Harm Reduction Services & Supplies

Path 525/Norwest CHC (525 Simpson St)

7 days a week 10:00 AM – 6:00 PM	Harm reduction supplies available at door. Supervised consumption services indoors. Drug testing available.
Thursday 6:00 PM – 8:00 PM	Extended hours on Thursday for drug checking and harm reduction supplies.

Superior Points

Monday – Friday 11:00 AM – 8:00 PM	Harm reduction supplies available for distribution.
807-621-7862	Needle/sharps bins pick up services.

Street Outreach Nursing

Monday – Friday 8:30 AM – 4:30 PM	Harm reduction supplies. Infectious disease follow-up. STI testing and treatment. Counselling and referral to services.
807-629-2157	

PACE (510 Victoria Ave E)

Monday – Friday 8:00 AM – 4:00 PM	Harm reduction supplies available.

Shelter House (420 George St)

7 days a week 24 hours a day EXCEPT meal times	Harm reduction supplies available at walk-up window when staff are available.

Elevate NWO/OAHAS (106 Cumberland St N)

Monday – Friday 9:00 AM – 4:00 PM	Harm reduction supplies available.

Meals

Salvation Army Soup Van

7 days a week 6:00 PM – 6:30 PM at Minnesota Park 7:00 PM – 7:30 PM at Wilson Parkette	Take away soup and sandwiches.

Dew Drop Inn (294 Red River Rd)

7 days a week Cold take-away lunch 9:00 AM – 3:30 PM Hot meal 12:30 PM – 3:30 PM	Patrons have choice of eating a hot meal in the dining room or taking it to go. One meal per person.

Urban Abbey (380 Red River Rd)

Monday – Friday Hot lunch 12:30 PM – 1:30 PM Saturday Hot dinner 5:30 PM – 6:30 PM	Meals can be take-away or dine-in.

Grace Place (235 Simpson St)

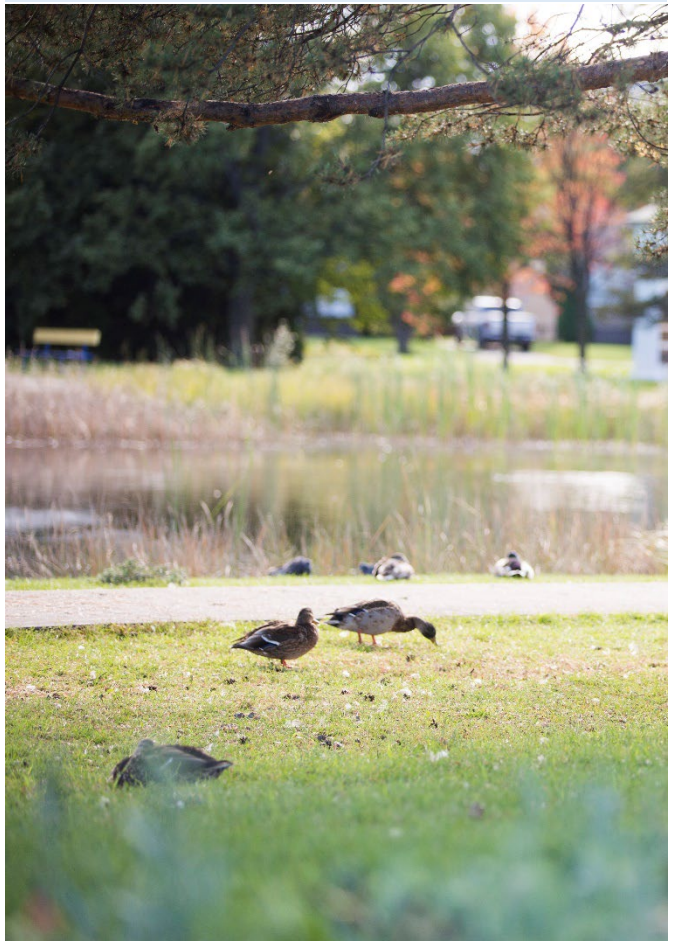
Monday, Tuesday, and Wednesday Hot meal 1:00 PM – 4:00 PM Inside dining only.	Free clothing. Free haircuts on allotted Mondays - first come first served. Groceries at walk-up window on Mondays & Wednesdays. Emergency hampers. Harm reduction supplies.

