

## 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](http://www.nsmhealthline.ca).

Topic	Written resource	Website
<b>Transportation</b>		
Specialized Transit - City of Barrie (formerly BACTS: Barrie Accessible Community Transit System)	Y	<a href="https://www.barrie.ca/Living/Getting%20Around/BarrieTransit/Pages/AccessibleTransportation.aspx">https://www.barrie.ca/Living/Getting%20Around/BarrieTransit/Pages/AccessibleTransportation.aspx</a>
Home at Last	Y	<a href="http://www.von.ca">www.von.ca</a> (705) 737-5044 or 1 (800) 565-4145
Red Cross	Y	<a href="http://www.redcross.ca">www.redcross.ca</a> (705) 721-3313 or 1 (800) 387-2251
Skill Builders: Driver's Rehabilitation	Y	<a href="https://www.skillbuildersrehab.com/program.php?id=4">https://www.skillbuildersrehab.com/program.php?id=4</a> (705) 727-0319
<b>Self- Management &amp; Support Groups</b>		
<b>Stroke</b>		
Barrie Stroke and Brain Injury Survivor's Facebook Group	Y	<a href="http://www.facebook.com/groups/BarrieStrokeBrainInjurySurvivors/">www.facebook.com/groups/BarrieStrokeBrainInjurySurvivors/</a>
Facebook Young Stroke Survivors (under 55)		<a href="https://www.facebook.com/Young-StrokeSurvivors-208780252479063/">https://www.facebook.com/Young-StrokeSurvivors-208780252479063/</a>
Living a Healthy Life with Chronic Conditions – Barrie Community Health Centre		<a href="http://www.bchc.ca">www.bchc.ca</a> (705) 734-9690 x. 273
Living with Stroke (Heart and Stroke Foundation of Canada)	Y	<a href="http://www.heartandstroke.ca/stroke/recovery-and-support/living-with-stroke">www.heartandstroke.ca/stroke/recovery-and-support/living-with-stroke</a> Hosted by Brain Injury Services: (705) 734-2178
March of Dimes – Stroke Recovery Canada	Y	<a href="https://afterstroke.marchofdimes.ca/">https://afterstroke.marchofdimes.ca/</a> 1 (800) 263-3463 extension 7763
NSM ABI Collaborative Brain Injury Services Simcoe Muskoka, York Simcoe	Y	<a href="http://www.abicollaborative.ca">www.abicollaborative.ca</a> (705) 734-2178 1 (877) 320-1950



Brain Injury Services, March of Dimes, CCAC		
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Ontario Brain Injury Association (OBIA) Peer Support Program	Y	<a href="http://www.obia.ca">www.obia.ca</a> 1 (800) 263-5404 x 227
Parenting After ABI Group	Y	1-800-567-0315 Ext 6225
Stroke Recovery Association of Barrie – pool & chair exercises Communication class & social activities	Y	<a href="https://communityreach.cioc.ca/record/BA R0061">https://communityreach.cioc.ca/record/BA R0061</a> (705) 737-9202
<b>Related Diseases/Impairments</b>		
<b>Dementia/depression</b>		
Alzheimer’s Society	Y	<a href="http://www.alzheimer.ca/simcoecounty/en">www.alzheimer.ca/simcoecounty/en</a> (705) 722-1066 or 1 (800) 265-5391
Canadian Mental Health Association – Simcoe County	Y	<a href="http://cmhastartingtalking.ca">http://cmhastartingtalking.ca</a> (705) 726-5033 1 (800) 461-4319
Centre for Inner Freedom (Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction)	Y	<a href="http://www.centreforinnerfreedom.com">www.centreforinnerfreedom.com</a> (705) 722-7170
Crisis Intervention Services	Y	<a href="http://www.rvh.on.ca/areas-of-care/mental-health-and-addictions/crisis-services/">www.rvh.on.ca/areas-of-care/mental-health-and-addictions/crisis-services/</a> 1-888-893-8333
Mood Disorders Association of Ontario	Y	<a href="http://www.mooddisorders.ca">www.mooddisorders.ca</a> 1 (888) 486-8236
Integrative Stress Management Program	N	<a href="http://www.managestress.ca">www.managestress.ca</a>
<b>Falls, Mobility, and Safety</b>		
Assistive Devices Program (ADP): Mobility Aids	N	<a href="https://www.ontario.ca/page/assistive-devices-program">https://www.ontario.ca/page/assistive-devices-program</a> 1 (800) 268-6021
Canadian Red Cross: Health Equipment Rental Program	N	<a href="http://www.redcross.ca">www.redcross.ca</a> (705) 721-3313 or 1 (800) 387-2251





