

<u>Phone</u>	<u>Organization</u>	<u>Location</u>	<u>Hours</u>	P1/8
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## Emergency Shelters

- |  |                               |                           |                     |                   |
|--|-------------------------------|---------------------------|---------------------|-------------------|
| 506-858-5702   | <b>House of Nazareth</b>      | 75 Albert St, Moncton, NB | 24/7                | 8:00 am – 5:00 pm |
| Emergency shelter free of charge for men, women and families in need. Its mission is to help people in dire need in the Greater Moncton area integrate society. Accommodates up to 105 beds including a section just for women.<br>Facebook: <a href="https://www.facebook.com/maisonnazareth">https://www.facebook.com/maisonnazareth</a> |                               |                           |                     |                   |
| 506-388-4357   | <b>Harvest House Atlantic</b> | 182 High St Moncton, NB   | 24/7 <u>Mon-Fri</u> | 9:00 am – 8:00 pm |
| Emergency Shelter free of charge for men and women in need.<br><a href="https://harvesthouseatlantic.org">https://harvesthouseatlantic.org</a> <a href="mailto:info@harvesthouseatlantic.org">info@harvesthouseatlantic.org</a>  |                               |                           |                     |                   |

## Meals

- |  |   |                               |   |   |
|--|---|-------------------------------|---|---|
| 506-857-4224   | <b>Ray of Hope Needy Kitchen Inc.</b>             | 340 Dominion St, Moncton, NB  | <u>Mon - Fri</u>                                      | 10:30 am – 12:00 pm                     |
| This service provides meals to everyone in need. <a href="https://www.facebook.com/rayofhopeneedykitcheninc/">https://www.facebook.com/rayofhopeneedykitcheninc/</a>   |   |                               |   |   |
| 506-854-3837   | <b>Karing Kitchen Inc.</b>                        | 75 Alma St, Moncton, NB       | <u>Mon - Fri</u>                                      | 11:00 am - 1:00 pm                      |
| This program offers basic nutritional meals to the population in need.   |   |                               |   |   |
| 506-382-6840   | <b>The Humanity Project</b>                       | 449 St George St, Moncton, NB | <u>Mon - Fri</u><br><u>Sat - Sun</u>                  | 4:30 pm - 6:00 pm<br>11:30 am - 1:00 pm |
| This service provides meals every day to everyone in need. We work with local landlords to find affordable safe and secure housing/apartments for individuals who are experiencing homelessness.<br><a href="https://www.facebook.com/TheHumanityProjectCanada">https://www.facebook.com/TheHumanityProjectCanada</a> <a href="mailto:TheHumanityProjectNB@gmail.com">TheHumanityProjectNB@gmail.com</a> |   |                               |   |   |
| 506-855-5209   | <b>St Georges Anglican Church Drop-In Program</b> | 51 Church St, Moncton, NB     |   |   |
|  | Breakfast   |                               | <u>Mon – Fri</u>                                      | 8:30 – 9:30 am                          |
|  | Breakfast   |                               | 3 <sup>rd</sup> & 4 <sup>th</sup> <u>Sat of month</u> | 9:00 – 10:00 am                         |
|  | Showers and Laundry                               |                               | <u>Mon &amp; Fri</u>                                  | 8:00 – 11:00 am                         |
| 506-857-1113   | <b>First Baptist Church</b>                       | 157 Queen St, Moncton, NB     |   |   |
|  | Supper  |                               | 3 <sup>rd</sup> <u>Sun of month</u>                   | 4:00 pm - 5:00 pm                       |

## Food Banks

- |  |  |  |                                 |   |
|--|--|--|---------------------------------|---|
| 506-383-4281<br>ext. 1   | <b>Peter McKee Community Food Centre</b> | 66 Capitol St, Moncton, NB                       | (Moncton area)                  |   |
|  | Food Bank                                | ** <u>Closed on Fridays during Jul &amp; Aug</u> | ** <u>Mon – Fri</u>             | 10 am – 12 pm; 1 pm - 3 pm              |
| Cooking Classes, GED, Optician, Boutique Encore<br>Scheduled Appointments <u>Mon – Fri</u> 9 am – 4 pm; <u>Wed</u> 5:00 pm – 7:00 pm |  |  |                                 |   |
| 506-857-9121   | <b>Second Mile Food Bank</b>             | 243 Lewisville Rd, Moncton, NB                   | (Dieppe area & part of Moncton) |   |
|  | Groceries                                | ** <u>Closed the first 7 days of each month</u>  | ** <u>Mon - Fri</u>             | 10:00 am - 11:45                        |
| 506-386-7824   | <b>Albert County Food Bank</b>           | 50 Runnymede Rd, Riverview, NB                   | (Riverview/Albert area)         |   |
|  | Groceries                                | ** <u>Closed the first 7 days of each month</u>  | ** <u>Tue</u><br>** <u>Wed</u>  | 1:00 pm - 4:00 pm<br>10:00 am - 1:00 pm |

