

## Harm Reduction Services & Supplies

### Path 525/Norwest CHC (525 Simpson St)

7 days a week  
10:00 AM – 6:00 PM

Harm reduction supplies available at door. Supervised consumption services indoors. Drug testing available.

### Superior Points

Monday – Friday  
11:00 AM – 8:00 PM

Harm reduction supplies available for distribution.

807-621-7862

Needle/sharps bins pick up services.

### Street Outreach Nursing

Monday – Friday  
8:30 AM – 4:30 PM

Harm reduction supplies. Infectious disease follow-up. STI testing and treatment. Counselling and referral to services.

807-629-2157

### PACE (510 Victoria Ave E)

Monday – Friday  
8:00 AM – 4:00 PM

PACE Outreach Worker is out in the community outside of operating hours with harm reduction supplies. Free clothing. Rapid tests available.

### Shelter House (420 George St)

7 days a week  
24 hours a day  
EXCEPT meal times

Harm reduction supplies available at walk-up window when staff are available.

### Elevate NWO/OAHAS (106 Cumberland St N)

Monday – Thursday  
8:30 AM – 4:00 PM

Harm reduction supplies available.

Friday  
8:30 AM – 8:00 PM

## Hot Meals

### Salvation Army Soup Van

7 days a week

6:00 PM – 6:30 PM at  
Minnesota Park

Take away soup and sandwiches.

7:00 PM – 7:30 PM at  
Wilson Parkette

### Dew Drop Inn (294 Red River Rd)

7 days a week

Cold take-away lunch  
9:00 AM – 3:30 PM

Patrons have choice of eating a hot meal in the dining room or taking it home.

Hot meal  
12:30 PM – 3:30 PM

One meal per person.

### Urban Abbey (380 Red River Rd)

Monday – Friday  
Hot lunch  
12:30 PM – 1:30 PM

Meals can be take-away or dine-in.

Saturday  
Hot dinner  
5:30 PM – 6:30 PM

Active COVID screening.

### Grace Place (235 Simpson St)

Monday, Tuesday, and  
Wednesday  
Hot meal  
1:00 PM – 4:00 PM

Inside dining only.

Free clothing. Free haircuts on allotted Mondays - first come first served. Groceries at walk-up window on Mondays & Wednesdays. Emergency hampers. Harm reduction supplies.

### Shelter House (420 George St)

7 days a week

Hot take-away lunch  
1:30 PM – 2:30 PM

No requirements.

Hot take-away dinner  
7:00 PM – 8:00 PM

# Winter Warmth Services Thunder Bay

Last updated February 2, 2023



## Warming Centres

### PACE Safe Place Warming Centre (512 Victoria Ave E)

7 days a week  
8:00 AM – 8:30 PM

Will open earlier for  
extreme weather.

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

Rapid tests and harm  
reduction supplies available.

### Elizabeth Fry Society (705 Victoria Ave E inside Victoriaville Mall)

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

3-4 emergency beds available  
on an as needed basis on  
Thursday, Friday, and  
Saturday evenings from  
8:00 PM – 8:00 AM until  
March 31, 2022.  
Beds not located in  
Victoriaville.

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

Monday – Thursday  
8:30 AM – 4:00 PM

Friday  
8:30 AM – 8:00 PM

Only accessible through  
parking lot entrance.

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

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

## Shelters

### Salvation Army (545 Cumberland St N)

7 days a week  
24 hours a day

Day services and hot meals  
are for clients only (24/7  
access). For emergency  
shelter, clients that have  
accessed services in the past 6  
months can come after  
5:30pm.

Active COVID screening.

### Urban Abbey (308 Red River Rd)

7 days a week  
9:00 PM – 8:00 AM

10 bed temporary women's  
shelter open at 10:00 PM.  
Tea, hot chocolate, snacks,  
and laundry service. Movie  
until 12:00 AM, followed by  
quiet time and rest.

Active COVID screening.

### Shelter House (420 George St)

7 days a week  
24 hours a day  
EXCEPT meal times

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

Active COVID screening.

### Grace Place Out of the Cold (235 Simpson St)

7 nights a week  
9:00 PM – 8:00 AM

Coffee and refreshments in  
heated safe space. Harm  
reduction supplies available.

25 beds available.

## Transportation

### Care Bus

7 days a week  
1:00 PM – 9:00 PM

(807) 627 – 8459

Last call for service  
at 8:30 PM

## Mental Health and Addictions Crisis Lines

### NAN Hope Mental Health and Addictions Support Program

Call Toll Free, 24/7  
1-844-NAN-HOPE  
(1-844-626-4673)

Text, 7 days a week  
8:00 AM – 12:00 AM  
1-844-NAN HOPE  
(1-844-626-4673)

Available for all NAN  
Citizens.

### Beendingen Talk4Healing

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

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

### CMHA Crisis Response Services

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

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

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