



## SOCIAL ASSISTANCE

Also known as Welfare, Student Welfare, Mother's Allowance or Ontario Works - provides financial assistance to eligible participants for items of basic and special need. Contact:

**NIAGARA. REGIONAL COMMUNITY SERVICES**  
**Social Assistance and Employment Opportunities**  
**Division**  
60 James St, **St Catharines** **905-641-9960**  
5853 Peer St, **Niagara Falls** **905-354-3561**  
250 Thorold Rd, **Welland** **905-734-7975**  
Hours: Mon-Fri 8:30-4:30 **Applications 1-877-869-8452**

## EMPLOYMENT INSURANCE

Provides financial benefits to most employed persons who have an interruption of earnings due to shortage of work, illness, injury, pregnancy or adoption and compassionate care benefits. For more information, contact:

**CANADA DEPARTMENT OF HUMAN RESOURCES AND SKILLS DEVELOPMENT**  
43 Church St, **St Catharines** **1-800-206-7218**  
Hours: Mon-Fri 8:30-4:30

5853 Peer St, **Niagara Falls** **1-800-206-7218**  
Hours: Mon-Fri 8:30-4:30

250 Thorold Rd, **Welland** **1-800-206-7218**  
Hours: Mon-Fri 8:30-4:30

## WORKER'S COMPENSATION

Provides compensation, medical aid, rehabilitation services and pensions for Ontario employees injured in work-related accidents only. Contact:

**WORKPLACE SAFETY AND INSURANCE BOARD**  
Garden City Tower, **905-687-8622**  
301 St Paul St, 8th Flr, **St Catharines** **1-800-263-2484**  
Hours: Mon-Fri 8:30-4:30

## MEDICAL/DENTAL

**COMMUNITY CARE, ST CATHARINES & THOROLD**  
12 North St, **St Catharines** **905-685-1349**  
Hours: Mon-Thu 9-3 Fri 9-12noon  
Serves residents of St Catharines and Thorold.  
May provide limited assistance for dental/vision care.

**COMMUNITY OUTREACH PROGRAM ERIE (COPE)**  
32 Dufferin St, **Fort Erie** **905-871-2526**  
Hours: Mon-Thu 8:30-4:30 Fri 8:30-3  
Provides emergency assistance for prescriptions. Serves residents of Crystal Beach, Fort Erie, Ridgeway, Sherkston and Stevensville.

**EASTER SEAL SOCIETY** **905-892-3601**  
26-200 Fitch St, Suite 153, **Welland** **1-888-846-8069**  
Hours: Mon-Fri 8:30-5  
Provides programs such as financial assistance, resource information, camping and education for children and young adults with physical disabilities. Serves residents of the Niagara Region.

**LENS CRAFTERS**  
**Gift of Sight Program** **905-682-8000**  
221 Glendale Ave, **St Catharines**  
The program provides free eyewear to those working individuals not receiving social assistance, personal benefits, Indian affairs or veterans affairs plans. The program is offered annually one day of the year. Call for details. Serves residents of the Niagara Region.

**NIAGARA COLLEGE**  
**Dental Clinic** **Ext 7758 905-735-2211**  
300 Woodlawn Rd, **Welland**  
Hours: Call for an appointment  
May be able to help with an emergency dental problem, however this is a teaching program and not a free clinic. Serves residents of the Niagara Region.

**NIAGARA. PUBLIC HEALTH DEPARTMENT**  
**CINOT Program** **905-688-3762**  
Hours: Mon-Fri 8:30-4:30 **1-800-263-7248**

The CINOT (Children In Need Of Treatment) program provides assistance for necessary dental care for elementary school children to grade 8 who are in dire need. During the school year, children are seen by a dental hygienist at the school. In the summer, contact the Dental Department. Serves residents of the Niagara Region.

**NIAGARA. REGIONAL PUBLIC HEALTH DEPARTMENT**  
**Health Bus** **Ext 7512 905-688-8248**  
Hours: Various **Ext 7512 1-888-505-6074**  
Services are intended to help people who are homeless, vulnerable, those having no family doctor, and the hard-to-serve population. Services include: treatment for minor medical conditions, mental health counselling, dental prevention, screening and referral, health education, testing and treatment, and health promotion. Call for locations and times. Serves residents of the Niagara Region.