## Clothing, etc

- |  |   |   |  |  |
|--|---|---|--|--|
| 506-857-2088   | <b>St Vincent de Paul Society</b>       | 113 Norwood Ave, Moncton, NB            | Winter: <u>Mon, Wed, Fri</u><br>Summer: <u>Mon &amp; Thu</u> | 10:30 am - 1:15 pm<br>10:30 am - 1:15 pm |
| Offers a Clothing Depot and Flea Market for those in need as well as for the general public.   |   |   |  |  |
| 506-384-1853   | <b>Boutique Encore</b>                  | 475 St. George St, Moncton, NB          | <u>Mon - Fri</u>   | 9:30 am - 5:00 pm                        |
| Thrift Store (clothing, kitchen items, bedding, footwear, furniture, etc)  |   |   |  |  |
| 506-855-7467   | <b>The Hospice Shoppe Moncton</b>       | 164 Collishaw St, Moncton, NB           |  |  |
| 506-853-9323   | <b>Dayzee's Fashions Ltd</b>            | 540 Pinewood Rd, Riverview, NB          |  |  |
| 506-857-0014   | <b>Ergon Inc</b>                        | 145 Traynor St, Riverview, NB           |  |  |
| 506-855-8443   | <b>Thrift Store -The Salvation Army</b> | 1185 Mountain Rd, Moncton, NB           |  |  |
| 506-877-1920   | <b>Thrift Store -The Salvation Army</b> | 1127 Champlain St, Dieppe, NB           |  |  |
| 506-860-6219   | <b>Frenchy's Guy's</b>                  | 1567 Mountain Rd, Moncton, NB           |  |  |
|  | <b>What Kids Need</b>                   | 96 Norwood Ave - Suite 201, Moncton, NB |  |  |
| <a href="https://www.facebook.com/whatkidsneedmoncton/">https://www.facebook.com/whatkidsneedmoncton/</a> <a href="mailto:whatkidsneedmoncton@gmail.com">whatkidsneedmoncton@gmail.com</a> |   |   |  |  |

**Family Help**

506-858-8252 **Moncton Headstart Inc.**                      1111 Mountain Rd, Moncton, NB                      Mon – Fri                      8:00 am – 4:00 pm  
 Help families who struggle to meet their most basic needs and require services, resource awareness and programs to help them thrive.

506-389-9901 **Salvation Army Community Family Services**  
 Community & Family Services                      32 King St, Moncton, NB  
 Helps with Emergency Assistance: Food, Clothing, Furniture, Laundry & other Practical Needs. Helps with Income Tax.

506-863-2650 **Canadian Red Cross**                      246 Lutz St, Moncton, NB  
 1-800-588-4881 Home Support/Client Service Centre

1-800-550-4900 **Birthright of Moncton**                      <https://birthright.org/moncton>                      Helpline: 24/7

506-857-3033 **Pregnancy & Wellness Centre**                      27 John Street, Moncton, NB                      Mon – Thu                      8:45 am – 3:45 pm  
 The Pregnancy & Wellness Centre of Moncton serves all people impacted by an unexpected pregnancy, regardless of age, race, income, nationality, religion, sexual orientation, disability or other circumstances. We provide caring and compassionate support to women, men, and families focusing on sexual health and unexpected pregnancy. <https://www.monctonwellness.ca/>

**Domestic Violence, Assault Emergency, etc Help**

1-844-853-0811 **Family Violence/Sexual Assault Crisis Center**                      **(South East Sexual Assault Centre)**  
 Toll Free 24/7                      Moncton, NB 506-853-0811 <https://www.sesacnb.com/>

506-853-0811 **Crossroads for Women Inc.**                      Moncton, NB  
 Crossroads provides services for women and children who are victims of family violence. They offer support, transition shelter, second stage shelter, peer counselling, outreach and referrals to other professional services offered in the community. <https://crossroadsforwomen.ca/>                      [adminfo@crossroadsforwomen.ca](mailto:adminfo@crossroadsforwomen.ca)

506-857-2452 **NB Victim Services**                      520 Main St, Moncton, NB                      Mon–Fri                      8:00 am – 5:00 pm  
 The Victim Services crisis line is available for any domestic abuse or assault emergency or if a crime has been committed. Staff can provide over the phone or in-person emotional support, risk assessments, safety planning and finding emergency housing.

506-853-7300 **NB Legal Aid Services Commission**                      Mon–Fri                      8:15 am – 4:30 pm  
 Suite #300, 774 Main St, Moncton, NB Offers free or low-cost legal aid services based on income level. <http://www.legalaid-aidejuridique-nb.ca/home/>

**Housing Help**

**Rising Tide Community Initiatives Inc.**

Once properties are ready for housing, Rising Tide will be engaging with the following groups and organizations to determine the best possible selection of individuals to be placed in each property. <https://risingtidenb.ca/>                      [contact@risingtidenb.ca](mailto:contact@risingtidenb.ca)

Housing Partners Greater Moncton Homelessness Committee, Crossroads For Women, YWCA, Salvus Clinic, Youth Impact, Harvest House

506-856-4362 **YMCA Re-Connect / SUN Network**  
 Ext. 2285 Supportive housing in subsidized apartments. Housing search and homelessness prevention.

506-855-4349 **YWCA-YW Jean E.S. Irving Centre for Women and Children**  
 135 Kendra St, Moncton, NB                      Mon – Fri                      9:00 am - 4:15 pm  
 Provides supportive housing programs for women who are homeless or precariously housed

506-384-7283 **Salvus Clinic**                      22 Church St, T190, Moncton, NB  
 Peer supported housing in dedicated buildings and scattered sites.

