

# Sarnia-Lambton Directory

## 1. 403 (City of Sarnia) Wing AFAC

415 Exmouth St  
Sarnia, ON N7T 8A4

**Phones:** 519-344-8050; **Fax:** 519-336-5564; **Toll free:** 1-866-216-2098

**Internet:** [www.sarnia403wing.com](http://www.sarnia403wing.com)

**Contacts:** John W. Stewart, Mgr, Sarnia Airmen's Club; Phone: 519-331-0723; Email: [colstw@cogeco.ca](mailto:colstw@cogeco.ca)

Non profit veterans' organization. Supports 44(Sarnia)Squadron, Royal Canadian Air Cadets, various youth organizations, seniors groups and local charities.

**Accessibility:** Partially Accessible - Stairs and lift to lower level

## 2. All Saints' Anglican Church - Corunna

198 Hill St  
Corunna, ON N0N 1G0

**Mailing Address:**

c/o Corunna United Church  
PO Box 844  
Corunna United Church  
Corunna, ON N0N 1G0

**Phones:** (519) 862-1052; **Fax:** (519) 862-4889; **After hrs:** (519) 862-1040

**Internet:** **E-mail:** [allsaints.sarnia@gmail.com](mailto:allsaints.sarnia@gmail.com)

**Contacts:** Allan Knight, Chairperson of the Board of Elders; Phone: 519-862-1040  
Peter Gilliland, Vice - Chairperson for the Board of Elders; Phone: 519-862-3534

United Church that has services on Sunday at 10:30 a.m.throughout the year. A safe and caring nursery, staffed by church volunteers, is available during the church service for children up to three years of age. Also offer Sunday School for children age three and over. Sunday school is also held every Sunday during the summer.

**Accessibility:** Partially Accessible - Handicap Elevator

## 3. Bibles for Missions Thrift Store

110 East St S, Unit 7  
Sarnia, ON N7T 3R1

**Phones:** (519) 337-1614

Volunteer organization that provides bibles to Russia. Also have used clothing and furniture.

**Accessibility:** Not Accessible

## 4. Big Sisters Association of Sarnia-Lambton, Inc.

10 Lorne Cres  
Sarnia, ON N7S 1H8

**Phones:** (519) 336-0940; **Fax:** (519) 336-4932

**Internet:** [www.sarniabigsisters.org](http://www.sarniabigsisters.org); **E-mail:** [bigsisisters@sarniabigsisters.org](mailto:bigsisisters@sarniabigsisters.org)

**Contacts:** Kathy Alexander, Executive Director; Email: [kalexander@sarniabigsisters.org](mailto:kalexander@sarniabigsisters.org)

Big Sisters provides individual and group mentoring programs to children, primarily girls (ages 5 to 18), who need the helpful guidance and friendship of a mature, responsible adult female. The referred child is matched with a volunteer Big Sister. The volunteer must be at least 18 years of age and undergo our screening and training process. To be a Big Sister, the volunteer must make a one-year commitment to the program. She is expected to see her little sister once a week for three to four hours. Each child is assessed prior to matching, and goals are established for each match based on the child's needs. Matches are evaluated, supervised and supported by staff caseworkers. Our Big Bunch group program provides an opportunity for the girls on our waiting list to attend organized outings and activities with Big Bunch leaders. Big Bunch leaders commit to bi-weekly outings for 10 months. Our Go Girls program is offered in local schools to girls 12-14 years and promotes active living, balanced eating and self-esteem. Our After School program is available to children and youth from our community. Program runs Monday-Friday from 3-5pm. All children need to register prior to attending the After School Program. Major Programs: Matching Program, Big Bunch Program, Go Girls, After

School Program.

**Accessibility:** Fully Accessible

## 5. Binational Public Advisory Council (BPAC)

67 Hummingbird Cres  
London, ON N6J 4M4

**Phones:** (519) 686-3178; **Fax:** (519) 873-5020

**Internet:** [www.friendsofstclair.ca](http://www.friendsofstclair.ca)

**Contacts:** Stew Thornley; Email: [stthornley@rogers.com](mailto:stthornley@rogers.com)

Joint Canadian and U.S. group studying pollution in the St. Clair River and co-ordinating clean ups. U. S. Chair - Janice Littlefield

**Accessibility:** Partially Accessible

## 6. Bluewater Health

Norman Site

89 Norman St  
Sarnia, ON N7T 6S3

**Phones:** (519) 464-4400

**Internet:** [www.bluewaterhealth.ca](http://www.bluewaterhealth.ca)

Bluewater Health, with sites in Sarnia and Petrolia, is a 320-bed community hospital. Our 1,700 staff, 160 credentialed professional staff and 1,000 volunteers, provide care and an array of acute, complex continuing care, allied health and ambulatory care services for the residents of Sarnia-Lambton.

**Accessibility:** Fully Accessible

## 7. Bluewater Trails

Community Services, City Hall  
255 Christina St N  
Sarnia, ON N7T 7N2

**Phones:** (519) 332-0330, ext. 202; **Fax:** (519) 332-0776

**Internet:** [www.bluewatertrails.com](http://www.bluewatertrails.com); **E-mail:** [bluewatertrails@sarnia.ca](mailto:bluewatertrails@sarnia.ca)

**Contacts:** Lynn Bouchard

Bluewater Trail's mandate is to plan and promote the development of a safe recreational and commuting trail system throughout the City of Sarnia with the intention of connecting to municipalities throughout Lambton County.

**Accessibility:** Unknown

## 8. Camlachie Kids Playgroup

Camlachie United Church  
6745 Camlachie Rd  
Camlachie, ON N0N 1E0

**Mailing Address:**

c/o Camlachie United Church  
PO Box 38  
Camlachie United Church  
6745 Camlachie Rd  
Camlachie, ON N0N 1E0

**Phones:** (519) 869-4036

**Contacts:** Luisa; Phone: 519-869-4036

Non-profit organization run by parent volunteers \* Monday morning drop-in centre/playgroup and support group for all moms, dads and caregivers with infants to pre-schoolers in Lambton County area Two sessions per year with the first session running from September to the end of January \* second running from February to the end of June

**Accessibility:** Unknown

## 9. Canadian Cancer Society, Lambton Unit

714 Lite St  
Point Edward, ON N7V 1A6  
**Phones:** (519) 332-0042; **Fax:** (519) 332-7095; **Toll free:** 1-888-939-3333  
**Internet:** www.cancer.ca; **E-mail:** hcole@ontario.cancer.ca  
**Contacts:** Helen Cole  
Services in our community:

- \* Reliable information about all cancers, treatment, early detection, and resources available in your community.
- \* Peer support : Group and one-to-one peer support for those living with cancer and their caregivers from others who have had a similar experience.
- \* Transportation : Help getting to and from cancer-related care.
- \* Support at cancer centres, clinics, and lodges
- \* Research : Canada's largest charitable funder of research on all types of cancer.

