

Brock & Niagara Resources

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*The following information is a summary of some of the most common resources at Brock and in the local community.
This is not an exhaustive list of all agencies and groups in the Niagara Region.*

Aboriginal Student Service Needs

Aboriginal Student Services **B**



Thistle 145, access through the Market Hall



brocku.ca/aboriginal-student-services



905-688-5550 ext. 5883

As part of the Student Success Centre, Aboriginal Student Services is focused on providing a welcoming, supportive and inclusive environment for Aboriginal students and visitors to our campus.

Our goal is to help all Aboriginal students, including First Nations, Metis and Inuit, make the transition to the Brock University community, and to provide support and resources to enhance their academic success and cultural identity at Brock. We recognize that the transition may be difficult due to differing cultures and perspectives. We offer social and academic supports in a culturally sensitive manner to encourage Aboriginal students to maintain their identity within the university setting. We also work closely with Aboriginal community partners to enhance the success of both current and prospective students.

Niagara Regional Native Centre



382 Airport Rd, Niagara-on-the-Lake, ON L0S 1J0



nrnc.ca



905-688-6484

Provides human services, social, cultural, recreational and educational programs to all Native people. Provide a variety of services and referrals, in addition to diverse in-house programs.

Fort Erie Native Friendship Centre



796 Buffalo Rd, Fort Erie, ON L2A 5H2



fenfc.org



905-871-8931

The Fort Erie Native Friendship Centre provides a variety of support services including: Mental health support, Restorative justice, Health outreach and Career development.

Addictions (Substance/Gambling)

Personal Counselling Services **B**



4th Floor of Schmon Tower (ST 400)



brocku.ca/personal-counselling



counselling@brocku.ca



1-833-Brock33

Personal Counselling Services (PCS) is one of three student-focused services provided through the Student Wellness and Accessibility Centre. Counselling services are free to Brock University students and provide a confidential and welcoming place for you to address mental health concerns or other emotional, social, and personal difficulties.

Student Health Services **B**



Harrison Hall



brocku.ca/health-services



905-688-5550 extension 3243

Student Health Services is a team of caring, dedicated, multi-disciplinary professionals with expertise in university health issues. We support a diverse student population through provision of confidential primary health care, prevention programs, wellness education and strategic medical and academic partnerships promoting optimal health and university success.

Community Addiction Services of Niagara (CASON)



60 James St #401, St Catharines, ON L2R 7E7



cason.ca



905-684-1183

CASON provides client-centered community based service for individuals and families with addiction concerns. Services are free, professional and confidential.

Quest Community Health Centre



145 Queenston St, St Catharines, ON L2R 2Z7



questchc.ca



905-688-2558

Quest CHC provides primary health care services to individuals experiencing social, economic and cultural barriers. Emphasis is placed on the following populations: individuals without a healthcare provider who are also experiencing mental health, addictions or concurrent disorders, street-involved populations (homeless, under-housed, sex trade workers), isolated seniors, sexually and gender diverse populations (LGBTQ+), at-risk children, youth and families, individuals who frequent the Emergency Department for care/opioid-dependent (USAT), Migrant Agricultural Workers (MAWP).

Urgent Service Access Team (USAT)



145 Queenston Street, St. Catharines, Ontario L2R 2Z9



<https://questchc.ca/participate-at-quest/usat/>



905-688-2558 Ext. 301

The USAT program is for people who have one (or both) - Frequent emergency room visits for mental health and/or addiction and/or Opiate dependency issues (current or within the last 12 months)

USAT is a mobile primary health care team that provides short term support and health care to people while helping to connect them to other long term supports such as medical care, mental health services, addiction services and housing.

Autism Spectrum Disorder & Development

Student Success Centre **B**



Thistle 124B



brocku.ca/student-success-centre



905-688-5550 ext. 4225

The Student Success Centre has services and resources to meet a variety of student needs – they can help you with academic challenges, time management, goal setting, and academic skill development.

Student Accessibility Services **B**



4th Floor of Schmon Tower (ST 400)



brocku.ca/sas



905-688-5550 ext 3240

Student Accessibility Services (SAS) is one of three student-focused services provided through the Student Wellness and Accessibility Centre. They support and foster independence in students with accessibility needs; advocate for accessibility for students; and provide resources and education opportunities for staff and faculty to ensure a welcoming environment in compliance with Ontario Human Rights Commission (OHRC) guidelines and the Accessibility for Ontarians with Disabilities Act (AODA).

Autism Ontario - Niagara Region Chapter



36 Page Street, Suite 401, St. Catharines, ON L2R 4A7



autismontario.com/niagara



905-682-2776

Autism Ontario-Niagara Region Chapter provides support through parent support groups, individual support meeting, educational information session, and a wide variety of programs for youth and adults on the autism spectrum. They aim to support those in the community touched by autism and ensure that everyone has the opportunity to realize their full potential.