506-854-3499 **John Howard Society of Southeastern NB**                      15 Flanders Court, Moncton, NB  
 Transitional housing for men

506-855-0626 **Harvest House Atlantic**  
 Transitional housing

506-854-7229 **ARA Alternative Residences Alternatives**                      1144 Amirault Street, Dieppe, NB  
 Provides housing and support options for people living with mental illness in the area. <https://www.alternativeresidences.org/>

1-866-426-5191 **NB Housing**

**Education Help**

506-857-9912 **Open Doors**                      Moncton, NB                      (GED and Adult Learning)

**Financial Help**

1-833-733-7835 **Social Development - NB**                      770 Main St, Moncton, NB 5<sup>th</sup> Floor (Assumption bldg)  
 Financial help for: Medication coverage, Dental, Living Expenses, etc

**Major Crisis**

<b>911</b>	<b>EMERGENCY</b>	<b>Police, Fire, Ambulance</b>	
	RCMP	520 Main St, Moncton, NB	RCMP Emergency 1-800-665-6663
	<b>Hospital Emergency</b>	<b>Moncton Hospital</b>	
		135 MacBeath Ave, Moncton, NB	857-5353
	<b>Hospital Emergency</b>	<b>George Dumont Hospital</b>	862-4114    Psychiatric Nurse at Emergency: 8 am to 8 pm    7 days/wk
		330 University Ave, Moncton, NB	

**Major Addiction & Mental Health Problems**

**506-856-2444**    **Addiction & Mental Health Services**                      **Crisis Worker:**                      **Mon – Fri**                      8:30 am - 4:30 pm  
 81 Albert St, Moncton, NB

**Services** – FACT Team (Flexible Assertive Community Treatment), Individual Therapy, Case Management, Psychoeducational Programs, Group Therapy, Psychiatric Treatment, Early Psychosis Program, Occupational Therapy Services, Injectable long-acting medication, Human Services Counsellor, Concurrent Disorders Program, Addiction Counselors

**Programs** - Taking Charge Program Part 1/3; Taking Action Program Part 2/3; Taking Care Program Part 3/3

**1-866-355-5550**    **New Brunswick Addiction & Mental Health**                      **Helpline:**    Toll Free    24/7

Service includes referral to all Mobile Crisis Units. **Mobile Crisis Unit:** Moncton    7 days/week    12:00 pm to 10:00 pm  
 A team of trained clinicians called Care Coaches are now available to offer information, support and guidance to people. The care coaches include licensed clinical therapists, social workers, registered nurses and other professionals who have education and experience in social services, mental health and/or addictions. If someone requires urgent assistance, they can be referred to Addiction and Mental Health Mobile Crisis Services, to the local emergency room, or they can request aid from emergency services via 911. Care Coaches will be available from 8 am to Midnight with Tele Care 811 providing after-hours support.

**506-533-9100**    **Beausejour Family Crisis Resource Centre**                      **Crisis Team:**                      **Mon – Fri**                      8:30 am – 4:30 pm  
**Centre Courage Centre**                      66 Calder St, **Shediac**, NB

**Service area** includes greater Moncton. Provides counselling services for: mental illness problems, suicidal thoughts, depression, emotional support, domestic violence/abuse and anger management.    <https://healingstartshere.ca/>    <https://www.facebook.com/CriseShediacCrisis/>

**Crisis Help Phone Lines**

**1-800-667-5005**    **Chimo Help Line for New Brunswick**                      **Helpline:**    Toll Free    24/7  
<https://johnhowardfredericton.ca/chimo/>  
**Chat:**                      Daily                      5:00 pm – Midnight    AT  
 Help for: Thoughts of Suicide, Emotional Distress, Anxiety, General Information, Loneliness, Divorce/Separation, Senior Resources, Frustration & Anger

**1-833-456-4566**    **Talk Suicide Canada**                      **Chat with us:** Toll Free 24/7  
<https://talksuicide.ca/>  
**Text with us:**    **45645**                      4:00 pm – Midnight    ET

**1-800-668-6868**    **Kids Help Phone**                      Ages 19 & under                      Toll Free    24/7  
**Crisis Text Line:**    Text 'Talk' to **686868**

**1-866-585-0445**    **Wellness Together Canada**                      Toll Free    24/7  
**Immediate Crisis Support:** Text 'WELLNESS' to **741741**  
<https://wellnesstogether.ca/en-CA>

Mental health and substance use support. Talk with a counselor. Adults (aged 18+) <https://wellnesstogether.ca/en-CA>  
**1-888-768-2488**    **Peer Support Warmline**                      7 days/week    4:00 pm – 12:00 am ET  
 Adults (aged 18+)    Mental health and substance use support. Talk with a counselor.  
 By: Wellness Together Canada    <https://www.wellnesstogether.ca/en-ca/resource/peer-support-warmline>

**811**                      **Tele-Care NB**                      24/7  
 Provides access to bilingual intake navigators and registered nurses, who will help you find health information and services, discuss symptoms and recommend whether you should be seen by a provider.

**211**                      **211 New Brunswick**                      24/7  
 Information on social, community, health and government services    <https://nb.211.ca/search/>

**1-844-853-0811**    **Family Violence/Sexual Assault Crisis Center**                      Toll Free    24/7  
 506-853-0811                      Moncton

**1-855-242-3310**    **First Nations and Inuit Hope for Wellness Help Line**                      Toll Free    24/7  
<https://www.hopeforwellness.ca/>                      **Chat Online**                      24/7

**1-866-925-4419**    **Canadian Indian Residential Schools Crisis Line**                      Toll Free    24/7

**1-855-523-8260**    **Elsipogtog Crisis Centre**                      **Helpline**    Toll Free                      **Mon – Fri**                      9:00 am – 11:00 pm  
 Location: 205-2 Big Cove Rd, Elsipogtog, NB                      **Sat – Sun**                      4:00 pm – 11:00 pm

Offers support to persons struggling with thoughts of suicide and depression through case management and outreach workers.    [www.facebook.com/elsipogtog.crisiscenter](http://www.facebook.com/elsipogtog.crisiscenter)

**1-877-330-6366**    **Trans LifeLine – All Ages**

**1-800-268-9688**    **LGBT Youth Line**                      <https://www.youthline.ca/>

**1-800-268-7708**    **Canadian Forces Member Assistance Program**                      Toll Free    24/7  
 Advisory and referral service for all personnel and their families (Veterans Affairs Assistance).  
 The service can provide short-term, confidential, external counseling.