We can't do it without you. The Canadian Cancer Society would not be able to offer these services or fund important research without the generous help of volunteers and donors. The Canadian Cancer Society makes the best use of every donated dollar. We are supported by donations from the public.

**Accessibility:** Fully Accessible

## 10. Canadian Diabetes Association

Sarnia & District Branch  
415 Exmouth St  
Sarnia, ON N7T 8A4  
**Phones:** (519) 332-0373; **Fax:** (519) 337-1078; **Toll free:** 1-800-226-8464  
**Internet:** www.diabetes.ca; **E-mail:** sharon.cathcart@diabetes.ca  
**Contacts:** Sharon Cathcart, Branch Coordinator

To lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure. Provide pamphlets / information for people affected by diabetes, health professionals, and general public. We offer: Encouragement and support; Summer camp for children with diabetes; Resource Lending Library, Information Nights, Volunteer recognition.

**Accessibility:** Fully Accessible

## 11. Canadian Mental Health Association

Sarnia-Lambton Branch  
Vocational Rehabilitation Specialist  
210 Lochiel St W  
Sarnia, ON N7T 4C7  
**Phones:** 519-337-5411 Ext 335; **Crisis:** 519-336-3445  
**Internet:** **E-mail:** penny@cmha.sarnia.net  
**Contacts:** Michelle Dupee, Manager; Email: michelle@cmha.sarnia.net  
Genny Ortins, Vocational Rehabilitation Specialist; Email: genny@cmha.sarnia.net

One to one vocational counselling for clients of the Canadian Mental Health Association with Case Planning related to employment, education, training, volunteering and accessing appropriate resources.

**Accessibility:** Fully Accessible

## 12. Charlotte Eleanor Englehart Hospital of Bluewater Health

450 Blanche St  
Petrolia, ON N0N 1R0  
**Phones:** (519) 882-4325  
**Internet:** www.bluewaterhealth.ca

Bluewater Health, with sites in Sarnia and Petrolia, is a 320-bed community hospital. Our 1,700 staff, 160 credentialed professional staff and 1,000 volunteers, provide care and an array of acute, complex continuing care, allied health and ambulatory care services for the residents of Sarnia-Lambton.

**Accessibility:** Fully Accessible

## 13. Community Living Sarnia-Lambton

551 Exmouth St, Ste. 105 & 202  
Sarnia, ON N7T 5P6

**Phones:** (519) 332-0560; **Fax:** (519) 332-3446; **After hrs:** (519) 332-0560  
**Internet:** www.communitylivingsarnia.org; **E-mail:** clsd@communitylivingsarnia.org  
**Contacts:** John Hagens, Executive Director  
Pam Atkinson, Controller

Aim is for all persons to live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively. Wawanosh Enterprises - 822 Confederation Street (519) 332-1707. Three departments: 1) Sewing department - Creation of disposable coveralls. 2) Life skills department - Work and life skills training. 3) Janitorial and maintenance department - Custodial work and up-keep of our buildings. Wawanosh Industrial Services: 1315 Lougar, (519) 336-9825. Two Departments: 1) Gasket Department - Provides gaskets to many of Sarnia's industries. 2) Woodworking Department - Woodworking contracts. Contact Becky Boersma. Employment Support Services: 551 Exmouth Street Sarnia, Ont., (519) 332-0560. Supports and enables clients to obtain jobs within the community. Recreational Services: aims to enhance and extend all services to the developmentally challenged in the community through recruitment, administration and support of volunteers. Services offered include bowling, swimming, baseball and a communication skills course. To volunteer, contact Norma Hills, Community Involvement Coordinator. Also Residential Services; Weekend Parent Relief Program; and, Adult Respite Services.

Ten Pin High Rollers Bowling, Sarnia Strikers 5-Pin Bowling  
• Ages 16 and Up. • Support Required

**Accessibility:** Unknown

## 14. Distress Line

1086 Modeland Rd, Building 1030  
Sarnia, ON N7S 6L2

**Phones:** (519) 336-0120, Ext. 251; **Fax:** (519) 336-8517; **Toll free:** 1-888-347-8737; **Crisis:** (519) 336-3000  
**Internet:** **E-mail:** info@familycounsellingctr.com  
**Contacts:** Donna Martin, Program Coordinator; Phone: 519.336.0120 ext. 251; Email: donna@familycounsellingctr.com

Provides a 24 hour telephone support and crisis service to callers who are struggling with any type of issue. Volunteers lend a listening ear, provide reassurance, support, and/or information about services in Sarnia/Lambton. Are you having thoughts of harming yourself? You need to talk to someone - give us a call.

**Accessibility:** Not Applicable

## 15. Gallery In the Grove

2618 Hamilton Rd, Box 339  
Bright's Grove, ON N0N 1C0

**Mailing Address:**  
c/o Gallery In the Grove  
PO Box 339  
Bright's Grove, On N0N 1C0  
**Phones:** (519) 869-4643  
**Internet:** www.galleryinthegrove.com; **E-mail:** info@galleryinthegrove.com

A non-profit, volunteer-operated organization fostering a fuller understanding of visual arts through exhibitions and education. There are nine exhibits a year, Sept. to June, including an annual elementary school art exhibit.

**Accessibility:** Not Accessible - Stair Access only

## 16. Good Shepherd Lodge

950 Confederation St  
Sarnia, ON N7S 1A1

**Phones:** 519-344-1679; **Fax:** (519) 344-1346  
**Internet:** www.theinn.sarnia.net; **E-mail:** cheryl@theinn.sarnia.net  
**Contacts:** Myles Vanni, Executive Director; Email: myles@theinnsarnia.ca

The Emergency Shelter program would have dormitory style bed area (25 beds) open from the early evening through to morning with a washroom, shower and laundry facility. It would also include a housing and employment search resource area for clients. A kitchen area would allow clients to prepare their own breakfast. Lunch would be available through the Inn's existing soup kitchen program.