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NSM LHIN Home and Community Care Services (formerly CCAC)	Y	<a href="http://www.healthcareathome.ca/region/north-simcoe_muskoka/">www.healthcareathome.ca/region/north-simcoe_muskoka/</a> (705) 721-8010
Independent Living Services: Accessibility Resource Centre	Y	<a href="http://www.ilssimcoe.ca">www.ilssimcoe.ca</a> (705) 737-3263 or 1 (800) 465-1133
Simcoe Muskoka Integrated Fall Strategy (North Simcoe Specialized Geriatric Services)	Y	<a href="http://www.fallspreventioninfo.ca">www.fallspreventioninfo.ca</a> 1-877-665-6065
March of Dimes Home Modifications	N	<a href="http://www.marchofdimes.ca/EN/programs/hvm">www.marchofdimes.ca/EN/programs/hvm</a> 1 (877) 369-4867

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MedicAlert	Y	<a href="https://www.medicalert.ca">https://www.medicalert.ca</a> 1 (800) 668-1507
Ontario Renovates	N	<a href="https://www.simcoe.ca/ontariorenovates">https://www.simcoe.ca/ontariorenovates</a>  (705) 725-7215
Personal Emergency Response Systems	Y	For full listing call 211 or search via <a href="http://www.nsmhealthline.ca/listservices.aspx?id=10108">www.nsmhealthline.ca/listservices.aspx?id=10108</a>
<b>Simcoe Muskoka Integrated Fall Strategy - Mobile Seating and Mobility</b> 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	<a href="http://www.fallspreventioninfo.ca">www.fallspreventioninfo.ca</a> Call: 1-877-696-1620 to book appointments
Prosthetics and Orthotics Barrie: Assistive Devices Program Bracing Clinic	N	<a href="http://www.pobarrie.com">www.pobarrie.com</a> (705) 737-3021
Private Physiotherapy and Occupational Therapy Services		For full listing call 211 or search via <a href="http://www.nsmhealthline.ca">www.nsmhealthline.ca</a>
Red Cross Home Help Program	N	<a href="https://www.redcross.ca/how-wehelp/community-health-services-incanada/home-care-services">https://www.redcross.ca/how-wehelp/community-health-services-incanada/home-care-services</a> (705) 721-3313 or 1 (800) 387-2251
<b>Health Management</b>		





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Barrie & Community Family Health Team Dietitian Services Smoking Cessation Mental Health Services Aging Well Clinic Lung Health, Dr. Adarsh Tailor & Diabetes LINKS Team		<a href="http://www.barriefht.ca">www.barriefht.ca</a> (705) 721-0370
Family Medicine Teaching Unit	Y	<a href="http://www.barriefmtu.com">www.barriefmtu.com</a> (705) 792-3333
Health Care Connect	Y	<a href="http://www.health.gov.on.ca/en/ms/health_careconnect/pro/1">http://www.health.gov.on.ca/en/ms/health_careconnect/pro/1</a> (888) 721-2222

