

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>HEALTH</b>		Sexual Health Clinic – at Health Unit 10:30 am – 4 pm  Health Unit - Clinic at ADHS Public Health Nurse on-site for drop-ins 11:10 am – 12:05 pm			
<b>MENTAL HEALTH</b>	Lanark County Mental Health, office at Almonte General Hospital 8 am – 8 pm	Lanark County Mental Health, office at Almonte General Hospital 8 am – 8 pm	Lanark County Mental Health, office at Almonte General Hospital 8 am – 8 pm  Open Doors – staff member at ADHS, R. Tait Room 8 am – 11 pm	Lanark County Mental Health, office at Almonte General Hospital 8 am – 8 pm  Open Doors – staff member at Health Unit 1 pm – 4 pm	Lanark County Mental Health, office at Almonte General Hospital 8 am – 4 pm
<b>FOOD</b>		St. Paul’s Anglican Church satellite food cupboard - Food Bank drop-off			
<b>LGBTQ</b>	PFLAG Carleton Place meeting at Zion Memorial United Church (Carleton Place) 7 pm				
<b>HOMELESSNESS</b>	Housing Outreach & Trusteeship Worker, Laura Mainella, present at St. Paul’s Anglican Church 3 pm – 6 pm				
<b>SUBSTANCE ABUSE</b>					
<b>SOCIALIZING</b>					Youth Nights at ADHS 7:30 pm – 9 pm

### **Lanark County Mental Health:**

LCMH workers are available Monday to Thursday 8 am – 8 pm and Friday from 8 am – 4 pm at the Almonte General Hospital. Between 5 pm and midnight, seven days per week, call the Distress Centre Lanark Leeds & Grenville at 1-800-465-4442. For more information regarding access to mental health crisis services, call 613-283-2170; Monday to Thursday 8 am – 8 pm and Friday from 8 am – 4 pm.

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

### **St. Paul's Anglican Church:**

St. Paul's Anglican Church has a satellite food cupboard for the Lanark County Food Bank (located in Carleton Place). St. Paul's Anglican Church phone number is 613-256-1771.

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

### **Lanark County Food Bank:**

The Lanark County Food Bank is a non-denominational, non-political organization sustained solely by private donations. It does not receive support from any level of government. The food bank is operated by a volunteer Board of Directors, a paid part time manager and approximately 35 dedicated volunteers who provide front line service to their clients.

St. Paul's Anglican Church will serve as a satellite food cupboard for Almonte with weekly pick-ups from the Carleton Place site. Clients must register with the Lanark County Food Bank by calling 613-257-8546 or dropping in to the Carleton Place site to fill out an application. Identification is requested for all family members.

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

### **RAY Group / PFLAG:**

The RAY Group started by a number of community agencies, advocates and youth looking at creating more inclusive communities. RAY stands for the 'Rainbow Alliance of Youth and Adult Supporters'. The meetings are drop-in forums that focus on sharing, education, and building strategies and support systems for the LGBTQ community. Due to a lack of attendance, RAY Group organizers have cancelled the monthly meetings and are looking at alternative opportunities.

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, their families and friends. Carleton Place/Lanark has a local PFLAG Chapter. PFLAG Carleton Place/Lanark meetings are held the second Monday of every month at the Zion Memorial United Church in Carleton Place, 37 Franklin Street at 7pm. For more information contact Jim at 613-283-2055.

## **Homelessness & Housing Support Program:**

The Carleton Place & District Youth Centre has a Housing Outreach & Trusteeship Worker. The Outreach Worker can provide ongoing support while youth pursue personal goals such as education, work and training, and offer assistance in developing a full plan to acquire the necessary skills to live independently. Youth receive one-on-one support with emergency shelter, clothing, food, access to community kitchens, transportation, connecting to social assistance, trusteeship program, apartment search, job search and more. Contact the Carleton Place & District Youth Centre at 613-257-8901 or by email at [cpcoreyouthservices@gmail.com](mailto:cpcoreyouthservices@gmail.com) .

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

## **Health Unit:**

A Public Health Nurse is at the Almonte & District High School in Student Services every Tuesday from 11:10 am – 12:05 pm. Drop-ins for Grades 7 – 12 are welcome with no appointment necessary. The Health Unit office by the Almonte General Hospital is also open Tuesdays and Thursdays from 9 am – 4 pm, with closures over the lunch hour. The Sexual Health Clinic is runs Tuesdays from 10:30 am – 4 pm. The Health Unit can be reach at 613-256-1203.

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

## **Open Doors:**

The Open Doors School Based Program is available in every high school in Lanark County. Youth up to the age of 21, who are attending school and living in either Lanark or Leeds and Grenville, can get counselling from an Open Doors Counsellor onsite in their school. The Counselling is generally brief but if other services at Open Doors are needed, the School Based Counsellor will make sure that the student is connected. There is a Councillor at Almonte & District High School in the R. Tait Room on Wednesdays from 8 am – 11 pm.

Open Doors also runs a Same-Day Clinic on Thursdays at the Almonte Health Unit from 1 pm – 4 pm. The clinic is open to anyone under 18 years old, or parents and guardians concerned about a child or youth under 18 years of age. Individuals or families accessing the clinic do not need to be previous or current clients of Open Doors, and parents or guardians may access caregiver support without the presence of the child/youth. Same-Day clinic services are free of charge. Appointments are available by calling ahead to any of the Open Doors offices, or directly to the Health Unit, or by walk-in, though we encourage calling ahead so we can reserve your spot. For more information or to book your spot, please call Open Doors at 613 257-8260 (Carleton Place Office).

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

**Youth Nights:**

Youth Nights will be held at Almonte & District High School on Fridays from 7:30 pm to 9 pm and will include Youth ages 10-15. The Youth Nights will run until April 24, 2015.

**TriCounty Addiction Services:**

TriCounty Addiction Services is a community-based addictions counseling and health promotion agency, assisting persons in Lanark, Leeds & Grenville counties who may be at risk of developing, or currently experiencing, family and personal difficulties related to alcohol, other drugs, gambling and addiction co-occurring with mental health problems. To reach the Smiths Falls office, call 613-283-7723 or email [info@tricas.on.ca](mailto:info@tricas.on.ca).

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