

Community Resources and Self-Management Information

This resource has been developed for informational purposes. It is intended to assist you in finding community resources that will support your ongoing recovery. This resource list is an overview of community services and programs in the Barrie area. For a more comprehensive listing call 211 or visit nsmhealthline (North Simcoe Muskoka Healthline) at www.nsmhealthline.ca.

Topic	Written resource	Website
Transportation		
Accessible Parking Permit	Y	https://www.ontario.ca/page/get-accessible-parking-permit
Specialized Transit - City of Barrie (formerly BACTS: Barrie Accessible Community Transit System)	Y	https://www.barrie.ca/Living/Getting%20A r o und/BarrieTransit/Pages/AccessibleTransp ortation.aspx
Home at Last	Y	www.von.ca (705) 737-5044 or 1 (800) 565-4145
Red Cross	Y	www.redcross.ca (705) 721-3313 or 1 (800) 387-2251
Skill Builders: Driver's Rehabilitation	Y	https://www.skillbuildersrehab.com/progra m.php?id=4 (705) 727-0319
Self- Management & Support Groups		
Stroke		
Barrie Stroke and Brain Injury Survivor's Facebook Group	Y	www.facebook.com/groups/BarrieStrokeBra inInjurySurvivors/
Facebook Young Stroke Survivors (under 55)		https://www.facebook.com/Young-Stroke- Survivors-208780252479063/
Living a Healthy Life with Chronic Conditions – Barrie Community Health Centre		www.bchc.ca (705) 734-9690 x. 273
Living with Stroke (Heart and Stroke Foundation of Canada)	Y	www.heartandstroke.on.ca/strok e Hosted by Brain Injury Services: (705) 734-2178
March of Dimes – Stroke Recovery Canada	Y	https://afterstroke.marchofdimes.ca/ 1 (800) 263-3463 extension 7763
NSM ABI Collaborative Brain Injury Services Simcoe Muskoka, York Simcoe Brain Injury Services, March of Dimes, CCAC	Y	www.abicollaborative.ca (705) 734-2178 1 (877) 320-1950



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Ontario Brain Injury Association (OBIA) Peer Support Program	Y	www.obia.ca 1 (800) 263-5404 x 227
Parenting After ABI Group	Y	1-800-567-0315 Ext 6225
Stroke Recovery Association of Barrie x Pool Exercises, Chair Exercises, Communication Class, Social Activities	Y	http://www.strokerecoverybarrie.com (705) 737-9202
Related Diseases/Impairments		
Dementia/depression		
Alzheimer's Society	Y	www.alzheimer.ca/simcoecounty (705) 722-1066 or 1 (800) 265-5391
Canadian Mental Health Association – Simcoe County	Y	http://cmhastartingtalking.ca (705) 726-5033 1 (800) 461-4319
Centre for Inner Freedom (Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction)	Y	www.centreforinnerfreedom.com (705) 722-7170
Crisis Intervention Services	Y	https://www.rvh.on.ca/mhad/SitePages/crisis-services.aspx 1-888-893-8333
Mood Disorders Association of Ontario	Y	www.mooddisorders.ca 1 (888) 486-8236
Integrative Stress Management Program	N	www.managestress.ca (705) 721-6934
Falls, Mobility, and Safety		
Assistive Devices Program (ADP): Mobility Aids	N	https://www.ontario.ca/page/assistive-devices-program 1 (800) 268-6021
Canadian Red Cross: Health Equipment Rental Program	N	www.redcross.ca (705) 721-3313 or 1 (800) 387-2251
NSM LHIN Home and Community Care (formerly CCAC)	Y	www.healthcareathome.ca/nsm/en (705) 721-8010
Independent Living Services: Accessibility Resource Centre	Y	www.ilssimcoe.ca (705) 737-3263 or 1 (800) 465-1133
Simcoe Muskoka Integrated Fall Strategy	Y	www.fallspreventioninfo.ca 1-877-665-6065
March of Dimes Home Modifications	N	https://www.marchofdimes.ca/EN/programs/hvm/p/Pages/HomeandVehicle.aspx 1 (877) 369-4867