The Transitional Housing program would contain 20 units. These units would be in "pods" - a grouping of 5 bedrooms around a shared area such as washroom, kitchen and living room. As part of the learning process clients would be responsible for their unit upkeep, grocery shopping and cooking. The staff would guide and supervise them in their day-to-day living, working in partnership with the client, to improve skills so that independent living could be achieved. The average stay would be approximately one year.

**Accessibility:** Fully Accessible

## 17. Grand Bend & Area Chamber of Commerce and Tourism

81 Crescent St, Suite 1  
Grand Bend, ON N0M 1T0

**Mailing Address:**

P.O. Box 248  
Grand Bend, ON N0M 1T0

**Phones:** 519-238-2001; **Fax:** 519-238-5201; **Toll free:** 1-888-338-2001

**Internet:** www.grandbendtourism.com; **E-mail:** info@grandbendtourism.com

**Contacts:** Christine Bregman, Manager; Email: cbregman@grandbendtourism.com

Our Welcome Centre is stocked with tourism information with knowledgeable volunteers on-hand to help you find what you're looking for \* We provide accommodation referrals, current event information, and recommendations for the area's entertainment and attractions.

**Accessibility:** Fully Accessible

## 18. Grand Bend Optimist Youth Centre

16 Municipal Dr  
Grand Bend, ON N0M 1T0

**Mailing Address:**

P.O. Box 645  
16 Municipal Dr  
Grand Bend, ON N0M 1T0

**Phones:** 519-238-1155; **Fax:** 519-238-1366

**Internet:** www.gbyouthcentre.ca; **E-mail:** gbyouthcentre@hay.net

**Contacts:** Betsy Clifford, Program Facilitator  
Sue Davis, Grand Bend Optimist Club President  
Danielle Russell, Program Co-ordinator

Youth centre.

**Accessibility:** Unknown

## 19. Habitat for Humanity Sarnia/Lambton

Sarnia Chapter  
ReStore

460 Christina St N  
Sarnia, ON N7T 5W4

**Phones:** (519) 336-7075

**Internet:** www.habitatsarnia.org; **E-mail:** habitatsarnia@xcelco.on.ca

**Contacts:** Fred Darke, President  
Chris Hill, Manager

An international, non-denominational, non-profit organization whose objective is to work in partnership with families in need of decent, affordable shelter. Volunteers needed. ReStore, a resell store also.

**Accessibility:** Partially Accessible

## 20. Harmony

251 Campbell St  
Sarnia, ON N7T 8A8

**Phones:** (519) 336-0344; **Fax:** 519-336-8035

**Internet:** www.harmonyforyouth.org; **E-mail:** officeadmin@harmonyforyouth.org

**Contacts:** Kathy Goodacre, Chair; Email: goodacre\_3@hotmail.com  
Joanne Klauke-LaBelle, Executive Director; Email: executivedirector@harmonyforyouth.org  
Mike Taylor, Office Manager; Email: taylor-mike@hotmail.com

We have Chapters in Sarnia, Pembroke, Chicago, IL. and  
Houston, Texas.

Our mandate is to promote the self-esteem of youth through the vehicle of the arts. There are 21 different art programs offered with no financial fees, pre-requisites, or waiting lists. The youth “pay” for their programs by performing community service activities. For each hour of programming the youth owe one hour of community service.

As well as all the art programs Harmony offers, tutoring, mentoring, anti-bullying programs, after school programming, homework clubs as well as food, clothing, and social programs. All of these work on the “pay it forward” philosophy.

**Accessibility:** Unknown

## 21. Heart and Stroke Foundation of Ontario

Sarnia Chapter

774 London Rd  
Sarnia, ON N7T 4Y1

**Phones:** (519) 332-1415; **Fax:** (519) 332-3139

**Internet:** www.heartandstroke.ca

**Contacts:** Sue McKinlay

Raises funds for research and education to reduce death and disability from heart disease and stroke. Programs include: Volunteers, we are a volunteer driven organization, we accept daily, weekly, monthly and yearly volunteers to deliver our programs. You choose . . . we appreciate all the community support. Health Programs run all year long. We are seeking public speakers to offer health promotion turn key presentations from 15 - 45 minutes per engagement. Exercise Events to promote physical activity through our children's programs, JUMP and HOOP FOR HEARTS. Fit events are popular for any type activity.

**Accessibility:** Fully Accessible

## 22. Huron Country Playhouse & Playhouse II

70689 B Line, RR 1  
Grand Bend, ON N0M 1T0

**Phones:** 519-238-6000; **Toll free:** 1-888-449-4463

**Internet:** www.draytonentertainment.com; **E-mail:** boxoffice@draytonentertainment.com

**Contacts:** Peter Black, General Manager, Drayton Entertainment; Phone: 519-638-5511 ext 223; Email: peter@draytonentertainment.com  
Alex Mustakas, Artistic Director, Drayton Entertainment; Phone: 519-638-5511 ext 222; Email: alex@draytonentertainment.com

Theatre.

**Accessibility:** Unknown

## 23. Information Sarnia Lambton

**Mailing Address:**

PO Box 354  
Sarnia, ON N7T 7J2

**Phones:** (519) 542-1949

**Internet:** www.informationarnialambton.org; **E-mail:** norm@informationsarnialambton.org

**Contacts:** Norm Lamoureux, Chairman and Database Manager

Since 1962, Information Sarnia-Lambton has assisted the public in locating or obtaining information about any organization, agency, program, club, group, event, or service in Sarnia-Lambton via a computerized database. Provides appropriate resources. Numbers available for out-of-town services. Always looking for volunteers.

## 24. Inn of the Good Shepherd

115 John St  
Sarnia, ON N7T 2Z1

**Phones:** (519) 344-1746; **Fax:** (519) 344-1346

**Internet:** www.theinn.sarnia.net; **E-mail:** theinn@theinn.sarnia.net

**Contacts:** Myles Vanni, Executive Director; Email: myles@theinnsarnia.ca

Two Food Programs including: a Food Bank that supplies a 4 day supplement and can be accessed once every 21 days.  
Soup Kitchen serving a hot meal every day;

A Homelessness Prevention Program including:

- Rent/Utility Bank for assistance with utility bills and rent arrears
- Emergency Shelter placement

A Youth Shelter: The Haven provides 30 - 60 days accomodation and facilitates independent living for up to 5 males and 4 females between 16 and 21 years of age.

