Addiction Counselling and Support Services

Caledon Exchange MWFY
905-584-2300, ext. 276
www.caledonexchange.org

Catholic Family Services of Peel/Dufferin MWF
1-888-940-0584 (Dufferin)
www.cfspd.com

CMHA Peel Dufferin MWFY
1-877-451-2123
www.cmhapeeldufferin.ca

Dufferin Area Family Heath Team MWY
519-938-8802
www.dafht.ca

Dufferin Child and Family Services YF
519-941-1530
www.dcafs.on.ca

Elizabeth Fry Society of Peel-Halton YW
905-459-3115
www.efrypeelhalton.ca

Family Transition Place W
519-942-4122 x 226
www.familytransitionplace.ca

Peel Addiction Assessment & Referral Centre MW
647-462-1567
www.paarc.com/programs

Peel Children's Aid Society YF
905-363-6131
www.peelcas.org

Punjabi Community Health Services MWF
905-677-0889
www.pchs4u.com

SHIP–Services & Housing In the Province MW
519-307-8700
www.shipshey.ca

White Owl Native Ancestry Association FY
519-772-4399 x 2798
www.wonaa.ca

Crisis/Information Support Services

24.7 Crisis Support Peel Dufferin MWFY
1-888-811-2222
www.cmhapeeldufferin.ca/programs-services/24-7-crisis-support-peel/

Caledon\Dufferin Victim Services MWFY
905-951-3838/519-942-1452/1-888-743-6496
www.cdvs.ca

Community Torchlight Crisis Line MWFY
519-821 0149 (Crisis) 519-821-3760 (Distress)
www.torchlightcanada.org

Dufferin Child and Family Services MWFY
519-941-1530
www.dcafs.on.ca

Drug and Alcohol Helpline MWFY
1-800-565-8603
www.drugandalcoholhelpline.ca

Family Transition Place MWFY
519-941-4357
www.familytransitionplace.ca

Support Groups

Al-Anon Family Groups F
(416) 410-3809
www.al-anon.org

Alcoholics Anonymous MWY
1-866-715-0005
www.aanorthhaltonerin.org

Bereaved Families of Ontario MWF
519-603 0196
www.bereavedfamilies.ca

Born to be Free MW
519-942-0736
www.goodfriendschurch.com/born-to-be-free

Cocaine Anonymous MW
1-866-622-4636

Family Association for Mental Health Everywhere (FAME) MWF
905-488 7716 or 905-276-8316
www.fameforfamilies.com

Mind Forward Brain Injury Services MWF
519-942-0111
www.phdabis.org

Support Groups (cont'd)

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

Recovery West MW
905-451-2123
www.cmhapeeldufferin.ca/programs-services/recovery-west/

SMART Recovery Groups MW
416-628-9185
www.smartrecoverytoronto.com

Emergency Services

911 – Police, Fire and Ambulance services

Caledon OPP
905-584-2241
www.opp.ca

Dufferin OPP
519- 925-3838
www.opp.ca

Dufferin Paramedic Services
519-941-9608
www.dufferincounty.ca

Health Services

Freedom Trail Addiction Methadone Clinic MW
519-942-8333
www.freedomtrailaddictionclinic.com

Headwaters Health Care Centre MWFY
519-941-2410
www.headwatershealth.ca

Peel Public Health MWFY
905-791-7800 or 1-888-919-7800
www.peelregion.ca/public-health

Rapid Access Addictions Medicine Clinic MWY
1-877-451-2123
www.cmhapeeldufferin.ca/programs-services/rapid-access-addiction-medicine-clinic-raam

Transgender Health Care MWY
519-780-5298

Wellington Dufferin Guelph Public Health MWFY
1-800-265-7293
www.wdgpublichealth.ca

William Osler Health Systems (Brampton Civic) MWFY
905-494-2120
www.williamoslerhs.ca

Food Support Services

Caledon Exchange — MWFY
905-584-2300, ext. 276
www.caledonexchange.org

Caledon Meals on Wheels — MWFY
905-857-7651
www.cmow.org

Choices Youth Shelter — Y
226-917-4017
www.choicesyouthshelter.website

Dufferin County Meals on Wheels — MWY
519-925-5452

Lighthouse Soup Kitchen — MWY
519-942-0736
www.goodfriendschurch.com/lighthouse

Orangeville Food Bank — MWFY
519-942-0638
www.orangevillefoodbank.org

Salvation Army New Hope Community Church — MWFY
519-943-1203

Shepherds Cupboard — MWFY
519-925-2600 x350

Housing & Financial Services

Choices Youth Shelter — Y
226-917-4017
www.choicesyouthshelter.com

Community Services, County of Dufferin — MWY
519-941-6991
www.dufferincounty.ca/residents

