



Healthy Relationships Resources

Stormont, Dundas, Glengarry & Akwesasne

The Community Action Network Against Abuse (CANAA)

has collected an inventory of existing agencies that offer services and programs dealing with Healthy Relationships that are available to organizations throughout Stormont, Dundas, Glengarry and Akwesasne.

At CANAA, we describe Healthy Relationships as follows:

Healthy relationships involve mutual respect, mutual affection, equality, valued communication, the liberty to make choices and the ability to feel safe from coercion and physical, mental, sexual and emotional abuse.

Attached you will find a table listing organizations that have healthy relationship resources available. The table includes the name of the organization, the language of their services, the age group they specialize in and whether or not they have a fee for service. If you require additional information, please contact each organization individually.

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Réseau d'action
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Community
Action Network
Against Abuse

Stormont, Dundas, Glengarry & Akwesasne

Organizations With Healthy Relationship Resources

ORGANIZATION	LANGUAGE(S) OFFERED	AGE GROUP PROVIDED FOR	FEE FOR SERVICE?
Naomi's Family Resource Centre	English/French	Women ages 16+ with or without dependants)	No
Maison Baldwin House	English/French	Women 16+ and their children	No
Assault and Sexual Abuse Program	English	Acute nursing care any age. Counselling 14 years and older.	No
Inspire - Community Support Services	English/French	16+ (possible exceptions; please call for more info)	No
Rideau St. Lawrence Family Health Team	English	Ages 18-65	No
Maison Interlude House	French/English	16+	No
Seaway Valley Community Health Center	English	18+	No
Centre de santé communautaire de l'Estrie-Alexandria-Cornwall-Crysler	French/English	Adults of all ages	No

ORGANIZATION INFORMATION

Naomi's Family Resource Centre

ADDRESS:	Winchester, ON
TELEPHONE:	613-774-2838
WEBSITE:	www.naomiscentre.ca
HOURS/ AVAILABILITY:	24/7/365
RESOURCES:	Crisis Line, Support, Informal Counselling
THEMES/TOPICS:	Gender based violence, emergency shelter services
FOLLOW UP:	N/A

Maison Baldwin House

ADDRESS:	40 Fourth Street W., Cornwall, ON K6H 2T3
TELEPHONE:	613-938-2958
WEBSITE:	www.baldwinhouse.ca
HOURS/ AVAILABILITY:	24/7/365
RESOURCES:	Residential Services, Informal Counselling, 24/7 Crisis Line, Advocacy and Referrals
THEMES/TOPICS:	Domestic Violence, Violence Against Women
FOLLOW UP:	No

Assault and Sexual Abuse Program

ADDRESS:	840 McConnell Ave, Cornwall, Ontario, K6H 5S5
TELEPHONE:	613-938-4240 ext. 4452
WEBSITE:	https://www.cornwallhospital.ca/en/AbuseProgram
HOURS/ AVAILABILITY:	Acute needs 24/7. Counselling services M-F 0800-1600.
RESOURCES:	Acute nursing services following a sexual assault within the last 12 days; evidence collection, STI and pregnancy testing, prophylactic medication for STI, pregnancy and HIV, forensic photography and documentation of assault. Acute Nursing needs following Intimate partner violence; treatment of injuries, documentation of assault, forensic photography and referral to community resources. Any patient seen by our program can have follow up nursing care by the Program Nurse.
THEMES/TOPICS:	Our social workers provide counselling to any person over the age of 14 who have been sexually assaulted or any person who has experience abuse by their current or previous partner. This can be all forms of abuse including physical, emotional, sexual, mental, financial or spiritual. Each person can have up to 20 free sessions of counselling.
FOLLOW UP:	Yes, by the program nurse for repeat nursing care.

Inspire - Community Support Services

ADDRESS:	26 Montreal Rd, Cornwall ON K6H 1B1
TELEPHONE:	613-932-4610
WEBSITE:	www.inspire-sdg.ca
HOURS/ AVAILABILITY:	Monday-Friday 8:00am-4:00pm; Walk-In Counselling Clinic 1:00pm-8:00pm (last session at 6:30pm)
RESOURCES:	Psychotherapy for individuals, couples and families; Walk-In Counselling Clinic; Violence Against Women Program (VAW); Creative Coping for Kids program; Male Survivor of Sexual Abuse Program; Changing Direction (Partner Assault Response Program)
THEMES/TOPICS:	Domestic violence, violence against women, gender based violence, counselling, psychotherapy
FOLLOW UP:	Yes

Rideau St. Lawrence Family Health Team

ADDRESS:	547 St. Lawrence Street, Winchester ON K0C 2K0
TELEPHONE:	(613) 441-2028
WEBSITE:	www.rslfht.ca
HOURS/ AVAILABILITY:	Monday to Friday by appointment
RESOURCES:	Individual counseling services
THEMES/TOPICS:	Consent, types of abuse, definition of healthy relationships, definition of abuse relationships, warning signs, communication, community resources
FOLLOW UP:	Yes; short-term

Maison Interlude House

ADDRESS:	C. P. 158 Hawkesbury, ON K6A 2R8
TELEPHONE:	1-800-461-1842
WEBSITE:	1-800-461-1842
HOURS/ AVAILABILITY:	24/7
RESOURCES:	Outreach Services for all of SDG and P-R counties (offering a wide variety of services), Groups, Workshops, Presentations, a Shelter located in Hawkesbury, a Chat/Text platforme, a Crisis Line and a Second Hand Boutique (Boutique PastELLE)
THEMES/TOPICS:	Women and children victims of violence
FOLLOW UP:	Yes

Seaway Valley Community Health Center

ADDRESS:	353 Pitt Street, Cornwall ON K6J 3R1
TELEPHONE:	613-936-0306 ext. 214
WEBSITE:	https://seawayvalleychc.ca/
HOURS/ AVAILABILITY:	Monday: 8:30 a.m. to 4:30 p.m. Tuesday: 8:30 a.m. to 7:30 p.m. Wednesday: 8:30 a.m. to 4:30 p.m. Thursday: 8:30 a.m. to 7:30 p.m. Friday: 8:30 a.m. to 4:30 p.m.
RESOURCES:	In-house social worker (Care Coordination) for clients, "Emotions and Me" Group Program (DBT skills), Stress Management Program, Social Gathering Program
THEMES/TOPICS:	Assertive Communication, Interpersonal skills, Self-Management, Care coordination, Sense of belonging/community. All Personal Health Information is protected.
FOLLOW UP:	Determined on a case by case basis.

Centre de santé communautaire de l'Estrie-Alexandria-Cornwall-Crysler

ADDRESS:	841, rue Sydney, unité 6, Cornwall (On), K6H 3J7
TELEPHONE:	613-937-2683
WEBSITE:	https://www.cscestrie.on.ca
HOURS/ AVAILABILITY:	Please see their website for all their locations' hours
RESOURCES:	Mental health psychotherapists
THEMES/TOPICS:	Individual, couple and family therapy
FOLLOW UP:	Yes