Genesis program - free clothing & household items

Income Tax Clinics - assists clients by filing their tax returns.

Redpath Living Without Violence Program - Aboriginal holistic approach to healing and self wellness.

**Accessibility:** Fully Accessible

## 25. John Howard Society - Sarnia Lambton

300 Christina Street North  
Sarnia, ON N7T 5V5

**Phones:** (519) 336-1020; **Fax:** (519) 336-1046

**Internet:** www.johnhowardsarnia.com

**Contacts:** Frank Stancic, Executive Director

Provides rehabilitation, assistance and information services to those in conflict with the law or at risk, including family and individual intervention. Institutional pre-release planning and friendly visiting. Social development (life skills) Health education for individuals and family members (specific to awareness of criminal behaviour and consequences). Correctional and post-release services for adults. Legal advocacy and counselling. Counselling and support for youths, adolescents and teenagers in conflict with the law or whose families are having conflict with the law.

Supervision and placement of youth and adults performing court-ordered community service work. Cognitive based rehabilitative programming for youth, by referral from youth probation services. Community education. Reform of the justice system.

**Accessibility:** Unknown

## 26. Junior Achievement of South Western Ontario

Company Program  
Sarnia-Lambton

Sarnia Lambton Business Development Corporation  
109 Durand St  
Sarnia, ON N7T 5A1

**Phones:** 519-336-1484; **Fax:** 519-336-2815

**Internet:** www.jaswont.org; **E-mail:** mpalframan@jaswont.org

**Contacts:** Marci Palframan, Program Manager, Junior Achievement of South Western Ontario; Phone: 519-336-1484; Fax: 519-336-2815;  
Email: mpalframan@jaswont.org

Secondary School Students are invited to participate in the Company Program - an After School Initiative in which students, under the guidance of volunteer business advisors, form their own companies and learn key facets of business. Working in small teams the students raise capital, elect an executive, create and carry out a business plan, develop a budget, market and sell their product or service, develop a website and finally liquidate their company. This promotes self confidence, presentation skills, job readiness and friendships among participants. There is also the opportunity for graduating students to earn bursaries toward their post-secondary education as well as the chance to participate in NEXT a youth exchange conference held in Canada each year.

**Accessibility:** Fully Accessible

## 27. Junior Achievement of South Western Ontario

#### Sarnia-Lambton Office

Sarnia Lambton Chamber of Commerce Building  
556 Christina St N  
Sarnia, ON N7T 5W6

**Phones:** (519)336-1484; **Fax:** (519)336-2815

**Internet:** www.jaswont.org; **E-mail:** mpalframan@jaswont.org

**Contacts:** Marci Palframan, Program Manager

Junior Achievement of South Western Ontario is a Not-For-Profit organization dedicated to inspiring and educating youth to value free enterprise, understand business and economics and develop entrepreneurial and leadership skills.

With the help of volunteers, JA delivers elementary programs to students in grades 3, 5, 7 & 8, teaching them about business, personal finance, being a smart consumer and to be active participants in planning for a successful future.

Secondary school students are invited to participate in the Company Program - an afterschool initiative in which students, under the guidance of volunteer business advisors, form their own companies, learn key facets of business. Working in small teams the students raise capital, elect an executive, create and carry out a business plan, develop a budget, market and sell their product or service, develop a website and finally, liquidate their company. This promotes self confidence, presentation skills, job readiness and friendships among participants. JA's Company Program has been in Sarnia since 1969!

We encourage interested members of the community to volunteer, sponsor programs and make donations to help run our programs and ensure that all youth have the opportunity to experience a JA program at least once during their educational years.

**Accessibility:** Unknown

## 28. Knights of Columbus

#### Sarnia Chapter

Fraternal organization working to help the community through charitable work. Supports the Arthritis Society.

Our Lady Queen of Peace, (519) 336-5786

St. Ben's, (519) 344-3500

St. Michael's (519) 542-8844

St. Thomas Aquinas, (519) 339-0462

**Accessibility:** Partially Accessible

## 29. Lambton County Music Festival

#### Mailing Address:

c/o Lambton County Music Festival

PO Box 772

Sarnia, ON N7T 7J7

**Phones:** **Fax:** (519) 332-5931

**Internet:** www.sarnia.com/groups/lcmf; **E-mail:** dtaylor345@cogeco.ca

**Contacts:** Donna Taylor, President; Phone: 519-542-3163

Evelyn Lambert, Treasurer, Lambton County Music Festival; Phone: 519-344-7246; Email: evylambert@ebtech.net

A competitive music festival run by volunteers, runs last week of April and first week in May.

**Accessibility:** Unknown

## 30. Lambton Elderly Outreach

4486 London Line, R.R.#1

Wyoming, ON N0N 1T0

**Phones:** (519) 845-1353; **Fax:** (519) 845-1364; **Toll free:** 1-800-265-0203

**Internet:** www.lambtonelderlyoutreach.org; **E-mail:** asoulard@lambtonelderlyoutreach.org

**Contacts:** Melanie Barry, Manager- Community Support

Agnes Soulard, Chief Executive Officer

Shari Edgar, Manager, Corporate Services

Offers programs in Lambton County related to the health, education, recreation and well-being of seniors (60 years and older) and those with disabilities (18 to 60 years) Offered for those who prefer to live at home. Lambton Elderly Outreach provides, but is not limited to, the following services: **HOMEMAKER SERVICE** - provides qualified homemakers specially trained for Alzheimer's and related dementias, palliative care and respite. **HOME HELP** - helpers perform general housekeeping, assist with personal care. **MEALS-ON-WHEELS** - hot nutritious meals are

delivered to client's home Monday, Wednesday and Friday each week. Arrangements can be made for regular and special needs diets. Frozen meal plan can be ordered in bulk. TRANSPORTATION - volunteer transportation and accessible van transportation available to take clients to medical appointments, shopping or social activities. Forever Fit programs in various parts of the county. Diner's Club's in various parts of the County. 55 ALIVE DRIVING PROGRAM for those who need to be retrained. FRIENDLY VISITING - we have volunteers to provide companionship to seniors who may be lonely or isolated. Many more programs are available to help the older or disabled client maintain their independence within their own home.