Community Living St. Catharines



79 Welland Ave, St Catharines, ON L2R 2M8



www.clstcatharines.ca



905-688-5222 ext 231

This agency provides a range of personalized supports to adults who live independently or semi-independently in the community, outside their family home and who need periodic guidance and support with instrumental activities of daily living such as grocery/personal shopping, meal preparation, money management and overall household tasks. Individual skill development training is based on assessed needs.

Bethesda



3280 Schmon Pkwy, Thorold, ON L2V 4Y6



www.bethesdaservices.com



905-684-6918

Bethesda offers a wide variety of relevant services to adults with special needs in a professional and caring manner.

Bereavement & Grief

Personal Counselling Services **B**



4th Floor of Schmon Tower (ST 400)



brocku.ca/personal-counselling



counselling@brocku.ca



1-833-Brock33

Personal Counselling Services (PCS) is one of three student-focused services provided through the Student Wellness and Accessibility Centre. Counselling services are free to Brock University students and provide a confidential and welcoming place for you to address mental health concerns or other emotional, social, and personal difficulties.

Hospice Niagara Bereavement Program



www.hospiceniagara.ca/programs/adult



905-984-8766

Hospice Niagara offers a grief circle, monthly adult support program, grief walk, mindfulness hike and bereavement peer support group.

Wellspring Niagara Grief Support



wellspring.ca/niagara/programs/all-programs/grief-support



905-684-7619

Grief Support is offered to bereaved individuals who have lost a loved one to cancer. Professionally led, Grief Support is a drop-in program that is offered monthly and provides an opportunity to share stories and learn new ways of coping. Each session will focus on the physical, emotional, social and spiritual well-being and provides members with helping coping strategies and relaxation techniques.

Loving Outreach (Suicide Support Group)



366 St Paul St, St Catharines, ON L2R 3N2



www.lovingoutreach.org



905-934-2176

A support group based in the Niagara Region for individuals who have lost someone through suicide.

Crisis Resources

Good2Talk



good2talk.ca



1-866-925-5454

Good2Talk is a free, confidential helpline for post-secondary students in Ontario. By calling Good2Talk, students can receive information and referrals about services and supports for mental health, addictions and well-being on and off campus or speak anonymously with a professional counsellor.

COAST Niagara



<https://niagara.cmha.ca/programs-services/crisis-support/>



1-866-550-5205, and press 1

Mental Health Professionals work as a team in a unique partnership with police officers who are specially trained in mental health. Information is collected over the phone by a qualified health professional. If needed, the mobile team will assess the person in crisis in their community. Additional Links: <https://niagara.211centralsouth.ca/detail/65802512/>
<https://www.niagarapolice.ca/en/what-we-do/coast.aspx>

Mental Health Helpline



<https://www.connexontario.ca/en-ca/>



1-866-531-2600

Mental Health Helpline provides support 24/7 through telephone, email or online services. The helpline provides information about counselling services and supports in the community. They listen, offer support and provide strategies to help individuals meet their goals. They provide basic education about mental illness.

Safe Beds – CMHA Niagara



<https://niagara.cmha.ca/safe-beds-short-term-residential-service/>



1-866-550-5205, ext. 2

Safe Beds offers an alternative to hospitalization in a crisis situation. There are seven beds available with two Crisis Workers on shift 24/7 for support.

This is a voluntary, non-medical facility that offers crisis counselling and a safe therapeutic environment for individuals to stay on a short-term basis in order to work through their crisis.

Gender Identity and Sexual Orientation

Personal Counselling Services **B**



4th Floor of Schmon Tower (ST 400)



brocku.ca/personal-counselling



counselling@brocku.ca



1-833-Brock33

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Human Rights and Equity **B**



Decew Residence, 212



brocku.ca/human-rights



905-688-5550 ext. 6859

Human Rights and Equity is a resource for all Brock community members to provide information, education, assistance, and advice issues related to human rights harassment and discrimination. This includes harassment and discrimination on the basis of race, ancestry, place of origin, colour, ethnic origin, citizenship, ancestry, creed, sex, gender identification, gender expression, sexual orientation, age, marital status, family status, receipt of public assistance (in housing), record of offences (in employment) and disability, as well as personal or workplace harassment.

Brock Pride **B**



<https://experiencebu.brocku.ca/organization/pride>



905-932-5177

Brock Pride provides a social atmosphere which offers support for members of the Pride community and their allies, dealing with relationships, coming out, sexuality and gender issues. They also pursue the advancement of equality, acceptance and fair treatment of Pride issues such as same-sex marriage, homophobia, transphobia, heterosexism, and sexual diversity.