**1-800-461-1234**    **Gambling Information Line for NB**                      Toll Free    24/7

**Youth Help Services**

- 506-382-0298 **Atlantic Wellness/Mieux-être Atlantique** 50 King St, Moncton, NB Mon – Fri 9:00 am – 5:00 pm  
 Offers free counseling for **youth 12-21** who have mental health issues. It's staffed by two counselors and several professional volunteers, including doctors and nurse practitioners, who mostly work on an as-needed basis.  
<https://atlanticwellness.org/> [atlanticwellness@gmail.com](mailto:atlanticwellness@gmail.com)
- 506-382-0298 **Youth Mental Health Clinic**                      Sessions: Mon 3:00 pm – 6:30 pm  
 Free clinic for **youth age 12-21**. Sessions offered in-person, through phone call, video chat, or text message Thu 12:00 pm – 4:00 pm  
 Appointments for the week are made by **Call-in only** on Mondays 9:00 am – 12:00 pm. The sessions are 60 minutes long. Staffed by a counseling therapist, counseling interns and a Human Services Support intern.  
 Location: Atlantic Wellness/Mieux-être Atlantique 50 King St, Moncton, NB
- 506-869-6355 **Youth Q.U.E.S.T. Central** 199 St George St, Moncton, NB Mon, Tue, Fri 12:00 pm - 5:00 pm  
 Programs, activities, drop-in centre for at risk and homeless youth **ages 16-24** Services includes: Wed, Thu 12:00 pm - 7:00 pm  
 laundry and shower facilities, computer communications, academic upgrading, job-readiness training, Sun 12:00 pm - 4:00 pm  
 information sessions, counseling, directional planning, and artistic and recreational programming.  
<https://www.facebook.com/YouthQuestCentral>  
 Programs: QUEST Case Management – includes Skill Training for several aspects including:  
 Anger Management, Stress Management, Social Skills, Problem Solving, Decision Making  
Drug Intervention Program – includes one on one addiction counseling
- 506-869-6333 **Youth Impact Jeunesse** 536 Mountain Rd, Moncton, NB  
 For youth ages 16 to 22 who are homeless or potentially homeless access this program to stabilize and change their lives.  
 Program; Transitional Housing <https://youthimpact.org/>

**Other Help Services**

- 506-856-4362 **YMCA ReConnect**                      Drop-in Services: Thu 1:30 pm – 3:30 pm  
 Provides short-term and long-term assistance through outreach to youth and adults who are homeless or at-risk of being homeless, all in an effort to increase their knowledge of available resources (i.e. food, clothing, shelter, education, ID help, employment and counseling) and to provide support in accessing them.  
 Location: St Georges Anglican Church, 51 Church St, Moncton, NB  
 Contact: **Contact by leaving a phone message.**
- 506-384-7283 **Salvus Clinic** 22 Church St, T190, Moncton, NB Mon, Tue, Thu 9:00 am – 4:00 pm  
Closed noon 12 pm – 1 pm Wed 1:00 pm – 4:00 pm; Fri 9:00 am – 12:00 pm  
 Provides access to primary health care to those within our area suffering with issues relating to poverty, mental health and addictions.
- 506-859-9616 **Ensemble Greater-Grand Moncton**                      Mon 9:00 am – 3:30 pm  
 Location: 80 Weldon St, Moncton, NB Tue – Fri 8:30 am – 3:30 pm  
 Mission: Alleviating complex social challenges. Vision: Through empowerment and hope, build a community that fosters diversity, inclusion and health. We work to: Reduce harm; a nonjudgmental approach that recognizes drug use exists and so attempts to minimize the harms and risks associated with drug use. Promote and support the development of 'safe' environments throughout the region for lesbian, gay, bi-sexual, transgender, two-spirit, and questioning (LGBTQ) citizens. Help improve the quality of life for persons infected and affected by HIV/AIDS and help reduce the spread of HIV and other STIs, through education and prevention programs.  
<https://ensemblegm.ca/> <https://www.facebook.com/ensemblemoncton/>

**Other Organizations**

- 506-859-9616 **AIDS Moncton** 80 Weldon Street, Moncton, NB
- 506-869-8191 **PFLAG Moncton** 1633 Mountain Road, Box 29211, Moncton, NB
- 506-856-3262 **Pierre Caissie Center** 115 Connaught Ave, Moncton, NB  
 Assessment and treatment of mental health problems for youth ages 12-18
- 506-635-8851 **Elisabeth Fry Society** Saint John, NB  
 E-mail: [efrynb@nb.aibn.com](mailto:efrynb@nb.aibn.com)
- 506-851-6384 **Community Chaplaincy** 75 Gordon Street, Moncton, NB
- 1-866-622-2548 **New Brunswick Association for Community Living (NBACL)**  
 Office: 420 Wilsey Road, Suite 201, **Fredericton**, NB <https://nbacl.nb.ca/>

**Other Listings**

- Publication **Our Voice / Notre Voix** Moncton, NB <https://www.ourvoice-notrevoix.com/>  
 OUR VOICE allows the freedom to express opinions on topics, which are relevant to wellness, madness, and its treatment in New Brunswick or elsewhere. This publication serves as an empowering tool in public education, advocacy and community pride for people who have lived experiences with psychiatry.
- Library **Healing Books Project** <https://horizonnb.ca/services/addictions-mental-health/healing-books/>  
 Self-help books on over 30 mental health topics Books are available to borrow at any New Brunswick public library.
- Bridge the gapp** <https://bridgethegapp.ca/>  
 Bridge the gapp is an online resource designed to support mental wellness for adults and youth.