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MedicAlert	Y	https://www.medicalert.ca 1 (800) 668-1507
Ontario Renovates	N	https://www.simcoe.ca/ontariorenovates (705) 725-7215
Personal Emergency Response Systems	Y	For full listing call 211 or search via www.nsmhealthline.ca/listservices.aspx?id=10108
Simcoe Muskoka Integrated Fall Strategy - Mobile Seating and Mobility The Clinic provides walker, manual wheelchair and seating assessments and prescriptions to seniors living in the North Simcoe Muskoka Local Health Integration Network catchment area.	Y	www.fallspreventioninfo.ca Call: 1-877-696-1620 to book appointments
Prosthetics and Orthotics Barrie: Assistive Devices Program Bracing Clinic	N	www.pobarrie.com (705) 737-3021
Private Physiotherapy and Occupational Therapy Services		For full listing call 211 or search via www.nsmhealthline.ca
Red Cross Home Help Program	N	https://www.redcross.ca/how-we-help/community-health-services-in-canada/home-care-services (705) 721-3313 or 1 (800) 387-2251
Health Management		
Barrie & Community Family Health Team x Dietitian Services x Smoking Cessation x Mental Health Services x Aging Well Clinic x Lung Health, Dr. Adarsh Tailor & Diabetes x LINKS Team		www.barriefht.ca (705) 721-0370
Family Medicine Teaching Unit	Y	www.rvh.on.ca/fmtu/SitePages/fmtu.aspx (705) 792-3333
Health Care Connect	Y	http://www.health.gov.on.ca/en/ms/healthcareconnect/pro/ 1 (888) 721-2222



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Georgian College: x Student Massage Therapy Clinic x Nurse Practitioner Led Clinic x Georgian College Optical x Harmonize for Speech, Language & Hearing Clinic x Oral Health Clinic	Y	https://www.georgiancollege.ca/community-alumni/health-and-wellness-clinics/ (705) 728-1968
RVH Medical Treatment Clinic x Foot Clinic (Chiropody) x Stroke Prevention Clinic x Adult Diabetes Clinic x Internal Medicine Clinic Adult Asthma Clinic Chronic Obstructive Pulmonary Disease Clinic (COPD) Infusion Clinic Integrated Regional Falls Clinic Urgent Geriatric Clinic		http://www.rvh.on.ca/tclinics/SitePages/tclinics%20home.aspx (705) 728-9090 ext 23300
Private PSW and Nursing services	Y	Pamphlets are available. For full listing call 211 or search via www.nsmhealthline.ca
Victoria Order of Nurses (VON) x Foot Care Services x In-Home Respite x Private Duty Nursing x Shift Nursing x Caregiver Education Series x Adult Day Program x Alzheimer's Day Program x Home at Last Program x Overnight Respite Program x Diabetes Education Program x Healthy Eating x Smoking Cessation x Stress Management x Health Promotion and Wellness Clinics x Nurse Practitioner Program	Y	http://www.von.ca/en/site/simcoe (705) 737-5044



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Smoking Cessation		
Canadian Cancer Society – smoking cessation resources	Y	http://www.cancer.ca/en/support-and-services/support-services/quit-smoking/?region=on (705) 726-8032 or 1 (800) 338-6610
Heart and Stroke Foundation of Canada – Just Breathe	Y	https://www.heartandstroke.ca/-/media/pdf-files/canada/other/just-breathe-become-smoke-free-en.ashx
RVH COPD educator	Y	Available while in hospital
Smoker’s Helpline	Y	www.smokershelpline.ca 1 (877) 513-5333
STOP workshops		(705) 721-7520 or 1 877-721-7520
Other		
Barrie Native Friendship Centre x Aboriginal Health Outreach Worker x Healing and wellness coordinator x Employment and training x Healthy Living x Life Long Care	Y	https://www.barrienativefc.ca (705) 721-7689 or 1 (855) 721-7689
Canadian National Institute for the Blind (CNIB)	Y	www.cnib.ca (705) 728-3352 or 1 (800) 563-0887
Independent Living Services Simcoe x Attendant Care Services x Assistive Living Services for Seniors x Personal Support &Homemaking Services x Supportive Housing Services x Accessibility Resource Centre	Y	www.ilssimcoe.ca 705-737-3263 1-800-465-1133