Pride Niagara



4 Queen Street, St. Catharines ON L2R 3B0



prideniagara.com



info@prideniagara.com

Pride Niagara is a celebration of Niagara's sexual and gender diverse community and its supporters. They provide social activities and information for the LGBT Niagara Region.

Transgender Niagara



transgenderniagara.com



mctigue.colleen@gmail.com

A support group for transgendered people meets monthly. Also online discussion group and one to one support. Everyone is welcome, including partners and allies. Whether you need support, or have support to offer, Transgender Niagara welcomes you.

LGBT Youth Line



youthline.ca (online chat)



1-800-268-9688 (telephone)
647-694-4275 (texting)

Youth Line offers confidential and non-judgmental peer support through their telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM

Quest Rainbow Niagara



questhc.ca/participate-at-quest/rainbow-niagara



905-688-2558, ext. 222

Rainbow Niagara provides services to individuals of sexually and gender diverse communities. Information, support, and resources are provided to individuals, families, and the community

Housing Assistance

Student Life & Community Experience - Off-Campus Living Service **B**



MacKenzie Chown A204



brocku.ca/student-life/off-campus-living



905-688-5550 ext. 6321

Student Life & Community Experience offers a number of services and resources to Brock students who are looking for housing, require roommate or landlord mediation or just have questions about living off-campus.

The Raft



17 Centre Street, St. Catharines ON L2R 3A6



theraft.ca



905-984-4365

The Hostel Shelter is open 24 hours a day, seven days a week for youth aged 24 and under. The Hostel provides basic needs including a clean bed, warm showers, and healthy meals.

Nightlight Youth Services



5519 Ontario Ave, Niagara Falls, ON L2E 3S4



boysandgirlsclubniagara.org/programs/nightlight-youth-services



905-358-3678

Nightlight Youth Services offers residential programs for youth aged 16 to 30 which provide a safe, supervised and supportive environment to assist youth to reach their full potential.



The Southridge Shelter



201 Glenridge Ave, St. Catharines, ON L2T 3J6



southridgeshelter.ca



905-682-2477

A 40 bed shelter that is open to adults who find themselves in a situation of homelessness. They are open 24 hours a day, 7 days a week, 365 days a year.

YMCA Niagara



183 King St. St. Catharines, ON L2R 3J5
6135 Culp St. Niagara Falls, ON L2G 2B6



ywcaniagararegion.ca



905-988-3528
905-357-9191

The YW provides three types of emergency homeless shelters: shelter for single women or women with children, shelter for families, both two parent families and single, male-led families and shelter for single men or men with children.

Niagara Region Homelessness Prevention Programs



<https://www.niagararegion.ca/housing-homelessness/prevention-programs.aspx>



905-984-6900, ext. 3812

Provides a comprehensive list of emergency hostels and shelters in the Niagara Region.

Niagara Regional Housing



1815 Sir Isaac Brock Way, Thorold, ON L2V 4Y6



www.nrh.ca



905-682-9201
1-800-232-3292

For housing needs, including urgent housing and homelessness.

Mental Health

Personal Counselling Services **B**



4th Floor of Schmon Tower (ST 400)



brocku.ca/personal-counselling



counselling@brocku.ca



1-833-Brock33

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Student Health Services **B**



Harrison Hall



brocku.ca/health-services



905-688-5550 extension 3243

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good2talk.ca



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Mental Health Helpline



<https://www.connexontario.ca/en-ca/>



1-866-531-2600

Mental Health Helpline provides support 24/7 through telephone, email or online services. The helpline provides information about counselling services and supports in the community. They listen, offer support and provide strategies to help individuals meet their goals. They provide basic education about mental illness.

Niagara Region Mental Health



niagararegion.ca/living/health_wellness/mentalhealth



905-688-2854, ext. 7262

Confidential counselling, support, education and treatment for residents with severe and persistent mental illness and concurrent disorders.

Family Mental Health Support Network of Niagara (FSN)



familysupportniagara.com



905-894-6808

The Family Mental Health Support Network (FSN) offers free workshops that focus on helping caregivers understand mental illness, treatments and what mental health services are available in the Niagara region. The FSN also supports caregivers by teaching coping skills.

Quest Community Health Centre



145 Queenston St, St Catharines, ON L2R 2Z7



questchc.ca



905-688-2558

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Urgent Service Access Team (USAT)



145 Queenston Street, St. Catharines, Ontario L2R 2Z9



<https://questchc.ca/participate-at-quest/usat/>



905-688-2558 Ext. 301

The The USAT program is for people who have one (or both) of the following:

- Frequent emergency room visits for mental health and/or addiction
- Opiate dependency issues (current or within the last 12 months)

USAT is a mobile primary health care team that provides short term support and health care to people while helping to connect them to other long term supports such as medical care, mental health services, addiction services and housing.