<u>Phone</u>	<u>Organization</u>	<u>Location</u>	<u>Hours</u>
<b>Addiction</b>	<b>Help</b>		
506-856-2444	<b>Crisis Worker</b> Addiction & Mental Health Services	81 Albert St, Moncton, NB	<u>Mon – Fri</u> 8:30 am - 4:30 pm
506-869-6875	<b>Intensive Day Treatment Program</b> 6 week program for substance abuse and gambling for ( <a href="#">age 19 &amp; up</a> ). Addiction & Mental Health Services	1600 West Main St, Suite 290, Moncton, NB	<u>Mon – Fri</u> 9:00 am – 3:00 pm
506-869-6655	<b>Opiate Replacement Treatment Program</b> Addiction & Mental Health Services	125 Mapleton Rd, Moncton, NB	<u>Mon – Fri</u> 8:30 am – 4:30 pm
506-523-8227	<b>Elsipogtog Health &amp; Wellness Centre</b> Mental Health and Addictions Treatment Location: 205 Big Cove Rd, Elsipogtog, NB Offers support to persons struggling with thoughts of suicide and depression through case management and outreach workers. Works closely with RCMP to ensure people's safety to themselves and others. <a href="https://www.ehwc.ca/home">https://www.ehwc.ca/home</a>		<u>Mon–Thu</u> 8:30 am–12:00 pm; 1:00 pm–4:00 pm <u>Fri</u> 8:30 am–12:00 pm; 1:00 pm–3:30 pm

## Addiction Counselors

506-856-2444	<b>Addiction &amp; Mental Health Services</b>	81 Albert St, Moncton, NB	<u>Mon – Fri</u> 8:30 am - 4:30 pm
506-869-6355	<b>Youth Q.U.E.S.T. Central</b>	199 St George St, Moncton, NB	
For youth <b>Ages 16-24</b> Provides free one on one addiction counseling for as long as the person is willing to attend. Counselors are willing to meet with the person at any location if necessary. <a href="https://youthimpact.org/">https://youthimpact.org/</a>			

## Addiction Recovery Programs/Groups

506-856-2444	<b>Recovery Group Program</b>	10 sessions 2 hours Co-facilitated	<u>Meetings</u>	Weekly or bi-weekly
<u>Topics:</u> Understanding problematic Substance Use/Gambling, Decisional balance, Goal setting, Handling the urges, Having fun in your journey, Support Systems, Coping Skills, Relapse/ Set-Back prevention, Coping with Anxiety, Relaxation, Unpleasant Feelings and Assertiveness.				
Addiction & Mental Health Services 81 Albert St, Moncton, NB				

### 506-869-6341 **Drug Intervention Program**

This program serves youth **ages 15 – 24** who struggle with drug use and are either at risk or in conflict with the criminal justice system. This voluntary program provides youth with information, support and strategies that assist them in alleviating their drug usage and alter their criminal behavior. Through the development of personal goals tailored to each individual's strengths and needs, youth will become more engaged in education, employment and community.

<https://www.facebook.com/YouthQuestCentral>

Youth Q.U.E.S.T. Central 199 St George St, Moncton, NB

### 506-434-4533 **Teen Addiction Support Group “The Chase”**

Provides services and life skills to **youth age 12-18** who have been directly or indirectly impacted by alcohol, tobacco, drug use, abuse, and addiction.

**YMCA Moncton North** 70 Twin Oakes Dr, Moncton  
Contact: 434-4533 Tim Durling E-mail: [timdurling@gmail.com](mailto:timdurling@gmail.com)

Monday  
Meetings 5:30 - 7:30 pm  
Weekly on Mondays

### 506-857-2293 **Celebrate Recovery**

This is a 12 Step Program for Drug & Alcohol Addiction, etc  
<https://www.facebook.com/celebraterecoverymonctonwesleyan/>  
**Moncton Wesleyan Church** 945 St. George Blvd, Moncton, NB

Tuesday  
Meetings 6:30 pm  
Weekly on Tuesdays

### 506-382-5087 **Alcoholics Anonymous**

Greater Moncton Area meeting information <https://www.monctonaa.org/>

### 1-800-564-0228 **Narcotics Anonymous**

Canada Atlantic Region of Narcotics Anonymous  
NB meeting information: <https://carna.ca/meetings/>

## Addiction On-Line Sobriety Support Groups

**LifeRing Secular Recovery** <http://lifering.org/>  
**SMART Recovery** <https://www.smartrecovery.org/>  
**Women for Sobriety** <https://womenforsobriety.org/>  
**Moderation Management** <http://www.moderation.org/>  
**Secular Organizations for Sobriety (SOS)** <http://www.sossobriety.org/>

## Addiction Family Support Groups

### **Empowering Families Affected by Substance Use Problems**

On-Line Canada

This course is for people who have a friend, relative or loved one with a substance use problem.

By: **camh** - Centre for Addiction and Mental Health Link: [Course: Empowering families affected by substance use \(camh.ca\)](https://www.camh.ca/en/learning/empowering-families-affected-by-substance-use)

### **Love Another Way**

On-Line Canada

This is a workshop that may be of help to some parents or grandparents of addicts. Why the Mom Code is the opposite of what our children need. How to actually set effective boundaries (and why most don't work). The only reason our children will ever seek change. How we should support our children with compassion and love right now.

