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Organization: Metis Nation of Ontario (MNO)

MNO Offers a variety of community-based and culturally appropriate programs and services to Métis people.

Métis Nation of Ontario (MNO) was established in 1993, through the will of Métis people and Métis communities coming together. MNO was created to represent Métis people and communities in Ontario that are a part of the Métis Nation.

Some of the goals set out in the MNO Statement of Prime Purpose include:

- Creating a Métis-specific governance structure for the implementation of the nation's inherent right to self-government in the province
- Establishing a credible and recognized identification system for Métis people within the province
- Focusing on 'nation building' through working together as a collective in order to support Métis citizens and communities
- Pursuing a rights-based agenda and proudly asserting the Métis existence as a distinct Aboriginal people within Ontario
- Protecting and preserving the distinct culture and heritage of the Métis Nation in the province; and
- Improving the social and economic well-being of Métis children, families and communities throughout the province

~source-www.metisnation.org

Programs:

- Ageing At Home
- Healing and Wellness

Contact Information

Phone Numbers: 705-744-2225

Email: nelsoncanoe@hotmail.com

Website: www.metisnation.org

Address: 380 Main St, Unit 1 Mattawa, ON PoH 1V0

Hours: Mon-Fri 8:30am-4:30pm

Programs in detail**Program: Ageing At Home****Supports include:**

- assistance with bathing
- light housekeeping
- laundry
- meal preparation
- coordinates services to cut lawn and remove snow
- transportation to medical appointments, bank and grocery store

Services include:

- **Friendly Visiting-** Regular visits and/or phone calls to older adults and people with disabilities who live alone, to provide companionship and reassurance
- **Transportation-** Non-emergency transportation to local medical appointments and regular activities such as grocery shopping and banking

Requirements

Fees: Free

Eligibility - Aboriginals 55 years of age and older

Application: Call * referral required from a doctor or nurse practitioner*

Program: Healing and Wellness

Services include:

- healthy parenting
- early childhood development
- chronic disease management
- healthy ageing
- independent living
- prevention of addictions
- problem gambling
- mental wellness

Requirements

Fees: Free

Eligibility - People who self-identify as Métis, are not enrolled on any other Aboriginal registry, and are of historic Métis ancestry or reside in Métis communities

Application: Call * no referral required

Contact Information

Phone Numbers: 705-744-2227

Email: christyl@metisnation.org

Organization: Nipissing Community Legal Clinic

Nipissing Community Legal Clinic is a non-profit community legal clinic funded by Legal Aid Ontario.

Can help in:

- legal advice
- Representing at some tribunals and courts
- Referring to other agencies when we can't help

Services include

- Residential Tenancy Act
- Ontario Works
- Criminal Injuries Compensation
- Human Rights (at the discretion of the director)
- Employment Insurance
- Ontario Disability
- Canada Pension

Requirements

Fees: Free

Eligibility - Individuals whose income and assets are within the guidelines set by Legal Aid Ontario for representation

Application: Self-referral * Must qualify financially for representation but not for summary advice

Contact Information

Phone Numbers: 705-476-6603 (call before visiting to ensure someone will be there to see the client)

Fax: 705-476-7532

Website: www.nipissingcommunitylegalclinic.ca

Address: Royal Canadian Legion 360 Hurdman St Mattawa, ON P0H 1V0

Intersection: Hurdman St and New St

Hours: Third Mon of the month 8:30 am-11:30 am

Organization: Nipissing Mental Health Housing And Support Services

NMHSS provides collaborative support, advocacy, and sustainable housing to those who have a serious and persistent mental illness, who may also have other medical and/or behavioural complexities.

Services include-

- **Mental Health Case Management Services**

Includes

- Brief Intervention Case Management Program
- Intensive Case Management Program
- Community Treatment Order Program
- East Nipissing Mental Health Services
- Bridges voluntary Trusteeship
- Bounce Back Ontario
- Mobile Crisis

- **Addiction Treatment & Services**

- Residential Program- Structured, therapeutic live-in program that addresses the core issues that cause substance use and addiction and identifies ways to overcome them.

