



ADDICTION & MENTAL HEALTH SERVICES

- 1. **Canadian Mental Health Association**
233 Eighth Street - 705-272-4245
- 1. **North Cochrane Addiction Services**
233 Eighth Street - 705-272-3059
- 2. **Ininev Friendship Centre**
190 Third Avenue - 705-272-4497
- 3. **NEOFACS**
451 Chalmers Avenue - 705-272-2449
- 1. **Porcupine Health Unit - Harm Reduction**
233 Eighth Street - 705-272-3394
- 4. **Habitat Interlude (Women Services)**
136 B Third Street West - 705-272-6078
- 5. **Pharmasave Cochrane Pharmacy**
True North Medical Centre
(Walk- in Addiction Medicine)
134-A Third Street - 705-272-1333

CHILD & HEALTH SERVICES

- 3. **NEOFACS**
451 Chalmers Avenue - 705-272-2449
- 6. **Kunuwanimano Child and Family Services**
86 Second Street - 705-272-2729

COMMUNITY SERVICES

- 7. **Service Ontario**
143 Fourth Avenue – 705-272-4274
- 8. **Red Cross**
22-A Fifth Street – 705-272-6770
- 9. **Cochrane Public Library**
178 Fourth Avenue – 705-272-4178

FINANCIAL ASSISTANCE

- 10. **CDSSAB**
149 Fifth Avenue - 705-272-4214
- 1. **Canadian Mental Health Association**
233 Eighth Street - 705-272-4245

CRISIS SUPPORT

- 4. **Victim Services**
136 B Third Street West - 705-272-2598
Crisis Line 1-877-264-4208
- 11. **OPP**
64 Third Avenue – 705-272-4391
- 12. **Lady Minto Hospital - Emergency Department**
241 Eighth Street - 705-272-7200
- 2. **Ininev Friendship Centre**
190 Third Avenue - 705-272-4497
- 1. **Canadian Mental Health Association**
233 Eighth Street - 705-272-4245
- 4. **Habitat Interlude (Women Services)**
136 B Third Street West - 705-272-6078
Crisis Line: 1-800-461-8044
- 13. **NAPS Nishnawbe-Aski Police Service**
140 Fourth Avenue - 705-272-5600

FOOD ACCESS

- 14. **Food Bank**
141 Railway Street - 705-272-4300
- 2. **Ininev Friendship Centre**
190 Third Avenue - 705-272-4497
Breakfast Program 9-10:30am

HEALTH SERVICES

- 1. **Cochrane Family Health Team**
233 Eighth Street - 705-272-4200
- 11. **Lady Minto Hospital**
241 Eighth Street - 705-272-7200
- 5. **Pharmasave Cochrane Pharmacy- Good Doctors**
134-A Third Street - 705-272-1333
- 15. **Wallace Drug Store - Rocket Doctors**
109 Sixth Avenue - 705-272-4381



INDIGENOUS HEALTH SERVICES

- 2. **Ininev Friendship Centre**
190 Third Avenue - 705-272-4497
- 16. **Sweetgrass Health Centre**
207 Sixth Street - 705-913-2043
- 6. **Kunuwanimano Child and Family Services**
86 Second Street - 705-272-2729

LEGAL SERVICES

- 1. **Canadian Mental Health Association**
233 Eighth Street - 705-272-4245
- 17. **Cochrane Duty Counsel (Criminal)**
149 Fourth Avenue - 705-264-9472
- 18. **NAN Legal Services**
104-A Aurora Avenue – 705-272-2567
- Legal Aid Ontario**
1-800-668-8258 - Mon. to Fri. 8 a.m. to 5 p.m.