**Accessibility:** Partially Accessible

## 31. Lambton Outdoor Club

**Mailing Address:**

PO Box 653  
Sarnia, ON N7T 7J7

**Internet:** [www.sarnia.com/groups/outdoor](http://www.sarnia.com/groups/outdoor); **E-mail:** [lambtonoutdoorclub@gmail.com](mailto:lambtonoutdoorclub@gmail.com)

**Contacts:** Tony Arnold, Webmaster; Phone: 519-542-1578; Email: [bata@ebtech.net](mailto:bata@ebtech.net)  
Barb Batson, President; Phone: 519-337-3454; Email: [bbatson1@cogeco.ca](mailto:bbatson1@cogeco.ca)  
David Druiett, Communications Committee Chair; Phone: 519-869-2864; Email: [druietda@lkdsb.net](mailto:druietda@lkdsb.net)

Activities include: kayaking, canoeing (with instruction), hiking, cycling, and cross-country skiing.

**Accessibility:** Not Applicable

## 32. Lambton Seniors Association

420 East St N, Suite 9  
Sarnia, ON N7T 6Y5

**Phones:** (519) 339-8866; **Toll free:** 1-877-219-4717

**Internet:** [www.lambtonseniors.com](http://www.lambtonseniors.com); **E-mail:** [lseniors@ebtech.net](mailto:lseniors@ebtech.net)

To strengthen the ability of Lambton County seniors to participate actively and directly in issues which affect their quality of life.

- Handyman/woman Program. Call for more information.
- Organize annual Seniors' Picnic.
- Provide volunteers to flu clinics conducted by the Community Health Services Department.
- Host "Seniors Information Fair" in partnership with local supporters.
- Promote safe medication use. Medication Record Books and Cards are available by calling the office.
- Initiate workshops and focus groups for seniors in Lambton County.
- Influence Health Care delivery.

**Accessibility:** Fully Accessible

## 33. Lambton Wildlife

**Mailing Address:**

PO Box 681  
Sarnia, ON N7T 7J7

**Internet:** [www.lambtonwildlife.com](http://www.lambtonwildlife.com); **E-mail:** [info@lambtonwildlife.com](mailto:info@lambtonwildlife.com)

We enjoy natural history and like to share our interests, experiences, knowledge and concerns for the state of the environment with other enthusiasts. We are a nonprofit, volunteer, naturalist organization, founded in 1966, which is licensed as a charitable corporation under the Income Tax Act. We are dedicated to the conservation, preservation, and protection of the natural environment in Lambton County .

## 34. Lochiel Kiwanis Community Centre

180 College Ave N  
Sarnia, ON N7T 7X2

**Phones:** (519) 344-5543; **Fax:** (519) 332-0916

**Internet:** **E-mail:** [lochiel.kiwanis@ebtech.net](mailto:lochiel.kiwanis@ebtech.net)

**Contacts:** Bev McDougall, Executive Director  
Carla Harwood, Administrative Assistant

The Lochiel Kiwanis Community Centre, governed and operated by Sarnia Kiwanis Foundation Inc. is a non profit support network of agencies and organizations who share information & resources. Casual rental facilities including the Kiwanis Room with attached kitchen & bar facilities are available to the community on an hourly basis. Non profit partners at include; St. Clair Child and Youth Services Family Drop-In Centre, Boys

& Girls Club, Stroke Recovery Association, Organization for Literacy in Lambton including the Clear Design Centre, REBOUND, Shirley Schram School of Dance including the Bluewater Dance Troupe and St. Clair Youth Ballet, Taoist Tai Chi and the Unitarian Fellowship of Sarnia & Pt. Huron.

**Accessibility:** Partially Accessible

## 35. Master Gardeners of Sarnia-Lambton

**Phones:** (519) 344-8873

**Internet:** [www.sarnia.com/mastergardeners](http://www.sarnia.com/mastergardeners); **E-mail:** [mastergardeners@ebtech.net](mailto:mastergardeners@ebtech.net)

This local group is affiliated with Master Gardeners of Ontario Inc. MGOI is a non-profit volunteer organization with charitable status with groups in many areas across the province of Ontario. The purpose of the organization is to educate its members, enabling them to provide gardening/horticultural information to the public. Individuals may be accepted into the program with an eligibility test, registration in Master Gardener course program, and an annual membership fee. Individuals with educational qualifications and/or exceptional horticultural knowledge may be exempted from taking the MG educational courses after completing an exemption exam. Twenty volunteer hours are required each year. Members are accepted year round.

**Accessibility:** Fully Accessible

## 36. Mothers Against Drunk Driving (MADD)

Sarnia/Lambton Chapter

Royal LePage Bldg.  
546 Christina St N, Unit 404C  
Sarnia, On N7T 5W6

**Phones:** 519-339-9962; **Fax:** 519-336-6974; **Toll free:** 1-800-665-6233; **Crisis:** 1-800-665-6233; **After hrs:** 519-339-9962

**Internet:** [sarnialambton.madd.ca](http://sarnialambton.madd.ca); **E-mail:** [office@maddsarnialambton.ca](mailto:office@maddsarnialambton.ca)

**Contacts:** Lesley Goodison, Administrative Assistant; Phone: 519-339-9962; Fax: 519-336-6974

MADD Sarnia/Lambton's mission is to stop impaired driving and support victims of this violent crime. We are working to heighten the awareness about drinking and driving, making changes through legislative initiatives, teen outreach, public awareness campaigns and victim assistance programs. Be a VOLUNTEER

**Accessibility:** Fully Accessible - 4th floor

## 37. North Lambton Community Health Centre

59 King St W  
Forest, ON N0N 1J0

**Phones:** (519) 786-4545

**Internet:** [www.nlchc.com](http://www.nlchc.com)

**Contacts:** Kathy Bresett

Provides quality primary health care and disease prevention programs and services to our diverse community. Our health promotion and primary care staff and volunteers provide more than 40 different programs designed to promote healthy individuals, families and communities. These programs are open to everyone in the community.