Link to Register: <https://livewellandfully.com/3-secrets-fb64-2/>

### **Al-Anon Maritimes**

For persons who have a family member or friend with addiction problems.

Moncton area meeting information: <https://www.al-anonmaritimes.ca/>

Contact: 506-388-7010 Moncton, NB (District 5) E-mail: [dist5maralanon@gmail.com](mailto:dist5maralanon@gmail.com)



**Addiction**                      **In-House Treatment Programs**

- 506-856-2333 **Detox In-patient Unit**  
**Addiction & Mental Health Services** 125 Mapleton Rd, Moncton, NB
- 1-888-735-9800 **Portage Atlantic (Toll Free)** 1275, Route 865, Cassidy Lake, Norton, NB  
 Residential Treatment Program for **youth age 14 to 21** who are dealing with serious substance abuse issues.  
 E-mail: [info\\_adoatl@portage.ca](mailto:info_adoatl@portage.ca)                      <https://portage.ca/en/atlantic/>
- 506-229-9290 **Oceanview Addiction Treatment & Recovery Center** 141 Amos Point Road, Little Shemogue, NB  
 It is our mission to identify and treat underlying issues of addiction in order to help our clients live a healthy happy life without the need to use or abuse addictive substances. We offer effective programs delivered by experienced professionals. Our Addictions treatment program consists of: One on one counselling, Group Therapy, Grief & Loss Therapy, Peer Support, Rest & Reflection. <https://www.facebook.com/oceanviewaddictiontreatment>
- 506-312-2973 **Naomie & Ruth** 75 Calder St, Shediac, NB  
 We offer a twelve month faith-based residential rehabilitation program for women ages 18 and over. <https://www.naomiandruth.ca/>
- 506-855-0626 **Harvest House Atlantic** 108 High St, Moncton  
 This is a residential addiction recovery program men and women that is a faith-based 12 step program that is **In-House** for 9 months.
- 506-758-2377 **Teen Challenge Atlantic** 1187 Rue Principal Street, Memramcook, NB  
 This addiction program is a 12-month, faith-based, residential alcohol and drug addiction rehabilitation program.  
<https://www.tcatlantic.ca/>
- 506-368-2600 **Village of Hope** 1100 Back Tracy Rd, Upper Tracy, NB  
 This is a faith based In-House recovery program for men and women for 10 months.  
<https://villageofhope.ca/>                      E-mail: [info@villageofhopenb.ca](mailto:info@villageofhopenb.ca)
- 506-674-4300 **Ridgewood Addiction Services** 416 Bay St, **Saint John**, NB  
 This is a Public rehab that specializes in the treatment of mental health, substance, drug and alcohol abuse. 12 Beds  
Detoxification In-patient treatment for the withdrawal from alcohol and drugs.  
Rehabilitation A 90 day residential recovery experience for individuals who are clean and sober but require a more intensive treatment to support ongoing recovery and positive lifestyle change. <https://addictionrehabcenters.ca/ridgewood-addiction-services/>
- 506-789-7055 **Live-in Concurrent Disorder Treatment Services**  
 The Live-in Concurrent Disorder Treatment Services is a highly individualized service designed for individuals over the age of 19 who are experiencing concurrent substance use/gambling and mental health issues and whose needs would be best addressed in a live in setting. Goal of the service is to help individuals stop, reduce or better manage substance use/ problematic gambling, better manage their mental health and have an improved quality of life.  
Residential Treatment Program Age 19 and older 12 Beds The stay may last from 30 to 90 days.  
Detox Program Age 19 and older The stay may last from 30 to 90 days.  
**Addiction Services** 53 Gallant Dr, **Campbellton**, NB

**Mental Health**                      **Help/Services**

- 506-856-2444 **Addiction & Mental Health Services** 81 Albert St, Moncton, NB
- 506-856-2444 **Crisis Worker** Mon-Fri 8:30 am - 4:30 pm  
Services Individual Therapy, Case Management, Psychoeducational Programs, Group Therapy, Psychiatric Treatment, Early Psychosis Program, Injectable long-acting medication, Occupational Therapy Services, Human Services Counsellor, Concurrent Disorders Program, Addiction Counsellors.
- Mental Health Recovery Group Programs:  
**Taking Charge** (1/3) 8 sessions Weekly; **Taking Action** (2/3) 12 sessions Weekly; **Taking Care** (3/3) 6 sessions Bi-weekly or monthly
- NEW** 2023 **After-Hours Psychiatry Clinic** 234 Reade St, Moncton, NB  
 Provides psychiatry services for children/youth and adults. Patients referred to the clinic receive comprehensive psychiatric assessments, diagnoses, treatment plans, medication management and more. It is an appointment-only clinic. Patients must be referred through their family physician or primary care provider.  
 Hours: 6:00 pm to 9:00 pm Tuesdays and Thursdays  
 10:00 am to 4:00 pm Every second Saturday
- 506-859-8114 **Canadian Mental Health Association**  
 235 Lutz St, Moncton, NB E-mail: [Moncton@cmhanb.ca](mailto:Moncton@cmhanb.ca)
- Programs for Families & Friends:** Engaging Families in Recovery Sessions: (10)  
 A ten-week education and support program designed for individuals who are caring for a loved one with mental illness. The goal of the program is for caregivers / loved ones to feel better equipped with various coping skills and knowledge of how best be a supporter and caregiver in ways which are healthy and effective for all parties.
- Programs for Peers:** Your Recovery Journey Sessions: (8)  
 This program focuses on empowering people to manage their own treatment and recovery journey. This group consists of an educational element and support group element and is based on the peer-support model. Program is open to anyone in the community with mental health and/or addiction issues.
- Other Programs:** Anxiety & Depression Program (12); Bipolar Program (12); Trauma / PTSD Program (8); From Dependency to Recovery (8); Grief and Loss Recovery Program (10), Art Therapy; Mindfulness Program (8); Anger Management Program (6); Postpartum Support Group (10); Living Life to the Full 55+ (8); Kids Have Stress Too (3)
- 506-862-4144 **Centre de Santé Mentale Communautaire**  
Réseau de Santé Vitalité 81 Albert St, Moncton