Multicultural Service Needs

International Services



Glenridge B 215



brocku.ca/international



905-688-5550 ext. 4404

The mission of International Services is to help all Brock students – international and Canadian – get the most out of their studies and experience.

Centre de Santé



720 E Main St, Welland, ON L3B 3Y4



cschn.ca



905-734-1141

Centre de Santé is a multi-service agency providing health and social services to French-speaking clients.

Fort Erie Multicultural Centre



62 Jarvis St, Fort Erie, ON L2A 2S4



firststepsincanada.com



905-871-3641

The Fort Erie Multicultural Centre's focus is to provide education, settlement services, counselling, and other support services for newcomers to Canada including language instruction, translation services, youth services and assist with navigating the information network.

Niagara Folk Arts Multicultural Centre



85 Church St, St Catharines, ON L2R 3C7



www.folk-arts.ca



905-685-6589

The Niagara Folk Arts Multicultural Centre is a charitable not-for-profit organization, having the mandate to support and assist the ethno-cultural and newcomer community in Niagara through a broad range of programs and services.

Welland Heritage Council and Multicultural Centre



26 E Main St, Welland, ON L3B 3W3



wellandheritagecouncil.com



905-732-5337

The Welland Heritage Council and Multicultural Centre provides newcomers and Canadian citizens (community members) with services and programs that strengthen individuals, families, and the community, while creating a cultural awareness and understanding among all citizens.

Sexual Health & Pregnancy

Student Health Services **B**



Harrison Hall



brocku.ca/health-services



905-688-5550 extension 3243

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Niagara Region Sexual Health Centre



niagararegion.ca/living/health_wellness/sexualhealth/Sexual-Health-Centres

The Sexual Health Centres in Niagara are all staffed by nurses that provide sexually transmitted infection testing and treatment; birth control at a reduced price; pregnancy testing; morning after pill; choice counselling; and free condoms.

Visit the website for a list of locations and hours.

Positive Living Niagara



120 Queenston St, St Catharines, ON L2R 2Z3



positivelivingniagara.com



905-984-8684

Support, education, and advocacy in a safe and confidential environment for all individuals infected or affected by AIDS.

Young and Pregnant in Niagara



<https://niagaralifecentre.ca/young-pregnant-in-niagara/>

The Young and Pregnant program in Niagara is a safe, non-judging environment for pregnant teens.

Sessions run throughout the year. Visit the website for a list of locations and contact information

Healthy Babies Healthy Children



<https://www.niagararegion.ca/health/professionals/maternal/home-visits.aspx>



905-688-8248

Healthy Babies Healthy Children is a free home-visiting program that assists expectant mothers and new parents who need more support.

Violence & Sexual Assault

Human Rights and Equity **B**



Decew Residence, 214



brocku.ca/human-rights



acadwallader@brocku.ca



905-688-5550 ext. 4387

The Sexual Violence Response and Education Coordinator in the Office of Human Rights and Equity at Brock assists with reporting of incidents of sexual violence, helps survivors access accommodations and supports, training and education.

Campus Security **B**



Kenmore Centre



brocku.ca/campus-security



security@brocku.ca



905-688-5550 extension 3200

Campus Security can assist with the reporting of incidents of sexual violence, safety planning, and crisis intervention.

Student Health Services **B**



Harrison Hall



brocku.ca/health-services



905-688-5550 extension 3243

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The Brock Student Sexual Violence Support Centre



31 Ontario Street, St. Catharines



<https://brocku.ca/human-rights/get-support/>



Support@ASaferBrock.org



289-990-7233 (24/hr Text Line)
905-397-7671 (Office)

The Brock Student Sexual Violence Support Centre is a non-profit organization whose programs and services are geared towards the needs of students and youth. We support anyone who has been affected by sexual violence (including family/friends) and run education campaigns aimed at preventing violence.

Niagara Sexual Assault Centre (CARSA)



43 Church St #503, St Catharines, ON L2R 5P6



niagarasexualassaultcentre.com



905-682-4584
(Info and 24/7 crisis line)

Niagara Region Sexual Assault Centre is a non-profit organization that responds to the needs of survivors of sexual violence and through public education increases understanding and awareness of sexual assault related issues. They provide a variety of counselling, support and emergency services to survivors and their families.



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Sexual Assault Domestic Violence Program



niagarahealth.on.ca/site/sexual-assault-domestic-violence-treatment-program



905-378-4647 ext. 45300

This program offers immediate treatment and follow up counselling for victims/survivors of Sexual Assault, Child sexual abuse/assault and/or Domestic violence. Counselling is available to all clients who are recent victims (within 2 years) of sexual assault or domestic violence.

Gillian's Place



15 Gibson Place, St. Catharines ON L2R 0A3



gilliansplace.com



905-684-8331 (24/7 support line)

Gillian's Place provides safe refuge and non-residential programs that enable women and their children to break the cycle of violence.