**Accessibility:** Fully Accessible

## 38. Ontario Heart & Stroke Foundation

Sarnia Office: Supporting Sarnia-Lambton

774 London Rd  
Sarnia, ON N7T 4Y1

**Phones:** (519) 332-1415; **Fax:** (519) 332-3139

**Internet:** [ww2.heartandstroke.on.ca](http://ww2.heartandstroke.on.ca); **E-mail:** [eoleniuk@hsf.on.ca](mailto:eoleniuk@hsf.on.ca)

**Contacts:** Diane Galvin, Area Manager, Ontario Heart & Stroke Foundation-Sarnia Office: Supporting Sarnia-Lambton; Phone: 519-332-1415; Fax: 519-332-3139; Email: [dgalvin@hsf.on.ca](mailto:dgalvin@hsf.on.ca)  
Sue McKinlay, Area Administrator, Ontario Heart & Stroke Foundation:Sarnia Office: Supporting Sarnia-Lambton; Phone: 519-332-1415; Fax: 519-332-3139; Email: [smckinley@hsf.on.ca](mailto:smckinley@hsf.on.ca)

Community Organization \* volunteer-based health charity \* the promotion of healthy living and advocacy

**Accessibility:** Fully Accessible - Parking, Entrance

## 39. RBC Centre

1455 London Rd  
Sarnia, ON N7S 1P6

**Phones:** 519 541-1000; **Fax:** 519 541-0303

**Internet:** www.rbccentre.sarnia.com; **E-mail:** info@rbccentresarnia.com

Entertainment centre that also is the home of the Sarnia Sting Hockey Team. Also has restaurants, can handle conventions. Ticket line number is 519 541-1717.

**Accessibility:** Fully Accessible

## 40. Rebound - A Program for Youths

10 Lorne Cres N  
Sarnia, ON N7S 1H8

**Phones:** (519) 344-2841; **Fax:** (519) 344-8024; **Toll free:** 1-866-468-6545

**Internet:** www.reboundonline.com

**Contacts:** Mary Ellen Warren, Executive Director  
Julie Vautour, Manger; Email: manager@reboundonline.com

Sarnia-Lambton Rebound is a volunteer-driven, non-profit community organization that provides prevention and early-intervention social-skills programs for “at-risk” youth. Since our founding in 1984, we have been committed to supporting young people between the ages of 8 and 17 who are experiencing difficulties within their families, their schools and/or with the law.

We provide extrajudicial measures programs under the Youth Criminal Justice Act for Lambton County and The Ministry of Children and Youth. The ministry’s Youth Justice Branch funds a portion of our programs.

We are the sponsoring agency for the local Youth Justice Committee for Sarnia-Lambton. The Ministry of the Attorney General funds our delivery of Youth Justice Forums throughout Lambton County.

www.reboundonline.com

**Accessibility:** Partially Accessible

## 41. Royal Canadian Legion

Branch 498  
Grand Bend

20 Municipal Dr  
Grand Bend, ON N0M 1T0

**Mailing Address:**  
P.O. Box 429  
Grand Bend, ON N0M 1T0

**Phones:** 519-238-2120; **Fax:** 519-238-2120

**Internet:** www.on.legion.ca/branches/getBr.asp?branch=498; **E-mail:** g.b.legion@hay.net

## 42. Sarnia Concert Association Incorporated

**Mailing Address:**  
c/o Jim Henrikson  
PO Box 2777  
Main Post Office  
Sarnia, ON N7T 7W1

**Internet:** www.sarnia.com/groups/sca; **E-mail:** jchenriks@sympatico.ca

**Contacts:** Jim Henrikson, President; Phone: 519-542-3353; Fax: 519-542-7060; Email: jchenriks@sympatico.ca  
Margaret Lovegrove, Treasurer; Phone: 519-542-8905; Email: jgl@xcelco.ca  
Klaas Tebbens, Program Chairman; Phone: 519-542-2977

A volunteer group that organizes a subscription series of classical and contemporary serious music, comprising instrumental, vocal and ballet featuring top Canadian and foreign artist. Performances (October to March) take place at Imperial Theatre.

We present 5 concerts in an annual festival through the winter months. All members of the Board are volunteers are a working board with no

professional staff to assist.

## 43. Sarnia Elks Lodge # 503

503 Michigan Ave  
Point Edward, ON N7V 1G4

**Mailing Address:**

c/o Sarnia Elks Lodge 503  
Box 103  
Sarnia, ON N7T 7H8

**Phones:** 519-336-3119

**Internet:** **E-mail:** [rmcalpine@cogeco.ca](mailto:rmcalpine@cogeco.ca)

**Contacts:** Email: [pcelky@xcelco.on.ca](mailto:pcelky@xcelco.on.ca)  
Rick McAlpine, President; Phone: 519-336-3119  
Donna Clendenning, Secretary; Phone: 519-862-2077; Email: [donnacl@xcelco.on.ca](mailto:donnacl@xcelco.on.ca)

A National, Fraternal, and Charitable Organization Promoting and Serving Community Needs through Local Lodge Volunteers.

**Accessibility:** Partially Accessible

## 44. Sarnia Handicapped Aiming for Rehabilitation and Equality

**Mailing Address:**

PO Box 782  
Sarnia, ON N7T 7J9

**Phones:** (519) 344-9518 (messages)

**Internet:** [www.informationsarnialambton.org/shareinc](http://www.informationsarnialambton.org/shareinc); **E-mail:** [norlam@cogeco.ca](mailto:norlam@cogeco.ca)

A registered charity since 1973, S.H.A.R.E. serves Sarnia Lambton residents with all disabilities. The all-volunteer group raises funds in the community through individual and memorial donations, bequests and bingo proceeds. Funds are used to provide a variety of services including swim therapy, transportation, social and recreational programs, educational workshops and social services. The social services branch helps with shared costs of needs not fully covered by other sources. S.H.A.R.E. holds regular publicized meetings.

**Accessibility:** Fully Accessible - meeting room

## 45. Sarnia Power & Sail Squadron

**Mailing Address:**

c/o P/C Chris Schooley  
1041 Michigan Ave  
Sarnia, On N7S 2B3

**Phones:** 519-542-4555

**Internet:** [www.sarniacps.com](http://www.sarniacps.com); **E-mail:** [sarniapowersquadron@hotmail.com](mailto:sarniapowersquadron@hotmail.com)

**Contacts:** Commander Ossie Ianni; Phone: 519-336-2515; Email: [ossie@mnsi.org](mailto:ossie@mnsi.org)  
Executive Officer Mike Schauteet; Phone: 519-869-4939

We are the local squadron of the Canadian Power & Sail Squadrons with membership right across Canada. The Sarnia Squadron consists of bridge officers responsible for the direction and operation of the squadron and its 250 members. Our mission is to increase awareness and knowledge of safe boating by educating and training members and the general public. "Volunteers teaching safe boating". Boating courses are offered in spring and fall. Boating License tests and courses are available all year.