<u>Phone</u>	<u>Organization</u>	<u>Location</u>	<u>Hours</u>
<b><u>Mental Health</u>      <u>Activity Centers</u></b>			
506-859-6975	<b>Our Place</b>	295 High St, Moncton, NB	<u>Mon – Thu</u> 12:30 pm - 2:30 pm
Offers recreational and social activities, education, and support for adults with mental health issues. E-Mail: <a href="mailto:ourplace@bellaliant.com">ourplace@bellaliant.com</a> Web: <a href="https://opcn.ca/">https://opcn.ca/</a>			
506-857-1340	<b>Groupe de support émotionnel</b>		<u>Mon - Fri</u> 1:00 pm - 4:00 pm <u>Wed</u> 6:00 pm - 8:00 pm
Activity center for persons who have a mental illness Location: 3 <sup>rd</sup> Floor Room 300A, 96 Norwood Ave, Moncton, NB			
506-536-7475	<b>Daybreak: Tantramar Peer Support Activity Centre</b>	62 Main St, <b>Sackville</b> , NB	
Offers a range of daily, weekly and monthly mental health activities, education and support groups. E-mail: <a href="mailto:daybreaksackville@gmail.com">daybreaksackville@gmail.com</a> Web: <a href="http://www.daybreaksackvillenb.com/">http://www.daybreaksackvillenb.com/</a>			

## **Mental Health      Support Services for Peers/PWLE**

506-533-9100	<b>Community Connections Beausejour</b>		
Drop-in group to help with social isolation. There are many topics covered as well as outside professionals that offer help services. Hours: Tue 3–4 pm English; Thu 10:30–11:30 am French Location: <b>Centre Courage Centre</b> , 66 Calder St, <b>Shediac</b> , NB			
506-857-0014	<b>Ergon Inc Life Centre</b>	145 Traynor St, Riverview, NB	<u>Mon – Fri</u> 8:30 am - 4:30 pm
Provides support for participants in their individual recovery journey to identify individual goals and develop action plans. Help with employment needs, resume, job search assistance, preparation for workplace integration and employment training. E-mail: <a href="mailto:ergoninc@rogers.com">ergoninc@rogers.com</a> <a href="https://www.ergoninc.ca/life-centre">https://www.ergoninc.ca/life-centre</a>			
506-387-7706	<b>Employment Support Peer-Helpers Program</b>		<u>Mon – Thu</u> 9:00 am - 5:00 pm
316-236 St George St, Moncton, NB Help with employment needs for persons with a mental illness. Includes: Resume, job search assistance and preparation for workplace integration			
506-854-3499	<b>EmployAbility NOW</b>	15 Flanders Court, Moncton, NB	
Help with employment needs for persons with a mental illness. Includes: Resume, job search assistance and preparation for workplace integration			
506-854-7229	<b>Alternative Residences Alternatives (ARA)</b>	1144 Amirault Street, Dieppe, NB	
Provides housing and support options for people living with mental illness in the area. <a href="https://www.alternativeresidences.org/">https://www.alternativeresidences.org/</a>			
1-800-268-7708	<b>Employee Assistance Program (EAP)</b>		

## **Mental Health      Support Groups for Families/Friends**

506-388-5922	<b>Mental Illness Carers Support Group</b>		<u>Thursday</u> 6:30 – 8:30 pm <u>Meetings</u> 1st Thursday of month
<b>On-Line</b> via Zoom for local contacts (new and old) This group is to support family members and friends of a person living with a mental illness. The sharing of experiences, knowledge, problems, solutions, what helps and what doesn't, will help reduce the feeling you are alone. Location: Moncton, NB Contact: Louise <a href="mailto:lobou@nb.sympatico.ca">lobou@nb.sympatico.ca</a> or 506-388-5922			
506-232-1950	<b>Grief Support Group - "THE COMPASSIONATE FRIENDS"</b>		
Self-help group for bereaved parents of all ages who have experienced the death of a child. We Need Not Walk Alone! Details: Provide in-person meetings upon request. <a href="https://tcfcanada.net/chapters/new-brunswick/">https://tcfcanada.net/chapters/new-brunswick/</a> <a href="mailto:Moncton@TCFCanada.net">Moncton@TCFCanada.net</a> Location: Moncton Area, NB Contact: Janice 506-232-1950 or Paulette 506-204-8919			
506-797-0011	<b>Drop-in Grief Support Group</b>		<u>Thursday</u> 6:30 pm - 8:00 pm <u>Meetings</u> 1 <sup>st</sup> Thursday of month
By: Hospice Southeast New Brunswick <a href="https://hospicesenb.ca/">https://hospicesenb.ca/</a> Community Calendar Location: Lions Club, 156 Pleasant St, Moncton, NB Contact: 506-797-0011      E-Mail: <a href="mailto:info@hospicesenb.ca">info@hospicesenb.ca</a>			
506-797-0011	<b>Grief and Bereavement Support Group Program</b>	7 weeks	Offered on ongoing basis
If you are experiencing the loss of someone special and would like to gain tools for dealing with your grief, join us for this free and confidential program. <a href="https://hospicesenb.ca/">https://hospicesenb.ca/</a> By: Hospice Southeast New Brunswick Time: 6:30 – 8:00 pm      Meetings weekly on Thursday Location: Lions Club, 156 Pleasant St. Moncton, NB Contact: 506-797-0011      E-Mail: <a href="mailto:info@hospicesenb.ca">info@hospicesenb.ca</a>			
506-859-8114	<b>Grief and Loss Recovery Program</b>	8 wks	
<b>Canadian Mental Health Association</b> , 235 Lutz St, Moncton, NB			
506-857-2293	<b>Griefshare Program</b>	13 weeks	<u>Sunday</u> 7:00 pm
Members can learn about the grieving process and renew their hope for the future. The members can come individually or in group for grieving the death of someone close to them. They can learn about the grieving process and renew their hope for the future. <b>Moncton Wesleyan Church</b> , 945 St. George Blvd, Moncton, NB Contact: 506-857-2293      Bonnie Keith <a href="mailto:bkeith@mw.church">bkeith@mw.church</a>			
<b>Program On-Line</b>	<b>Empowering Families Affected by Psychosis</b>		
Canada This course is for people who have a friend, relative or loved one with psychosis. By: <b>camh</b> - Centre for Addiction and Mental Health Link: <a href="https://moodle8.camhx.ca/moodle/course/view.php?id=16">https://moodle8.camhx.ca/moodle/course/view.php?id=16</a>			

**Mental Health                      Assessment**

506-760-4000 **Assessment Unit / Forensic Psychiatry**  
 Youth Psychiatric Unit (separate unit) Ages 12-18. 12 beds (8 for treatment, 4 for forensic assessments for the courts)  
**Restigouche Hospital Center**                      63 Gallant Drive, **Campbellton**, NB

**After-hours Clinics or Walk-in Clinics Moncton Area**                      <https://www.nbms.nb.ca/walk-in-clinics>                      Updated: 2023

506-854-2273	<b>Moncton Central After Hours Clinic</b> 404 George St, Suite 201, Moncton, NB		
506-854-8805	<b>Main Street Family Medical Clinic</b> 165 Main Street (Superstore Mall), Moncton, NB Call to book a same-day appointment.	Mon – Fri 10 am-12 pm; 2 pm-5 pm; 6 pm-9 pm Weekends & Holidays	1 pm – 4 pm
506-855-1125	<b>Clinique Dr. Louis L. Bourque</b> 1116 Mountain Road (Jean Coutu), Moncton, NB Call during clinic hours to book a same-day appointment.	Mon – Fri Weekends & Holidays	2 pm - 8 pm 12 pm - 4 pm
506-388-9355	<b>Mountain Road After Hours Clinic</b> 101-1789 Mountain Road North (Jean Coutu), Moncton, NB Call up to 1.5 hours before opening to book a same-day appointment. Walk-ins are also accepted.	Mon – Thu Friday, Weekends & Holidays	1 pm-4 pm; 6 pm-9 pm 1 pm – 4 pm
506-384-1110	<b>Clinique Dépannage du Marais</b> 185 Acadie Avenue, Dieppe, NB Call up to a half hour before opening to book a same-day appointment.	Mon – Thu Friday, Weekends & Holidays	1 pm - 4 pm; 5:30 pm - 8 pm 1 pm – 4 pm
506-384-2100	<b>Coverdale After Hours Medical Clinic</b> 438 Coverdale Road (Jean Coutu), Riverview, NB Call during operating hours to book a same day appointment.	Mon – Thu Fri Weekends	4 pm - full 3:30 pm - full 10:30 am – full
506-533-2700	<b>Shediac Regional Medical Centre</b> 419 Main Street, Shediac, NB Call up to a half hour before opening to book a same-day appointment.	Mon – Fri Weekends	9 am – 8:30 pm 1 pm – 4:30 pm
506-523-7507	<b>Richibucto Same Day Medical Clinic</b> 9385 Main St, Richibucto, NB		

**Other Resources**

**Event Calendar                      Mental Health & Addiction**  
 Updated regularly on the **Website link:** <http://lobou4.wixsite.com/yourmindyourhealth/events>

**Educational Links                      Mental Health, Addiction, Suicidal Thoughts/Depression**  
 Updated regularly on the **Website link:** <https://lobou4.wixsite.com/yourmindyourhealth/links>

**Addiction Resource Pamphlet                      Help, Services, Programs, Support**  
 Updated regularly on the **Website link:** <https://lobou4.wixsite.com/yourmindyourhealth/home>

**Mental Health Resource Pamphlet                      Help, Services, Programs, Support**  
 Updated regularly on the **Website link:** <https://lobou4.wixsite.com/yourmindyourhealth/home>

**Directory of Help Resources for Greater Moncton, NB**  
**Emergency Shelters/Meals/Food Banks/Clothing/Housing/Crisis Listings/Other Help/Addiction Help/Mental Health Help**  
 Updated regularly on the **Website link:** <https://lobou4.wixsite.com/yourmindyourhealth/home>

**Note:**  
 Future updates of the electronic print versions of the 3 resources will only be sent out to my contacts yearly or as necessary.  
 The electronic print versions of the 3 resources can be directly downloaded on the website.  
 In the meantime, the resources will be regularly updated on the website.  
 For any errors, omissions, new programs, suggestions, upcoming events or electronic update of the resources, please contact:

Robert Boulter    E-mail: [rboulter@nb.sympatico.ca](mailto:rboulter@nb.sympatico.ca)  
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