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Georgian College: Student Massage Therapy Clinic Nurse Practitioner Led Clinic Georgian College Optical Harmonize for Speech, Language & Hearing Clinic Oral Health Clinic	Y	<a href="https://www.georgiancollege.ca/community-alumni/health-and-wellness-clinics/">https://www.georgiancollege.ca/community-alumni/health-and-wellness-clinics/</a>  (705) 728-1968
RVH Medical Treatment Clinic Foot Clinic (Chiroprody) Stroke Prevention Clinic Adult Diabetes Clinic Internal Medicine Clinic Adult Asthma Clinic Chronic Obstructive Pulmonary Disease Clinic (COPD) Infusion Clinic Integrated Regional Falls Clinic Urgent Geriatric Clinic		<a href="http://www.rvh.on.ca/areas-of-care/treatment-clinics/medicine-treatment-clinic-mtc/">www.rvh.on.ca/areas-of-care/treatment-clinics/medicine-treatment-clinic-mtc/</a> (705) 728-9090 ext 23300
Private PSW and Nursing services – In-home PSW and nursing	Y	Pamphlets are available. For full listing call 211 or search via <a href="http://www.nsmhealthline.ca">www.nsmhealthline.ca</a>





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<p>Victoria Order of Nurses (VON) Search the website for the following locally available programs: In-Home Respite Adult Day Program Home at Last Program Overnight Respite Program (weekends) SMART Exercise &amp; Fall Prevention classes SMART In-Home</p>	<p>Y</p>	<p><a href="http://www.von.ca/en/locations/simcoe-county">www.von.ca/en/locations/simcoe-county</a> (705) 737-5044</p>
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<b>Smoking Cessation</b>		
Canadian Cancer Society – smoking cessation resources	Y	<a href="http://www.cancer.ca/en/living-with-cancer/how-we-can-help/get-help-to-quit-smoking">www.cancer.ca/en/living-with-cancer/how-we-can-help/get-help-to-quit-smoking</a> (705) 726-8032 or 1 (800) 338-6610
Heart and Stroke Foundation of Canada – Just Breathe	Y	<a href="https://www.heartandstroke.ca//media/pdf-files/canada/other/justbreathe-become-smoke-free-en.ashx">https://www.heartandstroke.ca//media/pdf-files/canada/other/justbreathe-become-smoke-free-en.ashx</a>
RVH COPD educator	Y	Available while in hospital
Smoker’s Helpline	Y	<a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a> 1 (877) 513-5333
Simcoe Muskoka District Health Unit - Quitting		<a href="http://www.simcoemuskokahealth.org/Tobacco/Quitting">www.simcoemuskokahealth.org/Tobacco/Quitting</a> (705) 721-7520 or 1 877-721-7520
<b>Other</b>		
Barrie Native Friendship Centre Aboriginal Health Outreach Worker Healing and wellness coordinator Employment and training Healthy Living Life Long Care	Y	<a href="https://www.barriefc.ca">https://www.barriefc.ca</a> (705) 721-7689 or 1 (855) 721-7689





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Canadian National Institute for the Blind (CNIB)	Y	<a href="http://www.cnib.ca">www.cnib.ca</a> (705) 728-3352 or 1 (800) 563-0887
Independent Living Services Simcoe Attendant Care Services Assistive Living Services for Seniors Personal Support &Homemaking Services Supportive Housing Services AccessibilityResource Centre	Y	<a href="http://www.ilssimcoe.ca">www.ilssimcoe.ca</a> 705-737-3263 1-800-465-1133

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March of Dimes Canada Home and Vehicle Modification Program Barrier Free Design Consultation Aphasia & Communication Disabilities Program Assistive Devices Program DesignAbility Employment Services Recreation and Integration Services Stroke Recovery Canada Acquired Brain Injury Services		<a href="http://www.marchofdimes.ca">http://www.marchofdimes.ca</a> 1 (877) 263-3463
North Simcoe Muskoka Healthline (nsmhealthline)		<a href="http://www.nsmhealthline.ca">www.nsmhealthline.ca</a>
Red Cross – Simcoe County Meals on Wheels Rides and Transportation Friendly Visiting Health Equipment Loan and Wheelchair Recycling Program Home Maintenance and Repair Assisted Living Services		<a href="http://www.caredove.com/canadaianredcross">www.caredove.com/canadaianredcross</a> (705) 721-3313 1 (800) 387-2251
After Stroke Program – March of Dimes Canada Phone support and information for stroke survivors and their family and caregivers		Phone: 1-888-540-6666 <a href="http://www.afterstroke.ca">www.afterstroke.ca</a>
Veteran’s Affairs		1-866-522-2122 <a href="http://www.veterans.gc.ca">www.veterans.gc.ca</a>
<b>Swallowing and Communication</b>		
Barrie ENT Associates	Y	(705) 726-6966