**Accessibility:** Unknown

## 46. Sexual Assault Survivors' Centre Sarnia-Lambton

189 Wellington St, Unit # 3  
Sarnia, ON N7T 1G6

**Phones:** (519) 337-3154; **Fax:** (519) 337-0819; **Toll free:** 1-888-231-0536; **Crisis:** 519-337-3320; **After hrs:** 519-337-3320 crisis line

**Internet:** [www.sexualassaultsarnia.on.ca](http://www.sexualassaultsarnia.on.ca); **E-mail:** [sascs1@ebtech.net](mailto:sascs1@ebtech.net)

**Contacts:** Michelle Batty, Executive Director

A non-profit, charitable organization dedicated to assisting survivors of sexual assault and sexual abuse and to ensuring that a comprehensive range of crisis support, counselling, information and advocacy services is available to those who have been sexually assaulted and sexually

abused. Works towards the prevention and elimination of coercive sexual behaviour and ending women abuse and violence against women and children. A 24-hour CRISIS LINE is available 7 days a week. Trained volunteers provide callers with information, emotional support, non-directive counselling and accompaniment to hospitals and police.

**COUNSELLING SERVICE** - Agency counsellors provide individual and/or group counselling to survivors (16 years and over) of sexual assault, sexual abuse, sexual harassment, childhood sexual abuse and incest at the Sarnia Office, Petrolia, Forest and Aboriginal Communities (Aamijijwaaang, Walpole Island and Kettle Point/Stoney Point). Services for men funded by the United Way of Sarnia-Lambton.

**PUBLIC EDUCATION** - Speakers and films on topics such as sexual assault, date rape, incest, childhood sexual abuse, sexual harassment, safety and prevention tips etc. can be provided to community groups and schools. Resource material and a reference library are available at the office.

**KNOWLEDGE IS POWER** - Educational presentations using the risk reduction resource puzzle (2 age groups; 4-12 years and 13 +years); four focus sections; teach healthy self-esteem, boundaries, safety skills; Resource Manual/Parent Guide Booklets. Presentations available in English and French.

Also runs the website :

[www.bridgingtheservicegap.com](http://www.bridgingtheservicegap.com)

**Accessibility:** Fully Accessible - Parking, entrance, washroom

## 47. Silvertones

**Contacts:** Frank, Director; Phone: 519- 542-2633

All-male volunteer singing group for 55 years and up. Need members

**Accessibility:** Partially Accessible

## 48. Special Olympics Lambton County

**Mailing Address:**

c/o Special Olympics Ontario

18 Wynford Dr

Toronto, ON M3C 3S2

**Phones:** 1-800-333-5515; **Fax:** 416-447-6336

**Internet:** [www.southwest.specialolympicsontario.ca](http://www.southwest.specialolympicsontario.ca); **E-mail:** [region1and2@specialolympicsontario.com](mailto:region1and2@specialolympicsontario.com)

**Contacts:** Jennifer Klaus, Southwestern District Developer; Phone: 519-858-9523; Fax: 226-663-4406; Email: [jenniferk@specialolympicsontario.com](mailto:jenniferk@specialolympicsontario.com)

Special Olympics Ontario provides year round sport training and competition opportunities to individuals with intellectual disabilities. We are a volunteer organization and our sport programs are coached and administrated by a team of dedicated volunteers.

Special Olympics Ontario had a major games cycle with provincial games occurring 3 out of every 4 years. National and International games cycle between Summer and Winter games every 2 years respectively.

We welcome all new athletes and look forward to creating more sporting opportunities in the Lambton County area.

## 49. St. Joseph's Hospice of Sarnia Lambton

475 Christina St N

Sarnia, ON N7T 5W3

**Phones:** (519) 337-0537; **Fax:** (519) 337-0540

**Internet:** [www.stjosephshospice.ca](http://www.stjosephshospice.ca); **E-mail:** [sscarpelli@sjhospice.ca](mailto:sscarpelli@sjhospice.ca)

**Contacts:** Monica Robson, Executive Director  
Shari Scarpelli, Office & Palliative Care Clinic Administrator

We provide compassionate care to enhance quality and dignity of life for those living with a terminal illness. Our mandate is to support people living with a life limiting illness and their families with physical, social, emotional and spiritual needs. To extend service through bereavement when loved ones require counselling or other forms of grief and loss support. To provide information and education on end-of-life issues. To advocate with the existing health care system, community agencies, health professionals and volunteers to enhance end-of-life care.

We are also pleased to report that in November 2009 we proudly opened our brand new 10 bed residential hospice, which provides a home like atmosphere where individuals, their families and circle of support receive compassionate care and comfort by highly trained care providers, through the last few weeks of life. All services and programs are free of charge to the Sarnia Lambton community.

**Accessibility:** Fully Accessible

## 50. Strangway Community Centre

260 East St N  
Sarnia, ON N7T 6X7

**Phones:** 519-332-0656

**Internet:** **E-mail:** [mcarmony@sarnia.ca](mailto:mcarmony@sarnia.ca)

**Contacts:** Miriam Carmody, Manager

We're not that "old people place" where they just play cards. We are a community recreation centre providing leisure, educational social and volunteer opportunities for adults of 20 plus.

We do specialize in the 50+ adult.

Lunch is available Monday to Friday from 11am to 1pm.

A membership is not required to participate in anything at the Centre.

**Accessibility:** Fully Accessible

## 51. Tetra Society

**Phones:** **Toll free:** 1-877-688-8762

**Internet:** [www.tetrasociety.org](http://www.tetrasociety.org); **E-mail:** [info@tetrasociety.org](mailto:info@tetrasociety.org)

Skilled technical volunteers create unique assistive devices to help people with disabilities overcome barriers and achieve greater independence.