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March of Dimes x Home and Vehicle Modification Program x Barrier Free Design Consultation x Aphasia & Communication Disabilities Program x Assistive Devices Program x DesignAbility x Employment Services x Recreation and Integration Services x Stroke Recovery Canada x Acquired Brain Injury Services		http://www.marchofdimes.ca 1 (877) 263-3463
North Simcoe Muskoka Healthline (nsmhealthline)		www.nsmhealthline.ca
Red Cross – Simcoe County x Meals on Wheels x Rides and Transportation x Friendly Visiting x Health Equipment Loan and Wheelchair Recycling Program x Home Maintenance and Repair x Assisted Living Services		https://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/meals-on-wheels/simcoe-muskoka-branch-meals-on-wheels (705) 721-3313 1 (800) 387-2251
Stroke Warmline - Stroke Recovery Canada Phone support and information for stroke survivors and their family and caregivers		Phone: 1-888-540-6666 www.marchofdimes.ca/src
Veteran's Affairs		1-866-522-2122 www.veterans.gc.ca
Swallowing and Communication		
Barrie ENT Associates	Y	(705) 726-6966
Bridgepoint Active Healthcare Augmentative Communication and Writing Clinic (ACWC)	Y	http://www.bridgepointhealth.ca/en/what-we-do/ACWC.asp (416) 461-8252
Georgian College – Harmonize for Speech, Language and Hearing Clinic	Y	http://www.georgiancollege.ca/community-alumni/health-and-wellness-clinics/speech-hearing-language/ (705) 722-1561
Henninger Speech – Conversation Café	Y	https://www.hennigerspeech.ca (705) 725-0154
MacPherson Communication drop in group	Y	www.macslp.com (705) 325-4076
Outpatient Dysphagia Clinic - RVH	Y	www.rvh.on.ca (705) 728-9090



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Private Speech Language Pathology Services		For full listing call 211 or search via www.nsmhealthline.ca
Stroke Recovery Association – Communication Group for Stroke Survivors	Y	http://www.strokerecoverybarrie.com/ (705) 737-9202
Toronto Rehab Institute Augmentative and Alternative Communication Clinic (AAC)	Y	https://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/AAAC_Clinic (416) 597-3422 x 2046
Aphasia & Communication Disabilities Program (March of Dimes)	Y	http://www.marchofdimes.ca/en/programs/acdp1/pages/aphasiaandcommunicationsdisabilitiesprogram.aspx (905) 773-7758 ext. 6216 1-800-567-0315
Physical Fitness and Activity		
• Barrie Community Health Centre		https://www.barrie.ca/Living/RecreationPrograms/Pages/Seniors55.aspx (705) 734-9690
City of Barrie x 55+ Centres x RecACCESS x Recreational programming	Y	www.barrie.ca (705) 726-4223
Horseplay Sanctuary	Y	http://www.horseplaysanctuary.com/ 705-791-4441
CorHealth Ontario the Cardiac Care Network of Ontario and the Ontario Stroke Network merged to form one organization, called CorHealth Ontario	Y	https://www.corhealthontario.ca
Victoria Order of Nurses (VON) x SMART exercise program	Y	https://www.von.ca/en/service/seniors-maintaining-active-roles-together-smart (705) 737-5044 extension 226
YMCA x TIME program x Recreational Programming	Y	http://www.ymcaofsimcoemuskoka.ca (705) 726-6421 (Barrie)
Financial		
Canadian Pension Plan (CPP)	Y	https://www.canada.ca/en/services/benefits/publicpensions/cpp.html
Catholic Family Services of Simcoe County		http://www.cfssc.ca (705) 726-2503



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County of Simcoe Social Housing Division		www.simcoe.ca/dpt/sh 705-725-7215
Disability Tax Credit		https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html 1 (800) 267-6999
Legal Aid Ontario	Y	https://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/ 1 (800) 668-8258
Ontario Disability Support Program (ODSP)	Y	http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/index.aspx 1 (800) 461-7551
Ontario Works x Housing Retention Fund x Discretionary Funds		https://www.simcoe.ca/OntarioWorks/Pages/contact.aspx http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx (705) 722-3132
Red Cross Social Work Services		www.redcross.ca (705) 721-3313 1 (800) 387-2251
Trillium Drug Plan	Y	http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/requests_accommodation.aspx 1 (8600) 575-5386
Education		
<ul style="list-style-type: none"> Getting on with the rest of your life after stroke Taking Charge of your Stroke Recovery 	Y	http://www.strokebestpractices.ca
Stroke Engine Family	Y	http://strokengine.ca/family
Heart and Stroke Foundation of Canada- Educational Resources Example: x Getting Active for Life x My Heart & Stroke Blood Pressure Action Plan x Stroke Resources Directory x You've had a TIA: Learn how to prevent another one	Y	Written materials available at http://www.heartandstroke.on.ca/ Or Barrie office: (705) 737-1020

