



LEGAL RESOURCES

Legal Aid Ontario

If you cannot afford a lawyer, you may be eligible for legal assistance from Legal Aid Ontario, which serves low-income Ontarians. For most services, a client must be financially eligible. Legal Aid Ontario provides several family law services, including duty counsel and advice lawyers, a Family Law Service Centre and if appropriate, a certificate to hire a lawyer. To find out more about what services are available call: 1-800-668-8258 or online at: <https://www.legalaid.on.ca/>

Lawyer Referral Services

If you wish to retain a lawyer, you may contact the Lawyer Referral Service, operated by the Upper Law Society. The service will provide you with the name of a lawyer in your area who practices family law. That lawyer will provide you with a half-hour free consultation. The referral service has evolved into an on-line service. To receive an immediate referral, go to: www.findlegalhelp.ca or call 1-855-947-5255.

Free Legal Information & Referrals

Legal Line is a Federal not-for-profit organization providing Free easy-to-understand legal information on over 2,100 topics, covering 48 major areas of law. Information covers Federal, Provincial and Territorial laws, and is available in 107 languages. Those who need further help are referred to experts — lawyers, paralegals, government offices, and other professionals.

For more information, go to: <https://www.legalline.ca/>

Limited Scope Practicing Lawyers

If you would like to receive legal advice at an hourly rate avoiding a retainer fee, you can try Limited Scope Practicing Lawyers. You can find a list of lawyers within your area that offer this service at – <http://www.familylawlss.ca>

The Office of The Children’s Lawyer

The Office of the Children’s Lawyer is a law office in the Ministry of the Attorney General which delivers programs in the administration of justice on behalf of children with respect to their personal and property rights. Lawyers within the office represent children in various areas of law including child custody and access disputes, child protection proceedings and civil litigation. Clinical investigators prepare reports for the court in custody/access proceedings and may assist lawyers who are representing children in such matters. To learn more about the services offered by the Office of the Children’s Lawyer call: (416) 314-8000 or find online at:

www.attorneygeneral.jus.gov.on.ca/english/about/artcl/fjsd_ocl.php

Complaints about a Lawyer

Matters relating to the legal profession are within the responsibility of the Law Society of Upper Canada. If you are concerned about the conduct of a lawyer, you can call: 416-947-3315 or 1-800-668-7380 or go online to: www.lsuc.on.ca/with.aspx?id=644

You may also put your complaint in writing to the following address:

Complaints Services
The Law Society of Upper Canada
Osgoode Hall, 130 Queen Street West
Toronto, Ontario M5H 2N6





LEGAL INFORMATION

Steps to Justice / CLEO Community Legal Education Ontario

Step-by-step information about legal problems. Reliable, practical, and easy to understand. CLEO is an online resource project dedicated to providing legal information intended to help in understanding legal rights. For more information go to: www.cleo.on.ca

Use CLEO's free online interviews to fill out legal forms, draft letters, and identify your next steps. The Guided Pathways ask you questions and then use your answers to fill in the forms and letters you need. When you are done, you can save and print your papers.

www.stepstojustice.ca/guided-pathways

FLEW – Family Law Education for Women

The Family Law Education for Women's website is a public legal education project funded by the Government of Ontario to assist women in understanding their family law rights. The website provides a variety of online publications intended to address the particular needs and vulnerabilities of women new to Canada (including immigrant, refugee and non-status women) and can be found at:

www.onefamilylaw.ca

Family Law information Centre (FLIC)

The FLIC assists in meeting the individual needs of clients, particularly clients who are not represented by a lawyer and are entering the family court system for the first time. At the FLIC there is an Information and a Referral Coordinator who will assist you to find and connect with services you are looking for within your community. Advice Lawyers, who provide summary legal advice are also available at the FLIC. The FLIC provides publications and guides to family procedures, including the publication "What You Should Know About Family Law in Ontario" which contains a section specific to domestic violence issues. The publication is available in English, French, Arabic, Chinese-Simplified and traditional, Somali, Spanish, Tamil and Urdu and is on-line at

www.attorneygeneral.jus.gov.on.ca/english/family/famlawbro.php

Ministry of the Attorney General Website

You can find information about separation and divorce, support, custody, access, family mediation and court processes and procedures on the Ministry of the Attorney General website. Choose your preferred language, then click on 'Family Justice' for general information as well as a link to the federal government's website and other sources of information can all be found at:

www.attorneygeneral.jus.gov.on.ca

Department of Justice Canada

You can find helpful information about family law issues including how to calculate child support and parenting plan guidelines on this website: <https://www.justice.gc.ca/eng/fl-df/>

My Support Calculator

Free online child and spousal support calculator. Also provides helpful information on support and other family law related issues and a searchable list of family law professionals in your area.

www.mysupportcalculator.ca





Ontario Court Forms Website

You can obtain and fill in many of the court forms you need in a family law case on the Ontario Court Forms website. On the site, there is Ontario Court Forms Assistant, which is an online tool that will guide you through the completion of six of the most commonly used family forms. Access to all the forms and assistance tools can be found at: www.ontariocourtforms.on.ca

DAWN – Disabled Women’s Network

DAWN Canada is a community outreach program dedicated to advancing the equality rights of women living with a disability. The DAWN website has various educational and informational materials. For more information go to: <https://www.dawncanada.net>

ST THOMAS COMMUNITY RESOURCES

Addiction Services

Annex
321 Talbot St
226-896- 0080
www.theannexcentre.ca

Addiction Services of Thames Valley
519-673-3242
www.adstv.on.ca

Al-A Teen and Al-Anon London & Area
519-457-9393 (Local Answering Service)
www.london-on-al-anon.org

ConnexOntario
Access to Addiction, Mental Health, and Problem Gambling Services
1-866-531-2600
www.connexontario.ca/en-ca/

St. Thomas and Area AA
519-633-0430 (24 hr Help Line)
<https://aastthomasarea.org/>





Alternative Dispute Resolution Services

Mediation Centre Ontario
stthomas@mediationcentreontario.com
1-800-713-0047 ext. 701

Ontario Association for Family Mediation
www.oafm.on.ca

ADR Institution Ontario
www.adrontario.ca

Ontario Collaborative Law Federation
www.oclf.ca

Training / Education / Employment Services

Thames Valley District School Board
519-452-2000
www.tvdsb.on.ca

Adult and Continuing Education
519-631-0231

London District Catholic School Board
519-663-2088

Balaclava Street Adult and Alternative Education Centre
20 Balaclava Street, St. Thomas, ON
519-631-0231

YWCA St Thomas - Elgin Skills Training and Upgrading - Literacy and Basic Skills
519-631-9800

Fanshawe College - St Thomas/Elgin Regional Campus - Academic Upgrading/GED preparation
519-637-9876

Fanshawe College - St Thomas/Elgin Regional Campus - Literacy and Basic Skills
519-637-9876

Contact North - St Thomas
1-855-451-7516

Employment Services Elgin
519-631-5470





THE MEDIATION CENTRE ONTARIO INC.

Service Canada Centre - St Thomas
TTY #:1-800-926-9105

Aylmer Community Services
25 Centre Street, Aylmer, ON
519-765-2082

Mennonite Community Services - EO Employment Services- Alymer
226-210-6800

Fanshawe Career & Employment Services Elgin - Aylmer Community Services
226-210-6800 Text - 226-210-0956

Canada. Employment and Social Development Canada
Job Bank www.jobbank.gc.ca

Leads Employment Services - Ontario Employment Assistance Services
519-439-0352

Transportation

City of St. Thomas Transit
519- 631-0001
www.stthomas.ca/living_here/transit_system

Cox Cabs
519-631-1800

Redline Taxi
519-631-1200

Counselling and Supportive Services

Canadian Mental Health Association
519- 633-1781

Central Community Health Association
519-633-7989

Big Brothers/ Big Sisters of St. Thomas
519-633-3830



MEDIATIONCENTREONTARIO.COM



STTHOMAS@MEDIATIONCENTREONTARIO.COM



1-800-713-0047 ext. 701

LONDON. ST THOMAS. STRATFORD. WOODSTOCK. CHATHAM. SARNIA. GODERICH. WALKERTON. OWEN SOUND. WINDSOR



THE MEDIATION CENTRE ONTARIO INC.

Elgin St. Thomas Health Unit
519-631-9900

Community Care Access Centre
519-631-9907

Mennonite Community Services- Aylmer Resource Centre
519-765-3020

Victim Witness Assistance Program
519-633-1920

Community Living Elgin
519-631-9222

East Elgin Family Health Team
519-773-3715

Elgin Counselling and Mediation Centre Inc.
519-633-4423

Violence Against Women Services Elgin County
519-633-0155
24/7 Toll-Free # 1-800-265-4305

Victim Services Elgin
519-631-3182

Newcomer Settlement Services
519-631-9800

Canadian Centre for Men and Families
519-914-5702
www.menandfamilies.org

Enforcement of Court Orders

The Family Responsibility Office
<https://www.mcsc.gov.on.ca/en/mcsc/programs/familyResponsibility/>



