



**CONNECTED
CORE**

These are resources available to you whenever you need them. Don't be afraid to ask for help!

<https://barrie.chalmers.app> - **More Resources**

<https://connectedcore.ca> - **Our Website**

SHELTER

- David Busby Centre (winter) - Call/text **705-790-5654**
- Salvation Army - **705-728-3737**
- Women & Children's Shelter - **705- 728-2544**
- Youth Haven - **705-739-7616**

MEALS

- David Busby Centre (breakfast) - Call/text **705-790-5654**
- Salvation Army (lunch 12-12:50 & dinner 5-6:50) - **705-728-3737**

CRISIS LINES

- Canadian Mental Health Association (CMHA) (24/7) - **705-728-5044**
- Athena's Sexual Assault Centre (24/7) - **705-737-2008**
- Women and Children's Shelter of Barrie (24/7) - **705-728-2544**



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OUTREACH

provides in person support with: basic needs; brief service/crisis support; link to emergency shelter, primary care and community services

- David Busby Centre - Call/text **705-790-5654**
- Gilbert Centre (Harm Reduction) - **705-722-6778**
- COAST team (Crisis Outreach & Support from CMHA & BPS) - **705-728-5044**
- HEART Program - David Busby Centre and one of the following partners
 - > Barrie Community Health Centre
 - > Youth Haven
 - > Barrie & Area Native Friendship Centre
 - > Empower Simcoe
 - > Samaritan House
 - > Gilbert Centre

SUBSTANCE USE

- CMHA - **705-728-5044**
- Gilbert Centre - **705-722-6778**
- Rapid Access Addiction Medicine - **705-797-3095**
- RVH Withdrawal Management (24/7) - **705-728-4226**