Shelter House (420 George St)

7 days a week Hot take-away lunch 1:30 PM – 2:30 PM Hot take-away dinner 7:00 PM – 8:00 PM	No requirements.

Summer Cooling Services Thunder Bay

Last updated July 2024



Cooling Centres

PACE Safe Place Cooling Centre
(512 Victoria Ave E)

8:00 AM – 8:00 PM
Monday – Friday

11:30 AM – 8:00 PM
Saturday & Sunday

Open when the forecast calls for over 23°C

Computers, washrooms and shower, laundry, refreshments/snacks, food bank, and free clothing.

Rapid tests and harm reduction supplies available.

Elizabeth Fry Society
(400 Archibald St.)

Tuesday & Thursday
Drop In
11:00 AM – 2:00 PM

Women and Gender Diverse people only.

Elevate NWO Maamowiitaawigamig – Northside Drop-In Centre
(106 Cumberland Street N.)

Monday – Friday
10:00 AM – 4:00 PM

Only accessible through parking lot entrance.

Breakfast and lunch, clothing, outdoor wear, computers, testing, COVID-19 rapid tests, and vaccinations.

Traditional Indigenous cultural programming, traditional medicines and an Elder. Weekly programming offered 3 – 4 days a week.

Shelters

Salvation Army (545 Cumberland St N)

7 days a week
24 hours a day

Day services and hot meals are for clients only (24/7 access).

For emergency shelter, clients that have accessed services in the past 6 months can come after 5:30pm.

Urban Abbey (308 Red River Rd)

7 days a week
9:00 PM – 8:00 AM

20 bed women's shelter open at 10:00 PM.

Tea and snacks provided.

Shelter House (420 George St)

7 days a week
24 hours a day
EXCEPT meal times

Clients staying overnight at Shelter House can stay inside during the day except at meal times.

Life Can Be Hard

Finding Help Can Be Easy

Contact 211 day or night to find support for all of life's challenges

211 SUPPORTED BY: Ontario United Way Centraide

211 HELPLINE: FREE | CONFIDENTIAL | 24/7 | 150+ LANGUAGES

CALL OR TEXT 2-1-1

E-MAIL gethelp@211ontario.ca

SEARCH OR CHAT 211Ontario.ca

Mental Health and Addictions Crisis Lines

NAN Hope
Mental Health and Addictions Support Program

Call Toll Free, 24/7
or
Text, 7 days a week
8:00 AM – 12:00 AM
1-844-NAN-HOPE
(1-844-626-4673)

Available for all NAN Citizens.

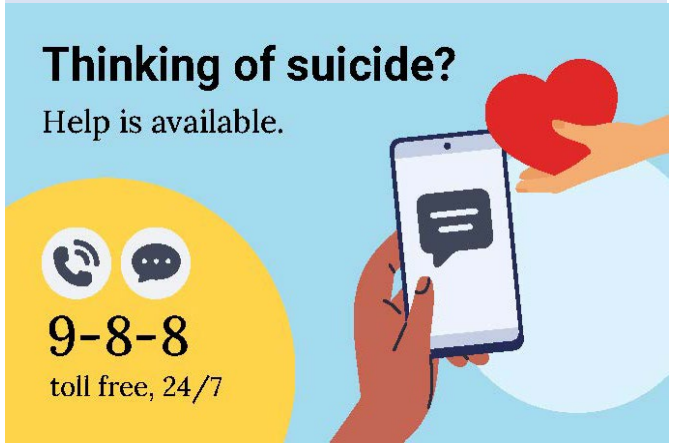
Beendigen Talk4Healing

Call or Text, 24/7
1-855-554-HEAL

24/7 help, support and resources for Indigenous women, by Indigenous women, all across Ontario. Offered in 14 Indigenous languages.

CMHA Crisis Response Services

City of Thunder Bay
Call or Text, 24/7
807-346-8282

District and Toll Free
Call Only, 24/7
1-866-888-8988

Offers mobile crisis response, crisis support residence, and 24/7 telephone/text services to all youth and adults experiencing a mental health crisis.