**NIAGARA. REGIONAL COMMUNITY SERVICES**  
**Social Assistance and Employment Opportunities**  
**Division**  
5853 Peer St, **Niagara Falls** **905-354-3561**  
60 James St, **St Catharines** **905-641-9960**  
250 Thorold Rd, **Welland** **905-734-7975**  
Hours: Mon-Fri 8:30-4:30  
May provide assistance in emergencies for dental, optical, prescription drugs and other special needs when funds are available. Serves residents of the Niagara Region.

**ONTARIO MARCH OF DIMES - SOUTH**  
**Regional Centre** **905-687-8484**  
3300 Merrittville Hwy, **Thorold**  
Hours: Mon-Fri 8:30-4:30 **Toll Free: 1-800-263-4742**  
**Assistive Devices** assists adults in financial need who require assistive devices. Recycled Rental Equipment Program utilizes reclaimed equipment and makes it available at a reasonable rate. Serves residents of the Niagara Region.

**ONTARIO MINISTRY OF HEALTH AND LONG TERM CARE**  
**Assistive Devices Program** **1-800-268-6021**  
Hours: Mon-Fri 8:30-4:30  
Program contributes to the cost of selected and prescribed equipment and supplies for Ontario residents.

**Claims Registration Branch**  
301 St Paul St, Mezzanine Flr, **St Catharines** **905-704-4090**  
Hours: Mon-Fri 8:30-5 Wed 8:30-6  
Issues Health Cards which provide free health insurance to residents of Ontario.

**Trillium Drug Program** **1-800-575-5386**  
Hours: Mon-Fri 9-4  
Financial assistance may be available to cover the costs of prescription drugs for individuals in Ontario whose prescription drug costs are high relative to their income. This program is not available to individuals on Social Assistance or seniors on the Drug Benefit Program.

## LEGAL SERVICES

The **ONTARIO LEGAL AID PLAN** provides financial assistance in the form of a Legal Aid Certificate to eligible applicants who need to retain a lawyer, but cannot afford one. For more information contact:

**ONTARIO LEGAL AID PLAN** **905-685-1012**  
110 James St, Suite 302, **St Catharines**  
Hours: Mon-Thu 8:30-4:30 Fri 8:30-12 1-4:30  
Serves residents of Niagara-on-the-Lake, St Catharines, Lincoln, West Lincoln & Grimsby.

3 Cross St, 2nd Flr, **Welland** **905-735-1559**  
Telephone: Mon-Fri 8:30-4:30 **1-877-801-5956**  
Walk-in Service: Mon-Thu 9-3  
Serves residents of Welland, Niagara Falls, Thorold, Port Colborne, Wainfleet, Crystal Beach, Fort Erie & Ridgeway.

## EMERGENCY FINANCIAL ASSISTANCE

Emergency financial assistance for a variety of needs may be available through organizations, churches and service clubs. Contact Information Niagara at 905-682-6611, 905-356-4636 or 1-800-263-3695 for referral to available options.

**SHARE THE WARMTH**  
A not-for-profit charity that purchases heat and energy on behalf of families, seniors, terminally ill and disabled persons living at or near the poverty level. 100% of all public donations are converted to heat and energy for households. This is a cashless charity which does not give money directly to applicants. \*This program is not for disconnections.\* Please contact **Information Niagara** for the representative in your area.

## CHILD CARE

Assistance with the cost of child care is available to families who are financially eligible in many child care centres and in Private Home Child Care (through Niagara Regional Community Services only). For more information, contact:

**NIAGARA. REGIONAL COMMUNITY SERVICES**  
**Children's Programs** **905-984-6900**  
3340 Schmon Pkwy, **Thorold**  
Hours: Mon-Fri 8:30-4:30

## SENIOR'S PENSIONS AND CANADA PENSION

Canada Pension, Old Age Security, Spouses Allowance and Widow's/Widower Allowance is available for eligible individuals. **Old Age Security Pension** is available to individuals 65 and over who meet residency requirements. **Guaranteed Income Supplement (GIS)** is added to Old Age Security Cheques for those with limited income. **Spouses/Widows Allowance** is available to an eligible wife/husband/widow/widower (60-64yrs) of a pensioner who is or did receive OAS & GIS. **Canada Pension Retirement** benefits are available at age 60 and **Canada Pension Disability** benefits are available to individuals who have contributed to Canada Pension and who have a long term disability. For more information, contact: