



## 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](http://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 in 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](http://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](http://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](http://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](http://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](http://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 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-Simplifies and traditional, Somali, Spanish, Tamil and Urdu and is on-line at

[www.attorneygeneral.jus.gov.on.ca/english/family/famlawbro.php](http://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](http://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](http://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](http://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>

## **SARNIA COMMUNITY RESOURCES**

### **Addiction Services**

Alcoholics Anonymous

[www.aasarnialambton.com](http://www.aasarnialambton.com)

519-337-5211

Narcotics Anonymous

[www.orscna.org](http://www.orscna.org)

English: 1-888-811-3887

French: 1-800-385-7247

Farsi: 1-888-377-7881

Centre for Addiction and Mental Health

[www.camf.net](http://www.camf.net)

1 800 463-2338 (main switchboard)

416 535-8501 (Access services)

Withdrawal Management Program

89 Norman Street Sarnia Ontario

(519) 332-4673

Withdrawal Management Centre (Detox Centre) – Salvation Army

281 Wellington Street, London Ontario

519-432-7241

Al-Anon Family Groups (Sarnia)

[www.al-anon.alateen.on.ca](http://www.al-anon.alateen.on.ca)

519-337-5211

Westover Treatment Centre

2 Victoria Street South, Thamesville, Ontario

519-692-5110 or 1-800-721-3232





Addiction Services and Program Gambling Services  
89 Norman Street Sarnia Ontario  
519-464-4400 ext 5370

New Beginnings Clinic – Drug Addiction Treatment Centre  
130 Milton Street North, Sarnia Ontario  
226-778-6013

ConnexOntario Health Services  
[www.connexontario.ca](http://www.connexontario.ca)  
519-439-0174 or 1-800-565-8603

Aamjiwnaag First Nation  
[www.aamjiwnaang.ca](http://www.aamjiwnaang.ca)  
Health Department: 519-332-6770 or 1-888-220-2262

## Alternative Dispute Resolution Services

Mediation Centre Ontario  
<https://mediationcentreontario.com>  
[sarnia@mediationcentreontario.com](mailto:sarnia@mediationcentreontario.com)  
1-800-713-0047 ext. 705

Collaborative Family Lawyers – Ontario Collaborative Law Federation  
<http://oacp.co/find-a-professional/>

## Training/Education/Employment Services

Accessible Employment Resource Centre  
[www.aercsarnia.com](http://www.aercsarnia.com)  
519-332-4004

Community Living Sarnia Lambton (CLSL)/Employment Transitions  
551 Exmouth St, Sarnia, ON  
519-332-0560

Aamjiwnaag First Nation Employment and Training Programs and Services  
<https://www.aamjiwnaang.ca/employment-and-training/>  
519-336-8410 ext 249

Literacy Lambton (Organization for Literacy in Lambton)  
180 College Ave North  
<https://www.literacylambton.org/>  
519-332-4876





Jobstart Employment Centre/ Employment Transitions  
660 Oakdale Avenue Sarnia Ontario  
519-332-4004

Job Connect - Lambton College  
Sarnia, Ontario  
519-541-2404

Express Employment Professionals  
347 Christina Street North Sarnia Ontario  
<https://www.expresspros.com/sarniaon/>  
519-336-7962

Lambton Kent District School Board, Adult & Continuing Education  
340 Murphy Road  
Sarnia, Ontario  
519-383-8787

SOS Personnel (Sarnia)  
189 Wellington Street Sarnia Ontario  
<https://sospersonnelinc.com/>  
519-336-6620

Goodwill Industries Career  
1249 London Road Sarnia Ontario  
<https://goodwillindustries.ca/goodwill-career-centre/>  
519-332-4333

The Workplace Group  
265 Front Street North, Sarnia Ontario  
[www.theworkplacegroup.ca](http://www.theworkplacegroup.ca)

Lambton-Kent District School Board  
200 Wellington Street, Sarnia Ontario  
[https://www.lkdsb.net/Pages/default.aspx#/="](https://www.lkdsb.net/Pages/default.aspx#/=)  
519-336-1500

Lambton College Community Employment Services  
4248 Oil Heritage Road, Petrolia Ontario  
[CES@lambtoncollege.ca](mailto:CES@lambtoncollege.ca)  
519-882-3404





## Transportation

Sarnia Transit  
519-336-3271

Sarnia Care-A-Van  
519-336-3789

Canadian Red Cross Transportation  
519-332-6380

Walpole First Nation Transportation  
519-627-8421

Aamjiwnaag First Nation Medical Transportation  
519-332-6770

Canadian Cancer Wheels of Hope  
519-332-0042

Lambton Elderly Outreach Transportation  
519-845-1353

## Counselling and Support Services

Canadian Mental Health Association  
[www.cmhalambton.org](http://www.cmhalambton.org)  
519-337-5411

Lambton Family Initiative  
109 Durand Street  
<https://www.lmwc.ca/lambton-family-initiative.html>  
519-344-5602

Sexual Assault Survivors Centre – Sarnia Lambton  
429 East Street North, #11  
Sarnia, On  
[www.sexualassaultsarnia.on.ca](http://www.sexualassaultsarnia.on.ca)  
Toll free: 1-888-231-0536  
Direct: 519-337-3154  
Crisis: 519-337-3320 (24/7)

Women's Interval Home of Sarnia Lambton (24 hour crisis line)  
<https://www.womensintervalhome.com/>  
519-336-5200 or 1-800-265-1412





THE MEDIATION CENTRE ONTARIO INC.