- Addiction Supportive Housing (ASH) Program- designed to create a healthier living for those with substance use by providing a stable housing and support. It includes living with professional support that will help in planning, daily life-skills, budgeting. Services are uniquely individualized to each participant.
- Brief Intervention Case Management/RAAM Clinic - provides short- term assistance to meet immediate needs. The Case Manager facilitates referrals to longer term services as required.
- Rapid Access Addiction Medicine (RAAM)- provides an addiction treatment pathway between the clinic and different places where the client is likely to seek care such as emergency departments, primary care providers, mental health and addiction agencies and withdrawal management programs.
- Aftercare Program- provides a continuing care to a successful recovery.
- **Developmental Services-** Operated jointly with North Bay Regional Health Centre, Dual Diagnosis, Mental health and the Law program. It provides a psychiatric consultation, treatment, referral services for adults with both developmental and psychiatric disabilities.
- **Peer Support & Recreation-**
 - In-House Programs- includes peer support, support groups, Knowledge/resource sharing, educational programming(weekly educational seminars of various mental health illnesses, life skills that include budgeting, gardening, nutrition, hygiene etc.
 - Community outreach programs-
 - ❖ NBRHC & Mental Health Regional Centre site visits
 - ❖ Mattawa Mental Health Support Centre
 - ❖ Women On The Inside
 - ❖ Community Outreach/Referral Process
 - ❖ Addiction Peer Support

- Social Recreational Programs- social/recreational (sunshine, therapy dog, reading corner, monthly brunches, movie nights, X-box group, music group, board games and outdoor activities like social distance weekly walks, outdoor games)
- Fitness and Healthy Lifestyles- includes an exercise fitness club that has 10 high- tech exercise equipment providing group or individual exercise plans. Another program is Food is Mood that includes healthy eating, sharing recipes, baking, budgeting etc.
- Seconded Peer support
- Recreation- activities in this program include-
 - ❖ Workshops (self- care and mental health)
 - ❖ Guest speakers
 - ❖ Annual christmas dinners
 - ❖ Card making events
 - ❖ Monthly tea social
 - ❖ Webinars
 - ❖ Tai Chi and more...
- Innovated peer support programs
 - ❖ Peer support navigator (working in partnership with NBRHC)
 - ❖ Learning centre: offering six weeks introduction to computer fundamentals), Educational workshops, specialized support group like peer directed cognitive behavioural therapy, peer directed anger/emotional program, wellness recovery action program, wellness wheel of mental health recovery
 - ❖ Introduction to peer virtual support groups/ training are available.
- Community engagement programs-
 - ❖ Presentation
 - ❖ Annual peer support week
 - ❖ Annual recovery day

- ❖ Annual mental health week
- ❖ Common referral triage week
- ❖ Community engagements
- ❖ Monthly calendar of events
- **Family Programs-** programs include
 - ❖ Individualized meetings- main goals are to support the family caregiver, facilitate good communication between family members and service providers, provide advocacy regarding mental health issues that affect families, and offer education opportunities that meet the needs of family members.
 - ❖ Lived experience and recovery network- LERN is a networking body linking, supporting and educating all mental health consumers and families.
 - ❖ Nami family to family program (coming soon)- A free 12-week course for family caregivers of the individuals with mental illness. The course teaches that knowledge and skills that family members need to cope more effectively.
 - ❖ Family emergency response support team-
 - ❑ 60-minute response time (maximum) to NBRHC during office hours with onsite peer specialist and access to onsite peer navigator during all afternoons and evenings.
 - ❑ 15-minute call back service for telephone support during regular office hours.
 - ❑ Experienced provincially trained peer support specialist in E.D.
 - ❑ Collaborative with mental health and addictions peer support services at NBRHC
 - ❑ One- stop system navigator support
 - ❑ Team approach within 12 hours with all regular family peer support

- **Employment Centre- services offered-**

- ❖ 3 workstations equipped with large monitors, specialized keyboards and mouse, visual and auditory aids.
- ❖ Assistive devices and software
- ❖ Job board
- ❖ Community resource board
- ❖ Access to labour market information
- ❖ 1-1 computer training
- ❖ Printer, photo-copier, scanner, fax, phone
- ❖ Special employment support that includes interview preparation, resume, cover letter, workshop and training, encouragement to the job seekers etc.

- **Mental Health & Law Programs-**

- ❖ Mental Health Justice services - involves several programs offering support and case management to people with mental illness and addictions who have come into contact with the law.
- ❖ Release from Custody-This program provides mental health screenings, facilitates psychiatric consultations, and provides discharge planning to individuals with serious mental illness and addictions or symptoms of mental illness who are in custody at North Bay Jail. This program also provides brief case management to individuals upon their release from custody in order to connect them to community services and supports.
- ❖ Court Diversion Case Manager - The Mental Health Court Worker assists people with mental illness and addictions or symptoms of mental illness and addictions who are dealing with criminal matters.
- ❖ Transitional Case Manager- The Transitional Case Manager provides discharge planning and case management services to individuals transitioning from the Forensic Program into the community.

- **Housing Program-**

- ❖ Ministry occupancy standards shall apply.
- ❖ Applicants must occupy or have need of a dwelling in Ontario.
- ❖ Applicants and members of their household must be Canadian citizens, landed immigrants, refugees/applicants.
- ❖ Immediately prior to occupancy, applicants must be permanently residing in Ontario and must not have a principal place of residence elsewhere.
- ❖ Applicants must be 16 years of age or older.
- ❖ Applicants must owe no arrears to fully or partially-funded, geared-to-income housing or the arrears problem must be resolved according to Ministry requirements.
- ❖ Home owners agree to sell their property according to Ministry Requirements.
- ❖ Individuals must be capable of living independently with support.

Contact Information-

EAST NIPISSING MENTAL HEALTH SERVICES

Address : 150 Water Street P.O. Box 930 Mattawa General Hospital Mattawa, ON

PoH 1Vo

Phone: 705-223-4566

Fax: 705-482-0586

Website: www.nmhhss.ca

Organization: District of Nipissing Social Services

Administration Board

Services provided:

- housing services
- emergency medical services

Programs:

- Children's Services
- Ontario Works

Contact Information

Phone Numbers: 705-744-0395

Toll-Free: 1-844-961-2618

Fax: 705-744-3967

Email: info@dnssab.ca

Website: www.dnssab.ca

Address: 540 Valois Drive Mattawa, ONP0H 1V0

Hours: Mon-Fri 8:30am-4:30pm

Programs in detail

Program: Children's Services

Description of Services: Provides financial assistance for childcare in the community

- responsible for determining eligibility for fee subsidies for parents
- offers the best start program aiding in child care, public health and parenting programs
- provides infant screening programs, hearing programs as well as speech and language programs

Requirements

Fees: Free

Eligibility: See specific programs for eligibility requirements

Application: All applications for Ontario Works and childcare is accessed through the North Bay office intake line

Program: Ontario Works

Basic Financial Assistance (Ontario Works)

- short term income assistance for the cost of shelter and basic needs
- offers limited emergency assistance and discretionary benefits

Employment Assistance

- helps individuals become and stay employed
- provides assistance with job search, basic education, employment placement, skills training, community participation
- assistance may be provided to the client to cover certain related expenses such as transportation, childcare and clothing

Requirements

Fees: Free

Eligibility - Adults and youth 16 years and older in financial need who meet eligibility requirements

Application: All applications for Ontario Works and childcare is accessed through the North Bay office intake line

Program: Community Paramedicine - Mattawa

Description of Services: Allow paramedics to apply their training and skills in a community setting * person is identified as high risk for readmission * services may include:

- home visits and monitoring
- wellness clinic
- falls prevention
- cognitive screening
- ECGs
- independent living guide
- chronic disease management support and follow up
- medication review
- risk assessment trip and fall
- physical assessment from head to toe
- Community Referral by Emergency Medical Services (CREMS)

Requirements

Fees: Free

Eligibility - No restrictions

Application: No referral required

Organization: Yes Employment Services

Program: Yes Employment Services - Mattawa

Description of Services: Provides high-quality career, employment and justice services to individuals and organizations * services offered:

- access computer (internet), photocopier, fax machines and telephones
- identify your career goals and objectives
- find up to date labour market information
- develop a professional resume and cover letter
- provide job search and interview coaching techniques
- receive on-the-job training
- access apprenticeship opportunities
- WHMIS certifications
- information and linkage to education and training programs
- job board

Requirements

Fees: Free

Application: No referral required

Contact Information

Phone Numbers: 705-744-0395 ext 24

Fax: 705-744-3967

Email: info@yesnorthbay.com

Website: www.yesnorthbay.com

Address: 540 Valois Drive Mattawa, ON PoH 1Vo

Intersection: Valois Dr and Brook St

Hours: Wed 8:30am-4:30pm

Organization: Mattawa Hospital

Description of Services: Regional Hospital providing 16 acute care beds and 3 complex continuing care beds, transitional and rehabilitative care through a variety of in-patient and out-patient programs and services * maintains a 24 hours a day, 7 days a week emergency department

Programs and services include but are not limited to:

- medical services
- laboratory
- diagnostic imaging service
- continuing care and rehabilitation
- mental health and addictions
- women and children services

Services and Programs:

- Diabetes Clinic
- Diagnostic Imaging
- Emergency Department
- Laboratory
- Meals on Wheels
- Outpatient Psychiatry Services
- Pharmacy
- Physiotherapy

Requirements

Fees: Free

Application: Walk in for emergency department * medical referral and appointment required for most other services

Contact Information

Phone Numbers: 705-744-5511

Fax: 705-744-6020

Email: lcote@mattawahospital.ca

Website: www.mattawahealth.ca

Address: Box 70 Mattawa, ON PoH 1V0

Street Address: 217 Turcotte Park Rd Mattawa

Hours: Daily 24 hours

Visiting hours: 11 am-7 pm

Administration: Mon-Fri 8am-4pm

Programs in detail

Program: Diabetes Clinic

Description of Services: Supports for people living with prediabetes or diabetes * one-on-one or group consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices * registered nurse on staff (access to registered dietitian through Ontario Telemedicine Network)

- glucose screening clinics
- nutritional counselling

Requirements

Fees: Most fees are covered by OHIP

Eligibility - Adults 18 years and older with prediabetes, type 1 diabetes and type 2 diabetes

Application: Call * no referral required

Contact information

Phone Numbers: 705-744-5511 ext 2234

Fax: 705-744-6024

Hours: Clinic hours vary, call ahead

Program: Diagnostic Imaging

Description of Services: Provides the following services:

- general and emergency portable radiography
- intravenous pyelogram (IVP)
- Upper GI series and barium enemas (once a month)
- electrocardiograms (ECGs)
- ultrasound examinations

Requirements

Fees: Free

Application: Physician referral required * appointments are required for all out-patients

Contact Information

Phone Numbers: 705-744-5511 ext 2243

Hours: Mon-Fri 8am-4pm

Program: Emergency Department

Description of Services: Emergency room care * doctors, nurses, and other health professionals assess and treat life-threatening injuries and severe illness

Requirements

Fees: Most services covered by OHIP

Eligibility - People who need immediate medical care for life-threatening injuries or severe illness

Application: No referral required

Contact Information

Phone Numbers: 705-744-5511 ext 2246

Fax: 705-744-6020

Hours: Daily 24 hours

Mattawa Hospital Laboratory

Description of Services: Provides an inpatient and outpatient specimens collection centre for diagnostic purposes

Requirements

Fees: Most fees are covered by OHIP

Application: No appointment required * physician referral required

Contact Information

Phone Numbers: 705-744-5511 ext 2240

Fax: 705-744-6024

Hours: Clinic: Mon-Fri 7:30am-11:30pm

Administration: Mon-Fri 7am-4pm

Program: Meals on Wheels

Description of Services: Provides nourishing meals at a reasonable cost

- provides one hot meal which consists of milk, soup, salad, main plate and dessert
- meals are delivered by volunteers who provide regular social contact
- provides security checks each time a meal is delivered

Requirements

Fees: \$5 per meal

Eligibility - Older adults and adults with disabilities unable to prepare adequate and nourishing meals on a day-to-day basis, such as people that are convalescing, terminally ill, chronically ill, new mothers and caregivers

Application: Call * no referral required

Contact Information

Phone Numbers: 705-744-5511 ext 2258

Fax: 705-744-6020

Hours: Meal Delivery: Tue, Thu 11:15am-1pm

Administration: Mon-Fri 8am-4pm

Program: Outpatient Psychiatry Services

Description of Services: Outpatient psychiatry service provides assessment, treatment recommendations, and follow-up.

Requirements

Application: Referrals accepted by primary care providers or through East Nipissing Mental Health Services.

Contact Information

Phone Numbers: 705-744-5511

Hours: Daily 24 hours

Psychiatry services are available 2x per month.

Mattawa Hospital Pharmacy

Description of Services: Provides prescription medication as well as over the counter medication to inpatients

Requirements

Fees: Dispensing fee plus medication costs * most prescribed medications for people 24 years and younger are covered by OHIP

Eligibility -Must be an inpatient

Contact Information

Phone Numbers: 705-744-5511 ext 2258

Fax: 705-744-6021

Hours: Mon-Fri 8am-4pm

Program: Physiotherapy

Description of Services: Community physiotherapy clinic * health professionals assess and treat conditions in hospital or in-home that affect the muscles, nerves, and bones that may be caused by work or sports or motor vehicle collision injuries, chronic conditions, or to recover after an operation (hip and knee surgery) * services include:

- consultation and ongoing treatment
- mobility
- range of motion (ROM)
- balance exercises
- conditioning
- acupuncture/IMS
- pain management rehabilitation
- gait training
- splinting
- falls
- burns
- stroke
- orthopedic rehabilitation
- will help to fill out forms

- OHIP-insured physiotherapy clinic
- Assisted Devices Program (ADP) authorizer for mobility

Requirements

Fees: Set fee * physiotherapy services may be covered by OHIP, WSIB, ODSP or third-party insurance if eligible

Eligibility - People who require physiotherapy services * OHIP coverage for those 19 years and under, 65 years and older, ODSP or Ontario Works recipients, and people hospitalized for at least one night due to an injury

Application: Referral required

Contact Information

Phone Numbers: 705-744-5511

Fax: 705-744-6020

Hours: Mon-Fri 8am-4pm

Organization: Community Living Mattawa

Description of Services: Provides and advocates for a full range of community-based services for people with intellectual disabilities including accommodation, employment, respite, community access, planning and family supports

Services and Programs:

- Bissett Street Residence
- Brydges Street Residence
- Children's Respite Coordination
- Community Participation Supports Program
- Passport Program
- Supported Independent Living
- Transitions program

Requirements

Fees: Free

Eligibility - Adults 18 years and older with a developmental disability

Application: Must apply through Developmental Services Ontario(DSO)

Contact Information

Phone Numbers: 705-744-2979

Fax: 705-744-5693

Email: admin@communitylivingmattawa.org

Website: www.communitylivingmattawa.org

Address: Box 550 Mattawa, ON P0H 1V0

Street Address: 250 Tenth St Mattawa

Hours: Mon-Fri 8:30am-4pm

Program: Bissett Street Residence

Description of Services: Offers a residential 6 bed facility providing a high level of care for adults with developmental disability and provides a broad range of daily living activities to assist each individual in reaching their maximum level of independence

- supports may include personal care, assistance with activities of daily living, recreation and leisure activities

Contact Information

Address: Box 550 Mattawa, ON P0H 1V0

Street Address: 170 Bissett St Mattawa

Hours: Daily 24 hours

Program: Brydges Street Residence

Organization: Community Living Mattawa

Description of Services: Offers a 4 bed, 24-hour residential support providing a high level of care for adults with a developmental disability and provides a broad range of daily living activities to assist each individual in reaching their maximum level of independence

- supports may include personal care, assistance with activities of daily living, recreation and leisure activities

Contact Information

Address: Box 550 Mattawa, ON P0H 1V0

Street Address: 1000 Brydges St Mattawa

Intersection: Brydges St and Tenth St

Hours: Daily 24 hours

Program: Children's Respite Coordination

Description of Services: Assists caregivers caring for children with developmental disabilities in finding respite services within the community such as:

- help families apply for respite funding
- help families find respite workers

Requirements

Fees: Free

Eligibility - Caregivers of children 18 years and younger with developmental disabilities

Application: Call * no referral required

Program: Community Participation Supports Program

Description of Services: Services include:

- employment/volunteer job placement opportunities
- life skills training
- offers a variety of leisure/recreation activities
- alternative communication assistance
- community integration/exposure such as community events, guest speakers, fundraising

Program: Passport Program

Description of Services: Provides supports to people with a developmental disability
* supports can be provided to assist in accessing the community, learning skills for living independently, putting together a life plan, or providing respite support to the person and their family

Program: Supported Independent Living

Description of Services: Provides assistance with medications, personal hygiene, banking, doctor appointments, cooking and meal supervision, grocery and personal shopping, social skills and transportation * promotes independence, quality of life, health and safety