Family Transition Place — W
519-941-4357
www.familytransitionplace.ca

Salvation Army — MWFY
519-943-1203
www.salvationarmy.ca

SHIP - Services & Housing In the Province — MWY
519-307-8700
www.shipshey.ca

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
- Dyshythmia cardiomyopathy

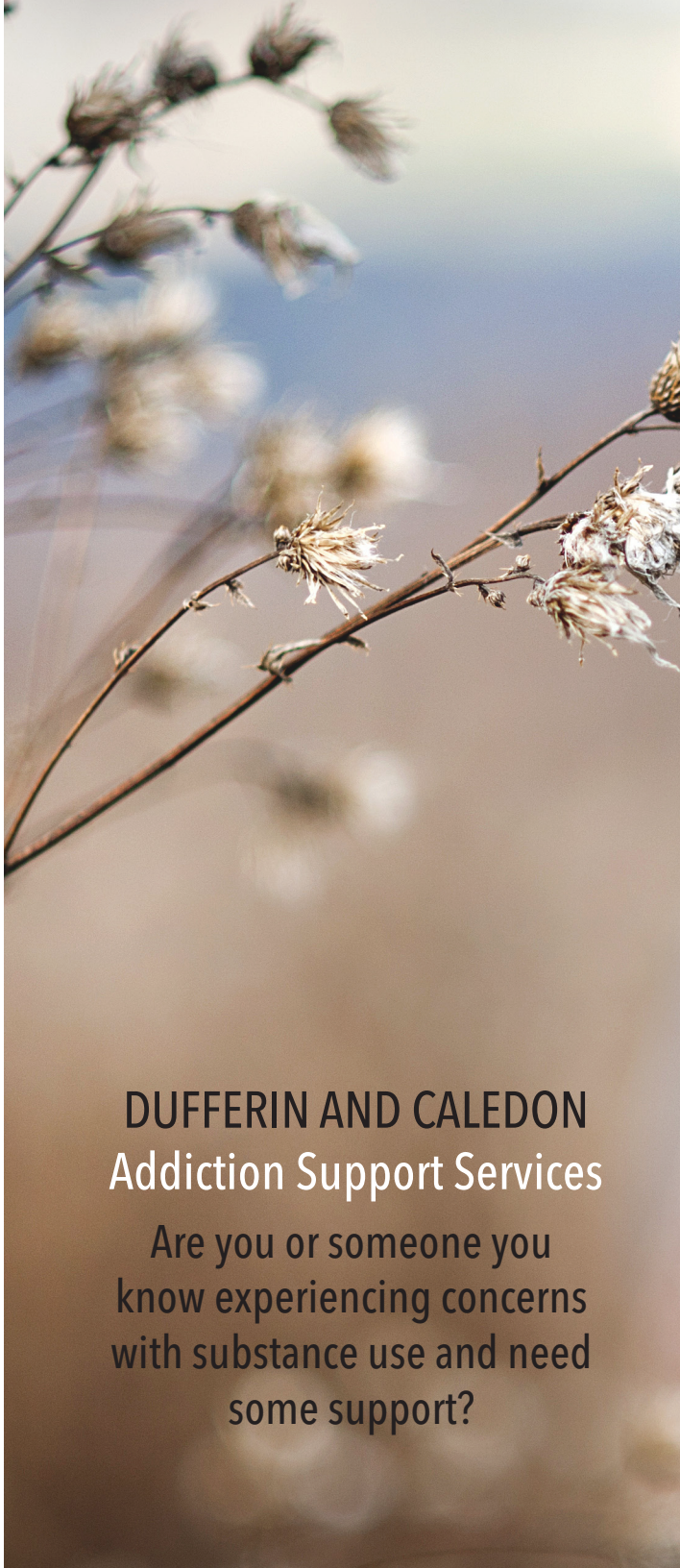
Gastro-Intestinal
- Fatty Liver
- Chronic gastritis, gastro-intestinal bleeding, pancreatitis

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

Legend:

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?