The Family Counselling Centre  
1086 Modeland Road, Sarnia Ontario  
<https://www.familycounsellingctr.com/>  
519-336-0120

Victim Services of Sarnia Lambton  
555 Christina Street North, Sarnia Ontario  
<https://www.victimservices.on.ca/>  
519-344-8861, ext. 5328

Circles: Ending Poverty in the County of Lambton  
[www.lambtoncircles.com](http://www.lambtoncircles.com)  
519-845-0801

Lambton Elderly Outreach (offers support for people 60t)  
4486 London Line, R.R.#1, Wyoming, ON  
<https://www.lambtonelderlyoutreach.org/>  
519-845-1353

NeighbourLink (helping people live independently with dignity)  
519- <https://neighbourlinksarnia.org/>  
519-336-5465

St. Clair Child and Youth Services  
129 Kendall Street, Point Edward Ontario  
<https://www.stclairchild.ca/>  
519-337-3701

## Enforcement of Court Orders

The Family Responsibility Office  
[www.ontario.ca/FRO](http://www.ontario.ca/FRO)  
416-326-1818 or toll free: 1-800-267-7263



MEDIATIONCENTREONTARIO.COM



SARNIA@MEDIATIONCENTREONTARIO.COM



1-800-713-0047 ext. 705



## Help Lines

Assaulted Women's Help Line

[www.awhl.org](http://www.awhl.org)

1-866-863-0511

Drug Rehab Centres

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

1-877-254-3348

Sarnia Police

519-344-8861

Lambton County OPP

1-888-310-1122

Kids Help Line

1-800-668-6868

Fem'Aide (French Language Help)

1-877-336-2433

Distress Line

Sarnia-Lambton

519-336-3000

Lambton Mental Health Crisis Line

519-336-3445

The Victim/Witness Support Line

1-888-579-2888

Ontario Problem Gambling Helpline

[www.opgh.on.ca](http://www.opgh.on.ca)

1-888-230-3505

Confidential Listening and Support (Line for Male Survivors)

1-866-887-0015

Sarnia Lambton Crime Stoppers

1-800-222-8477

Ontario Suicide Prevention Network / Talk Suicide

1-833-456-4566

Ontario Association of Distress Centres

[www.dcontario.org](http://www.dcontario.org)







## Shelters

River City Vineyard  
260 Mitton Street Sarnia Ontario  
519-383-8463

Inn of the Good Shepherd  
115 John Street, Sarnia, ON  
519-344-1746

Women's Interval Home  
681 Oxford Street, Sarnia, ON  
<https://www.womensintervalhome.com/>  
519-336-5200

Huron House Boys' Home  
2473 Lakeshore Road, Bright's Grove, ON  
519-869-4000

Salvation Army  
970 Confederation Street, Sarnia, ON  
519-344-1142

The Hub (for Youth) – Rebound  
10 Lorne Crescent, Sarnia, ON  
519-344-2841

## Supervised Access Centres

Supervised Access Program Lambton  
297 Stuart Street, Sarnia, ON  
519-384-0917

Children's Aid Society  
Family Visit Centre  
519-336-0623





## Finances

My Support Calculator.ca (free online child and spousal support calculator)

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

Credit Counseling Services

1433 London Road, Sarnia, ON

519-542-1130

Habitat for Humanity – Sarnia Lambton

519-339-7957 Ext 222

Family Responsibility Office

1-416-326-1818

St. Vincent de Paul Help Centre

228 Davis Street, Sarnia Ontario

519-337-1058

## Mental Health Services

Centre for Addiction and Mental Health

[www.camf.net](http://www.camf.net)

1-800-463-6273

Canadian Mental Health Association

[www.cmhalambton.org](http://www.cmhalambton.org)

519-337-5411

Lambton Mental Health Crisis Line

519-336-3445

1-800-307-4319

DISTRESS Line – Sarnia-Lambton

519-336-3000 or 1-800-347-8737

Lambton Mental Wellness Centre

109 Durand Street, Sarnia, ON

519-344-5602

St. Clair Child and Youth Services - Walk-In Therapy Clinic

129 Kendall St, Sarnia, ON

519-337-3701





## Legal Resources

Lawyer Society Referral Service  
1-800-268-8326

Community Legal Education (CLEO)  
[www.cleo.on.ca](http://www.cleo.on.ca) or [www.stepstojustice.ca](http://www.stepstojustice.ca)  
416-408-4420