**Accessibility:** Not Applicable

## 52. TVCOGECO Sarnia

1421 Confederation St  
Sarnia, ON N7S 5N9

**Phones:** (519) 336-6200; **Fax:** (519) 332-3952

**Internet:** [www.tvcogeco.com](http://www.tvcogeco.com); **E-mail:** [terry.doyle@cogeco.com](mailto:terry.doyle@cogeco.com)

**Contacts:** Terry Doyle, Manager, Programming & Community Relations, TVCOGECO SARNIA; Phone: 519-336-6200 ext 3  
Rosemary Travis, Producer, TVCOGECO SARNIA; Phone: 519-336-6200 ext 2

Community Access Television Station funded by Cogeco Cable which provides local programming, television production training to volunteers and free airtime via a community bulletin board for non-profit and charitable organizations. Volunteers learn to operate cameras, graphics, audio and more to create live and taped television shows which include Sarnia Sting Hockey, Sarnia City Council, TV Bingo, talk shows, and many special events!

**Accessibility:** Partially Accessible - Designated parking; barrier-free entrance

## 53. United Way of Sarnia-Lambton

420 East St N  
Sarnia, ON N7T 6Y5

**Mailing Address:**

PO Box 548

Sarnia, ON N7T 7J4

**Phones:** (519) 336-5452; **Fax:** (519) 383-6032

**Internet:** [www.theunitedway.on.ca](http://www.theunitedway.on.ca); **E-mail:** [info@theunitedway.on.ca](mailto:info@theunitedway.on.ca)

**Contacts:** Dave Brown, Executive Director

Raises and allocates funds for its funded agencies, as well as providing the following programs: Donor Option; Venture Grant Fund, Community Response Grants.

**Accessibility:** Partially Accessible - Main floor is accessible

## 54. Victim Services of Sarnia-Lambton

555 Christina St N  
Sarnia, ON N7T 7X6

**Phones:** (519) 344-8861, ext. 5238; **Fax:** (519) 344-3612; **Toll free:** 1-888-281-3665, ext. 5238

**Internet:** [www.victimservices.on.ca](http://www.victimservices.on.ca); **E-mail:** [victim@ebtech.net](mailto:victim@ebtech.net)

**Contacts:** Colleen Sim., Executive Director  
Sharon Berg, Coordinator of Services

Offers emotional and practical support to all victims of crimes or tragic circumstances. Also offers individual and family crisis intervention with victim confidentially; moral support; help getting emergency assistance (shelter and food); information re: community services/resources; crime prevention information; Follow-up service and referrals for long term assistance. Initial support and referral services are offered to those affected by: break and enter; deaths; domestic disputes; mischief; robbery; suicide attempts; theft; traffic injuries or fatalities; other circumstances. Offices also in Petrolia, Corunna and Forest.

Available by police referral 24 hours a day/ 7 days a week.

## 55. Victorian Order of Nurses

1705 London Line  
Sarnia, ON N7W 1B2

**Phones:** (519) 542-2310; **Fax:** (519) 542-1160

**Internet:** www.von.ca; **E-mail:** sheryl.guest@von.ca

**Contacts:** Andrew Ward, Executive Director  
Sheryl Guest, Coordinator, Client Services  
Virginia Kinchsular, Coordinator, Client Services

Major programs include:

**VOLUNTEER VISITING SERVICES** - include the following: Friendly Visiting - Weekly visits on a one-to-one basis to lonely, elderly individuals in their own home. Palliative Support - Compassionate support, through regular in-home visits, to individuals and families with a life-threatening illness. Alzheimer Visiting - Relief for family caregivers and companionship to the Alzheimer person through regular in-home visits.

**VISITING NURSING SERVICES** - Provides professional nursing care to people on a per visit basis; procedures performed include physical assessment, wound management, intravenous therapy, peritoneal dialysis, care of central lines, pain management, catheter care, ostomy care, palliative care, health teaching and counselling. Visits scheduled between 8:00 a.m. and 11:00 p.m. On-call nurses available 24 hours a day.

**PRIVATE DUTY SERVICES** - In-home nursing care by RNs or RPNs for a minimum of four hours and up to 24 hours daily for people needing skilled nursing care. There are hourly fees for this service.

**FOOT CARE SERVICES** - Clinics are available at convenient locations throughout Lambton County. This service is available for a nominal fee.

For appointments call (519) 542-2310. **OCCUPATIONAL HEALTH NURSING** - Nursing services available to organizations in the area include hearing assessments, spirometry testing, disability and WCB case management, influenza immunization. The fees are negotiable for this.

**Accessibility:** Fully Accessible

## 56. Voice for Hearing Impaired Children

1052 Lockhart Cir  
Sarnia, ON N7S 2E5

**Phones:** (519) 542-3851

**Internet:** www.voicefordeafkids.com; **E-mail:** voicesarnia@hotmail.com

**Contacts:** Alicia

Local chapter for families with children who are deaf or hearing impaired. Provides parent support, public education, auditory-verbal therapy and advocacy. New members and volunteers always welcome.

**Accessibility:** Unknown

## 57. Volunteer Co-ordinators' Association of Sarnia-Lambton

**Mailing Address:**

PO Box 791  
Sarnia, ON N7T 7J9

**Internet:** www.volunteersarnia.com; **E-mail:** nhills@communitylivingsarnia.org

**Contacts:** Norma, President

The Volunteer Co-ordinator's Association is dedicated to excellence in volunteer management through networking, public education and professional development. VCA is comprised of community organizations that coordinate volunteers and all individuals that are interested in, and actively seeking employment in the field of volunteerism. All members are required to actively participate in the standing committees: Volunteer Recognition, Program and Public Education, Publicity and Website.

**Accessibility:** Not Applicable

## 58. YMCA of Sarnia-Lambton

1015 Finch Dr  
Sarnia, ON N7S 6G5

**Phones:** (519) 336-9622; **Fax:** (519) 336-7818

**Internet:** [www.ymcasar.org](http://www.ymcasar.org)

Dedicated to the growth of persons in spirit, mind and body and in a sense of responsibility to each other and to the human community. Offers programs for health and fitness, child care, aquatics, C.P.R. training, volunteer work. Houses various support groups such as Immigrant Settlement and Adaptation Program, and Continuing Education for pre-school, children and youths/adolescents/teenagers.

Newcomer Settlement Program -- information and referral \* assistance filling out government forms \* Commissioner of oaths for original documents \* supportive counselling, problem solving \* settlement and orientation for immigrants and refugees

**Accessibility:** Fully Accessible