



COMMUNITY PARTNER SERVICES

Mental Health, Funding, Grief, Suicide and Respite Services Supports

1240 Murphy Road Sarnia, ON N7S 2Y6

519-542-3471 TOLL FREE 1-855-542-3471 FAX 519-542-4115

www.pathwayscentre.org

Community Programming

Aamjiwnaang First Nation Health Centre

519 332-6770

1300 Tashmoo Ave

Sarnia, ON

Family Counselling Centre (FCC)

519-542-0120

1086 Modeland Road

2nd Floor, building 1030

Sarnia, ON

N7S 6L2

<http://www.familycounsellingctr.com/counselling-family-couple-individual>

****FCC uses a sliding payment scale depending on family income.**

North Lambton Community Health Centre

519-786-4545

59 King St W, Forest

Programming available for those in jurisdictional area



SCHOOL BASED REHABILITATION SERVICES

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Sarnia Lambton Rebound

519-344-2841

10 Lorne Cres.

Sarnia, ON

N7S 1H8

<https://www.reboundonline.com/>

Programs include but not limited to: *Spectrum (LGBTQ2+)* gaining self confidence and education; *G.P.S.- Getting Possibilities Started* (youth engagement group); *S.T.A.G.E. and S.T.A.N.D.-* Self -esteem and Self-wellness groups for both girls and boys and *Choices-* educational group for substances and guidance.

St. Clair Child and Youth Services

129 Kendall Street

Point Edward, ON

N7V 4G6

<https://www.stclairchild.ca/>

Service includes but are not limited to, Group sessions, Early years mental health services and Child Development, community planning

West Lambton Community Health Centre

519-491-2123

10-406 Christina Street

Sarnia On

Community programming for those in Sarnia



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Counselling Services

Aamjiwnaang First Nation Health Centre

519 332-6770

1300 Tashmoo Ave

Sarnia, ON

Child and Youth Crisis Line

1-833-622-1320

Family Counselling Centre (FCC)

519-542-0120

Distress line 519-336-3000

1086 Modeland Road

2nd Floor, building 1030

Sarnia, ON

N7S 6L2

<http://www.familycounsellingctr.com/counselling-family-couple-individual>

****FCC uses a sliding payment scale depending on family income. They are also able to help with funding and respite services**

Services include but are not limited to Family, Couple and Individual counselling sessions, Children's mental health supports and funding support to those that qualify.

Lambton Counseling Services- Affiliated with Caldwell Psychology

519-336-9612

108 Kathleen Ave

Sarnia, ON

N7T 1C8

www.lambtoncounselling.com

***** includes but not limited to individual, couple and Autism specific counselling**



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Lambton Mental Wellness

519-344-5602 - Provides support for clients and families.

Life Seasons Care and Support

519-491-5000

#103-805 Christina Street North

Point Edward, ON

N7V 1X6

[Life's Seasons - Services \(lifesseasons.org\)](http://lifesseasons.org)

***sliding scale for payment.

Service include but not limited to groups and faith-based counselling

North Lambton Community Health Centre

519-786-4545

59 King St W, Forest

Counselling Service available for those who receive medical care through the organization

Southwest Counselling Services

519-336-3100

#207-704 Mara Street

Point Edward, ON

N7V 1X4

<https://swcounselling.ca>

Service include individual, family and couple counselling as well as play therapy and trauma counselling and the Safe and Sound Protocol- allowing sensory needs of children to be addressed while learning engagement and resilience.



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St. Clair Child and Youth Services

Currently offering telephone counselling - **519-337-3701**

129 Kendall Street

Point Edward, ON

N7V 4G6

<https://www.stclairchild.ca/>

Service include but are not limited to, Brief and Crisis counselling, Group sessions, Early years mental health services and Child Development

West Lambton Community Health Centre

519-491-2123

10-406 Christina Street

Sarnia On

Counselling Services for those who receive their medical care through the organization

Grief and Suicide Prevention Resources in Sarnia Lambton

Grief Support online and text Chat service- Dr. Bob Kemp, Hospice

Text 289-278-1885 or visit www.kemphospice.org/ Supportline is available 10am-10pm - cost is free

Sarnia Lambton Suicide Prevention Committee

Resources, advocacy and education — www.slsuicideprevention.ca



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St. Joseph's Hospice

519-337-0537 ext. 114

475 Christina St. North

Sarnia, ON

N7T 5W3

<https://www.stjosephshospice.ca/Default.asp?q=programs&action=singlelisting&programid=23>

Orley Culverhouse – Caring Heart's Program Coordinator

Caring Hearts Children's Program – Grief Counselling

Suicide Loss and Support Group at Rapids Family Health Team

519-339-8949

Respite Services

Bartimaeus Respite Services

www.bartimaeus.com/family-support/child-family/

Bluewater Respite

519-281-4290

24-30 Clarendon Cres.

London, ON

N6C 5Y1

<https://bluewaterrespite.dudaone.com/>



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Community Living Sarnia Lambton

519-332-0560

202-551 Exmouth Street

Sarnia, ON

N7T 5P6

<http://www.communitylivingsarnia.org/>

Pathways Health Centre for Children

Family & Transitions Support Services

519-542-3471 ext 1278

<http://www.pathwayscentre.org/program-service/family-and-transition-support-services>

24/7 Mental Health Phone Line Services

Lambton Mental Health Crisis First Response Line (CMHA):

519-336-3445 or 1-800-307-4319

Child and Youth Crisis Line

1-833-622-1320

Family Counselling Centre Distress Line:

519-336-3000 or 1-888-347-8737

Crisis Services Canada:

1-833-456-4566 or text 45645



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Kids Help Phone (under 20 years old):

1-888-668-6868 Text CONNECT to 686868, www.kidshelpphone.ca

Good 2 Talk (17-25 years old):

1-866-925-5454, www.good2talk.ca

Connex Mental Health Helpline:

1-866-531-2600, www.mentalhealthhelpline.ca