MEDIATIONCENTREONTARIO.COM



STTHOMAS@MEDIATIONCENTREONTARIO.COM



1-800-713-0047 ext. 701

LONDON. ST THOMAS. STRATFORD. WOODSTOCK. CHATHAM. SARNIA. GODERICH. WALKERTON. OWEN SOUND. WINDSOR



Help Lines

Mental Health Helpline
1-866-531-2600

Assault Women's Help Line - Crisis Line
1-866-863-0511
www.awhl.org

Kids Help Line
1-800-668-6868

Fem' aid (Assistance for French-Speaking Women)
Toll-Free # 1-877-336-2433

Assault Women's Help Line
Crisis Line 1-866-863-0511
www.awhl.org

London Distress Centre Crisis Line
519-667-6711

Victim Support Line
Toll-Free 1-888-579-2888

Ontario Problem Gambling Helpline (OPGH)
www.opgh.on.ca
Toll-Free 1-888-230-3505

Shelters

Housing Street Outreach
519-633-1781 ext.210
www.cmhaelgin.ca/housing/

Access to Affordable Housing
519-631-9350 * choose option 3
www.housingconnections.ca

YWCA
519-631-9800

Fresh Start Support Services
519-637-7775

Inn St. Thomas Elgin (Mid October – End of March)
519-637-9898





Men's Mission and Rehabilitation Centre
519-433-2807
www.missionservices.ca

St. Thomas Elgin Second Stage Housing
519-637-2288

Violence Against Women, Services Elgin County
519-633-0155

Rotholme Women's and Family Shelter
519-433-2807
www.missionservices.ca

YWCA- Women's Residence
519-631-9800

Supervised Access Centres

Merrymount Supervised Access Programming
519-637-1667

Finances

Canada Pension Plan
1-800-277-9914

Ontario Works
519-631-9350

McLay & Company Inc.- Trustee in Bankruptcy
1 -844-616-2529

Ontario Disability Support Program (ODSP)
519-438-5111

Consolidated Credit Counselling Services of Canada
Toll-Free 1-844-402-3073

Credit Counselling Program- Family Services
519-433-0159 ext 601
TTY - 519-433-0183





Mental Health Services

REACH OUT

Phone-519-433-2023 or 1-866-933-2023

Text-519-433-2023

www.reachout247.ca

Canadian Mental Health Association

519- 633-1781

Psychiatric Survivors Network

519-631-1580

Mental Health Helpline

1-866-531-2600

St. Joseph's Regional Mental Health

519-646-6100 ext 44028

Legal Resources

Legal Aid Ontario

<https://www.legalaid.on.ca/>

Victim Crisis Assistance & Referral Services

519-631-3182

Citizenship and Immigration

Toll-Free 1-888-242-2100

Elgin Oxford Legal Clinic

519-633-2638

Family Law Information Centre

519-631-4810 ext.1149

4 Wellington Street, St. Thomas, ON





Child Protection Services

Family and Children's Services of St. Thomas and Elgin County
519-631-1492
Toll-Free # 1-800-260-6960

Children and Youth

Wellkin Child & Youth Mental Wellness
99 Edward St, St. Thomas, ON
(519) 637-2673

Big Brothers/ Big Sisters of St. Thomas
519-633-3830

Ontario Early Years Centre
519-631-9496

Merrymount Children's Services
510-434-6848

Ignite Youth Centre
519-631-8820

NEW YOUTH for Immigrant and refugee youth
www.newyouth.ca/en

LGBT2Q+ Support

St Thomas-Elgin Rainbow Alliance
stthomaselginrainbowalliance@outlook.com
www.stera.ca

Lesbian Gay Bi Trans Youth Line
1-800-268-9688
www.youthline.ca

Try- U (The Rainbow Youth Umbrella)
TRYULondon@gmail.com

Forest City Queerios
www.meetup.com/Forest-City-Queerios/





PFLAG Canada London
519-686-7691

Open Closet (OC)
opencloset@hivaidconnection.ca

Unitarian Fellowship of London
557 Clark Rd, London
519-451-0424
www.unitarianfellowshipoflondon.org

Food Banks

St. Thomas Elgin Food Bank
519-633-5308
Cell 519-878-3663
www.stthomaselginfoodbank.org

Port Stanley & Area Community Cupboard
- 519-782-3122

Destination Church
Stone Soup Meal
519-207-267

St Paul's United Church - Community Lunch
519-773-7152

Holy Angels Roman Catholic Parish
Outreach Lunch
519-631-3052

East Elgin Community Assistance Program
Corner Cupboard Food Bank
226-342-7716

Salvation Army (The)
105 Edward St, St Thomas, ON
Community and Family Services: 519-633-4509
Thrift Store: 519-631-3206
www.thesalvationarmystthomas.ca

The Grace Cafe – St Thomas – Street Mission and Soup Kitchen
10 Queen St, St Thomas, ON
519-860-2513
ginny@thegracecafe.ca
www.thegracecafe.ca





Indigenous Support

Hope for Wellness- counselling

1-855-242-3310 Online Chat

www.hopeforwellness.ca

N'Amerind Friendship Centre

(519) 672-0131

<http://www.namerind.on.ca/>

Nokee Kwe – The South London Employment Help Centre

1069 Wellington Road, London, ON

519-667-7088

Southwest Ontario Aboriginal Health Access Centre

425-427 William Street

London, ON

519-672-4079

www.soahac.on.ca