SUPPORTIVE NON-EMERGENCY HOUSING

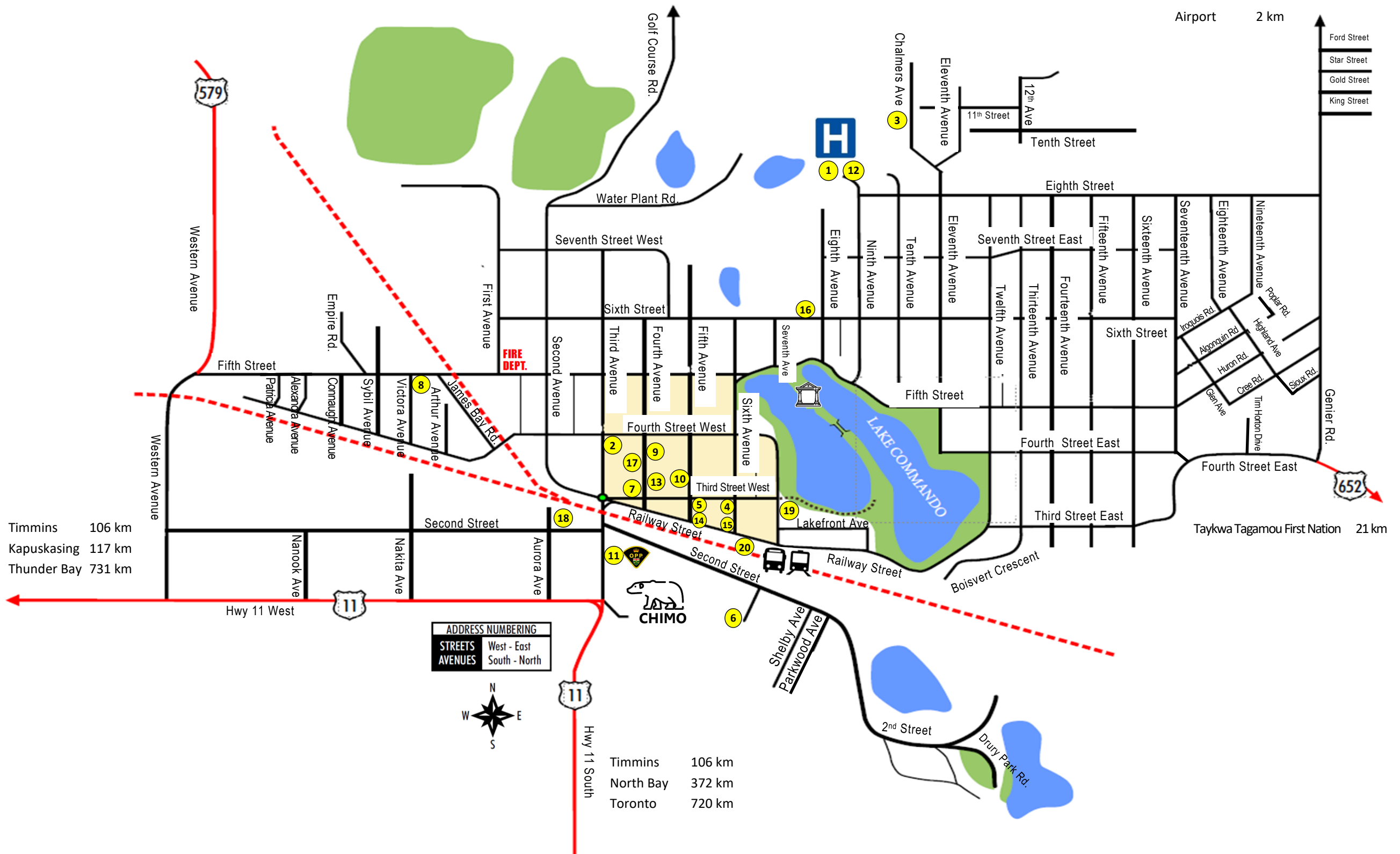
- 2. **Ininev Friendship Centre – Reaching Home**
190 Third Avenue - 705-272-4497
- 13. **CDSSAB**
149 Fifth Avenue - 705-272-4214
- 1. **Canadian Mental Health Association**
233 Eighth Street - 705-272-4245
- 19. **Cochrane Temiskaming Native Housing Inc.**
112 Seventh Avenue – 705-272-5718 or 1-800-234-6614
- Ontario Aboriginal Housing**
1-866-391-1061

TRANSPORTATION SERVICES

- 20. **Ontario Northland - Bus & Train Station**
200 Railway Street – 705-272-4228
- Chimo taxi** - 705-271-6633
- Flashco – Handi Transit** - 705-271-5577
- Cochrane Country Cab (text a cab)** - 705-274-1212



- ⇒ **CMHA CRISIS LINE: 1-888-340-3003**
- ⇒ **NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE: 1-866-925-4419**
- ⇒ **TELE-HEALTH ONTARIO: 1-866-797-0000**
- ⇒ **HEALTH CARE CONNECT: 1-866-532-3161**
- ⇒ **TALK4HEALING INDIGENOUS WOMEN’S SUPPORT: 1-855-554-4385**
- ⇒ **REGIONAL WARM LINE: 1-866-856-9276**
- ⇒ **LIVING SPACE: 1-833-800-7233**
- ⇒ **TIMMINS & AREA WOMEN IN CRISIS : 1-855-827-7233 (SAFE)**
- ⇒ **SUICIDE PREVENTION: 988**
- ⇒ **NATIONAL OVERDOSE RESPONSE SERVICE: 1-888-688-6677**
- ⇒ **NAN HOPE: 1-844-626-4673**



Timmins 106 km
 Kapuskasing 117 km
 Thunder Bay 731 km

ADDRESS NUMBERING
STREETS West - East
AVENUES South - North



Timmins 106 km
 North Bay 372 km
 Toronto 720 km

Airport 2 km

Taykwa Tagamou First Nation 21 km