing

[Niagara Inspection Results](#)

Physical Activity & Nutrition

[Niagara Region - Physical Activity, Nutrition](#)

Home Health Hazards

[Niagara Region - Potential Health Hazards in the Home](#)