

County of Lambton

Family Support Services

1. Do you find yourself running out of money to pay for food or shelter?

Benefits and Supports

www.canadabenefits.gc.ca

www.ontario.ca/BenefitsDirectory

Ontario Works

www.mcass.gov.on.ca/en/mcass/programs/social/ow/

Ontario Disability Support Program

www.mcass.gov.on.ca/en/mcass/programs/social/odsp/

150 N. Christina St., Samia

519-344-2057/ Toll Free: 1-800-387-2882

Income Tax Clinics

Inn of the Good Shepherd

115 John Street, Samia, 519-344-1746

2. Do you have trouble feeding your family?

Inn of the Good Shepherd

115 John Street, Samia, 519-344-1746

*Also has daily meal program and mobile markets in the summer from July - October.

St. Vincent de Paul Help Centre

228 Davis Street, Samia, 519-337-1058

The Salvation Army Community & Family Services

970 Confederation Street, Samia, 519-344-1142

Contact House Food Bank, Forest

6276 Townsend Line, 519-786-5692 / 519-786-4329

Petrolia Food Bank, Petrolia

4156 Petrolia Line, 519-882-3950

We Care Food Bank, Oil Springs

Voice of Truth Church (back door)

2554 Elizabeth St., Oil Springs, 519-834-2917

Brooke-Alvinston Community Food Bank

3236 River St., Alvinston, 519-834-9993

Watford Food Bank

United Church (side entrance)

555 Ontario St., Watford, 519-876-2837

Corunna Food Bank

St. Andrew's Presbyterian Church

437 Colborne Street, 519-862-3641

*Contact each location for hours and terms of use



Lambton

Public Health

160 Exmouth Street, Point Edward, ON N7T 7Z6

Phone: 519-383-8331 | 1-800-667-1839

www.lambtonhealth.on.ca

3. Do you have trouble paying for medications?

The Salvation Army Community & Family Services
970 Confederation St., Sarnia
windsorsex.cioc.ca/record/SAR0097
519 344-3781

* Also helps with dental, and eyeglasses

4. Do you receive the child tax benefit?

Service Canada Centre - Sarnia
529 Exmouth St., Sarnia, ON
www.servicecanada.gc.ca/eng/goc/cctb.shtml
1-800-387-1193

Canada Revenue Agency
www.cra-arc.gc.ca/bnfts/cctb/menu-eng.html
1-800-387-1193

5. Do you have legal or immigration challenges?

Community Legal Assistance Sarnia (CLAS)
www.sarnialegalclinic.com
519-332-8055 / 888-916-2527

Community Legal Education Ontario (CLEO)
www.cleo.on.ca

Legal Aid Ontario
www.legalaid.on.ca
519-336-4432/1-800-668-8258

Local Settlement Services - See Newcomers Portal
www.liveinlambton.ca
519-336-5950/519-332-2600

Citizenship and Immigration Canada
www.cic.gc.ca
1-888-242-2100

6. Do you have a safe and clean place to live?

Good Shepherd's Lodge (Single men, women & families)
950 Confederation St., 519-344-1679

The Haven (Youth)
444 & 442 Kathleen Ave., 519-336-5941

Women's Interval Home (For women & children who have experienced domestic violence)
519-336-5200 or 1-800-265-1412

Trouble paying the rent, hydro or gas bills?

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

St. Vincent de Paul Help Centre
228 Davis Street, Sarnia, 519-337-1058

The Salvation Army Community & Family Services
970 Confederation St., Sarnia, 519-344-3781

Ontario Works - Municipal Residency Benefit
150 N. Christina St., Sarnia
519-344-2057/ Toll Free: 1-800-387-2882