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Bridgepoint Active Healthcare Augmentative Communication and Writing Clinic (ACWC)	Y	<a href="http://www.bridgepointhealth.ca/en/whatwe-do/ACWC.asp">http://www.bridgepointhealth.ca/en/whatwe-do/ACWC.asp</a> (416) 461-8252
Georgian College – Harmonize for Speech, Language and Hearing Clinic	Y	<a href="http://www.georgiancollege.ca/community-alumni/health-and-wellness-clinics/speech-hearing-language/">http://www.georgiancollege.ca/community-alumni/health-and-wellness-clinics/speech-hearing-language/</a> (705) 722-1561
Henninger Speech – Conversation Café	Y	<a href="https://www.henningerspe ech.ca">https://www.henningerspe ech.ca</a> (705) 725-0154
MacPherson Communication groups	Y	<a href="http://www.macslp.com">www.macslp.com</a> (705) 325-4076
Outpatient Dysphagia Clinic - RVH	Y	(705) 728-9090

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Private Speech Language Pathology Services		For full listing call 211 or search via <a href="http://www.nsmhealthline.ca">www.nsmhealthline.ca</a>
Toronto Rehab Institute Augmentative and Alternative Communication Clinic (AAC)	Y	<a href="https://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/AAAC_Clinic">https://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/AAAC_Clinic</a> (416) 597-3422
Aphasia & Communication Disabilities Program (March of Dimes Canada)	Y	<a href="http://www.marchofdimes.ca/en/programs/acs.acdp">www.marchofdimes.ca/en/programs/acs.acdp</a> 905-773-7758 ext 6216 1-800-567-0315 705-300-0572
<b>Physical Fitness and Activity</b>		
Barrie Community Health Centre		<a href="http://www.barrie.ca/Living/RecreationPrograms/Pages/Seniors55">www.barrie.ca/Living/RecreationPrograms/Pages/Seniors55</a>
City of Barrie 55+ Centres RecACCESS Recreational programming	Y	<a href="http://www.barrie.ca">www.barrie.ca</a> (705) 726-4223
YMCA Recreational Programming	Y	<a href="http://www.ymcaofsimcoemuskoka.ca">http://www.ymcaofsimcoemuskoka.ca</a> (705) 726-6421 (Barrie)
<b>Financial</b>		
Canadian Pension Plan (CPP)	Y	<a href="https://www.canada.ca/en/services/benefits/publicpensions/cpp.html">https://www.canada.ca/en/services/benefits/publicpensions/cpp.html</a>

Topic	Written	Website
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County of Simcoe Social Housing Division		<a href="http://www.simcoe.ca/dpt/sh">www.simcoe.ca/dpt/sh</a> 705-725-7215
Disability Tax Credit		<a href="https://www.canada.ca/en/revenueagency/services/tax/individuals/segmentations/individuals/segmentations-persons-disabilities/disability-tax-credit.html">https://www.canada.ca/en/revenueagency/services/tax/individuals/segmentations-persons-disabilities/disability-tax-credit.html</a> 1 (800) 267-6999
Ontario Disability Support Program (ODSP)	Y	<a href="http://www.ontario.ca/page/ontario-disability-support-program">www.ontario.ca/page/ontario-disability-support-program</a> 800 461-7551
OntarioWorks Housing Retention Fund Discretionary Funds		<a href="https://www.simcoe.ca/OntarioWorks/Pages/contact.aspx">https://www.simcoe.ca/OntarioWorks/Pages/contact.aspx</a> <a href="http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx">http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/index.aspx</a> (705) 722-3132
Trillium Drug Plan	Y	<a href="http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/request-for-proposal/modification.aspx">http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/request-for-proposal/modification.aspx</a> 1 (8600) 575-5386
<b>Education</b>		
Stroke Engine Family	Y	<a href="http://strokengine.ca/family">http://strokengine.ca/family</a>

The information in this list is current as of the above date and is subject to change without notice. The sponsors of this resource cannot endorse any or all organizations/programs listed.