Contact Information

Phone Numbers: 705-744-5780

Fax: 705-744-5693

Address: Box 550 Mattawa, ON PoH 1V0

Street Address: 533 Valois Drive Mattawa

Intersection: Valois Dr and Champlain St

Hours: Mon-Fri 8:30am-4pm

Program: Transitions program

Description of Services: Assists young adults with developmental disabilities transition from children's services to adult services * assist with finding post-secondary education, employment and a place to live in the community

Organization: Mattawa Senior Citizens Club

Description of Services: Community centre for older adults * reassurance call system (daily call to ensure safety) * equipped for emergency situations

- recreation (shuffleboard, Wii, jam sessions)
- card games
- board games (cribbage, bingo)
- yoga
- bake sales
- penny sales
- day trips (once a month)
- holiday-themed dinner and dances
- painting classes
- sewing classes

Requirements

Fees: Membership fee

Eligibility - Adults 50 years and older * offers associate membership to 18 years and older

Application: Call or drop-in * no referral required

Contact Information

Phone Numbers: 705-744-2533

Address: PO Box 278 Mattawa, ON POH 1V0

Street Address: 464 Poplar St Mattawa

Intersection: Poplar St and Hwy 17

Hours: Call to inquire on activities

Organization: Mattawa and area Food Bank

Description of Services: Provides food and items to individuals in need such as:

- non-perishable food
- clothes closet
- frozen foods
- fresh vegetables and fruits
- bread
- eggs and milk as provided by OAFB
- some frozen meat when available by OAFB
- Christmas baskets
- diabetic foods if available (food drives only)
- gluten-free foods if available (food drives only)
- diapers and formula when available
- toys when available

Requirements

Fees: Free

Eligibility - Individuals in need

Application: No referral required * must provide 1 piece of identification, proof of residency, a rent receipt, proof of income, gas and hydro bills(if available)

Contact Information

Phone Numbers: 705-744-6706

Email: mattawafoodbank@gmail.com

Address: PO Box 1094 Mattawa, ON P0H 1V0

Street Address: 454 Hurdman St Mattawa

Intersection: Hurdman St and McCool St

Hours: Second Wed 9 am-12 noon

Organization: Women's Resource Centre - Mattawa

Description of Services: Provides a 10 bed emergency shelter to women with or without children who have been abused, threatened, harassed or otherwise in crisis * services provided are:

- assistance in accessing housing, legal and other community services
- call support counselling
- therapeutic counselling services for women and sexual abuse survivors
- 24-hour crisis line
- transportation for residents to and from appointments
- free clothing depot
- advocacy
- public education
- mom and kids groups
- Outreach program
- transitional housing program

Requirements

Fees: Free

Eligibility - Women 16 years or older, in crisis with or without children

Application: No referral required

Contact Information

Phone Numbers: 705-744-5567

Crisis: 705-744-5567

Fax: 705-744-5128

Email: women@wrc.ca

Address: Box 538 Mattawa, ON PoH 1V0

Street Address: 385 Pine St Mattawa

Hours: Daily 24 hours

Organization: Hands TheFamilyHelpNetwork East Nipissing

Description of Services: Provide comprehensive client-centered, professional and skilled services to infants, children, youth, families and adults that address social, emotional, behavioural, physical and developmental difficulties such as:

- **Child and Youth Mental Health** - include counseling/therapy that are integrated and draw on expertise of multidisciplinary team including child and family therapist, psychologist, tele-psychiatrist, child and youth worker * services are provided through a wide variety of evidence based approaches including group format and individual treatment
- **Autism Services for children** - includes Autism Intervention Program, School Support Program, Enhanced Respite and Autism Behaviour Therapy
- **Developmental services for adults** - includes DSO which is access point for all services in Northeastern Ontario * services include passport funding and North Community Network of Specialized Care
- **Child and Youth Mental Health Residential Treatment Center** - provides an intensive and comprehensive residential treatment program for youth with significant mental health challenges
- **Intensive Service Coordination** - Assisting families with Complex Special Needs children access and coordinate services within the community

Requirements

Fees: Free

Contact Information

Phone Numbers: 705-476-2293

Toll-Free: 1-800-668-8555

Email: info@handstfhn.ca

Website: www.thefamilyhelpnetwork.ca

Address: 150 Water St Mattawa, ON PoH 1V0

Hours: By appointment only

Primary resource: <https://www.sngnipissing.ca/>