The Office of the Children's Lawyer  
[www.attorneygeneral.jus.gov.on.ca/english/family/ocl](http://www.attorneygeneral.jus.gov.on.ca/english/family/ocl)

Legal Aid Ontario  
<https://www.legalaid.on.ca/>  
1-800-668-8258

Community Legal Assistance Sarnia  
201 Front Street North, Suite 407  
519-332-8055

Family Law Information Centre  
(FLIC) Sarnia Courthouse  
1-888-796-0483 Ext 705

Family Law Education for Women  
[www.onefamilylaw.ca](http://www.onefamilylaw.ca)

Department of Justice Canada – Family Law  
[www.justice.gc.ca/eng/fl-df](http://www.justice.gc.ca/eng/fl-df)

Ontario Court Forms Website  
[www.ontariocourtforms.on.ca](http://www.ontariocourtforms.on.ca)

## Child Protection Services

Children's Aid Society  
161 Kendall St. Point Edward  
519-336-0623

Mnaasged Child and Family Services  
Aamjiwnaang First Nation Administration Office  
978 Tashmoo Avenue  
519-383-0404

Canadian Centre for Child Protection  
[www.missingkids.ca](http://www.missingkids.ca)  
204-945-5735





The Family Counselling Centre  
1086 Modeland Road, 2nd Floor, Sarnia, ON  
519-336-0120

Violence, Bullying and Abuse Prevention (Canadian Red Cross)  
416 East Street North, Sarnia, ON  
1-877-356-3226

## Children and Youth

St. Clair Child and Youth Services  
129 Kendall Street, Point Edward  
519-337-3701

Best Start...Best Future  
<https://en.beststart.org/>  
<https://fr.meilleurdepart.org/>

Pathways Health Centre for Children  
1240 Murphy Road, Sarnia Ontario  
519-542-3471

Big Brothers, Big Sisters of Sarnia-Lambton  
10 Lorne Crescent Sarnia, ON  
519-336-0460

Rebound  
10 Lorne Crescent Sarnia Ontario  
519-344-2841

The Hub  
10 Lorne Crescent  
519-344-2841

Wasa-Nabin Youth Program  
<https://www.tnfc.ca/wasa-nabin%20youth%20program.html>

Boys and Girls Club of Sarnia-Lambton  
180 College Ave N, Sarnia, ON  
519-337-3651

EarlyOn - Ontario Early Years Centre  
<https://earlyonlambton.ca/>





## LGBTQ2+ Support

Sarnia Pride Alliance

<https://sarniapride.freeforums.net/>

Sarnia Speaks

[www.sarniaspeaks.org](http://www.sarniaspeaks.org)

519-328-2220

The Lesbian Gay Bi Trans Youth Line

1-800-268-9688

Rainbow Health Ontario

[www.rainbowhealthontario.ca](http://www.rainbowhealthontario.ca)

[info@rainbowhealthontario.ca](mailto:info@rainbowhealthontario.ca)

Sarnia-Lambton Rebound Spectrum (drop in space for all LGBTQ2+ youth)

519-344-2841

Coming Out Over Coffee (for those who identify as trans or questioning)

2092 London Line, Sarnia, ON

(519) 433-0183

## Food Banks

Inn of the Good Shepherd

115 John Street, Sarnia, ON

519-344-1746

St. Vincent de Paul Food Bank

228 Davis Street, Sarnia, ON

519-337-1058

The Salvation Army

970 Confederation Street, Sarnia, ON

519-337-3011





## Indigenous Support

Sarnia Lambton Native Friendship Centre  
233 Lochiel Street Sarnia Ontario  
519-344-6164

Aboriginal Legal Services  
Gladue Court  
<https://www.aboriginallegal.ca/>  
<https://www.aboriginallegal.ca/gladue.html>

Ojibways of Walpole Island  
<https://www.walpoleislandfirstnation.ca/directory>  
519-627-1481

Chippewas of Sarnia Industrial Park  
<https://cidl.ca/>  
519-336-9053

Little Friends Child and Family Development Centre  
Before and after school care  
369 Maria Street, Sarnia ON  
<http://www.skanafcl.com/sarnia-hanna-site/>  
519-339-0945

Ministry of Indigenous Affairs  
1-416-326-4017

Kettle Point Health Centre  
519-786-5647  
[www.kettlepoint.org](http://www.kettlepoint.org)

Aamjiwnaang First Nation Health Centre  
519-332-6770

Walpole Island First Nation Home and Community Care  
[www.walpoleislandfirstnation.ca](http://www.walpoleislandfirstnation.ca)  
519-627-8421

